

LESS PLASTIC, MORE FUTURE



**A workbook on plastic
and sustainability**

WELCOME TO THE WORKBOOK "LESS PLASTIC - MORE FUTURE"

Hello and welcome!

This booklet is for you. It will help you learn more about plastic and sustainability. Together we'll look at how plastic affects our lives today and in the future - and what we can do better...

Why plastic?

Plastic is everywhere: in packaging, in clothing, in water, in the air. Plastic is practical, multifunctional, but also a problem.

Because: Plastic remains in the environment for a very long time. It pollutes rivers, seas, and soil. Animals and humans suffer as a result. Habitats are destroyed. We explain how and why on the following pages.



THESE TOPICS AWAIT YOU



sustainability

Pages 4-5



Plastic & SDGs

Pages 6-7



Plastic waste

Pages 8-9



microplastics

Pages 10-11



Plastic in clothing

Pages 12-15



Plastic in the water

Pages 16-17



Who can solve the problem?

Pages 18-19



Footprint & Handprint

Pages 20-21



Space for your thoughts

Pages 22-23



Many people wish that all people in the world can have a good and healthy life today, tomorrow, and in the future, regardless of where they come from, where they live, or how old they are.



WHAT CONSTITUTES A GOOD AND HEALTHY LIFE
FOR YOU, TODAY AND IN THE FUTURE?



SUSTAINABILITY

WHAT IS THAT?



What does
"sustainable" mean to
you?

Do you know the word
in other languages?

Why is this
important?

Do you know any
examples of
sustainability?

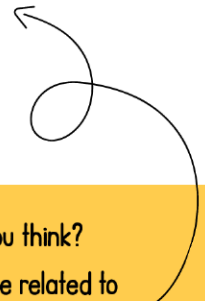
Beware: Not everything labelled
"sustainable" actually is sustainable.
There are many fakes and
deceptive packaging =
greenwashing.



SUSTAINABLE DEVELOPMENT GOALS



The SDGs are 17 goals designed to make the world a better place – for example, by reducing poverty, providing clean water, and offering education for all. All countries in the world want to work together to achieve these goals by 2030.



Which four SDGs do you find most important?
Enter the numbers here.

What do you think?
Which goals are related to plastic? Circle them!



CHECK WHAT IS TRUE:



All countries are participating in the SDGs.

☐☐

The SDGs only apply to politicians, not to me.

☐☐

Plastic has nothing to do with the SDGs.

☐☐

Which SDGs align with the following statements?

Drinking water was tested
in many countries.

Microplastics were present
in 93% of the samples.

Approximately 80-150 million tons
of plastic are floating in the
oceans, causing the deaths of
millions of fish, dolphins, turtles and
other marine life.

Plastic is made from petroleum.
The manufacturing process produces a lot
of CO₂ - a gas that heats up the climate.
Approximately 4% of global CO₂ emissions
come from plastic production.

WHAT HAPPENS TO OUR



PLASTIC WASTE?

In Germany, each person produces __kg of plastic waste per year...

...more than half of it comes from packaging waste.

On average, a plastic bag is used for no longer than __ minutes.
What about you?

Why do we even separate our waste? Does it make a difference?

What percentage of plastic waste is recycled in Germany?

Germany exports over 10% of its plastic waste abroad. Where to?

Abroad, our waste is often burned or stored in illegal landfills.

Search on YouTube or Google: GERMAN PLASTIC WASTE INDONESIA

And what about plastic in nature?

Where does most of your plastic waste
come from at home?

1

2

3



How can you change that? Write down
your ideas!



DO YOU ACTUALLY KNOW



MICROPLASTICS?

There are two types of microplastics:

e.g. in cosmetics, detergents,
medicines and cleaning
products



e.g. through tire
abrasion and the
decay of plastic waste

What is the difference?



SCAN ME

The Codecheck app tells you which
cosmetic products contain microplastics
and other harmful substances.

MATCH TOGETHER:

The following amount of microplastics per
person enters the sewage system per year:



due to abrasion of the shoes

77 Grams



through waste disposal

303 Grams



due to tire abrasion

109 Grams

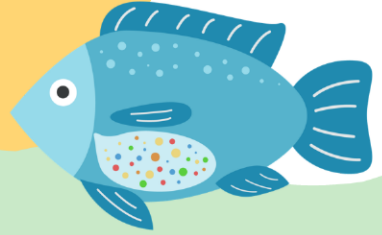


during washing

1.229 Grams

WTF!

Microplastic was
already found in
unborn babies!



How does microplastic get into our
food (and drinks) in the first place?



Do you have any
ideas on how to
change that?

→

PLASTIC



TO WEAR?

NOT THAT UNCOMMON AT ALL...

What material are your pants, t-shirts, blouses, etc. made of? What happens when you wash them?

CHECK THE LABEL ON YOUR CLOTHES.

- Where was it manufactured?
- What material is it made of?
- Think about it: where did you buy it?

MICROPLASTICS ARE NOT THE ONLY PROBLEM...

HAVE YOU EVER HEARD OF FAST FASHION?

THINK ABOUT IT!
WHAT DOES FAST FASHION MEAN AND WHY IS IT BAD?

IS THIS FASHION? OR JUST TRASH?

SPOILER: BOTH!

Fast fashion is often poorly made. Poor quality equals short lifespan.

People in faraway countries sew the clothes. They work very long hours and receive very little money. Working conditions are often bad.

On average, how often do you wear a piece of clothing?

What about the environment?
Water consumption?
Chemicals?

Google:
Accident at textile factory

Google:
Fast fashion cemetery in Atacama



A FEW FACTS...

MATCH THE NUMBERS:



10.000

92 MIO

2,80

1.000

60.000

The production of one pair of jeans consumes _____ liters of water.



_____ people die every year in accidents at textile factories.



_____ tons of clothing end up in the trash every year.



A pair of jeans travels _____ kilometers from the cotton harvest to the point of sale.



A seamstress in India earns _____ US dollars per day.



HOW COULD IT BE IMPROVED?



There are many solutions! Some are expensive, others are cheap, and you can find them both online and offline.



What ideas do you have for sustainable clothing consumption?

Tip: Google "swap party in your city"



WHAT'S FLOATING



AROUND?

HOW PLASTIC GETS INTO THE OCEAN

COSMETICS-
PRODUCTS

FLEECE PULLOVERS AND
SYNTHETIC TEXTILES

GARBAGE FROM THE
COUNTRYSIDE

SEWAGE
SYSTEM

WASTE FROM
SHIPS

80%

Plastic waste in the ocean
comes from land via wind,
rivers and wastewater.

20%

It enters the sea via shipping,
oil rigs, fish farming and similar
industries.

RIVERS

FISHING

OCEAN

WTF!

Did you know that plastic has even
been found in the Mariana Trench
at a depth of 11,000 meters?



DID YOU KNOW?

Many marine animals and birds eat plastic. This causes internal injuries or they starve to death because their stomachs are full of plastic and there is no room left for real food.

Want to see pictures? Google "whale + plastic".

HOW BIG IS THE LARGEST PLASTIC ISLAND?

- A) AS BIG AS COLOGNE**
- B) AS BIG AS GERMANY**
- C) AS LARGE AS CENTRAL EUROPE**

HOW MANY YEARS DOES IT TAKE FOR PLASTIC TO DECOMPOSE IN THE OCEAN?

- A) 50 YEARS**
- B) 100 YEARS**
- C) OVER 450 YEARS**

HOW MUCH PLASTIC ENDS UP IN THE OCEAN EACH YEAR?

- A) 19 MILLION TONS**
- B) 1 MILLION TONS**
- C) 50,000 TONS**

What can we do about plastic in the water?



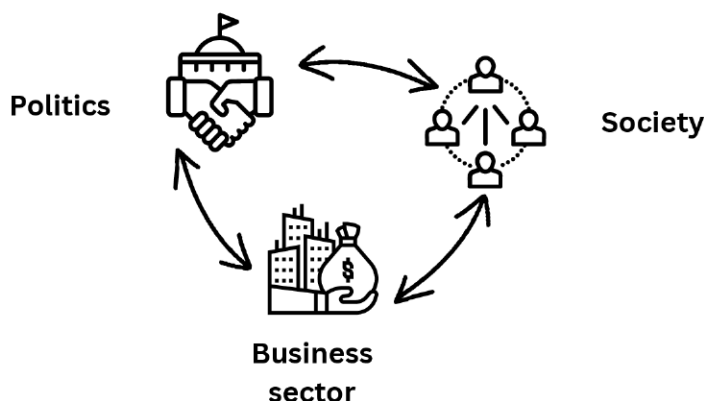
WE'LL SOLVE THE PROBLEM

TOGETHER



It's not just us as individuals who can change something. When politics and companies take action, it has a very big impact.

But who has to start? Us? The politicians? Or the economy, i.e., corporations and companies?



Assign who can take on this task!

Could ban plastic bags in supermarkets? _____

Can produce products without plastic: _____

Can introduce rules for waste separation: _____

Can reuse packaging: _____

Can reward companies that use little plastic: _____

ACTION! FROM SMALL TO VERY BIG

We all can do something and reach few or many people with it. What ideas do you have?

- I myself _____

- Together with others _____

- At school, at work, or in an association

- In my city or community _____

- In all of society _____

Some methods have a big impact, some not.
What are your big points, your big fish among
these ideas?



FOOTPRINT



HANDPRINT

Everything we do and consume leaves traces - good and bad. We call these traces **HANDPRINTS** and **FOOTPRINTS**. Ever heard of them?

YOUR FOOTPRINT

Your consumption and use of resources. Write down 3 things:

YOUR HANDPRINT

Your positive impact: Write down 3 things:

To make the world a better place, we need two things:

We need to reduce our footprint. That means:
Do less things that harm the environment.



We need to make our handprint bigger. That means:
Grow our positive impact.



GROW YOUR HANDPRINT

HOW CAN YOU DO THAT?

There are a thousand ways, from very small to very large. I can become active on Instagram, sign petitions, inform friends and family, write emails to politicians, get involved in an association... But usually we start with ourselves.

Think together:

What can you do to increase your footprint on plastic and sustainability?

Plan an event!

What is your goal?



Who should participate?



When and where are you doing it?



What could help you?



SPACE FOR



YOUR THOUGHTS

What is most important to you?

What did you learn and how can you implement it in your everyday life to live more sustainably?



Challenge:
A day completely without
plastic waste (but you still go
shopping)!

Challenge:

Challenge:
A day completely without
plastic waste (but you still go
shopping)!

Challenge:

Go to a secondhand shop with
your loved ones. Who can find
the best clothes **WITHOUT**
plastic (= polyester, nylon, etc.)?

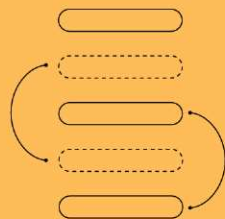
More tips? More information? More ideas? Scan the QR code and check
out our website for the magazine!

Get inspired – you can make a big difference!



LESS PLASTIC, MORE FUTURE

A WORKBOOK ON PLASTIC AND SUSTAINABILITY



THE GREEN AGENTS NETWORK...
...CONSISTS OF OVER 25 INDIVIDUALS AND ASSOCIATIONS FROM
COLOGNE AND THE SURROUNDING AREA. AMONG OTHER
THINGS, WE OFFER LOW-THRESHOLD AND MULTILINGUAL
WORKSHOPS AND EDUCATIONAL PROGRAMS ON THE TOPICS OF
ENVIRONMENT, SUSTAINABILITY, AND CLIMATE.

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Seit 2022

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Nordrhein-Westfalen

Gefördert durch



Stadt Köln

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