Greener Age

CLIMATE-CHANGE AND ENVIRONMENTAL LITERACY FOR URBAN CITIZENS 55+

GreenerAge

We are all responsible for our planet

Co-funded by the European Union

Contributors
Outi Valkama, TUNI
Pauliina Baltzar, TUNI
Raúl Castaño, TUNI
Salla Aaltonen, TUNI
Carina Dantas, SHINE 2Europe
Inês Saavedra, SHINE 2Europe
Leni Koch, ISIS
Karin Stiehr, ISIS
Bart Borsje, AFEdemy
Patricha Lucha Farina, AFEdemy
Lucia Thielman, AFEdemy
Edyta Gasadowska LAB60+
Zuzanna Gawron, LAB60+

Editors
Outi Valkama, TUNI
Pauliina Baltzar, TUNI
Raúl Castaño, TUNI
Salla Aaltonen, TUNI

Illustrations
Zuzanna Gawron, LAB60+

Layout
Salla Aaltonen, TUNI

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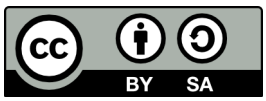

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Institut für Soziale Infrastruktur
Sozialforschung Sozialplanung Politikberatung

AFEdemy
age-friendly environments academy

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GreenerAge

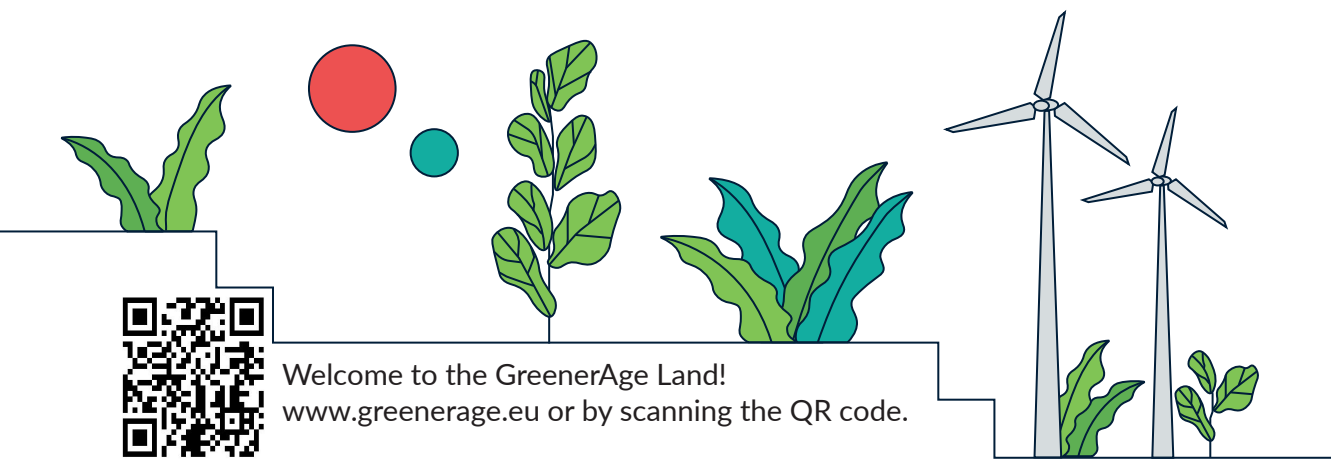
We are facing unprecedented challenges (e.g. climatic, ecological, environmental), thus, our support to a green transition to a climate-neutral society by 2050 is essential. Achieving this will require lasting changes in citizens' behaviour towards more sustainable and healthier habits. Fundamental cultural change is essential to promote the effectiveness of policies to create climate-neutral societies.

People in the second half of life have a lot to contribute to saving the planet: Their most valuable assets are experience and time. Often their children have left home, some of them have retired early and others are already pensioners. They have a lot of knowledge and are in an excellent position to contribute to a greener future. This can be done in their private environment, with their families, friends or neighbours, or as volunteers in an initiative dealing with climate protection and environmental projects.

The GreenerAge project, co-funded by the European Union, aims to develop sustainable tools for people in the second half of life to expand their competences and skills by creating a low-threshold and playful access to an environmental and digital literacy platform for citizens 55+, promoting a self-reflective, positive and empowering tool for environmental and climatic issues. Combined with improved digital skills, the GreenerAge project will empower citizens 55+ to adopt healthier behaviours for themselves and the planet, promote a more active citizenship with other citizens in other EU countries and their intergenerational cooperation, influencing their family members, neighbours, and friends towards the adoption of more environmentally friendly habits and behaviours.

The GreenerAge project aims to bring benefits to organisations, cities, regions, and ultimately citizens across Europe, through the impact of its results that will span across five countries and cultures and in six languages, with different citizen testimonials and perspectives.

The GreenerAge consortium consists of University of Tampere (Finland), AFEdemy (Netherlands), Fundacja Laboratorium Architektury 60+ (Poland), SHINE 2Europe (Portugal), and ISIS Institut für Soziale Infrastruktur gGmbH (Germany).



Welcome to the GreenerAge Land!
www.greenerage.eu or by scanning the QR code.

GreenerAge Compendium

This Compendium aims to engage adult learners in bottom-up approaches to look at the world with different and renewed eyes towards the local and global environment and climate. Older citizens will be empowered to adopt healthier behaviours for themselves and the planet, while promoting a more active citizenship with other citizens in other EU countries and their intergenerational cooperation, and influencing their family members, neighbours and friend. Awareness is given to contexts beyond the comparatively well-researched practices in the theoretical or general population level to explore instead the personal perspectives of citizens 55+ and their relatives.

To provide an accessible and easy-to-use document, this Compendium was co-developed with citizens and experts, including interviews and testimonials across the five partner countries, covering environmental and digital literacy needs and gaps for adults 55+.

This Compendium introduces the overarching topic of climate literacy and five key areas of sustainable living. Furthermore, this compendium provides concrete tips on how to implement this knowledge of sustainability into their everyday life. In addition, you can access the project and all the information online at www.greenerage.eu.

SUSTAINABLE TRANSPORTATION AND MOBILITY

Sustainable transportation and mobility refer to systems and practices that prioritize the efficient, environmentally friendly, and socially equitable movement of people and goods, while minimizing negative impacts on the environment and promoting long-term viability.

SUSTAINABLE WATER CONSUMPTION

Sustainable water consumption refers to the responsible and efficient use of water resources to meet present needs without compromising the availability of water for future generations or harming the ecosystem.

RECYCLING

Recycling is the process of repurposing, collecting, sorting, and transforming waste materials into new products, reducing the need for raw materials and minimizing environmental impact.

SUSTAINABLE ENERGY

Sustainable energy consumption refers to the practice of using energy efficiently and relying on renewable energy sources to minimize environmental impact, preserve resources, and meet present and future energy needs.

SUSTAINABLE FOOD

Sustainable food consumption involves making conscious choices that consider the environmental impact of food production, support long-term food security, and prioritice the well-being of both people and the planet.

CLIMATE LITERACY

What does climate change mean, why is it happening, what are the consequences and, last but not least: what can you do to contribute to its prevention or desacelleration, individually and collectively. “Climate change starts with us, so also the solution to it starts with us”. But don’t despair, little changes might have more impact than you thought. Let’s have a look?

WHAT? Climate change is a long-term shift in temperatures and weather patterns. While natural factors like ice ages have caused shifts in the past, since the late 1800s, human activities have become the primary driver. The burning of fossil fuels for power and technology has led to the release of large amounts of greenhouse gases, particularly carbon dioxide (CO2), trapping heat in the atmosphere and causing global warming.

WHY? Climate change literacy is vital because it empowers individuals to understand the reasons behind climate change and take action. It enables learning about practical solutions and fosters critical thinking skills to avoid falling for misinformation.

KEY TERMINOLOGY

ECOLOGICAL VS ENVIRONMENTAL

Ecological refers to the study of how living organisms interact with each other and their environment. It focuses on the relationships and dynamics within ecosystems. On the other hand, environmental pertains to the overall surroundings, including natural resources, pollution, and human impact on the physical environment.

GREENHOUSE GASES

Greenhouse gases are gases in the atmosphere that trap heat from the sun, like carbon dioxide and methane. They're necessary to keep the planet warm, but human activities have increased their levels, causing global warming and climate change.

MORE INFORMATION ABOUT CLIMATE LITERACY

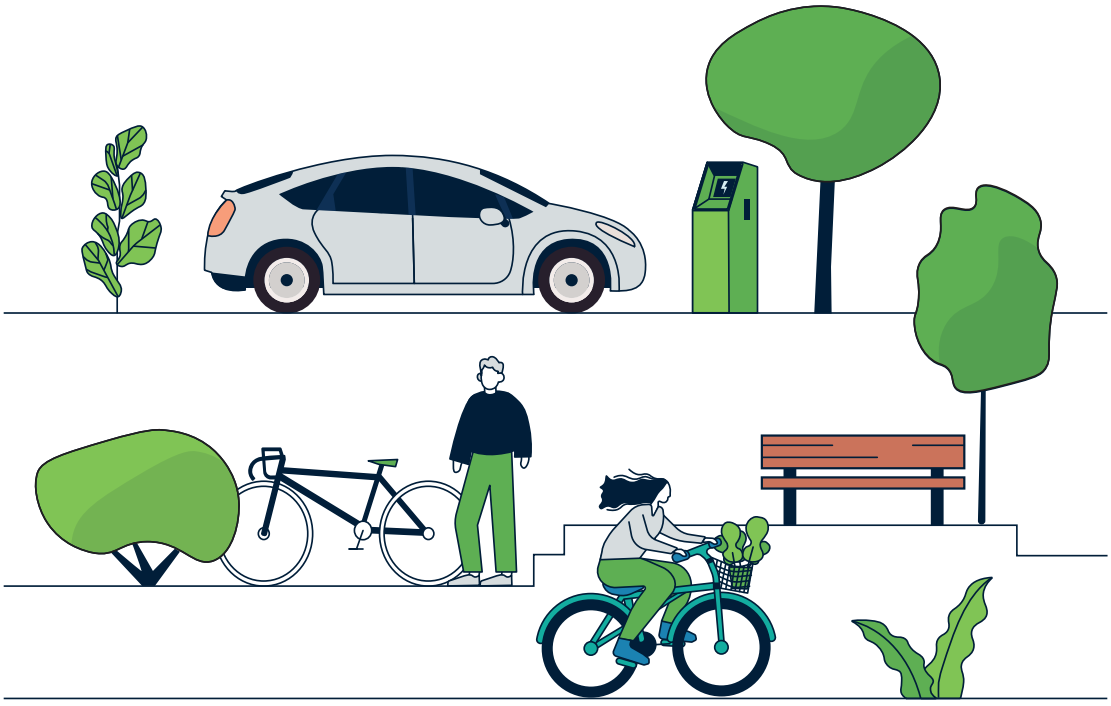
You can read more about climate literacy on www.greenerage.eu or by scanning the QR code.

SUSTAINABLE TRANSPORTATION AND MOBILITY

Passenger traffic is growing worldwide. However, this does not necessarily increase people's mobility. Would you like to know how to get everywhere without harming the environment?

WHAT? Mobility is an important prerequisite for social participation, employment and ultimately the economy. In recent decades, people's mobility by motoriced vehicles has steadily increased. But this is accompanied by the emission of gases and air pollutants that are bad for the environment and the climate. Sustainable mobility is characterised by making vehicles quieter, more energy-efficient and cleaner. Another approach is to further eliminate them and replace them with more environmentally friendly means of transport, such as the railway.

WHY? Sustainable mobility and transportation are important because CO^2 emissions from passenger and freight transport account for a large proportion of emissions and must be reduced. Better choices for transportation contributes to sustainable development and helps to counteract climate change. Mobility through cycling and walking is good for your body and keep you healthy. And the additional savings also make the air we breathe cleaner.



EVERYDAY TIPS

LET'S WALK
Try to walk or cycle short distances more often than usually and avoid unnecessary journeys by car. This is not only good for the environment but also for your own health.

CHECK FOR LOCAL PUBLIC TRANSPORT
Public transportation is now widely well developed and there are ofthe great discounts for certain groups of people. Check if your local public transportation system provides for example senior discount on tickets.

AVOID THE PLANE
Try to avoid flying as much as possible. Especially domestic flghts can be replaced with more sustainable alternatives such as trains.

SHOW YOUR SUPPORT
There are many initiatives that campaign towards car-free city centres or to lower speed limits on city areas. Show your support to these initiatives and make it easier to live car free life!

TIPS FOR THE COMMUNITY

CARPOOL
If possible, get rid of your own car and use car sharing offers. You can also carpool with your family, friends or neighbours to avoid using your own car. This way you'll also save money on car expenses and fuel.

CHECK FOR WORK INCENTIVES
Sometimes you can get money from your employer for your work commute to purchase a bicycle or subsidice public transportation tickets.

SWITCH TO E-MOBILITY
If possible, try to prefer electronic vehicles when travelling. You can also check if your local government offers tax benefits or subsidies for the purchase of and electronic car or an e-bike, if you need a new one.

PLAN YOUR TRIP
For your next holiday, maybe get everyone together and plan a flight free holiday. The rail network is wide and you can easily travel locally and internationally by train.

WEBSITES

If you want to get more information on the topic you can check these websites:

Towards clean and sustainable mobility www.youtube.com/watch?v=MHkZY6dQjos

Ciclogreen www.youtube.com/watch?v=94uwGQcESn0

Mobility 2030: Beyond transportation www.youtube.com/watch?v=4B7mZ-FU2sB4

MOBILE APPS

There are some mobile phone applications that might help you live more sustainably.

The Ciclogreen - gifts for your sustainable mobility application

Catalogie

WANT TO KNOW MORE?

You can find more information about sustainable transportation and other sustainable ways of living from the GreenerAge project website at:
www.greenerage.eu
or by scanning the QR code.

SUSTAINABLE WATER CONSUMPTION

Welcome to the topic of sustainable water consumption! As the famous quote goes, “water is our life,” and it’s crucial that we take care of it. With the increasing demand for water and the rising concerns about the scarcity of this precious resource, it’s essential that we all play our part in conserving it. You can see how to reduce your water footprint and have access to practical solutions to ensure sustainable water consumption.

WHAT?

Improving water consumption practices involves being mindful of our water usage and adopting sustainable approaches. Our primary goal should be conserving water as it is a precious, finite resource necessary for our survival. By increasing our awareness about water, we can enhance efficiency and explore methods like water recycling and rainwater collection for specific purposes.

WHY?

Effective water management secures a sustainable future by conserving our finite resource. Sustainable consumption protects ecosystems and saves costs, enabling better budget management. It also conserves energy associated with treatment, transportation, and heating. By adopting sustainable practices, we mitigate global water crises and address scarcity.

EVERYDAY TIPS

USE LESS
Take shorter showers to save water. The same applies to washing in general. Remember to turn of the tap whenever you aren't actively using it, like when brushing your teeth.

REUSE
Use a bucket to collect water while washing for example fruits and vegetables. This water is still good for watering plants and doesn't need to go down the drain.

COLLECT
Water is still a free resource. If possible try and install a rain barrel or cistern to collect rainwater.

UTILIZE WELL
When you need to use water for example for running the dishwasher or a washing machine, make sure you make the best ouy of the washing cycle and was only full loads.

TIPS FOR THE COMMUNITY

REFLECT ON YOUR USAGE
Conduct a water discussion in your home to identify areas and behaviours where you could be using water more efficiently. Share the tips with others in the neighbourhood.

FIND COMMUNITY
Join a local community group or organization that promotes sustainable water consumption practices. You can learn new tips and tricks as well as let others know about your watersaving methods.

GET INTO DRIP IRRIGATION
Use drip irrigation system to water your plants one drip at a time to minimize wasted water.

GET TOGETHER
Find people to share your journey to sustainable water consuption with. Share your insights and educate others on the imposrtance of their water consuption decisions.

WEBSITES

If you want to get more information on the topic you can check these websites:

The Water Game: https://games4sustainability.org/water-games/

The Water Values Podcast: https://www.bluefieldresearch.com/the-water-values-podcast/

The Water Footprint Network: https://www.waterfootprint.org/

MOBILE APPS

There are some mobile phone applications that might help you live more sustainably.

You can check your app store for the following:
Waterprint, Bath Timer, Rainwater harvesting tool

WANT TO KNOW MORE?

You can find more information about sustainable water consumption and other sustainable ways of living from the GreenerAge project website at:
www.greenerage.eu
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RECYCLING

What is the first thing that comes to your mind when hearing the word “recycling”? Do you think recycling is just sorting waste? Recycling is part of a broader sustainable lifestyle that includes rethinking, refusing, reducing, reusing, repairing, re-gifting, and recovering. By adopting these practices, we positively impact the environment and our finances. It not only contributes to a healthier planet but also saves money by reducing the need for new purchases.

WHAT?

Knowledge on recycling includes not only the understanding Understanding recycling involves more than sorting waste. It starts with assessing our need for products, reusing shopping bags, and selecting minimal packaging. Embracing the 8R’s - Rethink, Refuse, Reduce, Reuse, Repair, Regift, Recover, and Recycle - guides sustainable choices. By following this order, we can shift our mindset, say no to single-use items, minimize waste, extend product lifespans, and explore repurposing options before resorting to recycling.

WHY?

Recycling directly prevents pollution by reducing greenhouse gas emissions from manufacturing and raw material extraction. Abandoning recycling would lead to overflowing landfills, polluted seas harming marine life, and destruction of natural habitats as waste infiltrates our surroundings.

EVERYDAY TIPS

KNOW YOUR R'S
When recycling think of all the aspects of sustainability first: Rethink, Refuse, Reduce, Reuse, Repair, Re-gift, Recover, and Recycle - in this order. Having something to go to waste should be the last resort.

SWAP OR DONATE
Exchange your existing items that you no longer need, such as clothes, with friends, family or a neighbour. You can also find places to donate items to complete strangers in need.

GET A CHEATSHEET
To be sure how to recycle correctly, you can find your local recycling instructions online and print them out near your bins at home.

MAKE IT CLEAR
Create a clear and easy to understand recycling system at home. Have allocated bins for different waste and keep them separated with, for example, different coloured bags or printed signs.

TIPS FOR THE COMMUNITY

LEARN FROM AND EDUCATE OTHERS
You can discuss recycling with your friends or people from the neighbourhood and share tips on recycling. You can help out someone to recycle better and learn something yourself.

RECYCLE TOGETHER
You can get together with your local community and organise casual event or get together within the theme of recycling. Maybe go for a walk together to collect trash or have a neighbourhood yard cleaning day.

SHARE THE TIPS
In addition to your home, you can print out your local recycling information and tips for everyone to see. You can pin them to your appartment lobby or near the neighborhood waste bins.

JOIN FORCES
Having a comprehensive waste sorting station just for yourself can be difficult, but together with you community you can share a larger sorting station with multiple bins and maybe even your shared compost.

WEBSITES

If you want to get more information on the topic you can check these websites:

https://gozerowaste.app/en/

https://www.hsy.fi/en/waste-and-recycling/waste-guide/

MOBILE APPS

There are some mobile phone applications that might help you live more sustainably.

You can check your app store for the following:
Recycle coach, My Little Plastic Footprint, iRecycle, Canit, ShareWaste

WANT TO KNOW MORE?

You can find more information about recycling and other sustainable ways of living from the GreenerAge project website at:
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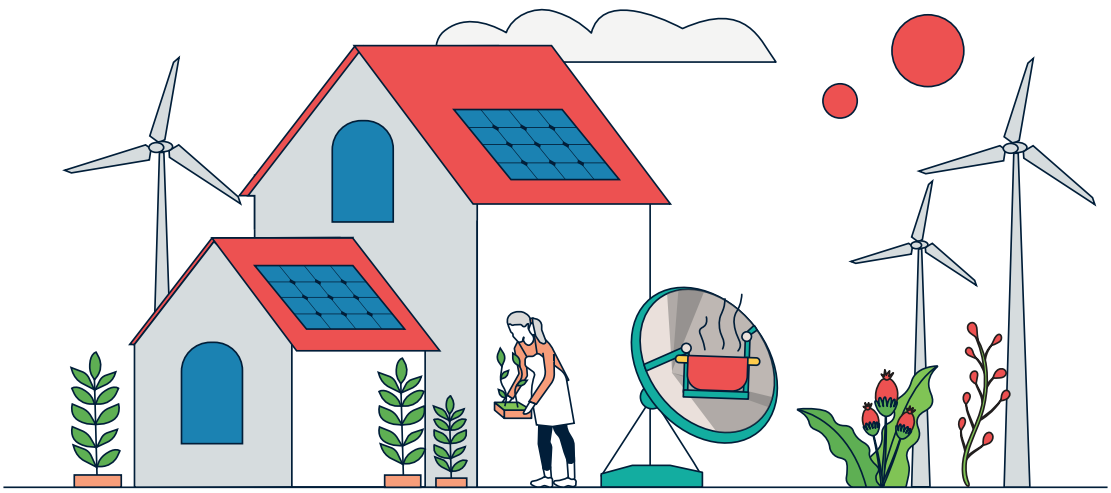
SUSTAINABLE ENERGY

As you may now know it is important to get away from energy sources that pollute the earth, but what are the alternatives and how can you as a citizen make use of these alternatives in your own home environment and community?

WHAT? Energy is sustainable when it is generated from energy sources that do less harm the environment and are reusable. Sustainable energy is becoming increasingly important as the fossil fuels on earth are becoming increasingly depleted. Shifting energy generation from fossil to fully sustainable is also referred to as the energy transition. Examples of sustainable energy sources are windmills, solar panels and solar collectors, and hydroelectric power stations.

WHY? Sustainable energy plays a crucial role in addressing climate change by minimizing greenhouse gas emissions. It achieves this by shifting away from finite fossil fuel reserves and embracing renewable resources like solar, wind, and hydroelectric power. This transition is particularly significant given the growing reliance on electronic devices such as laptops, tablets, and smartphones. By harnessing sustainable energy, we can not only reduce our carbon footprint but also improve air quality, leading to better public health and lower healthcare costs associated with respiratory illnesses.



EVERYDAY TIPS FOR HOME

LED IS THE WAY TO GO
By replacing your halogen lamps with LED lamps, you save about 10 euros per lamp per year. LEDs also last longer than regular bulbs.

CHECK THE TEMPERATURES
Are your fridge and freezer set to the right temerpatures? The fridge should be at 4 °C and the freezer at –18 °C. Same applies to washing: Washing at 30 °C will help you save energy but it's also more ecofriendly choice.

NO MORE STANDBY
Cut down on standby consumption through installing power strips or smart plugs! Also remember to turn off all unnecessary electronics when you leave the house or don't actively use them.

IT'S ALL ABOUT THE INSULATION
Heating and cooling make a big part of home's energy consumption. Check your method of heating and cooling for energy saving alternations and if possible, improve your insulation.

TIPS FOR THE COMMUNITY

BE INFORMED
Look at your own energy provider. How much do they claim to get from renewable resources and is it possible to switch to a more sustainable energy provider?

CALL FOR COMMUNITY
Gather your neighbourd and try to find a joint solution for sharing energy or alternative energy sources.

SEARCH FOR SUBSIDY
There are initiatives and subsidies available that provide information, discussion evenings and give out free tools such as on-off plugs that can support you and your neighbours in becoming more sustainable.

BE ACTIVE
Start or join a local energy cooperative or initiative to promote more sustainable energy sources and generally more sustainable consumption of energy.

WEBSITES

If you want to get more information on the topic you can check these websites:

https://www.greenbuttondata.org/

https://sunroof.withgoogle.com/

MOBILE APPS

There are some mobile phone applications that might help you live more sustainably.

You can check your app store for the following:
WiseSolar plus, SolarCT - Solar PV Calculator, Renewable Energy Sources

WANT TO KNOW MORE?

You can find more information about sustainable energy consumtion and other sustainable ways of living from the GreenerAge project website at:
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SUSTAINABLE FOOD

Are you interested in nutrition and would you like to make your everyday life more sustainable? Then this is the right place for you. On the GreenerAge learning platfomr you will learn about different types of food and the impact that the production and consumption of food has on our environment. We also provide you with helpful tips that are not only good for your body and the environment, but also for your wallet.

WHAT?

The consumption of food consists of the production, i.e., the cultivation of food, and the actual consumption by the end consumer. “Sustainable” means first and foremost that food security is also guaranteed for future generations. When dealing with sustainable food consumption, is always about how we can produce and consume our food sustainably so that it does as little harm to the environment as possible and also following generations can still live carefree on this planet. Sustainable consumption also means that less of the food we produce and buy is thrown away.

WHY?

Sustainable food consumption is importanto for providing food security for future generations. This only works with sustainable consumption and production of food. Sustainable consumption of food as well as its production secures biodiversity on earth. A sustainable diet is also very beneficial for the body. It prevents diseases and helps to live healthier.

EVERYDAY TIPS FOR HOME

DON'T WASTE IT!
Try to use all the food items you buy and don't let anything go bad. A weekly meal plan can not only help you reduce food waste but also save money on impulse purchases.

SAY NO TO PLASTIC
Avoid plastic when shopping, meaning plastics in shopping bags and food packaging. Bring your own bags and containers and look for local "unpacked shops" that let you buy products directly to your own container.

CHECK THE LABEL
When selecting your products look for animal welfare labels, such as the FSC. If you don't want to give up fish or meat, you can make sure that you buy the most sustainably produced animal products.

SEASONAL, REAGIONAL, ORGANIC
When possible, prefer locally produced regional products. Also look for seasonal and organic vegetables, that are not only good for the environment but also tastier.

TIPS FOR THE COMMUNITY

SUPPORT YOUR LOCALS
The way you shop can have great impact on local producers. Try to support local organisations that supply organic and locally produced vegetables.

TO THE MARKET
Find out about weekly markets in your area. These markets often offer regional and seasonal products. Make a day out of it and invite your family and friends to go with you.

SHARED GARDEN
Maybe you or one of your friends or relatives has a garden area available that you could plant edible plant to together. You can grow and harvest your own vegetables and fruit there.

EDUCATE YOURSELF AND OTHERS
Check if your neighborhood provides any knowledge on agriculture and food comsumption. They might have open lectures or excursions available.

WEBSITES

If you want to get more information on the topic you can check these websites:

www.bbc.com/news/science-environment-46459714

www.foodprint.org/quiz/

www.mcsuk.org/goodfishguide/

www.thegoodshoppingguide.com/

MOBILE APPS

There are some mobile phone applications that might help you live more sustainably.

You can check your app store for the following:
Leftover-Swap, The Season App, Too good to go

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LAB 60+

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Tampereen yliopisto

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