

ECO-UNESCO

# Clubs Handbook



**eco**  
UNESCO

conserving the environment  
empowering young people

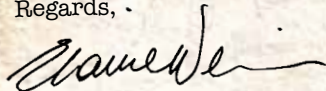


Dear ECO-UNESCO Club,

**A big hello to you and a very fond welcome to ECO-UNESCO!**

I am delighted that you decided to become an ECO-UNESCO Club and I look forward to hearing all about your environmental projects and activities. As an ECO-UNESCO Club, you have access to support and guidance from our staff, as well as resources and opportunities to join us at events. I'd like to encourage you to participate in our many Environmental Youth Programme activities, like the Young Environmentalist Awards and National Youth ECO-Forum. I hope you have a wonderful time learning more about the environment.

Regards, .



**Elaine Nevin**

National Director of ECO-UNESCO

PS: Don't forget to visit **[www.ecounesco.com](http://www.ecounesco.com)** for more information, activities for your group and helpful guides for working on ECO-UNESCO Club projects.



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Ireland's Environmental Education  
and Youth Organisation



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# Getting Started

## All About ECO-UNESCO

Founded in 1986, ECO-UNESCO is Ireland's environmental education and youth organisation. ECO-UNESCO has extensive experience in the development of environmental education programmes for young people in schools, youth groups and community groups. ECO-UNESCO is affiliated to the World Federation of UNESCO Clubs, Centres and Associations (WFUCA).

ECO-UNESCO's aims are to:

- Raise awareness, understanding and knowledge of our environment among young people;
- Promote the protection and conservation of our environment among young people; and
- Promote the personal development of young people through practical environmental projects and activities.

For more information go to [www.ecounesco.ie](http://www.ecounesco.ie)

## Our programmes:

### ENVIRONMENTAL YOUTH PROGRAMMES

ECO-UNESCO develops and runs programmes for young people on a broad range of environmental issues through schools, youth organisations, community groups or local authorities. These programmes include environmental events and activities, environmental workshops, National Youth ECO-Forum, Young Environmentalist Awards, ECO-UNESCO Clubs, ECO-Youth Choices and Youth for Sustainable Development Peer Education Programmes.

### TRAINING PROGRAMMES

ECO-UNESCO develops and runs training programmes for young people and trainers within non-formal and formal education, providing a specialist approach to working with young people. These programmes include one-day training courses, FETAC accredited courses (Introduction to Sustainable Development-Level 5, etc.) and ECO-Choices, a drugs misuse prevention programme.

### EDUCATION RESOURCES

ECO-UNESCO produces environmental education resources including publications, CD-ROMs and posters for primary and secondary school teachers, youth groups and community groups.

## CONSULTANCY

ECO-UNESCO also offers consultancy services to groups and agencies that want a specialist approach to environmental education, environmental youth work and Education for Sustainable Development (ESD).

### About the Young Environmentalist Programme

The Young Environmentalist Programme is an all Ireland environmental awards programme for young people aged 12 to 18. Since 1999, ECO-UNESCO has run the Young Environmentalist Awards to honour the work of young people to protect, conserve and enhance the environment through local environmental projects—making a difference both locally and globally. This programme is a fun and exciting way to empower young people to become better citizens, to build awareness of environmental issues in the community and promote simple actions and lifestyle changes to improve the environment.

### About the National Youth ECO-Forum

Each autumn, ECO-UNESCO brings young people aged 16-18 together for a day of learning, sharing and exploring environmental issues with experts. The topics change from year to year, reflecting the big issues that matter the most to young people. Following the National Youth ECO-Forum, attendees work on local environmental action projects, incorporating all they learned and building on the connections made with other young people from across the country.

# All About ECO-UNESCO Clubs

ECO-UNESCO Clubs have the tools and support to start making a difference through local environmental projects and activities. As part of the Environmental Youth Programme, ECO-UNESCO Clubs get tips and advice from ECO-UNESCO staff along with the opportunity to connect with other young people from all across the country.

ECO-UNESCO Clubs can be a newly formed group or you can affiliate your pre-existing club (like a Scout Group, GAA Club or Green School Group) to ECO-UNESCO Clubs.

All ECO-UNESCO Clubs are set-up and run by young people aged 10-18 with similar interests—to help the environment and get involved in their community while having **a lot of fun!**

Protecting the environment is not always easy, that's why ECO-UNESCO is here to help! Let's work together to make **'Reduce, Reuse and Recycle'** more than just a slogan.

## ECO-UNESCO Clubs, Part of Clubs for UNESCO

As an ECO-UNESCO Club, you'll be part of the global network of **Clubs for UNESCO**. This means your club will be connected to many other grassroots organisation working to support the priorities of UNESCO internationally.

The aims of Clubs for UNESCO are to:

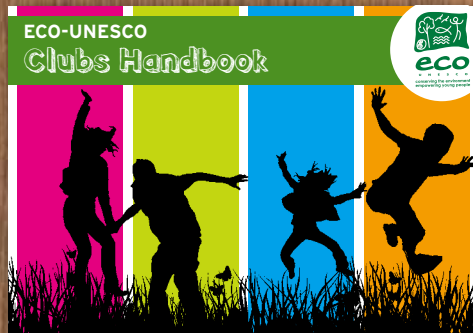
- Promote understanding of the aims and ideals of UNESCO and work for the success of their implementation;
- Facilitate international understanding, cooperation and world peace;
- Support human rights;
- Contribute to the training in civics and democracy of their members; and
- Participate in social development conceived as the attainment of the conditions most conducive to the full development of the human personality.

**“ECO-UNESCO gives a great opportunity for young people to express their feelings about the environment and allows us to show our passion through the work we display at the Young Environmentalist Awards. It is a chance for us to act and hopefully make a difference”**

– Rebecca, Banbridge Co. Down



# Resources for your ECO-UNESCO Club

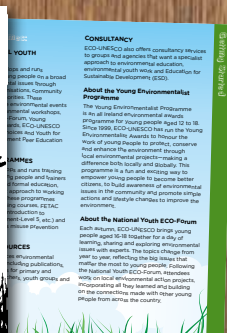


## Handbook

A handy little book with ideas to help you get your ECO-UNESCO Club started with activities, links and other tools.

## Website

The ECO-UNESCO website is a great resource with up-to-date information on activities, events and tools to help you run your ECO-UNESCO Club. Check it out at [www.ecounesco.ie](http://www.ecounesco.ie)



## Passport

A place to conveniently record the activities of your ECO-UNESCO Club. Your passport will show how far you've travelled to help the environment.



## ECO-UNESCO Clubs Team

The Environmental Youth Officers at ECO-UNESCO are standing by to help answer all your questions. From environmental topics to organising meetings, the ECO-UNESCO Clubs team is here to help make your ECO-UNESCO Club a success.

Drop us a line or give us a call!  
Email: [clubs@ecounesco.ie](mailto:clubs@ecounesco.ie)  
Phone: +353 16625491

# Five Environmental Terms You Should Know

You might need to do a little research to find out more about the environment and why it's important to take action. Here are five environmental terms that you should know.

## Climate Change

Climate Change refers to the slow variations in climate attributed to human activities. These changes observed over a long period of time show that there are significant shifts to the natural variations. It is important to address the human activities that trigger Climate Change before further damage is done to the environment.

## Biodiversity

Biodiversity is the variety of different living organisms in a particular place. This includes all the plants, animals and organisms forming ecosystems in the land, air and water. The connections between all the species forming an ecosystem are incredibly important. Understanding biodiversity and the delicate balance of all living things is necessary for the protection of our natural environment.

## Sustainable Development

Sustainable development looks at the way we use all of our resources. We should ensure that the way we use resources today makes them available in the future. Sustainable development looks at the impact of all human activities on the world and asks that we work to leave the world a better place than we found it.

## Renewable Resources

Renewable resources are our natural resources that have the capacity to be naturally replenished despite being harvested (like forests or fish). The supply of natural resources is renewed continuously, as long as it is sustainably produced.

## Carbon Footprint

Your carbon footprint (usually expressed as grams of CO<sub>2</sub>) refers to the amount of carbon dioxide and other greenhouse gases emitted during an activity. CO<sub>2</sub> and greenhouse gases contribute to global warming and Climate Change, so it is important for everyone to reduce their carbon footprint to make a healthier earth.



Check out the United Nations Education Programme website for essential reading on environmental terms at

<http://www.nyo.unep.org/action/ap1.htm>

# Irish Environmental Hot Spots

Ireland has many wonderful environmental landmarks to explore. From cliffs to caves, wildlife parks to urban gardens there's plenty to see and do in your own backyard. Use this map to find Ireland's natural treasures, or do some investigating on your own. If you discover a great nature spot, share it with the ECO-UNESCO Clubs team by emailing [clubs@ecounesco.ie](mailto:clubs@ecounesco.ie).





# Organising an ECO-UNESCO Club

## Picking Your Team

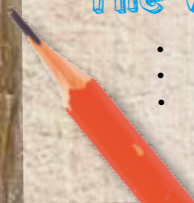
If you're just starting an ECO-UNESCO Club, you'll need to develop a structure to help divide tasks. Club members can elect the positions for a fixed period of time or by rotation. Consider organising your club like this:

### The Big Cheese



- Moderates discussions
- Follows up on actions
- Gathers ideas from members

### The Writer



- Organises club meetings
- Keeps the cash
- Keeps the records
  - emails, letters, documents, pictures

### The Talker



- Promotes the club
- Gets ideas for fundraising
- Recruits new members

### The Members



- Provide ideas for the club
- Help promote the activities
- Help recruit new members
- Help to carry out environmental activities
- Help the club to develop and grow
- Take on different roles in the club

**Remember: everyone in an ECO-UNESCO Club has an important role—to help protect the environment!**

If your club already has a structure, that's great! Share your tips for running a club with the ECO-UNESCO Clubs team by emailing [clubs@ecounesco.ie](mailto:clubs@ecounesco.ie).



# Planning A Project

There are many different ways to take action; it all depends on what your ECO-UNESCO Club wants to do. Use this as a guide for organising your project. Remember to think globally and act locally!



Don't forget to tell ECO-UNESCO about your success by emailing [clubs@ecounesco.ie](mailto:clubs@ecounesco.ie).

Need inspiration? Contact ECO-UNESCO for advice or learn more about what other ECO-UNESCO Clubs and Young Environmentalists are doing by visiting [www.ecounesco.ie](http://www.ecounesco.ie).

# Creative ECO-Action

## Be creative in your approach to the environment!

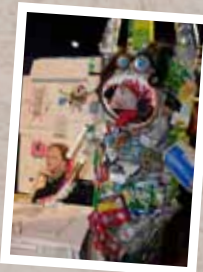
Use poetry, film, art and craft to help you talk about the big issues. Community art projects and competitions are a great way to get others involved, as well as useful tools for raising funds for your project and raising awareness about an environmental issue.

### Posters

Make your own artwork to promote environmental issues or the activities of your ECO-UNESCO Club.

### Art Projects

Create interesting ways of reminding people about waste and recycling, like this giant litter monster built from all the recyclable rubbish found in the bin.



### Design

Design a great logo for your ECO-UNESCO Club and put it on a cloth tote bag or t-shirt. You can sell the items to raise money for your club and can spread the word about good environmental behaviour at the same time!



### Media

Tell people what you are doing in your ECO-UNESCO Club. Publish a newspaper on recycled paper, make a video or design a website all about your work.



### Fashion Show

Green is the new black! Show your eco-style by turning junk into fashion during a recycled runway show.



### Technology

Combine environmental protection with new technology by building something useful, like this solar powered iPod charger.

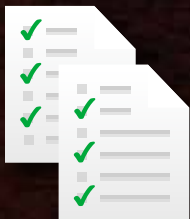


For more examples of creative projects, visit [www.ecounesco.ie](http://www.ecounesco.ie)



# ECO-UNESCO Club Toolbox

There are many ways to tell people what you are doing. Choose the method that suits your club, and don't be afraid to try new communications tools. You will be surprised how much the local media wants to know about activities by young people just like you! Use every tool in your toolbox and spread the word about helping the environment and your ECO-UNESCO Club.



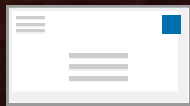
## Flyers and Leaflets

Design an eye-catching flyer announcing your ECO-UNESCO Club or project. Put it up on notice boards around your community, school or public libraries.



## Social Media

Go online to tell people about your project or action or recruit new members, create short videos or post interesting photos to bring environmental issues to life.



## PR

Send news releases to local newspapers or radio stations informing the community about your work, ask your school or community group if you can add information to newsletters or start your own newsletter for club members.



## Use Your Voice

Get outside and talk to people in your community about your project, demonstrate your work, and show off your results. Ask influential locals and experts to help out.

Looking for advice on how to communicate your message? Contact the ECO-UNESCO Club Environmental Youth Officer or visit **[www.ecounesco.ie](http://www.ecounesco.ie)**.



# Project and Activity Ideas

## Great Ideas from Young Environmentalists

Need inspiration? Check out these great projects developed by young people just like you!

### Restoration and Conservation of River Laid Glengormley, Co. Antrim **Winner: Young Environmentalist Awards 2009 Senior Water Category**

Two boys from the Glengormley area were inspired to clean up the River Laid because of the shocking amount of illegal dumping that filled the river with litter. They researched methods of river management and carried out surveys of insect and fish life to see if the water conditions could sustain wildlife. The boys then took on the difficult task of removing litter from the water and improving its course. By re-planting over 100 willow saplings, they provided cover for wildlife and prevented silt from clogging up the river. The boys also installed log weirs and rock groins to hold back gravel and provide pools for fish. They were careful to use as much recycled material as possible, even filling empty onion bags with gravel to provide a river habitat for insects. The boys raised awareness of the litter problem by giving talks to local walkers. Currently, they are working with the Threemilewater Conservation and Angling Association to care for the newly cleaned river.



### The Green Mile Project Charleville, Co. Cork

**Winner: Young Environmentalist Awards 2009 Senior Overall and Senior Transport Category**

The Green Mile Project began in 2007 when a group of transition year students decided to tackle the issue of CO2 emissions and reduce their carbon footprint. The aim of the project was to reduce the amount of traffic coming into the school by encouraging students to walk, cycle or carpool. The group felt this would reduce air pollution, traffic congestion and improve the health and fitness of students. The group organised a 20km cycle to raise funds for the project and organised a Green Mile Week in May 2008. During this week, residents of Charleville were encouraged to drive less and the group observed a measurable reduction in traffic volumes in the town. To raise awareness, they sent articles to the newspaper, conducted radio interviews, displayed information at school and received support from local businesses. The Green Mile Project is an ongoing initiative, so expect to see more from the group in the future.







### Christmas Card Recycling Campaign Belfast, Co. Antrim

The TAG team, a geography club that encourages students to Think About Geography, decided to raise awareness about global environmental issues, like deforestation and rainforest conservation. For their project, the group researched and created a presentation about the causes and effects of deforestation. They also developed a module on rainforests and deforestation to link to the school curriculum. To encourage people to recycle, they developed a campaign to reuse and recycle Christmas cards and gift tags. They organised a competition for the most creative cards with great prizes including two tickets to see Girls Aloud. Prizes for the competition were funded by a bake sale, raffle, and local business support. The group ran a poster campaign, wrote articles for the school website and newspaper and made announcements at school assemblies. The campaign and competition were very successful, additional funds earned by the campaign were donated to a charity that works to combat the effects of deforestation.

### Let's Go Environmental Youth Forum Tralee, Co. Kerry

**Winner: Young Environmentalist Awards 2009, Senior Climate Change Category**

Inspired by ECO-UNESCO's National Youth ECO-Youth Forum 2008, young people from Mercy Mounthawk decided to organise their own forum for first year students to raise awareness about the environment. The forum required considerable organisation with nine first year classes taking part over two and a half school days. Each member of the group planned a different activity for the forum, such as an environmental chair game and myth and fact activity. The first year students were taught how to calculate their carbon footprint and drew posters about environmental change. The group explored the effects of Climate Change in discussions and a quiz, as well as poetry and songs. They organised a role-play that allowed the first year students to act out their environmental dramas in front of the class. The group reports that the first year students now have a no-tolerance approach to litter in the school.



# Activities

## Activity 1: ECO-Footprint

**Aim:** As a group, think about your daily impact on the environment- discuss as a group.

**What you'll need:** A sheet of paper and a pen for each person

**Time it takes:** 20-30 min (depending on how long you choose to have a discussion)

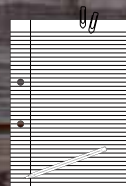
- Draw an outline of your shoe on the paper (see example)
- Write your name at the top (within outline), draw a line then write **Taken Out**
- Draw a line in the middle and underneath the line write **Put Back**
- In the **Taken Out** section, write down everything you take from the environment on a typical day (for example: If you eat cereal for breakfast, you use grain). Take 3-5 minutes to complete this.
- In the **Put Back** section, write all of the waste you create throughout the day (for example: If you travel by car or bus, you create CO2 emissions). Take 3-5 minutes to complete this.



### Discuss

Once you are done, take 5-10 minutes to discuss your findings.

Are there patterns in what you take out or put back? What is the impact of all you take out and put back into the environment? Think about air, water and soil pollution, habitat loss and Climate Change.



### Create

Place your footprints on a large world map as a visual representation of your footprint on the world.



### Follow-up

Now think about how to reduce your footprint. What can you do at home or in your community to help the

environment? Discuss with your group ideas for reducing your footprint on the world. How can you inspire other people in your community to get involved?



## Activity 2: DIY Composting

**Aim:** Make your own composter!

**What you'll need:** A good container for composting (see ideas below), garden & kitchen waste, loose soil or sand, garden gloves, an outdoors space to keep your composter.

**Time:** 15-20 minutes to build, 2-9 months to make compost

**Step One:** Choose your container for the composting unit. You may need an adult's help as you make the composter. Some options are: A plastic bin or 200 lt drum with holes drilled at various levels to let air in Wire mesh and wooden stakes for leaf mould

**Step Two:** Pick an outdoor location. Make sure you get permission to start composting on someone's land. Your composter should be:

- Easy to reach
- Out of direct sunlight

In direct contact with the ground (this lets worms, millipedes and other creatures help the break down process!)

**Step Three:** Start the composting by filling the first two layers. First Layer: Coarse mix (garden cuttings, loose soil, sand) Second Layer: Organic mix (dry leaves and vegetable peelings)

**Step Four:** Continue to fill up container over time. Collect garden and kitchen material such as eggshells, coffee grounds, fruit and vegetable peelings, stale bread and other compostable waste.

**Step Five:** Wait. Your compost is ready within 2 - 9 months depending on how long you mature it. Use your compost within a year or it loses its qualities.



### Create

Use your new compost to fertilise a community garden. The ECO-UNESCO Club Team

can give you tips on how to start a garden.

Taken from the ECO-UNESCO Resource Pack Trees in our World.



### Follow-up

Have you noticed a reduction in waste since you started composting? What are the benefits

of composting? How can you inform other people in your community about it? Are there any other ways you can reduce waste in your community?

## Compost It!

With over 50% of our household waste being organic, why not teach people how to make their own compost? It enriches the soil to grow vegetables, even in small gardens.

# Activity 3: DIY Recycled Paper

**Aim:** Make your very own recycled paper!

**What you'll need:** Large square pan at least 7.5cm deep; 1 litre of water; Several sheets of old newspaper; Piece of fine screen, cheese cloth or muslin stretched over a square wooden frame that will fit into the pan; Rolling pin; Blender; Large bowl

**Time it Takes:** 20-30 minutes to make paper, several hours to let it dry

## Step 1: Preparing the pulp

- Tear 1-2 Sheets of the newspaper into tiny pieces no larger than 2.5cm
- Drop the paper into the blender\* and add 1 litre of water
- Cover the blender and turn it on medium for 5 seconds creating the pulp

\*No Blender? No problem! Drop the pieces of paper into the bowl, add 1 litre of water and tear, shred, squeeze and mix until it looks like mashed potatoes!

## Step 2: Making your paper

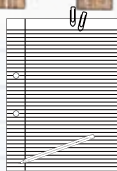
- Place the wooden framed screen on the bottom of the pan and cover it with 2-3cm of water
- Pour about 200 ml of the blended paper pulp over the screen and spread it around evenly with your fingers
- Lift the screen and let the water drain.

## Step 3: Form your paper

- Place the screen with the paper pulp on the middle of some newspaper.
- Close the newspaper around the screen and carefully flip it over so that the screen is on top of the paper.
- Using the rolling pin, press down on the wooden screen and pour out all the excess water.
- Open the newspaper and take out the screen, leaving the layer of paper pulp behind.

## Step 4: High and dry

Leave the paper to dry for several hours. When you are sure it's dry, peel your recycled paper away from the newspaper and cut to any size you want.



## Create

Once you perfect your papermaking, hold demonstrations for other people to publicise your ECO-UNESCO Club and to get people thinking about creative recycling.



## Follow-up

What do you know about the paper industry? Investigate how trees are used to create paper pulp. Do you use recycled paper? How can you influence others to look for or use recycled paper and packaging? Investigate the environmental impact of recycling paper.



# Activity 4: Environmental Poster Campaign

**Aim:** Make your own poster to raise awareness of environmental issues

**You'll need:** Recycled paper, creativity and a selection of art supplies.

**Time it takes:** 15-20 minutes

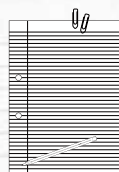
**Step 1:** As a group, come up with an environmental topic that you want to educate people about. Here are some ideas:

- Explain the items that can be recycled
- Remind people to turn off the lights or turn the TV off standby
- Show the benefits of taking showers instead of baths or why it's important to turn off the tap when brushing your teeth.

**Step 2:** Design your poster using graphics, cartoons or photos to illustrate your message.

**Step 3:** Display your poster or launch your poster campaign at an event. Make sure you get permission before hanging up your posters.

**Tip:** Try making your poster using the DIY Recycled Paper in Activity 3.



## Create

Develop a series of posters to sustain interest in your activities over a period of time. If you have several interesting designs host an exhibition where you can show off your work and talk to people about your ECO-UNESCO Club.



## Follow Up

Spread the word! As an ECO-UNESCO Club you can influence people to help the environment simply by encouraging them to change a few of their habits in the home.

After your poster campaign did you noticed and changes in other people's behaviour? Have you adopted any new habits since starting your ECO-UNESCO Club?



# ECO-UNESCO Club Calendar

Copy this calendar to help you plan your ECO-UNESCO Club activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Meeting Date(s)

ECO-UNESCO Events  
and Activities

Important Environmental Dates

Deadlines

Important Project Dates

# Your ECO-UNESCO Clubs Passport

The ECO-UNESCO Clubs Passport is your record all of your club's activities. Every time you complete an activity or join us at an event, we'll send you a special stamp. To find out more about the ECO-UNESCO Clubs Passport, visit [www.ecounesco.ie](http://www.ecounesco.ie)



# ECO-UNESCO

Ireland's environmental education  
and youth organisation affiliated to  
the World Federation of UNESCO Clubs,  
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