



C.H.A.N.G.E.R.S. - 2.0

Green ABC – Introduction

<https://changers2.eu/>



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Module 1 – Green ABC

Lesson Plan 1 – Intergenerational Responsibility

Aim: To reflect on personal values, identify and explain how values vary among people and over time, while critically evaluating how they align with sustainability values.

Objectives: To understand the impact of human activities and human attitudes in a natural resource context. Understand the consequences of the depletion of natural resources for present and future generations. Embrace the role of environmental stewards by actively caring for and conserving the Earth's natural resources. This includes responsible consumption, minimizing waste, reducing carbon emissions, and supporting sustainable practices in areas such as energy, transportation, and food production.

Proposed Activities from WP3-A1

1. Ask the seniors to reflect on their own experiences with natural resources throughout their lives.
2. Encourage seniors to reflect on the real-world depletion of resources and the potential impact on future generations. Then divide participants into small groups and let them analyse a case study focusing on a specific natural resources issue, such as water scarcity or biodiversity loss.
3. Use a visually engaging presentation to show examples of human activities that have had a significant impact on natural resources.





Module 1 – Green ABC

Lesson Plan 2 – Adaptation to climate change

Aim: To manage transitions and challenges in complex sustainability situations and make decisions related to the future in the face of uncertainty, ambiguity and risk.

Objectives: To understand the need for the adoption of adaptation measures to cope with the risks and impacts resulting from climate change. Implement climate change adaptation practices in family and community contexts.

Proposed Activities from WP3-A1

1. Use a visually engaging presentation to show examples of climate change impacts relevant to seniors, such as extreme weather events, heatwaves, and rising sea levels and discuss potential adaptation measures that could be taken to address the identified risks and minimise the impacts (e.g., home modifications, emergency preparedness, and community engagement).
2. Divide the seniors into small groups or pairs and provide them with adaptation action planning worksheets. In their groups, ask seniors to brainstorm and identify specific climate change adaptation practices they can implement in their family or community contexts.





Module 1 – Green ABC

Lesson Plan 3 – Mitigation to climate change

Aim: To manage transitions and challenges in complex sustainability situations and make decisions related to the future in the face of uncertainty, ambiguity and risk.

Objectives: To Understand the importance of adopting attitudes, behaviours, practices and techniques leading to the reduction of greenhouse gas emissions. Participate in an integrated manner with different social actors, at school and in the family, in actions that minimise the impact, at the local level, of human activities on climate change

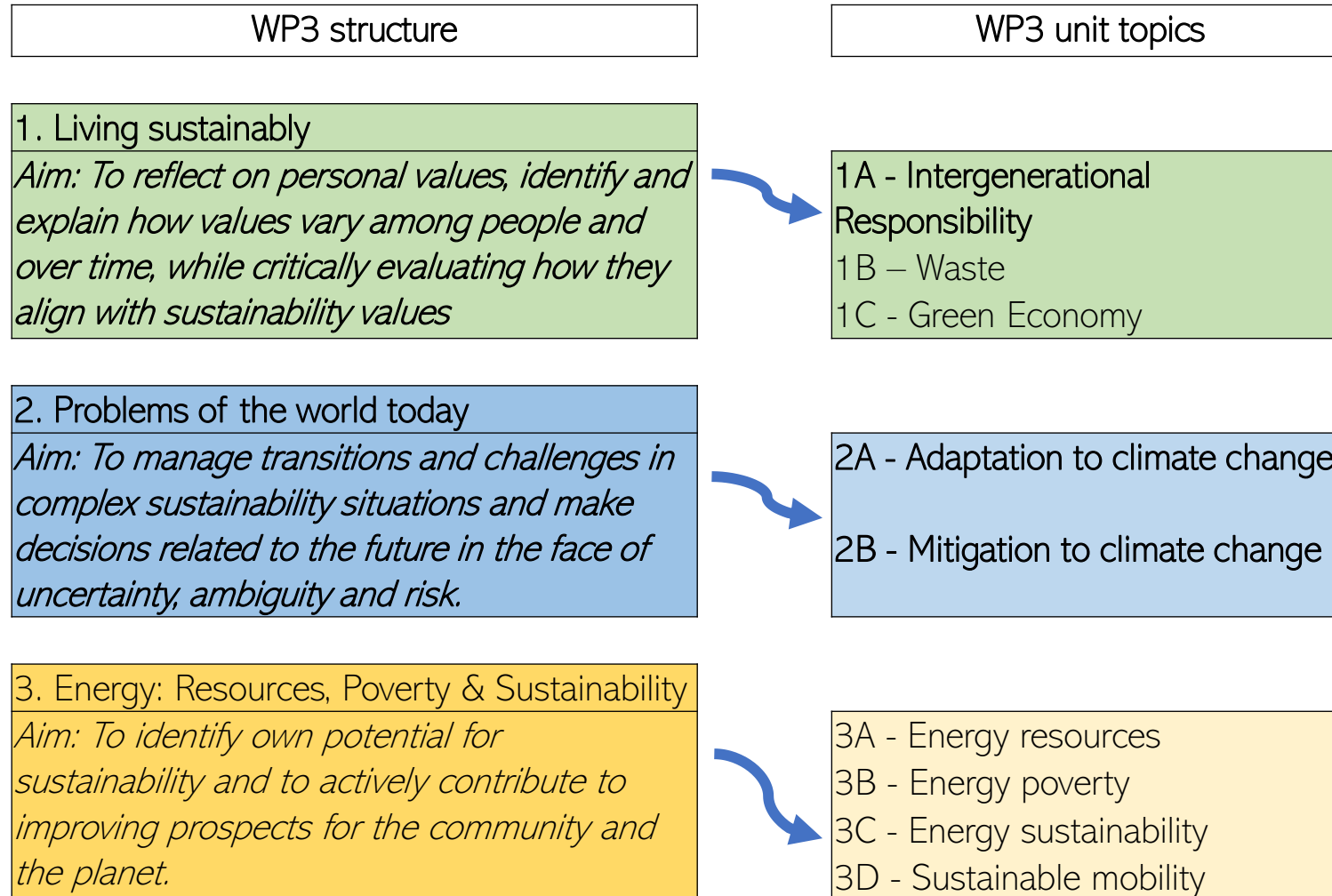
Proposed Activities from WP3-A1

1. Provide each senior participant with a carbon footprint assessment worksheet or an online calculator. Guide participants through the process of calculating their carbon footprint, considering factors such as energy use, transportation, diet, and waste generation. Encourage them to reflect on their results and identify areas where they can make changes to reduce their carbon footprint.
2. Divide the seniors into small groups and assign each group a specific social actor, such as schools, families, or community organizations. In their groups, ask seniors to brainstorm and generate ideas for collaborative climate change mitigation actions involving their assigned social actor.



Module 1 – Green ABC

Connection to WP3



Understanding Seniors' Needs

- 1) Seniors prefer practical information over scientific or theoretical knowledge.
- 2) Information that they can apply in their daily lives
- 3) Tailoring content to meet their needs enhances engagement and understanding



European Green Deal Policy



European
Green Deal

- The European Green Deal is a comprehensive set of policy initiatives by the European Commission aimed at making the EU's economy sustainable, turning climate and environmental challenges into opportunities, and striving for a more circular economy.
- One of the key areas of the European Green Deal is increasing the EU's climate ambition for 2030 and 2050, with targets for reducing greenhouse gas emissions and transitioning to renewable energy sources.
- By aligning educational efforts with the goals of the European Green Deal, we can empower seniors to contribute to a more sustainable future.



European Green Deal Policy

GOAL: *By 2050, Europe aims to become the world's first climate-neutral continent. Cut emissions by at least 55 percent by 2030 (compared to 1990 levels) and become the first climate-neutral continent by 2050.*

To pave the way to achieve this ambitious target, the European Commission pledged to reach the following more detailed targets by 2030:

- Minimum **55% cuts** in greenhouse gas emissions
- Above **32% share** of renewable energy
- At least **32.5% improvement** in energy efficiency

European Green Deal Policy

Without action on climate change, the EU will experience in our children's lifetime:

- 400 thousand previous deaths due to air pollution
- 90 thousand deaths per year due to heat waves
- 40% less water will be available in the southern regions of the EU
- 2.2 million people will be exposed to coastal flooding every year
- 190 billion euros in annual economic loss

Main Terminology

- 1) Climate Change
- 2) Green Economy
- 3) Living Sustainability and Intergenerational Responsibility
- 4) Adaptation to Climate Change
- 5) Mitigation to Climate Change



1) Climate change

Climate change refers to long-term changes in temperature, rainfall, and other atmospheric conditions, primarily caused by human activities such as burning fossil fuels and deforestation.



Consideration for Climate change

When discussing climate change with seniors, it's important to tailor the conversation to their interests, experiences, and concerns. Here are some key points to consider:

- 1) Historical Context:** Seniors may have witnessed significant environmental changes over their lifetimes. Highlighting observable shifts in weather patterns, seasons, or natural phenomena can provide a basis for discussing the broader issue of climate change.
- 2) Health Impacts:** Emphasize the health consequences of climate change, particularly for older adults who may be more vulnerable to extreme heat, air pollution, and vector-borne diseases. Discussing strategies for adaptation and mitigation can help seniors protect their health and well-being.
- 3) Inter-generational Equity:** Frame climate change as a concern that transcends generations. Discussing the impacts on future generations and the moral imperative to take action can resonate with seniors who value family and community.



Consideration for Climate change

When discussing climate change with seniors, it's important to tailor the conversation to their interests, experiences, and concerns. Here are some key points to consider:

- 4) **Economic Considerations:** Highlight the economic costs of inaction on climate change such as damage to infrastructure, agricultural losses, and increased healthcare expenses. Emphasise the potential for renewable energy and sustainable practices to stimulate economic growth and create job opportunities.
- 5) **Local Relevance:** Connect the global issue of climate change to local impacts and solutions. Discuss how changes in weather patterns, sea levels, or biodiversity loss may affect their community and what local initiatives are underway to address these challenges.
- 6) **Personal Action:** Empower seniors to take meaningful actions against pollution in their daily lives. Encourage energy conservation, waste reduction, and advocacy for policies that support sustainability and environmental protection.



2) Green Economy

A green economy promotes sustainable development by integrating environmental considerations into economic decision-making, fostering innovation, and creating jobs in industries that minimise environmental impacts.



Consideration for Green economy

When discussing the green economy with seniors, it's important to highlight how transitioning to sustainable practices can benefit both present and future generations. Here are some key points to consider:

1. Economic Opportunities: emphasise the potential for job creation and economic growth in green industries such as renewable energy, energy efficiency, sustainable agriculture, and waste management.

2. Cost Savings: energy-efficient appliances can reduce utility bills while investments in renewable energy can provide stable, low-cost power sources.

3. Environmental Protection: the importance of preserving natural resources, reducing pollution, and mitigating climate change through sustainable practices.

4. Health Benefits: point out the health benefits associated with a cleaner environment such as improved air and water quality, reduced exposure to toxins, and decreased rates of respiratory illnesses and other health conditions.

5. Energy Independence: discuss the potential for transitioning from fossil fuels towards renewable energy sources to enhance energy security and reduce dependence on foreign oil.

Consideration for Green economy

When discussing the green economy with seniors, it's important to highlight how transitioning to sustainable practices can benefit both present and future generations. Here are some key points to consider:

6. Community Resilience: investments in green infrastructure and sustainable practices can enhance community resilience to climate change impacts such as extreme weather events, sea-level rise, and natural disasters.

7. Technological Innovation: showcase the advancements in clean energy technologies and sustainable practices driving the transition to a green economy.

8. Social Equity: discuss the importance of ensuring that the benefits of the green economy are accessible to all members of society, including marginalized communities and vulnerable populations.

9. Policy Support: highlight the role of government policies and incentives in facilitating the transition to a green economy, such as renewable energy subsidies, carbon pricing mechanisms, and environmental regulations.

10. Personal Action: empower seniors to take actions in their own lives to support the green economy, whether through energy conservation, waste reduction, sustainable transportation choices, or supporting green businesses and products. Encourage them to lead by example and inspire others to join in the effort towards a more sustainable future.

3) Living Sustainability and Intergenerational Responsibility

- **Living sustainably** means making choices that minimise our ecological footprint and promote the well-being of both current and future generations.
- **Intergenerational responsibility** recognizes that our actions today have consequences for future generations and emphasises the importance of preserving resources and protecting the environment for their benefit.





Minimise our ecological footprint

- Reduce Energy Consumption
- Conserve Water
- Minimise Waste
- Choose Sustainable Transportation
- Eat Sustainably

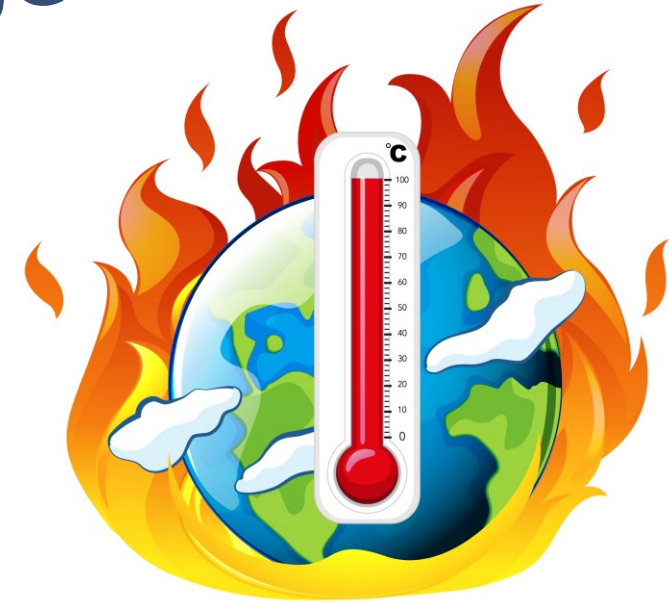


- Support Eco-Friendly Products
- Conserve Resources
- Support Renewable Energy
- Protect Natural Habitats
- Educate and Advocate



4) Adaptation to Climate Change

- **Climate adaptation** means taking action to prepare for and adjust to the current and projected impacts of climate change. Climate change bringing more frequent and intense extreme weather events such as heatwaves, droughts and floods. Individuals and communities can reduce their vulnerability and increase their resilience by adapting now.
- **Seniors** can play a vital role in adapting to climate change by sharing traditional knowledge, supporting community resilience efforts, and advocating for policies that prioritise adaptation.



Actions to adapt to the impacts of climate change

- **Capturing rainwater** (e.g., for watering gardens or washing cars) to save drinking water and reduce pressure on sewerage systems during heavy rainfall.
- **Planting trees** to create shade during heat waves.
- **Insulating houses** to reduce the need for cooling in summer (and heating in winter).



5) Mitigation to Climate Change

- **Climate change mitigation** involves reducing greenhouse gas emissions and slowing the rate of global warming.
- **Seniors** can contribute to climate change mitigation by adopting energy-efficient practices, reducing consumption, supporting renewable energy initiatives, and advocating for policies which promote sustainability.



Ways You Can Mitigate Climate Change

- Use renewable energy
- Electrify your home and transportation
- Conserve energy
- Conserve water



- Change your transportation modes
- Practice climate-friendly gardening
- Reduce greenhouse gas emissions through your food choices
- Consume less



How to approach.....



Case Study – Community Garden Initiative

- Overview of a community garden project where **seniors** took the lead in establishing a sustainable green space.
- Discuss the benefits of community gardens for promoting local food production, biodiversity, and social cohesion.
- Highlight the **seniors' role** in organising and maintaining the garden, fostering intergenerational connections, and promoting environmental education.



Group Discussion

- Divide participants into small groups to discuss local environmental challenges and opportunities for sustainability.
- Facilitate brainstorming sessions to generate ideas for community-based sustainability projects.
- Encourage participants to share personal experiences, insights, and concerns related to environmental sustainability.



Implementing Sustainable Practices

- Provide **practical tips** and **resources** for integrating sustainable practices into daily life.
- Offer guidance on energy conservation, waste reduction, sustainable transportation, and eco-friendly consumer choices.
- **Empower seniors** to take action by organising community clean-up events, starting community gardens, or advocating for green policies at the local level.



Reflecting on Personal Values

- **Encourage seniors** to reflect on their personal values and how they align with sustainability principles.
- Discuss how values such as responsibility and respect for nature influence individual behavior and decision-making.
- Explore how values may vary among people and cultures, emphasizing the importance of empathy and understanding in promoting sustainability.



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Images

- [Image by Freepik](#)





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