

MAKE A MOVE



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THE CLIMATE IS CHANGING – BUT ARE YOU?

Is the world getting hotter or our ignorance is getting colder? The climate change is as real as our impact on it and it is important to take action towards saving our planet.

The science on the **human contribution** to the **climate change** is quite clear. Natural variability in the Earth's climate is unlikely to play a major role in long-term warming. A human impact of greater than 100 % is possible, because natural climate change is associated with **volcanoes** and **solar activity** would most likely have resulted in a slight cooling over the past 50 years, offsetting some of the warming associated with human activities- some things include **greenhouse gases**, which trap outgoing heat, **aerosols**- both human activities and volcanic eruption, that reflect incoming sunlight and influence **cloud formation**.



In my home country **Latvia**, people have and are still experiencing the effects of climate change, since the winter in my country was the **warmest** and snow was not a long term thing, especially in my home town Liepaja, where there was **no snow** this year and that has **never happened before**. The topic “climate change” has not been a talked about subject in society, news of Latvia.

ENVIRONMENTAL RIGHTS ARE HUMAN RIGHTS

One of the **biggest** mistake we can do is to think that our environmental rights are not related to our lives. We can't imagine our lives without a place where to live, so if we are human beings, we cannot avoid this link.

Environmental rights mean **access** to unspoiled natural resources, having the possibility to enjoy our planet as an individual or in a group.

We have to fight for the protection and safeguard of our planet because there is no planet B. Our contribute is essential even if, at first sight, this could seem useless.

The first step that has to be taken is raising awareness of the problem, so if there are some issues from the environmental point of view, we have to share them to the others and then try to find an actual solution.

At the same time, even if it is a collective action, we can start from changing our behaviors, our attitude and our lifestyle.

Then it is important to claim for a fundamental right like the right to live in a good environment because it is strictly connected to us. So, it couldn't be wrong to say that an environment pollution is a **violation** of human rights.

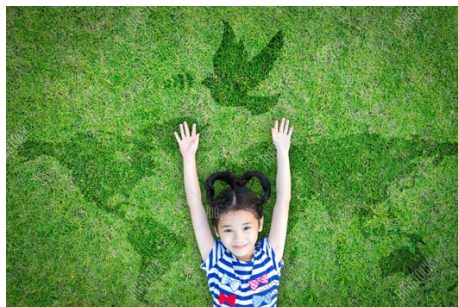


Around the world there are a lot of people that are protagonists of many important actions against pollution and exploitation of the place where they live.

An example can be also my region, located in the south of **Italy**. Some multinationals that produce oil and transform it to other materials has taken our oil centers without the citizens' authorization. The problem is that their activities are illegal because they don't respect all the measures to do that kind of work. So, they pollute the sea, the air and they cause a lot of bad consequences on people's health.

Luckily in this kind of process people are protagonists and they are fighting for the place where they live, one of the biggest result was the closure of one of his centers thanks to the fundamental impact of the people There are a lot of situations like that all over the world and the participation of people is fundamental because environment is a part of us, it is not something totally separated from us.

We can say it, environmental rights are human rights!



THE TOXIC SEAWEED IN THE SERVICE OF THE FUTURE

Since 2011, the island of Martinique is regularly affected by a phenomenon called **Sargassum**, a consequence of deforestation in Latin America.

It is a **Brown Macro-Algae** stranding that is **toxic** to humans. Normally, its algae serve as a refuge for **many marine species** in the middle of the ocean. But when they wash up on the beach, they become dangerous for everybody.

For many years, our community has been working on this case to find ways to rid our beaches of this species, with little success.



IMPACTS



Sanitary:

Obnoxious odors and gas emission (H₂S, NH₃.)



Economic:

Penalizes tourism, fishing and aquaculture

In 2015, **Holdex**, a **Biotechnology company** in Martinique, created a **composting** platform that accepts these algae free of charge, at a rate of **1 ton per week**. For the future, their goal is to process at least **26,000 tons** of algae.

Moreover, in 2019, **two student researchers** from our university succeeded in transforming **Sargasso algae** into a **solid solution to make cardboard or wood**.



Elsewhere, researchers are also thinking about using algae as a **resource**. A European project aims to **depollute the waters** of fish farms using algae. American researchers have succeeded in producing a **biofuel** based on algae more economically than before. Finally, the **International Space Station (ISS)** was equipped with an **algae bioreactor**. This is a device with the ability to provide **oxygen and food** to astronauts!



TIME TO GO NATURAL! SHAMPOO EDITION.

Are you tired of seeing **pollution** everywhere? Are you fed up, with all that plastic in our shores? Then it is time for you to **act!** Change can come in the simple things, so small as a bottle of **shampoo**. So, we are here to help you be a part of this change, we took the advice of experts and the older generations in order to offer you the **hottest stuff** in **homemade shampoo making**.

But first let's start by saying why you need these products:

1. They are **friendly** for your wallet.
2. It will **reduce** the toxins in the environment.
3. Packaging will be reduced by a lot, so guess what? **Cleaner space** for everyone!
4. Making your own shampoo will **save** enormous amounts of **energy**, including manufacturing and shipping costs!

Let's get to **business!**

One of my personal favorites includes **baking soda** and **avocado**. Yes, you read that right. Avocado!

This magnificent fruit apart from being delicious has great cleaning capacity. Just mash them together with a **little bit of water** to make a paste. Rinse your hair with warm water first, then apply the paste and wash it out with cold water. It will do miracles for your hair, trust me.



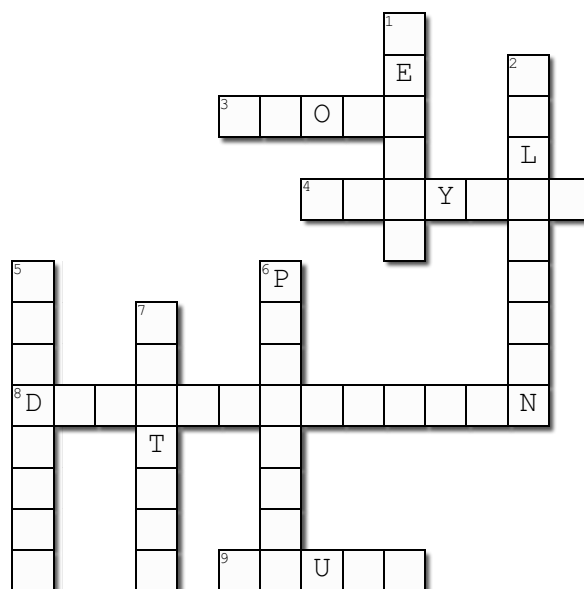
Okay, this one I have not tried it yet, but it comes from one of the experts in the 3R policy (**reduce, reuse, recycle**). Her name is **Sotia** from **Greece**, an environmental activist passionate and concerned about the future of our earth. It is called a shampoo based on **hibiscus**. Take a bunch of hibiscus leaves and crush with a little water...keep crushing until you notice the shoddiness. Apply the mixture to hair directly or strain through a strainer to get the pieces and leaves out. Also add a few drops of your favorite grade essential oil. Her personal choice is **peppermint**.

One of the simplest, yet more widely spread used in the past includes & tablespoon of baking soda mixed well with one cup of warm water. An almost similar version was used in the rural villages of Greece, when the major shampoo companies had

not reached there yet. **Grandmas love it and I am sure that so will you!**

Name: _____

THE MAM GAME



Horizontal

3. The flowing over of an amount of water
4. Give our objects a second chance
8. The process of cutting down or burning trees in an area
9. To use something again

Vertical

1. To make less rubbish
2. Effect of consumerism
5. An area of land where large amounts of waste material buried
6. Maintain something in its original or existing state
7. Keep safe from harm or injury



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