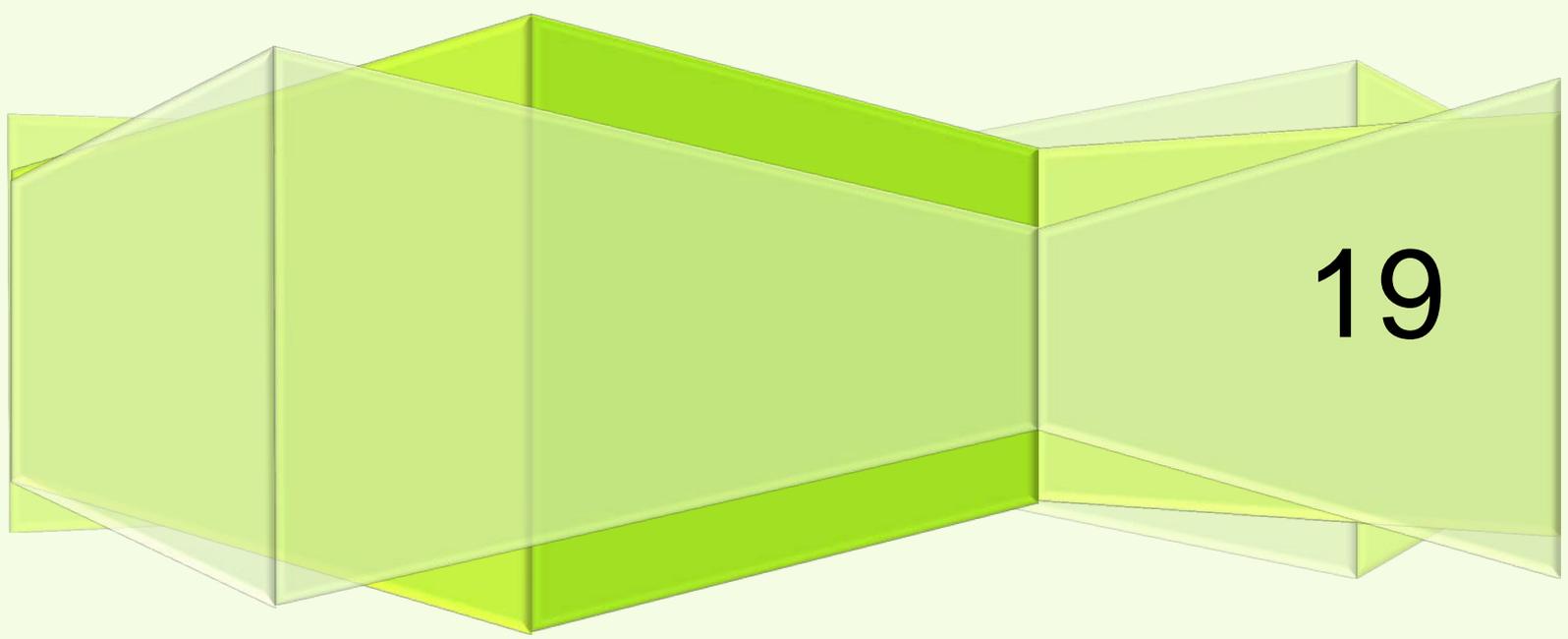


GUIDE FOR A MORE SUSTAINABLE WORKCAMP

“Climate Justice” local group
SCI Catalunya



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Introduction: Why is this guide and how does It work?

Who are we?

At SCI, we believe that climate justice is an essential pillar in peacebuilding, and for this reason, the "Climate for Peace" program was created, which has been actively involved in local volunteering for years.

We are a local group of the SCI called "Climate Justice". We act in favour of the climate but also we have a broader view on the environment. We take actions every year: we participate in the Soup Party organized by the SCI, in the Lali Jove organized by the Barcelona Youth Council, in the green spring... We are about 12 people in this group and we meet every week to think, plan and organize our actions.

What is this guide?

With this document, we want to provide a set of tools and ideas to bring climate justice closer to the volunteer camps on our territory. We have divided it into 4 sections: water saving, energy saving, more sustainable nutrition and waste reduction.

There are 2 more practical parts where you can find practical activity sheets with participants during a field and hang sheets in strategic places to raise awareness about waste.

How does it work?

With every tip, you'll see different indicators that will help you to quickly identify which tips are the best for your workcamp.

The indicators are the following:

- Tips for work camps in rural areas: 
- Difficulty level:  Easy  Medium  Hard
- Economic resources:  Low  Medium  High
- Time investment:  Low  Medium  High
- There are practical files: 
- Tips for printing and uploading: 

We hope that you will like our ideas and we would like you to share yours too!

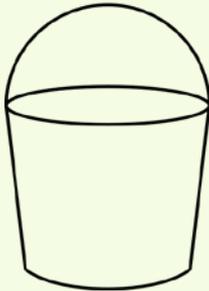
Climate Justice Group
SCI Catalonia

ENERGY SAVING

- Use efficient appliances (type A+++). Good for both the environment and our pockets.
- Use sources of renewable energy if they can be installed at the volunteer camp.
- Avoid using hot water. The best way is to have hot water only when it is really necessary.
- As a source of heat for cooking and heating, make sure that you use wood and pallets. The wood and its derivatives are the best source of renewable fire. The most efficient kitchen is the one with the induction. The less efficient is the microwave.
- Avoid using the car. You can use the public transport and vehicles with an electric assistance.
- Avoid using resources that consume big amounts of energy like washing machines, meat, motor vehicles, heating, ceramic hobs, air conditions, over-packaged products (like the fruit), etc.
- You can recycle an old washing machine and make it work with a broken bike.

WATER SAVING

- Good insulation is the best way to avoid consuming heat and cold energy.
- In order to make the volunteers aware of the different ways in which they can save water (The shower instead of the bath, to shower during 5 minutes, to close the tap, etc.), you can use the sheets that are in the “sustainable tips” part of this guide.
- Put water economizers on the taps. They are easy to find and place and can save up to 50% of the water.
- Use biodegradable (phosphate-free) detergent, baking soda or vinegar for washing. Always load completely the washing machine and the dishwasher.
- Use the following model for washing clothes and dishes:



1: pre-wash



2 - wash



3 - rinse

- Conduct awareness-raising activities for the volunteers to learn different ways to live in a sustainable way. (Make their own soap; use natural hygiene products, etc.)
- Each volunteer is advised to have a glass assigned and to wash it if necessary. This is one way we save water.
- Do not throw oil. They are highly polluting substances that end up in rivers and seas. Search for used oil collection bins or go to the nearest waste station. 1L oil contaminates 1000L water.

WASTE REDUCTION

- For the volunteer camp the best option is to use reusable crockery and rags instead of using kitchen paper. You can use reusable plastic pitchers or glasses for drinks.
- Volunteers come from different countries where the recycling is not the same as here. Each waste disposal should be explained on the first day.
- Given the life cycle of materials, it is best to repair or reuse material as often as possible before considering it as waste.
- If you have outdoor space in the countryside, you can make home composting with food and gardening scraps.
- You can implement a dry bath and human deposition management system
- Avoid buying bottled water. If you want a better taste / smell, use a filter. Drink tap water, in Spain 99.3% is drinkable.
- Reduce the consumption of plastic cups. Each volunteer is assigned their own glass.
- Make a zero-waste camp. The best waste is one that is not produced.
- You can choose to try making toothpaste, soap, detergents, etc.

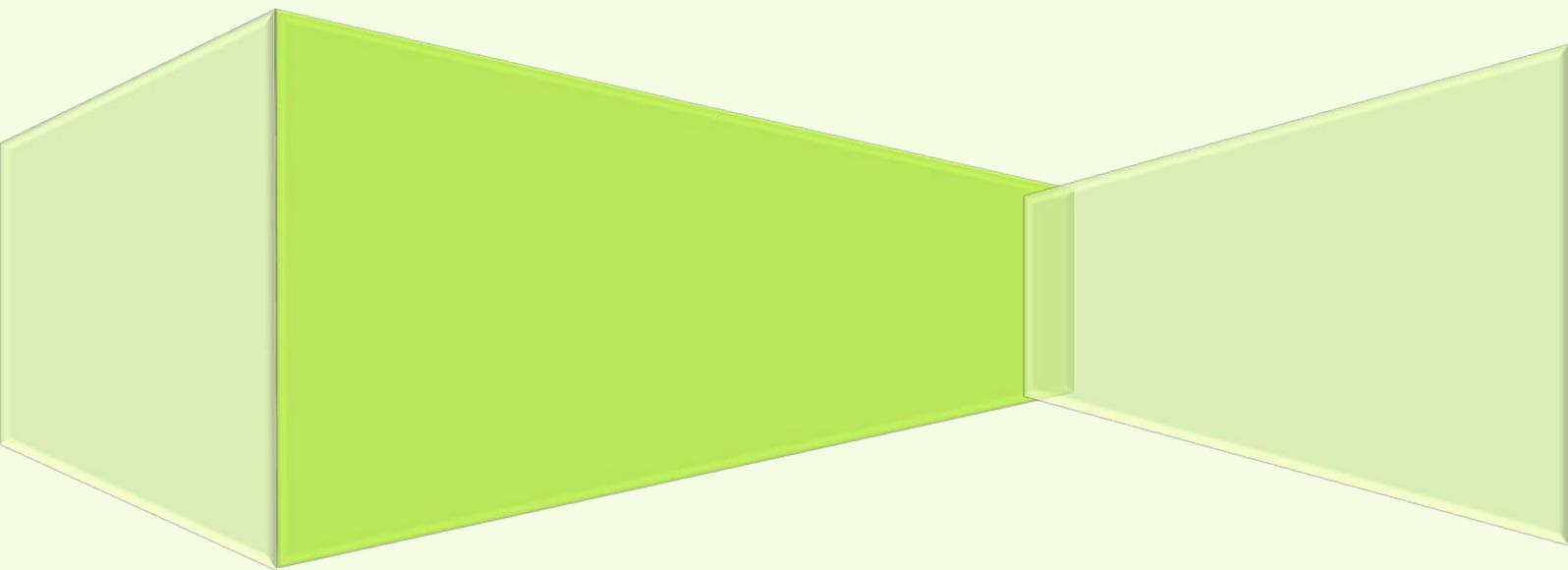
MORE SUSTAINABLE FOOD

- Base your diet on plant products: fruits, vegetables, whole grains, tubers, nuts and legumes. Animal foods can be part of a moderate diet (1-3 times a week is enough for a balanced diet). The reason is twofold; on the one hand, excessive consumption of animal foods has been linked to an increased risk of certain diseases, such as cardiovascular, cancer or diabetes. And on the other hand, the production of food of animal origin has a great environmental impact; in particular, it is responsible for 51% of the greenhouse gas emissions.
- Plan your shopping cart and do not buy excess food that you cannot finish.
- Buy seasonal and local products. During the season, its price will be cheaper and fair. In addition, if we talk about fruits and vegetables they are more likely to be ripe and if we are talking about animals (especially fish and shellfish) we will be respecting their life cycles. On the other hand, when buying from local suppliers you will be contributing positively to your social environment, favouring the economic development of your province or the community.
- Try to shop in your neighbourhood, on foot. Again, you contribute to the economic and social development of your environment, while reducing the environmental impact by not using fossil fuel vehicles.
- Decrease waste production, that is, know the food imprints. For this it is essential to invest a little time in planning the purchase, the meals and preparing the right one.
- If you have vegetables such as onions, carrots, leeks or peppers, do not expect to use them in the coming days, chop them well, put them together or separately, and freeze them. So you always have them ready to prepare a stir-fry, drown in a little onion or prepare a vegetable sauce. Remember to tag with the date of the day you freeze them.
- In addition to raw foods, there are many dishes that can be frozen. If, despite planning, you have plenty of food (lentils, cannelloni, croquettes, broth, stew...), freeze it and enjoy this dish for the next few weeks.
- Cook your own dishes whenever possible. In addition, maintaining the tradition and culinary identity of your area is another way of sustainability, as traditional recipes are based on local and seasonal produce.
- You can take advantage of the fruit that is in poor condition to make jam.
- You can take advantage of the bread that is thrown every day from the bakery to freeze it and keep it forever.
- You can retrieve packaged foods that are thrown by supermarkets.

- Join a consumer cooperative to access products directly from the vegetable garden, making them less kilometres, nourishing, promoting the local economy and avoiding the use of energy to cool them, among others.
- During the field, reduce the consumption of animal foods and set a day a week in which none will be consumed



PRACTICAL ACTIVITIES



ZERO-WASTE CAMP

<i>Duration of the activity</i>	<i>Name of the advised participants</i>	<i>Name of the required facilitators</i>
Throughout the camp	All the volunteers	2 (or more, if needed) action leaders

Program:

<i>Description</i>	<i>Duration</i>
<p>There are several things that you can do to succeed in making a zero-waste camp. There are also different ways to organize it: 2 people responsible for all the actions performed or 1 person responsible for each action taken.</p> <p>For a zero-waste camp, we will follow the three R: Reduce, Reuse, Recycle.</p>	
<p>Composed</p> <p>The composter is also the first step in getting started. Organic waste accounts for about 14 to 20% of the weight of a bin. It's very easy to set up a composter. Dig a hole in the right place.</p>	
<p>Food without waste</p> <p>You need to do shopping without packaging. For dry goods like cereals, legumes, nuts, nuts and seeds, crackers, we buy them in a bulk.</p> <p>For other references that the organic stores do not have, we will do our shopping at a bulk grocery store.</p> <p>For household products, see the information sheet: soap area, make toothpaste, give detergents...</p> <p>The fresh products, we will get them directly from the producer.</p> <p>This requires preparation because you have to adapt your menus.</p>	
<p>Clean without waste</p> <p>Instead of liquid soap, we have chosen Marseille soap: the real soap is made with a maximum of 6 ingredients (none of which are toxic), it contains 72% oil and allows the body, dishes and laundry to be washed. (see other instructions)</p> <p>Using solid soap will allow us to reduce waste related to plastic packaging (plastic from petroleum and being recyclable only once, is the waste we want to avoid at any cost), and we will do the same for shampoo: we will buy one solid shampoo, less common than soap, but nevertheless available in bulk stores, some organic beauty shops, and online.</p>	

HOW TO MAKE YOUR OWN DETERGENT

<i>Duration of the activity</i>	<i>Name of the advised participants</i>	<i>Name of the required facilitators</i>
20 minutes every detergent	10 participants to make the recipe.	1 facilitator to explain the recipe.

Program:

<i>Description</i>	<i>Duration</i>
<p>Why?</p> <p>There are enough natural products to keep the house clean, but we do not think about it. White vinegar, baking soda, lemon juice and even water vapour are real substitutes for conventional detergents. Here you will find different natural recipes for cleaning the floor, windows...</p>	
<p>The recipe for baking soda + white vinegar</p> <p>Pour 1 tablespoon of baking soda into a bowl. Add 1 litter of hot water. Add 1 tablespoon of white vinegar and mix it up.</p> <p>White vinegar is great against limestone. Tip: Add a dozen drops of organic essential oil of your choice for a good scent!</p>	20 minutes
<p>The recipe 100% baking soda</p> <p>Pour 2 tablespoons of baking soda into an opaque container. Add 2 litters of hot water. Mix, apply to surfaces to be treated, rubbed and rinsed.</p>	20 minutes
<p>To clean, only think of the mudstone</p> <p>The compound of white clay, vegetable soap and essential oil, clay stone, also called silvery stone, is an eco-friendly cleaning product that cleans all types of surfaces: floors, windows, ovens, etc. without attacking your skin or your health!</p>	
<p>Separate pipes without hazardous products</p> <p>To unblock the pipes: Mix 200g baking soda, 200g salt and 15cl white vinegar. Pour the mixture into the pipes. Wait for 15 to 20 minutes and then pour a spoon of boiling water.</p>	

HOW TO MAKE YOUR OWN SOAP

<i>Duration of the activity</i>	<i>Name of the advised participants</i>	<i>Name of the required facilitators</i>
1 hour	10 participants	1 facilitator that explains the recipe.

Program:

<i>Description</i>	<i>Duration</i>
<p>Necessary ingredients</p> <ul style="list-style-type: none"> - 600ml of olive oil - 400ml of coconut oil - 130g of caustic soda - 300ml of water - 30 drops of essential oil (rose, lavender, orange, lemon, eucalyptus, thyme, according to your taste.) - A salad bowl - A wooden spoon - An electric mixer - a blouse and household gloves (caustic soda is toxic and dangerous) 	
<p>1 - Dissolve the soda</p> <p>With your glove-protected hands, pour the water into the mix, stir gently to avoid splashing, caustic soda (do the opposite, loosen the soda water) and then stir with a wooden spoon. It will heat up.</p>	10 minutes
<p>2 - Pour the oil</p> <p>Pour in the olive oil and then the coconut oil, mixing with the wooden spoon.</p> <p>To give the mixture more homogeneity and to trigger the saponification reaction, mix it with a blender or a mixer.</p> <p>Mix for 15 minutes, leave it for 5 minutes, and start again for 5 minutes, until you get the saponification.</p> <p>Saponification is done when the mixture has changed in consistency and begins to stick to the bowl.</p>	30 minutes
<p>4 - Pour it into the moulds</p> <p>Pour the mixture into moulds for cookies or something similar.</p>	10 minutes

<p>The important thing is to cover the soaps well with a heat insulating material, the soda continues to react with the oil and then store it in a cold, dry place.</p>	
<p>5 – Unmould the soap</p> <p>With hands protected by gloves it is possible to remove hardened and dry soaps after 48 hours but not to use them!</p> <p>To use these soaps, so that the caustic action of soda disappears completely, you have to wait 6 to 8 weeks.</p>	5 minutes

HOW TO MAKE YOUR OWN TOOTHPASTE

<i>Duration of the activity</i>	<i>Name of the advised participants</i>	<i>Name of the required facilitators</i>
Throughout the whole camp	All the volunteers	The volunteers can make their own toothpaste

Program:

<i>Description</i>	<i>Duration</i>
<p>The paste stuck in an airtight tube has not always existed! In any case, whether you use a damp brush or paste, we advise you to use a small spatula or object to deposit the mixture on the brush and not to put the brush directly in the pot, to prevent the toothpaste from being invaded by microbes.</p>	
<p>Homemade powdered toothpaste recipe</p> <ul style="list-style-type: none"> - 1 tablespoon of baking soda - 4 tablespoons of white clay (powder) - 1/2 teaspoon of salt - 2 drops of lemon or mint essential oil <p>In a container that can be closed:</p> <ol style="list-style-type: none"> 1. Put the recommended amount of white clay 2. Add baking soda and mix 3. Add salt (previously passed through mortar if not small enough) 4. Add the drops of essential oil and mix well <p>In this recipe, baking soda is used only for its whitening properties, while the salt is antiseptic and antifungal. White clay is used for its disinfectant and anti-infectious properties, lemon essential oil for its antiseptic and bactericidal properties, and peppermint essential oil for its anti-infectious properties and it will give a fresh breath!</p> <p>Your home toothpaste will last for a month.</p>	10-15 minutes
<p>Homemade toothpaste recipe</p> <ul style="list-style-type: none"> - 2 tablespoons of green clay - 1/2 tablespoon of baking soda - 2 dianthus flowers - 2 drops of peppermint or lemon essential oil - 1 glass of water 	

In a sealed container or in a pump tube.

1. Mix the green clay with baking soda.
2. Put the powder of the dianthus flowers to the clay / baking soda mixture
2. Add the water gently and slowly spoon by spoon.
3. Add the drops of essential oil.

Green clay is used here for its remineralizing, anti-inflammatory and antiseptic properties. Sodium bicarbonate is once again used for whiteness of teeth, while the dianthus flowers are recommended for its antibacterial properties as well as for fresh breath.

Your home toothpaste will last for a week.

In the same way, it is absolutely necessary to adhere to the dosages indicated in the recipes, the excess of products such as green clay or baking soda can be harmful to your teeth.

SOLAR SHOWERS IN THE WORK CAMP

<i>Duration of the activity</i>	<i>Name of the advised participants</i>	<i>Name of the required facilitators</i>
Depending on the installation required for solar showers, it takes more or less time.	Depending on the amount of solar showers, volunteers will take a shower one after another or together.	1 or 2

Program:

<i>Description</i>	<i>Duration</i>
<p>Solar showers can be bought In Decathlon https://www.decathlon.es/ducha-portatil-solar--id_5585501.html On Amazon https://www.amazon.es/Bestway-58224-Ducha-litros-colgar/dp/B007XG1QES/ref=sr_1_3/258-9289740-1901514?ie=UTF8&qid=1545392993&sr=8-3&keywords=ducha+solar+portatil On Wallapop https://es.wallapop.com/muebles-deco-y-jardin/ducha-solar/provincia-barcelona</p> <p>There are variable amounts: we recommend you to take in account around 20L per person...</p>	
<p>Installation These showers are designed to hang. You need to find a place where the water can drain well. The pallets can be grounded to create a more comfortable shower area.</p>	10-20 minutes
<p>Use The solar shower should be filled in the morning and exposed to the sun throughout the day to warm up at the end of the day</p>	Every shower: 5 minutes
<p>Who? To make sure the showers are well stocked and set on the sun, you can set up a "shower service" at camp: Each day, one or two different volunteers are responsible for filling in and putting the sun showers.</p>	

Required material: Solar showers, rope, pallets

Workshop: How to live more sustainable?

<i>Duration of the activity</i>	<i>Name of the advised participants</i>	<i>Name of the required facilitators</i>
1 hour	25 participants	1 or 2 facilitators

Program:

<i>Description</i>	<i>Duration</i>
In order to make your lifestyle more environmentally friendly, you can do many small things. Here are some examples from this form, to fit into a group's interactive activities. It is also possible to find recipes for certain activities in our other files.	
Use a natural deodorant	
Use coconut oil to remove makeup	
Make soap and detergent	