

INTERNATIONAL R

C
K



MAKE OUR MARTINIQUE
GREEN AGAIN !

Few things to know
about making cities
sustainable.

**ECO NOT EGO
BECAUSE
THERE'S NO
PLANET B**

**THE
CLIMATE IS
CHANGING
- BUT ARE
WE?**

ALTERNATIVES
TO VEGANISM

« Remember you cannot do all the good that the world needs, but the world needs all the good that you can do »

Make our Martinique green again !

2020 is the year of changement. It is a year of new possibilities, it is time to make the difference. We realized that we have an impact, so we have to use it, and not has a unique person, but has a community, has humanity.

Earth, our home, is full of potentials. There are many sources of energy, which are just waiting for us to use it.

In our special file, we're going to learn about Martinique, a little island in the Caribbean. Surrounded by the ocean, heated by the sun, with also wind, volcan and rivers. All of theses are very useful resources. From 2020, the main objective of this region is to develop these natural resources. We can also had geothermal, volcanic and biomass energy.



This project has been prepared for years, by encouraging youth to achieve environmental studies, and bring them knowledge to the country.

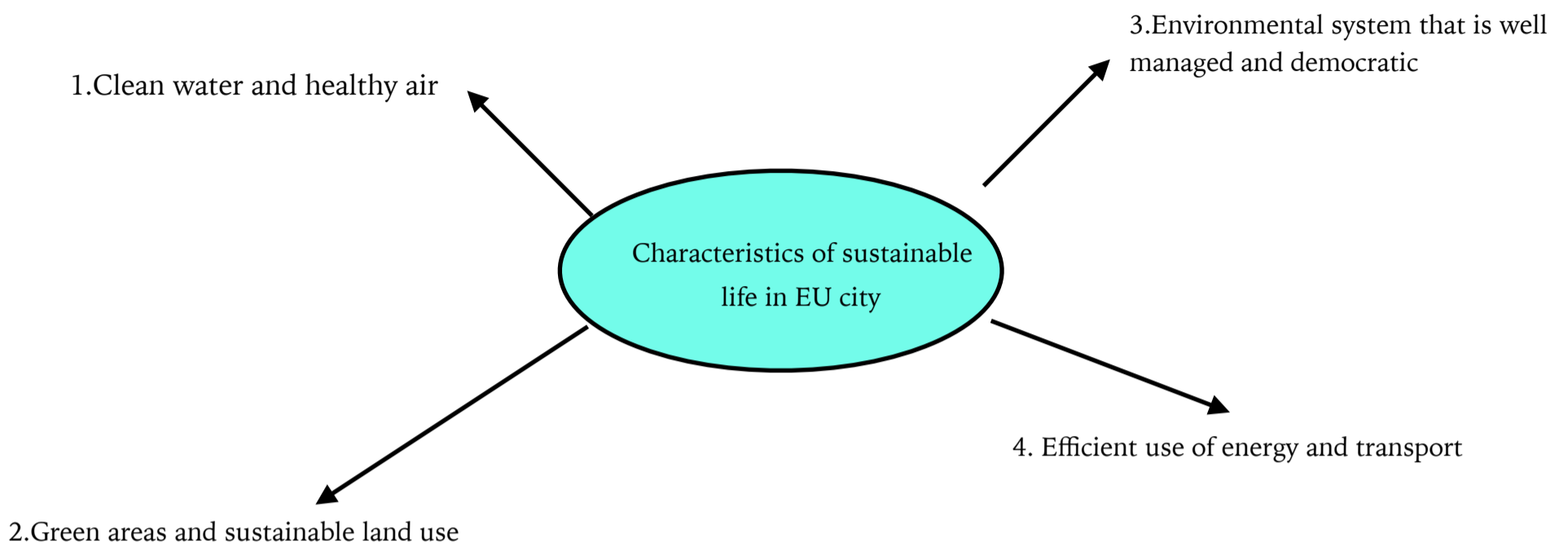
This energetic revolution is not just about the environment, it also has a big impact on economy, and is a **springboard** for the employment. It is a huge opportunity for companies, and many startup are growing. It's also an opportunity for youth (and not only) to find a job. Engineers, technicians, will be trained for the operation of machines, but also accountants, secretary, and managers, are necessary for the functioning of the administrative part.

According to the website martinique.ademe.fr, « The means are being put in place to achieve this objective: development of the local sector, support for project leaders, investment and innovation support schemes.

The development of photovoltaics in Martinique will continue mainly on buildings, agricultural land being reserved for the agricultural sector (a sector which also has development objectives).

Few things to know about making cities sustainable.

There are 9 priority objectives that EU needs to achieve by 2020, like protecting and conserving Unions natural capital and increasing knowledge about environment, in this article focus will be on Unions goal to make its cities more sustainable.



1. Clean and safe drinking water and effective wastewater management are basic elements of life in EU city. EU is setting standards with various directives to make sure everyone has access to these recourses. Same principle applies to air we breathe. For example, by implementing directives, EU goal is to reduce gas emissions from road transport in cities by 6% until the end 2020.

2. Green spaces, quiet living areas and parks are important requisites for comfortable, relaxed and healthy lifestyle. Initiatives like GRaBS and LIFE promote preserving open spaces and supports projects that make green infrastructure. Sustainable land use means finding the right balance between needs of cities and rural areas. So in order to make this happen EU ministers have agreed to try and develop strong and reliable partnerships between cities and rural areas, so that the soil is used efficiently and there are no illegal pesticides.
3. Cities that involve their people into decision making have better success of making green infrastructure. It is important to take into account the opinion of the public because EU stands by democracy. Managing cities can be a challenge but by implementing policies EU have some success. For example, Renewable Energy directive requires 20% of energy to come from renewable sources by the end of 2020.
4. To reduce gas emissions in cities, EU promotes use of public transportation and bicycles more. Around Europe, more and more cities have well organized cycling infrastructure. People will use these types of transportation if there is good infrastructure, so EU funds cities to build it and aims to optimise the use of cars.



ECO NOT EGO BECAUSE THERE'S NO PLANET B

Human activities contribute to climate change by causing changes in Earth's atmosphere in the amounts of greenhouse gases, aerosols (small particles), and cloudiness. The largest known contribution comes from the burning of fossil fuels, which releases carbon dioxide gas to the atmosphere.

Greenhouse gases and aerosols affect climate by altering incoming solar radiation and out-going infrared (thermal) radiation that are part of Earth's energy balance. Changing the atmospheric abundance or properties of these gases and particles can lead to a warming or cooling of the climate system.

Since the start of the industrial era (about 1750), the overall effect of human activities on climate has been a warming influence. The human impact on climate during this era greatly exceeds that due to known changes in natural processes, such as solar changes and volcanic eruptions.

Tens of thousands of scientists in more than a hundred nations have amassed an overwhelming amount of evidence pointing to a clear conclusion: **Humans are the main cause.**

We're the ones who burn fossil fuels, produce livestock and clear trees, increasing the amount of heat-trapping gases in the atmosphere.

It's like the smoking-cancer link

No one questions the link between smoking and cancer, because the science was settled in the 1960s after more than 50 years of research.

We can think of the state of human activities and climate change as no different than smoking and cancer.

In fact, we are as confident that humans cause climate change as we are that smoking causes cancer.

The research falls into nine independently studied, but physically related, lines of evidence:

1. **Simple chemistry** – When we burn carbon-based materials, carbon dioxide (CO₂) is emitted.
2. **Basic accounting** of what we burn, and therefore how much CO₂ we emit.
3. **Measuring CO₂** and other greenhouse gases in the atmosphere and trapped in ice to find they are increasing, with levels higher than anything we've seen in nearly a million years.
4. **Chemical analysis** of the atmospheric CO₂ that reveals the increase is coming from burning fossil fuels.
5. **Basic physics** that shows us that CO₂ absorbs heat.
6. **Monitoring climate conditions** to find that the air, sea and land is warming, as we would expect with rising greenhouse gas emissions; as a response, ice is melting and sea level is rising.
7. **Ruling out natural factors** that can influence climate like the sun and ocean cycles.
8. **Employing computer models** to run experiments of natural versus human-influenced simulations of Earth.
9. **Consensus among scientists** who consider all previous lines of evidence and make their own conclusions.

So, in a few centuries, when all fossil fuels will be exhausted and will no longer be able to supply us with cheap sources of energy, we will have to learn to do without them in a situation of stress. Learning gradually to live without them from now on will allow us to prevent an energy crisis in a few decades. It will also save us from the disadvantages of a brutal change in the very climate that made our development possible.



THE CLIMATE IS CHANGING - BUT ARE WE?

SMALL DAILY CHANGES ARE MAKING THE BIG DIFFERENCE

The climate is changing - but are we? Changes in the way you live your life - both big and small - can help you reduce your own personal footprint. Pretty soon, small changes form new habits that not only benefit your environment, but also your health and your wallet.

- Bring your **reusable** cup for your coffee
- Buy your thermo for water, stop using plastic bottles
- Use metallic straws or don't use straws
- **Refuse** the plastic bags and take your fabric reusable ones
- Swap your plastic toothbrush for a bamboo toothbrush
- Make your own natural shampoos and washing machine's soap or use bar soap instead of liquid soap (it tends to come with less packaging)



- Buy food without packaging or minimal packaging, prefer unpacked products
- **Reuse** the plastic cups and cans for plant some herbals at home
- Ask for no plastic and reused packaging materials for online orders.
- Look into rechargeable batteries instead of disposables.
- **Upcycle** your own gift packages



Period

Dear Woman, this part is for you!

According to some researches an individual uses for the period is 11.000 disposable period products in your lifetime. With the packaging of the products and individual wrapping generate more than 200,000 tonnes of waste per year, and typically all contain plastic. This waste mostly ends up in landfills, sewages, on our beaches and in our oceans.

If you choose to leave your comfort zone and change the way that you learned until now, there are some options for you. The period cup is one of them:

Directly you have 99,9% less waste

- An other option, is the cloth sanitary pads.


These napkins are reusable and you can wash them and use them again.

With these ways you are saving also a lot of money, as you are buying one cup, or few fabric pads for many years instead of 2-3 packages of synthetic ones per month.

Stay eco-friendly with more money in your pocket.



HOW IT WORKS
IN 3 SIMPLE STEPS



Step 1: Fold and insert

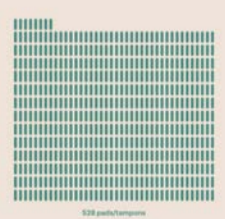


Step 2: Wear for ~12 hours



Step 3: Empty, rinse, repeat

2 years of period products



528 pads/liners vs 1 OrganCup

ALTERNATIVES TO VEGANISM

Veganism is often perceived as one of the best ways to slow down climate change, yet many people find it scary and unattractive.

But what are the alternatives to this lifestyle?

I have a few suggestions for going green without going 100% vegan:

- Buy local. Buying local products not only supports local economy but also reduces the footprint of the product because the products' way from farm to your plate is short and the CO₂ emissions are lower.
- Buy from small farmers. Supporting them means you support biodiversity. Big by in many cases farms reduce biodiversity around them by grow monocultures of plants.
- Try meatless "Mondays". Any reduction in animal products benefits environment. Your starting point can be meatless "Monday".
- From time to time try vegan recipes. They might be an interesting addition to your casual diet. It might help you understand and be more open to this lifestyle.
- Avoid palm oil. Not only this product is not healthy but there have been many cases of rainforests being cut down in order to grow palms and produce palm oil.
- Do not avoid fruit and veggies that are in weird shapes. In many cases there is a lot of food waste created because of supermarkets' shape standards these products are thrown away before reaching the shelves of the supermarkets.
- Buy products that are grown without pesticides, herbicides or fungicides. The consequences these chemicals being used are devastating to the nature. It is said that we vote with our money everyday by choosing different products, so I highly recommend you look at the label and choose naturally grown products.
- When buying animal products make sure they are not from factory farms*, that are propagating animal abuse and cruelty.
- And most importantly remember you cannot do all the good that the world needs, but the world needs all the good that you can do.

Though this article focuses on personal choices, which I believe are a good starting point for sustainable lifestyle, you should not stop here. Be curious, aware and do not feel obliged to be perfect, but rather do your best.

*a system of rearing livestock using highly intensive methods, by which poultry, pigs, or cattle are confined indoors under strictly controlled conditions.

Veganism & the Environment: BY THE NUMBERS

3 PRIMARY GASSES ARE RESPONSIBLE FOR GLOBAL WARMING:

Carbon Dioxide

If one person exchanges a "regular" car for a hybrid, they'll reduce carbon dioxide emissions by 1 ton per year.



If one person exchanges eating meat for a vegan diet, they'll reduce carbon dioxide emissions by 1.5 tons per year.



If every American dropped one serving of chicken per week from their diet, it would save the same amount of CO2 emissions as taking 900,000 cars off the road.



Methane

Chickens, turkeys, pigs, and cows are collectively the largest producers of methane in the U.S.



20x more powerful
Methane is 20x more powerful at trapping heat in the earth's atmosphere than carbon dioxide.

Nitrous Oxide

The meat, egg, and dairy industries produce 65% of worldwide nitrous oxide emissions.



300x more powerful
Nitrous oxide is 300x more powerful at trapping heat in the earth's atmosphere than carbon dioxide.

1 calorie from animal protein requires 11 times as much fossil fuel as one calorie of plant protein.



The diets of meat eaters create 7x the greenhouse emissions of the diets of vegans.



A THIRSTY INDUSTRY



Nearly half of all water used in the United States goes to raising animals for food.

50%

It takes more than 2,400 gallons of water to produce 1 pound of meat.

2,400 gallons = 1lb. of meat

VS.
1 pound of wheat takes 25 gallons.

25 gallons = 1lb. of wheat

You'd save more water by not eating one pound of meat than you would by not taking a shower for 6 months.



A vegan diet requires 300 gallons of water per day vs. a meat-eating diet which requires 4,000 gallons per day.

4,000 gallons vs **300 gallons**

Animals raised for food create 89,000 pounds of excrement per second, none of which benefits from the waste-treatment facilities like human excrement does.



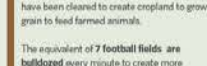
Chickens, Hog, and Cattle excrement has polluted 35,000 miles of rivers in 22 states.



Raising animals for food uses 30% of the earth's land mass.

30% OR That's about the same size as Asia!

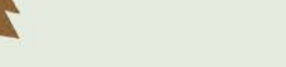
= 17 Million sq. miles
The surface of the moon has less area than that, at 14.6 million square miles.



More than 260 million acres of U.S. forest have been cleared to create cropland to grow grain to feed farmed animals.



Livestock grazing is the number one cause of plant species becoming threatened or going extinct in the U.S.



WHY IS RAISING ANIMALS FOR FOOD SO INEFFICIENT?



Animals eat large quantities of grain, soybeans, oats, and corn; however, they only produce a comparatively small amount of meat, dairy products, or eggs in return.

70%
70% of grain and cereals grown in U.S. are fed to farmed animals.

It requires 16 pounds of grain to produce 1 pound of meat.



5 pounds of wild-caught fish to produce 1 pound of farmed fish.



LET'S PLAY !

Environment

R	G	Y	E	O	E	O	A	R	E	S	R	L	C
N	E	R	E	C	Y	C	L	E	X	S	E	G	W
O	S	U	U	C	W	C	A	F	E	I	R	C	E
I	T	E	S	O	C	S	F	R	W	A	B	G	X
L	G	F	C	C	T	F	X	O	E	R	C	T	W
L	R	F	E	N	O	F	B	M	G	L	C	F	U
E	E	E	C	R	E	O	E	I	O	E	F	E	D
B	U	S	C	G	R	E	E	N	P	E	A	C	E
E	S	E	T	O	A	O	T	R	E	D	U	C	E
R	E	E	L	T	S	T	O	R	R	P	F	F	F
T	E	E	E	R	G	I	B	C	R	E	B	F	S
X	R	L	R	I	U	F	A	O	A	A	B	W	E
E	N	O	O	E	F	T	U	O	B	A	E	W	U
E	C	W	O	R	E	N	E	E	W	R	T	U	P

Quiz :

- 1) Which are the three dimensions of Environmental education ?
Education _____ the Environment
- 2) Find two big big environmental organizations.
- 3) Find two environmental movement that were created recently.
- 4) Find an environmental browser.
- 5) Which are the basics « 3R words » for the environment ?

SOME TIPS



EXTINCTION REBELLION

Extinction Rebellion (XR) is a global environmental movement with the stated aim of using nonviolent civil disobedience to compel government action to avoid tipping points in the climate system, biodiversity loss, and the risk of social and ecological collapse. Established in the United Kingdom in May 2018

The extinction symbol represents the threat of holocene extinction (or sixth mass extinction) on earth; the circle represents the planet and the stylised hourglass is a warning that time is running out for many species

FRIDAYS FOR FUTURE (FFF)

Following the example of the initiator Greta Thunberg, pupils take to the streets on Fridays during class and protest. The protest takes place worldwide and is organized by the pupils; For example, almost 1.8 million people took part in the FFF demonstrations during the first global climate strike on March 15, 2019.

SONG

We need to wake up
We need to wise up
We need to open our eyes
And do it NOW NOW NOW
We need to build a better future
And we need to start right now

We're on a planet
That has a problem
We've got to solve it get involved
And do it NOW NOW NOW
We need to build a better future
And we need to start right now

We need to build a better future
And we need to start right now



is a search engine based in Berlin, Germany, that donates 80% or more of its profits to nonprofit organizations that focus on reforestation. It considers itself a social business, is CO2-negative, claims to support full financial transparency and protect the privacy of its users. Ecosia is also B Lab-certified. Was launched on 7 December 2009

