

Sustainability Kit

For Rover Reps and Contingents



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Steps towards Sustainability before Roverway 2018!

Don't hesitate to contact us if you need help and send us some pictures of your actions!
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Introduction

Making Roverway 2018 as green as possible is a great challenge. The Planning Team has chosen to focus on four goals:

1. to drastically **limit the quantity of waste produced** and to make sure that the waste disposal system at the event is efficient: we want to **recycle** as much as possible and food leftovers will be given to charities.
2. to look at energy savings and to **reduce our consumption of natural resources**, such as water. We aim to limit the use of fossil-fueled vehicles.
3. to produce green energy on-site during the event.
4. to involve the participants in a sustainability journey before the event and make sure they leave Roverway 2018 with an **increased awareness of the challenges** we face and empowered to implement some of the steps taken by others.

We can **Be the Change** together in 2018! Let's share our efforts and show the world the Roverway 2018 impact!

Make sure your **actions are recorded** so we can see how much it amounts to. You can use [this document](#) to keep us posted on what you do!

For example, who reduced their car travels, used public transport etc? How many of you took part in Earth Hour?



Talk with your CMT about sustainability, they can help you implement some of these actions during the meetings of your Contingent!

Don't hesitate to also discuss the subject with the other participants, so that they can fully **understand the reasons** behind the different actions ;)

Think global, act local!

The United Nations listed 17 Sustainable Development Goals to transform our world. They are important, world-changing objectives that will require cooperation among governments, international organisations and world leaders. But **change starts with you!** Every human on Earth is part of the solution. The United Nations wrote a [Lazy Person's Guide to Saving the World](#) with easy steps you can take, starting from your couch and up to your workplace... Have a look at some of the actions you can take to **make a big impact!** Here are some ideas:

Waste

Reduce and reuse: avoid individual packaging! For example, when making tea, you could use tea bags for more than one cup or loose leaves (tea bags contain plastic) and have a sugar bowl rather than individual packets.



Check the recycling possibilities of your area. Make sure you have enough bins to **sort the waste** according to their guidance. To help the members of your Contingent, you can use pictograms (the Roverway 2018 ones are attached)!

Food

Be a *Locavore*. Choose **seasonal products from local origin** (< 100 km), organic if possible. Check out the possibilities to buy your food from the local farmers, where organic products might be more affordable! Your pollution impact will be reduced as the food will have less distance to travel



and as less chemicals are used for their production.

Reduce the quantity of meat you consume, especially from industrial origin. Did you know that a lot more resources are needed to produce one kcal of meat compared with vegetables, especially for industrially produced meat?

Transportation

Make minimal use of cars, or organise **carpooling!** Choose **public transports**, trains, or even better, use bikes or walk, like the Dutch do.



Water and energy

Try to reduce your water consumption! For example, encourage your Contingent members to take **shorter showers**. Why not use a timer?

Opt for outside activities to make the most of the natural light, and **switch off the lights** when a room is not used.

Do not use heating when the windows are open and **do not overheat** the buildings.

Tell us how many of you switched off the lights during Earth Hour on 24 March!

You can also organise the following activities, and more... ;-)

Workshop: Do It Yourself!

Joining the DIY movement can be triggered by various motivations: economic benefits, protection of the environment and our health, identity enhancement... There is an emergence of a trend of people undertaking home improvement and various other small craft and construction projects as both a creative-recreational and cost-saving activity. Join in and **learn new skills!**

Our suggestion: make a few bottles of dish soap with your Contingent and use this greener product in your preparations meetings :) The success of this recipe might depend on the type of water you have (hardness, pH, ...). It is advisable to make a small batch first to check if this dish soap works well in your area. You can find more ideas on the internet!

Ingredients

- 20 grams of grated natural soap
- 8 tablespoons of soda
- 30 milligrams of purified water
- 60 drops of lemon essential oil
- 60 drops of lavender essential oil

Washing soda is similar to **baking soda** (also called bicarbonate of soda), and you could use either. However, washing soda has a bit more of a boost when it comes to cleaning. It helps cut through grease easily, is completely natural and 100 percent fragrance and phosphate-free.

Lemon essential oil not only provides a nice citrus scent, but it's great at helping cut grease. It's even considered one



Homemade dish soap

of the top most **antimicrobial** essential oils on the planet making it a natural disinfectant.

Lavender oil can't be beaten for its wonderful scent. Besides the natural **antioxidant** protection that lavender provides, which can seep into the pores of the skin when using it with your DIY dishwashing liquid, it has phenomenal benefits when inhaling it (improving your mood and providing relaxation).



First, place the soda and 16 grams of grated soap into a bowl. You can add a little more of grated soap if you want it thicker, and less for a thinner solution. The key here is to use pure soap, made from vegetable oils.

Next, heat water to a boiling point, then pour it over the soda and grated soap. Using a whisk, blend well. Once the ingredients are well mixed together, add the rest of the grated soap and blend again. Lastly, add the essential oils and mix again.

Allow to cool, stirring occasionally. Once the entire mix is cooled enough, pour your homemade dish soap into a BPA-free squirt or a glass bottle and you are ready to go! Wash your dishes (save water!) and rinse well.

Source: <https://draxe.com/homemade-dish-soap-lemon-lavender/>

Get inspired!

Why not show one or several of these TED talks to your Contingent and make sure it leads to a discussion! Don't forget to be open to everyone's ideas and views. **Click on the pictures** and, who knows, you might get inspired for the rest of your life...

Fashion has a pollution problem...

Can biology fix it?

Discover the story of a bacteria that produces blue to pink pigments! But how to scale the dying process for industrial production?



Architecture that repairs itself?

Taking Venice as an example, discover a not-quite-alive material that does its own repairs and sequesters carbon, too.



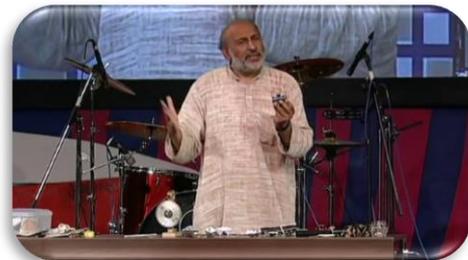
The route to a sustainable future

Discover opportunities to create a much better tomorrow!



Turning trash into toys for learning

Discover seriously entertaining, well-designed toys that kids can build themselves while learning basic principles of science and design.



How we can eat our landscapes

Discover the story behind the now world-wide famous movement Incredible Edible that offers free food in public areas.



Why I'm a weekday vegetarian

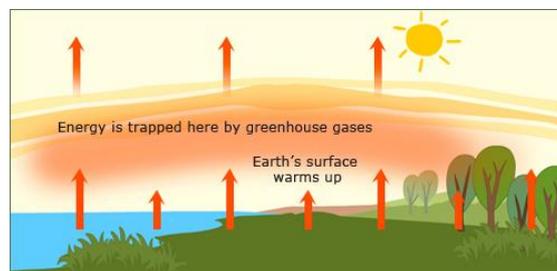
A short video showing a greener, healthier and cheaper diet possibility, between daily meat and vegetarian diet.



Game: My carbon footprint

Our planet is surrounded by a blanket of gases, our atmosphere. As the sun sends us heat, some of this is absorbed by the Earth's surface and some of it bounces back into the atmosphere. The reflected heat is trapped by the atmosphere and this keeps our planet warm. This is known as the greenhouse effect. The blanket of gases is getting thicker as **we release greenhouse gases** by burning fossil fuels for energy, and as we cut down forests for timber and agriculture. As a result, **the temperature rises** and our climate is starting to change.

This game is a simple activity to start thinking about our **daily energy use** and how this affects the environment. The first part will take around 30 minutes and you can then have a discussion as long as you want! The objective is to raise awareness of how **we contribute to climate change** in our daily lives by understanding how our everyday actions are associated with releasing greenhouse gases into the atmosphere. The discussion that follows is important as it enables you to **exchange your ideas** with others to understand the difficulties for some actions, and give/get tips to do more.



Source: <http://healthlove.in>

This game is part of the WOSM Environment programme. If you want to know more, click [here!](#)

Prepare question and answer cards (small green, medium-sized orange and big red). You can use the provided questions (see next page)! Ask the participants to answer the questions by displaying answer cards in front of them. If appropriate, prepare additional questions that are relevant to your local environment.



When all the participants have answered the questions and displayed their cards in front of them, **initiate a discussion** with them. You can start with the provided questions, but don't hesitate to push the discussion further!

- Who has the smallest greenest mat, and who has the biggest reddest mat? How do you (Contingent members) feel about it?
- Are there big differences between the participants or does everyone have a similar energy use?
- How do the questions relate to energy? (Some have obvious connections but others need some thought, e.g. how often do you buy new things?)
- How relevant were the questions to your daily life?

- What can you do to reduce your footprint? What would be easy and what would be hard?
- What are you already doing to help the environment? Are you doing it consciously or by accident?
- How would your day be without energy? Which step of your daily routine would have to be changed and how?

How do you get to school/work?		
By bike or on foot	By bus or train	By car
How often do you take the plane?		
Less than once per year	1 to 3 times per year	4 times per year or more
Do you switch off the light when you leave a room?		
Always	Sometimes	Never
Do you leave your television (or computer) on sleep mode, instead of switching it off?		
Never	Sometimes	Always
Do you unplug your chargers when the device are charged?		
Always	Sometimes	Never
Do you avoid to produce waste (family packaging, reusable bags)?		
As often as possible	Sometimes	No / don't know
Do you sort the waste and recycle?		
Always	Sometimes	Never
Do you buy locally-produced food?		
As often as possible	Sometimes	No / don't know
Do you buy non-seasonal vegetables?		
Very seldomly	Sometimes	Once per week / don't know
How often do you eat meat or fish?		
Once per week or less	2 to 5 times per week	(Almost) every day
How often do you buy new things (clothes, games, books, electronic device)?		
Less than once a month	1 to 3 times per month	Once a week or more often
How well is your house isolated?		
Class A or B	Class C or D	Class E or lower / don't know
Do you use renewable energy?		
Yes, most of the time	Yes but rarely	No / don't know
Have you ever planted a tree?		
Yes, several trees	Yes, one tree	No