

# MAKE A

# DIFFERENCE



30

**Ideas young people can use during  
residential events and meetings, camping trips,  
international exchanges and other visits**



THE  
LUTHERAN  
WORLD  
FEDERATION



✠ aej



# Wake a difference

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Federal Ministry for  
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Women and Youth

**Brot  
für die Welt**

Bread for the World –  
Protestant  
Development Service

## MAKE A DIFFERENCE

What kind of future do we want? Could a fair world become a reality one day? How can we enjoy a good standard of living without destroying the environment?

We prefer to side-step these questions, but they keep on coming up. There are lots of answers, but they're not always simple. It's confusing and we often lack the courage to find solutions.

This booklet aims to help you find your own answers. It can help you to view everyday life from a different perspective and learn how to shape your own future – and our planet's future – wherever you are, no matter how modest your resources. The ideas in this booklet will inspire you to try and live a life based on curiosity, mindfulness and pleasure – a life full of the joy that comes from sharing the Earth's riches with others.

If you approach these ideas with an open mind, you'll discover a host of opportunities and skills you didn't know you had. Curiosity will let you see your life and the world in a different light and increase your reach. Mindfulness will light up the night sky and motivate you to support environmental campaigns and rally against injustice. You'll dare to ask uncomfortable questions and pay attention where others turn a blind eye. Not everyone will like it. But you'll quickly realise that you're not alone. There are lots of others like you, who replace fearfulness, lethargy and laziness with action because they believe it's possible to change the world.

This booklet is full of ways to do just that. Almost all of the activities can be done alone, but it's more fun if you work with a partner or in a group. You can read the booklet from cover to cover first, or you can jump in, pick an idea and get started. Choose ideas that really resonate with you. You won't need much special equipment. For most activities, a pencil and paper is enough. A small notebook is useful, too. Write 'Make a difference' on the cover and use it to record your experiences and observations. The booklet also provides further suggestions for some of the activities: ways to adapt the ideas, films worth watching and sources of information. Some of the topics are linked, so some ideas point you towards others in the booklet.

If there's a topic you're particularly interested in, you can find even more tips and links on our website: [www.evangelisches-infoportal.de/ideas](http://www.evangelisches-infoportal.de/ideas).

**NOW YOU CAN START.**

**HAVE FUN WITH THESE 30 IDEAS.**

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# WHERE ARE YOU GOING? HOW WILL YOU GET THERE?

### THESE QUESTIONS CAN MEAN A LOT OF DIFFERENT THINGS:

Where are you travelling to?  
Why are you walking away from me?  
What do you want to do with your life?  
What means of transport are you going to use?  
Will you walk, cycle, drive, take a bus, take a train or fly?  
How will you achieve your goals?  
What do you intend to do?

Two questions – lots of meanings.  
They can be linked to other questions about travel,  
movement and time:

Does taking a break mean you'll fall behind?

Do you always have to be punctual?

When is it good to be slow?

Is it realistic to be constantly on the move?

Can delays sometimes be positive?

Is high speed the solution for everything?

Ask yourself these questions when you're going somewhere – school, a residential trip, a camping trip, sports practice, swimming...

Be **mindful** when you're on the move.

Tom gave us  
the following answers:

**I'm going to work. It's:**

**120 minutes on foot**

**40 minutes by bike**

**15 minutes by car**

**70 minutes by train...**

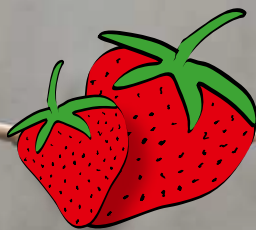
**What would you choose?**

**Related ideas: 20 and 29**



# LIVING SEASONABLY

**STRAWBERRIES ALL YEAR ROUND? JUICY APPLES WHENEVER YOU WANT, EVEN IN THE NORTHERN HEMISPHERE? YES, THAT'S THE NORM IN LOTS OF SUPERMARKETS.**



Thanks to industrial food production, refrigerated warehouses and global commerce, you can get fruit and vegetables almost any time of the year, even if they're not in season where you live.

But would you rather have tomatoes all year round that are shipped in from thousands of miles away and are tasteless, or ripe, fragrant tomatoes from your garden or the market? Get hold of a seasonal produce calendar.

Make a list of your favourite fruits and vegetables and note down when they're in season where you live. Then think about when you can eat what.



Thanks to the global marketplace, we can get hold of almost anything – not just food – any time, day or night (as long as we can afford it). Have you ever thought about the meaning of the expression **'the emptiness of availability'**?

Everything has its season – people knew that even in Biblical times. Back then they didn't have to make a conscious effort to eat foods that were in season. But it's still worth thinking about the meaning of the old saying 'For everything there is a season'. Read the text in the Old Testament (Ecclesiastes, 3:1-14). It's attributed to wise King Solomon. Then think about time – about how Solomon's words apply to us today, to our way of thinking and living. And consider how you can 'live seasonably'.



SEASONAL CALENDARS ARE DIFFERENT IN EACH REGION. FIND ONE BY CONTACTING AN ENVIRONMENTAL ORGANISATION IN YOUR COUNTRY.

READ AND DISCUSS THE FAIRY TALE *TWELVE MONTHS* FROM THE PERSPECTIVE OF SEASONALITY.

(LINK: [WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS](http://WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS))



## ART FROM WASTE

**EVERY DAY WE THROW AWAY HUGE AMOUNTS OF PLASTIC BOTTLES, BAGS, CONTAINERS AND OTHER PLASTIC PACKAGING.**



Why not make something out of it? Discover your creative side and find out what the 'plastic arts' are all about – make your own masterpieces out of rubbish!

There are two ways to get started. You can either collect the materials first, then think about what you want to make. Or decide on an idea you'd like to express through art, then collect the materials you'll need. It doesn't have to just be plastic. Use whatever you can find: paper, wire, metal, fabric...

When it comes to the creative process, let your imagination run wild. Draw inspiration from things you see or hear or from exhibitions you visit.

The Internet is also full of ideas.

Then, put your art on display. Organise an exhibition opening and talk to your guests about your creations.



The theme of your art could be the rubbish problem, of course. But it doesn't have to be. You could use your exhibition to raise awareness about all different kinds of issues. Or maybe you just want to show how creative you can be.

## TIP

YOU COULD ALSO GIVE AWAY YOUR WORKS OF ART AS GIFTS, USE THEM TO DECORATE YOUR GROUP'S ROOM OR AUCTION THEM AND DONATE THE MONEY TO CHARITY.

RECOMMENDATION:

WATCH *PLASTIC PLANET*,  
A FILM BY WERNER BOOTE.





## CHANGE YOUR PERSPECTIVE



### FAST FOOD IS FROWNED UPON BUT CAN BE HARD TO RESIST. DO YOU AGREE?

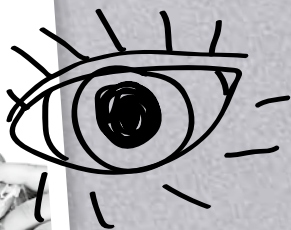
Here's a suggestion: go to a fast-food chain and eat as much as you want. Yes, really! But do it as an experiment.

Imagine you're a visitor from outer space and this is your first-ever trip to a burger bar. Look at everything from this new perspective.

Make notes on what you observe: what do you notice about the décor? What does the place smell like? What kind of people can you see? What are they wearing? How do you think the workers and the customers feel? What does the food taste like?

You can add other questions. Just note down everything you observe – don't leave out any details.





GET HOLD OF THE FILM

*SUPER SIZE ME*

BY MORGAN SPURLOCK.

BUT DON'T WATCH IT

UNTIL YOU'VE FINISHED

ALL OF THESE TASKS!

After you've written your observations in your notebook, discuss them with each other. Search for more information about fast-food chains. You could split into smaller groups and compare different restaurants.

When you've made your conclusions, split into two groups and prepare one statement per group. One should be in support of fast food and the other should explain why we should stop eating it.

Source:

THE IDEA FOR THIS ACTIVITY  
CAME FROM A LESSON PLAN  
BY DIETMAR LARCHER  
(see p. 71).

## A WASTE OF ENERGY

### 'NUCLEAR POWER? BUT OUR ELECTRICITY COMES OUT OF THE SOCKET!'

Yes, that's a bad joke. But it's an important issue: where does electricity actually come from? How much do we need? How can we save electricity?

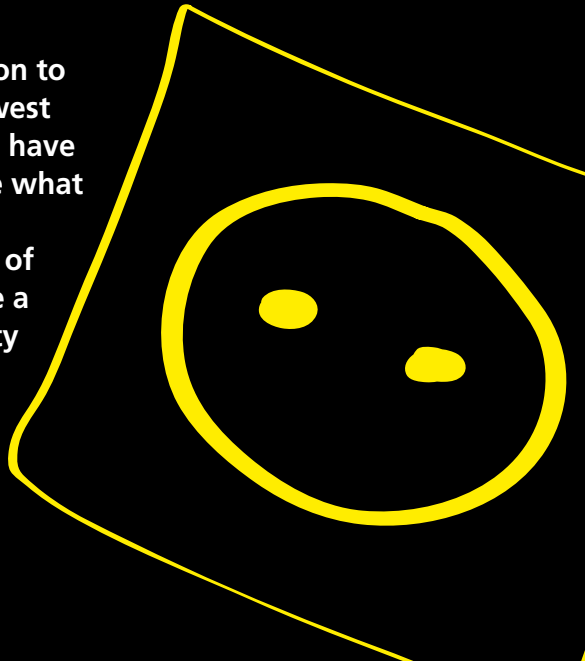
Start with a list. Write down all the electronic devices you use daily. Smartphone, computer, hairdryer, microwave... list them all. You'll be amazed how many there are.

Then colour-code them like this:

- **Devices** that are absolutely essential – **red**.
- **Devices** for which there's a non-electronic alternative (e.g. a washing line instead of a tumble dryer) – **blue**.
- **Devices** you could easily stop using – **green**.

Compare your lists. What's realistic? What's utopian? Do the others have any suggestions you might consider?

You could even have a competition to see who can survive with the fewest electronic gadgets. But you don't have to. The important thing is to take what you discover and apply it to your everyday life, look for new ways of saving electricity and maybe take a closer look at where the electricity in your home really comes from.



# TIP

HOW TO REDUCE ENERGY CONSUMPTION:

REPLACE AN OLD LIGHT BULB WITH AN ENERGY-  
SAVING BULB. OVER ITS LIFETIME, YOU'LL SAVE  
60 KG OF CARBON DIOXIDE PER YEAR.

HAVE A DISCUSSION WITH YOUR FAMILY ABOUT  
INSTALLING A SOLAR WATER HEATER.

UNPLUG YOUR MOBILE PHONE CHARGER: IT USES  
ELECTRICITY EVEN WHEN IT'S NOT CHARGING.

ONLY RUN YOUR WASHING MACHINE WHEN YOU  
HAVE A FULL LOAD.



# THE POWER OF POETRY

**IMPORTANT IDEAS NEED POWERFUL LANGUAGE. ISSUES THAT ARE OF GREAT CONCERN TO PEOPLE MUST BE EXPRESSED CLEARLY. A POETRY SLAM IS A GREAT WAY TO DO THIS.**

Organise your own slam so that the issues that matter to you can really take centre stage. Anyone can take part as long as they have something to say and the confidence to present it in an engaging way as a poem, text or rap. Choose a topic – or even several topics. It could be anything you feel strongly about or anything you think needs to be said. You could get some ideas from the topics in this booklet.

Everyone who wants to compete in the slam then writes their text and practises performing it. A poetry slam isn't like a traditional literary reading with a desk and a glass of water. A slam is all about performance. Anything goes, from speaking to shouting to whispering. Rhythmic speaking is always interesting to listen to. Make sure you learn your texts off by heart!

If you're not performing you can set up the room and the stage. You could even invite other guests and provide some snacks and drinks. Be as creative as you like.





When everything is ready, the slam can begin. The order of the participants is drawn at random. They perform their texts and at the end the audience chooses a winner.

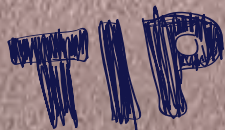
Give it a try! You'll be surprised how much you have to say and at your untapped talent. You can highlight the issues you care about, express things that used to leave you speechless – and people will listen.

MAKE IT A REGULAR EVENT. THINK UP A CATCHY NAME FOR IT, LIKE 'WORD SLAM' OR 'POETRY CHALLENGE'. YOU COULD EVEN HAVE A SERIES OF DIFFERENT TOPICS AND FIND A VENUE FOR IT, SUCH AS A CAFÉ THAT HOLDS LITERARY EVENTS.

**TIP**

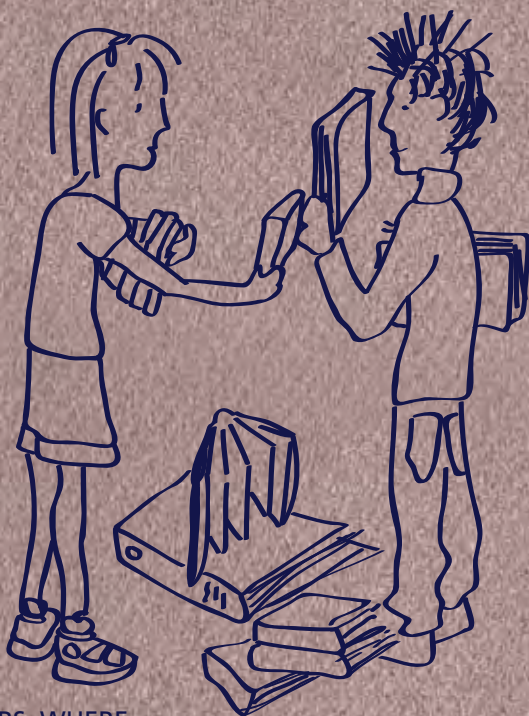
## THE BOOK BOX

IS YOUR BOOKCASE FULL? OR YOU DON'T KNOW WHO'D WANT YOUR OLD BOOKS? DON'T LIKE THE IDEA OF RECYCLING THEM?



ASK YOUR LOCAL LIBRARY TO HELP YOU COME UP WITH GUIDELINES FOR USERS. BUILD THE BOOKCASE YOURSELVES, E.G. FROM OLD CRATES.

ORGANISE A BOOK CLUB FOR USERS, WHERE EVERYONE TALKS ABOUT THEIR FAVOURITE BOOKS.





Why not set up a public book box? The idea: anyone can borrow or exchange books. It's based on honesty and there are no strict rules.

Find a bookcase – or build one yourselves – and set it up somewhere where a lot of people can access it regularly. It doesn't have to be outside in the street – you'd need a permit and a weatherproof bookcase for that anyway. There's probably a suitable place at your youth club or parish hall.

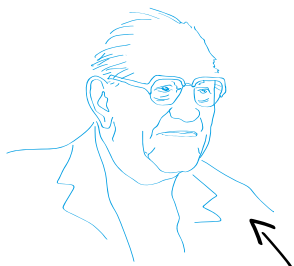
Set up the bookcase and pin up some guidelines for users – make sure they're easy to see. It's best to make it a lending library and swap shop. That means people can borrow books and return them when they've read them, or they can take a book for good and leave another one in its place.

You don't need any 'staff' – that's the whole point. But you do need to check the book box regularly. Are the books organised by topic? What kind of books are people leaving? Is there something for everyone? You don't want it to be used as a dumping ground for really old or tattered books that nobody will read! That's why it's useful to have a 'one in, one out' rule.

The book box should always be nicely full. If it ends up overflowing or empty, you'll have to come up with a solution.



## WHAT WOULD JESUS SAY?



**THE GERMAN PEACE ACTIVIST MARTIN NIEMÖLLER WAS KNOWN FOR THIS QUESTION.**

**HE ASKED IT WHENEVER HE DID ANYTHING.**



**WHEN YOU EMBARK ON YOUR BIBLE-READING ADVENTURE, REMEMBER: NOWHERE IN THE BIBLE DOES IT SAY 'THOU SHALT NOT THINK'!**

You can do the same, but you'll have to read the Bible. This is how you can turn Bible-reading into an exciting voyage of discovery:

read the parable of the rich young man. It's in Matthew 19:16-22.

Jesus said, "Let the rich come to me, and do not be able to enter the kingdom of heaven. For the kingdom of heaven is like a narrow door. Many will try to enter, but only a few will be able to. I tell you, if you have riches, it will be a great hindrance to you. It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." They were amazed and said, "Then who can be saved?" Jesus replied, "What is impossible for men is possible for God."

**The Rich Young Man**

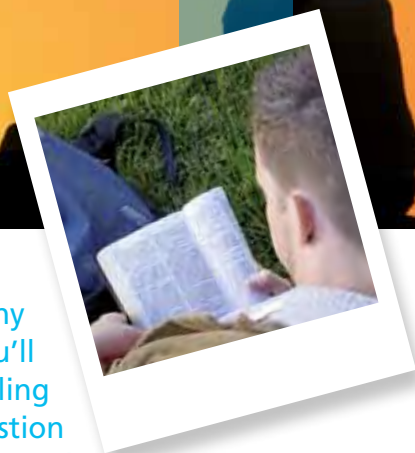
Now a man came up to Jesus and asked, "Teacher, what good deed must I do to inherit eternal life?" Jesus replied, "Why do you ask me? I am only a man. What is good? No one can be good except God alone. You know the commandments: 'Do not murder, do not commit adultery, do not steal, do not give false testimony, honor your father and mother—that is the first commandment with a promise.' 'You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first and greatest commandment. And the second is like it: 'You shall love your neighbor as yourself.' If you do these things, you will remain in my love, and I will remain in yours, and you will have eternal life. If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me. If you do not hate your father and mother, who are in the flesh, and cannot hate even your own life, you cannot be my disciple. Whoever does not take up his cross and follow me cannot be my disciple. Whoever loses his life for me and the gospel will save it. Whoever loves his life will lose it, and whoever hates his life in the present will keep it for eternal life. Whoever serves me must follow me, and where I go, there will my servant also go. My Father will honor the one who serves me. If anyone would be a disciple, he must deny himself, take up his cross, and follow me. For whoever would save his life will lose it, and whoever loses his life for me and the gospel will save it. For the Son of Man will be betrayed and killed, but after three days he will rise again. And you must be ready to follow me. If anyone would be a disciple, he must deny himself, take up his cross, and follow me. For whoever would save his life will lose it, and whoever loses his life for me and the gospel will save it. For the Son of Man will be betrayed and killed, but after three days he will rise again. And you must be ready to follow me."

First read the story out loud. Then everyone reads the story again, to themselves. After that, each person takes a sheet of paper and writes a sentence or word in the middle that they remember from the story – maybe they don't understand it, or they associate it with something important or there's something about it that they don't agree with. Everyone else will then write the first thing this word or sentence makes them think of: the first idea or image it conjures up.

When everyone is ready, one person begins by saying what word or phrase they chose and what they associate with it. The others follow. You'll agree on some things and disagree on others. Sometimes you'll think, 'I never would have considered that'. Or you'll agree completely because you feel the same. Sometimes you'll think, 'I'm surprised I didn't see that too'. It's important not to judge the others' thoughts.

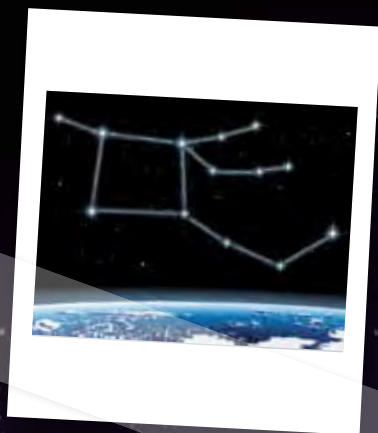


If you're confused about something, ask. Tell people what you've discovered and why it's important, and before you know it, you'll all be discussing the Bible and what it's telling you. Maybe you'll find an answer to a question that's been bothering you for a long time – and discover what Jesus would say.



## STARGAZING

**USE A CLEAR  
NIGHT TO GO  
STARGAZING.**



Find a suitable place far from brightly lit urban areas, lie on the grass and look up at the sky in silence. You might even recognise one or two constellations. Enjoy the stillness and see how the twinkling stars affect your mood. Look, discover and be amazed.

Don't use torches to get there or back unless you have to. You'll notice that your eyes get used to the darkness very quickly.



# TIP

THIS IS A GOOD ACTIVITY TO DO WITH A PARTNER GROUP FROM ANOTHER COUNTRY. LOOK AT THE NIGHT SKY TOGETHER, IN YOUR COUNTRY AND IN THEIRS. NOTICE HOW THE CONSTELLATIONS CHANGE THE FURTHER NORTH OR SOUTH YOU TRAVEL.

RESEARCH AND DISCUSS THE PROBLEM OF LIGHT POLLUTION. THE NIGHT SKY GIVES US SOME IDEA OF THE ENORMITY OF THE UNIVERSE. THIS IS A GREAT TOPIC FOR DISCUSSION AFTER YOU'VE FINISHED STARGAZING.

It isn't easy to find a suitable place for stargazing. Cities illuminate the night sky to such an extent that even in the surrounding countryside it can be difficult to see the stars. In densely populated regions of the North there are hardly any places left where the Milky Way is visible. But try anyway.

Stars are mankind's oldest signposts. We can use them to find our way home without a satnav. You won't learn the complicated art of navigation in one evening, but start observing the stars anyway. You'll be in good company. Abraham tried to count the stars, and it was a star that showed the wise men from the East the way to Bethlehem.

# FOOD FOR THOUGHT

**MAKE A MEAL PLAN FOR TWO DAYS. CHECK WHAT YOUR FOOD BUDGET IS FOR EACH DAY. GO SHOPPING.**

**On the first day,** buy what you usually buy.

**On the second day,** ensure that as much of what you buy as possible is local, organic and in season (if you didn't already do so the day before).

Fruit is in season when it's ripe in your region. Most fruit isn't ripe all year round. Imported food should be Fairtrade.

- ✗ Stick to your budget.
- ✗ You might have to change your meal plan or improvise.
- ✗ Write down your observations (it's better if you do this individually).
- ✗ Make a price-comparison chart.
- ✗ Talk about what you've found out so far.
- ✗ Then make a meal plan for the remaining days.





**And remember:** food is not just about nutrition and political correctness. Cooking should be fun and your meals should taste good.



THE FILM *WE FEED THE WORLD*  
BY ERWIN WAGENHOFER IS A MUST-SEE!





## MEDIA COMPETENCE

**BEFORE YOU GO TO VISIT A PARTNER GROUP ABROAD, YOU'LL WANT TO FIND OUT ABOUT THEIR COUNTRY.**



**HERE'S A SUGGESTION:** for a certain period of time, collect all the media reports you can, from newspapers, television, radio and the Internet. Look at how your country's media portray your partner country. Ask your friends in the partner country to collect reports and information about your country.

When you meet, share your findings with each other. Do you agree with what the foreign media say about your country? What do the media in your country say about your partner country? What do your friends from the partner country think? What images and opinions do the media convey? What's accurate and what isn't?

Write down your conclusions. Do you think this will affect the way you view the media in future?



THIS IS JUST ONE EXAMPLE  
OF HOW YOU CAN DEVELOP  
MEDIA COMPETENCE. WHAT  
OTHER ASPECTS ARE THERE?  
HOW CAN YOU USE THE  
MEDIA IN AN INTELLIGENT  
AND RESPONSIBLE WAY?



## COMPETENCE:

THE WORD  
'COMPETENCE'  
COMES FROM  
LATIN AND REFERS  
TO THE ABILITIES  
AND SKILLS WE  
HAVE FOR DEALING  
WITH SPECIFIC  
TASKS AND  
PROBLEMS.

## BEING KIND

HAVE YOU EVER NOTICED HOW BADLY PEOPLE TREAT OTHERS IN PUBLIC? IN GERMANY YOU SEE IT ALL THE TIME:

The bus stops, the doors open and people start pushing their way on.

Other passengers can't get off.

People put their bags on the seat next to them then sit hunched over their smartphones, ignoring everyone else.

At the bank or post office people shout at the staff.

At supermarkets people are always trying to queue-jump.

Go out onto the street and almost every pedestrian is lost in their own thoughts, their gaze turned downwards and a frown on their face. This sounds like something your grandmother might say, but it's true! Try to spread some happiness:

be nice to everyone, even strangers.

Hold the door open. Help that old man on the mobility scooter to get off the train.

If someone lets you past, thank them.

If someone drops something, pick it up.

And try not to get annoyed if they don't thank you.



Every day you'll see countless opportunities for kindness. It's quick, easy and makes life more pleasant and relaxed for everyone.



THE GERMAN POET  
BERTOLT BRECHT  
WROTE A GREAT  
POEM CALLED  
*VERGNÜGUNGEN*  
(ENGLISH: *PLEASURES*).  
IT'S A LONG LIST OF  
SIMPLE THINGS THAT  
CAN MAKE US HAPPY.  
THE LAST ITEM ON  
THE LIST IS 'BEING KIND'.  
GIVE IT A GO!

# AS GOOD AS NEW

**IF ONE OF YOUR POSSESSIONS BREAKS, WHAT DO YOU DO? RUSH OUT AND BUY A NEW ONE? THAT'S NOT ALWAYS THE ANSWER.**

Sometimes it's better to slow down and think about whether it can be repaired.

A great way to fix broken items is to open a 'repair shop'.

You'll need to find experts such as electricians, bike mechanics, carpenters or tailors to help you for a day. They'll have the necessary tools and expertise. You can plan the repair shop with them. Find a suitable place, e.g. a workshop or a room in the parish community centre with enough space. Choose a date then advertise it. Invite people who want to have items fixed or learn how to fix items themselves: furniture with missing legs, broken umbrellas, jumpers with holes in them, folding chairs that won't fold... the possibilities are endless.

While some of you are working with the experts, others can look after the waiting 'customers': serve them drinks and chat to them. Topics of conversation could include why it makes sense to repair items instead of



**Important!  
Electronic  
items  
should  
only be  
repaired  
by an  
expert.**

# TIP

IN RECENT YEARS  
A 'REPAIR CAFÉ'  
NETWORK HAS BEEN  
SET UP TO HELP PEOPLE  
ORGANISE THEIR OWN  
REPAIR SHOPS. YOU  
CAN FIND MORE TIPS  
ON THE WEBSITE:  
[HTTP://REPAIRCAFE.ORG/](http://REPAIRCAFE.ORG/).  
IS THERE A REPAIR CAFÉ  
NEAR YOU? IF THERE IS,  
YOU COULD JOIN THE  
NETWORK, BUT THEN  
YOU'D HAVE TO CALL  
YOUR REPAIR SHOP  
A 'REPAIR CAFÉ'.

buying new ones, or why so many  
everyday items seem to break just  
after the guarantee is up. Or why  
repairs can cost more than a new  
item. Or why we no longer know  
how to fix things.



Take it in turns to carry out repairs  
and deal with customers. But make  
sure you learn as much as possible  
from the experts so that you can  
use these skills yourselves. If the  
repair shop is a success, you could  
hold it regularly. You'll find that  
many things can be made as good  
as new.



# **GIVE OLD ITEMS A NEW LEASE OF LIFE**

**WE'VE ALL HEARD OF RECYCLING.  
BUT DO YOU KNOW WHAT 'UPCYCLING' IS?**

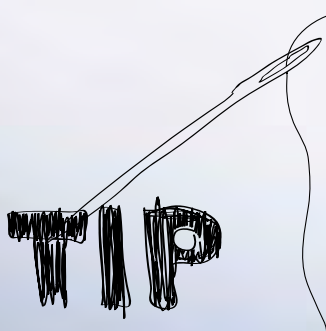
It's using old materials you already have to create beautiful, useful items, so it's one of the best ways to avoid waste. Unlike with recycling, upcycling maintains the quality of the materials. And no energy is wasted, since upcycling is done by hand. That's good for your wallet and the environment.

One example is making bags from old canvas tents. Canvas is very durable. Even if it can't be used for tents anymore, there are lots of other things you can do with it. You don't have to make bags. What about mobile phone cases, pencil cases or dustjackets for books? You could also make flower pots from old hiking boots or drums from tins.

These are just a few examples of upcycling – the possibilities are endless. See what other materials you can find. What can you make from them?

You might even be able to batch-produce items. Then you'd have great items to use for presents, or you could organise a bazaar and sell them. They would probably sell really well. You could use the money to pay for your next trip or donate it to charity.





YOU CAN FIND COUNTLESS IDEAS ONLINE.

THE BEST SITE WE'VE FOUND IS

[WWW.WEUPCYCLE.COM/EN/](http://WWW.WEUPCYCLE.COM/EN/).

HAVE A LOOK AND FIND SOME INSPIRATION.

ON OUR WEBSITE YOU CAN LEARN HOW

TO MAKE A FANTASTIC BAG OUT OF OLD

COFFEE PACKETS:

[WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS](http://WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS).



## DISCOVER A PSALM

MAKE CARDS PRINTED WITH THE FOLLOWING  
EXCERPT FROM PSALM 1:

'Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers;

but their delight is in the law of the Lord, and on his law they meditate day and night.

They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.'

Psalm 1, 1-3



Form a circle and put the cards in the middle. Read the text out loud. Then each take one of the cards and go for a walk outside. You should all walk on your own, without talking! Think about the words from the psalm and immerse yourself in nature.

Come back after 15 to 20 minutes. Then each take some time to consider how you feel after thinking about the psalm and experiencing nature. Express these feelings in a short poem. You could write a haiku, which is a Japanese poem.

Haikus have three lines. They always have the same structure.

The first line contains an image from nature and has five syllables.

The second line is a thought or a sentence and has seven syllables.

The third line contains an element of contradiction and has five syllables.

HERE'S AN EXAMPLE:

The late summer rose  
That you gave me, my darling ...?  
You can have it back.

Anyone who wants to can then read out their haiku. You could write the haikus on fabric or tracing paper and hang them in the wind, like prayer flags.



## STORY TIME

### FAIRY TALES AREN'T JUST FOR CHILDREN.

They say a lot about our hopes, fears, disappointments and dreams. They can be surprisingly relevant to everyday life, too. Enjoying fairy tales is nothing to be embarrassed about. Anyone who thinks fairy tales are childish is just being childish themselves.



CHOOSE A FAIRY TALE FROM YOUR OWN CULTURE THAT YOU'RE INTERESTED IN. THINK ABOUT HOW YOU COULD SHOW OTHER PEOPLE WHAT THIS STORY HAS TO OFFER. WHEN YOU'VE FINISHED YOU COULD DONATE ALL THE BOOKS TO A PUBLIC BOOK BOX (IDEA 7).





Look for books of fairy tales – on your bookshelves at home, in the attic or at a local flea market. When you have some, browse through them and read some of the stories. Let them capture your imagination. Tell each other your favourite fairy tales and notice how some of the things in the stories are relevant to you today.

**Here's an example:**

do you know *The Emperor's New Clothes* by Hans Christian Andersen? If you don't, read it. If you have read it before, that's great.

Andersen's story shows how people deceive themselves because they're afraid of looking stupid or not fitting in. Take a closer look at the fairy tale. Have you been in a similar situation? Have you ever fallen for a trick like that? Or deceived yourself? What can this story tell us about modern life?

Write down your observations and then do something with them – make puppets and put on a show for children. Or turn the fairy tale into a modern play and perform it somewhere – at a local festival, or at camp.

Do whatever you like, and remember that fairy tales are definitely worth reading whatever your age. We can learn a lot from them – they're not just for children.





## WEIGH YOUR RUBBISH

**RECYCLING IS GREAT. BUT AVOIDING WASTE IN THE FIRST PLACE IS EVEN BETTER. THIS IDEA COMES FROM GERMANY. THE NUMBERS – AND THE WAY PEOPLE DEAL WITH WASTE – ARE DIFFERENT IN OTHER COUNTRIES, SO THIS ACTIVITY WON'T WORK IN EXACTLY THE SAME WAY EVERYWHERE, BUT TRY IT ANYWAY AND SEE WHICH BITS COULD WORK IN YOUR COUNTRY.**

**This is what to do:**

at the beginning of a trip, work out how much rubbish your group is likely to produce. Just look at non-recyclable and recyclable waste and use the data in the box for your calculations.

For example, ten participants and eight days would generate 36 kg of non-recyclable waste and 24 kg of recyclable waste (paper, glass and packaging).



This is the average amount of waste produced by one person per year in Germany:

166 kg non-recyclable waste

146 kg recyclable waste

111 kg organic waste

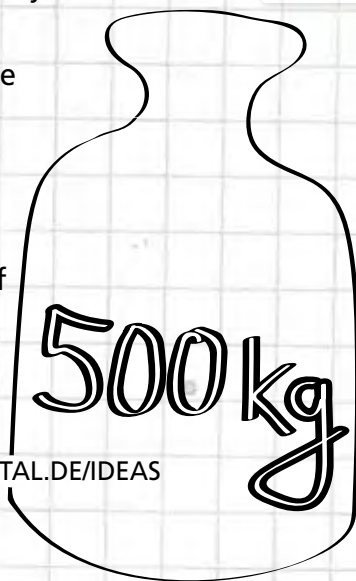
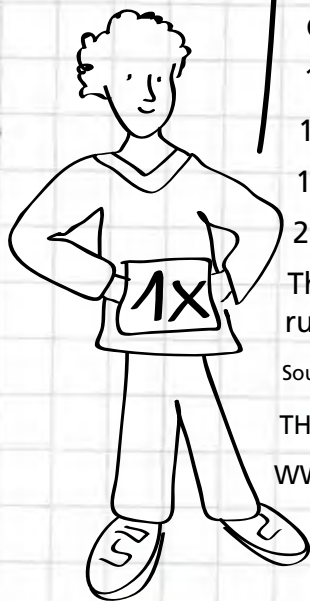
29 kg bulky waste

That's almost half a tonne of rubbish per person!

Source: n24

THE LINK CAN BE FOUND AT:

[WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS](http://WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS)



365

The aim is to produce less rubbish than this. So when you've worked out how much rubbish your group would likely produce, each of you writes down how many grams or kilograms of waste they think they'll produce if they make an effort to generate less rubbish.

Then, every evening, weigh the rubbish you have generated (non-recyclable waste and recyclable waste) and write down the results. It's even more work than recycling, but it really makes you aware of what you're throwing away. It might also motivate you to try and avoid waste – especially non-recyclable waste – next time you go shopping.

At the end of the trip, compare the amount of rubbish you've produced to the individual estimates you made at the beginning.

**How did you avoid waste?**

**How can you avoid waste at home?**

The winner is the person with the most accurate estimate, but everyone's a winner, really – the whole group and the environment.

# SWITCH OFF SOMETIMES

**DO YOUR FRIENDS GET WORRIED WHEN YOU'RE OFFLINE FOR MORE THAN TWO HOURS? DOES IT ANNOY YOU WHEN YOU'RE TRYING TO TALK TO SOMEONE AND THEY KEEP LOOKING AT THEIR SMARTPHONE?**

Why not try really switching off for a while? Don't reach for your smartphone, tablet or laptop as soon as you get home. Just relax without the Internet or focus all your attention on one thing. When you're on a train or bus, look out of the window and let your mind wander. Free yourself from the pressure of always being up to date with what's happening. Just let go.



THERE'S A GREAT VIDEO ON THIS TOPIC AT

[WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS](http://WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS).

BUT NOT SO FAST – YOU DON'T NEED TO WATCH IT STRAIGHT

AWAY. AFTER ALL, YOU'RE FOCUSING ALL YOUR ATTENTION ON

READING THIS BOOKLET AT THE MOMENT, AREN'T YOU?



How do you feel? Are you able to switch off, or does it make you nervous? Do you feel lonely and disconnected? Do you feel as though you're missing out, or are you suddenly noticing things that you wouldn't normally?

Write down your observations. You could even come up with a plan to work regular technology-free periods into your daily routine. If it makes you feel better, you could announce it on your social networks before you switch off.



Related ideas: 5, 11, 12, 20 and 30



# SUNDAY ROAST

**LOTS OF PEOPLE KNOW WHAT THEY SHOULD BE DOING, BUT DON'T DO IT. THAT'S CERTAINLY THE CASE WHEN IT COMES TO EATING MEAT.**

Most people know that they eat an unhealthy amount of meat. We've all seen photos of factory-farmed animals. It's no secret that meat production uses a lot of energy and causes a lot of greenhouse gas emissions. But people still eat too much meat.

What can be done?

Well, you don't have to turn vegetarian or vegan overnight. But having a regular 'veggie day' is a good idea. Choose the same day every week, or serve vegetarian meals when you're at a residential event or on a camping trip.

Vegetarian meals are more than just normal meals without the meat. Vegetarian food made with care and imagination is delicious. And if you do eat meat, make sure it's good quality.

Before we had supermarket chiller cabinets, meat dishes were reserved for special occasions – a Sunday roast was only eaten on Sundays! Try to re-establish this tradition.



# of meat from factory farms or quality over quantity?

42 • 43



TIP



THERE ARE COUNTLESS VEGETARIAN COOKERY BOOKS OUT THERE.  
WE RECOMMEND YOTAM OTTOLENGHI'S RECIPES (SEE PAGE 71).

YOU COULD RAISE MONEY FOR COOKERY BOOKS BY MAKING  
VEGETARIAN FOOD AND SELLING IT AT LOCAL FESTIVALS OR  
OTHER EVENTS. YOU COULD ALSO SET UP AN INFO STAND.

YOU'LL FIND LINKS TO IDEAS AND INFORMATION ABOUT  
THE 'VEGGIE DAY' MOVEMENT AT

[WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS](http://WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS).

RESEARCH THE LINK BETWEEN EXCESSIVE MEAT CONSUMPTION  
AND FAMINE IN OTHER COUNTRIES.



# GO ON AN ENERGY FAST

## LENT – YOU MIGHT THINK IT'S WHEN YOU GIVE UP CHOCOLATE, PARTIES, COMPUTER GAMES AND EVERYTHING THAT'S ENJOYABLE.

But you can also use Lent – or the idea of 'fasting' in general – as an opportunity to realise what you really need in life. Here's a suggestion: give up wasting energy! Make a checklist: what do you use gas, fuel and electricity for every day? Decide what you want to give up temporarily, what you can replace with something else.

Here are some examples:

- 🕒 Walk, cycle or use public transport
- 🕒 Switch off devices – don't leave them on standby (use a power strip with a switch)
- 🕒 Turn off the heating and open the windows wide to air rooms (windows kept slightly open keep the room cold and don't air it)
- 🕒 Have a short, cold shower (or just have a wash)
- 🕒 Eat vegetarian food (meat production is very energy intensive)
- 🕒 Use electronic devices as little as possible – or not at all (give your PC or hairdryer a break)

It sounds hard. So do it step by step. Start by having one 'fast' day per week. Compare notes – fasting isn't just a way to save resources and money. It's also a new experience.



BE PREPARED FOR STUPID COMMENTS.  
PRACTISE HOW YOU'LL REPLY IF SOMEONE  
SAYS, 'BUT PLANES WON'T STOP FLYING JUST  
BECAUSE YOU HAVE!'

RESEARCH THE TOPICS OF ENERGY  
CONSUMPTION AND GREENHOUSE  
GASES. YOU CAN FIND CO<sub>2</sub>  
CALCULATORS ONLINE:  
[WWW.KLIMA-KOLLEKTE.DE/EN/INFO/  
ENGLISH/](http://WWW.KLIMA-KOLLEKTE.DE/EN/INFO/ENGLISH/).

THE INTERNATIONAL, MULTI-  
RELIGIOUS INITIATIVE FAST FOR  
THE CLIMATE PROVIDES LOTS OF  
INFORMATION AND IDEAS ABOUT  
SAVING ENERGY:

[WWW.FASTFORTHECLIMATE.ORG](http://WWW.FASTFORTHECLIMATE.ORG).

CHECK IT OUT!

## Fasting

*Lots of religions observe periods of fasting. For Christians it's Lent, the seven weeks between Ash Wednesday and Easter Sunday.*

*Originally Christians avoided certain foods as well as music and dancing for a certain period of time so that they could keep God happy.*

*Martin Luther thought this was quite silly but he still observed the fast - not to appease God, but to become more aware about which changes to his behaviour could do him good.*





# ROLE-PLAYING

**OUR IDEAS ABOUT CERTAIN GROUPS ARE OFTEN DICTATED BY STEREOTYPES. THEY'RE BASED ON THINGS WE'VE HEARD OR READ SOMEWHERE OR ON 'WHAT PEOPLE SAY'.**

We automatically transfer these ideas to individual group members, even if we don't know them very well. An example: Africans are good drummers. John is from Tanzania. So he must be a good drummer. But is he good at drumming? Does the same apply to anyone from Africa?

Here's how to take a critical look at stereotypes.

Split into two groups, boys and girls. The girls list stereotypes that they believe boys have about girls: 'Boys think that girls...' The boys do the same for girls: 'Girls think that boys...'

Then the whole group comes together to discuss the two lists. You could use the following questions to structure your discussion:

- ⑥ What are the most common stereotypes?
- ⑥ Which stereotypes are similar and which ones are different?
- ⑥ Is there a grain of truth in any of the stereotypes?
- ⑥ Which stereotypes are nothing more than prejudices?
- ⑥ Where do the stereotypes come from?
- ⑥ Which stereotypes can be useful and which ones are damaging?



BE CAREFUL WHAT YOU SAY DURING THIS EXERCISE.

IF THERE ARE BOYS AND GIRLS FROM DIFFERENT CULTURAL BACKGROUNDS IN YOUR GROUP, THINK ABOUT HOW YOU SHOULD BEHAVE.

THIS IS A GOOD EXERCISE TO DO WITH FRIENDS FROM A PARTNER COUNTRY. YOU COULD CHANGE THE GROUPS:

'INDIANS THINK THAT GERMANS...'

OR 'BRAZILIANS THINK THAT FRENCH PEOPLE...'

Source:

THE IDEA FOR THIS EXERCISE CAME FROM A LESSON PLAN  
BY SUSAN FOUNTAIN (see page 71)

## WHAT SHOULD YOU DO WITH YOUR OLD CLOTHES?

### RUNNING OUT OF WARDROBE SPACE? WHAT CAN YOU DO WITH YOUR OLD CLOTHES?

Commercial collections might seem a good way to donate clothes for a good cause, but they're not always what they seem. The T-shirts, jeans and dresses that you donate are sent back to the low-wage countries where most of them were made – usually under terrible conditions – and sold for profit.

#### HERE'S AN IDEA:

before you buy a new pair of jeans, ask yourself whether the old ones still have any life left in them.

#### DO YOUR RESEARCH:

the charity Oxfam doesn't make any profit from old clothes. Instead, it supports projects worldwide. Second-hand shops sell old clothes locally, where they're donated, instead of shipping them thousands of miles. Lots of big cities have Oxfam shops and second-hand shops that are based on fair practices.

DON'T JUST ASK YOURSELF WHAT YOU SHOULD DO WITH OLD CLOTHES – FIND OUT WHERE THEY CAME FROM IN THE FIRST PLACE.

THERE'S MORE INFORMATION AT

[WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS](http://WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS).

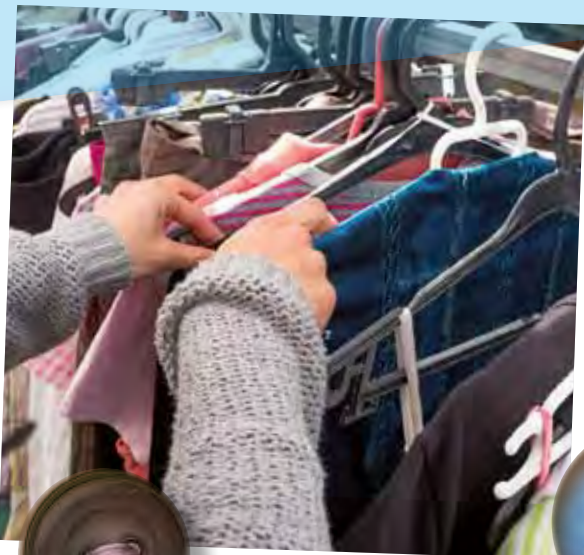




**MAKE NEW ITEMS OUT OF OLD CLOTHES:**

a bag out of jeans, a patchwork blanket out of leftover fabric, or a top or cushion cover out of a larger T-shirt. That's just a few ideas.

If you really don't have any other choice but to take your clothes to a used clothing container, do your homework first. Don't donate to a commercial organisation.





# YOU CAN'T EAT MONEY!

**GREED DOESN'T MAKE YOU HAPPY. TOO MUCH OF THE SAME THING – WHETHER IT'S FOOD, MONEY, SPORT OR ANYTHING ELSE – CAN CAUSE DEPENDENCY AND ADDICTION.**

The excessive behaviour of bankers has become a symbol of greed. But that's just the tip of the iceberg. Because who's really free from greed?

Research and discuss the topic of greed for a day.

Here are some ideas:  
✕ Write down questions about greed and answer them. When do you lose your sense of proportion? What happens when you have the feeling that you can't get enough of a certain thing? What ways are there for dealing with greed? Why is it sensible to set limits? And so on...

## TIP

WATCH THE FILM *LET'S MAKE MONEY*  
BY ERWIN WAGENHOFER.

THINK ABOUT THE IDEA OF LIVING WITH  
JUST ENOUGH AND NOTHING MORE.  
COULD IT BE A GUIDING PRINCIPLE  
FOR YOUR LIFE? HOW WOULD IT WORK?

- ✕ Do you know the legend of King Midas? According to the ancient Greek myth, Midas asked the god Bacchus to give him the power to turn everything he touched to gold. You can imagine what would happen if everything you touched turned to gold!
- ✕ Play with words, expressions and topics such as excessiveness, limitlessness, avarice, acquisitiveness, covetousness, greediness, greedy pig... Make lists of words and their opposites such as excessiveness – moderation.
- ✕ Find an answer to these questions: what is enough?  
When is it enough?

# ALL YOUR SENSES

**THIS BOOKLET PROVIDES IDEAS FOR IMPROVING YOUR POWERS OF OBSERVATION AND FEATURES A LOT OF STORIES – SOME WELL KNOWN AND OTHERS UNKNOWN.**

Here's how you can practise observation and storytelling yourself.

Go outside into nature. Each of you should take a blanket, a large sheet of paper, something to put under the paper and a pencil. Everyone chooses a spot they like, spreads their blanket out on the ground and sits down. Sit there in silence. Look around and listen. Take deep breaths and touch the ground you're sitting on – the grass, stones, leaves and twigs. Just concentrate on what you can see, hear, smell and feel.

After a while, take the paper and fold it so that you have three columns. Now do three things:

1. In the left-hand column write everything you can see, hear, smell and feel. Write it all down without analysing it.
2. Then, in the middle column, write down everything you associate with the words in the left-hand column. That means anything you can think of that is connected with what you can see, hear, smell and feel.
3. Then use your imagination. In the third column write a story about the things you've written in the first two columns.

Leave enough time for all three steps.

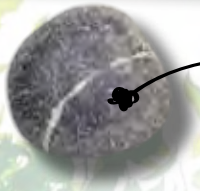
Then get together with everyone else. Those who want to can read out their stories.



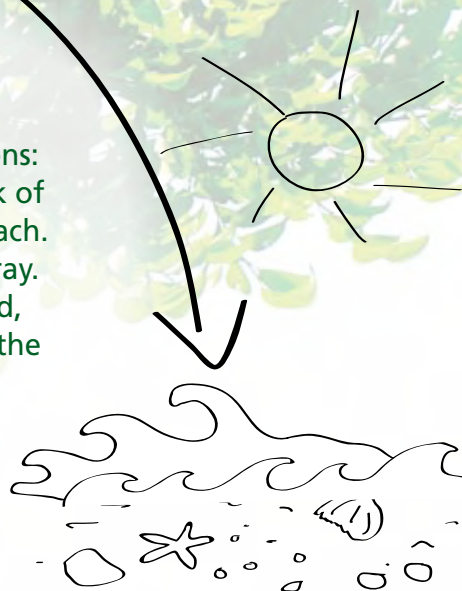


## TIP

YOU CAN DO THIS EXERCISE  
IN OTHER PLACES – IN TOWN,  
AT A TRAIN STATION, IN A  
PARK – WHEREVER YOU ARE.  
IF THERE'S NO ROOM TO  
SPREAD OUT A BLANKET,  
FIND SOMEWHERE ELSE  
WITH MORE SPACE.



Associations are  
thoughts that are linked  
to previous thoughts. This  
is how you form associations:  
you see a pebble and think of  
your last holiday at the beach.  
The crashing waves, sea spray.  
You think of heavy rain, cold,  
shivering, chattering teeth, the  
dentist, fear, the relief when  
the appointment is over...





## MAKING JAM

**WHAT WOULD A TRIP AWAY FROM HOME OR A CAMPING TRIP BE WITHOUT BREAKFAST? AND WHAT WOULD BREAKFAST BE WITHOUT JAM?**

Make it yourself – it's not difficult. You can use your favourite fruit. It will taste great and you'll know exactly what's in it.

All you need is fruit, sugar, gelling agent, a large pot and jars with screw-top lids. If you've never made jam before, ask your parents, grandparents or someone else who knows about cooking. Follow the recipe on this page.

**A FEW POINTS  
BEFORE YOU  
BEGIN:**

**Locally grown fruit**  
Use regional fruit that is in season if you can.

**Stock up on jars**  
Save screw-top jars instead of throwing them away. But make sure the lids aren't damaged.

## Recipe

- 1 kg of strawberries,
- juice from one lemon,
- 500 g of jam sugar and
- a handful of fresh mint.

Wash and hull the strawberries then puree with the lemon juice.

Chop the mint leaves and set aside. Bring the strawberry puree and jam sugar to the boil, stirring constantly. Boil for another four minutes, stirring constantly. Stir in the mint leaves just before the end, then pour the mixture into clean, sterilised jars. Screw on the lids and stand them upside down for about five minutes. That's it.



### Too good to throw away

Instead of buying fruit, pick it from orchards. Or go to supermarkets and shops and ask whether you can have any fruit that's going to be thrown away because it's bruised or wrinkled. Or ask elderly people who have fruit trees in the garden and more fruit than they can cope with.

### No artificial ingredients

Most jam sugars contain preservatives, oxidants and other chemical 'ingredients'. Homemade apple pectin is a good alternative. You can find an easy recipe at:  
[www.evangelisches-infoportal.de/ideas](http://www.evangelisches-infoportal.de/ideas).



IF YOU MAKE A LOT OF JAM YOU CAN  
GIVE SOME OF IT AWAY OR SELL IT AT A  
CHRISTMAS FAIR OR SIMILAR EVENT.



# A TEN-EURO (OR TEN-DOLLAR) WEEKEND?

NO, IT ISN'T MUCH MONEY  
FOR A WHOLE WEEKEND.  
SOME PEOPLE WILL THINK  
**IT'S DOABLE,**

BUT OTHERS WILL BE CERTAIN  
**THAT THEY NEED A LOT MORE.**

But give it a go – try to organise a fun weekend for ten euros or dollars per person (not including food and drink). Sitting at home and complaining that you're bored doesn't count!

Find out what you can do with ten euros or dollars. What activities are exciting or relaxing and don't cost much money? Going shopping in the nearest city centre is out. Some museums and art galleries are free – but not usually at the weekend. If there's no way to avoid the cinema, you'll have to save money in another area.

**Make sure that whatever you do is enjoyable and contributes to a really good weekend.**

Take photos of your activities and keep a written record of the new things you've learned. Talk about what you've done and what it was like.

You could even share your experiences with others by writing a post about how to have a great weekend on ten euros or dollars!





# WHO OWNS THE EARTH'S WATER?

**WITHOUT WATER, LIFE ON EARTH  
WOULDN'T BE POSSIBLE.**



We need water to live. Humans can go without food for quite a long time but they can only survive without water for three days. Since water resources are limited and distributed unequally across the planet, water has become a much sought-after asset. Should sufficient clean drinking water be provided for all? There are two very different positions on this:

1. According to a United Nations Resolution, water is a human right. That means that water takes precedence over economic interests. Everyone has a right to access sufficient clean water. Nobody should have to ask for it.
2. Some business people say that water is a product like any other. It has a value and so it has a price. They use this argument to justify the privatisation of the water supply and so turn water – a social asset – into a commodity.

Find out more about this topic and collect more information about these two positions. Examine your findings and discuss them. Then decide on an answer: who owns the Earth's water?



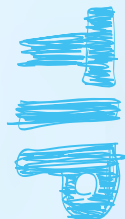
**Strange but true:  
we eat more water than we drink!**

**In fact,  
water's not just present in our food -  
it's also used in the production of all  
kinds of everyday items. It's known as  
'virtual water'. For example, it takes 4,000  
litres of water to make one pair of jeans.**

**Read more about this at  
[www.evangelisches-infoportal.de/ideas](http://www.evangelisches-infoportal.de/ideas).**

**WE'VE PUT TOGETHER SOME  
USEFUL LINKS ON OUR WEBSITE:**

**[WWW.WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS](http://WWW.WWW.EVANGELISCHES-INFOPORTAL.DE/IDEAS).**



# THE GREAT OUTDOORS



**WHEN YOU'RE CAMPING, HIKING OR CYCLING IN COLD, WET OR EVEN HOT WEATHER, YOU NEED THE RIGHT EQUIPMENT. THERE ARE LOTS OF DIFFERENT RECOMMENDATIONS.**



**YOU CAN ALWAYS DO TWO THINGS:**

1. Find out where products came from and how they were made before you buy them.
2. Invest in good-quality items. They're often more expensive, but they last longer than cheap products, so cost less in the long term. And you'll avoid unrecyclable waste.

### The right walking boots

give you a good grip for walking on rocks and keep your feet dry. For a perfect fit, don't buy online. Try them on in a shop and check whether the manufacturer can repair them – this is environmentally friendly and saves money.

### A down sleeping-bag

is a major purchase but essential for camping and hiking. It's warm, extremely lightweight and doesn't take up much space in your bag. Pay attention to the kind of down used. Stay away from down plucked from live geese. Buy your sleeping bag from a specialist shop and make sure the down only comes from dead birds.

### A camping mat

insulates you from the cold ground so you get a good night's sleep. Therm-a-Rest mats are a good alternative to plastic foam mats. They're more expensive but very light and extremely durable.

### Your rucksack

should have sturdy zips and adjustable straps – it will be durable and won't require an aluminium frame.

### Your torch?

Use LEDs or rechargeable batteries.

### Tents

made from cotton canvas are better than nylon ones as they can last for up to 30 years if you look after them.

And if something breaks or rips, repair it – don't throw it away.



# ENVIRONMENTALLY CONSCIOUS TRAVEL

**IF YOU'RE VISITING FRIENDS IN A FAR-OFF COUNTRY, THERE'S NO WAY TO AVOID FLYING. WE ALL KNOW IT'S VERY BAD FOR THE ENVIRONMENT.**

But there are at least two ways to be more environmentally conscious when travelling.

1. Make flying the exception, not the rule.

So short-haul flights are out. You can use night-trains for travel within Europe.

2. Use 'carbon offsetting' schemes: they won't prevent greenhouse gas emissions, but they will offset them. You pay a certain amount of money into a fund of your choice, depending on the distance you're flying. The money is used to finance environmental projects around the world.

Find out more about carbon offsetting. We recommend [www.myclimate.org](http://www.myclimate.org).

Take a critical look at carbon offsetting, too. What do you think about the accusation that it's all just a sham? Is it just a way for people to buy a good conscience, just as people in the Middle Ages bought God's love with indulgences?

Think of ways to raise money to pay for your carbon offsets (there are lots of ideas in this booklet).

Some people might say the flight is expensive enough. Make a list of arguments in favour of paying for the offsets.

Whatever you decide to do, the most important thing is that you know what you're doing and you travel in an environmentally conscious way.

FIND OUT ABOUT DIFFERENT  
TYPES OF CARBON OFFSETTING  
AND ORGANISE ACTIVITIES TO  
HELP PROTECT THE ENVIRON-  
MENT. PLANTING TREES IS ONE

IDEA – THERE ARE LOTS MORE IN  
THIS BOOKLET.

FIND OUT ABOUT THE HARMFUL  
EMISSIONS CAUSED BY DIFFER-  
ENT TYPES OF TRANSPORT.



## WHAT IS HAPPINESS?



**DENMARK IS CONSIDERED THE WORLD'S HAPPIEST COUNTRY.**

**IN BHUTAN HAPPINESS IS EVEN ENSHRINED IN THE CONSTITUTION.**

This country in the Himalayas measures wellbeing according to 'gross national happiness' rather than 'gross national product'. What about countries such as Germany? The standard of living – nutrition, education and health – is good there. But, according to a UNICEF study, fewer young people are happy in this rich country than in other countries.

**The happiest person is the one who can look back with the least regret.**

**Lord Robert Baden-Powell (founder of the scout movement)**



Try and understand happiness.  
Consider what makes people happy.  
Here are some ideas:

Make a list of what happiness means to you and what you need to be able to say 'I'm happy'!

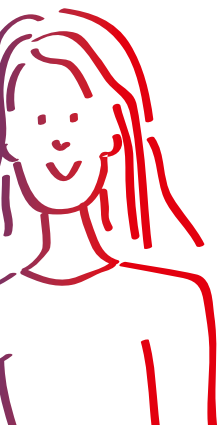
Make a list of words and expressions linked to happiness: happy-go-lucky, happy as a clam, happily ever after.

Carry out a happiness survey (e.g. in your nearest town centre).  
You could ask, 'What is happiness? Are you happy? If yes, why?'

Read and discuss the fairy tale Hans in Luck. Why is Hans so happy?



THE SEARCH FOR HAPPINESS  
IS CLOSELY LINKED TO  
ANOTHER QUESTION:  
WHAT DO WE REALLY NEED  
FOR A HAPPY LIFE? GET TO  
THE BOTTOM OF THIS BY  
READING THE BIBLE STORY  
ABOUT MANNA IN EXODUS  
16:11-21. IT TELLS HOW GOD  
FED THE ISRAELITES IN THE  
DESERT AS THEY FLED  
FROM SLAVERY.  
HOW DOES THIS STORY  
ANSWER THE QUESTION  
ABOUT WHAT WE NEED TO  
BE HAPPY? HOW DOES IT  
APPLY TO YOU?



Related ideas: 12 – and all the others!





Make a difference



Make a difference



## PUBLISHER'S IMPRINT

Make a difference

30 ideas young people can use during residential events and meetings, camping trips, international exchanges and other visits

Published on behalf of

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## SOURCES

Below is a list of all the publications we used while writing this booklet and that we refer to. You can find more information and recommended resources at [www.evangelisches-infoportal.de/ideas](http://www.evangelisches-infoportal.de/ideas).

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*Supersize Me*.  
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*We Feed the World*.  
A Film by Erwin Wagenhofer (Austria 2005).

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**MAKING JAM FROM ORCHARD FRUITS,  
DISCOVERING THE NIGHT SKY, ENJOYING  
LIFE WITHOUT GREED OR MATERIALISM,  
MAKING ART FROM DISCARDED PACKAGING,  
HARNESSING THE POWER OF POETRY TO  
STAND UP FOR WHAT'S RIGHT...**

This booklet aims to provide a rich source of ideas and activities for young people who are away from home. Whether you're on a residential trip, visiting friends in far-off countries, camping or on a scout holiday, you'll have countless opportunities to try out these activities and discover how we can all live life to the full while standing up for justice, protecting the environment and having a lot of fun in the process.



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