

# Easy Things to Do for Climate Week

Ten easy ways to get involved in Climate Week



## Get Cooking with Climate Week Cuisine

Start to make food a part of the solution to climate change by eating a low carbon meal during Climate Week. You could also suggest to restaurants and canteens that they offer a low carbon menu option for Climate Week. You can have a low carbon meal by following one, or all, of these three tips: eat less meat or dairy, eat local and seasonal ingredients, and eat leftovers. You can register your low carbon meal on the Climate Week website, as well as find tips, inspiration, and celebrity recipes.



## Take Part in the Climate Week Challenge

The Climate Week Challenge is Britain's biggest environmental competition, with tens of thousands of participants taking part in teams of four to six people. There is a one day version which is run as a national competition on the Monday 12 March, and a one hour version which can be done at any point during Climate Week. Teams need to come up with innovative and creative solutions to an unseen challenge. You can register to take part on the Climate Week website.



## Host the Climate Week Pub Quiz

The Climate Week Pub Quiz will be run by hundreds of pubs, offices and community groups. Completely free to run, the quiz takes a witty, irreverent and fun look at eco issues. It lasts for 60-90 minutes (including marking time). Rounds of questions are in traditional pub quiz categories such as Entertainment, Sport and Geography. You can register to run the quiz and receive your free quiz pack on the Climate Week website.



## Hold a Talk

Organise a presentation, discussion or debate about climate change. You could get in touch with members of your local community, businesses, religious leaders, or politicians. This is a great opportunity to find a topic that matters to you or your organisation, and tell people about it, or find out a little more about it yourself.



## Switch It Off

You can make a huge impact by finding ways to avoid wasting energy in your organisation or home. Make sure that things that use electricity, such as computer monitors or laptop chargers, are turned off when they are not needed. Doing this overnight, or on the weekend, can result in savings in energy use, money, and carbon.





## Swap, Recycle, or Upcycle Old Things

Eliminate waste by finding a second life for things that would otherwise be thrown away. Host an event to swap unwanted items, such as books, toys, or clothes, with friends or colleagues. Recycle unusual things like batteries, or electrical goods such as mobile phones. Express your creativity by turning tired old clothing into exciting new outfits.



## Show a Film

Watch a documentary, or a fictional film, which deals with issues related to climate change. It might be Al Gore's *An Inconvenient Truth*, or it might be James Cameron's *Avatar*. You can find suggestions on the Climate Week website, along with details of organisations that are able to provide both the films, and the rights to host a public screening of them.



## Walk, Cycle or Use Public Transport

Use Climate Week as an opportunity to find more sustainable ways to get to where you are going. Take the train or bus instead of driving. Share your car with others to save on fuel costs,

and to be more sociable. Take advantage of the spring weather and walk or cycle, getting some additional exercise.



## Make a Difference with Small Changes

Find a way to encourage people to make simple, easy, but very effective changes to their lifestyles. Boil just enough water in the kettle. Boil a saucepan with the lid on. Bring a canvas bag when you go to the shops. Turn leftovers from dinner into tomorrow's lunch, rather than throwing them in the bin. These changes help the environment and save money.



## Inspire Others

Run a campaign or host a competition to change the way that people behave. Start a "Green Champions" scheme in the workplace. Encourage people in your local community to save energy or to grow their own vegetables. Get people to think about what they buy, and where they buy it from. Tell people what you are passionate about.

**Whatever you do, don't forget to tell us about it! You can help to build a movement for change by sharing your Climate Week activities at [www.climateweek.com/run-an-event/register-an-event/](http://www.climateweek.com/run-an-event/register-an-event/)**

**For more information visit [www.climateweek.com](http://www.climateweek.com), email [info@climateweek.com](mailto:info@climateweek.com), or call 0203 397 2601.**

### About Climate Week

Climate Week is Britain's biggest climate change campaign, inspiring a new wave of action on climate change.

Culminating in a week of activities and events, Climate Week showcases the practical solutions to climate change being developed in every sector of society.

Find out how you can get involved by visiting [www.climateweek.com](http://www.climateweek.com)

### About Our Partners

Climate Week's Headline Partner and four Supporting Partners are deeply committed to action on climate change:

**Tesco** aims to become a zero-carbon business by 2050 - without purchasing offsets. In addition it has committed to work with its suppliers to reduce emissions from products in its supply chain by 30% by 2020, and to have found ways to help its customers halve their own carbon footprints by 2020.

**SodaStream** is the smarter way to enjoy sparkling drinks.

**EDF Energy** is Britain's largest producer of low carbon electricity.

**H&M** - For a more sustainable fashion future.

**Aviva** was the first insurer to be carbon neutral worldwide.

