

Solutions

Understanding sustainability



1) The UN defines sustainability as follows: "Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs."

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

Only use as much of the planet's resources as can be replaced by the planet itself. Use the planet's resources at a rate which keeps the system stable. You need to keep an equilibrium.

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

Fisheries and forests disappearing

Air pollution

Plastics in the ocean

Climate change

4) Complete the quote (min. 1:45): "Sustainability is about understanding how all this is connected. It is about systems thinking."

5) Which example do they give for "systems thinking"?

When you buy a smartphone, your decision has an impact on many people in a completely different part of the world.

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

Environment

Economy

Equity

How to organize an environmental club to raise awareness of sustainability



What measures were taken?	How were the measures supported?
Indoor bin system to separate waste	Bins at the end of each corridor Extra information and education (information wall) to convince the students to separate waste
School garden: gardening of self-grown food	On an old basketball court, harvested food is integrated in the canteen's menu, leftovers are given to the chickens or composted

What complaints were there?	What are their next steps?
That the paper bins are too thin (compared to the recycling bin)	Try to reduce waste altogether (to get less waste into school)

How to reduce waste at school

A.1

Waste category	According to the chart
Textiles	5
Glass	5
Food	2
Paper and card	1
Plastic	3
Garden waste	5
Metals	4

A.2

Re-	Definition
Reuse	To use things again instead of throwing them away
Reduce	To produce less rubbish
Recycle	To turn something old and useless into something new and useful

How to reduce consumption and improve shopping behaviour

A.1

1st part: Shopping online:

Why do we buy things without thinking twice?
<i>Products are cheaper than ever before.</i>
Why does online shopping seem to be more fun than going to the shops?
<i>By buying things we get a dopamine hit. When we buy online, we get it twice: when we order the product and when the product arrives.</i>
What is the evolutionary aspect of our compulsion to shop?
<i>People who had the most stuff would survive. Therefore, gathering things is an innate human desire.</i>

2nd part: Do we need all the stuff we buy?

What usually happens to the goods we order online?	
1	not used and just stored in our homes
2	donated to thrift stores
3	thrown away

3rd part: Alternatives to excessive shopping

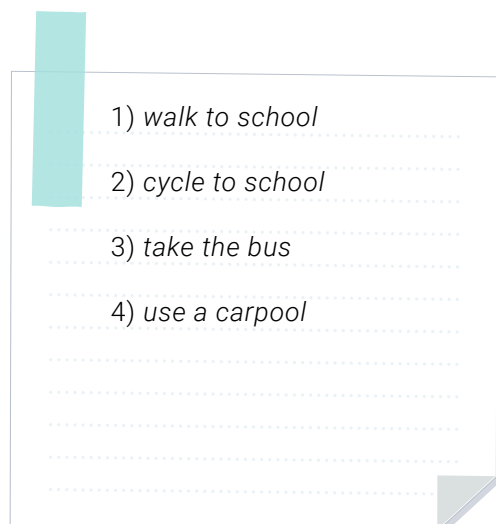
Which four alternatives to excessive online shopping are proposed?	
1	zero-waste household
2	a year of no shopping
3	minimalism
4	reuse and recycle

How to get to school in a sustainable way

A.1

	Solutions	Concrete measure
1	Better infrastructure for cyclists	More bike lanes (broader, separate and safer)
2	Encourage carpooling and ride-sharing	Install ride-share services in all areas
3	Alternative fuel technology	Electric buses, buses that run on natural gas, electric trains
4	Pedestrian-friendly cities	Walkable communities, make infrastructure more accessible
5	Green supply chain	Use rail or electric lorries to transport freight
6	Decarbonize aviation	Electric aviation
7	More public transportation	More commuter trains, public transportation also in smaller towns
8	Educate drivers	Reduce carbon footprint while driving, invest in green vehicles

A.2



- 1) *walk to school*
- 2) *cycle to school*
- 3) *take the bus*
- 4) *use a carpool*

Grammar practice in connection with the topic of sustainability

A.2

Example solutions:

Paper waste must be reduced.

Plastic waste should not be thrown away but recycled.

Electricity use has to be minimized.

Electronic devices must be repaired.

Online shopping needs to be limited.

Heavy traffic should be avoided.

Individual traffic should be limited.

Public transport should increase.

Broken items may be reused.

Local products must be purchased.

Local farmers have to be supported.

Local shops should be preserved.

An information campaign might be launched