

IF YOU  
WANT TO  
GO FAST,  
GO ALONE.  
IF YOU  
WANT TO  
GO FAR,  
GO  
TOGETHER

# ENVIRONMENTAL ACTIVIST IN THE UK!

NEW 1,2 OR 3 MONTHS  
PROGRAMME

AFRICAN PROVERB

VISIT US:

WWW.CICD-  
VOLUNTEERINAFRICA.ORG



## WEEK 1

4 - 10 / 6

### Studies, debates and investigations: Signs of climate change and global warming

The planet's average surface temperature has risen about 1.1 Celsius since the 19th century, oceans show warming of 0.18 Celsius since 1969, and ice sheets are continuously shrinking. These are only a couple of examples of our era's challenges. Our climate is changing, there is no doubt about it. We can look at the evidences around us. Glaciers are retreating almost everywhere around the world, over the last several decades, Arctic sea ice has declined rapidly. Snow coverage is decreasing in the northern regions, and also the oceans are becoming more acidic. Nobody can deny recent extreme events in relation to global temperature, rainfall and storms. During this week we analyze and discuss the unquestionable global signs of climate change and global warming. We will gain a bigger understanding about the seriousness of recent extreme changes by observation and investigation.



- We also take care of our Environmental Centre by gardening, farming and maintaining. You can try many different kind of outdoor activities related to the environmental centre with its flora and fauna.

## PRACTICAL TOPIC:

### Building up an Aquaponic system

- Aquaponics is the combination of aquaculture (raising fish) and hydroponics (growing plants in a system without soil). The plants and the fishes are living in symbiosis, where the fish waste provides an organic food source for the plants, and the plants filter the water for the fishes.





## WEEK 2

### 11 - 17 /6

### **Studies, debates and investigations: Regional effects of climate change and global warming.**

The changes in our Earth's climate are having effects in different areas of the world. Some areas will be exposed to more frequent droughts, while other regions will receive more rainfall.

We do not have certain predictions, but we can have a look at some of the places where more likely will have extreme changes. Which countries are most in danger from rising sea levels? How does drought affect the life of certain nations? Which places will be most affected by climate change?

## PRACTICAL TOPIC:

### Different ways of composting

- The right kind of compost can greatly increase the productivity of your soil! We study and try out different composting methods, and have a look at the advantages of each. Why are we composting? What can we use for compost? What happens during the composting process? This week we will see examples and find answers to all of our questions. Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.



- Some regions are likely to experience water shortages while others will receive extreme amount of rainfalls. We can clearly see that even though developed and developing countries both will be affected, climate change will hit the poor countries hardest. We will investigate which countries are going to be affected the most and how they can prepare to mitigate the damage.

## WEEK 3

### 18 - 24 / 6

#### Studies, debates and investigations: A society for a sustainable future

The rising temperatures can result in drastic changes of our climate. Let us look at the possible scenarios for the future of mankind. What can we expect if we just keep going with our current consumer lifestyle and activities?



## PRACTICAL TOPIC:

### Wind turbines

- During this week we investigate how wind turbines work, and how we produce and use this renewable energy. We will have a closer look at our own as well as nearby wind turbines and learn how they generate energy. Advantages and disadvantages are taken into consideration, while we make the final conclusions.
- Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the Permaculture principles.

- We still have the possibilities to change our life-style and ways of production....and to improve the way our society works. How can we change and achieve a more sustainable lifestyle?





## WEEK 4

25 / 6 - 1 / 7

### Studies, debates and investigations: Refugees and climate change

Every day thousands of people flee their homes. What are the reasons for people fleeing their home land? How are refugees received in different parts of the world? We study the reasons for the huge refugee problems and possible solutions for the refugees to find peace and a secure place to stay.



### PRACTICAL TOPIC:

#### Solar Panels

- We continue to learn about how green energy works and we will have a detailed explanation about solar panels. How they generate energy and how effective they really are. The team will see our solar panels and learn how to set the system up.
- Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.



## WEEK 5

2 - 8 / 7

### Studies, debates and investigations: Main causes of climate change and global warming

Increased level of greenhouse gases is one of the causes of climate change. But why has it increased during the last 3 centuries? Who is responsible?

Let us look at the different and complex factors causing climate change and global warming, and investigate who is the responsible for it.



### PRACTICAL TOPIC:

#### Clay stove and Tippy-tap

- By using a fire wood saving clay stove we are able to decrease deforestation, respiratory illnesses and also we can save some money for the family. This kind of stove is widely used in Africa and developing countries. Clay is one of the most practical materials we can use everywhere around the world, it costs nothing and it can be incredibly strong. We will work with clay many times during the programme.

The water has enormous value, but millions of people have limited access to it, although hygiene is essential. By making a tippy tap we create a useful tool to save water and at the same time we provide access to basic hygienic routine. That simple instrument can make a difference in places with lack of water.

Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.





## WEEK 6

9 - 15 / 7

### Studies, debates and investigations: The atmosphere and the ozone layer

During this week we study the atmosphere, with a closer look at a specific layer called ozone. The atmosphere is a mixture of nitrogen, oxygen and other gases that surrounds Earth.

We will learn about percentages, the role of each component and mainly about recent changes boosting global warming and climate change. What exactly does the ozone shield do? Why is it so important for our survival? Where in the atmosphere is it located? We find the answers during this week.



### PRACTICAL TOPIC:

#### Herb/Fruit dryer

- Producing herbs, vegetables and fruits is the main idea of gardening. Eating them fresh is amazing and healthy. But what if we want to use the products during the winter? How can we use green energy for conservation? We will build a homemade, solar panel heated herb/fruit drier as a practical action.

- By the method “Learning by doing” we see all the advantages of this structure and the possibilities for how and when we can use it.
- Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.





## WEEK 7

### 16 - 22 / 7

### Studies, debates and investigations: The ecosystem and all living organisms

The ecosystem includes all living and also non-living things in a given area, interacting with each other and with the elements.

The ecosystem relates to the way that all these different organisms live together, strengthen and protect each other.

We will study how a healthy ecosystem works through the example of our Environmental Centre.



## PRACTICAL TOPIC:

### Irrigation system

- Let us have a look at different kinds of irrigation systems and watering solutions through examples from around the world and also from our Environmental Centre.
- Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.



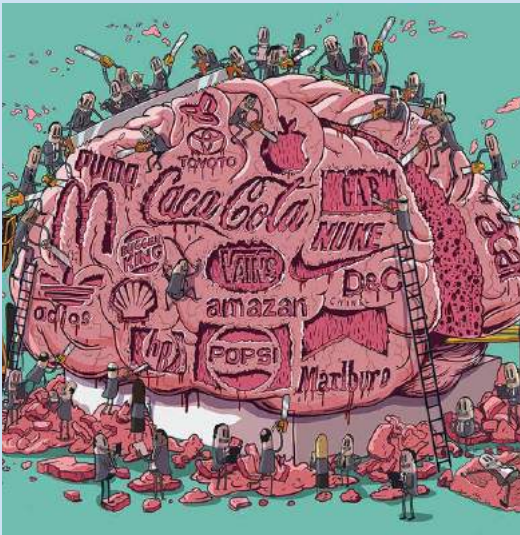


## WEEK 8

23 - 29 / 7

### Studies, debates and investigations: Consumerism and the environment

How does the consumer society work? Why do we have a consumer society? We will discuss the role of media, commercials, money and power. We will also study a look at the consequences of unlimited consumption in terms of health, economy and our natural environment.



### PRACTICAL TOPIC:

#### Forest gardening

- Experiencing forest gardening methods by doing maintenance work in our Forest Garden at CICD Environmental Centre. This amazing system replicates woodland ecosystems, in which we use trees, bushes, shrubs, herbs and vegetables which have yields directly useful to humans.

- This farming method does not require additional materials, neither compost nor pesticide.
- Also as a practical action we will take care of all the necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.



## WEEK 9

30 - 7 / 5 - 8

### Studies, debates and investigations: Ecological farming and production

To farm and hold animals without exploiting the soil and the environment is our goal. We will study and discuss ecological farming methods and strategies. Our Environmental Centre has a functioning permaculture farm what can provide an excellent example.



### PRACTICAL TOPIC:

#### Clay Oven

- Building a clay oven from local materials costs nothing and is a huge step towards sustainability. Having our own oven, making our own food is the base of a healthy and sustainable life style - and it is also makes for a nice and aesthetic spot in the garden. The clay oven has many advantages and no disadvantages.

- Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.





## WEEK 10

6 - 12 / 8

### Studies, debates and investigations: Green energy and sustainable solutions

Why should we source our energy from renewable sources? Should we have solar, wind, hydro or biofuel?

We will study the benefits in terms of efficiency, the costs, and advantages and disadvantages. Having knowledge about renewable energy is essential nowadays.

Since fossil fuels are for a big part responsible for greenhouse gas emissions and by this for global warming, it is high time to look at better options.



### PRACTICAL TOPIC:

#### Work together with nearby organizations

- To “network” and join activities together with nearby organizations is essential. We can learn through experiences of others and train ourselves by trying different methods of various groups and communities.

- And they can also be inspired and get good ideas from seeing what we do at our Environmental Centre!
- During this week we will link up with some of the local organizations, and learn more about our other partners in other countries.
- Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.





**WEEK 11**  
**13 - 19 / 8**

During this week we will travel and visit different places to see and experience sustainable solutions and participate in actions together with our partners.





## WEEK 12

20 - 26 / 8

### Studies, debates and investigations: Sustainable living, the lifestyle of the future

Living our life without exploiting the resources of our planet is our goal. Achieving this goal through reducing our carbon footprint, living together with nature in harmony is what we definitely have to do for a better future.

During this week we study and discuss this topic to get many ideas and opportunities to find our way to go for sustainability and a meaningful life. We discover many useful ways to achieve sustainability, analyse them and discuss how we can integrate them into our every day's life.



### PRACTICAL TOPIC:

#### Homemade products

- As part of sustainable lifestyle we are experimenting how to produce homemade products such as soap, tooth paste, body lotion, sun cream etc...
- Making our own products make us independent from mass produced, petroleum based commercial beauty products

- Also as a practical action we will take care of all necessary activities to keep CICD Environmental Centre clean and productive, following the permaculture principles.

## WEEK 12 + 1

27 - 8 / 2 - 9

- We will draw our conclusions about the past 12 weeks, and we prepare and give an overall presentation about the knowledge gained during the programme. As part of our Bringing to the Public period, we will share our experiences through social media, blogs and presentations in different places.

