Nr. 2023-1-AT01-KA220-YOU-000161249

Video-Toolkit | Reading Book

plain languange

for Trainers and Youthworkers and Deaf Youth

Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

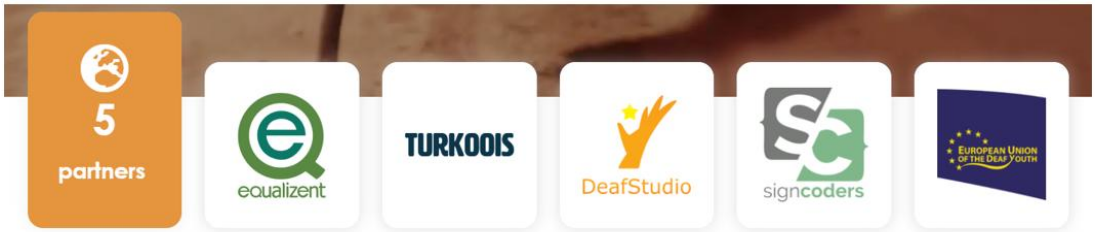
Dear user of this Reeding Book,

"Deaf Climate ACTion" is a project on the topic of climate protection and environmental protection.
Deaf Climate ACTion is a project for
Deaf activists for climate and inclusion.

By ACTion, we also mean activism.
Activism means that people want to change and improve something. That's why people act together or alone for change and improvement.
They are committed to improvement and change.

Project information in Sign Language and all materials you will find at the project website https://Deafclimateaction.eu/

The project was carried out in cooperation with equalizent, Austria | Turkoois, Netherlands | Deaf Studio, Slovakia | signcoders, Hungary | EUDY, European Union of Deaf Youth, Brüssels.



Visuals for the Reading Book: © www.freepik.com

Content

Overview

The Reading Book includes 10 important Tutorials.

No.	Topic-Content
1	Earth Overshoot Day
2	Climate justice
3	3R – Reduce – Reuse – Recycle
4	Micro·Plastics
5	Fast Fashion
6	Sustainable energy, save energy
7	Environment Health
8	The European Green Deal
9	Civil protection
10	Protection of Water

For all Tutorials we created animated videos
in Sign Language.

The Videos you will find at our project website:
https://deafclimateaction.eu/**videos/**

Earth Over·shoot Day: Part A

What is Earth Overshoot Day?

On this day,

the earth's population has used up all the resources that grow back in a year.

What are natural resources?

Natural resources are materials from nature.

For example:

1. Trees
2. Water
3. Earth
4. Oil & Gas
5. Animals

The earth must provide all the resources that we consume in a year.

Every year there is a day,

where we use up all resources,

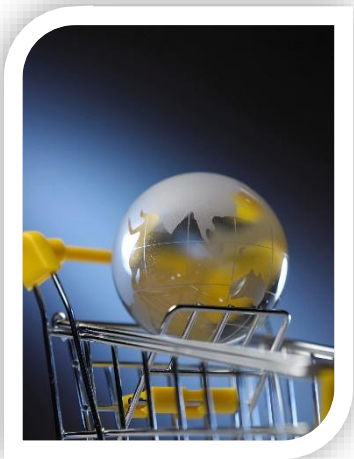
that are available to us this year.

In other words, we consume too many resources.

This day is called Earth Overshoot Day.

On this day, the earth's population has used up all the resources that will grow back in a year.

Since the 1970s, Earth Overshoot Day has taken place earlier every year.
This shows that we are consuming more and more of the earth's resources.
In 1971, Earth Overshoot Day was December 25.
In 2023, Earth Overshoot Day was August 2.



The main reason for Earth Overshoot Day is to
to show us
that we consum e too many natural resources.

The reason for this is that we want more food,
produce more energy
and want to produce more goods.

Earth Overshoot Day is on August 2nd.
This means:
If humanity consumes the same amount of resources,
the Earth would have to be 1.7 times larger.

We need resources from 1.7 Earths,
otherwise we will not have enough in the future.
But we only have one earth, so we destroy it.
The consequences are serious.
If we consume natural resources faster than they can grow,
we are harming the earth.

The **diversity of species** is disappearing:

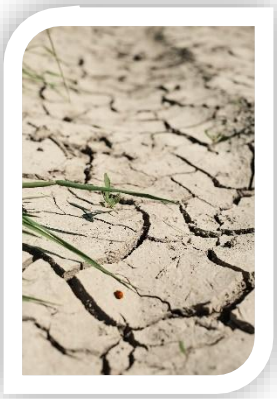
Species diversity means:

There are many different types of:

- Plants
- animals

Deforestation

This means that people cut down too many trees.



Soil·erosion

This means that the soil and the earth are damaged.

This means that people cannot grow food because the soil is poisoned or dried out.

Climate change

This means that the weather is changing for the worse.

Due to climate change, weather extremes such as storms, floods and droughts occur more frequently.

Loss of fresh water

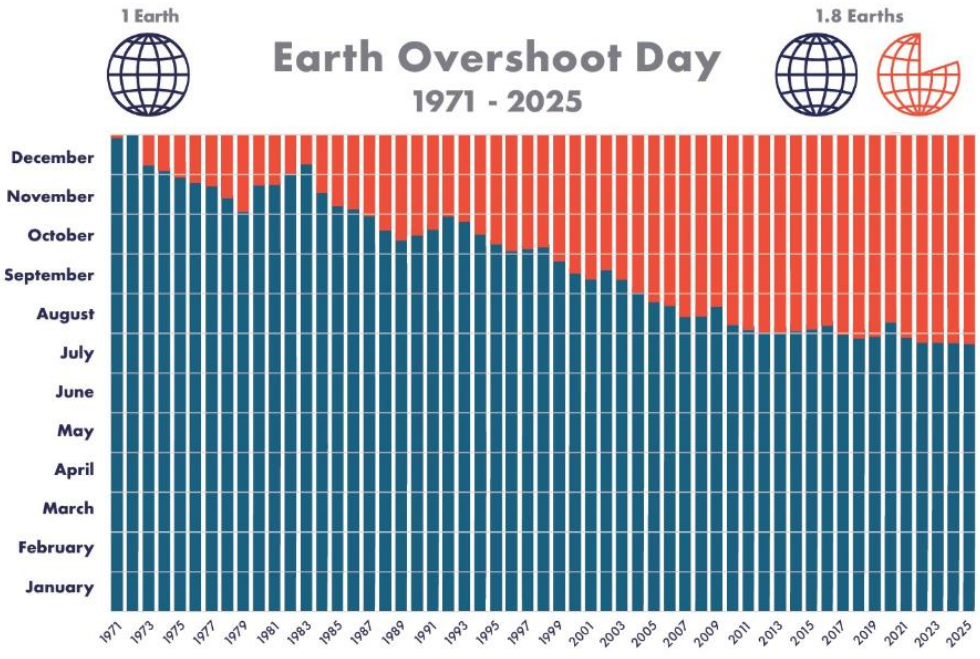
We have less clean wa ter.

Earth Overshoot Day: Part B

What is Country Overshoot Day?

Remember we talked about Earth Overshoot Day in our last video?
Every year there is a date that shows,
that we consume too much of the earth.

This day is called Earth Overshoot Day.
On this day, the earth's population has used up all the resources that will grow back in a year.



Graphic: © Past Earth Overshoot Days - #MoveTheDate of Earth Overshoot Day, overshoot.footprintnetwork.org

Each country has its own Overshoot Day.
This is the day when the country will increase its resources for the respective year.
Earth Overshoot Day is the average of all countries.

This shows us:
Some countries consume fewer resources.
Some countries consume more resources.

In Europe, most countries consume more resources.

This means:
Overshoot Day comes earlier.

For example:
Belgium – March 26
Austria – April 6
Netherlands – April 12
Slovakia – May 3
Hungary – May 30

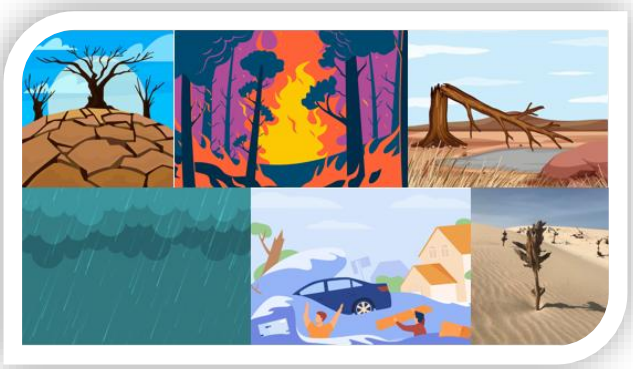
When countries consume fewer resources,
is Country Overshoot Day later.
For example:
Colombia – November 8
Indonesia – December 3
Jamaica – December 20

This leads to inequality.
Rich countries consume more resources and consume them faster.

Poorer countries that consume fewer resources,
still have the biggest problems with climate change and environmental damage.

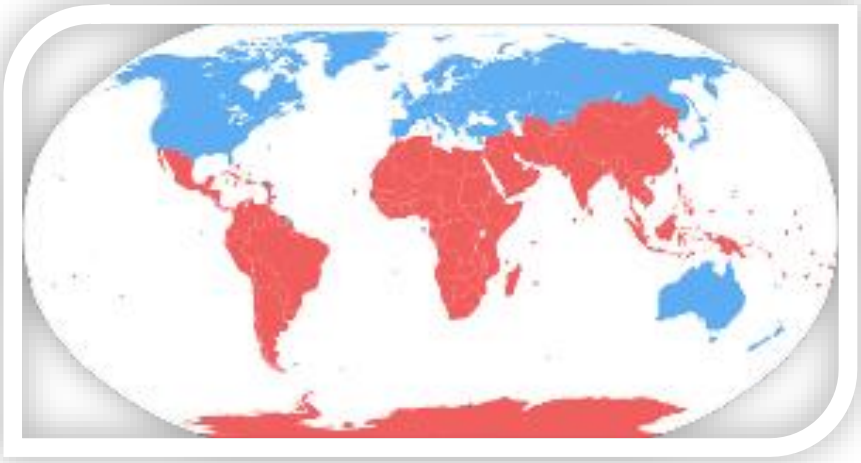
What happens if we consume too many resources?

1. Droughts
2. Forest fires
3. Boden·erosion
4. Monsoons
5. Floods
6. Desertification



Desertification means:
The deserts are getting bigger and bigger.
Deserts are forming in new places,
because it rains too little or not at all.

The effects of resource overexploitation are most severe in the poorest countries.
The description for the poorest countries in the world is:
The Global South.



(south = red, north = blue)

Saving Energy: Part A

Saving energy means:

Use energy carefully and efficiently.

Efficiency means using as little energy as possible.

This means that you spend less money.

It's also good for the planet.

Why?

It means you produce less CO2.

Low energy consumption means less fossil fuels.

Fossil fuels are bad for the environment.

What are fossil fuels?

Oil

Natural gas

Coal

It's very important
to consume less fossil fuels.

It is better to choose clean energy from the sun, wind or water.

These energy sources are referred to as renewable energy.

This means that they never run out and are not bad for the environment.
Use energy-efficient appliances and light bulbs.
Energy·efficient means:
A device consumes very little energy.
This means that it achieves the same result,
but consumes less electricity, oil or gas.

We all need to know how much energy we use and try to use less.
Simple things like:
Turn off the lights when we leave a room.
In this way, we do not waste energy.

Our choices as consumers matter.
When we choose energy·efficient companies, we help the planet.

The Deaf Climate ACTion project has an app.
App is the abbreviation for application.
Our app helps you calculate your CO2 footprint.
Your CO2 footprint shows you
how much energy you use.
Our app shows you where you use the most energy.

But how can you save energy?
Check out Energy Saving (Part B) for helpful tips!#

App in Sign Langage

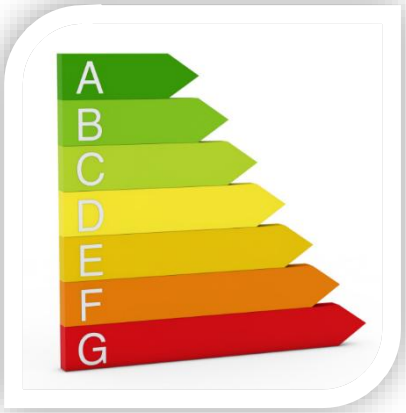
https://deafclimateaction.eu/**questionnaire/**

Saving Energy: Part B

How can energy be saved?

Here are some tips,
how to save energy at home.
This means,
that you reduce your CO2 footprint.
If you follow these tips,
you can help our planet.

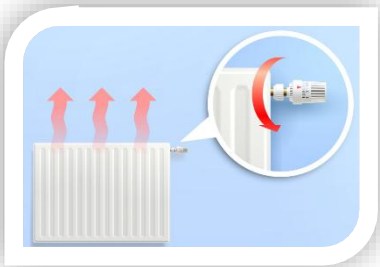
Replace old-fashioned light bulbs with LED lamps.
LED bulbs consume up to 85% less energy
and last longer.
This means,
that you save money and help the planet.



When you buy a new household appliance,
choose an energy-efficient device.
A household appliance is, for example, a refrigerator,
a stove or washing machine.
Appliances have energy efficiency classes from A to G.
Appliances with energy efficiency-class A+++ consume
less energy.
This means that you consume less electricity.

Make sure that windows and doors do not have any gaps.
You can seal them to prevent
that heat escapes.
This keeps your home warmer without having to turn up
the heating.

Turn down the heat to 19°C and put on a warm sweater.
This way you can save money on the bill.
You can save up to 7% on your bill.



Save water by taking shorter showers.
Use an energy·efficient shower head,
that consumes less water.
Only turn on the washing machine and dishwasher when
they are full.

Wash clothes at lower temperatures.
At 30°C you use less energy.
You can save energy,
by choosing a lower temperature.

If you need to wash laundry at 40°C or more,
use the eco· program of your washing machine.
On average, this program consumes 30% less energy.

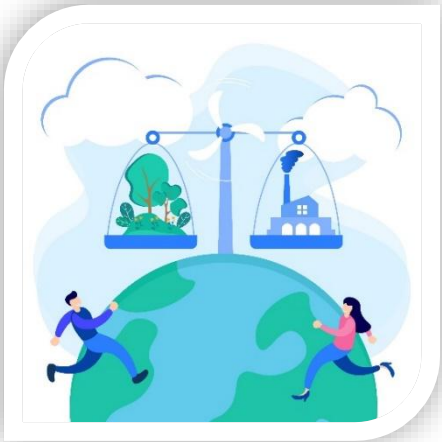
The Deaf Climate ACTion project offers an app that
with which the CO2 footprint can be calculated.
It shows you where you use the most energy.
So you know how to save energy.

European Green Deal: Part A

What is the European Green Deal?

One country alone cannot cope with climate change.
That's expensive.
We need the same rules in every country.
The countries must work together.

That is why the EU countries have concluded the Green Deal.



The European Green Deal is a package of plans,
EU laws and policies.
The EU wants to be climate-neutral by 2050.

Climate-neutral means:
Offsetting CO2 emissions and CO2 absorption.

This helps the environment.
Other goals:

1. Protecting nature
2. Coping with climate crises

For example, floods and extreme weather.

By 2030, carbon dioxide emissions (CO2)
55% compared to 1990.

In order to achieve climate neutrality,
we need many plans, laws and measures.

The main points are:

1. Investment
2. Energy
3. Traffic
4. Trade
5. Industry
6. Nature
7. Agriculture
8. Education
9. Economy

In our second video on the European Green Deal
we explain exactly which plans are involved.

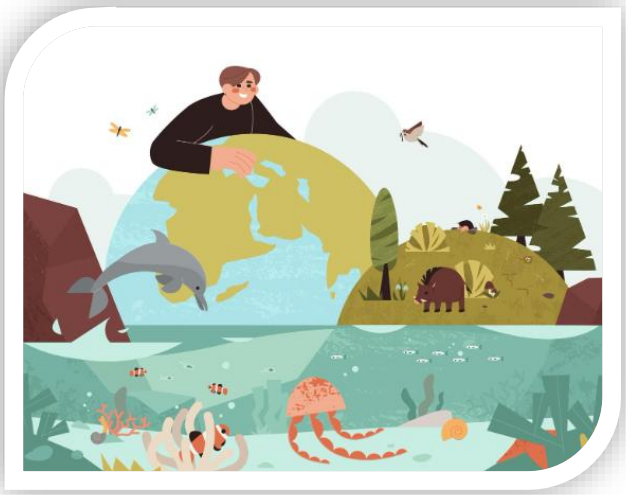
European Green Deal: Part B

What does the European Green Deal include?

The European Green Deal is a package of plans,
EU laws and policies.
The EU wants to be climate-neutral by 2050.
Climate-neutral means:
Offsetting CO2 emissions and CO2 absorption.

The European Green Deal includes
concrete laws and rules.
The aim is to achieve fair changes that help Europe to:
to combat climate change.

Here are 5 examples of EU plans:



EU Biodiversity Strategy:

Biodiversity means:
Biodiversity

This means:
Many different creatures (animals, birds, fish and insects).
Many different habitats (in which different living beings live
and different plants grow).
Genetic diversity (different gene patterns).

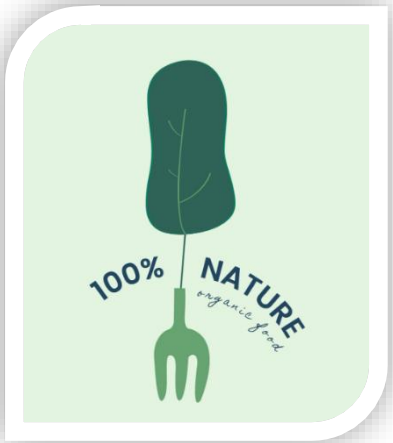
The EU plans to spend more money on the following measures:

1. Creation of new natural areas
2. Promotion of organic farming

The EU plans to plant 3 billion trees by 2030.

"**Farm to Fork**"-Plan:

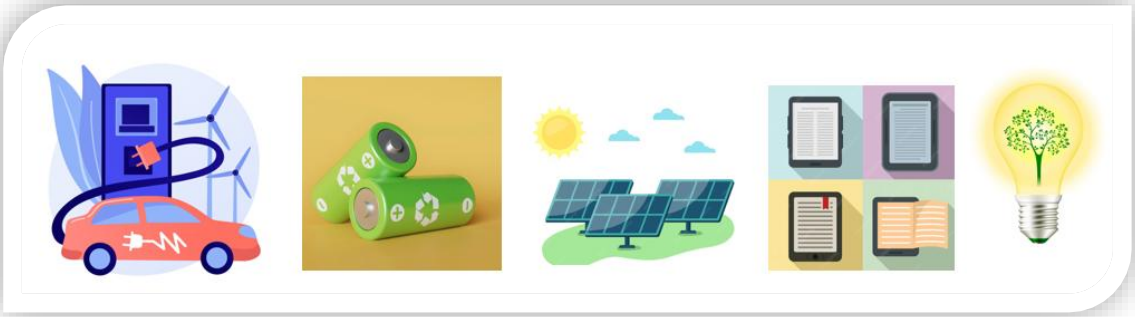
The EU wants a sustainable food system.
The EU wants to reduce the use of pesticides and fertilizers.
By 2030, at least 25% of the EU's agricultural land is to be organically farmed.



European Industrial Strategy:

The EU wants industry to become climate-neutral.
It wants to produce things that are necessary for the climate transition.
For example:

1. Electric cars
2. Batteries
3. Solar·panels
4. Digital Products
5. energy-saving bulbs



Green mobility:

The EU plans to set up one million charging stations for electric vehicle s by 2025.
This makes driving electric cars easier.

The EU also wants to set up a network of high-speed trains across Europe.

Erasmus+:

Erasmus+ is an EU programme for education, training, youth and sport.
Through Erasmus+, young European citizens can
Acquire skills and knowledge.
Erasmus+ finances projects
helping young people to:
green skills.

"Deaf Climate ACTion" is an Erasmus+ project on green skills.

Fast Fashion: Part A

What is fast fashion?
Fast fashion is clothing that is produced quickly.
Then it is sold at low prices.
There are many reasons
why fast fashion is bad for the environment.

The prices of clothing are kept low,
because the production costs are low.
This is bad for our health, for the environment
and for the workers who make the clothes.

How does fast fashion harm the environment?
Water consumption:
For making a T-shirt
2,700 litres of water are needed.
For the production of a pair of jeans
7,000 litres of water are needed.

You need a lot of water to dye clothes.
17 – 20% of water pollution is caused by the dyeing and production of clothing.

CO2 emissions:
CO2 is carbon dioxide.
When coal, gas and oil are used, carbon dioxide is released into the air.
Carbon dioxide is the main cause of global warming and climate change.

Emissions are chemicals (such as carbon dioxide) that pollute the air.

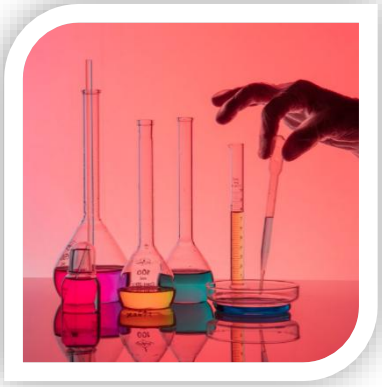
60% of all clothing comes from the Global South.

Global South.
As the Global South, all the poorest countries are
of the world.
The clothes are transported to Europe by ship.
Cargo ships cause a lot of environmental pollution.

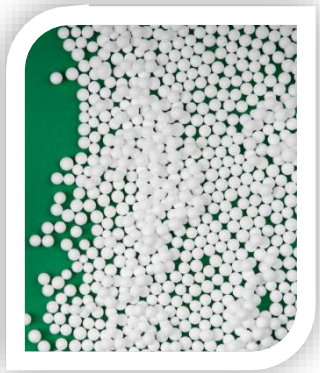
Fast fashion uses a lot of artificial materials.
Artificial or synthetic materials are
made from crude oil.
The production of these materials causes
CO2 emissions.

The apparel industry causes twice as mu ch pollution as the aerospace and shipping industries combined.

Chemicals:
Factories use many chemicals to dye and impregnate clothes.
These chemicals are often toxic.
The chemicals often end up in the water.



Artificial materials produce tiny plastic particles.
These are called micro·plastics.
When we wash artificial materials,
we produce micro·plastics.
Micro·plastics are really bad for the environment.
Microplastics are very difficult to remove from the environment.



Watch our video (part B) about slow fashion.

Fast Fashion: Part B

What is **slow fashion**?

In our video about fast fashion, we explained how clothes
are made quickly
and sold at low prices.
Fast fashion is bad for our health, for the environment and
for the workers who make the clothes.

Slow fashion is the opposite of fast fashion.
Slow fashion is about
To produce clothing in a sustainable way.
Sustainable is the complex word for something
which can be continued for a long time.
If something is sustainable, it means
that it doesn't consume a lot of resources.

Sustainable fashion respects the rights of workers and does
not harm the environment.
Sustainable fashion is about quality,
not about quantity.
The clothes last longer.
The clothing is of better quality than fast fashion clothing.

Sustainable clothing is often produced by small,
local companies.
Small businesses tend to cause less damage to the
environment.
They usually offer their workers better working conditions.

How can you follow sustainable fashion?

Change what you buy:

1. Find out how your favorite stores or brands make your clothes.
2. Choose clothes made from natural and sustainable materials such as organic tree wool, linen or hemp.
3. Buy timeless clothes. Don't follow trends.

Buy good quality clothes.

Then you can wear the clothes longer.

How do you know if something is of good quality?

1. Replacement buttons: This means that the brand expects the item to last a long time.
2. Metal zippers instead of plastic zippers.
3. Check the seams:
   Good quality clothing has small stitches

Buy less new clothes.

Try second-hand shopping,

to save money and reduce waste.

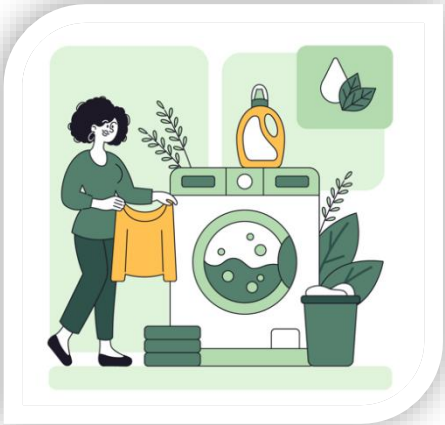
Swap clothes with friends

or rent clothes for special occasions.

You can also redesign your clothes,

so that it looks like new again.

This is how slow fashion is preserved:



Follow the washing instructions.
This means that garments do not shrink in the washing machine or are damaged.
Wash your clothes less often,
so that it lasts longer and you save energy.
When garments are damaged,
Repair them instead of throwing them away.

Climate Justice: Part A

What is climate justice?
Climate justice means:
treat people fairly in connection with climate change.

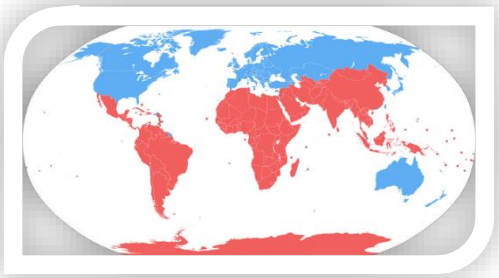
Climate change affects us all.
But climate change does not affect us all in the same way.
Not everyone wears the same way
contribute to climate change.
The people,
who suffer the most from climate change,
are not the people who cause the most pollution.

Why is climate change unjust?
This is due to the injustice in the past.
It is also due to the fact that
that the structures of our world are unjust.

Rich countries pollute more, but suffer less from the consequences of climate change.
Poor countries pollute less, but suffer more from the consequences of climate change.

What are the consequences?

1. Loss of biodiversity
2. less food and water
3. Disasters such as floods, droughts and storms
4. more people live in poverty



Where are the consequences most serious?

In the poorest countries in the world.

We call these countries the Global South.

These are mostly countries in the southern hemisphere.

Many of them are poorer countries

in Southeast Asia, Africa, around the Pacific Ocean.

Who is most affected?

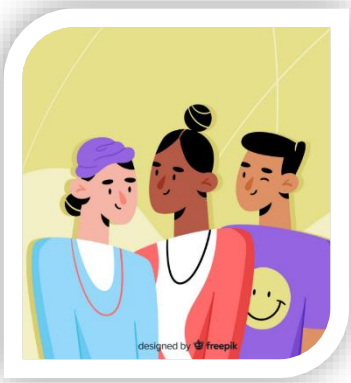
1. Women
2. Indigenous peoples
3. BIPoC Communities

These are communities of people

with an ethnicized background.

For example:

1. of African, Asian, Latin·American, Arab, Jewish, Indigenous, or Pacific descent
2. People with disabilities
3. People living in poverty



Why?

Poor countries need more resources,

but do not have sufficient access to them.

They find it difficult to make changes,

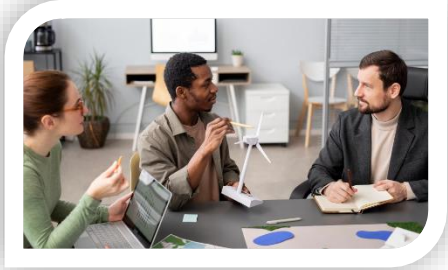
to cope with the effects of climate change.

Climate Justice: Part B

What are the solutions to climate change?
Solutions to climate change must be fair!
They have to deal with climate change.
They need to address the inequalities between rich countries and the Global South.
Inequality is the complex word for
when some people have more than others.
That's not fair.

It is important that individuals stand up for climate justice.
It is important that communities are committed to climate justice.
People and communities can make a difference for climate justice.

Some suggestions are:
Local projects for sustainable living.
World-wide movements that advocate for better and fairer policies and practices.



What is important?
Rich countries need to reduce their emissions:
Emissions is the c omplex term for pollution,
such as toxic gas es, factory exhaust gases and car exhaust fumes.
These gases are called emissions.

Rich countries must provide money for climate adaptation.

Decisions must involve rich and poor countries:
This is called participatory decision-making.
It means that everyone is involved in decisions about climate change.

Rich countries must respect marginalized communities.
Marginalisation means
small groups should also be taken into account.

The energy transition must be fair and inclusive.
What is the energy transition?
This means that we need to change the way we produce energy.
Sources such as coal or gas cause a lot of environmental pollution.

We need to use .
Renewable means that something can be replaced.
Renewable energy comes from natural sources such as wind, solar and water.
These energy sources generate wind power, hydropower and solar energy.
We need to switch from coal and gas to renewable sources.

This change must be fair and inclusive of all.
It must include the communities most affected by climate change.

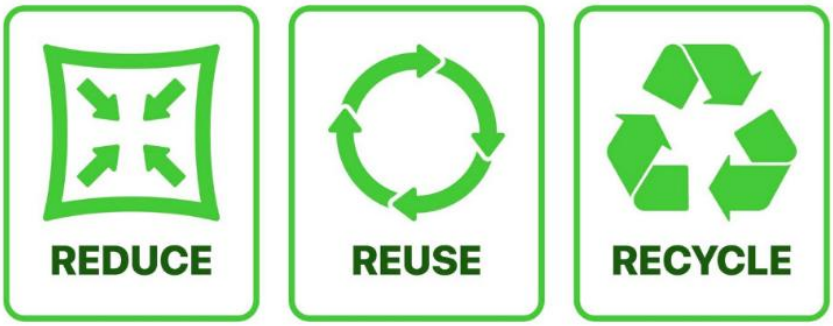
Communities need to work together.

In this way, we can better manage the effects of climate change.
Communities are no longer the only ones affected by climate change.
Communities must also contribute to creating a fairer and more sustainable world for all.

We should buy goods that are labeled as Fair·trade.
Fair·trade means that people are paid fairly for goods such as cocoa, coffee, tea, tree wool and more.
These things are mostly growing in the Global South.
We must respect the needs and rights of communities.

3Rs - Part A

What are the 3Rs?



The 3Rs are:

- Reduce
- Reuse
- Recycle

Garbage and waste pollute our environment.
A solution to this problem is:
Reduce, reuse, recycle and produce less waste.

In this video we explain to you,
How you can reduce and reuse.
In the next video we will explain to you,
what recycling means.

Reduce:
What is the best?
Best of all,
not to produce garbage and waste.
This way you only buy what you really need!

When shopping in the supermarket:
Write a shopping list at home.
Only buy what's on the list.
Pay attention to the amount you buy.
Do you really need a big pack?
If you don't eat everything,

you'll throw some things away.

This is unnecessary waste.

It's better to buy a smaller pack.

Reuse:

This means:

Buy second-hand.

Second-hand means:

You buy something

Before that, another person had already used it.

Other ways to ··reuse things:

1. Exchange
2. Divide
3. Hire

Today there are many second-hand offers.

There are shops.

There are also online shops.

Maybe you don't need something anymore.

But a friend needs it?

Then you can swap.

If you only need something once,

Then you can rent it.

When you exchange and rent things,

you protect the environment.

Plus, you'll save money.

Something is broken.

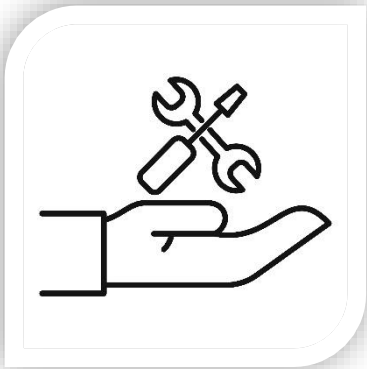
You don't have to throw it away right away.

Maybe it can be repaired?

How?

There are plenty of tutorial videos on the Internet.

These videos show how to fix something.



There are also repair workshops.

You bring the broken thing and pay for the repair.

There are repair cafés.

People meet there.

They want to repair things together.

You can join in there.

3Rs: Part B

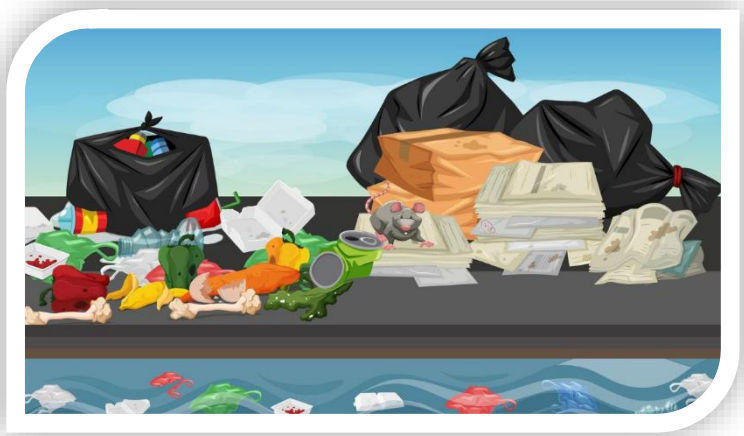
The 3Rs are:

- Reduce (german: reduce
- Reuse (German: reuse)
- Recycle (German: wieder·verwerten)

Garbage and waste pollute our environment.

A solution to this problem is:

Reduce, reuse, recycle and produce less waste.



In the previous video,

we explained how you can reduce and reuse.

In this video, we explain what recycling means.

Recycling means:

You can't use something anymore.

Important:

You really throw it away.

This is the beginning of the recycling cycle.

The cycle consists of 6 steps:

1. Use

Nowadays, we use many things only once.

After that, we don't need them anymore.

For example:

Yoghurt cups or newspapers.

2. Collection

We can no longer ·reuse something.

Then we have to sort it properly,

when we throw it away.

The main garbage and waste categories are

1. Plastic
2. Metal
3. Paper
4. Glass
5. Organic waste
6. Problematic substances

Problematic substances are hazardous substances.

These are substances that are toxic or dangerous.

3. Sorting

You take the garbage to a garbage

can or to the garbage dump.

There all the garbage is sorted again:

For example: different types of paper or metal.

The garbage is then cleaned.

4. Verarbeitung

Dabei wird der Abfall weiter·verarbeitet.

Je nach Material·art wird er

- geschmolzen
- zerkleinert
- gepresst
- aufgelöst

5. Recycling

Dabei werden die Roh·stoffe wieder·verwendet

oder erneut genutzt.

Die Materialien werden aufbereitet (geschmolzen, zerkleinert, gepresst und aufgelöst).

Zum Beispiel:

- Metall·barren (rechteckige Metall·stücke)
- Kunst·stoff·granulat (kleine Kunst·stoff·kugeln)
- Glas·bruch (oder Glas·scherben)

Die Roh·stoffe werden an Produktions·betriebe geliefert.

6. Produktion

Produktions·unternehmen verwenden recycelte Roh·stoffe zur Herstellung neuer Produkte.

Zum Beispiel:

- Papier
- Auto·parte
- Flaschen
- Metall

Micro·plastics: Part A

What is micro·plastics?

Microplastics are a lot of very small plastic parts.

The parts are smaller than 5 millimeters.

Micro·plastics are caused by:

1. Washing of clothing made of synthetic fibres
2. Wear and tear of car tires
3. Addition of micro·plastics to cosmetics:
4. For example, microbeads in face scrubs
5. Larger plastic parts break down into small pieces
6. For example, plastic bags and plastic bottles

There are more and more microplastics in the sea.

The United Nations declared:

In 2017, there were 51 trillion

Micro·plastic particles in the oceans.

Microplastics in water are a problem.

For marine animals, for example.

Marine animals swallow the microplastics.

Microplastics are bad for their digestive system.

For example: the stomach, the intestines

This follows:

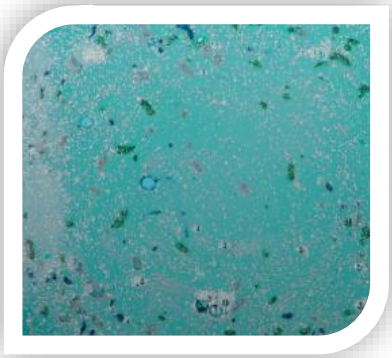
The animals cannot eat food.

The animals may not be able to have babies due to micro·plastics.

Micro·plastic causes all kinds of inflammation.

Inflammation is present,

if you have an infection or swelling in your body.



When a person eats seafood,

he also eats this micro·plastic.

This causes inflammation.

Microplastics are harmful to our health.

For example:

Inflammation can lead to diseases and complaints.

Examples: cancer, nerve problems

Microplastics: Part B

How can we stop micro·plastics?

We have to work together.

For example:

By developing .

And by setting strict rules for the disposal of plastic.

We need more plastic ·recycling:

This means,

that old plastic is picked up by a company.

The company is making

neue Dinge her.

We need to use less single-use plastic.

Single-use plastic is only used once.

Then it is thrown away.

For example:

If you want something to take home

or ordered a coffee-to-go.

We have to make sure that people are informed about

the consequences of microplastics.

What can you do about micro·plastics?

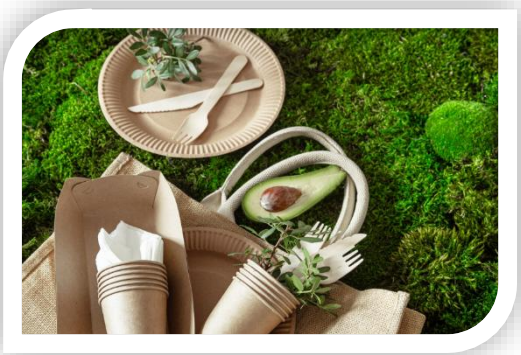
Don't buy single-use plastic products.

Buy products with glass packaging.

Use carrier bags made of natural material,

e.g. tree wool.

Buy cosmetics without micro·plastics.



You need to read the ingredients on the packaging.

Are microplastics contained in cosmetics?

Separate and recycle waste

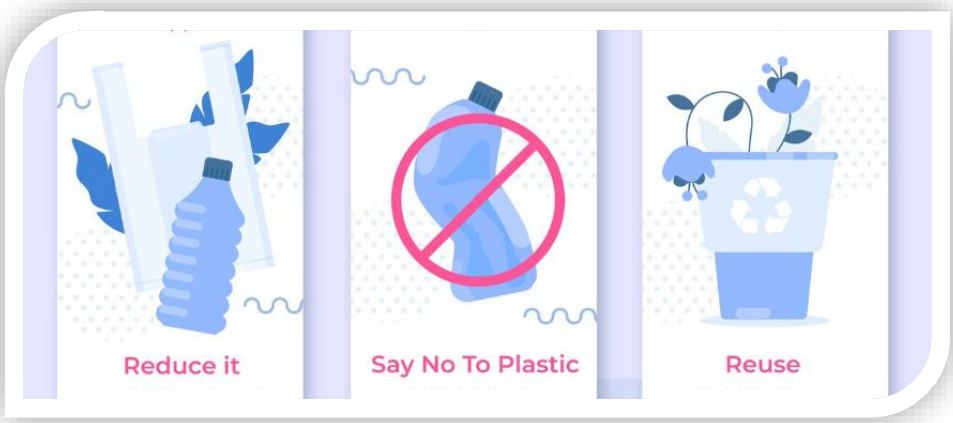
Governments and companies are also important.

You decide on:

1. Laws
2. Regulate

For example:

A ban on the use of plastic straws



Climate Change Disasters: Part A

What's the problem?

Climate change is changing our weather.

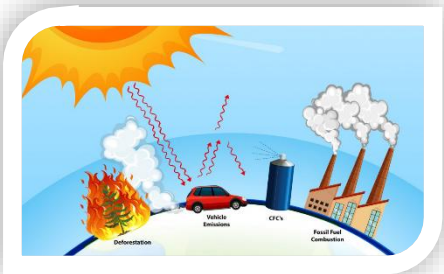
Climate change means:

Our planet is warming due to greenhouse gases like carbon dioxide in the air.

Carbon dioxide and methane are both greenhouse gases.

These gases are produced

1. in the burning of oil, gas and coal,
2. in the felling of trees (deforestation) and
3. emissions from industry.



Climate change means:

There are more and more natural disasters.

These natural disasters are becoming more and more severe.

The number of natural disasters has tripled in the last 30 years.

The sea level on Earth is rising more and more.

Natural disasters mean:

1. Droughts
2. Tempests
3. Floods
4. Heat waves

In natural disasters, people are injured or die.

Natural disasters are also very expensive.

They cause great damage.
Repairing the damage is expensive.
This means economic losses.

Floods are occurring more and more frequently,
due to heavy rain and the rise in sea levels.
Droughts are getting worse and last longer.
Droughts are a major problem for farmers.
They also mean that water is becoming scarcer.

The sea is also getting warmer.
Warmer ocean waters make sto rms and hurricanes more violent.
They also cause heavy rain, floods and destructive winds.

Forest fires are getting worse,
because the weather and climate are drier and hotter.
Fires damage ecosystems and houses.
They also cause poor air quality.

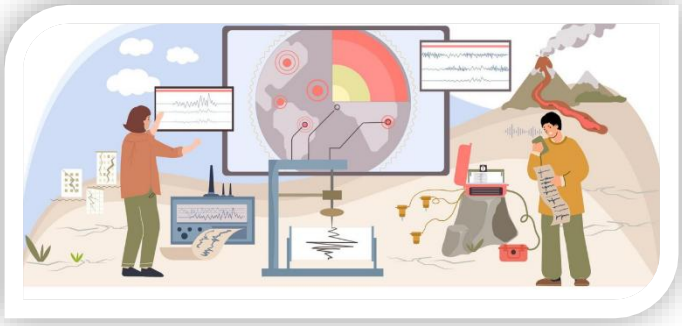
Climate Change Disasters: Part B

What are the reasons?

Climate change means:
There are more and more natural disasters.
These natural disasters are more serious.
Higher temperatures and changed precipitation patterns are the main reasons.

Human activities are the main cause
for climate change and natural disasters.
Human activities mean:
Things that people do and produce.
For example:

1. Burning oil, coal and gas
2. Felling trees
3. Industry



When did the problems begin?
Scientists noticed the effects
climate change on natur al disasters for the first time
in the 20th century.
Since then, they have carried out further research.
Today, climate change is a major problem.

When did we first notice the problems?

We noticed that

that the sea level was rising higher and higher.

We noticed that

that there were more and more natural disasters.

The IPCC (Intergovernmental Committee on Climate Change)

was launched by the United Nations in 1988.

There are many local, national and global agreements on climate change.

The agreements aim to:

to prevent climate change.

The agreements help us to:

prepare for natural disasters.

Environment·health: Part A

What is Environmental·Health?

The environment is our world.

By environment we mean:

All natural materials and living beings.

The environment around us can influence our health.

The environment includes, for example

1. Air
2. Water
3. Food
4. The places where we live

All these things have a great influence on our health.

When we breathe clean air,

it's good for our lungs and our body.

But sometimes the air is polluted.

Pollution means:

Something p oisonous and harmful is in the air,

that gets into the water or soil.

In the air, gases such as carbon dioxide can be harmful.

Carbon dioxide can come from the following sources:

1. Car exhaust fumes
2. Factories

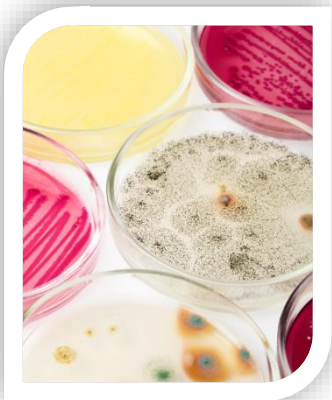
When we breathe in a lot of polluted air,
we can get sick.
We can fall ill with:

1. Asthma
   Asthma causes respiratory problems
2. Lung ·cancer
3. Cardiovascular diseases
   These are diseases of the heart

Water is also important.
We need clean water to drink
and for cooking.
If the water is polluted,
we can get sick if we drink it.
For example:

1. Diarrhoea
2. Dysentery
3. other diseases you get from dirty water
4. dirty water can weaken the immune system

Nutrition is also very important.
We have to eat healthy,
so that our body functions well.
If our food contains bacteria or harmful chemicals,
we can get sick.
For example:
If a chicken is not cooked properly,



we can get food · poisoning.

When we are in one place
live with high levels of pollution,
this can be bad for our health.
For example:
In regions with many factories
the air is polluted.

Environment·Health: Part B

How can environmental health be improved?

Environmental health can also have a positive effect.

This means that the environment can benefit our health.

If you live near a beautiful park,
you can go for a walk there
and breathe in fresh air.
This is good for your health.

The use of renewable energy in our homes keeps the air clean.

Renewable energies are, for example, solar energy.

What can we do
to improve our environmental health?
We can walk more.
Use bicycles.
Use public transport instead of cars.
In this way, the air is clean.

We can recycle our garbage.

This prevents landfills from being filled.

Landfills are places where garbage is stored and buried.

We can also try to

wasted less energy.

The environment can affect our health.

It is important:

We take good care of our environment.

Then we can live healthier.

We need to make decisions to ensure that

that we have a clean and healthy environment.

Water conservation: Part A

What is water· pollution?

Pollution means:

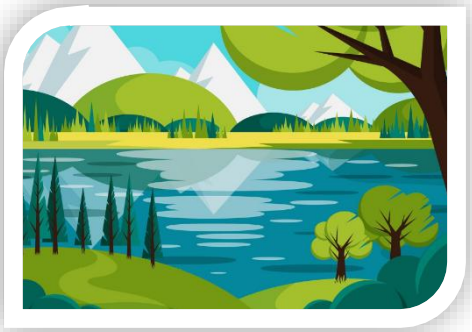
Something harmful is introduced into the environment.

There are different types of pollution:

1. Water · Pollution
2. Air pollution
3. Light pollution
4. Noise pollution
5. Soil pollution

Water pollution means:

The oceans, seas, rivers and lakes are polluted.



We need water to live.

There is a lot of water on our planet.

We can only use fresh water from rivers and lakes.

That's only 1% of all water

on the entire planet.

The rest is salt water.

We need to protect our fresh·water· springs.

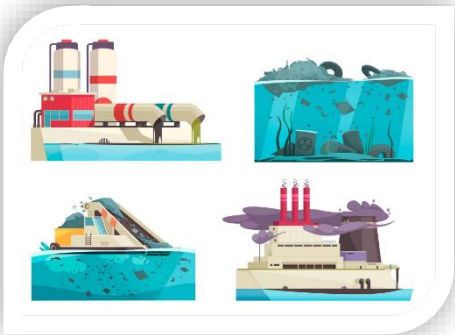
People pollute them by throwing waste or toxic substances into the water.

Toxic means:

Something is toxic and harmful.

This makes water unsafe for humans and animals.

People produce waste,
that lead to pollution.
When many people produce waste,
a lot of pollution occurs.
This is bad for nature.
Nature can purify water, but it takes time.



Sometimes waste flows directly into the sea.
Toxic chemicals are also released from
farms.
Factories discharge water enriched with chemicals into
rivers and seas.

Dirty water can make people and animals sick if they swim
in it.
Birds and fish could eat plastic and die from it.
Seals can also die due to pollution.

Water pollution means that people have less clean
drinking water available.
The World Health Organization says:
2 billion people have no access to clean drinking water.

Water protection: Part B

What is water scarcity?

Water scarcity means:

There is not enough clean fresh water.

This is because people need more fresh water than is available.

We take water for granted.

We can't imagine

to be able to live without water.

A global water crisis is imminent.

By 2025, half of the world's population could be

live in places where there is not enough water.

What are the reasons for water scarcity?

1. Climate change:
   Temperatures are rising and it is getting warmer.
   As a result, water springs dry up.
   A rise in temperature means
   that the sea level is rising.
   This leads to flooding.
   During floods, fresh water mixes with salty sea water.
2. Consumer society:
   We need water for the production of consumer goods.
3. Water requirements for agriculture
4. Water waste and water pollution

If there is not enough water,
people have problems.
In areas with water scarcity
people have to drink dirty water.
This means that people get illnesses
such as diarrhea, worms or cholera.
People can even die from these diseases.

Water scarcity can make people poorer.
Anyone who gets sick from dirty water cannot go to school or work.
Some people have to spend the whole day fetching water.
This happens most often with women and children.