

Bionomics
SINCE 2022

Global Youth for the Planet

**Community Based Forest
Management Nepal**

**Uniting global youth for Greener
Future—GYCC Conference 2022**

1

Table of

CONTENTS

0

Cover Page

1

Table of
Contents

2

Letter from the
Editors

3

Cover Story

4

Special Feature

5

Regional Stories

6

Interviews

7

Readers' Corner

2

LETTER FROM THE EDITORS

The magazine, Bionomicsplus has been created to fulfill the group commitment that was made during Global Youth Climate Challenge (GYCC) 2022 held in the Republic of Korea.

The objective of creating a web based magazine came from the realization that while today's generation is aware about the climate crisis and wants to make positive lifestyle changes to create a greener tomorrow, they lack the information on how to do so. There is no space that provides consolidated information on greener policies, helping hands, recent developments of global scenarios and day to day changes that we can make for sustainable living.

It is also a part of our greater campaign to provide informational and educational materials in regional languages to ensure that the information material is accessible and understandable to people of various regions and of all age groups. We also aim to create a connected space for youths to interact, add to , and work in a united front to deal with the biggest challenge of our generation, the climate crisis.

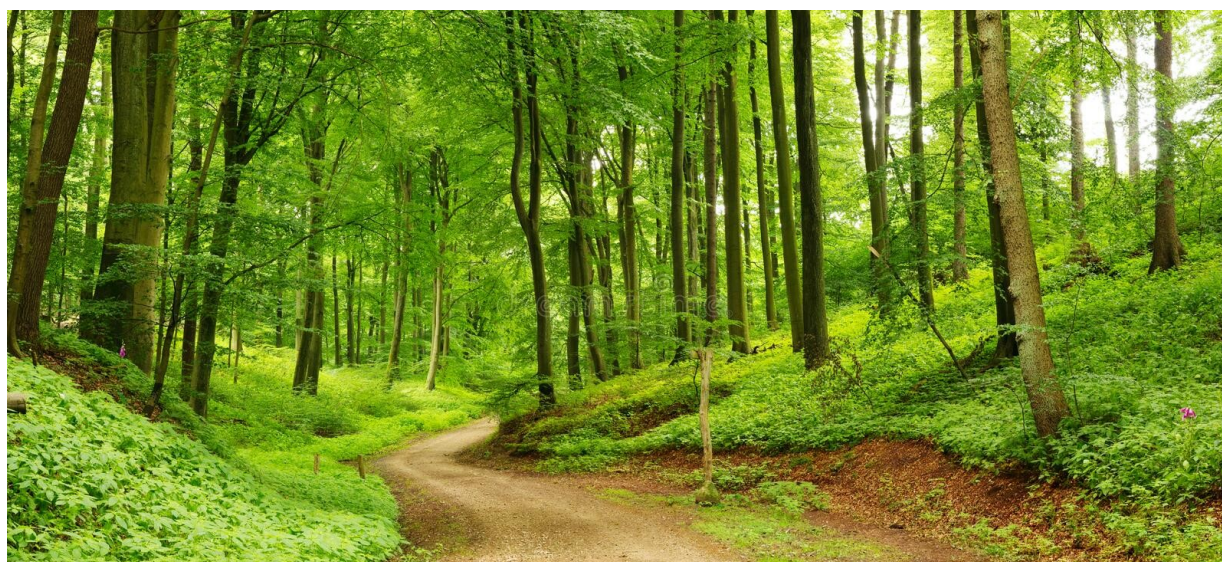
Team Bionomicsplus

Cover Story

3

Community Forests of Bhutan and Nepal: Reminding the importance of maintaining Green-E-Ness

By Deki Pelzom



Bhutan, a country known for Gross National Happiness, is still vulnerable to poverty. It is largely a rural phenomenon with some 11.9 percent of the population living in poverty. These ranges of population rely on forest and other resources for their subsistence livelihood. Bhutan's forest management system has evolved over time from traditional to centralized and scientifically based management and subsequently further towards more decentralized and people centered management.

About 71 percent of the total geographical area is under forest cover (2,730,889 ha) and it was enshrined in the Constitution of the Kingdom of Bhutan, as stated under Article 5 that "*the government shall ensure that, in order to conserve the country's natural resources and to prevent degradation of the ecosystem, a minimum of 60 percent of Bhutan's total land shall be maintained under forest cover of all time*". Extensive forest cover and pristine environment, coupled with its strong conservation efforts, has allowed the country to have exceptionally rich biodiversity with flourishing populations of some of the rarest flora and fauna. And so does Nepal, around 41.59 percent of the country is forested, of which 14.5 percent so classified as primary forest, the most diverse and carbon-dense form of forest. And country also has 43,000 ha of planted forest.

These two developing countries are setting a great example to the world through the successful conceptual approach of Community Forest. Community forest is an institutional approach where local communities value and benefit from the land, access and rights to the forest resources, and participation in management decisions. Nepal has become one of the first developing countries to adopt a community forestry management program which gives authority to communities and groups to manage forest resources sustainably. It is a government effort to reduce forest degradation and to promote sustainable forestry practices as well as to improve livelihood of the community. Bhutan's CF policy not only recognizes the CF program as a promising strategy for protection, conservation, and sustainable use of forest resources in the country, but also strongly emphasis contribution to poverty reduction and local democratization through the extraction of bioeconomy material like timbers, Non-Timber Forest Products and many more. The long-term vision for community forestry is *“For a future that is sustainable, affordable, makes significant contributions to rural livelihoods, poverty reduction and improved forest conditions and is resilient to climate change”*. Both the countries have the history of “free access” to “almost no access” to “managed access” in relation to forest resource management and utilization.



Current activities and benefits (success stories)

Most of the current activities highlighted by the Community Forest are for subsistence use, with few Community Forest enterprises established for income generation. Some members from the Community Forest mentioned that

“We could sell as much as we have harvested from the CF. Although the amount was small, it helped a lot in purchasing household items”

Some groups in Community Forest even revealed that although there was some unfairness in loan disbursement, loan services establishment for the Community Forest management groups had benefited them. A group from Shambayung Community Forest expressed:

“We can avail loan without interest for two months during emergencies like death or treatment of family members, and this has benefited us when we are in need.”

Through ensuring easy access to forest resources, Community Forest Management Groups have immense benefits and they can obtain permits for harvesting forest produce within a short time span. CFMG generates revenue from the sale of forest products and the collection of fees and donations from visitors that accumulate as group funds. Through these funds, some CFMGs were able to provide loans at low interest rates as well as to support disadvantaged CFMG member households. Marketing timber under strict adherence to the prescriptions of the approved CF management plan, is currently one of the most promising and lucrative ways for generating income for CFMGs.



Problems (bottlenecks)

CFMG members saw potential for establishment of CF enterprises such as timber processing and marketing, furniture and handicraft enterprises, weaving enterprises and medicinal plants enterprises which would enhance the poverty reduction. But besides the potentials, with the newness of the program lack of financial capital was seen as the major problem for not being able to initiate such enterprises by the CFMGs. In Shambayung Community Forest, lack of financial capital has led to lack of market access due to the absence of roads in the Community Forest area. Some CFs such as in Woku Damchi have well stocked forest stands and management plans that include provisions for harvesting and marketing of timber and firewood, the CFMGs were reluctant to start harvesting and marketing due to their limited capacities and lack of confidence in executing such operations.

Potential Activities

There are numerous activities which can enhance the potential of the better functions of the Community Forests in relation to bioeconomy with the following activities.

- Processing and marketing of timber
- Cane and bamboo product development and marketing
- Medicinal plants production and marketing
- Mushroom farming/rearing
- Commercial stone extraction
- Weaving enterprises

From the Community Forest, the potential of extraction of Non-Timber Forest Products has been recognized to have a major impact in income generation. In Dozam community Forest harvest NTFPs such as lemon grass and gooseberries are considered crucial for the generation of cash income for their livelihood. Furthermore, In Dunkarling and Yarkey Community Forest medicinal plants production.

“We earn money from harvesting broom grass and selling brooms and use the earned cash to buy household's items”

To derive optimum benefits from CFs, there is a need for the government to provide adequate capacity building training in management skills and to provide loans to CFMGs so that they may invest in CF enterprises.

Deki Pezlom is a youth activist from Bhutan who did her bachelors in Sustainable Development and has finished her Master's recently in Development Policy at the KDIS, South Korea

Special Feature

GYCC Conference 2022

4

Uniting youth for Climate Action

Who we are

GYCC is an international youth organization based in South Korea. The GYCC is managed by the GYCC Secretariat while the GYCC Youth Lab consists of national and international youth leaders that advances and connects local, regional and global climate actions to combat the climate crisis and achieve global climate goals.

The organizational structure of GYCC Youth Lab consists of two co-leaders, research and regional team, promoting and PR team. The GYCC used to have annual GYCC conferences following P4G Summits from 2020 cooperating with the Ministry of Foreign Affairs and the 2050 Carbon Neutrality Green Commission of South Korea. And for the first time, with the establishment of GYCC Youth Lab, GYCC Youth Lab members took the responsibility of organizing annual GYCC conferences aiming at providing a platform to global youth to share their knowledge and stories to develop and implement climate initiatives.



Ending of the GYCC 2022 Conference

This year's GYCC conference was held under the main focus on deforestation and six youth groups were given different related topics to develop action plans and produce results by the time of the P4G Summit in 2024.

Meet Team A (AlterEco) who is working on the topic of Sustainable Forest based bioeconomy

Team 1 formerly consisted of nine young people from different countries in South Asia. However, now there are five permanent members from different Asian countries including Iran- Nepal, Sri Lanka and South Korea. Our team is mainly focusing on south Asian deforestation issues and working together to find proffer solutions with our capacity. Following, the team has divided its goals as short-, mid- and long-term goals.

In terms of short-term goals, team members decided to publish a biannual magazine aiming to promote climate awareness among regional communities. This Bioeconomic Plus is the first issue of our magazine and the team expects to bring regional issues and the necessity of climate actions to people's attention while providing a space for local and regional youth to raise their voices against climate change and deforestation. Meanwhile, the midterm goal is to develop educational materials to promote awareness among children and youth in Asian countries. And as the long-term goal, the team expects to present policy suggestions to policy makers urging them to adapt and mitigate climate change.



Amali Ranavi Thanthrige
Sri Lanka



Mohammad Solgi
Iran



Samita Ghimire
Nepal



Seema Pandey
Nepal



Eunseo Kim
South Korea

5

A Talk with 'Hempkoo' - an eco friendly, Hemp - based product making company in Nepal

By Seema Pandey

1)How do you define your business?

Our business is quite different than usual. We are focusing more on the future of our environment and strongly focusing on sustainability. Hempkoo brings varieties of handmade products which are sustainable, eco-friendly, and bio-degradable to mother nature. We are motivated by the traditional hemp fabric for its durability, sustainability, and eco-friendly.

2)How did you get the idea and what inspired and motivated you to do this business?

We got this idea from our global customers who were doing their business in Europe. We got an opportunity to work with their business aim. They were already working on sustainable and eco friendly goals. We were also motivated to do this business with our brand. In Nepal, doing business with a backpack is not a new thing but I didn't find a product which really cares about our environment. We thought this is the right time to introduce it to our Hemp origin country Nepal.



INTERVIEWS

3)How do you define sustainability within your venture?

The stems of the cannabis plant are used to produce the natural plant fiber known as hemp. Hemp is the most environmentally friendly alternative to other materials when considering sustainability. Growing hemp uses very little water and also helps to restore soil nutrients, both of which contribute to improved soil health. In addition to that, it is one of the most durable textile materials now available. In addition to this, the qualities of insulation, anti-radiation, and anti-bacterial protection are all possessed by hemp products.

4). Can you tell the process of resourcing the company, i.e. finding and raw materials?

Most hemp in Nepal is grown at altitudes of about 3, 000 feet. The hemp comes from rural areas in the middle and west of Nepal, like Bajhang, Bajura, and Rolpa, where more than 80% of the people work in agriculture. Hemp has been used to its fullest in this area for hundreds of years. Not only has the art of farming been passed down from generation to generation, but so has the art of weaving.

After the plants are picked, they are boiled to soften the fibers inside, which are then used to make yarn. This whole process can take anywhere from two to four weeks and is run by families who live in these villages.

5).Do you grow your own raw material i.e. hemp?

We collect hemp from our local farmers and help them sustain their life. To provide you with our selection of items, we collaborate with a limited number of handcrafters and local communities that gather natural fibers and work with traditional materials. We promote rural livelihoods and cottage enterprises in Nepal by providing a larger market for their products, in order to preserve local skills and expertise.

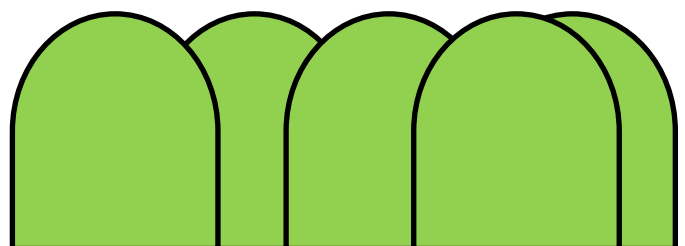
6). Do you define it challenging , If yes how?

Yes, it's challenging to grow hemp legally. Hemp, on the other hand, has 0.3 percent or less Tetrahydrocannabinol (THC), which means it doesn't change your mind. Hemp has been used to make ropes and clothes, and it has even been used as medicine. But at the beginning of the 20th century, hemp farming was made illegal in many places around the world. Authorities often destroy hemp plants thinking they are marijuana plants because they look the same. We have been trying to get the government to make it legal for businesses to grow hemp.

7). Has your company supported or supported sustainability projects?

If yes , what?

We have only supported sustainability events happening in Nepal. For instance, we supported the World Environment Day organized by Kathmandu University, Nature and Social Concern Society and Forum for Environmental Conservation and Management.



8)What is the number of job opportunities you create?

We are directly giving employment opportunities to more than 10 craftsmen in our factory. Indirectly, we are employing more than 50+ local farmers who provide locally weaved hemp fibers.

9)Do you consider branding your company as “Sustainable” is attractive for customers?

In Nepal, customers are not that much attracted to the word “sustainable” word. It is because customers are more interested with fancy products than sustainable and eco friendly products. This is our good opportunity to make you aware about protecting our environment and making your life sustain along with our mother nature.

10) How do you think that the perception of sustainability will change in the future? How will it affect the business?

Hemp is the number one element in building a sustainable future. The fact that you can use every part of this plant for something makes it one of its best qualities: Flowers can be used to make medicinal and nutritional products. Seeds are high in amino acids and nutrients and can be eaten raw or turned into oils. Stalks can be used to make bioplastics and textiles, and leaves can be used as organic compost to feed the soil and help future crops grow. The fiber can also be reused and biodegradable.

The textile industry needs materials that are good for the environment. We look at how (industrial) hemp might compare to cotton as a fiber. We show that hemp doesn't need any pesticides and only needs a small amount of water and land. We show that hemp fiber is a cheaper and more environmentally friendly option.

Hemp can be a key part of scaling up innovative solutions that can speed up the move to a model of growth that gives back more to the planet than it takes while creating tens of thousands of new greens, high-skilled jobs in rural areas and factories.

Our website: www.hempkoo.com

Our email: contact@hempkoo.com

Blog: www.hempkoo.com/blog

Our products: www.hempkoo.com/shop

Seema Pandey is a youth climate activist from Nepal who is currently an undergraduate student of Public health in National Open College, Pokhara University.

Regional Stories

Towards Eco-Bio-Tourism

6

By ; Mohammad Solgi

From Street Vendor to a bio- ecotourism entrepreneur and a billionaire- how sustainable bioeconomy changed a person's life

Eco-Bio-Tourism is a strategy to ensure that the tourism industry continues to thrive and provide economic and social benefits to places and communities across the world. Ecotourism allows for a joyful and effective integration into the natural environment, resulting in more compassion and better care of the world's surviving natural beauties.

Shiraz's lovely town of Bazm in Iran has increased its tourism potential thanks to tourism entrepreneur Abbas Barzegar. He welcomes numerous visitors and sightseers from dozens of nations. The young billionaire, who was formerly a street vendor in the metropolis, has succeeded in promoting tourism in the village and providing financial assistance to every villager. As a successful tourism entrepreneur, Barzegar has made his way into the UNESCO Tourism Guidebook.

Industries and Products focusing on sustainable economies: much needed role models in today's world



Abbas Barzegar had no knowledge of the travel and tourism industry when he welcomed two lost German tourists into his small, 60-square-meter home in April 2001. He had no notion that the lucky star was about to knock on his door.

When German diplomats spent the night in Abbas Barzegar's home in 2002 and tasted his wife's cooking, they learned about this fascination. Barzegar and Bavanat became well-known worldwide as a result of this. Barzegar widened his conceptions of ecotourism and rural tourism. Together with his family, he manages one of the top homestays in central Iran.

The best organic foods are made by Abbas Barzegar and his family in Bavanat, who are also renowned for leading the best nomadic tours in Iran. He and his family consistently provide visitors with exceptional experiences through their delectable organic cuisine and idyllic village lodging in their small private town

According to him, Barzegar Eco-Tourism Complex in bavanat's village is the first indigenous both vegetarian and organic based food hotel in Iran. He has 37 thatched rooms for rent, along with a hut full of goats, chickens and roosters, beehives and several hectares of vegetables.

His Ecotourism Complex welcomes visitors with fresh, wholesome cuisine picked directly from farms and gardens. Among the well-developed settlements, Bazm has one-of-a-kind herb shops, gorgeous handicrafts, high-quality honey, and fresh veggies. It has a lot to offer, so you'll have to go on your own to see what it's like to stay in this lively community made famous by Abbas Barzegar.

Abbas Barzegar takes his guests to watch the villagers gather grass and fruit, hosts weddings and village ceremonies, and invites his provincial counterparts to parties by the fire. They roast potatoes and have fiery tea with them. Sometimes his guests make local food with him with organic products and ingredients, but that is not all the Barzegar family does.

Mohammad Solgi is a youth activist from Iran who completed her Masters in the KDIS, South Korea.

Youngsters working for greener tomorrow: Five youth led companies in Nepal that are providing sustainable alternatives to day to day products

Samsara Creation

Samsara Creation is a youth-led social enterprise based in Nepal that was founded in 2019 to tackle the problem of solid waste management and irresponsible consumption in the urban places of Nepal.

It was conceived as an idea by six university graduate students from Kathmandu University School of Arts and started a prototype project called 'Waste to Art'. The enterprise works together with the traditionally skilled local artisans and modern fashion designers in creating a socially and environmentally responsible community. They create innovative eco-consumer products and accessories through the approach of upcycling and nature-based solutions. Their vision is to create a community where people would realize the importance of responsible consumption and sharing economy

Link to the website- <http://samsaracreation.com.np/>



Luha



Designer's Carry



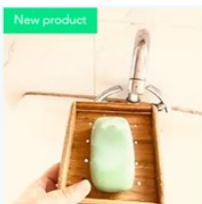
Summer's Shade

Eco sathi Nepal

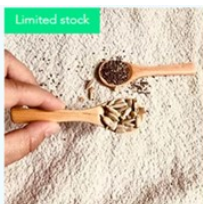
Innovating Eco Consumer Products through Waste Upcycling and Nature Based Solutions, Since 2019.

Eco-Sathi Nepal, the name translates as Eco-friendly Nepal. We were built on a strong belief that we as an organization have the power to create a more sustainable and harmonious Nepal. Eco-Sathi Nepal is a lifestyle brand which mainly focuses on offering Eco-friendly alternatives to everyday products. We want to inspire and encourage people to make conscious and sustainable choices. We want to make people realize the power they have as a customer to make a difference in the world that they live in. Our mission is to create a more harmonious and sustainable world by offering earth-friendly alternatives to everyday products and by inspiring the world around us to live more consciously. We want to make sustainable products more easily accessible to everyone in Nepal.

Link to the website- <http://www.ecosathinepal.com/>



Bamboo soap dish



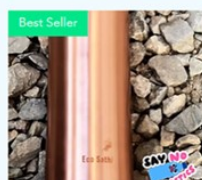
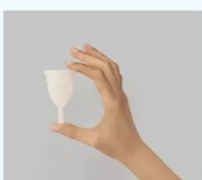
Mini Bamboo spoon



Zero waste Shaving Soap



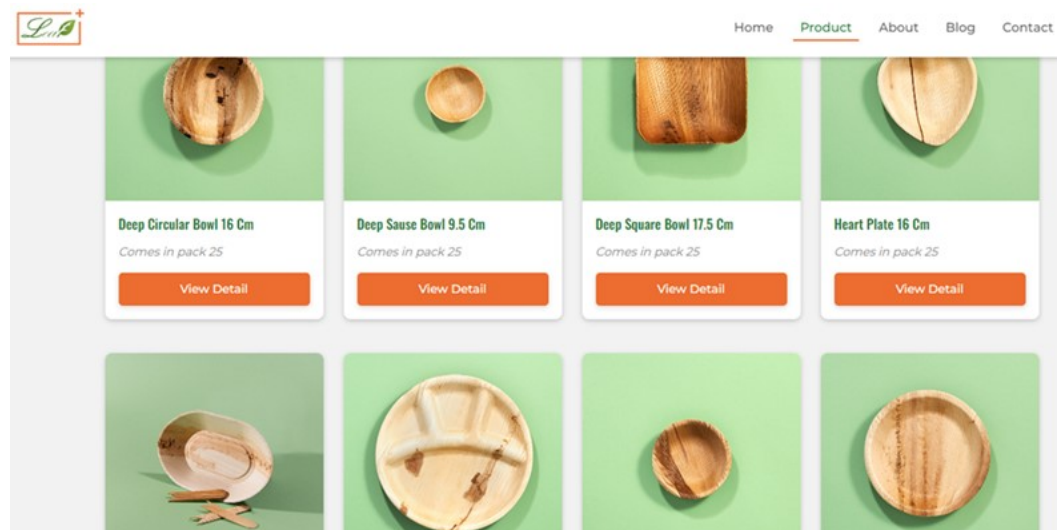
Travel cutlery set



Leafplus

Leaf Plus thus is a socio-economic enterprise that is aimed at having an impactful contribution to the environment & society by producing and promoting areca leaf products manufactured with direct engagement of women, marginalized & farmer groups in the production chain. Using leaf plates has always been a part of Nepalese Hindu culture. On every religious & cultural ceremonies or temple offerings, the leaf made plates and bowls are used as they are considered holy. Whenever some ceremonies are scheduled at someone's home, women from neighboring & relatives visit the place and they knit the plates together. Such plates are used for worshipping as well as serving food to the guests in ceremonies. However, leaving the glorious culture behind, the plastic disposables are gradually getting their space as those plates aren't very tough, leakage proof & reliable. Leaf Plus was born with the idea of making those plates better, reliable & leakage proof and providing a better eco friendly solution. The enterprise uses areca palm leaves to make eco friendly, sustainable and aesthetic products.

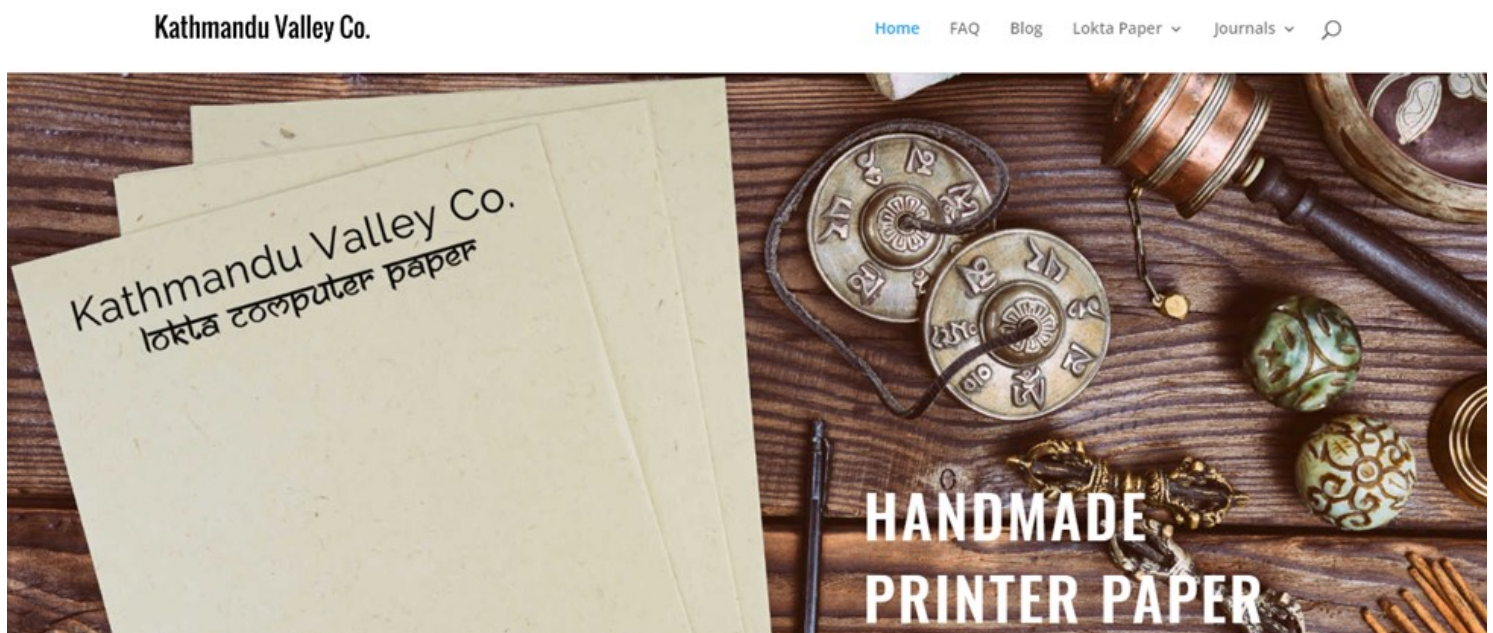
Link to the website- <https://leafplus.com.np/>



Kathmandu Valley Co

Kathmandu Valley Co is the supplier of lokta paper in the capital city. It supplies various lokta paper products from cherish cards, wrapping paper, printer paper and journals. Lokta paper are tree free papers as they are made from bushes. They are sustainable as lokta bushes regrow quickly after being cut, reaching full height in 5-7 years.

Link to the website- <https://kathmanduvalleyco.com/>



Utpala crafts

Founded by Ang Dolma Sherma, a Buddhist in Kathmandu Nepal, Utpala crafts makes biodegradable Tibetan Buddhist prayer flags (*lungtas*) and ceremonial scarves (*khadas*). In 2019, Dolma pitched biodegradable *khadas* to Idea Studio and her idea won the WWF Nepal's 'Greenovation' title. Realizing how cultural traditions have their own carbon footprint, she felt that making eco-friendly *khadas* and *lungtas* available to people is one of the most effective ways to get people to stop using synthetic ones and thus reduce our community's carbon footprint. After her innovation, many stupas in the capital city of Nepal have opted to use her sustainable lungs instead of synthetic ones.

Samita Ghimire is currently a Master studies student who pursues her studies in the field of public health at the Purbanchal University, Nepal.

Preethi, the Pad women of Tamil Nādu lighted a light on eco friendly sanitary product industry in India

By Amali Ranavi Thanthrige

(This short article was written following answers of a written interview provided by Dr. Preethi who invented eco friendly sanitary napkins during her PhD studies)

Preethi is an Indian girl, a Ph. D. holder who tries to introduce environmentally friendly products. Among her product list there is this unique sanitary napkin which is known as the napkin that degrades in soil within 15 days by increasing the soil's nitrogen by 20%.

According to Prithee's explanation this napkin is the world's first sanitary napkin that can be easily degraded in soil within a short period of time like 15 days.

Replying to a written interview Prithee said that

"I invented two biodegradable products while I was working on my PhD research and I got the approval for the patent and tried for funds to start up a basic production."



According to the UNICEF homepage, at any given time 800 million women in the world would have their periods and There are huge amount of sanitary napkin brands around the world and despite having many issues related to menstrual health and products many among those 800 million use disposable sanitary products including sanitary napkins (pads). However the real issue is these sanitary pads may take about 800 years to decompose and some products may take more than that. Moreover these sanitary products are also a part of non eco-friendly global waste and therefore having climate friendly sanitary products is not an option though it still remains a major challenge. Consequently, governments must support researchers and individuals who are dedicated to inventing such products if those people really intend to prevent the impacts of climate change on human lives and the earth.

Image: Sample of Eco friendly sanitary pad

Prithee had a different story to tell regarding this regardless of how important her invention is to a country like India where annually 18 billion napkins are used by women as mentioned on WIPO Green.

"Yet unfortunately, there were issues like harassment and lack of government support to introduce this to the market. So, I am afraid that I may have to drop the idea of starting up and hunting for a job like others."

This story should be ended differently and young inventors like Prithee are really a treasure to us. Governments and relevant authorities should cooperate with young people who are willing to find solutions for sustainable production and consumption that can minimize human impact on the climate crisis as on the other hand it leads to a sustainable society eventually.

Amali Ranavi Thanthrige has done her Bachelor in International Studies at the Hankuk University of Foreign Studies, Seoul -South Korea and she is currently a member of GYCC Youth Lab and the regional representative of South Asia.

READERS' CORNER

7 things that we can do on personal level to reduce climate impact:

7

By Samita Ghimire and Amali Ramavi Thanthrige

- ◆ Bring your own reusable cup or coffee mug to reduce plastic wastes (ප්ලාස්ටික් භාවිතය අවම කරන්න නැවත නැවත භාවිතා කරගැනී වතුර බෝතලයක්/කෝප්පයක් රැගෙන යන්න)
- ◆ Turn off lights in empty rooms, and save some energy as well as electric bills! (විදුලි බිල අවම කිරීමටත් ශක්තිය අපතේ යෑම වැළැක්වීමටත් කිසිවෙකුත් නොමැති කාමරවල ලයිට් නිවා දමන්න)
- ◆ Opt to walk, bike or use a greener transportation method (ගමනාන්තාගමනයේදී පොදු ප්‍රවාහනය, ඇවිදීම හෝ බයිසිකල් භාවිතයට හුදුවන්න)
- ◆ Plant something native on your birthday! And give back to nature by helping to save pol-linators like bees and butterflies (ඔබේ උපන්දිනයට ඔබේ රටට ආවේණික පැළයක් වගා කරන්න. පරිසරයට මෙන්ම මී මැස්සන්, සමනලයන් වැනි පරාගණයට උපකාරීවන කෘමි සතුන් ගැනත් සිතීමට ප්‍රයත්නවන්න)
- ◆ Cut food waste by using the leftovers. If you have a garden, you can turn food waste into fertilizer for your plants! (ආහාර අපතේ දැමීම අවමකර පරිසරයට එකතුවන කසල ප්‍රමාණය අඩු කරන්න. ඉවතලන ආහාර, කසල වේ නම් නිවසේදීම පොහොර බවට පත්කර ගැනීමට කටයුතු කරන්න)
- ◆ Don't be a vampire! Unplug your electrical devices to stop sucking up needless energy (අනවශ්‍ය ලෙස ශක්තිය වැයවීම අඩු කිරීමට භාවිතයට නොගන්නා විට විදුලි උපකරණ විදුලි සම්බන්ධතාවයෙන් ඉවත් කර තබන්න)
- ◆ Be a wise consumer. Help promote sustainable business by opting for eco friendly products on a daily basis (බුද්ධිමත් පාරිභෝගිකයකු වී පරිසර හිතකාමී භාණ්ඩ මිලදී ගනිමින් තිරසාර සංවර්ධනයට දායක වන ව්‍යාපාර ප්‍රවර්ධන කිරීමට කටයුතු කරන්න.)



A healthy dose of positivity

- Solar power in Europe has soared by almost 50 per cent in 2022, according to a new report from industry group Solar Power Europe.
- Belgium will impose new taxes on older, noisier planes as well as private jets and short haul flights As of 1 April 2023 to reduce noise and air pollution
- A huge carbon capture power station has won planning permission for the first time in the UK. The power station can capture up to 1.5 million tones of CO2 a year
- Renewable energy is on track to produce more energy than coal in the US this year. According to figures from the US Energy Information Administration (EIA), more than a fifth of all electricity by the end of 2022 will come from hydro-power, wind and solar. That is higher than coal at 20 per cent and nuclear at 19 per cent.
- Brazil's new president Luiz Inácio Lula da Silva has pledged to end deforestation in Amazon after beating right-wing incumbent Jair Bolsonaro in the country's election.
- China is planning the world's largest wind farm, a facility so huge it could power the whole of Norway.
- Researchers may have created a sustainable alternative to oil-proof plastic wrapping. The seaweed based biopolymer developed by researchers of Funder University in Australia is as recyclable as paper and could be used to wrap greasy burgers, fries, and nuggets.
- Decarbonization targets and the shift to renewable power have sped up in some EU countries as they look to reduce their reliance in response to Russia's invasion of Ukraine. Handful of EU nations are accelerating fossil fuel phase-outs, looking to reach 100 per cent clean power by the end

13 CLIMATE ACTION



දේශගුණික ක්‍රියාකාරකම්
කාලනිවේදකයාගේ දේශය

‘Every Small Actions Matter’

By Amali Ranavi Thanthrige

Learning about climate change and that it impacts human lives, biodiversity, and overall planet earth urged me to change my lifestyle to an eco-friendly one. Before I study in detail issues such as climate change, global warming, deforestation, I have heard about climate change and even was aware that human behaviors and greediness have negatively impacted the planet. Nevertheless, I did not think that we all are responsible for all the extreme weather conditions, wildfires, loss of biodiversity and so on until I learned more about this along with the Sustainable Development Goals.

Though it seems like we have nothing to do with the climate crisis, the fact is every citizen on this planet is responsible for it less or more with our patterns of consumptions and productions. Imagine how many clothes we buy for a year, or throw away foods, clear forests to make furniture, use plastics, etc. The consequences of these actions are not as small as we think and therefore it is necessary for everyone to understand what we can do to minimize the negative impacts of climate change and be involved in climate actions as much as possible.

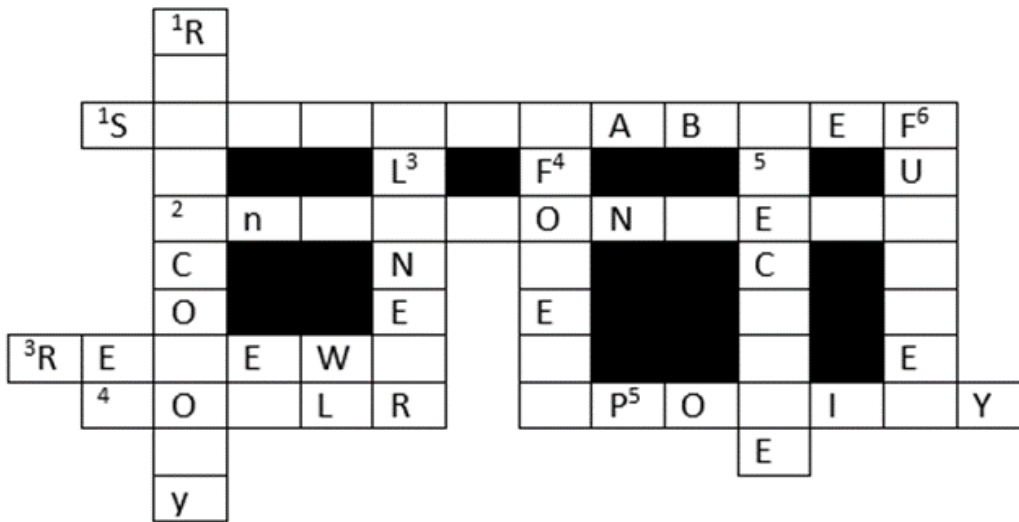
Instead of waiting for someone else to take climate action, as an individual I decided to change my lifestyle step by step to an environmentally friendly one. I started with reducing using plastic products and taking my tumbler with me wherever I go. Next thing I did was to reduce the time spent using the washing machine and recycling old clothes. I found that this is not only about saving energy and money but also interesting to learn new ways of turning your old clothes to a new one.



Lastly, I started growing plants using a small space I have in my garden and moved to a recycled bag from polythene bags when I go grocery shopping. Obviously, these actions seem quite small and almost seem like nothing. However, I believe that every small action matters and when I change then I am setting an example for people around me also to think about it. Since setting examples is always better than verbal advice, I realized that some of my family members and friends have already started to change their behaviors too. Furthermore, this also helps to promote awareness on climate change and why it is important to take climate action as citizens of planet earth. When everyone actively engages in climate actions by taking small actions that will make a great impact not only on community levels but also local and international levels.

Amali Ranavi Thanthrige has done her Bachelor in International Studies at the Hankuk University of Foreign Studies, Seoul -South Korea and she is currently a member of GYCC Youth Lab and the regional representative of South Asia.





1. Using a source in a way that does not permanently deplete or damage it.
2. The objects or conditions by which one is surrounded
3. Restore to its original freshness or perfection
4. A source of non- renewable energy
5. A high level plan embracing general goals and procedures

Down:

1. Repeated use
2. Efficient use of material resources
3. Involving a single direction
4. Dense growth of trees
5. To make ready for reuse
6. Existing or occurring at a later time

Disaster: An impact of climate change

The artwork is done by Nishu Acharya which was a part of an art competition done by Team NEPO Kathmandu. This art won the 1st prize in the program. Art competition was held as a part of an awareness event for the possible hazardous impact of climate change in our daily life.

"With increasing global temperature the likelihood of occurrence of natural disaster is almost certain to increase. This increase in temperature is definitely the result of the destruction that we humans are imposing on our surroundings. It is high time now that we realize its consequences and take crucial actions. One step at a time. Even a simple deed of planting a tree and protecting it can make a lasting difference in the environment and its future inhabitants. Lets care for and rightly treat our environment before it's completely irreversible.





Global Youth Climate Challenges

Global Youth for the Planet

Contact Us

gyccteam1@gmail.com

Follow Us

Instagram: [gycc-global](#)

www.gycc.org

Image: Pet Bottle Christmas Tree created by a youth group call 'Pearl Protectors', Sri Lanka