

PROJECT LOGBOOK FOR PARTICIPANTS

Creating a Next
Generation Participatory
Contest for Young People
to integrate Circularity in
School Curricula

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Innovazione

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STEP #1:

Circular economy in a nutshell

CHALLENGE YOURSELF; CHALLENGE YOUR CITY!

„We stand now where two roads diverge. [...], they are not equally fair. The road we have long been traveling is deceptively easy, a smooth superhighway on which we progress with great speed, but at its end lies disaster. The other fork of the road –the one less traveled by– offers our last, our only chance to reach a destination that assures the preservation of the earth.“

Rachel Carson, Silent Spring, 1962



Have you heard about 'urban circularity' ?

If you're interested in finding new ways to live sustainably and help our planet, then you'll love urban circularity! It's a cool new way of living sustainably in the city. Basically, in an urban circular system, we reuse the materials and resources of a city over and over again in different ways. We try not to waste anything, so there's very little that we throw away in our homes or cities. It might sound a bit idealistic, but think about how nature doesn't produce any waste at all. We –humans, can learn a lot from nature, even though we're the dominant species on the planet.

Highway or the other way?

„Back in the day, our ancestors lived in harmony with nature and learned how to survive by passing down knowledge from generation to generation. They only took what they needed to survive and move forward. But now, after many years, our population is growing super-fast, and we're taking up more space on the planet. We're living longer and expecting more from the world.“

As Rachel Carson, a marine biologist and environmentalist, once said, we need to change our direction and find new, sustainable lifestyles to keep our planet healthy.

Why do I participate?

The #CircularCityChallenge is an excellent opportunity for teenagers between the ages of 14 and 18 to have a say in critical decisions that will shape the future of their urban communities. This challenge empowers young people like you to contribute to making the world a better place by proposing innovative and sustainable solutions that support a circular way of living. We urge you to identify the root causes of issues arising from climate change and social inequality and suggest sustainable ways to solve them using circular thinking.

Ready to think circular?

Circular thinking is a fresh perspective that has found its way into cities all across Europe, including Amsterdam and Barcelona. By adopting this approach, communities can tackle pressing issues such as pollution, climate change, and ecosystem destruction caused by the mismanagement of resources like food, energy, and consumer goods. There are six key actions that represent the core of circular thinking, which can be used to make cities more sustainable, more livable, more inclusive, and more future-proof. These six actions are explained on the next page.





The six core actions for circularity:

LOOPING: This involves recycling, reusing, reducing waste, and repairing things instead of throwing them away. By adopting this approach, communities can reduce waste and conserve resources. You may know that communities can reduce waste and save resources by setting up recycling programs and encouraging residents to recycle materials such as paper, plastic, glass, and metal.

REGENERATION: This means creating green spaces, like rooftop gardens and urban farms, to help the environment and make cities healthier. By designing and implementing green spaces, communities can improve air quality, reduce noise pollution, and improve mental health.

ADAPTATION: This is about designing cities that are flexible and adaptable to changes without wasting resources. Through adaptable built infrastructures, the resource waste generated when demolishing and rebuilding infrastructure can be avoided.

LOCALIZATION: This means supporting local businesses and working together to create a more sustainable community. By supporting local businesses, communities can reduce their carbon footprint by avoiding transporting goods from faraway places.

SUBSTITUTION: This is about finding alternatives to things that harm the environment, such as using renewable energy instead of fossil fuels. By reducing the use of fossil fuels, communities can contribute to reducing greenhouse gas emissions and combating climate change.

SHARING: This involves sharing resources like cars and bikes to reduce waste and make life easier for everyone. By encouraging resource sharing, communities can reduce the waste generated by consumer goods.

Will you contribute to designing the road that assures the preservation of the earth?

Just keep in mind that designing a circular future is pretty complex and requires interconnected solutions. We have to think about how our choices and actions impact the entire world and work

together as communities to make a difference. It's all about taking the initiative and experimenting together to redesign our city systems for the benefit of everyone and create a better future!

**So, are you on board with us in experimenting
with urban circularity?**

Great! Then get started with **STEP #2!**



HOW TO USE THE LOGBOOK?

A logbook is a record-keeping tool that helps individuals keep track of their activities, events, or observations. It is commonly used in various fields, such as science, to document critical information. A logbook serves as evidence of the work done and is helpful in disputes, investigations, or audits. This logbook is specially designed to help you prepare for the #CircularCityChallenge submission. Utilizing the logbook lets you keep track of your ideas and receive structured step-by-step guidance towards the submission process for the **#CircularCityChallenge**.

As you can see from the image below, there are five sections in each step, which are marked with different colors on the left and right edges. Each step lies on two pages with those five sections.

Here's more information about each section:



1. First, check the reminders before starting the step to ensure you're well-prepared.
2. Then, you'll find instructions and questions to answer for the task. Discuss these with your teammates.
3. Need some inspiration? Scan the QR code in the bottom right for some inspiration and further information.
4. If you come up with some brilliant ideas during your team discussion, note them down in the blank space reserved for each step. If you need more space, there's extra at the end of the logbook.
5. Finally, check off the reminders to make sure you completed the step. If you did, congratulations! You finished one of the steps!

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STEP #X:
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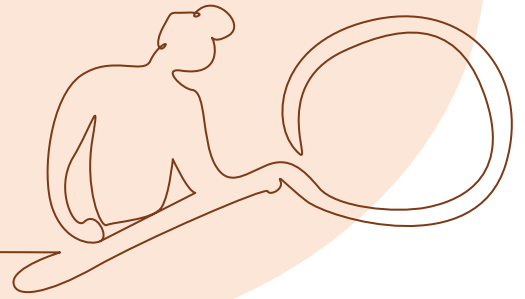
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3

NOTES/SKETCHES

STEP #2:

Identify your challenge



BEFORE STEP #2, PLEASE CHECK THE FOLLOWING:

- | | |
|---|---|
| <input type="checkbox"/> Formed a team. | <input type="checkbox"/> Got our markers, post-its and critical thinking ready! |
| <input type="checkbox"/> Found a name for our team. | |

WHEN YOU THINK OF YOUR EVERYDAY LIFE, YOUR CITY, YOUR NEIGHBORHOOD, OR YOUR SCHOOL:

- Where do you see an overuse of resources?
- Where do you encounter waste?
- Do you see harmful practices causing climate change issues?
- What bothers you the most?
- What would you like to change if you could?

Try to define your challenge in the form of a what-if question, like in the example below!

EXAMPLE: *We are bothered by the fact that we are served plastic-wrapped apples in the school canteen. Plastic packaging is used for some reason, yet unknown to us. We will delve into that topic later, but first, we ask, „What if the school canteen did not prefer buying plastic-wrapped apples?“ For starters, this would contribute to decreasing plastic pollution and much more...*

BEFORE STEP #3, PLEASE CHECK THE FOLLOWING:

- | | |
|--|--|
| <input type="checkbox"/> Responded to the questions above. | <input type="checkbox"/> Noted/sketched our ideas on this logbook. |
| <input type="checkbox"/> Identified the problem that bothers us most in our city, neighborhood, or school. | <input type="checkbox"/> Got further information and inspiration from the project website by scanning the QR code. |

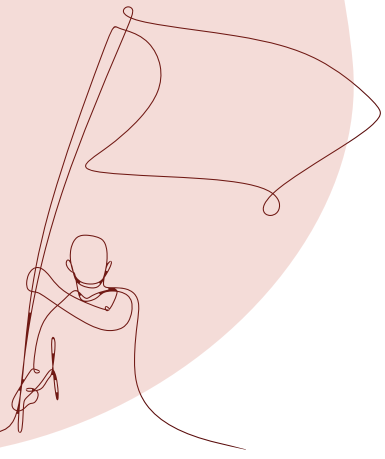
NOTES / SKETCHES

Overuse of energy is a common issue in several areas, primarily due to inefficient practices, outdated technology and rising consumer demand. We mostly found that overuse occurs in public infrastructure, such as : streetlights, public buildings and urban infrastructures that sometimes operate without adequate energy saving measures, leading to waste. Our city has inefficient systems for public transport or traffic signals. Overuse of energy in the areas mentioned directly affects climate change, primarily through the emission of greenhouse gasses, which trap heat in the earth's atmosphere. Manufacturing and industry is one of the biggest factors that affect climate change. Many factories such as nuclear ones depend on energy intensive processes fueled by coal, oil, or natural gas. These processes emit large amounts of CO₂ and methane. The more energy we use, the more they contribute to climate change. The thing that bothers us the most is the long term wide spread effects on our ecosystem, human health, and future generations. The disconnection between current energy practices and the urgent need for sustainable solutions can be troubling when considering environmental and social consequences of inaction. If we could change something we would reflect our idea as one of the few ideas that should be adapted to the society and we would want global collaboration for stronger international cooperation on climate change and support development in our country in adopting sustainable energy solutions.



FOR
INSPIRATION

STEP #3: Understand your power



BEFORE STEP #3, PLEASE CHECK THE FOLLOWING:

- ☐ Reflected on our experience in the previous step.
- ☐ Googled keywords such as „systems map,“ „stakeholder mapping,“ and „actor mapping.“

FIND YOUR IMPACT

To figure out where you can make a difference, think about the whole system related to your challenge. Let's try to map this system that will potentially look like the map at the bottom of the next page by asking questions like: Why does this waste exist? Who makes it?

- Write down every person or group involved in the system (teachers, local businesses, non-profits, decision-makers, students, citizens, yourselves). Think beyond the obvious players - you might be surprised. For example: social media influencers, local news reporters, informal neighbourhood groups, climate organisations, various city departments, etc.
- Explore further about defined actors' and groups' needs, values, challenges, and what they think could be changed.
- What are the goals, rules, and values of each person or group? Draw lines between them to see how they're connected.
- Who has the most influence on the process? Who can make a difference? Where is the energy in the system, and where are the problems?
- Where are you standing in this system, and where can you make the biggest impact? Circle that part of the system because this is where you make the impact.

BEFORE STEP #4, PLEASE CHECK THE FOLLOWING:

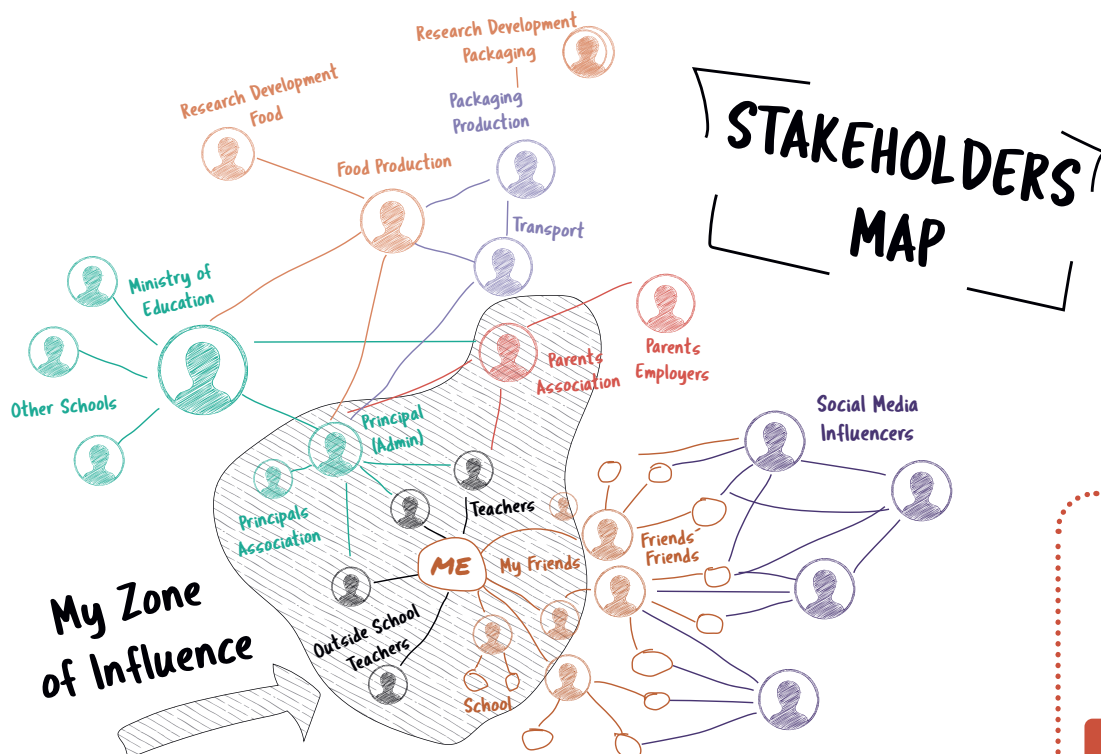
- | | |
|---|--|
| <input type="checkbox"/> Responded to the questions and tasks above. | <input type="checkbox"/> Identified our position of where we can make the biggest impact in our system map. |
| <input type="checkbox"/> Created our system mapping that includes related actors. | <input type="checkbox"/> Got further information and inspiration from the project website by scanning the QR code. |

NOTES / SKETCHES

The root of the problems originated from systematic issues, particularly the role of the state, implementing the idea that the system follows without actively seeking better, more environmentally friendly alternatives to everyday mass consumption and polluting activities. Our proposed solutions should gain attention as they are not only sustainable but also economically beneficial, with the potential to reduce pollution while increasing profitability. Pedestrians, as a citizen you play a crucial role in shaping public opinion by engaging in these initiatives through : sharing information, providing feedback, and offering financial support through donations- citizens can help create a demand of a greener and more sustainable solutions. As a citizen your needs are clean air, water , affordable and accessible energy and a sustainable environment for future generations. As values you deserve quality of life, health, social involvement and as challenges you face lack of awareness or education about sustainable practices and the difficulty of accessing eco- friendly alternatives (due to cost or availability). This could be changed through increased awareness with the help of education campaigns, better access to green alternatives and a stronger voice in influencing policy through groups (formal/informal) or local initiatives.

The government holds the most power, deciding whether to accept a project or scrap it, the future of our city and the future quality of life, in their hands sits the decision whether we move on with more innovative ideas to make our lives easier or just keep doing it the same old fashioned way, using outdated technology and not progressing socially.

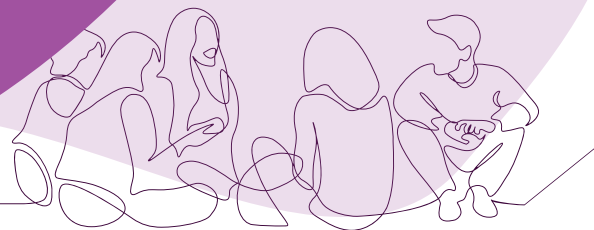
Our role in this system can be described as facilitators of information, education and advocacy. We can provide accessible information on energy efficiency, renewable energy sources, we can also help raise awareness about environmental issues, energy conservation techniques and the importance of aesthetically and sustainable everyday practices, and also support for decision making by offering insights into the benefits and drawbacks of various energy options, we can aid individuals and organizations we are making informed choices and suggestions.



FOR
INSPIRATION

STEP #4:

Envision circular futures



BEFORE STEP #4, PLEASE CHECK THE FOLLOWING:

- | | |
|---|--|
| <input type="checkbox"/> Reflected on our experience in the previous step. | <input type="checkbox"/> Got our pluralistic thinking and networking skills ready! |
| <input type="checkbox"/> Had a short discussion about what networking skills are. | |

FIND A BETTER WAY! REWRITE THE RULES! RESHAPE YOUR SYSTEM!

In your area of impact, imagine if this new system would eliminate waste, circulate products and materials, and regenerate nature. Pick one idea that has potential societal, environmental, and/or economic impact that is easy to implement or that you are passionate about.

- Where is the change possible, and how?
- Who can help you with your new system?
- Who are the right people to bring to the table to realize the desired change?
- Is there someone who would need to be involved?
- Where are the needed relationships to be built?

Connect with key people, your neighbour, school headmaster, local municipality, local entrepreneur, your teachers, decision-makers, activists, architects, ... whoever you identify as helpful or relevant.

Talk to at least one person/group involved in the system. Create an open discussion with the key people you defined, explain your circular vision, and ask for their feedback.

BEFORE STEP #5, PLEASE CHECK THE FOLLOWING:

- | | |
|---|--|
| <input type="checkbox"/> Responded to the questions and tasks above. | <input type="checkbox"/> Contacted/Asked for feedback from key people. |
| <input type="checkbox"/> Defined key people in our impact area that could help us reshape the system. | <input type="checkbox"/> Got further information and inspiration from the project website by scanning the QR code. |

NOTES / SKETCHES

The root of the problems originated from systematic issues, particularly the role of the state, implementing the idea that the system follows without actively seeking better, more environmentally friendly alternatives to everyday mass consumption and polluting activities.

Our proposed solutions should gain attention as they are not only sustainable but also economically beneficial, with the potential to reduce pollution while increasing profitability.

Pedestrians, as a citizen you play a crucial role in shaping public opinion by engaging in these initiatives through : sharing information, providing feedback, and offering financial support through donations- citizens can help create a demand of a greener and more sustainable solutions. As a citizen your needs are clean air, water , affordable and accessible energy and a sustainable environment for future generations. As values you deserve quality of life, health, social involvement and as challenges you face lack of awareness or education about sustainable practices and the difficulty of accessing eco- friendly alternatives (due to cost or availability).

This could be changed through increased awareness with the help of education campaigns, better access to green alternatives and a stronger voice in influencing policy through groups (formal/informal) or local initiatives.

The government holds the most power, deciding whether to accept a project or scrap it, the future of our city and the future quality of life, in their hands sits the decision whether we move on with more innovative ideas to make our lives easier or just keep doing it the same old fashioned way, using outdated technology and not progressing socially.

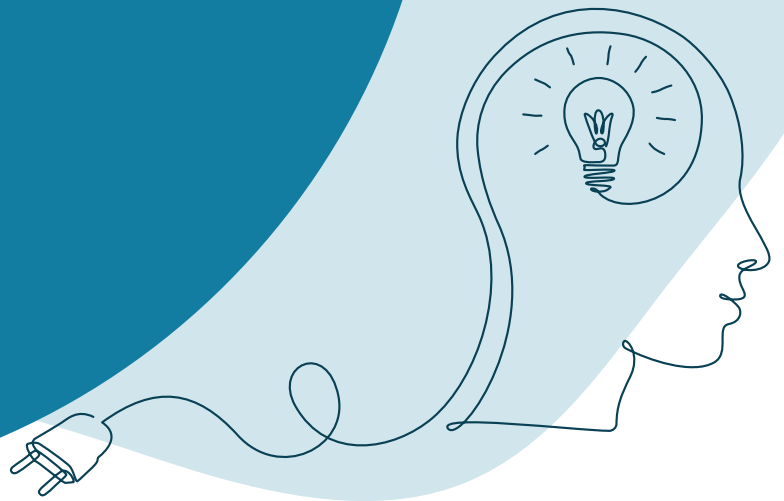
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FOR
INSPIRATION

STEP #5:

Develop your initiative



BEFORE STEP #5, PLEASE CHECK THE FOLLOWING:

- ☐ Reflected on our experience in the previous step.
- ☐ Got our digital tools and creative thinking ready!
- ☐ Had a short discussion about our presentation skills; PowerPoint? Video? Reporting? Poster? Coding?

DESIGN AND TEST YOUR CIRCULAR IDEA!

You can do:

- **An Action (real-world project):** For instance, build a prototype, perform a campaign, program app, change a product cycle, conduct an event and many more possibilities.
- or
- **A Plan (proposal for action):** For instance, design a product, sketch an alternative production process, plan a political measure, formulate a law, and many more options.

Reflect on the outcome:

- Did you use the circular action(s) introduced in the introduction?
- How would the different parts of the system respond to this change?
- What would the impact be like?
- What needs to happen for your solution to create as much positive impact as possible?

BEFORE STEP #6, PLEASE CHECK THE FOLLOWING:

- ☐ Responded to the questions and tasks above.
- ☐ Got further information and inspiration from the project website by scanning the QR code.
- ☐ Reflected on our circular idea and presentation of it.

NOTES / SKETCHES

We want to believe that all of the parts of the system will respond positively to the idea, the main issue is adapting to the change and making sure that everyone is happy with the idea. The only thing we're aiming for is making the life of our citizens better, easier, healthier and overall just more eco-friendly with every small change, reducing all of the polluting substances in the air and going for a very intelligent way of producing energy. We decided that actually comparing our idea to real-life actual prototypes would be better and easier to fund/ sustain/ support. In order for everything to go as planned and for no errors to occur we need the best materials, the best support, and most importantly the acceptance and adaptation of the population and consumers.



**FOR
INSPIRATION**

STEP #6:

Share your idea

BEFORE STEP #6, PLEASE CHECK THE FOLLOWING:

- ☐ Reflected on our experience in the previous step.
- ☐ Checked the assessment criteria given on the next page.

TELL US YOUR STORY & SUBMIT IT!

Two files are required to submit the “intervention” on the online platform:

FILE 1: Explanation of the “**intervention**” and reflection on its possible future impact. Tell a story about how the idea shifted the system toward making cities more sustainable, more liveable, more inclusive, and more future-proof. Format: A video, presentation (pdf/pptx), comic, text document or similar.

FILE 2: A **journal** of the process and experiences when developing the “intervention”. Tell us how did you identify the problem, who did you contact, whom did you ask for help, what did you learn personally or as a group about circularity, collaboration, and the needs of other people involved in circularity issues. For this purpose, you can use the logbook or create video, photo, text journal, or similar.

Through these submission formats we would like to understand your idea and its potential benefits as well as to learn from your team experience. We don’t expect professional videos or sophisticated texts but are interested in your ideas!

Feel free to experiment – the creativity and possible impact of your idea is more important to us than the professionalism of the submission

BEFORE CLICKING THE SUBMIT BUTTON, PLEASE CHECK THE FOLLOWING:

- ☐ Checked that we have responded to the assessment criteria.
- ☐ Checked that we entered the correct information requested by the submission webpage.
- ☐ Uploaded our final product on the submission webpage.

Assessment criteria

- 1. UNDERSTANDING URBAN CIRCULARITY.** How well does the team display a basic understanding of circularity and the circular economy within complex urban systems of production and consumption?
- 2. UNDERSTANDING INTER-CONNECTIVITY.** How well does the team understand of general landscape (key actors, organizations, initiatives), determine who needs to be involved, map the relationships, roles and information flows in the system, identify opportunities to build new relationships, and explore other parts of the system?
- 3. SEEING OPPORTUNITIES FOR CIRCULARITY.** How well does the team represent the problem in their environment and to address this problem, establish objectives through cooperation, and find ways to achieve those objectives via circular actions?
- 4. CONVINCING THE JURY ABOUT THEIR ANALYSIS AND PROPOSAL.** How well does the team present their overall analysis, which includes the problem, actors, cooperation, and their final proposal for the problem they defined?








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Duration

05/2022 to 10/2024

Programme

Urban Europe

Reference

101003758

Coordinator

SYNYO GmbH




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