



# **111 Actions for Youth to Combat Climate Change in Mauritius**



**Ministry of Environment and Sustainable Development  
February 2014**

*“There is no doubt that young people today are more aware of environmental problems than my generation ever was. As this new generation comes of age, it faces the enormous challenge of solving global warming.....In order to fix this crisis, everyone needs to be involved. I have faith that young people have both the ability and the enthusiasm to put a stop to global warming.”*

*Al-Gore,  
Former U.S. Vice President,  
Winner of the Nobel Peace Prize*

## **ACKNOWLEDGEMENT**

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Ministry of Environment  
&  
Sustainable Development

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## INTRODUCTION

Climate change is real and it's happening. Actions are required by all human beings to save the planet from its devastating impacts. Youths are agents of change and play a key role in this combat. It is therefore critical that you become more actively involved in combating this threat.

This toolkit is intended to inspire, inform and involve you in taking action on climate change. Become a Climate Champion and take a pledge to care for Mother Earth!

It contains a compendium of 111 activities designed for you and your surroundings. Be creative. Choose and adapt the most appropriate activities according to your environment, people around you and facilities available.

As far as possible, involve your teachers, your school, your parents, your friends and your community. Get their help and support.

Your actions count!



## ( A ) UNDERSTANDING CLIMATE CHANGE

### 1. Get to know about climate change!

It's not worth trying to change something if you don't understand what it's all about!

#### What can you do?

Set yourself the challenge of becoming knowledgeable about the subject!

First, get yourself a notebook where you can make your own notes on climate change.



Record all interesting and useful information you have on climate change in your notebook. Compile all facts, figures, surveys, press cuttings, articles in magazines, pictures, pamphlets and other resource materials you can gather on climate change.

Be inquisitive and note down what's happening in your locality and country.

Ask your elders on changes they have observed in the climate as well as in the physical characteristics of their locality over time.

Get curious about the extreme events happening around the world but more importantly, in your country. Note the dates.

Get familiar with some common terms on climate change such as global warming, greenhouse gas effect, carbon cycle and carbon footprint. Write down simple definitions and explanations of these terms. You can also illustrate the terms through diagrams to better remember them.

## 2. Know where to get useful and relevant resource materials on climate change.

There are many resource materials on climate change that are simple, user-friendly and easy to understand.

### What can you do?

- (i) You can find a number of pamphlets, posters, messages and other informative materials on climate change posted on-line at the Climate Change Information Centre of the Ministry of Environment and Sustainable Development via [http://environment.gov.mu/English/Climate\\_Change/Pages/CCIC.aspx](http://environment.gov.mu/English/Climate_Change/Pages/CCIC.aspx).



- (ii) You can select the most appropriate and interesting press articles, magazines and books on climate change at your school library or town / village library.

*Some suggestions are:-*

Kids Tikoulou  
S.O.S Animaux En Danger  
La Terre  
Manuel Pratique Pour Sauver LA Terre  
Notre Poison Quotidien  
Gaston-L'ecologie selon Lagaffe  
Planet Ranger



- (iii) There are a number of interactive websites on climate change, specially designed for the youth. Connect yourself to these websites.



### 3. Remember the important dates on environment and climate events!

Try to remember some important dates on environment and climate events.

These special dates are celebrated so as to inspire and empower communities around the globe to participate in caring for the Planet.

One important day for you to remember is the **World Environment Day (WED)**. It is celebrated annually on 5<sup>th</sup> of June to raise global awareness on the need to take care of the environment.



The Ministry of Environment and Sustainable Development organises many activities every year for **WED**, including tree planting, sensitization campaigns, competitions and exhibitions.

#### Other important dates to remember:-

[World Wetlands Day](#) (February 2)

[International Day of Forests](#) (March 21)

[World Water Day](#) (March 22)

[Earth Day](#) (April 22)

[International Migratory Bird Day](#) (May 3)

[International Day for Biological Diversity](#) (World Biodiversity Day) (May 22)

[World Oceans Day](#) (June 8)

[World Day to Combat Desertification and Drought](#) (June 17)

[International Day for the Preservation of the Ozone Layer](#) (September 16)

[Clean Up the World](#) (third week-end in September)

[Zero Emissions Day](#) (September 21)

[International Day for Natural Disaster Reduction](#) (second Wednesday in October)

[International Day of Climate Action](#) (October 24)



Do organise activities in your school, club and community to mark these global events.

The dates of some deadly climate disasters that you will surely remember:-



Flash floods in Port Louis , Mauritius - 30 MARCH 2013( 11 people lost their lives)



Typhoon Haiyan, known as Typhoon Yolanda in the Philippines - November 8, 2013.

## 4. Share with others for your own better understanding!



share your  
**INFORMATION**

[thesignificantdigits.co.in](http://thesignificantdigits.co.in)

Share the news you have collected about climate change with your family, friends, teachers and neighbourhood.

As you share, you will have a better understanding on climate change.

Sharing with others will also allow you to take commitments to engage yourself, your family, your school, club and community in taking actions to reduce greenhouse gases as well as adapt to climate-related hazards.



## 5. Know and understand your carbon footprint



Carbon dioxide ( $CO_2$ ) is one of the main greenhouse gases that contribute to climate change.

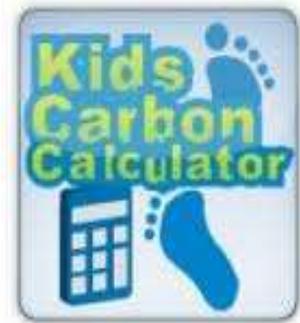
Daily human activities result in emissions of  $CO_2$  e.g. using car to go to school, using electricity at home, consuming imported goods, etc.

You can easily calculate your **emissions of  $CO_2$**  in a year. It is also called the **carbon footprint**. A Climate Champion has low  $CO_2$  emissions and therefore a low carbon footprint.

A number of simple, user-friendly carbon calculators are available online.

You may wish to use the Kids Carbon Calculator

<http://www.cooltheworld.com/kidscarboncalculator.php>



**This can be great fun. Try it!**

Here are the results of 2 different persons:-

### Person A

#### CARBON FOOTPRINT

Travelling to school by car 3235 kg  $CO_2$  a year  
Watching television 3 hours 99 kg  $CO_2$  a year  
Leaving TV on standby 12 kg  $CO_2$  a year  
Using the computer 41 kg  $CO_2$  a year  
Lights in the bedroom 158 kg  $CO_2$  a year  
Baths 400 kg  $CO_2$  a year  
Home total 710 kg  $CO_2$  a year  
Going on holiday 2610 kg  $CO_2$  a year  
**Total 6555 kg  $CO_2$  a year (6.6 tonnes)**

### Person B

#### CARBON FOOTPRINT

Travelling to school on foot 0 kg  $CO_2$  a year  
Watching television 1 hour 33 kg  $CO_2$  a year  
Using the computer 41 kg  $CO_2$  a year  
Lights in the bedroom 7 kg  $CO_2$  a year  
Showers 200 kg  $CO_2$  a year  
Home total 281 kg  $CO_2$  a year  
Not going on holiday 0 kg  $CO_2$  a year  
**Your total 281 kg  $CO_2$  a year (0.3 tonnes)**

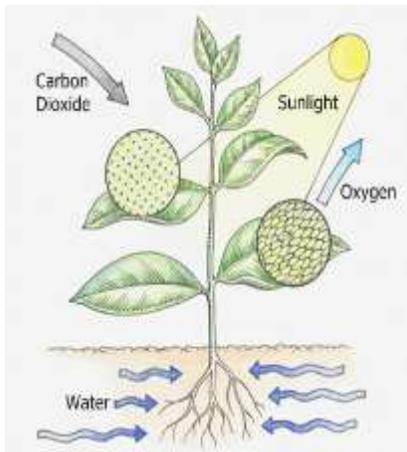
**Interesting to note:** Person A goes to school by car, leaves TV on standby and does not use energy efficient bulbs while Person B walks to school, switches TV off and uses energy saving bulbs.

Think of ways you can reduce your carbon footprint and re-calculate it again.

#### Did you know?

An average American has a carbon footprint of 19.8 tonnes ; the average Mauritian 3.22 tonnes while the average Kenyan has a carbon footprint of 0.3 tonnes.

## 6. Learn about trees and forests. They absorb carbon dioxide



Plants absorb carbon dioxide and release oxygen during photosynthesis to make their own food.

On average, a broad-leafed tree absorbs about 10 kg of CO<sub>2</sub> per year.

([http://www.ecokids.ca/pub/eco\\_info/topics/forests/benefits\\_of\\_trees.cfm](http://www.ecokids.ca/pub/eco_info/topics/forests/benefits_of_trees.cfm))

(Source: <http://www.buzzle.com/articles/photosynthesis-for-kids.html>)

The amount of carbon an individual tree can store depends on the species of tree, how large it is, and how old it is.

In general, the larger the tree, the more carbon it can store.

Also, the faster the tree grows, the more quickly it will absorb carbon dioxide.

Forests store more carbon than they release and are known as carbon "sinks".



As forests are cleared for construction and other developments without replanting, it means more carbon dioxide remains in the atmosphere and contributes to global warming.

We need to plant trees for a greener Mauritius!

### **Importance of trees**

1. Trees combat the greenhouse effect.
2. Trees serve as air filters and help remove air pollutants by trapping them on their leaves and bark.
3. Trees provide oxygen which sustains life.
4. Trees cool the air as they absorb heat and also provide shade.
5. Forests serve as water catchment areas. Trees attract rain.
6. Forests serve as a habitat to wildlife.
7. Forests provide humans with timber, wood, pulp, medicinal plants, fruits and other food.
8. Trees prevent soil erosion as their roots hold the soil in place.

## 7. Understand the importance of endemic plants



Tambalacoque

Planting the wrong type of plants might cause more harm than good.

There are three broad categories of plants in Mauritius:-

- (i) Endemic (ii) Indigenous (iii) Invasive

**Endemic plants** are native plants found naturally only in Mauritius and nowhere else such as tambalacoque, trochetia, Ebony, bottle palm.

**Indigenous plants** are plants found naturally in Mauritius but also elsewhere in the region such as Bois D'Olive, Bois Cassant.

**Invasive plants** are alien or exotic plants that have been introduced in the country such as the chinese guava, framboise marron and vielle fille. They compete with native plants.

### Key information to know:-

Endemic plants are best adapted to the ecosystem in terms of carbon storage, wildlife habitat, erosion control and also against natural calamities such as droughts and floods.

You can go to <http://www.mauritiusuncovered.co.uk/general/tree-species-in-mauritius/> and learn more about the 3 types of trees.

**Whenever you buy a plant, prefer to buy endemic plants. Never plant invasive or alien species.**

## 8. Learn about mangroves



Mangroves are tropical trees or bushes that grow in thick clusters along seashores and riverbanks. They grow in saline or brackish coast areas because they are able to filter out the salt.

Among the 54-70 mangrove species that occur worldwide, only two species are found in Mauritius namely *Bruguiera gymnorrhiza* and *Rhizophora mucronata*. They are protected species and their destruction is an offence under the Fisheries and Marine Resources Act 2007.

Mangroves store carbon far more effectively (up to 100 times faster) and more permanently than terrestrial forests and are referred to as **blue carbon sinks**.



Mangrove roots offer safe habitats for fish, shrimp, and oysters.

The roots help stop erosion by anchoring the ground and also lessening the effects of the waves.

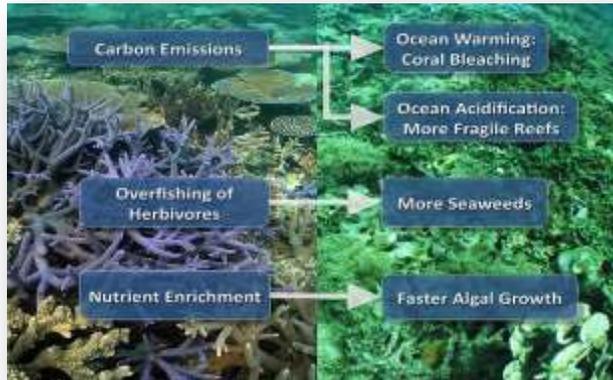
©M.Campbell/GLOBIO.org

You can inquire with Ministry of Fisheries on the availability of the seedlings of mangroves and organise a mangrove planting programme.

## 9. Learn about corals, coral reefs and ocean acidification

Corals are living creatures made up of simple animals called polyps.

As the coral polyps die, they accumulate as skeletons of dead coral colonies over thousands of years resulting in the formation of coral reefs. These cover more than 600,000 km<sup>2</sup> worldwide.



Coral reefs around Mauritius support about 4,000 species of fish, 700 species of coral, and thousands of other plants and animals.

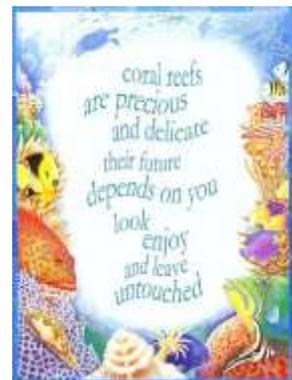
The rising level of carbon dioxide in the atmosphere affects the ocean by making it more acidic. Globally, each second, 1000 tonnes of carbon dioxide are released into the atmosphere and, each second, about 300 tonnes of that carbon dioxide is going into the oceans<sup>1</sup>.

### Key information to know:-

Corals and coral reefs are very important in controlling carbon dioxide in the oceans. They act as feeding and breeding grounds and as shelter for a number of marine organisms. They also act as barrier against oceanic waves, thus preventing erosion of the coastline. They are responsible for the formation of sand, beaches and lagoons and play an important role in recycling of nutrients.

You can save the reefs by:-

- respecting local guidelines when visiting reefs;
- not walking and standing on corals;
- not throwing waste along the coast; and
- avoiding collection of living and dead corals.



<sup>1</sup>co-author Ken Caldeira of the Carnegie Institution's Department of Global Ecology, testifying to the U.S. House of Representatives Subcommittee on Insular Affairs, Oceans and Wildlife of the Committee on Natural Resources on February 25, 2009

## 10. Learn about wetlands

**Coastal Wetlands**

*Wetlands in Mauritius*

*Pointe D'Esny*

*Rivulet Terre Rouge Estuary*

*Grand Baie Coastal Wetlands*

*Mare aux Vacoas  
Man-made wetland*

**What can we do?**

- *Conserve and restore wetlands*
- *Support local wetlands and watershed protection initiatives by donating materials, time and money*
- *Maintain wetland and adjacent buffer strips as open space*
- *Reduce the amount of fertilizers, herbicides, pesticides applied*

UNEP  
RECOMAP  
Environment Ministries  
Ministry of Environment & Sustainable Development  
Financed by  
European Union

Wetlands are the link between land and water. They are some of the most productive ecosystems in the world.

They are important carbon sinks and are very important habitat for wildlife.

In Mauritius, the Rivulet Terre Rouge Estuary, Pointe D'Esny and Blue Bay Marine Park have been designated as Ramsar sites (wetlands of international importance). They support rare and unique faunal and floral biodiversity of Mauritius.

### Key information to know:-

- Wetlands are reservoirs of biodiversity and act as breeding grounds and areas of migration routes for many species of fish.
- They also act as buffers against floods, storing rainwater and then slowly releasing it.
- Vegetation of wetlands has a binding effect, stabilising banks and shores.
- Another key function of wetland is their ability to filter off waste and contaminants as water moves from the wetland to underground aquifers.

**We need to protect them!**

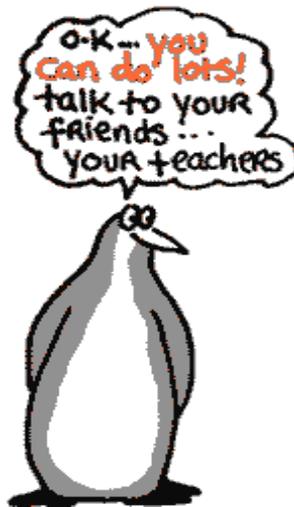
## ( B) COMMUNICATING ON CLIMATE CHANGE

### 11. Spread the message by talking about climate change

You can spread the message by talking on climate change to others in your surroundings. Saving the world requires well-informed citizens.

Here are some tips for you:-

- Use facts and figures to arouse the interest of your family, friends, and communities about the climate crisis.
- Share resource materials and link them to websites on climate change.
- Organise climate talks to raise awareness among your friends at school and in your communities.



## 12. Spread the message through pictures, drawings, posters and other art works on climate change

You can spread the message on climate change through pictures, drawings, posters and other art works.

Visioning is a tool that helps us to better understand and communicate on issues.



Photo: Agni Boedhihartono / IUCN

Creative illustrations can send strong messages on climate change as well as arouse people's interest in the topic.

### Here are some tips for you:-

Be creative! Take a stand to highlight the causes, consequences and dangers of climate change through illustrative works.

Try to simplify complex phenomena like greenhouse gas, water cycle, carbon cycle, etc through posters, drawings and other art works.

You can also educate people on actions to be taken to mitigate and adapt to climate change through your illustrative works.

You can post these at school, in community centres, youth centres, women centres, town and village halls.



## 13. Take 10 commitments on climate change for your school and spread the message

Taking commitments on climate change for your school can be a strong message for others.

### Some ideas for you:-

First of all, have a discussion with your classmates and teachers on the kind of measures to be taken and then approach the rector with those ideas.

Discuss with your rector to commit your school on 10 bold measures related to climate change.

Organise a sensitization campaign for the students and staff of the school and get them committed.

The school management and students can now very proudly spread the message via media for others to follow. The school can even have a press release on its 10 commitments.

These could be:

1. Planting trees in and around the school premises.
2. Composting all green wastes.
3. Reduction in energy bills for the school.
4. Reduction in water bills for the school.
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Write the 10 commitments as short messages in the classrooms or even paint it as a "fresque" on the school.



## 14. Spread the message by organising debates and essay writing on climate change

You can spread the message on climate change through debates and essay writing.



Debates and essay writing can be very good communication tools to make people reflect on climate change.

### Some ideas for you:-

Ask your teacher and rector to organise debates and essay writing on climate change at school.

At the level of your community, you can also seek the support of the municipality or district council to organise debates and essay writing for the citizens of the locality. These could be organised in community centres, youth centres, women centres, town or village hall.

## 15. Spread the message through songs on climate change

You can spread the message on climate change through songs.



(Source: [THE HINDU](#) At the climate change rock concert. June 18 2013)

Music is an effective tool for raising awareness, expressing emotions and prompting action.

### Some tips for you:-

You can take help of your music teacher and compose a song on the causes and impacts of climate change on music day or other events.

Here is some links for songs on climate change.

<http://www.climatesongs.com/>

<http://music.tutsplus.com/articles/top-8-songs-about-climate-change--audio-2734>

You may also wish to listen to many songs on climate change sung by young people on YOUTUBE.

Get inspired and write local songs on climate change. Prefer to sing in our common language, creole.

## 16. Spread the message through dramas, slams and plays on climate change



You can spread the message on climate change through dramas, slams and plays at school or for your community.

Be creative and innovative. Organise with your friends and neighbours and put up dramas, slams and plays on climate change.

Role-play simulations can make people understand better about the scientific issues on climate change and actions to be taken against climate change. The effect after watching these lasts longer and better results can be observed.

Dramas, slams and plays also put some fun into the serious subject of climate change and can be powerful means to communicate on complex issues.

They can be used to help students, community residents and decision-makers to get better inspired and get active to act in the combat of climate change.

When looking for a venue, ask for support from your school, community centre, or youth centre, as they may be able to lend you working space or an auditorium.



## 17. Spread the message by writing articles on climate change

You can spread the message on climate change by writing articles in school magazines, newsletters and in the local press.

Writing articles can be very fun and it requires you to do lots of research and deepen your own knowledge.

### Some tips for you:-

Give a very interesting title to your article.

Use simple language.

Be precise and do not give misleading information when writing articles.

Give interesting facts and figures that will make your article highly informative and educative.



Share your articles with the Climate Change Information Centre. They could be posted on its website.

## 18. Spread the message by organizing a special event or climate week on climate change

With the help of your teachers or community neighbours, you can spread the message on climate change by organizing a special event or climate week on climate change in your school or locality.

### Some ideas for you:-

You can coincide the event with international events such as World Environment Day, Earth Day so as to gain a stronger momentum and media attention in the combat of climate change.

A number of activities can be organised including talks, campaigns, exhibitions, tree planting, plays, competitions on essay writing, drawings, posters, etc.



(Source: ourtownrye.blogspot.com)



## 20. Spread the message by conducting research on climate change through surveys at the school and community level

You can spread the message on climate change by conducting research on climate change through surveys. For example, you can do research on changes and observations in the climate over time or you can do research on behaviour and lifestyles of people.

*Questionnaire*



### Some ideas for you:-

First discuss with your friends or community people on the subject of the research. One idea could be research on tropical fruits like mangoes and litchis that did not grow well in Plaines Wilhems due to cold weather but which now grow in abundance due to hotter climates.

Consult your rector or community leaders to first seek permission prior to conducting the survey. Then start by developing a survey questionnaire.

You can organise with your classmates or community neighbours to conduct the survey at school or in your locality. While you effect the surveys, this will arouse people's curiosity to know more about climate change and also take actions and do their part.

After you conduct the surveys, present the findings at school in the assembly or at the community centre.

For surveys on lifestyles and behaviours, they could be accompanied by a sensitization campaign to adopt more sustainable lifestyles.

Then, after some 3 months, re-conduct a quick session of filling the same questionnaire.

Present the findings again and measure the difference.



(Source: collegeofmarketing.blogspot.com)

## 21. Spread the message by creating your own blog post on climate change

Create your own blog post to share information and ideas on climate change.

You can post it on your profile of any social network such as "facebook" and "twitter".

As you exchange responses with other youngsters, they will join you in this combat against climate change. You can thus even build a youth network on climate change to share information, ideas and also activities.



## (C) MITIGATION:WAYS YOU CAN REDUCE GREENHOUSE GAS EMISSIONS

### (C1) ENGAGE YOURSELF FIRST

#### 22. Plant and care for trees



Now that you understand the importance of trees in combating climate change, plant as many trees as you can.

As far as possible, do not cut down trees.

Everyday, 50 plant species become extinct around the globe. How many is that per week, per month, per year?



(Source: [sgp.undp.org](http://sgp.undp.org))

#### What can you do to help?

Explain to your family, friends, neighbourhood on the importance of trees and discourage them to cut down trees.

Organise a tree planting campaign with their help.

Prefer endemic trees.

## 23. Stop litter. Kick the habit.



How do you feel after looking at this picture?

Litter is more than an eyesore.

It often results in fire that release greenhouse gases.

It also leads to build up of diseases including those affecting humans.

Cleaning the environment consumes lots of energy and hence contributes to greenhouse gas emissions.

*" Nettoyer c'est bien, ne pas salir c'est mieux"*

### What Can You Do to Help?

Set an example for others by NOT LITTERING! Kick the bad habit!

**It starts from you!**

## 24. Reduce your wastes

The more wastes we generate, it means the more wastes we have to dispose of.

Most wastes in Mauritius go to the Mare Chicose Landfill.

On average, every Mauritian throws away 1 kg of rubbish everyday.



As they decompose, they release methane which is a greenhouse gas.

What can you do to help?

**Do not over-consume.** Buying more than you need means generating more wastes. If you don't buy so much stuff in the first place, then you don't need to reuse or recycle it. **So reduce your wastes by not buying unnecessary things.**

**You can also reduce your wastes** by reusing items, by composting organic wastes and by channeling the items for recycling as far as possible.



## 25. Compost your garden and kitchen wastes



More than 70% of our garden and kitchen wastes are organic wastes. They can be easily composted and used as bio-fertilizers for your plants.

By composting your organic wastes, you are reducing the amount of methane and other greenhouse gases released during landfilling.

### Do your own composting:-

1. Get a compost bin or you may also use an old bin or box (1 cubic metre). Ensure that you punch holes around it to help with aeration.

2. Prepare your organic waste matter. Make sure you cut them into small pieces. Separate the organic waste into brown and green parts. Brown parts include waste like wood chips, saw-dust, straw, dry leaves and shredded paper. Green parts include fresh grass trimmings, fruit and vegetable peels, green leaves and livestock manure.

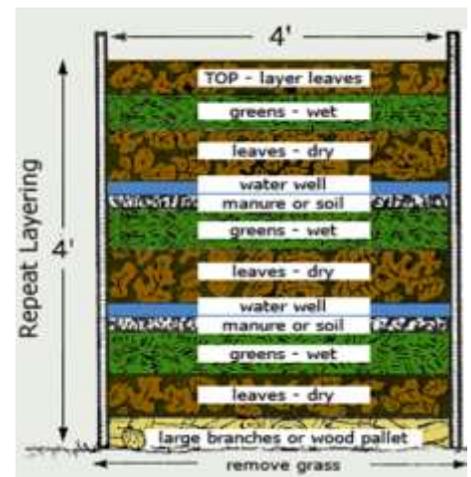


3. Put the waste in the bin in layers, 50% green, 50% brown, as shown in the diagram.

Start with the brown stuff by spreading a layer of leaves about 15 cm thick.

Then sprinkle a layer of soil or compost to add microorganisms to the bin.

4. Mix and add some water every 7 days.
5. **Don't Use** Meat, Bones, Cheese, Pet droppings, Milk ,Fats ,Oils ,Diseased plants
6. **Your compost is ready!** In a couple of weeks, the compost will be ready. It will look dark-brown and smell just like soil.



## 26. Kick off plastic bag



Plastic bags are made of polyethylene which is a petroleum product. Production of plastic bags contributes to air pollution and energy consumption.

Plastic bags take up to 1000 years to be degraded in the environment depending on their thickness. They emit toxic gases when burnt and affect our aquatic wildlife. They also contribute to the clogging of drains and watercourses, leading to flooding.

*More than 300 million plastic bags are produced on the local market annually.*

### What can you do to help?

Use eco-bags instead of plastic bags, etc. An eco-bag is a reusable, eco-friendly bag.

Diverse and fashionable eco-bags are now available in the market.

You should always carry your pocket eco-bag.

At the market or fair, you can very kindly say 'NO' to plastic bags, even when it is free. You can easily carry your goods in a "vacoas" bag or any other reusable bag.

Carry your lunch box in a reusable bag instead of plastic bag.

Use "used carton boxes" when purchasing goods at supermarkets.



## 27. Bag an old T-shirt

### *You can make your own reusable bag.*

Turn an old t-shirt into a handy, reusable bag.

#### **You will need**

- 1) An old T-shirt
- 2) Scissors
- 3) Rubber Bands



#### **Instructions**

##### **1. Step 1**



Turn your t-shirt inside out.

##### **Step 2**



Seal the arm and neck holes using rubber bands or hair ties.

##### **Step 3**



Turn the t-shirt the right way out so it looks like a sack.

##### **Step 4**



Cut along the hem, about 10cm each side to create the handles.

##### **Step 5**



Your bag is ready!

(Source: <http://www.bbc.co.uk/cbbc/makes/bp-beach-bag-make>)

## 28. Prefer rechargeable batteries

The manufacture of batteries consumes lots of energy that results in greenhouse gas emissions and contributes to climate change.

Every year over 15 billion batteries for household use are produced and sold worldwide.

Opting for rechargeable batteries instead of non-rechargeable ones will decrease the amount of batteries used.

### Key information you should know:-

Cell Batteries are made from a variety of toxic chemicals such as lead, mercury, nickel and cadmium.

When disposed improperly in the environment, these toxic chemicals leach into soil and water, polluting rivers and making them unfit for drinking, swimming, fishing, and supporting wildlife.



(Source: Photo courtesy: [tomblois, Flickr.](#))

### What you can do to help?

Use rechargeable cells instead of non-rechargeable ones. Rechargeable batteries can be recharged over and over until it eventually stops working.

Rechargeable batteries are more expensive than non-rechargeable ones. However, they can be used for longer period of time.

**Another option is to use non-rechargeable batteries wisely.** For example try re-using batteries that no longer work in kid toys and replace them in wall clocks or remote controls. Do they work? Do you know why? *Because some wall clocks and remote controls require less energy.*

## 29. Reuse

Another way to reduce wastes going to landfill is by reusing items.

Many items found at home can be used for different purposes. So before you throw those items away, think about how they can be reused.



(Source:centsibleinseattle.net)

### Some ideas for you!

You can reuse



**Jars and pots.** By cleaning glass jars and small pots, you can use them as small containers to store grains and pulses.



**Newspaper** Make useful packing material to store items. They can also be used to clean windowpanes or making artworks ( papier maché).



**Old clothes** - can be made into other textile items such as cushion covers.



**Old tyres** - old tyres can be used to grow crops.

Reuse used wrapping paper and save it for next year.

Reuse your used margarine and butter containers by cleaning them and keeping them for storing left-overs in the fridge.

For old clothes that may be too worn, you can use them to clean up the house instead of buying cleaning rags. Old t-shirts work well for dusting.

Reuse drinking straws and yogurt spoons.

If you receive a gift in a gift bag, save it for another occasion and reuse that bag!

Do not forget that you can also repair or mend your items. You can often give new life to your broken items and reuse them for long.

## 30. Switch it off!

Most of the energy we use comes from burning fossil fuels. Using less energy means burning fewer fossil fuels and putting less carbon dioxide into the atmosphere.

Global energy use has risen by almost 70% during the last 30 years. Furthermore, energy use is predicted to increase by 2% every year for the next 15 years.

What can do you to help?

- Do not leave lights, air conditioning, computers, TVs and your electrical appliances **ON** when you don't need them. Turning them **OFF** saves energy and your money too!



(Source: jokeblogger.com)

- Do not leave your electrical appliances including your cell phone chargers and MP3 players on standby mode. They still consume energy. Turn them off.



## 31. Set your room for maximum sunlight

The cheapest and most energy-efficient light and heat source is often right outside your window. **Let the sun shine in!**



(Source: healthista.com)

On bright days, open blinds, curtains, and shutters to let the sun light your home for free.

Even on cold winter days, sun streaming into a room can raise the temperature several degrees and provide heating.

## 32. Save energy with your computer

Use a laptop computer instead of a desktop computer, as the latter use more energy.

You can change the power settings for saving the energy where it is possible. Go to **Control panel**, click on **Performance Information and Tools**. When the next window opens, click on **Adjust Power Settings** on the left side of the window. On the new window, click on **Power Saver** to change the settings for saving the energy of the desktop.



Turn off the master switch of your laptop or computer when not in use.



### 33. Save energy with your mobile phone

**Avoid using vibrator.** It consumes lots of energy and also reduces the battery life of the mobile phone.

**Lower the screen brightness.** The phone requires more power to sustain a bright light than a dim one. So turn it down.

Choose a dark wallpaper to consume less energy rather than a bright one.

**Don't leave Wi-Fi and Bluetooth on unnecessarily.**

Your phone keeps on checking for Wi-Fi networks and Bluetooth when on. This uses energy.

**Charge your phone efficiently.**

When it comes to charging, you should always try and use the charger that comes with your phone to ensure that the phone is charged efficiently and safely.

It is advisable that you charge the battery up to at least 80% rather than doing lots of little charges for a longer battery life.



## 34. Save paper

Saving paper equals to saving trees.

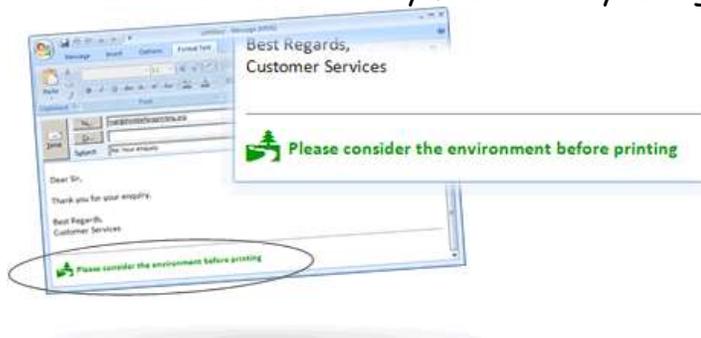
To manufacture paper, 17% of the wood comes from the rain forests. 1 tonne of paper is produced from 24 mature trees.



Moreover, huge amount of water and energy are consumed during the manufacture of paper from wood.

### What you can do to help?

- Save paper by **writing** on both sides.
- Save paper by **printing** on both sides of a sheet of paper.
- Think before you print! Do not print unnecessarily materials. Especially don't print out each memo or email you receive. Read and delete the ones you don't need to save and electronically file others you might refer to later.



(Source: <http://thinkbeforeprinting.org/>)

- Think carefully how many copies you need. Do not photocopy more copies than you need.
- Send emails rather than use paper.



## 35. Carry your own bottle or mug

It is estimated that around 65 million equivalent to 3000 tonnes of used PET bottles are generated annually in Mauritius.

The average American office worker uses 500 disposable cups a year, or 1.4 per day.



Paper cups consume trees, water, and chemicals. They are often wax-coated and therefore are not recyclable and not easily biodegradable.

A study of one paper coffee cup shows that the  $CO_2$  emissions is about 0.11 kilograms per cup including paper from trees, materials, production and shipping.

What can you do to help?

Carry your own bottle or mug so that you don't have to use disposable paper or plastic cups or bottled water.



## 36. Cut down on gift wrapping paper

Gift wrapping paper ultimately goes to the bin and becomes wastes. It means cutting down trees for no good reason.

Often there is no need to wrap the gifts and you can just place the gift in a reusable bag.



(Source: treehugger.com)

### What you can do to help?

Avoid wrapping your gifts with paper. Innovate. There are so many other interesting ways of presenting your gift. You can wrap with a cloth that can be reused or even with newspapers.



(Source: inhabitat.com)



(Source: how-to-recycle.blogspot.com)

## 37. Pack a waste-free lunch



(Source: <http://www.wastefreelunches.org/>)



(Source: newdream.org)

Which lunch do you think is a waste-free lunch?

You can easily minimize your wastes for lunch.

Here are some tips for you!

1. Pack a cloth napkin instead of a paper napkin.
2. Pack stainless-steel utensils including fork, spoon and knife instead of using disposable plastics.
3. Pack a reusable drink container instead of disposable juice boxes, juice pouches, cans, and plastic bottles.
4. Pack lunch items in reusable containers. Avoid using plastic wraps, plastic bags, wax-paper bags, and aluminum foil.

## 38. Enjoy walking

Walking can be very fun. The energy is free.

You save on fuel and therefore reduce greenhouse gas emissions.

Moreover, you are doing good to yourself by keeping fit.

If your school is within walking distance, then you can easily organise yourself with your friends and walk together to school.



(Source:media3.picsea)

## 39. Enjoy cycling



Cycling safely to the nearby shop, to your bakery and even to your school can be great fun.

Avoid using car for short distances. You will help reduce carbon dioxide emissions.



### **A word of caution**

Be careful and always prudent on the road. Respect the traffic signs.

Cycle safely!



## 40. Adopt a healthy lifestyle

Health and climate change are deeply interconnected.

With hotter temperatures, dehydration and heatstroke increase mortality in old and sick people. These people are predisposed to cardiovascular diseases, diabetes as well as respiratory diseases.

What can you do to keep healthy?

Adopt a healthy lifestyle with reduced exposure to environmental pollution and emissions, pesticides, antibiotics, chemicals, etc. Use of pesticides and other hazardous chemicals have long term effects on human health and well-being.

Consume more fruits and vegetables rather than animal products. This will help reduce your carbon footprint and keep you healthy.



(Source:sciencedaily.com)



(Source:thehealthculture.com)

Walking and cycling will keep you fit and in good shape.

Plant trees and breathe fresh air.

## 41. Become a Beach Champion

In order to become a beach champion, one should understand the importance of preserving marine ecosystem (marine flora and fauna).



- 📷 Observe changes on the beach , for example after a cyclone;
- 📷 Observe any erosion and physical transformations caused by waves, currents and tides and impacts by people;
- 📷 Observe the beach composition (type and sand color, shells) to see whether any patterns are running;and
- 📷 Learn about beaches by doing research on the history of beaches and meaning of their names.

### What can you do to help:-

- 📷 Swim in the demarcated swimming zones;
- 📷 Fish in the designated fishing zones;
- 📷 Do not stand or walk on corals;
- 📷 Do not feed fish;
- 📷 Do not throw litter or any other waste in the water;
- 📷 Do not collect shells/ corals or marine organisms;and
- 📷 Do not light fire under trees.



(Source: resolution12.com)

## 42. Organise yourselves eco-holidays

Eco-holidays and eco-trips can be very exciting.

**Here are some ideas for you:-**

You can visit the landscape, climb up hills and enjoy the island's view.

You can visit nature parks for example La Vanille Réserve des Mascareignes or Casela Nature and Leisure Park.

**Points to remember:-**

Always leave the places clean. Do not leave your waste in natural areas. Carry a litter bag with you. Bring it back and then dispose of it in a bin.

**Respect nature.**

Do not take natural souvenirs from nature. Leave rocks, flowers, seeds and corals where they are found so that others can also appreciate them.

Get curious to learn about different types of insects, birds, frogs, plants and animals.



## 43. Offer eco-gifts

You can be different by not offering conventional types of gifts.

Eco-gifts are memorable and more important, they are useful.

You can offer ecological gifts such as:-

- eco shopping bags, eco picnic bags, eco basket;



- nature park tickets;



- medicinal plants, endemic plants, flowers, vegetable crops, fruit trees, spices;



- gardening tools;



- compost;
- compost bin.

The list is long. You can surely have your own creative ideas.

## (C2) ENGAGE YOUR FAMILY

### 44. Calculate and reduce the carbon footprint of your family



Explain about carbon footprint to your family.

Calculating carbon footprint of your family can become an interesting game.

You can easily calculate the carbon footprint of your family and then discuss with your parents on measures to reduce it.

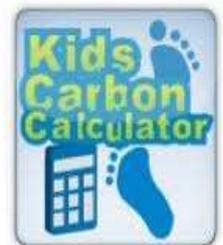
Your parents will be happy to participate as it will help them save on their energy and water bills.



Reducing their carbon footprint will also make them feel proud to participate for the noble cause of saving Planet Earth.

You can still use the kids carbon calculator for simple calculations

<http://www.cooltheworld.com/kidscarboncalculator.php>



See what happens to your family carbon footprint if your family watches half an hour less TV a day, or use energy saving bulbs instead of conventional bulbs or do carpooling?

## 45. Advise your parents on sustainable construction

A house can be well designed to be environment friendly with optimum natural lighting and natural ventilation. This means no need to switch light during the day and also no need of AC or heater.

Important factors to consider are:-

- 🏠 Location and orientation of the house and arrangement of rooms relative to solar path and prevailing winds
- 🏠 Shading and ventilation provided by trees around the house
- 🏠 Optimization of natural light by large window panes
- 🏠 Optimization of natural ventilation by well placing the openings (door, windows)

Inform your parents that they can consult the local authorities to seek advice on sustainable construction, including ideas on:-

- 🏠 Rainwater harvesting
- 🏠 Solar heating
- 🏠 Green roof gardening
- 🏠 Organic vegetable gardening
- 🏠 Composting

A sustainable house will help your parents save on their energy and water bills. By having a home garden, your family will also save on purchase of vegetables.



(Source: tmsarchitects.com)

## 46. Do your own gardening

Grow crops in your backyard or on your roof top.



### Some tips to remember:-

Do not use fertilizers and pesticides. Prefer organic farming.



Water your garden late in the day to benefit from cooler temperature at night for less water loss.

Use mulch. It conserves the water in the soil and you won't have to water as often.

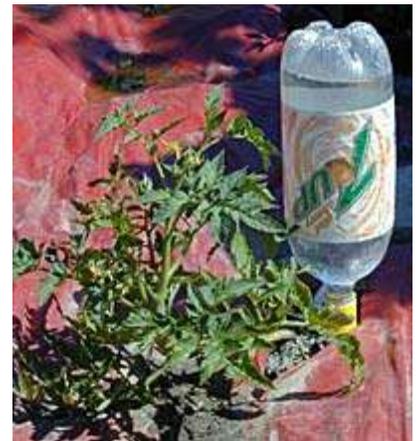
Use pot dripper system to avoid wasting water.



### Try a Fun Watering Trick

Start with a clean, 2-litre plastic bottle. Screw the cap on and turn it upside down. Cut a hole in the bottom of the bottle about the size of a golf ball. Fill the bottle with water and start to loosen the cap so water just starts to drip out slowly. Dig a small hole next to the stem of plants.

As water slowly drips out of the cap end, the soil in the root area of the plant gets wet and your plant is getting watered. Refill the bottle each time it runs out. This is a great water conservation practice, because it puts water where it's needed and not in spaces between rows where it goes to waste.



(Source : <http://urbanext.illinois.edu/firstgarden/basics/index.cfm>)

## 47. Think green when buying electrical appliances

Explain your parents on energy labels. Some electrical appliances consume lots of energy while others are energy efficient.

Always choose energy-efficient refrigerators, air-conditioners, washing machines, computers, printers, TV, etc.

Advise your parents to always read the manuals prior to purchasing electrical appliances. You can also seek advice from the sales manager or contact the Energy Efficiency Management Office under the Ministry of Energy and Public Utilities.

**Your parents will be happy to save money on their energy bills.**



(Source: intercongreen.com)



(Source: digitivity.com)

## 48. Advise your family on tips about your refrigerator to save energy



Select a fridge size best suited to your family's needs. For a family of three to four, 140 to 170 litres is normally suitable.

Ensure the door seal is completely air tight and make sure the door is not left open when not in use.

Make sure your fridge is in a cool place away from direct sunlight, an oven or other sources of heat.

Always keep the cooling coils at the back of the fridge clean.

Allow hot food to cool before placing it in the fridge.

Don't over-crowd your fridge's shelves, allow cool air to circulate freely.

Defrost frozen food by putting it in the refrigerator section the day before cooking.

Empty and switch off your fridge if going on a long vacation.

**Your parents will be happy to save money on their energy bills.**

## 49. Advise your family on tips about your washing machine to save energy

Wait until you have a full load of washing to save electricity and water.

Dry your clothes in the sunshine and fresh air whenever possible.

Reduce dry-cleaning.



**Your parents will be happy to save money on their energy bills.**

## 50. Advise your family on tips about air conditioning to save energy

Avoid using air conditioners as far as possible. If unavoidable, then try to follow the tips below:-



Avoid installing your air-conditioner in direct sunlight which could jeopardize the cooling effect.

Seal the gaps around doors and windows and keep them closed when air-conditioners are in use.

Draw curtains or blinds to keep the sunlight out.

Avoid blocking the input and output air vents of your air-conditioner.

At night, set your air-conditioner to "low cool" and use the timer to switch it off about one hour before you wake up.

During summer, clean the air filter of your air-conditioner at least once a month to ensure it works efficiently.

Use fan instead of air conditioner as far as possible.



## 51. Advise your family on tips about ironing to save energy



Avoid leaving cleaned clothes in an "ironing basket." Instead, hang these clothes until it's time to iron them. Placing the clothes in a basket will cause more wrinkles and creases and mean more ironing time.

Before ironing your clothes, place an aluminium foil under the blanket found on the ironing table for rapid ironing. This saves energy.

Do not iron wet clothes. Do so when they are still slightly damp rather than fully dry. Do not put more water on clothes while ironing.

Don't overheat your iron since this is a waste of energy. Keeping the iron heated while you are doing other things is a waste of energy.



When you must iron, try to do a large amount at one time. Separate the ironing into like materials. Begin by ironing light, low temperature fabrics first, then move on to heavier material clothing. This will reduce warm-up time and the iron will always be at the correct temperature for the material.

Set a time to iron when you won't be interrupted.

## 52. Advise your family to save on gas

Adjust the flame of the burner to hit bottom of pan. Fuel is wasted if flames leap up the side of the pan.



Cover pots or saucepans to retain heat when cooking. It reduces cooking time and saves fuel costs by as much as four times.

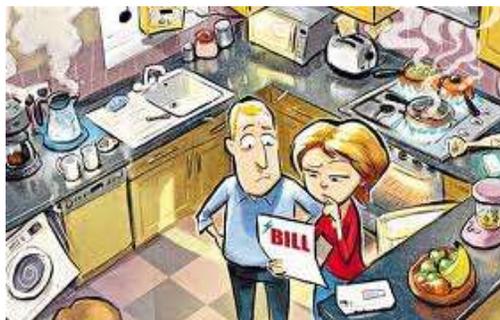
A pressure cooker saves up to 2/3 cooking time, saves energy, and preserves the goodness in your food.



Use the right size of rice cooker for your family - an oversized cooker wastes energy.

Do not cook too far ahead of meal time - reheating/ keeping food warm simply wastes energy.

Do not put more water in kettles or pans than you need.



(Source: telegraph.co.uk)

## 53. Advise your family on tips about your oven and grill to save energy



**Plan your menu to make full use of your oven space.**

**Use the grill to its full capacity.** It is cheaper to toast several slices of toast at a time rather than separately.

**Do not spend too long pre-heating your oven:** 10 minutes is usually enough.

**Keep the oven closed while you're cooking:** when cooking, each time you open the door the oven loses heat and requires more energy to get back up to temperature.

**Use glass or ceramic dishes:** they're the most efficient to use in the oven and can reduce the temperature required for cooking.

**Turn your electric oven off ten minutes before the end of the cooking time:** it will still keep to the same temperature for this time period.

## 54. Get your solar water heater at home

Solar energy is free, clean, renewable, and environmentally friendly. It saves on fossil fuels and does not emit greenhouse gas.



As the most widely available energy source on the planet, the sun provides a limitless opportunity to power our lives.

Solar water heaters can help you get much of your hot water from the sun.



## 55. Do not waste food at home

Do not waste food at home.



According to the UN Food and Agriculture Organization (FAO), every year 1.3 billion tonnes of food is wasted. At the same time, more than 20,000 children under the age of 5 die daily from hunger.



Food waste is an enormous drain on natural resources and a contributor to negative environmental impacts.

(Source: [grist.com](http://grist.com))

The amount of wasted food going to landfills makes a significant contribution to global warming.



(Source :[blogs.rochester.edu](http://blogs.rochester.edu))

## 56. Avoid take-away food at home



Avoid take-away food and choose to eat healthy food prepared at home.

Organizing the whole family to cook food together can be very fun. At the same time, you can cut down on take-away food, which uses more disposable packaging.

(Source: [childcareinfo.com](http://childcareinfo.com))

Home cooking also means you don't have to drive to a take-away or fast food restaurant. Result? Less pollution.



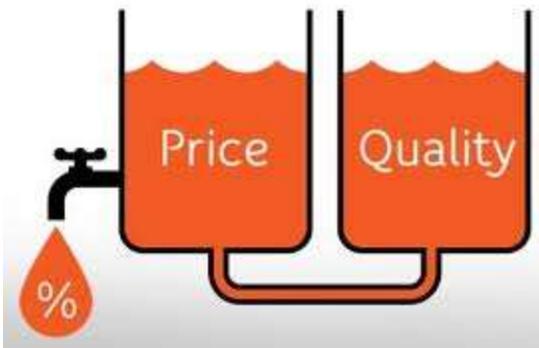
(Source: [www.wallcoo.net](http://www.wallcoo.net))

## 57. Buy good quality products at home

Advise your family to buy good quality products that can be used for a longer time.



Poor quality products are cheaper but they get broken, worn out and obsolete soon. They then have to be replaced. This means more production, more consumption and more wastes.



(Source: [businessviewsnews.blogspot.com](http://businessviewsnews.blogspot.com))

By selecting good quality products, your family is contributing in combating climate change by limiting emissions of greenhouse gases.

## 58. Prefer reusable products



Explain to your family why they should avoid using disposable items.

Disposable items such as plastic bags, plastic cutlery and batteries are thrown away after a single use.

This is a waste of resources and creates unnecessary wastage.

Ensure that your parents always buy reusable tableware instead of disposable ones.



If you are organising an event, use non-disposable plates, cups and cutlery for your catered food.

Ask the caterer to use glassware instead.

**Avoid Using Individually Packaged Disposable Items** such as individually packaged sugar, milk and creamer, individual sachets of chilli or ketchup sauce.



## 59. Buy products in bulk and with minimal packaging



**Buy in bulk:** Large, "family size" containers require less packaging than small, "single serving" packages. In addition to conserving resources, buying in bulk will also generally save you money!

**Look for items with little or no packaging:** Many items come in a variety of packaging styles. Choose unpackaged items and concentrates whenever possible.

By buying in bulk and with less packaging, you will:-

- (i) generate lesser wastes;
- (ii) save on resources; and
- (iii) help to decrease the amount of energy used during the packaging process.

You can also advise your parents to save even more money by collaborating with neighbours and relatives to buy in bulk as a group and then distribute same as needed. This will foster good neighbourhoods and more social harmony.



(Source:whatsonxiamen.com)

## 60. Buy local



Imported goods are made to travel either by sea or by air.

The further your product travels, the more greenhouse gas are produced in transporting the product to the destination.

We can boost our local economy by choosing local products instead of imported goods.

### Some tips for you:-

- Advise your parents to buy local products, in particular seasoned and local vegetables and fruits.



- When organic food is available, choose it to lessen the harm caused by chemical pesticides and fertilizers to both the environment and your health.

- The label "made in moris" is well known (<http://www.madeinmoris.mu>). A variety of local products are available, namely food, agricultural products, furniture, beverages, medicines, industrial products, etc.



## 61. Buy smarter



Do not buy more than you need!

This saves waste, saves landfill, reduces the demand for manufacture, saves fuel emissions and saves money.

(Source:bbc.co.uk)



### Some tips for you:-

- Advise your parents to prepare a shopping list before buying. This avoids purchasing superfluous or unnecessary items.
- Check on your parents whether they buy too much of perishables, which they then have to throw away.
- Avoid overbuying even when it is sales time. Products have expiry dates. So be careful!
- Prefer products (cleaners, shampoos, etc.) made from plant-based materials. By doing so, you are selecting products that are safe, biodegradable and generally less toxic.
- Favour products from recycled materials to reduce wastes and release of methane.



- Buying organic foods can also decrease the stress on soil with zero use of fertilizers and pesticides.



## 62. Minimize use of chemical detergents at home

Advise your parents to minimize the use of chemical detergents at home.



(Source:humananews.com)

Here are some tips:-

- Use eco-friendly detergents which have biodegradable agents.
- In certain cases, traditional ingredients like vinegar, baking soda, lemon, etc can do the work instead of chemical products.
- Baking soda works well to clean sinks, tubs and toilets, and it freshens drains as well.
- Vegetable oil with a little lemon juice works wonders on wood furniture.
- Simmer a mixture of cloves and cinnamon or use vinegar and water as a safe and environmentally friendly air freshener.
- Use vinegar and water in a pump spray bottle for cleaning mirrors.
- Use dishwasher detergents that are free of chlorine bleach and lowest in phosphates.
- Use bathroom cleaners that are free of aerosol propellants and antibacterial agents.
- Minimize your purchases of products such as aerosol sprays that contain ozone depleting substances.



(Source:thenwo.net)

## 63. Grow medicinal plants and get back to traditional non-chemical medicines

Ask your grandparents and parents about medicinal plants and traditional cure. You will be amazed to learn about them. People have been relying solely on traditional medicine in the past for the treatment of a number of ailments.

You can advise your parents to grow medicinal plants and get back to traditional medicines.

In Mauritius, we have our own unique medical traditions. These medical traditions have emerged from multiple origins, transmitted largely by women.

A number of herbs, shrubs and trees can be used for healing purposes. Medicinal plants like mint, thyme, ayapana, citronelle, tulsi are used traditionally for colds, coughs, bronchitis, sore throats, healing cuts, scrapes and wounds.

A number of resource materials are available in the Resource Centre of the Ministry of Environment and Sustainable Development or you can also view them via <http://environment.gov.mu/English/ResourceMaterials>.



NEEM

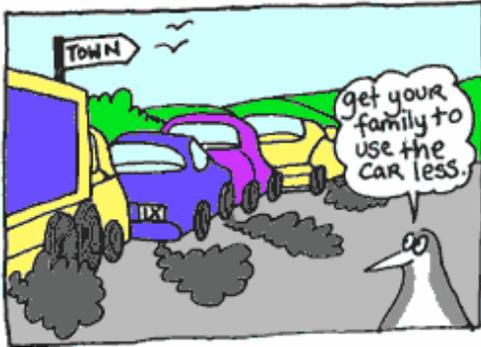


CITRONELLE



Aloe vera

## 64. Save on fuel-cut down driving miles



Explain to your family why they should save on fuel and cut down on driving.

Car dependency has made us all lazy. They are essential to modern living, however short journeys add to pollution levels; a 5 km car journey made by car emits 10 times more carbon dioxide per passenger than a bus.

### How can your family help?

(i) Take public transport as far as possible.



(Source:mauritiusplanner.com)

(ii) Prefer close-by markets instead of lengthy trips to the hypermarkets.

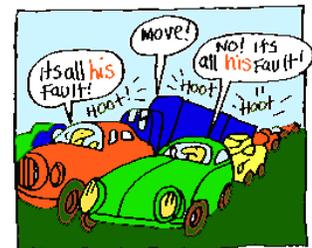
(iii) Walk to nearby shops and bakeries and avoid using private car.

(iv) Get your parents to adopt eco-driving habits.

(v) Try to go to your school closest to your place of residence. This will save on energy and time for travelling.

### Some tips on eco-driving:-

- Avoid unnecessary acceleration and deceleration, because it increases fuel consumption.
- Switch off when idling.
- Only use air-conditioning when it is required or else for ventilation, open windows at lower speeds can be just as effective without the extra fuel consumption.
- Avoid carrying unnecessarily things or installing unnecessary car fittings as extra weight will result in fuel wastage and extra pollution.



## 65. Advise your parents for hybrid cars instead



A hybrid car is non-polluting and eco-friendly.

Try to convince your parents to prefer hybrid cars whenever deciding to buy a car.

### Facts about hybrid cars :-

Hybrid cars consume less fuel and produce less than half the amount of emissions that a regular petrol-powered car does.

Inquire and inform your parents that the Government appreciates your selection of buying hybrid cars and provides you considerable tax rebate.

Ask your car dealer about the tax rebate.



(Source: pixton.com)

## 66. Get your parents to keep their car in good condition

Here are some facts that you need to inform your parents about:-

- Proper maintenance of vehicles can increase your car's fuel efficiency by 10-20% and reduce emissions.
- Properly inflated tyres can help reduce 200-350 kg of CO<sub>2</sub> emissions per year.
- Regular servicing of cars saves from unnecessary expenses.

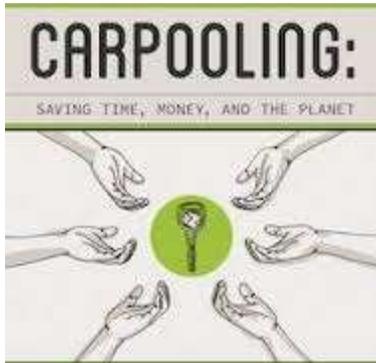


Remind your parents:-

- to get the car engine tuned up regularly;
- to change the engine oil as required;and
- to keep the tyres inflated and to fuel the vehicle preferably in the morning.



## 67. Do car pooling



Carpooling can be a good way of socializing.

Advise your parents to try carpooling.

Your parents can discuss this idea with your neighbours or commuters sharing a common destination.

(Source: pinterest.com)

Carpooling saves fuel expenses, vehicle wear, parking spaces, reduce pollution, reduce greenhouse gas and reduce traffic on roads.

It is an ideal cost saving arrangement, particularly for those individuals who share the same route and commute long distances to and from work each day.

You can also try doing carpooling with your friends to go to school or tuitions.



## (C3) ENGAGE YOUR SCHOOL AND CLUB

### 68. Green your school or club

With the help of your teachers or club executives, seek sponsorship from companies for transforming your school or club into a green school or club. Greening your school or club would mean a whole package of activities:-

- Planting trees within the school premises
- Installing solar panels
- Installing a rainwater harvesting system
- Zero litter campaign
- Zero plastic campaign
- Saving on energy
- Segregation and recycling of wastes
- Composting of organic wastes
- Endemic garden
- etc



## 69. Calculate and reduce the carbon footprint of your school or club



Now that you understand that carbon footprint is the amount of  $CO_2$  emitted in a year, organise with your teacher at school to have a special class on carbon footprint.

You can make a powerpoint presentation to inspire your classmates.



- (i) Each student in the class can calculate his/her carbon footprint and compare among classmates for discussion.
- (ii) Calculate the carbon footprint of your school or club. There are various calculators available online. You may wish to use the following links:-

<http://www.bestfootforward.com/footprintlife.htm>

<http://www.carboncontrol.org.uk>

**Then think ways of reducing the carbon footprint as individuals as well as of the school or club.**



## 70. Organise a class visit to the Climate Change Information Centre and to Rajiv Gandhi Science Centre

What about an educative trip to visit the National Climate Change Information Centre (NCCIC) at the Ministry of Environment and Sustainable Development as well as to the exhibition on climate change at Rajiv Gandhi Science Centre.



You will be exposed to a collection of information on climate change, especially in terms of viewing posters, banners and 3-D models.

THIS WILL HELP YOU ENHANCE YOUR KNOWLEDGE.



## 71. Take the challenge of transforming your school into a zero Litter school

Discuss with your classmates and meet your rector to make an announcement in the school assembly for the school's commitment to become a **Zero Litter School**.

Organise a campaign at school to sensitize all students on not littering. You can prepare a powerpoint presentation on the impact littering has on climate change and present in each class.

You can even email pamphlets on the bad effects of littering on climate change to the students.

Organise with the school management and put up a board within the school premises to sensitize the students.

You can put up something like this:-

**WE, students of..... school are proud to have a ZERO LITTER SCHOOL.**

**We always put our trash in a bin.**

**We want to set good examples for the citizens of MAURITIUS as we care for MOTHER EARTH!**

Your school can even have a press release on the commitment of your school to become a Zero Litter School.

You are sure other schools will get impressed and will follow.

## 72. Take the challenge of transforming your school into a Zero Plastic school

Discuss with your classmates and meet your rector to make an announcement in the school assembly for the school's commitment to become a **Zero Plastic School**.

Organise a campaign at school to sensitize all students on how plastic bags use fossil fuel and emit greenhouse gases.

You can prepare a powerpoint presentation on the impact plastic bags have on climate change and present in each class.

You can even email pamphlets on the bad effects of plastic bags on climate change to the students.

Organise with the school management and put up a board within the school premises to sensitize the students.

You can put up something like this:-

**WE, students of..... school are proud to have a ZERO PLASTIC SCHOOL. We always use an eco-bag because plastic bags:**

- **Affect global warming because they are made of materials derived from fossil fuel**
- **End up in the oceans where they are eaten by birds, mammals and it kills millions of them every year**
- **Litter waterways and roadways**
- **Are not biodegradable—they stay around forever.**

**We want to set good examples for the citizens of MAURITIUS as we care for MOTHER EARTH!**

Your school can even have a press release on the commitment of your school to become a Zero Plastic School.

## 73. Segregation and recycling at school



The Ministry of Environment and Sustainable Development has distributed bins to schools across the country for segregation of wastes. The segregated wastes are then collected by respective recyclers for recycling.

Discuss with your classmates and school management and ensure that students are segregating the wastes appropriately and in a disciplined manner.

Ask the rector to continuously remind the students that they should separate their trash, namely into paper, PET bottles, green waste.

The Solid Waste Management Division of the Ministry of Local Government can also be consulted for establishing contact with recyclers.

A list of recyclers is also available on

<http://localgovernment.gov.mu>.



## 74. Compost your organic wastes at school

# Compost

About 50 % of our household waste is biodegradable and can be converted into compost.

### What is Composting?

- A simple technique to convert organic wastes (biodegradable waste) to a "black manure" known as compost.

**Brown**  
Leaves, stew, woody materials

**Green**  
Grass, food scraps, manures

**Compost**

### What to compost ?

Grass/lawn clippings, leaves, kitchen wastes such as fruit and vegetable peels, tea bags, coffee grounds, eggshells.

### Benefits of Composting :

- Less wastes are sent to the landfill
- Less chemical fertilizers are used
- Compost improves the quality of soil
- Compost is non-polluting, it represents no risk to our health

### Where compost can be used?

For cultivation of plants:

- At home (backyard garden & potted plants)
- In agricultural fields (crop cultivation)
- In lawns

Ministry of Environment & Sustainable Development

Environment - Mauritius

The Ministry of Environment and Sustainable Development has distributed compost bins to schools across the country for composting of organic wastes.

Discuss with your classmates and school management and ensure that the compost bins are being used appropriately.

Ask the rector to continuously remind the students that they should throw their organic wastes in the school compost bin.

Ask the rector to regularly inform the students on the amount of compost produced in the school.

Ensure that the compost is being used in the endemic garden or for landscaping purposes in the school premises.

## 75. Maintain your endemic garden at school



**School Endemic Garden**

Our endemic plants and animals are unique to Mauritius. They are our pride. There remains less than 2 percent of native forest on our island. Presently, there are 311 flowering endemic plant species among which many plant species are endangered.

Some beautiful endemic plants in Mauritius:



Botanical name: *Ochna mauritiana*  
Common name: Bouquet banané



Botanical name: *Trochetia boutoniana*  
Common name: Trochetia

- We need to conserve our endemic wealth.



Initiation of the child in planting activities.



The setting up of an endemic garden in the school yard will help our younger generation appreciate the importance of biodiversity.

Ministry of Environment & Sustainable Development



Environment - Mauritius

The Ministry of Environment and Sustainable Development has distributed endemic plants to school across the country.

Discuss with your classmates and school management and take a commitment to maintain the school endemic garden.

Organise a campaign to remind the students on the importance of endemic plants.

**Here are some tips for you:-**

- Once they are established, they require minimal irrigation beyond normal rainfall;
- They develop their own defenses against pests and diseases. This reduces the use of pesticides;
- Less maintenance is needed; less of your time and no fertilizers;
- Native wildlife such as birds, butterflies, beneficial insects and interesting critters prefer native plants.

If you are member of a club, you can sensitize the members of the importance of endemic plants and have an endemic garden within the club premises.

## 76. Be energy-wise at school

Discuss with your classmates and talk to the school management about saving energy at school. There are some simple ways to reduce the amount of greenhouse gas emissions produced at your school by saving on energy.

Brainstorm among classmates on measures that would work to reduce energy at school.

Prepare e-pamphlets that you can circulate among all students at school. You can also write tips for saving electricity and put them in your school magazine.

Give a presentation about energy in your class or your school assembly.

**Here are some ideas that should work:-**

Remind all students, teachers as well as non-teaching staff including the canteen personnel to turn off electrical appliances (PCs, printers, photocopiers , etc) at the wall when they are not in use.

Find out ways to optimize natural light and natural ventilation in the classes.

Check your school's appliances such as computers, fridges and kitchen appliances, to see whether they are energy efficient. Advise the school management that next time, they have to be replaced, energy efficient appliances should be bought.

Landscaping should be done in appropriate locations so that your school could be more energy efficient. An example would be to plant trees that could shade the rooms on the sunniest side of the building.

**Ask the school management to communicate on a monthly basis the savings on electricity bills of the school. This will help measure the progress in energy conservation at school.**



## 77. Solar-powered school

The sun provides a clean and limitless supply of energy.

Installing solar PV panels on roofs of schools will be a big gesture to reduce greenhouse gas emissions. Furthermore, the school can save on its energy bills.

Discuss with your classmates and talk to the school management about installing solar PV panels at school.

Seek the help of your teachers and make a presentation about promoting use of solar energy at your school.

Sponsorship from private sector through CSR or Maurice Ile Durable Fund or other funds could be tapped for purchase of the solar PV panels.



## 78. Organise with your school for tree planting

**Maurice Ile Durable**  
**C'est Possible!**

**Tree**

Trees purify the air we breathe and promote our well being

They reduce soil erosion by retaining the top soil

They provide us with food

They are natural habitats for many animals

They give shade and look nice in our environment

Plants absorb carbon dioxide and give us oxygen

**PLANT MORE TREES**

Ministry of Environment and Sustainable Development

Discuss with your classmates and talk to the school management about your interest in contributing to increase carbon sinks by tree planting.

With the help of your teachers, inquire with the Forestry Service on availability of trees for planting.

You could plant trees at the beaches as well. However, permission needs to be obtained from the Beach Authority. Inquire with authorities on the type of trees that needs to be planted.

It would be more interesting to just join to an ongoing tree planting activity and help out.

## 79. Organise with your school for planting of mangroves



Discuss with your teacher/ rector and seek their help to materialize the idea of planting of mangroves.

Permission and advice have to be requested from the Ministry of Fisheries for planting of mangroves.

It could also be interesting to just join to an ongoing mangrove restoration activity and help out.



This event could be a motivation for other schools too. So be the first one to do and let the others follow.

## 80. Organise with your school for cleaning up of wetlands and islets

Wetlands and islets are very important habitat for wildlife as well as are important carbon sinks.



Discuss with your classmates and organise with the help of your school teachers / rector to clean up a wetland area or islet.

Initially you will have to select the area.

Permission and advice have to be requested from the Forestry Service and the National Parks and Conservation Service of the Ministry of Agro-Industry and Food Security.



## 81. Organise with your school for cleaning of beaches

**notre  
plage  
notre  
heritage  
*protegeons-la!***

Les plages de l'île Maurice sont des atouts économiques et touristiques importants pour le pays. Elles sont aussi le loisir préféré des gens pour se détendre et pour passer un bon moment en famille. Ainsi, il nous incombe de préserver nos plages afin qu'elles puissent garder leurs attraits et leur importance environnementale.



Les déchets abandonnés sur la plage ou jetés dans le lagon peuvent être dangereux pour les animaux aquatiques qui peuvent les confondre pour de la nourriture.



Les restes de nourriture attirent les chiens errants ainsi que les rongeurs. Ces restes doivent être soigneusement attachés dans un sac en plastique et déposés dans une poubelle.



Il ne faut pas faire les feux de camps ou les barbecues sous les arbres afin d'éviter de les brûler.

Discuss with your classmates and organise with the help of your school teachers / rector for cleaning of beaches.

This could be an activity during school excursions.

Initially you will have to select the area.

Permission and advice have to be requested from Beach Authority.

**Progeco**  
OCEAN INDIEN

PROGRAMME RÉGIONAL DE  
GESTION DURABLE DES ZONES  
CÔTIÈRES DES PAYS DE L'OCEAN INDIEN



MINISTÈRE DE L'ENVIRONNEMENT ET DU  
DÉVELOPPEMENT DURABLE



## 82. Organise visits to farms and learn about crops and livestock farming

Climate change also has lots of impacts on crop and livestock productivity with increased incidence of diseases and also changes in the growth of the crops and livestock.

Next time a picnic is organised by your school, you could include visits to crop and livestock farms (eg. the farm of the University of Mauritius, government farms and private farms).

Meeting with farmers will allow you know about the impacts of climate change on crop and livestock production.

The visit will allow you to learn about crops, the fertilizers being used, the livestock feeds, the equipment used, etc.

You will also be able to understand how does the food travel from the farms and reach to your kitchens with all the hard work of the farmers.



## (C3) ENGAGE YOUR COMMUNITY

### 83. Take the challenge of transforming your locality into a Zero Litter Zone

Discuss with your neighbours about the project to transform your locality into a Zero Litter Zone.

Meet with the community leaders and seek their support.

Gather citizens of your locality in a community centre or town or village hall.

Organise a campaign in your locality to sensitize all citizens of the region on no littering. Explain on the bad effects of littering on climate change.

Invite the Police de L'Environnement to also explain on the penalties when caught littering.

Ask the citizens to provide their feedback on this challenge. Are they willing to participate in this challenge and make a difference?

Organise for a group of persons to be as watchdog and discipline the citizens to abide by the laws.

Ask the town mayor/ Lord Mayor /Village President to make a press release on this new challenge.



## 84. Segregate and recycle wastes in your locality

In Mauritius, several drop off bins have been placed within the premises of supermarkets and at strategic points, namely to collect PET bottles, cans, paper, glass.



Gather citizens of your locality in a community centre or town or village hall.

Organise a campaign in your locality to sensitize all citizens of the region on the reasons why they should segregate their wastes for recycling.

Relevant NGOs can also be invited to talk to the citizens.

The Solid Waste Management Division of the Ministry of Local Government can also be consulted for establishing contact with recyclers. A list of recyclers is also available on <http://localgovernment.gov.mu>.



## 85. Collect newspapers, used papers and cardboard for recycling

# Recycling of Paper



1000 kg of paper recycled

is equivalent to saving of



17 trees

### Pollution caused by Paper





They constitute an eyesore in our environment and may cause proliferation of rats and cockroaches

### Advantages of recycling paper





Reduction in amount of paper wastes sent to landfill.
Decrease in number of trees cut for paper production.
Less import of paper from other countries.

### Products obtained from recycled paper:



Carton Boxes



Egg trays

Ministry of Environment & Sustainable Development  
  
 Environment Canada

Even if drop off bins are provided to collect recyclables, some people still do not find the time to drop there.

Be an ambassador to collect newspapers, used papers and cardboard within your community and drop them in a nearby drop off bin for recycling.

Another alternative is that you drop them at a recycling plant.

You can do this exercise every month.

For every tonne of paper recycled, 17 trees and 21,000 litres of water are saved.

## 86. Collect PET bottles for recycling



**Recycling  
Plastic Bottles**

Our plastic bottles (PET) remain in our environment for more than 400 years.

**Problems with plastic bottles**

They are breeding places for mosquitoes

They may block drains and cause flooding

They constitute an eyesore in our environment

By recycling our plastic bottles, we are protecting our environment and we are saving energy.

**Products from recycled plastic bottles**

Bins

Ministry of Environment & Sustainable Development

Environment - Mauritian

The poster features a background of several clear plastic bottles. Below the title, there are three small images showing plastic waste: a pile of bottles, bottles in a drain, and a large pile of trash. At the bottom, there is a grey trash bin and a colorful children's table and chairs.

Even if drop off bins are provided to collect recyclables, some people still do not find the time to drop there.

Be an ambassador to collect plastic bottles within your community and drop them in a nearby drop off bin for recycling.

Another alternative is that you drop them at a recycling plant.

You can inform the community people that you will collect the bottles every month.

## 87. Collect aluminium cans for recycling



Even if drop off bins are provided to collect recyclables, some people still do not find the time to drop there.

Be an ambassador to collect aluminium cans within your community and drop them in a nearby drop off bin for recycling.

Another alternative is that you drop them at a recycling plant.

You can inform the community people that you will collect the cans every month.

### Did you know?

Recycling just 1 tonne of aluminum cans conserves more than 207 million Btu, the equivalent of 36 barrels of oil, or 6,302 litres of gasoline—EPA

## 88. Recycling of used mobile phones and batteries



Drop your mobile phones and batteries in recycling boxes.

Some 235 recycling boxes have been placed by the Mauritius Telecom Foundation at strategic points all over the island. Of these, 50 boxes have been distributed to the following Local

Authorities:

1. **Municipal City Council of Port Louis** 405 6600
2. **Municipal Town Council of Beau Bassin - Rose Hill** 454 9500
3. **Municipal Town Council of QuatreBornes** 454 8054
4. **Municipal Town Council of Vacoas - Phoenix** 696 2975
5. **Municipal Town Council of Curepipe** 670 4939
6. **District Council of Riviere du Rempart** 266 2095
7. **District Council of Pamplemousses** 243 8300
8. **District Council of Moka** 435 5531
9. **District Council of Flacq** 413 2600
10. **District Council of Grand Port** 627 4575
11. **District Council of Savanne** 603 7930
12. **District Council of Black River** 452 1113

For more information on exact locations of the recycling boxes, please contact the above-mentioned Local Authorities.



## 89. Keep your nearby rivers and canals clean



(Source: [epa.gov](http://epa.gov))

Organise a campaign in your locality to mobilize all citizens of your community to clean nearby rivers and canals.

Meet with the community leaders and seek their support.

Gather citizens of your locality in a community centre or town or village hall and agree on dates.

**You can organise such an event every 3 months.**



(Source: [unops.org](http://unops.org))

## 90. Organise a tree planting campaign in your locality

Discuss with your community leaders and neighbours to organise a tree planting campaign in your locality.

Inquire with the Forestry Service on availability of trees for planting.

Prefer endemic trees and create micro-forests and green spaces in your locality.

Inquire with authorities on the type of trees that need to be planted.



## 91. Embellish your road reserves and river banks with ornamental plants



Organise a campaign in your locality to mobilize all citizens of your community to embellish the road reserves and river banks with decorative shrubs.

Meet with the community leaders and seek their support.

Seek sponsorship from companies to procure the decorative plants.

Gather citizens of your locality in a community centre or town or village hall and agree on dates to start the embellishment works.

Ask the permission and advice of the Forestry Service of Ministry of Agro-Industry and Food Security prior to any cleaning works on river banks and rivers reserves. You can also contact the Forestry Service to rehabilitate and landscape the rivers reserves with endemic plants.



## 92. Organise to have a second-hand market in your community

Gather citizens of your locality in a community centre or town or village hall and explain to them that you could have a second hand market in your community.

It would be meant to sell important used items like second-hand books, toys, bicycles, tools, clothes, furniture, equipment, electronics, musical instruments, etc.

You could even think of developing a website for selling unwanted items online.

**The intention would be to reuse items that are unwanted but still in good condition.**



## 93. Be champions of energy savers for your community

Organise meetings with households and distribute pamphlets (that you have designed) to sensitize your communities around on energy saving.

**Some of the tips you can give them:-**

- Switch off and unplug electrical appliances when not in use! A TV set on standby can still use  $\frac{1}{4}$  of the energy it uses when it's on;
- Buy energy - efficient, compact florescent light bulbs. Switch off lights while leaving room;
- Don't use more hot water than you need;
- Replace old household appliances by energy efficient ones;
- Buy solar water heaters instead of electric ones;
- Wait before you have a full load of laundry before using the machine;
- Open the windows instead of using the air conditioning;
- Don't leave the fridge or freezer door open for longer than you need.



## 94. Be champions of water savers for your community

Organise meetings with households and distribute pamphlets (that you have designed) to sensitize your communities around on water saving.

Saving water saves energy, which in turn reduces greenhouse gas emissions.

It takes a lot of energy to treat the water you use every day to make it safe to drink and to deliver it to your house.

It takes even more energy to turn it into hot water.



## 95. Donate instead of throwing away

Think of donating your old items to others before throwing them away.

If you have unwanted computers, toys, games and clothing, think of relatives, friends and neighbours who might need them.



You could also develop a website for people to donate online.



The sincere "thanks" that you will get back after your donation, will make feel great and proud about yourself.

## 96. Zero Dumping in barelands



Barelands are vacant lands that are unoccupied and undeveloped. Sometimes they may also have derelict or abandoned buildings and structures.

They are associated with various nuisances, namely illegal dumping that results in proliferation of rodents, flies and vermin and shelter for stray dogs. They also often catch fire that release greenhouse gases.

During flash floods, the debris in the barelands can be carried away to block drains, canals and rivers, preventing water drainage and water flow.

Meet with the community leaders and seek their support.

Organise an aggressive campaign in your locality to sensitize all citizens of the region on the impacts and hazards associated with dumping on barelands.

Invite the local authority to explain the penalties in relation to dumping in barelands.

## 97. Transform all barelands in your locality



The problem of barelands lies with their poor maintenance as well as bad practices from the neighbourhood, namely illegal dumping.

Barelands are not only threats in terms of proliferation of invasive species, rodents, flies and vermin but are also hideouts for drug addicts, thieves and squatters.

Many barelands are poorly maintained because the land owners are either abroad or are not known. In some cases, the barelands are owned by many heirs and they do not collaborate to clean the barelands.

Barelands, if well-cared can become an asset to the landscape of the locality.

HERE ARE SOME IDEAS FOR YOU TO TRANSFORM BARELANDS OF YOUR LOCALITY:-

- (i) With the support of the local authority and owners, you can green, embellish and landscape the barelands with flowers, beautiful ornamentals and trees.
- (ii) Advise the owners to lease their barelands for cultivation. You could even transform the barelands into community gardens that could then be maintained by the whole community as a social activity.

## 98. Set up a Community Environment Watch in your locality

Discuss with your neighbours about setting up a Community Environment Watch in your locality.

The Community Environment Watch should consist of people in your community that would like to take the responsibility to safeguard the environment of your locality.



The role of the Community Environment Watch could include:-

- (i) sensitizing the community on various environment and climate issues, for example saving energy and water, respecting the nature, planting trees, gardening, cleaning watercourses, etc;
- (ii) initiating community activities and mobilizing the citizens for regular clean-up campaigns and other environment activities such as tree planting, landscaping and embellishment works, composting, segregation and recycling, second-hand markets, etc;
- (iii) acting as watchdogs to report any act of irresponsibility with regard to the environment to the local authority or Police de L'Environnement;
- (iv) facilitating socially responsible activities by looking for sponsorships from private sector and also support from authorities;
- (v) organizing competitions and giving incentives through awards for laudable environment initiatives.



## (D) ADAPTATION-WAYS YOU CAN RESPOND TO CLIMATE CHANGE

### 99. Dress according to the Season

You can regulate your own climate and reduce your carbon footprint.

#### When it's hot, dress cool



When it is hot, you can dress cool (preferably cotton clothes) so that you do not have to use the AC unnecessarily.

#### When it's cool, dress warm

When it is cold, dress warm. You will not have to use a heater.



## 100. Avoid water wastage

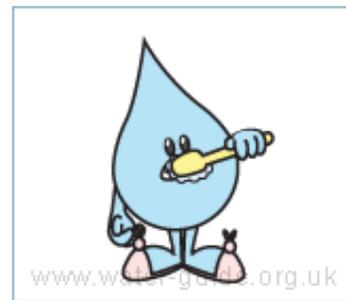
Two-thirds of the world's population could be facing serious water shortages by 2025.

Here are some tips to avoid wastage of water:-

- **Be water-wise.** Turn the water off while brushing your teeth, and try taking shorter showers. Spend 2 litres of water instead of 60 by turning off the tap while brushing your teeth.



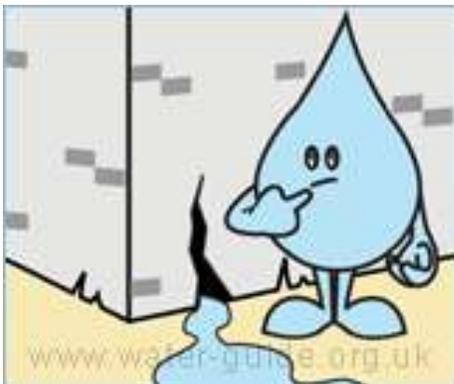
(Source: [www.water-guide.org.uk](http://www.water-guide.org.uk))



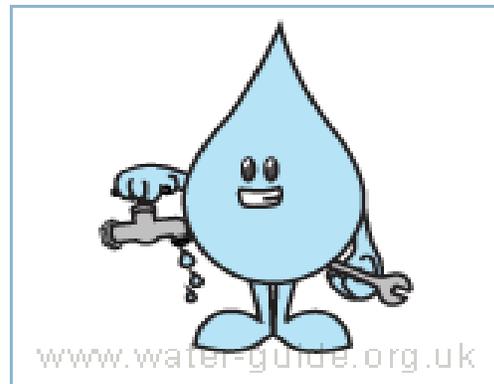
(Source: [www.water-guide.org.uk](http://www.water-guide.org.uk))

- **Fix that faucet and look for leaks**

A small faucet drip can waste up to 76 litres of water per day.



(Source: [www.water-guide.org.uk](http://www.water-guide.org.uk))



(Source: [www.water-guide.org.uk](http://www.water-guide.org.uk))

- **Do not overwater the garden**

## 101. Use water efficiently

Here are some tips to use water efficiently:-

### Install a low-flow showerhead.

Showers account for 32 percent of home water use. A family of four using low-flow showerheads can save about 76,000 litres of water per year.

### Flushing tanks

Toilets account for nearly 30% of indoor household water use.

Do not flush unnecessarily. Eleven litres of water are used every time you flush the toilet. A large family may waste up to 100 litres every day.

Flushing tank can save between 3- 6 litres at flushing. This is done by adopting the followings:

- Modifying the float
- Put a sponge or in a bottle of water in the tank
- Buy a two-flow flushing system to reduce water use.



Replace old, ineffective toilets with new high-efficiency toilets. This can result savings up to 68,000 litres of water a year.

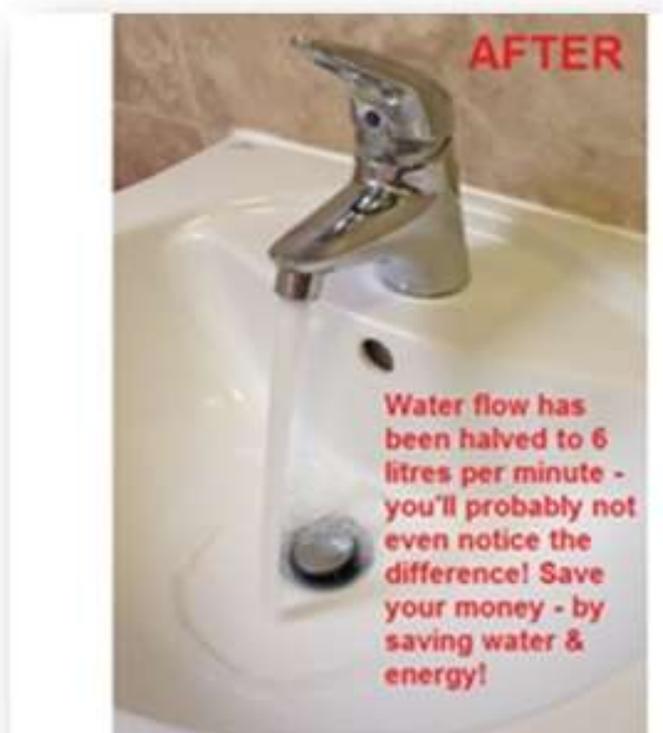
## 102. Use water faucet aerators

A water faucet aerator is an easy-to-use water saving device. It is often found at the tip of modern water faucets. Aerators can be simply screwed onto the faucet head, delivering a mixture of water and air.

It provides aerated flow which introduces air into the water stream and restricts the flow of water from the tap without reducing water pressure.

It softens the stream and reduces water splash to prevent wastage of water.

Fit your kitchen tap with a water aerator. This will reduce the volume of water by more than 40% per minute.



## 103. Collect rainwater at home

You can easily collect and store rainwater for later use such as watering plants and washing premises and cars.

This is done just by placing empty containers outside to collect rainwater for later use.

This will not only reduce your water bills but you will also reduce the high consumption of the planet's resource.

This activity will motivate you from collecting rain water every time when it rains.

Do not forget to try it the next time it rains.



## 104. Install a rainwater harvester in your school

Discuss with the rector / teachers about the installation of rainwater harvester at school.

Write down those benefits of a harvester and bring the list to your rector which will give more value to your ideas.

Those benefits could be:

- Reduction of flood, erosion and the flow to stormwater drain by reducing peak storm water runoff;
- Reducing water bills by using rainwater for watering the garden and washing the school premises;
- Improving plant growth by using rainwater for irrigation because stored rainwater is free from pollutants as well as salts, minerals, and other natural and man-made contaminants;
- Making use of a valuable resource that is FREE.



## 105. Stay safe with your family

We should all be prepared for extreme climatic events like a flash flood or strong cyclone in Mauritius.

**Here are some important tips to follow before, during and after such an event:**

### Before the climate event:

- Be on the alert and listen daily to weather forecasts.

### At the announcement of the climate event

- Ensure that you have all needy items such as candles, matchboxes, batteries for torches;
- Make sure there is enough food in stock, in particular canned food, stove with sufficient gas;
- Ensure that you have a portable AM/ FM radio at home to listen to weather forecasts in case of electricity cut;
- Keep your first aid kit and essential medicines handy;
- Ensure that all the windows are closed tightly;
- Make sure all the electrical connections are put off;
- There should not be any loose electrical wires hanging around the connection points;
- Ensure that there is no water leakages around the electric connection points;
- Switch off all the appliances and disconnect the wires from the main connection;
- Secure some clothes in bags in case you have to leave the house;
- Get your tool kit for emergency repairs (hammer, nail, rope, etc.) handy; and
- Make sure that your pets are safe and at shelter.



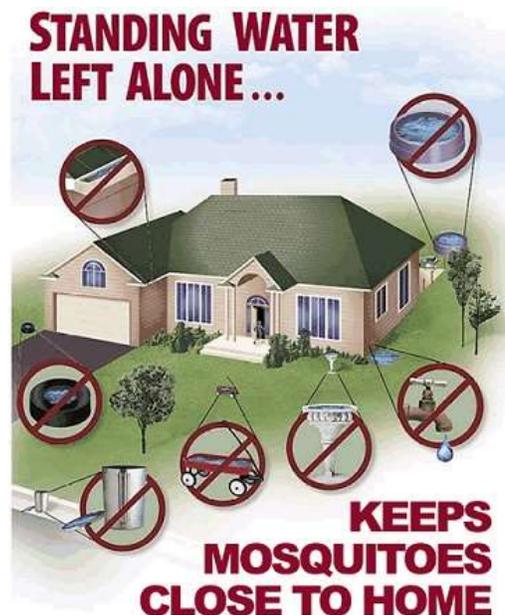
### During the climate event:

- You should be indoors and do not venture outside;
- Avoid approaching flooded rivers and streams and overflowing bridges;
- Avoid taking long trip in vehicles, especially in flood prone areas. Do not cross flooded bridges or submerged areas either by foot or by vehicles;
- In flood prone areas, secure your belongings and properties. If the water level continues to rise in flood prone areas, evacuate the area if necessary; and
- Avoid going near hill or mountain slopes prone to landslide.



### After the climate event:

- Do not leave your shelter until the all-clear signals have been given by relevant authorities;
- Beware of fallen power lines, damaged buildings and trees and flooded water courses;
- Do not consume fallen fruits;
- Boil water for drinking purposes; and
- Clean your yard and drain out stagnant water to prevent proliferation of mosquitoes/diseases.



## 106. Discard stagnant water around your surroundings

After a rainy period, water gets accumulated all around.

Standing water are breeding sites for mosquitoes which can transmit diseases such as malaria, dengue, and chikungunya. Mosquitoes lay their eggs in water that is stagnant, shallow and high in organic matter.



### Some tips for you:-

- Remove unused objects, garbage and refuse that might collect stagnant water (tires, plastic bags, etc.);
- At least once per week, drain water that collects in window boxes, flower pots, etc;
- Aerate ornamental ponds;
- Cover rainwater barrels with a fine mesh or screen;
- Turn compost over on a regular basis;
- Keep roof gutters clean and unclogged; and
- Keep yourself safe from mosquitoes by applying repellent cream.



## 107. Know when to stay away from the sea or near the beach

We should not venture out near the sea and beach during a cyclone or bad weather conditions as well as when there is any forecast of possible high tide waves or a tsunami.

### High waves warning

The Mauritius Meteorological Services issues a Special Communiqué to inform the public of any forecast of possible high tide waves based on observation available.

#### Precautions to be taken whenever there is a high waves warning:

- Avoid going to the beach and into the sea.
- All boats must be secured.

### Tsunami warning

When a Tsunami Warning Bulletin is issued by the Mauritius Meteorological Services, announcements to evacuate will be made through TV & radio stations and Police. The Police will advise on how to evacuate. Their directives must be followed.

#### Where to Evacuate?

Those living or working in coastal areas should immediately move to higher grounds or evacuate vertically wherever tall strong building, made of concrete, is available.

#### Things to Remember

- If you see an unexpected rise or fall in the sea, a tsunami may be approaching. You are strongly advised to move uphill;
- Stay tuned to your radio or TV during a disaster. Information bulletin regarding the situation will be broadcast regularly;
- Follow the emergency signs and the directives of the Police;
- Never go to the coast to watch a tsunami. Tsunamis move faster than a person can run;
- Do not run to the beach until Emergency Officials give the "All Clear" signal;

- All low lying coastal areas can be struck by a tsunami. Move to higher grounds and elevated areas or to upper levels of a high multi- storey concrete building;
- Tsunami can occur at any time of day or night;
- Tsunami can travel up rivers and streams from the ocean;
- Ensure you have an emergency kit with basic necessities (water, food items, blankets, first aid supplies, medicines, radio torch) which is portable during evacuation;and
- Share your knowledge with family and friends, it could save their lives.



(Source:www.flash-screen.com)

## 108. Know how to protect yourself against lightning



Lightning strikes are very frequent during thunderstorms. They are very dangerous and can be deadly.

Here are some lightning safety precautions so that you can be careful and minimize the risk to your life:-

### Seek Shelter

- If you are outdoors when a storm approaches, then getting indoors is one of the most primary tips.
- If you are in a car, stay inside and keep the windows rolled up. Do not touch anything that is made of metals. Also keep away all your electrical devices switched off till the thunderstorm is over.
- Stay away from windows, sinks, toilets, tubs, showers, electric boxes and outlets, and appliances. Lightning can flow through these systems to a person.
- Do not shower or take a bath during a thunder or lightning storm.
- Avoid using regular telephones, except in an emergency. If lightning hits the telephone lines, it could flow to the phone. Cell or cordless phones, not connected to the building's wiring, are safe to use.

## If You Are Caught Outside

(If you are unable to reach a safe building or car, knowing what to do can save your life.)

- You must stay off water and should not swim during a thunderstorm.
- Do not take shelter under trees and stay away from steel structures including motorcycles, tractors and bicycles, wire fences, metal pipes and other metallic poles.
- If your skin tingles or your hair stands on the end, a lightning strike may be about to happen. Crouch down and keep your hands on your knees and lower your head. Get as low as possible without touching your hands or knees to the ground. **DO NOT LIE DOWN!**



(Source:blog.outwardbound.org)

- If you are in a boat and cannot get to shore, crouch down in the middle of the boat. Go below if possible.
- If you are in the woods, look for an area of shorter trees. Crouch down away from tree trunks.

## 109. Community Risk Mapping



It is very important that you know the flood-prone areas and precautions that you need to take in case of heavy rainfall.

You can draw a map of your locality indicating the location of these flood-prone areas.

You can then use your map to see which parts of your communities are most vulnerable.

Risk mapping is a way of setting out in visual form the resources, services, vulnerabilities and risks in your community. Your map should indicate the location of health centres, schools, housing and shelters as well as natural features like rivers, lakes, and high and low-lying areas.

Your map can also be used to stimulate discussion and also to communicate with the broader community. Using a map can give people a better picture of the current risks, and how a changing environment could affect them.

Use the map to then sensitize your community around on these flood-prone areas.

People such as handicapped persons and senior citizens living in specialized home are more vulnerable to the risk of climate change.

Arrange a visit with the help of higher authorities to those people to talk to them about climate change, why is it happening, its risks they can be exposed to and also about the help you can provide them in order to be safe from climate change impacts.

## 110. Be a savior



(Source: blog.chron.com)

After you have mapped the community, identifying people and places that are vulnerable to natural disaster within your locality, you then need to develop **plans of action to get prepared** in case of disasters and environmental emergencies.

**Some tips for you to get your community prepared:-**

- establish places for people to move to in the event of a flood;
- always clean drains in flood prone areas;
- make sure rubbish is cleared before the cyclone season;
- educate people about understanding early warnings;and
- make sure children know how to swim as a precaution against flooding.

**Organise for drills in your community so that you can simulate whether the plans of action you have developed in case of disasters and environmental emergencies are effective or whether they need improvement.**



## 111. Help your community after any disaster has occur

Disasters result in loss and damages and can destroy whole areas/ country/ communities/ families.

After a disaster has occurred, there is need for solidarity to help victims. They might have lost all their belongings.

In such situation, urgent help is important and you could be among the first to help.

To do so, you can also collaborate with NGOs (Non-Governmental Organisations) which are engaged in helping the victims.

You can convince your friends, families or classmates and ask them all to help the victims.

**You will really feel proud of yourself.**



## (D) WHEN TO START?

**Start now. Take a pledge and become a Climate Champion**

Your lifestyle is part of your identity. It differentiates you from others.

**Be a responsible person and get active!**



## **Contact Address**

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