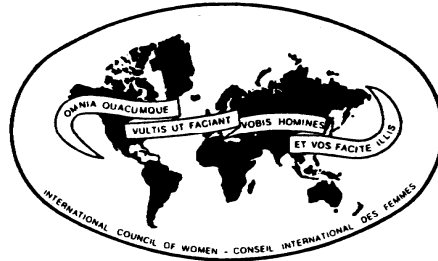


**International Council of Women  
Conseil International des Femmes**



## **WOMEN DEFENDING THE INTEGRITY OF THE PLANET**

*Toolkit of Resources for Community Education  
to Reduce the Effects of Climate Change*

**Celebrating 120 years 1888-2008**

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## ***Introduction***

The ICW-CIF Executive Meeting (ECM) in Jakarta 4-7 April 2008 included a public seminar on climate change. It was agreed that an outcome from the seminar should be a Toolkit of resources for use by national councils in their work at the local level.

Action to overcome the potentially disastrous effects of climate change presents an unprecedented challenge to human ingenuity. In his statement to the ECM, Rachmat Witolari, Indonesian Minister for the Environment and Chairman of the UN Climate Change Conference in Bali stressed the crucial role women must play in reducing the effects of climate change. Women in member countries of the ICW-CIF are well placed to take up the challenge of promoting sustainable lifestyles. By using this easy to understand Toolkit for education to build a mindset for a clean environment they can be “change makers” defending the integrity of the planet.

The process must start in the local community. Women’s networks, it is now acknowledged, are important channels for sharing and disseminating information. National councils of women worldwide are urged to use this ICW-CIF Toolkit to take a leading role in their communities, working with both women and men, and in collaboration with other organizations to promote sustainable lifestyles with low carbon emissions.

The Toolkit is only the beginning. Please report your experiences as “change makers” for clean air and stable weather patterns, tell us about your successful projects to plant trees, restore endemic plant cover, improve soil quality and drainage, save energy, recycle goods, create eco-friendly lifestyles and how you have used the media to capture headlines to reinforce messages about sustainability.

A power point presentation with a summary of the key messages has also been included to use with the Toolkit.

The Toolkit and the challenge to be catalysts for positive change are yours in celebrating the International Council of Women’s 120<sup>th</sup> Anniversary year.

**Jane Prichard**  
ICW-CIF Facilitator  
Seminar on Climate Change  
Jakarta Saturday 5 April 2008

*At the fundamental level the world now has to create knowledge and practice on a path of development which is not resource degrading and carbon intensive. Human ingenuity and strength are capable of meeting this challenge.*

P.K.Pachauri  
Chairman, Intergovernmental Panel on Climate Change (IPCC), Acceptance  
Speech for the Nobel Peace Prize awarded to the IPCC, Oslo 10 December 2007

### **The Toolkit includes 8 Sections**

	Page
1. Maintaining a Healthy Natural Environment	3
2. Building a mindset for Sustainability	4
3. Energy Saving Tips	5
4. Recycling Information	6
5. Using Technologies	7
6. Building a Partnership with Men	8
7. Preparedness for Natural Disaster	9
8. Watchdog Role and Media Campaigns	10

## **1. Maintaining a Healthy Natural Environment**

### **Vegetation Makes Climate!**

- Climate change begins locally. The key is best management of endemic plant species for optimum soil cover. This is essential for sustainable plant cover, good soil nutrients and reliable water drainage
- Clearing of plant cover removes protection from the sun's rays and causes soil erosion. This leads to changes in water runoff patterns which will change the sea level and cause salt water to mix with fresh water. Emerging infectious diseases are caused when fungi and bacteria spread or the malaria mosquito expands its range as the climate changes.
- Disturbing local plants and changes in land use can cause increased local disasters such as fires, floods, drought, crop failure, famine, spread of disease and new diseases.
- Good management of local catchments and watersheds will provide quality water that is predictable in its seasonal supply.

### **Action for National Councils**

1. Educate communities on the need to maintain quality plant cover.
2. Plant more trees. Set up tree planting projects.
3. Encourage schools and groups of young people to begin research projects to monitor changes to vegetation, the effects of improving the quality of plant cover, volume of water runoff before and after repairing plant cover, presence of fungi, signs of soil erosion. A small plot of land say 3 meters square can tell us much about the health of the local environment.

## **2. Building a Mindset for Sustainability**

### **Aim to reduce your carbon footprint!**

#### **Focus on lifestyles which are “carbon-friendly”**

- Buy ECO-friendly goods – look for goods that are made to last, made locally, biodegradable and able to be recycled
- Buy in bulk – there will be less packaging and lower transport emissions
- Repair rather than renew. Buy new only when it is really necessary.
- Install solar panels for home and water heating
- Save water
- Use public transport, walk or cycle instead of driving a car
- Use an ECO-friendly car
- Install garden water tanks filled from rainwater
- Use bags made from paper or cloth, not plastic
- Zero policy on plastic waste

#### **Action for National Councils**

1. Educate on creating a sustainable lifestyle and need for clean air/less pollution
2. Encourage the use of locally made goods
3. Lobby manufacturers for minimal packaging of new goods
4. Encourage recycling. Advocate for collection depots for used goods
5. Develop public awareness programmes

### **3. Energy Saving Tips**

#### **Lowering Greenhouse Gas Emissions!**

The world is “choking” on gas forming a shield between the earth and the rays of the sun. By lowering greenhouse gas emissions the shield will be thinner. Saving energy is the key to improving the quality of the atmosphere. Carbon dioxide emissions from the use of fossil fuels contribute greatly to the “choking” gas.

#### **Tips for lowering gas emissions are easy to put into practice**

##### **Reduce Energy consumption by**

- Turning off lights and electronic equipment
- Using energy efficient light bulbs
- Install timers and thermostats on heating and air-conditioning
- Take the stairs, not the lift
- Ventilate naturally
- Save hot water. Use solar power for water heating

##### **Re-use goods if possible**

- Restore well-worn furniture

##### **Reduce paper use**

- Store documents on the computer – read, don’t print
- Email or phone – avoid hardcopy communications
- Print double sided
- Make mail-outs fuller in one send
- Return unwanted mail to sender
- Share reports – don’t print multiple copies
- Avoid paper towels and throw-away utensils – use cloths and reusable utensils

##### **Reduce car travel**

- Walk or cycle
- Provide bicycle stands and security lighting for people walking
- Car pool – travel together
- Maintain fuel efficiency

##### **Action for National Councils**

Save energy yourselves. Encourage others to do the same.

## **4. Recycling Information**

**Most goods can be recycled!**

**Everything has a use!**

- Look for furniture that is hard wearing and can be repaired. Repair when well-worn. Buy furniture made locally to decrease shipping costs. Sell furniture no longer required.
- Recycle clothing
- Send small items and bric-a-brac to a market for resale
- Use goods for a longer time – avoid buying new
- Recycle all waste paper for manufacturing into new paper products
- Recycle all metal, glass and plastic products to collection centres.

### **Action for National Councils**

1. Conduct education programmes on the value of recycling goods.
2. Design and produce educational materials on the advantages of recycling
3. Arrange a regular sale of second-hand goods
4. Lobby local authorities to have regular collection of goods for recycling and recycling depots in all local areas
5. Conduct a media campaign on the merits of recycling

## **5. Using Technologies**

### **Encouraging the use of new technologies will lower carbon emissions!**

#### **In the Home**

- Install solar panels for heating and ventilating the house and heating water
- Build to the sun
- Insulate ceilings and walls
- Make windows tight fitting to reduce heat loss. Make sure windows can be opened for air and ventilation
- Buy energy efficient home appliances
- Use cold water for washing clothes
- Install energy saving light bulbs
- Use thermal backed and lined curtains.

#### **In the Workplace**

- Natural ventilation and efficient heating are important
- Install solar panels for heating

#### **Getting About – a cleaner alternative in cars**

- Buy a smaller car
- Look for fuel efficiency
- Buy a hybrid car – electric motor combined with a petrol engine
- For very short journeys, walk – leave the car in the garage
- Use public transport for longer journeys.

#### **Action for National Councils**

1. Research which cars are most fuel efficient
2. Educate about the need for efficient ventilation and heating in workplaces – encourage less use of paper
3. Design and use an information pack on ECO-friendly homes.

## **6. Building a Partnership with Men**

**Working together will achieve a more sustainable environment!**

**Women's involvement in decision-making is crucial when identifying and promoting fair and sustainable food production and consumption patterns.**

**Women have a key role to play in maintaining a stable ecology**

- Join in discussions on carbon emissions and carbon credits trading – understand how carbon credit trading works
- Bring a women's perspective to discussions to bring a gender dimension in proposals on sustainable solutions especially access to and control over resources
- Participate in decision-making about crops, harvesting and marketing of produce
- Focus on the interdependence between rural poverty and climate change caused by depletion of natural resources and decreasing agricultural production
- Bring women's voices in decision-making on disaster management.

### **Action for National Councils**

1. Ensure policy and programmes on forestry, agricultural development and climate change includes gender analysis
2. Educate women and men on carbon credit trading.
3. Measure carbon savings from your activities and use these to buy advantages in development funding and appointment to decision-making positions.
4. Use media campaigns to promote ECO-friendly housing.
5. Contribute to planning for water management.

## **6. Preparedness for Natural Disaster**

**In natural disasters women and children suffer greater trauma than men.**

**Tsunami, forest fire, floods, drought and crop failure have a powerful impact on the lives of women.**

**To overcome the possibility of trauma through more frequent disasters brought about by climate change it will be critical to**

- Maintain traditional survival practices which are in danger of being lost
- Protect watersheds and catchment areas by preserving endemic plant cover and soil nutrients to control water runoff and soil erosion
- Construct efficient drainage systems where flooding is common
- In case of disaster store a supply of water and food sufficient for several days
- Plan for emergency management for evacuation, medical supplies and emergency water and food for local communities

### **Action for National Councils**

1. Set up training for disaster management
2. Run training courses on survival practices and preparedness for an emergency – include swimming instruction for women
3. Run a media campaign to overcome cultural practices which threaten the survival of women at a time of tsunami, fire or flood e.g. where women are not permitted to leave their houses
4. Ensure all policies for disaster management include provisions to protect the special needs of women and children.

## **8. Watchdog Role and Media Campaigns**

**National Councils have always taken a strong role in monitoring legislation to include a gender perspective.**

**There is a need for special vigilance on legislation concerned with reducing greenhouse gases, carbon emissions trading and land use practice.**

- The challenge can be met with powerful messages in the media, through press releases on pressing issues of policy, water management, disaster preparedness and impacts on women and children
- Building a relationship with local television programmes and newspaper editors is the first step to success in getting headlines in the media. Try to choose a time for a Press Release when there is little other headline news.
- Air stories of trauma suffered by women and children after a disaster strikes. Reporting of personal experiences can be very powerful.

### **Action for National Councils**

1. Conduct media training for groups of women
2. Appoint a publicity/press officer to write press releases and stories
3. Maintain constant contact with friendly television and newspaper editors and build good relationships with all media channels
4. Learn when it is good time to submit press releases
5. Gather stories and reports of first-hand experiences from women who have experienced the trauma of living through a time of disaster.