



DO ECO-ADVENTURE AT HOME

Why GO GREEN..?

GLOBAL WARMING, POLLUTION, ANIMAL EXTINCTION, WATER SHORTAGE, DEFORESTATION...

A few facts to help you decide...

- Plastic bags can take up to 500 years to decompose.
- 80% of the rubbish produced weekly in an average European household can be recycled.
- A fifth of all rubbish in the average bin is all packaging
- One and a half acres of rainforest are lost every second by developers destroying the rainforest for agriculture and timber.
- It takes about 140 litres of water to produce one cup of coffee.
- In 60% of European cities with more than 100,000 people, groundwater is being used at a faster rate than it is refilled.
- By 2075, it is estimated that between 4 and 9 billion people could be living in places with water shortages.
- Everyday, 2 million tons of human waste are disposed of in water courses.



This leaflet will provide you with lots of practical ideas to try at home and in your Scout group.

LARCH HILL

INTERNATIONAL SCOUT CENTRE

How to Go Green?

Step 1: Do an environmental audit of your home

Take a trip around your house and look at how it operates from an environment point of view. Visit each room and identify the things present that have an impact on the environment. Pay particular attention to:

- Energy
(e.g. What kind of light do we have? How much fuel does our car use? Is the TV always on standby?)
- Water
(e.g. do our toilets have a small flush? Do we have a dishwasher machine?)
- Waste
(e.g. do we sort waste? What do we recycle? How much packing do we throw away each day?)



Step 2: Evaluate your daily activities

Write a list of everything you do in a typical day. Next to each activity describe how it impacts on the environment. Wherever you have a negative impact on the environment think about how you could improve it.

Example:

I ran the dishwashing machine when it was half full

Impact: Negative Improvement: Only run it when full

Step 3: Create your own Green Living Pact

Think about how and why you want to help the environment and create your own personal environmental pact. The pact can cover daily activities and long term goals. It is a reminder of your commitment to the environment..

Example:

I should bike to school/work at least 3 days a week

I should buy energy efficient light bulbs

Complete these three steps and you are ready to begin your new green lifestyle.

Some practical ideas to help you start

Use Less Energy

- Don't leave electrical equipment on standby
- Don't use mobile phone chargers plugged in when not in use
- Turn off electrical equipment when it is not being used
- Turn off lights in empty rooms
- Use energy efficient light bulbs
- When you boil the kettle, only boil as much as you need
- Use a water boiler instead of a kettle
- Don't use electrical appliances for things that you could do by hand
- Use rechargeable batteries
- Use a full load in washing machine and dishwasher
- If you buy electrical appliances, choose energy efficient models
- Walk, cycle or use public transport whenever possible.

Reduce your waste

- Create your own recycle centre to recycle paper, glass, metal and plastic.
- Create a compost bin and turn your vegetable waste into nutrients for your garden
- Donate old clothes, books, toys, ornaments and household goods to charity shops or jumble sales



- Take a reusable bag shopping
- Avoid over packaged goods
- Buy recycled paper products
- Try to reduce how much plastic you buy and use. Find alternatives.

Use Less Water

- Use a bucket to wash your car instead of a hose
- Fix leaking taps straight away
- Don't use a garden sprinkler
- Turn off the taps when you brush your teeth.
- Put a water saving device in your toilet cistern.

Go Green Project Ideas

Helping the environment is an ideal subject to include in your scout programme. Below are some ideas for projects you can do with your scout group.

Transport Survey

For one week make a record of all your journeys. Include mode of transport, distance travelled. Discuss the results. How else could you have travelled? Was the car used unnecessarily? What do you think of the results? How could you be more environmentally friendly?

Investigate Packaging

Save all the packaging from one weeks shopping. How much of it is really needed? How much can be recycled? What could you do?

Food Miles

Investigate how far the food you eat has travelled. Do a survey of your kitchen and your local supermarket. Which items of food could have been produced locally? What are the problems with transporting food great distances?

Organic Versus Non Organic Challenge

Have an organic versus non organic evening at scouts. Prepare the same meals with meat and vegetables grown and reared organically and non organically and then guess which is which. Which do you prefer and why?

Investigate fast Food

How many different ways does fast food damage the environment.

Wildlife Garden

Create a haven for wildlife at your scout hall, a local garden or park.

Extinction

It is not just plants and animals in foreign countries that are in danger of becoming extinct. Find out which animals are endangered in your own country, why this is so and what you can do about it.

Take Action!

Is there an environmental issue locally that is bothering you? Form your own action group to do something about it.

