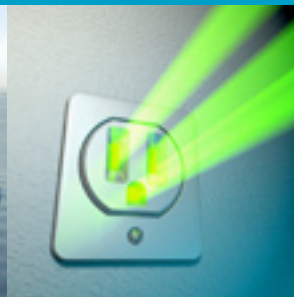
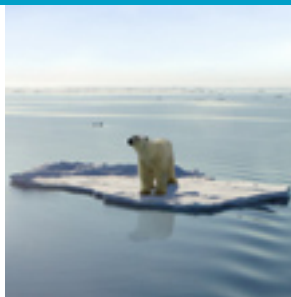


youthXchange

Climate Change and Lifestyles Guidebook



Published by the United Nations Educational, Scientific and Cultural Organization (UNESCO), 7, place de Fontenoy, 75352 Paris 07 SP, France and the United Nations Environment Programme (UNEP), United Nations Avenue, Gigiri, PO Box 30552, 00100 Nairobi, Kenya.

© UNESCO and UNEP 2011

The designations employed and the presentation of material throughout this publication do not imply the expression of any opinion whatsoever on the part of UNESCO and UNEP concerning the legal status of any country, territory, city or area or of its authorities, or the delimitation of its frontiers or boundaries.

The authors are responsible for the choice and the presentation of the facts contained in this book and for the opinions expressed therein, which are not necessarily those of UNESCO and UNEP and do not commit the Organizations.

This publication may be reproduced in whole or in part and in any form for educational or non-profit purposes without special permission from the copyright holder, provided acknowledgement of the source is made. UNESCO and UNEP would appreciate receiving a copy of any publication that uses this publication as a source.

No use of this publication may be made for resale or for any other commercial purpose whatsoever without prior permission in writing from UNESCO and UNEP.

A United Nations Publications. ISBN 978-92-807-3211-5

This guidebook is printed on certified paper supporting responsible use of forest resources.

w w w . y o u t h x c h a n g e . n e t

youthXchange

Guidebook Series

Climate Change and Lifestyles



United Nations
Educational, Scientific and
Cultural Organization

United
Nations
Environment
Programme



Acknowledgements

UNEP and UNESCO gratefully acknowledge the time and effort spent by those involved in producing and commenting on the *YouthXchange Guidebook on Climate Change and Lifestyles*.

This publication was developed under the supervision of the UNEP Division of Technology, Industry and Economics (DTIE) and the UNESCO Division of Education for Peace and Sustainable Development, and authored by Adam Cade (Susted Sustainability Education Consultancy, UK) and Rob Bowden (Lifeworlds Learning, UK). The publication was designed by Rob Bowden (Lifeworlds Learning, UK). The work was coordinated by Khairon Abbas, UNEP DTIE, under the supervision of Adriana Zacarias Farah, Programme Officer at UNEP DTIE, and Fabienne Pierre, Associate Programme Officer at UNEP DTIE, as well as Julia Heiss, Programme Specialist, and Bernard Combes, Information Officer, at UNESCO's Division of Education for Peace and Sustainable Development. Special thanks to UNEP's Kaveh Zahedi, Seraphine Haeussling, Pierre de Jouvancourt and Sophie Bonnard for their advice and editing assistance, specifically for the climate change sections. We would like to thank the many colleagues for their support and input, including UNEP Division of Environmental Policy Implementation's Environmental Education and Training Unit. Our warm thanks to the Swedish Ministry of the Environment and the Danish Ministry of Foreign Affairs for supporting the realization of this project.

The *YouthXchange Guidebook on Climate Change and Lifestyles*, which focuses on the challenges, opportunities and good practices of climate change, is the first in a series of thematic guidebooks. This series is produced for young people and people working with young people, educators, teachers, trainers and youth leaders around the world.

Since its launch in 2001, the YouthXchange Initiative has been working with national partners in 45 countries to adapt and translate the YouthXchange training kit on responsible consumption. Now translated into more than 20 languages and distributed worldwide through partnerships with national governments and local organizations, the guidebook has reached more than 400,000 young people worldwide.

For more information on the YouthXchange Initiative: www.youthxchange.net



Foreword

Every day, young people are exposed to numerous images and messages that promote models of unbridled consumption as the key to happy and fulfilling lives. In reality, however, the impacts of this unsustainable consumption are extremely harmful, contributing to climate change and other environmental challenges, such as rising sea levels, water shortages and food insecurity.

The world's youth will have a significant role to play if we are to bring about the widespread behavioural change needed to shift towards more sustainable lifestyles and consumption habits. It is important for young people to understand that behind over-consumption lies increased exploitation of resources, rising poverty, widening inequalities and persistent conflicts, all of which will worsen with climate change and eventually will minimize their opportunities for a better and sustainable future. The poorest of the poor, those who cannot consume enough to meet their basic needs, are the worst hit by climate change. Most of these are young people under 24, who make up nearly half of the world's population, with most living in developing countries.

But young people are determined, creative and have high hopes. They have the energy and willpower to help make their communities and the world better places and are constantly looking for the best opportunities for their future. Many of them are concerned about climate change and are ready to take action and to look for ideas and guidance on how to change and adapt their lifestyles towards more sustainable ones. Information and education are essential in empowering them and helping them to better understand not only the science of climate change and what is at stake, but also the way it relates to their daily lives and local environments, as well as to the choices they make, especially as consumers. Most young people have already heard about climate change, but many of them still perceive it as an abstract threat, too complex and too big while in fact its consequences are concrete, like the solutions and behaviours that can be developed to adapt to or mitigate them.

UNEP and UNESCO's *YouthXchange Guidebook on Climate Change and Lifestyles* aims to answer the questions that young people aged from 15 to 24 may have, and to inspire them in their daily lives. It explores the interrelationship between climate change and lifestyles through a scientific, political, economic, social, ethical and cultural angle and identifies actions young people might take towards more sustainable lifestyles. It channels the relevant information related to climate change in a less abstract and frightening manner, helping young people develop alternate visions and set goals towards improving their future. This guidebook provides information, case studies and useful tips around topics relevant to young people and their everyday lives, such as food and drink, travel and transport, leisure and entertainment.

At a time when the Earth's resources are being depleted faster than they can be replenished, adopting and promoting more sustainable ways of living that are in harmony with our communities and nature has never been more crucial. This guidebook supports young people to become advocates and agents of change for sustainable lifestyles in their respective communities around the world.



Ms Sylvie Lemmet

Director

Division of Technology, Industry and Economics
UNEP



Mr Qian Tang

Assistant Director-General
for Education,
UNESCO



Contents

1

YXC Guidebook Series (p.6)
Aims of the YouthXchange Guidebook on Climate Change and Lifestyles. The Guidebook. The challenges.

2

Learning for change (p.8)
Education for sustainable development. ESD, climate change and lifestyles.

3

Changing climates (p.10)
Climate and weather. Global temperatures. Human causes. Maintaining ecosystems. Different scenarios. An invisible threat.

4

Changing effects and impacts (p.14)
Effect on the planet. Ecosystems. Impacts on people. Developed, Emerging and Developing countries. Young people. Indigenous youth. Girls and young women. Islanders. The good news.

5

Lifestyle choices (p.20)
Lifestyles. A world of choice? Ecological and carbon footprints. Advertising.

6

Good life (p.24)
Consumer culture. Wellbeing and happiness. Consuming the Earth. Low carbon lifestyles. Pessimism.

7

Food (p.28)
A world of opposites. Food miles. Farm animals. Virtual water. Local food. Meat-free meals. Organic food.

8

Energy control (p.32)
Energy rules. Fossil fuels. Energy choices. Renewable energy. Personal control. Controlling temperature. Heating water. Controlling light and appliances.

9

Travel and transport (p.36)
A world on the move. Transport emissions. Making better choices. Urban public transport. To fly or not? Touring the planet.

10

Leisure and entertainment (p.40)
Having fun. Organizing low carbon events. Low carbon sports. Climate-friendly arts.

11

Shopping for stuff (p.42)
Ethical shopping. Zero waste. Embedded water. Alternatives to buying new. Clothes and textiles. Packaging. Labels.

12

Money and jobs (p.46)
Money and banks. Banking alternatives. Cost of climate change. Buy now, pay later culture. Green jobs.

13

Connecting with others (p.48)
Communicating climate change. Digital communication. Electronic waste. Electronic emissions. Social networks. Communicating with decision-makers.

14

Taking action (p.52)
Choice of actions. Different impacts. Group action. Campaigning.

15

Online resources (p.56)
Websites and videos.

16

Useful terms (p.59)

17

About YXC (p.61)

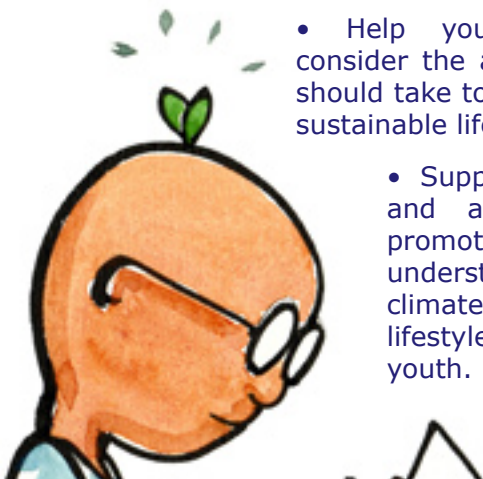
1. YXC Guidebook Series

Climate Change and Lifestyles is the first in a series of guidebooks supporting the UNESCO/ UNEP YouthXchange (YXC) Initiative, which was created in 2001 to promote sustainable lifestyles among youth (15-24 years) through education, dialogue, awareness raising and capacity building. The series is being produced for young people and people working with youth, such as educators, teachers, trainers and youth leaders in both developed and developing countries.

Almost half of the world's population is under the age of 25, and nearly 90 per cent of them live in developing countries. Youth is a critical stakeholder in the global economy and will be the main actor and motor for change in the near future. Thus, the energy, motivation and creativity of youth are essential assets to stimulating change.

Aims of the YXC Guidebook on Climate Change and Lifestyles:

- Explore the links between lifestyles and climate change;
- Help young people consider the actions they should take towards more sustainable lifestyles;
- Support courses and actions that promote greater understanding of climate change and lifestyles among youth.



The guidebook:

- Considers the causes and effects of climate change and its human impacts and responses, while connecting them to lifestyle choices and the technical and social infrastructures of a society;
- Provides scientific, political, economic, social, ethical and cultural perspectives on climate change;
- Explains complex issues in accessible language supported by facts, graphics, images, examples and web links;
- Develops the critical skills young people need to make personal choices to address the challenges of climate change.

"I am convinced that climate change, and what we do about it, will define us, our era, and ultimately the global legacy we leave for future generations. We hold the future in our hands. Together, we must ensure that our grand children will not have to ask why we failed to do the right thing, and let them suffer the consequences."

(Ban Ki-Moon, Secretary-General of the United Nations)

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_9755

