



## **TRAINING REFLECTION: MARCH 2018**

# **AIC confronts the challenge of sustainable development Let us protect our “Common Home”**

During the AIC International Assembly in March 2017, we reflected together on possible local, national and international initiatives to look after our « Common Home ».

Everything begins on an individual level, with a personal change of attitude. Each one of us can be part of the solution. There are various attitudes, that if they are embraced, will allow us to make a difference... and we have the ability to make that decision with regard to accepting or rejecting those attitudes.

Once we have made that change on an individual level, we are able to act on the local, national or international level and finally, able to integrate those changes into our activity as AIC members.

During the exchange of ideas that took place in the workshops, thousands of suggestions were made... these were written down (on leaf-shaped post-it notes) and then stuck on the image of a tree that was placed on the wall of the meeting hall.

### **Suggestions for action on an individual level:**

- Turn off the lights in empty rooms;
- Do not leave electronic devices connected;
- Use lightbulbs (LED) that consume less electricity;
- Lower the heating temperature in rooms and the house;
- Be aware of water consumption when showering, brushing teeth, washing hands, etc.;
- Wash dishes in a basin;

- Water plants with the water that was used to wash vegetables;
- Use the shorter wash cycle when washing clothes.

#### Recycle:

- Separate organic waste and use it to make plant fertilizer;
- Recycle plastic, for example, plastic water bottles;
- Use reusable plates, cups and utensils.

#### Fight against waste:

- Buy only that which is necessary;
- Eat in a responsible manner;
- Buy in a manner that expresses solidarity;
- Bring your own bags when buying at the supermarket.

#### Preserve nature:

- Avoid toxic cleansers; use vinegar;
- Use less soap in washing machines;
- Reuse printed paper when printing draft copies of documents;
- Print less.

#### Intergenerational communication:

- Speak with family members about these matters and express your concern;
- Listen to younger family members, who are often better informed about environmental matters through their schools.

### **Suggestions for action on a neighborhood, city and regional level:**

#### Food:

- Do not throw away surplus food;
- Create community gardens that allow people to:
  - reestablish a relationship with the earth;
  - grow fruits and vegetables that can be eaten and shared with others;
  - socialize;
- At fairs and markets engage in exchanges of products from other regions;
- Promote the use of natural fertilizers;
- Give preference to the cultivation of edible plants.

#### Transition in the use of energies:

- Develop projects that allow other sources of energy to replace the use of crude oil;
- Reduce energy consumption by using low consumption lighting, for example, in greenhouses.

#### Preservation of nature:

- Clean contaminated sites and gather up abandoned garbage;
- Decontaminate the soil and the land;
- Make a commitment to reforestation programs;
- Sensitize people to the reality of climate changes - droughts, cyclones, forest fires;
- In places where there is no indoor plumbing; encourage people to use latrines.

#### Recycling of waste material:

- Organize with children the collection of plastic which can then be sold, and the money utilized to finance projects in the area of health or the cultivation of food;
- Recycle electronic devices.

#### Construction:

- Insulate buildings well;
- Install solar panels;
- Install insulation panels behind radiators.

#### Education:

- Sensitize people to environmental problems;
- Encourage companies to change their methods of production;
- Engage in the struggle against poverty.

### **AIC's Suggestions for Reflection:**

1. Share within your group about how many of these initiatives to care for the planet you are currently undertaking, at an individual level and as a group.
2. How do you pass the need to care for "our Common Home" on to beneficiaries?
3. Do you have any other ideas, in addition to those described above?