

1 Understanding sustainability

Together with your new friends José, Rebecca and Josephine, you have decided to join the environmental club that takes place after school every Wednesday. You are all aware, to a certain extent, of how important it is to preserve our environment and to live a sustainable life. To prepare for the first club meeting, you want to learn more about sustainability.



First, you want to read up on the topic of sustainability. You have looked for some information and found an interesting video.

> <https://www.sustain.ucla.edu/what-is-sustainability/>



Watch the video “What is sustainability” on your phone, tablet or laptop and do the following tasks. You might have to watch the video more than once to get all the details.

1) The UN defines sustainability as follows: “Sustainable development is development that meets the needs of the _____ without compromising the ability of _____ generations to meet their _____ needs.”

2) What is meant by “replacement rate”? Use your own words.

3) What impacts of excessive consumption on our environment are named (list at least 3)?

4) Complete the quote (min. 1:45): “Sustainability is about understanding how all this is _____ . It is about _____ thinking.”

5) Which example do they give for “systems thinking”?

6) Name the three “Es” that are mentioned in the video:

E _____

E _____

E _____



> **Additional online activity 1:** Go online and do more activities on the three Es.





With the theoretical background of what you have just learned, you continue to think critically about practical approaches to a sustainable lifestyle.

Read the following list on a climate-friendly way of living. If you want, you can also add some ideas of your own which might be missing from the list. Then pick the 5 most important ones and rank them from 1 (most important) to 5 (least important).

separate waste	buy local products only
avoid waste	buy fair trade products
use reusable items (water bottles, coffee-to-go mugs, tote bags ...)	reduce shopping in general
avoid individual traffic, take public transport, cycle or walk to school	save energy
don't order online	reduce your ecological footprint
repair broken items (clothes, electronic items)	
minimize the use of electronic gadgets	



> Additional online activity 2: Go online and read more about how to live sustainably.



Get into groups of 3 or 4.

Discuss your ideas and create a collective list of the five most effective ways to lead a sustainable lifestyle by filling in the table below. The following expressions may help you in your discussion.

I have put ... first/second ...

I have ranked as the most/least essential idea.

I think ... is definitely the most important.

... is significant, but not as relevant as ...

I consider ... most/least critical/vital.

Don't you think ... is more significant, though?

Interesting. Why did you rank that least/most critical?

I'm surprised that ... isn't on the list. I think that's absolutely necessary.

I would like to add ... to the list.

Most effective ways of living a sustainable lifestyle	
1	
2	
3	
4	
5	