RESOURCES FOR JUSTICE

TOOLS FOR SYSTEM CHANGE

Resources, Case Studies and Tools for training and events in the Friends of the Earth Europe network
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RESOURCE JUSTICE
Common Curriculum Resource Justice

Introduction to Resource Justice 05

TOOLS 06
Art Installation: The Black Hole 07
Wild Beach Clean-Up 10
Clean-Up at Carnival Parade 15
Buy Nothing Christmas Card Giveaway 20
Black Friday vs. Colour Sunday 23
Holiday Songs on Public Transport 25
Ban the Plastic Bag 28
Film about Creative Autonomy 31
City Tour on Critical Consumption 34
Compost Workshop with Families 37
Compost Challenge Camp 40

CASE STUDIES 43
Resource Chains: Connecting local to global 44
Plastic Free Pledge 48

SESSION PLANS 52
Bee Sustainable 53
Workshop on Sufficiency: A good life for everybody! 59

GLOSSARY 65
We live on a finite planet and the way we use Earth's resources affects its capacity to sustain life. Acknowledging this, Friends of the Earth (FoE) groups all over the world strive to challenge the current wasteful consumerist economic model. Ranging from plastic-free pledges to structured learning modules on degrowth, FoE groups across Europe use a variety of system change approaches to address these current problems and create and promote solutions. Some actions aim for policy change, such as plastic bag bans, others seek to inform and involve people in addressing some of the numerous inequities and environmental injustices of today's world – e.g. by boycotting products or services.

Extreme consumerism is a wasteful lifestyle, nourished by profit-driven production of evermore short-lived useless products. Waste is the visible output of the current disposable lifestyle, equally damaging for the consumer and for the people and environments in another place or time. Enormous amounts of raw materials follow a cradle-to-grave track, undermining ecosystems and livelihoods, both where they are extracted and at the point of disposal. Short-lived or single-use products made from non-renewable resources, such as the ubiquitous plastic packaging, have invaded not only our daily lives, but are leaking into the environment in huge quantities and microplastics can already be found in salt, water and food.

This collection of resources shows but a small selection of the wide variety of actions and approaches used within and beyond the FoE network to address environmental injustices. For example, clean-ups are a very effective tool to overcoming ‘trash blindness’ - people’s natural propensity to want to simply get rid of their waste without considering the consequences. Framing personal resource use within a global perspective helps build awareness and capacity to address overconsumption on individual and community levels and beyond. Grassroots initiatives for composting, repair and exchange of second-hand goods and plastic product bans exemplify how activists across Europe work to bend the linear economic system into a new, circular economy where there is reduced consumption of goods and materials, and what is consumed lasts as long as possible and waste is minimal. Art forms such as street theatre, music, visual and conceptual arts help convey our campaign messages, while experiential activities such as cleanups, camps, skill-sharing sessions, cooking schools, etc. deepen understanding and engage people directly in exploring systemic change.

Written by Evgenia Tasheva, Za Zemiata / Friends of the Earth Bulgaria
TOOLS
Art Installation – The Black Hole

ACTION BY: Za Zemiata, Bulgaria

TIME NEEDED:
5 to 7 days before the event to put the installation together, prepare and practice the street performance and film the video message which you will send to participants afterwards. The installation can stay as long as needed (half a day or one full day), especially if it is accompanying an event, such as a conference. The performance and brief chat with passers-by are both just a few minutes long and are constantly repeated while there are new pedestrians stopping by.

PREPARATION NEEDED:
✔ Provide sufficient time to obtain (written) permission from responsible local authorities if performing in a public space, or from private owner, if using privately-owned space.
✔ Work with an artist to create a physical representation of a ‘black hole’ which symbolises current prevailing attitudes towards the waste we discard. Purchase the materials for creating the ‘black hole’ - these can be easily sourced from a recycling yard, or, failing that, new ones can be bought from a hardware store.
✔ Invite enough volunteers to prepare and practice the street performance – between 3 and 10 people, depending on the size and duration of the action.
Make a list for passers-by to write down their emails/contact details to ensure you can continue to build relationships with them afterwards.

If you have budget, purchase small gifts for participating passers-by – flower seeds, sustainable pencils, etc.

Film a short video message that will be sent to all collected email addresses of passers-by.

Check the weather forecast beforehand and make a plan B / alternative location in case of rain.

**Why use this tool**

- The ‘black hole’ art installation, combined with a live street performance, is an interactive, fun and non-aggressive way to engage with random passers-by and people beyond our core group of activists and volunteers.
- The theater sketch was made by the volunteers themselves, which is a great way for them to be more aware and deeply involved.
- The content of the performance can vary – you should adapt it and make your own locally appropriate and fun way to engage passers-by.
- Since people get involved out of curiosity, the follow-up message is likely to have greater reach, as they would like to unveil the mystery of the ‘black hole’ action.
- The mix of different actions (theatre, visual art piece, practical engagement) gives a more ‘experiential’ flavour to the action. People get more involved by doing than by just looking or listening.
- The action uses a fun way to send across the serious message that what we throw away does not simply disappear, but reaches far into space and time, to the harm of fellow human beings and future generations across the world.

**Description**

Using an art installation (the ‘black hole’) and brief theater sketch, provoke passers-by to contribute a small piece of waste and their email address with the aim to give a new perspective on waste and what we throw away. Do the action in a busy public spot and have volunteers ready to do the performance or answer questions at all times during the action.

In the brief performance (3 mins) an imaginary world president tells the crowd that because of the huge amount of trash people are constantly producing, from now on we will be sending all our garbage into space where it would disappear into a black hole. Then actors invite the people standing by to put into the ‘black
hole’ small waste items they find in their pockets / bags, claiming to solve the waste problem in this way. The obvious ridiculousness of this action is underlined by the fact that the discarded waste is still very visible and accumulates in the ‘black hole’. Every participant receives a small gift (flower seeds + one tip for waste reduction) in exchange for their email address and a piece of waste they put in the ‘black hole’. A follow-up email and video message is sent to the participants on the same day or the day after the action, which contains key tips for waste reduction and a video message. In this 30-second video our great-great-great grandchildren from the future are asking us – the current generation – what is the message we wanted to send to the next generations by leaving so many discarded plastic bottles behind.

Additional elements or variations
The action can vary in all its aspects: it can happen without a video message, use a different kind of installation, the follow-up email message can be an invitation to join an existing Zero Waste challenge or a direct call to action for a specific waste/resources-related campaign.

Facilitator considerations
In order to increase the chance of obtaining permission for the action from the local authorities, offer them a list of alternative locations. When planning the action, consider the logistics of storing, transporting, assembly and disassembly of the art installation – for these you will need an appropriate vehicle and volunteers.

Links
Video messages from posterity (in Bulgarian):
https://www.youtube.com/watch?v=PBk3JVCg7NQ
https://www.youtube.com/watch?v=G0tOVBy6nA3c

Written by Evgenia Tasheva, Za Zemiata/FoE Bulgaria and Danita Zarichinova, Za Zemiata / Friends of the Earth Bulgaria
**Wild Beach Clean-Up**

**ACTION BY:** Friends of the Earth Cyprus

**TIME NEEDED:**
This specific clean-up took 7 hours (4 hours traveling to and from the location, 2 hours of clean-up, 1 hour of discussion and relaxing time after the clean-up).

**PREPARATION NEEDED:**
3 staff members worked for a total of 9 hours to prepare the action. Almost the same amount of time is needed if volunteers (with some guidance) are doing it for the first time.
Things to do: Planning – dates, locations, time of day, materials needed, roads, maps and vehicles, interest of participants, number of participants and
facilitators, invitations, emails, Facebook event, first-aid kit, food and drinks, meeting points, flags and other materials for visibility etc. (depending on your goals or other specific issues, you can skip some of these)

**Why use this tool**
✓ Clean ups are good for nature and environment
✓ Volunteers or the “general public” can easily participate a) easy to do, b) very popular event and people want to attend (at least in Cyprus)
✓ Increase the visibility of your organisation or campaign (if promoted well)
✓ Depending on the level of engagement it can be an action easily planned and executed. This depends on the location, the weather conditions and the target group you want to involve. You can make a very simple and easy to do action or a very difficult one by changing these three parameters.
✓ Good opportunity for people to go out in nature and engage with the environment.
✓ If planned ‘correctly’, you are doing all the above and have fun as well (swimming or other activities at the end of the clean-up)

**Description**
FoE Cyprus planned four beach clean-ups and a reuse workshop for the summer of 2016. These actions were part of a small project within School of Sustainability, called “Cleaning Beaches – Creating Masterpieces”. The Akamas clean-up was the second of the four clean-ups. Akamas is located in the far west of Cyprus and it is a Natura 2000 area.

The location was chosen due to:
✓ the ecological importance of the area
✓ the need to show that not only touristic beaches are important
✓ the characteristics of the area (remote and not easily accessed but very beautiful and popular – people want to go, but it is hard to reach)
✓ To raise awareness for the protection of the area that is now under threat.

Almost 20 participants (including volunteers, staff of FoE Cyprus and others) travelled in shared cars (only 4x4 cars could easily approach), getting to know each other during the 2-hour long trip. The last 20 km of the road were very difficult, but this was by itself educational and awareness-raising, due to the nature and characteristics of the area.
At first sight the beach looked clean, but soon we were overwhelmed with the amount of small plastics that we found. After two difficult hours of collecting (12 bags filled mostly with small pieces of plastics), we realised that we could not clean the entire area thoroughly. We then proceeded with a discussion of what we had found while cleaning and in what ways to minimise this waste ending up here in the first place. At the end we got into the water and swimming in this beautiful area was like paying a tribute to nature. It was the reward for many difficult hours of getting there and cleaning and showed that actions about nature and activism can be important in context and fun at the same time.

**Discussion:**
During and after the action, we had discussions analysing the deeper root causes of the mismanagement of resources and the implications of overconsumption, wastefulness and littering. We referred to the situation in waste management (e.g. best and worst practices, impacts on local tourism and economy, biodiversity) in the island and around Europe. The questions posed were:

- How effective are clean-ups?
- Can the power and will of a few volunteers make a change?
- What can we do more?
- Are reactive actions solving an issue like this?
- What are other solutions?

The answers from the group included that proactive actions empower people to do long-term actions. Solving the problem from its root is necessary (reduction of consumption and waste, ethical consumption, reusing, separate collection, replacing plastics etc.), and use reactive actions like clean-ups to visualise the problem and advocate to the governments to do more.

To raise awareness on the link of local issues to global issues, the following questions were useful to kickstart the exchange of knowledge within the group:

- What is the situation with waste you have seen (directly or from documentaries and social media) in countries of the Global South?
- What is happening with the plastic bags in the world?
- How about with the landfilling and burning of waste?

The answers from the group made it clear that marine waste has no borders and that countries of the Global South are affected in many ways! Many Global South countries are affected by marine litter and waste even if they are not producing it – for example, Europe exports almost 40% of the plastics collected for recycling here and they often end up downcycled or at small family-run plants in South-East Asia where there can be leakage into waterways, and environmental
and health standards are low. We also discussed the extraction of materials from the Global South and its implications, and the life cycle of the materials from production to end of life. Another issue mentioned was that most of the time, less economically wealthy countries (even European ones), take as an example the practices of economically “developed” countries of the EU even if their solutions are not the best e.g. incineration of waste and the high consumption of resources (material wealth often linked with social status).

**Follow up:**
As part of the follow-up, we engaged the participants through the School of Sustainability project and Learning-by-Doing (LBD) activities. After the above exchange and the exchange of further practical information about environmental subjects, the work our organisation does, and the crucial factor of volunteers and citizens participation, some of the participants continue engaging with us.

**Additional elements or variations**
- Travel time was not correctly calculated. It took us 2 hours (one way) and we had calculated 1.5 hours. We didn’t have any issue that day but some participants might have.
- One car that didn’t start with the group got lost and we spend more than 15 minutes to find them.
- People enjoyed this specific and difficult clean-up more than we expected.

**Facilitator considerations**
- Some participants tried to join with their own cars, starting separately from the group. They got lost ‘in the wild’ and we lost 15-20 minutes to find them. **Lesson learned:** If the location is remote and difficult to access, make sure that your participants join you from the beginning or at an easy accessible prearranged location.
- The exact location of the beach was known only by one staff member of FoE Cyprus (no problem occurred with that, but things could go wrong if that person couldn’t attend for some reason). **Lesson learned:** at least two people must know the exact location of the action especially if it’s far away and difficult to access.
- If for a reason the beach was occupied, not found, closed or anything else, we would have to change plan in the last minute. Sometimes this is not a problem but in other occasions it can be. **Lesson learned:** Make sure that the place is ‘open’/accessible and have at
least two other locations nearby as a plan B and C. (we had one other location in our plans).

✓ Swimming at the end of the day had a huge benefit for all the participants. It helped the group to bond even more, to have a sense of achievement, and to appreciate nature and the reasons that motivate us to participate in similar action.

✓ Weather conditions and timing (month, day, hour) are crucial for many reasons. They can affect the duration of the action, the number of participants attending and the level of their involvement. It can also affect their comments and thoughts after the action and their will to engage again in your events.

✓ Gloves and safety guidelines in the beginning of the actions are also important for the safety of your participants. Many broken pieces of glass and sharp metals were collected. The comfort and safety of the participants it is most important aspect in every action.

✓ Number of participants. Try to be sure in your estimations of how many people might show up. This is not so crucial for some actions, but for others you will need more people. We had three staff members and two volunteers so we were flexible to accept and manage more than 50 people if they showed up the last minute (we had around 20 participants).

✓ Having a series of clean-ups planned from before gives you some benefits especially in logistics. You can design a flyer or create an event on Facebook and reuse the same material by only changing a few details, such as the time and date. This saves a lot of work-hours for the people who prepare the actions. Also interested people who cannot join the one of the clean-ups can attend in the next one.

✓ Having different locations all around Cyprus for the four clean-ups. This might increase a bit your working-hours and the difficulty in planning but it has some important benefits: a) You approach and engage participants from different areas; b) People have the chance to visit places that they have never seen; c) Increase your visibility and the awareness raising etc

Links

Some photos from the action can be found here
https://www.facebook.com/media/set/?set=a.1203190483037635.1073741835.78285568407464&type=1&l=80d80c1d19

Written by Petros Kameris, Friends of the Earth Cyprus
ACTION BY: Friends of the Earth Cyprus

TIME NEEDED:
The duration of the action depends on the event’s duration (in this case carnival parade) and the level of your involvement: a symbolic clean-up at a large-scale event or an actual and complete clean-up during a smaller event. The duration of this specific action (at a large-scale event) was 10 hours (5 to 6 for those participants who left early).

PREPARATION NEEDED:
✓ For large-scale events, first assess your capacity to engage.
✓ Invite volunteers to join the action – have in mind that, depending on the duration, difficulty and publicity-exposure of the action, participation may vary. Prepare for situations where either too many volunteers show up, or you have too little.
✓ Get permission from the authorities (if needed).
✓ Invite other organisations to participate, if you think this would have added value.
✓ Make sure you have enough (a bit more than what you calculated) action materials - gloves, trash bags, pick-up sticks, etc.
✓ Design poster, flyer and create an online event (Facebook and other social channels).
✓ Prepare a press release before the event and one for after the action.
✓ Contact the waste collection companies or authorities to arrange the place and the details of how to collect the recyclables later.
✓ Prepare for unexpected situations, problems, etc.
✓ Many days needed and a group of people to handle the whole process (2-3 days with 3 and sometimes 4 people, who started preparing 2 weeks before the action). It can be done by first-timers but it's better to have some guidance or choose a smaller-scale event to start with.

**Why use this tool**

✓ The volunteers receive a direct experience of the huge amounts of waste generated ‘for fun’ during events, especially single-use spray cans, drink containers and other avoidable waste. We could link this to broader discussions on where products come from, are they necessary, where does the waste go; and on how these local actions relate to systemic global issues we are facing with overconsumption and pollution.
✓ During the event the clean-up has the additional benefit of attracting public attention, involving more ad-hoc volunteers and exposing the problem to participants in the event.
✓ Gives perfect visibility for your action, for your cause, for raising awareness, and for your organisation.
✓ Great Cost Ratio Benefit (CRB) if you have limited resources and you are interested in cost – benefit analysis for your organisation.

**Description**

Every year FoE Cyprus participates in the parade of the carnival in Limassol, dressing up for a different action every time. For the action in this case study, we chose to do something different: we decided to collect the recyclable waste after the parade.

We wanted to empower our members and volunteers (this action was proposed by one of our volunteers, Christos Chartziotis). We calculated that the benefits
would be high – we would raise awareness while ‘provoking’ the public and the authorities to take more action on waste and consumption issues on the Island.

As the largest event in Limassol, huge amounts of waste are produced, yet waste collection and management from the authorities is not adequate (e.g. no collecting of recyclables), and there are no alternative solutions such as a deposit system on reusable drinks cups for the festival. This has implications on both a local and global scale, driving resource extraction to feed our high consumption, and driving polluting waste generation. Taking action, we showed that citizens care and were doing the job that the municipality should do, but it shouldn’t be that way – we need political action to drive a systemic change.

Our capacity was a challenge we faced initially but we invited other organisations to participate and/or co-organise. We then got the permission from the municipality, designed a poster for facebook, invitations etc. We were constantly calculating the number of participants, and all the problems that we would potentially face. Some days before the action a press release was published for the event. Action materials were bought and everything was prepared a few days before the action: timing, meeting point, people attending, materials, large truck, collection point, etc.

On the day of the action (Sunday):
✓ Gathering at the meeting point, we evaluated the situation that we found. Since it was impossible to collect all recyclable waste, we decided to follow closely the parade, taking care not to be left far behind and mixing with the crowd that was leaving the event, and make a symbolic collection of the waste.
✓ The collection started from the beginning of the march. After 3,5 hours we reached the “finish line“. More than 250 trash bags full of recyclable waste were collected and loaded on the large truck that was following the moving crowds. There was a great response from the majority of the more than 20,000 viewers and participants of the parade.
✓ The most visible part of the action was finished at this point. FoE Cyprus participants continued for more than 3 hours, to guide the truck to the collection point where the collection company would come, separate the aluminum cans from the rest to give to a charity, and collect all the recyclables from the truck (almost all of the trash bags were torn by the weight and the throwing inside the truck).
The following day (Monday) was a public holiday that most Cypriots spend outside in nature so we didn't have the chance to see anything online. At night some TV stations showed some footage and made some comments. But on Tuesday morning most of the media (mainstream and online) covered the story. This caused the reaction of the mayor of Limassol commenting on Facebook and Twitter. Our press release was issued some hours later.

Additional elements or variations

- The will, passion and coordination of a single person can motivate and encourage others to do more (Christos Chartziotis).
- On the other hand, if the coordination and communication is not handled carefully, some issues might occur. The cooperation with other organisations in this case led to one of the invited NGOs ‘hijacking’ the communications and publicity opportunities, instead of having a synchronised collective communication, acknowledging all participants.
- On the day of the event only a few volunteers from other NGOs came and they did not stay until the end to help with the final phase of the action.
- It is a must to reevaluate the situation on the ground before starting the action and make changes, if needed. In this case it was not possible to do a complete collection of the recyclables, as our participants wouldn't be just tired but completely exhausted.
- The collection company was an hour late for the meeting point. We helped them collect the recyclables but they refused to stay for 15 minutes more to collect all the waste that filled the truck from the torn bags.

Facilitator considerations

- Transparent, streamlined and strict coordination, not letting other NGOs do whatever they want. Above all is respect to the idea, the suggestions, the cause and each other. Visibility should be fair and proportional to the work and involvement of everybody, as well as following what was agreed.
- Critical mass of participants. Know your limits of the minimum number of participants that you need to do something specific (have a backup plan if fewer come, so you can be flexible in your decision).
- Have a plan B and be ready to switch. Sometimes you have to have a plan C as well (these are to cover other factors, not only the number of participants).
- Safety of participants (large-scale event, many people, too much hard work to be done, excitement of participants, many times interaction with people that had too much to drink). Sometimes is difficult to control and monitor all your
participants. Keep the group close together. Count them all the time. Talk to them. Always think that they are more tired than you but they might not say anything.

✔ Be ready for changing a press release. Sometimes the facts can catch up with you.

✔ Be ready to explain to your excited participants the change of plans, explain to them the reasons clearly to avoid any disappointment.

✔ Be ready to do more media work than planned during and after the action. Sometimes things work better than you predict.

**Links**

Facebook event: https://goo.gl/JzaTSq
Facebook post (great outreach):
https://www.facebook.com/foecyprus/posts/1418261931530488
An article from a newspaper (not the official press release):
http://cyprus-mail.com/2017/02/28/thousands-spray-cans-picked-carnival-parade/

*Written by Petros Kameris, Friends of the Earth Cyprus*
ACTION BY: Global 2000, Austria

TIME NEEDED:
Depends on how long it takes you to come up with a text for the card, probably about 3 hours. The graphic design takes longer, probably several days. Add a few more days in case you want to have the card printed.

PREPARATION NEEDED:
One person needs to coordinate the text, graphics and printing processes. For a nice design we hired a graphic designer, but if you have no funds, you can ask your volunteers to design the card. The text was written by the office team.

Why use this tool
The Buy Nothing Christmas card is to remind people that the most important things in life are for free. It was distributed on Buy Nothing Day to remind
people that instead of material gifts (often not needed or used), they can give each other time, help, handmade gifts that cost nothing, a walk in nature, etc. The message of this action is that Christmas should not be about consumerism and material possessions. Instead, both the environment and our fellow human beings would be much better off if we spent more time with each other and less time shopping. The slogan of the action is “Are you still buying or are you already living?” In Austria, for example, about 39% of people are not happy with their presents and 20% of all Christmas presents are exchanged after Christmas.

This action is linked to Global 2000's work addressing overconsumption and its consequences for the planet and society. The Buy Nothing card is a friendly tool to educate people and to encourage them to spend quality time with their loved ones instead of buying them presents they often don't appreciate anyway and which are harmful to the environment. These local actions complement well our wider political work to create systemic changes in the way we produce and consume.

**Description**

Global 2000 made a downloadable and printable Christmas gift card to encourage people to buy nothing for Christmas. The card was distributed just after Black Friday / Buy Nothing Day in a winter well-being oasis they created on Vienna's largest shopping street with Christmas feel-good mood, free cookies and punch and presenting many creative gift ideas that do not cost money.

The card was distributed only to people who were interested, in order not to create paper waste. Some people were a bit reluctant to talk while others were very interested to discuss the topic and asked for more than one card.
Furthermore, the card was sent out with the donor magazine. An article about sufficiency gave interested readers a bit more background on the topic. The card was an invitation to start a more sufficient life now.

**Facilitator considerations**

It is fun if you do this action with many people. In order for you be allowed to have a stand like this in a main shopping street, we had to register the action and inform the police about it in advance, but the requirements may vary in different countries.

**Links**

Printable buy-nothing Christmas card (pdf, in German):

Gallery of photos from the street action after Buy Nothing Day:

Global 2000 member magazine:

*Written by Lisa Kernegger, Global2000 / Friends of the Earth Austria.*
ACTION BY: Amigos de la Tierra, Spain

TIME NEEDED:
Half a day on Black Friday (Buy Nothing Day) which is in November each year (date varies)

PREPARATION NEEDED:
1. Choose an issue (depending on what you are campaigning on or something of political or local importance e.g. incineration, overconsumption, biowaste, etc.) and brainstorm an original and fun way to convey your message and ‘translate’ it to passers-by in the street.
2. Prepare the action materials and props together with your activists and volunteers.
3. Ask for the necessary permissions from the authorities.
4. Do the action involving activists/volunteers!

Why use this tool
This is a fun action which works with both younger and older activists. This action allows us to engage people in the street and attract good media coverage. It is a good action to show how shopping and buying stuff we do not need means both consuming limited global natural resources and having an impact on the people who make the stuff we buy (often not well paid, bad working conditions etc.). Most of the natural resources included in our “stuff” (mobile phones, computers, clothes, etc.) are made faraway from our cities, decreasing the wellbeing of other communities, so that we can over-consume. This is unjust.

Description
A street art action to engage with passers-by, attract media and promote longer use, repair and reuse of objects versus the wild consumerism of Black Friday. Our aim was to offer a critical view and an alternative to the consumerist ‘throw-away’ mentality encouraged by Black Friday shopping discounts. The action promoted a second-hand goods platform, Alargascencia, http://alargascencia.org/es, supporting repair and reuse, instead of irrational consumerism and planned obsolescence.
To attract the attention of passers-by we made a 2-meter high colourful tree from electric and electronic waste, discarded clothes and other short-lived daily objects. People in the street came to the action as they could see something relevant for them, or funny, or with a logical demand. People in the street could take the products (textiles, books, cds and electronics) from the tree if they liked, or could place products in the tree.
We worked with the municipality in order to get the location and permission, and with an artistic group to set up the action. These relationships had already been made so it was not so much effort to get municipalities and artists on board. We did communications about the action in both traditional media and social media networks.
The perfect way to prepare the action is with or by local activists. The best option, if there is enough time and resources, is having the local activists and volunteers taking ownership of the action from the start.

Links
https://www.tierra.org/colour-sunday/
Gallery of photos from the action: https://www.flickr.com/photos/60108073@N02/sets/72157689981373435

Written by Alodia Pérez Muñoz, Amigos de la Tierra / Friends of the Earth Spain.
Holiday Songs on Public Transport

**ACTION BY:** Les Amis de la Terre Belgique, Belgium (Wallonia and Brussels)

**TIME NEEDED:**
The action itself takes 1 hour

**PREPARATION NEEDED:**
- Select up to 10 popular holiday songs (depending on the holiday you choose) and change the lyrics to convey your message (e.g. consumerism, alternatives like living simply etc.).
- Find volunteers to sing the songs (and play music) during the action.
- Print out your lyrics to handout to passengers to sing along.
- Prepare any other information materials you want to distribute during the action.
- Prepare a press release for before and after the action.
- Get a megaphone to use for introducing the action to the passengers on the bus/train/metro.

**Why use this tool**
People generally react positively to this action. With it we want to create a happy shared moment with people and promote voluntary simplicity. The passengers can then take to their families the message of consuming fewer goods and giving less tangible and more original gifts to our loved ones. Thus, it works well during times of peak consumption, sales periods, etc., which is why holidays times are best.

**Description**
Use popular songs with changed lyrics to challenge overconsumption during holidays and promote voluntary simplicity.
1. Pick a specific holiday on which you want to raise attention to your issue. For example, we chose St. Valentine’s Day and Christmas as peak times of overconsumption.

2. Select an appropriate popular song typical for the holiday/season and change the lyrics to convey your message.

3. Find volunteers to do the action, it is easy to motivate people to sing. A group of 8-15 people works well. FoE Belgium had people playing the guitar and accordion to accompany the singing.

4. Make sure you have someone to make a video of the action.

5. Prepare a press release to invite media to cover your action.

6. Go to the metro / another public transport and, inside the moving vehicle, start singing popular holiday songs that passengers can sing along with.

7. Use the opportunity to talk to people and distribute info materials. FoE Belgium gave people a reusable greeting card “For a new art of giving” reminding people to give more time and care to their loved ones, instead of accumulating useless objects.

8. Make a press release after the action to share your own videos and photos from the event and highlight your message.

9. Be prepared to give interviews and do more media work even after the day of the action.

Additional elements or variations
The action can be done on any other holiday, as appropriate for the national / local context.

Facilitator considerations

✓ Make sure you have one person to act as ‘sweet talker’ on the megaphone, to introduce the group, the action, the message and invite people to sing along.

✓ Use the opportunity to interact more with the passengers who show interest in the cause – tell them more about the idea and what every person can do.

✓ Make your own videos of the actions – these can easily be done by volunteers. Launch the videos a few days after the action and just before the holiday.

✓ You can have this action not only on holidays, but also during periods of sales.
This kind of action would not work in the street, but it works on moving public transport (buses, train, metros) where people cannot go anywhere and have time to kill.

This action may not work well in a small town. However, in the big city, the atmosphere we created with this action was magical.

Links
Download the “New art of giving” reusable postcard: https://www.amisdelaterre.be/IMG/pdf/2013_certificat_non_cadeau_a_imprimer_chez_soi.pdf

Videos
The action: https://player.vimeo.com/video/196649505?byline=0&autoplay=0
TV coverage of the action: https://player.vimeo.com/video/196588066?byline=0&autoplay=0
Brief debate on TV over voluntary simplicity with FOE Belgium’s Robin Guns: https://player.vimeo.com/video/196708688?byline=0&autoplay=0

Written by Robin Guns, Friends of the Earth Belgium/Brussels/Wallonia and Evgenia Tasheva, Za Zemiata/FoE Bulgaria
ACTION BY: Friends of the Earth Cyprus

TIME NEEDED: 3 hours

PREPARATION NEEDED:
3 staff members worked for a total of 11 hours to prepare this action. A bit more time might be needed if volunteers are doing it for the first time.

Things to do: Location, date and time of the event, small DIY banner, number of participants – volunteers (don’t need a lot), something to drink and a hat for the sun (if the action is in the summer, e.g. on 3rd July, International Plastic Bag Free Day), meeting points, flags and other materials for visibility, information leaflet with your position on plastic bags, reusable bags to give away for free to passers-by, knowledge of the issue to discuss and engage with people.

Why use this tool
✓ You hand directly to the consumers the solution to replace plastic bags
✓ Raise awareness about plastic bags, the situation in your country and developing countries – how local actions can have impact on a more systemic global level
✓ Good and easy visibility
✓ Good exercise for new volunteers to engage with people
✓ Easy to plan and execute

Description

Two simultaneous actions in two different cities in Cyprus were organised the day before international plastic bag free day to raise awareness and inform consumers about the negative impacts of plastic bags and show them easy solutions. Information flyers (350 of them) and nearly 300 free reusable bags were given away to passers-by.

The actions took place outside popular supermarkets and all bags and flyers were gone within an hour! Two staff members and two trained volunteers participated in Limassol and one staff member and four volunteers in Nicosia. This way of engaging volunteers is a good opportunity to strengthen their relationship with our organisation.

The action was very simple and the initial engagement with people was very short (just a bag with flyers and greeting shoppers "Hi! We are giving reusable bags for free to inform the public about the plastic bag issue and raise awareness and support") – but if people were interested to learn more, we used more or less these questions or similar:
✓ "What do you believe are the impacts of plastic bags on the environment/nature?"
✓ "Do you want to hear more about plastic bags and the new EU legislation that Cyprus is not implementing as well as its link to the protection of nature and biodiversity?"
✓ "Do you know from where plastic bags come from and where they end up?"
✓ “What are the implications of plastic use with fossil fuels extraction in the global south? Plastic bags are made out of fossil fuels..."
✓ ...and for people that mentioned that they are informed about the issue, we ask them "Do you want to help our efforts to ban plastic bags by engaging with your community and the decision makers?"

We directly engaged with consumers and the supermarket directors as well as on social media, where political decision makers and the general public are
active. We built relationships with them afterwards by inviting them to join our group (if they showed a more general interest) or to join us in fighting against plastic bags (if they showed specific interest).

**Additional elements or variations**
The specific place that this kind of action can take place can vary: legal issues might be something to consider (public or private area) or if a supermarket refuses to accept you outside of their business (you have to know what to answer, know your rights etc.).

**Facilitator considerations**
- Due to the very busy schedule of the summer of 2016, FoE Cyprus had to come up with an easy (to plan and execute) but effective action.
- The time needed to produce the plastic bag information flyer was more than expected.
- Dividing staff and volunteers in this situation proved very effective. It was easy action to facilitate and participate (in other actions or events our observation is that it is better to have all of your people together and not split the groups).
- We weren't expecting some negative reactions from very few consumers in such a clear subject but we dealt with them with politeness and respect.
- We also weren't expecting the very positive reaction from the supermarket (in Limassol) in which the shop manager came out to be informed, invited us to go to the shade in the exit of the market and brought us something to drink.
- We were lucky that the whole action just lasted one hour. The sun and heat were too much to bear for more than two hours.
- We didn't have time to do a press release or even make a good post on Facebook about the actions. This was a mistake.

**Links**
https://www.plasticbagfreeday.org/

*Written by Petros Kameris, Friends of the Earth Cyprus*
**ACTION BY:** Les Amis de la Terre Belgique, Belgium (Wallonia and Brussels)

**TIME NEEDED:** Several months to a year, starting from the crowdfunding campaign to raise funds plus the time needed to make the film. The rest depends on the number of screenings and length of follow-up discussions. The film screening takes about 60 minutes together with an introduction. The film can be followed by a debate or exchange of impressions and the time needed for discussion can vary a lot between different groups.

**PREPARATION NEEDED:**
1. Fundraise for the film. We ran a crowdfunding campaign at [https://www.kisskissbankbank.com/](https://www.kisskissbankbank.com/) via which we raised € 4,780 from 76 supporters in just 68 days. Together with contributions from 45 individual donors directly to our organisation, the film raised a total of more than € 7,000 to pay for the editing as well as the organisation of a preview tour.
2. Allow sufficient time for the editing process.
3. Organise preview tour. If organising one, ensure you watch the film in advance and read the pedagogical guide which accompanies the DVD pack,
in order to be able to answer questions and push the conversation further if there's a discussion after the screening.

4. Distribute widely across venues and networks. "Simple Present" has been widely shared online (nearly 7000 views), through social networks (more than 900 facebook shares) and major media have also shown interest (RTBF, Canal C, L'Avenir, Télé MB).

**Why use this tool**

The documentary provides a peek into a simple way of life with less of everything – including consumption and working hours. Films are an easy way to focus people's attention and follow-up discussions provide space for reactions, feedback and debate. By opening the floor to exchange of opinions and experiences, we involve people far beyond their role as 'viewers'.

The fact that the video was filmed by a volunteer and its editing and production were funded by individual donations, allows for independent content and is entirely in tune with the spirit of the film itself.

**Description**

Present Simple is documentary about the life of a couple committed to a radically simple life with more leisure, less stress and a reduced environmental footprint. Marc Van Damme and Veronika Paenhuyzen, former FoE Belgium staff members decided to live in a trailer in the Czech Republic countryside. Their goal was to apply in depth the values of voluntary simplicity, reduce their material needs, gain autonomy and live as close as possible to nature. Rino Noviello visited them to share their way of life for a few days during which he filmed testimonies of this voluntarily simple way of life, lived with passion every day. The making of the raw footage into a 50-minute feature film was made possible through a crowdfunding campaign.

This documentary is a very good opportunity to spend time discovering and questioning the concept of simple life as a solution among others to achieve system change, with small or bigger groups. It lasts 52 minutes so you can take time to debate and exchange after each screening. A pedagogical guide accompanies the DVD to help you organise the screening in a participative way and to enrich the exchanges with the participants. The movie is in French with English subtitles.
The preview tour of the film lasted 10 days and toured every province in French-speaking Belgium and more than 1000 people in total saw the film. We continue promoting the film to smaller venues – it has over 20 local screenings.

Facilitator considerations
✓ For a successful preview screening it is best to collaborate with cinemas.
✓ For reaching a wider audience and potential participation in film festivals it is a good idea to make a version of the film with English subtitles.
✓ Organising a film screening is an easy task, it is mostly about finding a venue and inviting people. Even small local groups or individual volunteers can organise it. The film is just 50 mins long, allowing time for discussion before and / or after the viewing. Discussion questions are provided in the guide that comes with the DVD.
✓ Start 5-15 mins before the film with a brief introduction of yourself / your organisation, the goal of the event (check out issues detailed in the guide accompanying the film). You can invite people in the audience to discuss with their neighbours to the right / left in order to create a group feeling, it reminds people that they are not just viewers ‘consuming’ a film.
✓ The notion of voluntary simplicity can get controversial reactions and cause heated discussions. Remember that the idea behind the film is not to show what people should do, the idea is to show a radical way of life in order to spark debate and question our own way of life. If there is debate, maybe a good idea for the organiser to take a step back a bit to animate that debate, do not involve yourself or your opinion deeply in the exchange to keep a neutral-ish position.

Links
Trailer of Present Simple film: https://vimeo.com/71690805
Complete film: https://vimeo.com/194482216 (pass: lessismore)
If you would like a DVD with ENG subtitles, you can contact les Amis de la Terre-Belgique: Robin Guns robin@amisdelaterre.be, contact@amisdelaterre.be
More information about the action from the FOE Belgium website: https://www.amisdelaterre.be/?Soutenez-Present-Simple-le-film-sur-l-autonomie-creatrice

Written by Robin Guns, Friends of the Earth Belgium/Wallonia/Brussels and and Evgenia Tasheva, Za Zemiata/FoE Bulgaria
**ACTION BY:** BUNDjugend, Germany

**TIME NEEDED:** Optimal duration of the tour is 90 minutes.

**PREPARATION NEEDED:**

- 3 or 4 people should check the locations and organise the basic facilitation materials used during the guide tour. Depending on the stations picked it can take a half day to a day to create the materials (once). Once you have the materials ready, the time for preparation is around 30 mins to an hour for communication with the group organiser, etc.
- Do the walk. Test the route beforehand and identify in which locations the tour will stop.
- Do the talk. Prepare beforehand the information and learning methods for the tour, use interactive tools, visualisations and specific examples to keep participants’ attention.
- The actual guided tour should be done by at least two people.
✓ Use available guidebooks to prepare facilitation materials for the tour: photographs, infographics, cards, brief texts. There's also a newer brochure showing sustainable initiatives and options of consumption, available in English and German – see Links

**Why use this tool**
Exposé the social, economic and environmental aspects of everyday consumer items through active learning.
Participants in the guided city tour get an idea of the ‘bigger picture’ and hidden part of the life cycle of popular and widespread consumer goods: clothes, shoes, mobile phones, meat, coffee, chocolate, etc.

**Description**
Guided city tour on the topics of critical consumption, globalisation and sustainability, using interactive learning methods in the urban environment, such as visualisation, discussion, role play, etc.
The tour is appropriate for most ages, but the primary target group is 14- to 20-year-olds. The optimal number of participants is 10-20 people. The tour lasts about 90 minutes, including 3-4 stops, taking 20-30 minutes at each stop to discuss specific consumer goods and their sustainability, social and economic aspects.

**Additional elements or variations**
Especially with young people it works very well to link the tour to existing challenges, e.g. invite them to take a Zero Waste challenge. Alternatively, pick one area of change to focus on, e.g. change of diet to exclude meat and/or other animal products. Focus on one area at a time in order not to overwhelm people.
As the tours could be local activities with several teams in several cities, there is a variety of local partnerships that look all very different. E.g. organic stores, food-coops, CSA initiatives etc. It's totally up to the group and city.
After the tour, stay in touch with the participants by sharing information, contact data and e-mail. The tour is definitely a starter, don't aim to make the participants stay in the long-term, but to get a first idea of what they can do. The tours can either have participants who are already engaged in a group and take it as a kind of skill and perspective sharing event or with young people whom we want to share an (often for them new) idea and vision with.

**Facilitator considerations**

- Never assume that people have the same values or priorities.
- Show people how they can change things, the idea is not to make them feel bad, small or guilty.
- A positive outlook can help a lot in framing issues in a way that motivates people to change. One way to do that is to point people to various smaller steps or challenges they can start with – for example, link to an existing Zero Waste challenge, or pick one area of change, e.g. reduce meat consumption.
- Always check the weather forecast before selecting the day of the tour. In case of sudden rain decide with the group whether to wait it out, if it looks like a brief shower, go on with the tour if it is just a drizzle, or reschedule the tour for another day in case of very bad weather. For the hot, sunny days: pick shady routes and locations for the tour, select the cooler part of the day and carry water, if possible.

**Links**

- WELTbewusst website: [https://www.weltbewusst.org/english/](https://www.weltbewusst.org/english/)
- New guide for city tours of positive examples of change: [https://www.bundjugend.de/produkt/broschuere-worauf-warten/](https://www.bundjugend.de/produkt/broschuere-worauf-warten/)
- In English: “Small steps towards big change“ [https://goo.gl/MsnYu9](https://goo.gl/MsnYu9)

Educational Toolkit on Sustainable Consumption & Lifestyles, in English

*Written by Susi Hammel, BUNDjugend / Young Friends of the Earth Germany and Evgenia Tasheva, Za Zemiata/FoE Bulgaria*
**Compost workshop with families**

**ACTION BY:** Amigos de la Tierra, Spain

**TIME NEEDED:** One workshop lasts about 2 hours. Depending on number of workshops, the time needed varies. A complete “course” with multiple workshops and continued support for participants can take 8 months to a year.

**PREPARATION NEEDED:**
- Prepare homemade or store-bought composters, information materials (guide booklet, compost mixing tools, flyers, etc.)
- Prepare the theoretical content and practical activities to be done during the workshops.

**Why use this tool**
Nowadays waste management is in the hands of big businesses. The idea of the composting course is to help people take back control and practice independent
local solutions for the largest single fraction of household waste – food waste. Home composting at the point of generation not only saves the costs of transportation and treatment but also prevents bio-waste / food waste from ending up in incinerators or landfills, the continued operation of which causes considerable and long-term damage to ecosystems and human health. Every household that home comports is a step towards an overhaul of the formal waste management system and its inherent power structures. Through direct contact with people, the demonstration of a good practice and a different way of managing food waste, you inspire people to make a link to other kinds of waste and how they can reduce it.

Description
Home composting is a traditional practice that has been largely lost in cities, but is still well known in rural areas. We empower a change in people’s daily habits concerning bio-waste by helping them to home compost.

The idea to launch a home composting project came from activists from the FoE Spain waste team who have composting know-how. Several years ago, a group of activists proposed home-composting projects to a few municipalities. The local authorities could save money and get greener, while their residents could manage their bio-waste in a better way. This bottom-up approach to managing bio-waste at the source and taking back control of waste management is a fundamental approach which FoE Spain tries to embody in all its work, whilst at the same time working at the political level to drive systemic change to create a world where all live well and within the planetary boundaries. Now all our local groups have similar projects, managed by technical experts or activists.

Steps to complete:
1. Search for volunteer families or individuals interested to try composting their bio-waste. (2 weeks)
2. Organise meetings with the interested people, including a learning (theoretical) part and a practical activity to teach people how to manage the compost. (1 month)
3. Give the participants the store-bought composters or together with them prepare DIY composters from reused materials. (1-day workshop)
4. Make home visits, ideally 3-4 times to each household, in order to help participants troubleshoot problems. (6-8 months)
5. Evaluation meeting
Additional elements or variations
The project is very flexible: it can be only a one-time workshop of 2 hours, or a complete program, involving and supporting participants over a complete year’s cycle.

Although the project has no formal session plan, it keeps developing and growing in the spirit of popular education with peer-to-peer collective learning by doing, with practical sessions and exchange of experiences, troubleshooting, etc.

Facilitator considerations
Once the project idea is defined, it is necessary to find some interested municipalities, both politicians and experts. For the long-term project the participation of local entities, such as neighbourhood groups and others is key. Support from the local authorities and other stakeholders is important in order to help cover composters and other costs. The more people are involved, the greater the chance for success.

Links
Information page about organic waste: https://www.tierra.org/compostaje/
Video: https://youtu.be/_neICsDIQTY
Animation video: https://youtu.be/rA2FbRrBQJ0

Written by Alodia Pérez Muñoz, Amigos de la Tierra / Friends of the Earth Spain
ACTION BY: Za Zemiata, Bulgaria

TIME NEEDED: One month is needed for preparation. It took one full week to contact the local school, the municipality, museum, environmental NGOs and to invite participants to the camp. It is best to be at the location one day before the start of the camp in order to meet all of the involved people.

PREPARATION NEEDED:
Four team members were involved in coordinating the action with four organisations – the local school, the municipality, the local nature museum and a local environmental NGO. One expert was invited to give a lecture on the biology of composting. Permission from the school and municipality was needed in order to build a composter in the school garden together with the students. In our case it did not take long to persuade the partners – since we have already worked together, they were very open and positive to the idea.
Why use this tool

✓ To give participants a genuine hands-on experience with composting and a deeper understanding of the life cycle of food waste and of the microbiology of soil and plants. Seeing the ‘invisible’ friends in the soil through a microscope really helps switch perspective to micro-level and appreciate the importance of living soil for the life of plants, animals and humans. In a mix of learning and doing, both the camp participants and local students found out how "rubbish" can turn into "food" for the worms in a box on the balcony, the green area in front of the apartment building, or the village garden composter.

✓ Involving volunteer students from the local school in the building and maintenance of the school composter is a fun and active learning approach. While learning by doing students also get a feeling of ownership / stewardship and will take care of the compost after the camp. Peer-to-peer informal learning is ‘viral’, so the message will reach more students and their families and friends. Installing a composter in a public space provides a visible good example how to reduce waste that can be followed by others: from families to entire municipalities.

✓ Food is an urgent and relevant issue on both local and global level, including the simultaneous problems of food waste and undernourishment. Everybody needs food to survive, and once presented with the facts, can relate to these problems on a very personal and immediate level. Reducing food waste is the next step of the composting challenge – people are easily motivated once they start separating their food waste and realise how much food is thrown away.

✓ In order to keep a healthy compost one needs to know not only about food waste, but also other kinds of waste. Composting is a perfect gateway for teaching people how to minimise and separate all of their waste, including compostables.

Description

A practical camp for building various types of composters with both theoretical and practical activities. As we always try to be useful for those around us, the camp participants helped build a public compost for the local school in the municipality of Shabla, together with students from the local school. Apart from turning the school's food waste into rich soil improver, the composter will also
be used as a showcase for biology class. An expert was invited to make an introduction to the biology of compost, soil and plants, with the help of a microscope. All sorts of composters were produced during the camp: from large wooden boxes for outdoor use to small buckets for tiny apartments. Everybody made and decorated their own DIY composter from free / reused materials to take home. That’s when the real challenge begins – to start composting your own food waste after the camp.

During the camp we had discussions about the need for system change away from the current model in which valuable resources go to the landfill. Participants tried to understand the causes of social, economic and environmental crisis and the opportunities for transforming the consumer society into one that values natural resources and uses them carefully.

Involving participants in food preparation and other practical aspects of the camp also helped to bring home the message of working together for a sustainable and equitable life. Spending a few days in camping is an opportunity to practice voluntary simplicity and enjoy doing instead of buying.

**Facilitator considerations**

This practical camp was held in a small remote place near to the Black Sea coast at the end of summer – the location certainly added to the attraction factor of the camp. In our activities we strive to get out of the big city and reach out to people from smaller towns in the country. While this approach works quite well to involve new activists, it is also a challenge to keep the established connection also after the camp. It is very important to plan realistically your energy and free time, especially when you are supporting a local group based in a place far from your office - are you going to have enough energy and time to finish what you started?

**Link**

A brief guide to home composting (in Bulgarian):

http://zazemiata.org/v1/fileadmin/content/energy/climate/Kompostirane-zemedelie.pdf

Written by Kristiyan Naidenov, Za Zemiata/ Friends of the Earth Bulgaria
CASE STUDIES
Context
In Denmark we have had periods of resource scarcity throughout history, but the current young generation neither recall the resource shortage after World War II nor the oil crisis in the 1970s. At the same time, young people in Denmark are becoming one of the highest consuming generations, in one of the highest consuming countries globally. Not knowing how it feels to lack basic resources, teaching these young people about resource scarcity and the consequences of our over consumption has to be linked to current global issues in order to create resonance and make it a legitimate subject to work with.

Who was involved
At NOAH – Friends of the Earth Denmark, we organise short-term and long-term courses (between one week and five months), where people between the age of 18 and 35 come and learn about big global issues, current global problems and local solutions that we can all create and take part in. The courses have four elements that are interlinked:
1. Learning about the problems we face today and how they are all interlinked: political problems and social struggles, climate crisis, economic crisis, food crisis etc.
2. Developing social imagination to create local solutions to global problems
3. Developing practical skills in order to feel empowered to act and capable to just-do-it.
4. Reflect about own personal engagement and strengths and weaknesses in order to give all you can to creating positive change – without burning out!

Using popular education methodologies
In our long-term courses we normally have one week of working with the specific issue of Resource Chains: Connecting local to global. This does not mean that the issue is absent during the rest of the course. Not at all! But that week it will be the main focus of work. To begin the week, there is always a practical task, e.g. building raised garden beds, outdoor tables and benches, a dream bed or a greenhouse; all of recycled materials. It is often very frustrating for the
young people to build these things without a pre-printed construction paper and out of non-accurate recycled materials. The young people are definitely used to buying cheap assembly kits that can quickly be set up and then rapidly and cheaply be replaced as soon as they break. But they also clearly feel the urge to have the skills to build and maintain long lasting and sustainable solutions.

Suddenly they are faced with materials that may be damaged or that are not the exact size they are looking for; and then they have to get something useful out of it. There is a guarantee of high level of frustration, and we, as educators, must accept it and not neglect it. But as the students get a hold on the challenge and finally succeed in building the ‘damn greenhouse’, the learning output is invaluable.

After some days of frustration and successes, we gather the participants to a discussion about resource chains, overconsumption and waste.

The discussion is normally put together with these elements:
1. Check in: how are we all doing? How is it going with your constructions?
   ✔ Talk about the materials they are using: where do they come from?
      What have they been used for before? Were they difficult to source?
      Expensive or cheap? Etc.
2. If we have the time, we will watch No Impact Man (movie: 93 minutes long)
   ✔ Discuss the movie: How would you characterise Colin and his family?
   ✔ What do you think about his project?
3. Practical exercise: Find 30 things:
   The participants are asked to collect or think of the following things (either written or drawn, photographed or brought in hand):
   ✔ 10 things you think are ridiculous to buy / get.
   ✔ 10 things that you yourself could get rid of
   ✔ 10 things that you could never live without
   Then you talk about what the participants have brought in or thought of:
   ✔ Classify the items: on a white board or similar. Write down what it is and discuss all together why it is unnecessary/necessary, hard/easy to live without etc. Take the discussion to a structural level: e.g. what structures in our society makes it difficult for us to live without a smartphone / a bike / a house etc. What could we do to change it?
   ✔ Bring examples from other places in the world where these things are not seen as essential.
✓ Find solutions: how could we reorganise our society to make it possible to live without these things? How could we help each other live without these things? Etc.

4. Our hidden consumption (ecological backpack)
Choose one of the material items that the group has classified as very important (e.g. a bike, a computer, a smartphone etc.) and get them to draw a resource chain of the item: talk carefully about all the stages and remember resource input and output and transportation at every stage of the chain.

5. Talk about planned obsolescence both technical and mental (fashionable).
Talk about how planned obsolescence was first introduced as a way to ending the depression in the 1930s (cf. Bernard London), and how it developed to be the underlying logic of all production today – it is even a part of the curriculum of today's studies at the Design School (inspiration can be found below)
Talk about the main problems that this idea has caused:
✓ Resource scarcity
✓ High levels of waste
✓ Social-emotional processes of status competition and/or discontentment with oneself

6. Solutions: And now ... what to do about it?
We normally explain to the participants the six steps on the R-stairs. The higher up the stairs you can activate yourself, the fewer resources you claim and the less waste you produce.
✓ REFUSE: Say no thanks to buying things you don't need or to things that people might offer you (talk about strategies, since it might often be very impolite to do so)
✓ REDUCE: Inward. Try to put a limit to your inner consumer. Talk about the Chinese saying: If you own more than three things, the things own you. Or about the simple living-trend: spend less - live more. Work with dogmas: what could you live without? (Meat, flights, conventional food etc.)
✓ REUSE (REPURPOSE): Finding a new use for your things. Pass on to other people. Talk about how we handle "imagined obsolescence / fashionable obsolescence"
✓ RECOVER: repair. Extend the life of the things. Cite John Seymour: "Nothing is wasted on the self-sufficient farm". Talk about attending or setting up your own Repair Café etc.
✓ RECYCLE: Make sure you know how your local community deal with waste. In some places in Denmark there are 53 different categories of
waste and more than 50% of waste is incinerated in Denmark. If we learn how to sort it the right way we can spare a lot of resources. But remember – this is the second last step on the ladder. It still requires masses of resources to melt for example glass and plastic.

✓ ROT: Everything can rot and join new circuits over time. Even nuclear waste: but it might take thousands of years. At some point it will be part of natural systems again. But not necessarily some systems we want or can live with. Therefore, we do only want to rot organic material.

Make the participants come up with concrete examples of how to react on all the six ladders.

Going back to work: round up by talking about how this construction process that they are in the middle of can be seen in a new light after this lecture.

**Linking to system change and local/global**

With this workshop – and the context of activities and learning it is part of – we move back and forth between the global and the local level. The global as the discussions on the ecological backpack of products and the resource chain, and more implicit the social and economic dynamics in planned obsolescence – the local level as both the concrete, tactile experiences of the practical activities of gardening and building with used materials and the exercise of collecting objects and discussing consumption of daily life (10 things that you could (easily/never) live without + the R-stairs).

In this dynamic the students grow a more tacit, felt experience of the connection between local actions and global structures and dynamics, than would have been possible out of just talking about these connections.

We often get positive feedback on the workshop. Especially after the participants have concluded their constructions of e.g. a greenhouse. After their frustrations have been turned into success, they can boast about the fact that they have not used any resources other than, for example, the electricity it takes to use drilling machine.

**Links**

“Ending the Depression Through Planned Obsolescence” af Bernard London, 1932.: http://www.murks-nein-danke.de/blog/download/London_1932_Ending_the_depression_through_planned_obsolescence.pdf (the text is available online)

Written by Marie Holt Richter and Anna Rønne, NOAH/Friends of the Earth Denmark
Context
Malta has one of the highest generation rates of municipal waste per capita in the EU with more than 600 kg of waste generated per person annually, compared to an EU average of 477 kg. In addition, Malta is the country with the lowest recycling and composting figures, and a high percentage of waste is landfilled. Għallis, the last remaining engineered landfill in Malta is filling to the brim. A Waste Committee was established in late 2017 and discussions are being held to introduce a waste-to-energy plant in Malta.

Methods under discussion are tackling the symptoms of the problem and not mitigating the waste issue at the source. Linking back to the waste hierarchy, not enough focus is given to the refusal of packaging, and the reduction of packaging waste, both on a national and an EU level. Malta does not have any recycling facilities and hence the waste that is considered recyclable is only segregated on site and shipped to recycling facilities elsewhere. This adds to the carbon footprint both during importation before the material is consumed, and also during exportation for recycling. Other packaging material, especially composite material used for the packaging of food items, has a very short consumer life-span and is not currently being recycled, hence is ending up landfill. The overconsumption of plastics and plastic waste generation is also
having a negative impact when it becomes marine litter, polluting our seas and harming wildlife in Malta and in shared seas.

Who was involved
FoE Malta Team, volunteers and contributions from the public. Since the plastic-free pledge is taken through an online form, there has not been a direct engagement with the audience yet. To engage with the people taking the pledge and build a community, we are also organising a 2-day activity on living plastic free. Until January 2018, we have had 1452 visits to the page and the people who have taken the pledge come from quite a dispersed number of localities in Malta.

Using popular education methodologies
There are currently no zero-waste shops in Malta. This makes it difficult for individuals who want to reduce their waste generation to know where to get products which have less/better packaging, and also to systemically shift Malta’s high waste generation rates. Plastic is a huge issue as it is one of the most polluting materials and is the highest consumed packaging material in Malta.

Thus, after doing a bit of research, we decided to set up the first plastic free resource page in Malta. It does not only give general advice on finding and using alternatives to plastic but also gives specific advice relating to living in Malta. The resource page created has an embedded map so that people in different localities in Malta can find where the closest shop that provides plastic-free products is. A lot of products that are on the market and labelled as ‘green’ are not accessible to people of all economic classes in Malta, since they are generally costlier. To counter this, the page mentions retailers/sellers/markets where products can be purchased plastic free but do not carry a high price-tag to them. These include places were
consumers can buy directly from farmers, also supporting local agriculture and reducing the supply chain.

Additionally, as the page develops, it will also be including tutorials for people to create their own products without depending on what is available on the market. There is now a growing movement of people who understand how damaging single-use plastics are to our environment and we noticed that people are frustrated with the lack of options coming from businesses and government action. A resource page is a living page and people contribute their knowledge and experience which will allow this movement to grow and will be a vital tool for education amongst the general public. We want to provide options and at the same time incentivise individuals to put pressure on businesses.

**Linking to system change and local/global**
The project takes a bottom-up approach, empowering individuals to make lifestyle changes to reduce waste generation and plastic use. Through these means we are encouraging individuals to take action to speak to local businesses, such as retail establishments, supermarkets and catering establishments, to demand that they take responsibility for the products they sell and how they impact our environment by providing packaging options which do not contain plastic and to reduce waste generation.

We are empowering individuals not only through the resource page. As part of the SoFS we have held workshops, such as the composting workshop, and permaculture workshop, were concepts of a sufficient-lifestyle and waste reduction were mentioned. A 2-day workshop is being organised so that people who want to move on to a plastic free life meet as a community. This will involve not only learning-by-doing activities but also a clean-up which will highlight the reason why we need to shift towards the reduction of plastic use.

The plastic free resource page also supports shortening the supply chain and getting local and seasonal fruit and veg, since this can be bought directly from the producer without packaging. This supports the agriculture sector and farmers in Malta. In addition, this provides low income families with solutions to reduce waste generation which is not taxing on the disposable income that of certain underprivileged groups.

The director of FoE Malta is also on the government’s Waste Committee so this allows FoE Malta to have influence on policy-makers as well to push for system change.
What happened
The project was initiated with research on whether plastic-free living is possible in Malta. This was done the month before the European Week of Waste Reduction (EWWR). All of the FoE Malta team lived plastic free for a month. We used that time to discover outlets which provide plastic-free options, what local businesses support plastic free living and what issues can be encountered.

Following this, the FoE Malta team with the help of a volunteer, created social media graphics. Throughout the week we used social media to spread tips and advice and unite people who face the same challenges. In addition to tips and advice we designed an online resource page with a map to locate the places that offer plastic free options.

The resource page is a living document and we have created a form so that members of the community can contribute with information they have. This resource page is still in the initial stages and we see it developing with the contributions. We will also be introducing short tutorials and “create-your-own” videos to encourage people to live more waste free and create their own products as an alternative to the ones existing on the market which are packaged in plastic.

The next stage of the campaign is to connect the people who are interested in the cause and reach a wider audience and further push for the cause. The Plastic Free Living camp will not only cover topics of how to live plastic-free but also mobilise people to take action in location clean-ups.

Lessons learned
The resource page is still in its initial stages but it is already evident that more input needs to be given to continuously promote that people both contribute and take the plastic free pledge. This will be done through the further development of the website and making it more accessible and also through the Plastic Free Living workshop which will build on the same concept and create a community of people who want to push for this cause.

Link
https://foemalta.org/our-campaigns/resource-use/plasticfreepledge/

Written by Anastasia Finkel, Friends of the Earth Malta
SESSION PLANS
Bee Sustainable
Friends of the Earth Malta

Context
Due to the effects of intensive agricultural practices and pesticide use, climate change, the decrease in rainfall, hotter summers and droughts, the bee population has been even more strained these past few years, with honey-bee keepers in Malta loosing up to half of their colonies. These issues are not only evident in Malta, but prevalent in Europe and on a global level.

Friends of the Earth Malta has already been organising a series of workshops called Bee Aware that brings beekeeping closer to the public and makes beekeeping more accessible to people who might otherwise not have had the opportunity to get into apiculture. The camp builds on the work that we are already doing on bees, biodiversity and agriculture and aimed to:

- raise awareness of the importance of the pollinators, especially bees with people who are
- passionate about solving environmental issues in Malta
- provide tools for advocacy work and campaigning to protect the bee population in Malta
give the basic knowledge on how to design and create a sustainable, permaculture, pollinator-friendly garden

The scope was to create a group of bee-guardians who would in turn be empowered to protect the pollinator community either through making their own pollinator garden, through advocacy or by taking action and volunteering to create pollinator-friendly areas in Malta.

**Who was involved**

The FoE Malta team organised the camp together with a group of camp leaders/facilitators. Their experiences and backgrounds ranged extensively: an activist who now works primarily aiding NGOs to develop strategies for campaigning; a permaculturist; a bee keeper who studied the Maltese honey bee; and an expert in Maltese indigenous flora who manages a Natura 2000 site.

The scope of the camp was to get participants from different backgrounds regardless of their prior participation in environmental NGOs, or activist actions, who have an interest in advocating for bees and creating spaces that cater for pollinators. The call was launched on the FoE Malta website and on social media and participants were requested to fill in information with regards to their background, and stating what their interest in participation was. There was no differentiation made based on the education level or social class, however a prerequisite was a genuine interest in the camp and the project. The scope of the camp was to welcome people from all backgrounds and walks of life. Since we knew that people would come from different social backgrounds, we organised the camp in a way that the first evening would be focused on connecting with each other, being vulnerable, creating a sense of community and feeling that we were all in one space for a specific cause. We used tools of Deep Ecology to create this sense of unity which was important for everyone to be open and accepting to people that may not be of the same social strata.

The participants at the camp ended up ranged in their background, from having studied horticulture and agriculture academically, volunteering with environmental NGOs, coming from a farming background, working with local environment authorities, and some didn't have any previous knowledge on pollinators and no activist background.

Despite that the education level varied between participants, the camp was set up in a way that the sessions organised covered different topics, and hence if someone was fluent in permaculture, they would be learning about activism and vice versa. This also allowed for participants to contribute to the conversation.
and the learning process on topics they are more familiar with, especially during the exercises were the teams were split into separate groups.

Some of the participants were familiar with our work while others were new and had not attended any of our activities before. In that sense, the camp was also useful to gain a new audience and people who want to volunteer and work for this specific cause. Some of the participants after attending the camp, wanted to learn more about bees and have showed interest to attend the Bee Aware series of beekeeping sessions.

**Using popular education methodologies**

Since the participants background was diverse, this allowed for peer-to-peer learning rather than a unidirectional learning system. The programme was set up in a way that the first session was focused on connecting all individuals and initiating a space for sharing experiences and knowledge. The theoretical knowledge was backed up with a learning-by-doing session where the participants were allowed to learn through an activity, such as designing an action campaign, or a permaculture garden.

The main tools were the following:

**ACTION CAMPAIGN**

A session was led covering the basics of developing an advocacy strategy and tactics that can be used for campaigning. Examples were given of different campaigns, including one to protect the bees, and insight into how opposing companies and groups lobby and use methods to detract from the environmental problems that they are causing. Following this session, the team was split up into four different groups. Two groups had to design a strategy, campaign and action against a manufacturer of pesticides that were linked to the decline of the bee population. Two-other groups had to create an awareness-raising camping and project to create pollinator friendly areas in Malta. The teams had an hour to design an action plan with a specific budget and then present it to the rest of the group.

**POLLINATOR AREA DESIGN**

We started off with an introduction to permaculture garden design, companion planting, what plants are good for pollinators. The groups were then again split and an hour and a half were allocated for each team to design a pollinator-
friendly garden in an area (either a privately-owned garden/field or a public land). The permaculturist leader/facilitator of the session helped each team to create a good design which would be sustainable. The teams then presented the design to the rest of the group. This session was followed by a hands-on activity where we all spent 3 hours creating a pollinator-friendly permaculture garden, sowing herbs, medicinal plants and indigenous trees. The design was finished off with a water feature and a bee-hotel was also created for solitary bees.

**Linking to system change and local/global**

The scope of the camp was to empower individuals and unite in a common action. The first session of the camp focused on interconnectivity and participants were discussing in pairs about the environmental issues we are currently facing. The advocacy part of the camp was the one that linked the most local and global issues. This session geared the participants up with the necessary information and tools to become "bee defenders" in order to carry out future activities. This included understanding how lobbyists for big corporations work, the tactics that they use, and how to understand them to devise a strong countering campaign. The issue of the decline of the bee population is one of a global scale and the camp also facilitated in raising awareness of how food security and our ecosystem is dependent on protecting the pollinator population. During the first day, the question on how much percentage of the global agricultural produce was dependent on pollinators was discussed to emphasis how directly affected we are by the decline of bees. The issues we focused on were mainly the loss of pollinators due to unsustainable agricultural practices and habitat loss due to inadequate land use.

**What happened**

The outline of the camp was as follows:

**DAY 1**

Session 1:
✓ Introduction to Schools of Sustainability (15min) & Outline of the days ahead.
✓ Getting to know each other. We all introduce ourselves, our backgrounds and why we are here today (45 min)
✓ Deep Ecology - Why we need to look at the world holistically. Interconnectivity and nature connections. Challenges we are currently facing (1hr 30min)

DAY 2

Session 2:
✓ Permaculture and Sustainability, taking action and driving change, why we need to collaborate to create pollinator friendly areas.

Session 3:
✓ Introduction to pollinators and their importance in the ecosystem. Issues that pollinators are facing. Plants to grow each season that bees need for nectar and pollen. Visit to an apiary and Nature 2000 site.

Session 4:
✓ Advocacy. A two hour 'crash course' is aimed at gearing the participants up with the necessary information and tools to advocate for bees, covering topics such as research, communication and activism. Participants break into groups and develop small campaigns aimed at different target groups to achieve certain objectives in order to help protect the bees in crisis.

DAY 3

Session 5:
✓ How to use permaculture principles to design pollinator friendly areas. Participants apply the design theory and principles they have learnt to design a pollinator friendly area of their choice in groups and present the design to the rest of the participants.

Session 6:
✓ Visit to a site to create a bee-friendly garden (3 hours)

Session 7:
✓ Group activity: creating bee-hotels for solitary bees.
Closing session: Reflection on what we have learnt, feedback and experiences.

We will be following up with the participants at the camp to see if they have created their own pollinator-friendly area in a location of their choice and call on a group event together in the future. The participants provided their contact details so that we keep in touch, update each other and work together to build pollinator-friendly areas. Almost all the participants have indicated that they are willing to support FoE Malta in the Bee Cause Campaign.

**Lessons learned**

The overall experience was positive and the final group sharing session was crucial to close off the event. The feedback points were positive and since participants came from different backgrounds, people found different sessions more relevant to their own development. It was also evident that there was a need for this camp to be organised since many participants have vocalised how the activities have not only been useful on a personal level but have also connected the group and the majority have offered to volunteer for bee-related causes.

From the camp we learnt that there are benefits to having a group of people from different walks of life but it would also be useful to have specific groups, such as farmers (young farmers, organic farmers, conventional farms), or a group of environmental activists, to have more focused sessions.

Another key learning point is to bring the whole team of leaders and facilitators together to make sure that everyone is on the same page. This may prove to be difficult with people who hold a lot of knowledge, such as bee-keepers, but may be set in their ways in terms of viewpoint and perspective. Bringing all the workshop leaders together to discuss the camp would lead to more cohesion and flow between the sessions.

The Bee Sustainable camp welcomes people from different backgrounds which had its advantages, and connected people from different social classes and education levels. During a review of the camp, as FoE Malta we have decided that we would also like to create similar workshops in the future focusing on specific target groups that can contribute to the cause in different ways, such as people who work in the agriculture.

*Written by Anastasia Finkel, Friends of the Earth Malta*
TIME NEEDED: One afternoon (3 hours or more, depending on number of activities carried out)

PREPARATION NEEDED:
Usually there is one speaker-facilitator; the preparation time needed is approximately 4-6 hours, depending on previous knowledge and experience and if the presentation and materials have already been prepared.

The meeting space should allow enough room for exercises that involve moving around or breaking out into small groups. Roughly a minimum of 50 m² for 20 participants should be sufficient.

 Decide on the exact content and duration of the workshop to tailor your needs, select and get acquainted with the methods you will use. You can choose from this set of 25 tools, ranging from 10-minute exercises to 180-minute simulations: https://www.endlich-wachstum.de/kapitel/materials-in-english/

Why use this session outline
Group exercises aid collective learning, active questioning and critical thinking in interactive settings, as opposed to passive, linear, one-way reception of information via learning materials (text, speech or video).
Description
A half-day workshop exploring the problems created by the current economic growth-centred mode of existence and its potential alternatives – degrowth, sufficiency, etc. The Sufficiency and Degrowth concepts are explored in an afternoon workshop (e.g. beginning 14:30, end 17:30). Depending on the timeframe and participants, different methods are used, including presentation, role-playing, group discussion, data visualisation, text analysis, etc.

Agenda
At BUNDjugend, we are usually invited to prepare a session on sufficiency during volunteer seminars from other non-profit organisations, at schools and universities or other grassroots groups. We have experience with running this workshop for between 8 and 30 participants and ages 16 to a wide range of adults. It is very important to adjust the content, length and methods depending on the context and motivation of the group. Usually we try to find out about this by talking to the organisers in advance.

PREPARE WELL (45 MIN)
Get to know the location. Make sure all the materials needed are there and test the technical support (projector, sound). Create a nice atmosphere (air the room, background music to arrive etc.). If part of a larger seminar, ask the organisers if there is anything you should know short-term for the session.

START THE SESSION (45 MIN)
Welcome everyone to the session and don’t forget to state its title. Introduce yourself and your organisation very briefly or say hi if introduced by the organisers. If possible, tell a (personal) short story/create a narrative, why you are here.
✓ optional) photo of yourself “in action” (maybe doing something you just mentioned in the introduction)
Short introductory round with pictures
✓ Laminated Images „Association Pictures Growth and Prosperity“:
You can use images of shopping malls, people with full bags, growing seeds, a waste dump, a set table, big construction side, group of friends, cozy house, etc.
✓ Spread laminated pictures on the floor and ask the participants to walk around and pick one they associate with growth and/or prosperity. Ask them to build a circle/go back to their places and shortly state their name,
occupation, association with picture, desire / interest for this workshop (written on a facilitation card). Pin the cards on a movable wall or similar.

Share the session's agenda

✓ Use a flipchart and markers
✓ Let the participants know that their questions and experiences are welcome. Let them know you're grateful for signs if a break is needed. If you like you can introduce hand-signs for non-verbal communication (esp. for larger groups)

Opinion barometer

✓ Use a PowerPoint-Presentation or Flipchart
✓ Read out loud the following statements and ask everyone to choose the right place on a fluid spectrum (right: I agree very much; left: I totally disagree)
  o I've heard of "post growth"
  o We still need growth in the global north/<country> to finance the welfare state.
  o What should grow here? We already have everything anyway!
  o Especially the countries of the Global South need growth to fight poverty.
  o Growth enables prosperity in our society

✓ Hand-signs: https://en.wikipedia.org/wiki/Occupy_movement_hand_signals
✓ If possible, it can be nice to go outside for this exercise. If you choose to ask a larger number of questions it can be good to change the poles of the spectrum every few questions.

INPUT (60 MIN)

✓ PowerPoint-Presentation „A good life for everyone! Sufficiency in everyday life and politics“ or Sketch note template (if you can't or don't want to use PowerPoint).
✓ Example: https://www.endlich-wachstum.de/kapitel/materials-in-english/methode/beyond-growth/
✓ Discuss the following questions:
  o What is sufficiency?
  o Why is sufficiency necessary for sustainable development?
  o What has politics to do with sufficiency and which policies are there?

Double Circle 3x3min

✓ The group builds two circles (e.g. through counting 1-2,1-2): one inner and one outer circle, forming pairs who look at each other.
  o What obstacles to sufficiency come to mind?
  o Which incentives for sufficiency come to mind?
What role should politics play for sufficiency?

- If possible, it can be nice to go outside for this exercise. Use a phone or other kind of timer.
- A singing bowl can be used for signaling the change of partner and questions.

**BREAK (15-30 MIN)**

- Use for preparing the gallery of thoughts and gallery of alternatives.

**PROSPERITY AND GOOD LIFE. WHAT DOES THAT MEAN FOR ME? (10-30 MIN)**

- Everyone writes their thoughts on the facilitation card. Important: one thought per card, keywords instead of full sentences.
  - To lead a happy and contented life means for me ...
  - Prosperity means for me ...
- Depending on size of the group and session lengths: Either the cards are clustered and pinned on movable walls by the facilitator for the discussion later or everyone presents their cards briefly to the plenary.
- You might need: 6 facilitation cards for every participant (two different colours), flipchart markers, “coffeehouse music” for the background

**GALLERY OF THOUGHTS (15-30 MIN)**

- Invite the participants to go for a short walk through the building or the building’s surroundings, where you’ve put up different quotes/thoughts on prosperity and growth before. Everyone/couples are asked to pick one they find fascinating
- Use laminated quotes and tape
- If the place is not suitable for a walk or if you lack time, you can hang the quotes on a line in the room.

**DISCUSSION IN THE PLENARY: SOCIAL PROSPERITY (30 MIN)**

- With their own thoughts and the quote they picked, ask the participants to discuss
  - Intersections and differences
  - How can the differences be explained?
  - How is wealth usually measured? What problems come up with that?
  - Which role should the state play?
- Ask if there are any open questions.
GALLERY OF ALTERNATIVES. VISIONS FOR A SUFFICIENT SOCIETY
(15 MIN)
✔ The participants can now get ideas on how people are organising alternatives in the present. Like in a gallery, they see people in action for a sufficient society and can read on the back of the photo how the initiatives work.
✔ You need laminated cards, a line and clothes pegs
✔ Prepare cards with a printed photo plus a little text describing the initiative on the back, and can include among others: cargo bike, bulk buying, tiny houses, parklets, adbusting, repair café...)

CONCLUSION (15 MIN)
✔ Form a circle. Via flashlight-method (everyone answers shortly, no comments, no discussion) everyone is invited to share
  o What they would like to change in their life
  o which political actions they intend to take
✔ Make sure all questions have been answered. Hand out stickers and brochures. Say thanks and let the group know if you’re available for additional questions.
✔ Sticker: http://www.die-erinnerungsguerilla.org/dabei-sein.html (These stickers are part of ErinnerungsGuerilla (RemindingGuerilla), a platform offering post-its with open questions for public space. You can prepare your own stickers very easily though)

After the workshop, stay in touch with the participants by sharing related information on your work, contact data and e-mail. If the participants come from different cities, let them know about groups in their region.
You’ll find many more ideas and materials and additional input for the above used ones on the Beyond Growth-platform by Fairbindung e.V. and Konzeptwerk Neue Ökonomie e.V. (two German non-profit associations dealing with post-growth): https://www.endlich-wachstum.de/kapitel/materials-in-english/

A set of the following 25 tools are described in detail and accompanied by supporting material here: https://www.endlich-wachstum.de/kapitel/materials-in-english/
✔ Association postcards - A picture-based discussion
✔ Beyond Growth - A classical presentation
✔ The economy and me - Exploring our relationship with "the economy"
✓ Opinion barometer - Exploring what the participants know
✓ Growth quartets - A card game about GDP
✓ Both sides of the coin - Arguments for and against economic growth
✓ Peak oil alarm - A short story from everyday life about our consumption of oil
✓ Rebound Comics - Understanding the rebound effect with the aid of examples
✓ The Story of Stuff - A film about the ecological limits of our economic model
✓ Three strategies towards sustainability - Identifying examples of efficiency, consistency and sufficiency
✓ A collage of happiness - A creative exploration of the individual and social components of happiness and satisfaction
✓ Measuring the good life - Standard of living indicators
✓ Prosperity and good living - A discussion about similarities and differences
✓ Why do we consume? - Adverts based on the different functions of consumption
✓ The Light Bulb Conspiracy - Discussing a film about planned obsolescence
✓ There is more to life than work - Reassembling quotes about work and quality of life
✓ The Spirit Level - Text analysis and discussion on equitable distribution
✓ The World Game - Bringing facts and figures to life
✓ Can Yasuní be saved? - A simulation exploring the impact of oil production
✓ Buen Vivir - Text analysis on the philosophy of good living
✓ Under the magnifying glass - An introductory text analysis on the subject of post-growth
✓ Building another world - Taking inspiration from examples of real-life alternatives
✓ Who can change things? - Opportunities for action and influence on different levels
✓ How would we like to have lived? - Dream journey into the future II
✓ Back to everyday life - A letter to myself

**Additional elements or variations**
Use a different mix of tools, depending on the time and participants.

**Facilitator considerations**
✓ Never assume that people have the same values or priorities.
✓ Don't make participants feel bad about themselves.
✔ Use a positive approach to present options of how we can change things – it works better to motivate people to change than ‘doom and gloom’ or blaming does.
✔ Try to use a mix of tools that covers both cognitive and emotional approaches.
✔ Create space for personal reflection.
✔ Invitations for our workshops have been done through the ponzi system.

Links
https://www.endlich-wachstum.de/kapitel/materials-in-english/

Written by Katharina Ebinger, BUND Baden-Württemberg/Friends of the Earth Germany
GLOSSARY
What is resource justice?
Resource justice is the concept of a ‘fair share’ consumption of natural resources for everyone on Earth, within planetary limits. In 2017, ecological footprint overshoot day was on 2nd August, meaning from that date onwards, we were consuming beyond the planet’s capacity for that year. Current average global consumption levels require nearly two Earths to satisfy resource demands. However, this conceals the large and unjust gap that exists between consumption patterns in the Global North and Global South. To reduce the gap and move to consumption within the planetary boundaries, those countries/regions with high levels of consumption must greatly reduce it. The concepts of fair share and environmental space should be at the heart of sustainable production and consumption: All people have the right to equitable shares of water, food, air, land and other resources within the carrying capacity of the Earth.

Carrying capacity
The sustainable rate at which we can use the key resources upon which our civilisation depends (e.g. fossil fuels, water, timber, steel, aluminum, cement, food and land) without causing permanent damage to ecosystems, or depriving future generations of access to these resources.

Single-use products
Any item which is designed to be used only once before being disposed of. Single-use items are often used in packaging, consumer products, cosmetics and healthcare. Examples include: plastic bags, disposable utensils, beverage containers, coffee capsules, wet wipes and razor blades. Many single-use products are not recyclable and often leak into the environment, causing negative impacts to our land, waterways and biodiversity.

Cradle-to-grave
This is the pathway of a product from resource extraction (‘cradle’) to use phase and disposal phase (‘grave’).

Circular economy and linear economy
The circular economy is a regenerative economic system in which resource input and waste, emissions, and material/energy leakages are minimised through long-lasting and non-hazardous design, maintenance, repair, reuse, remanufacturing, refurbishing, and recycling. This is in contrast to a linear economy which is a ‘take, make, dispose’ model of production where resources are extracted at a high rate and products disposed of at a high rate, causing negative environmental externalities.
Our European School of Sustainability project brings together 23 groups from across Europe, Young Friends of the Earth Europe and Friends of the Earth International. Inspired by the Latin American Escuela de la Sustentabilidad, and driven by popular education techniques, the project aims to strengthen the regional network of Friends of the Earth Europe, and create common political analyses of system change from a social justice, environmental justice and human rights perspective. Exploring and building understanding on transformational education, will help challenge oppression, power and privilege in our work and the issues we are campaigning on.

http://virtual.foei.org/trainings/