



www.youthxchange.net - towards sustainable lifestyles

youthXchange

training kit on responsible consumption - THE GUIDE



Copyright © 2002 UNESCO-UNEP

This publication may be reproduced in whole or in part and in any form for educational or non-profit purposes without special permission from the copyright holder, provided acknowledgement of the source is made. UNESCO-UNEP would appreciate receiving a copy of any publication that uses this publication as a source.

No use of this publication may be made for resale or for any other commercial purpose whatsoever without prior permission in writing from UNESCO-UNEP.

First edition 2002

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the *United Nations Educational Scientific and Cultural Organisation* and the *United Nations Environment Programme* concerning the legal status of any country, territory, city or area or of its authorities, or concerning delimitation of its frontiers or boundaries.

Moreover, the views expressed do not necessarily represent the decision or the stated policy of the *United Nations Educational Scientific and Cultural Organisation* and the *United Nations Environment Programme*, nor does citing of trade names or commercial processes constitute endorsement.

A United Nations Publication ISBN 92-807-2128-3

w w w . y o u t h x c h a n g e . n e t

youthXchange

t o w a r d s s u s t a i n a b l e l i f e s t y l e s

THE GUIDE

t r a i n i n g k i t o n r e s p o n s i b l e c o n s u m p t i o n



United Nations
Educational,
Scientific
and Cultural
Organization



UNESCO and UNEP gratefully acknowledge the time and effort spent by those involved in producing and commenting on *The Guide* to YOUTHXCHANGE.

This publication was prepared by MÉTA (Media, Ecology and Technology Association), UNEP *Division of Technology, Industry and Economics* (DTIE) and UNESCO *Division for the Promotion of Quality Education* (ED/PEQ/ESD), in collaboration with Consumers International.

The MÉTA team on this project was: Patrizia Lugo Loprieno and Madhavi Bhatt (project concept, production and design), Peter Williams (project support). The work was coordinated by Isabella Marras, Associate Programme Officer at UNEP DTIE and Julia Heiss, Programme Specialist at UNESCO ED/PEQ/ESD. Christine Knights and Alina Tugend from Consumers International provided advice and editing assistance. Special thanks to Bas de Leeuw, UNEP-DTIE - Sustainable Consumption Programme Co-ordinator, for his support in the project.

Early drafts of the guide were submitted to those who initially encouraged UNEP and UNESCO to establish a source of information and education on sustainable consumption for young people: **the participants** at the UNEP/UNESCO *Expert Workshop on Youth, Sustainable Consumption and Lifestyles* (Paris, 6-7 November 2000).

Planet Earth is facing a severe global crisis. Economic and social development is putting an unbearable strain on our environment. Inefficient production and consumption patterns, together with uneven distribution, have widened the existing gap between North and South.

It has been estimated that if the rest of the world were to consume like the developed world, we would need the equivalent of 4 extra Earths.

Young people today constitute an important group within our consumer societies, and the habit they develop NOW will play a decisive role in future consumption patterns. Their decisions as consumers exercise a growing influence on markets and lifestyles. Therefore, they deserve special attention in efforts to change our wasteful consumption patterns into ones that are more attuned to sustainable development.

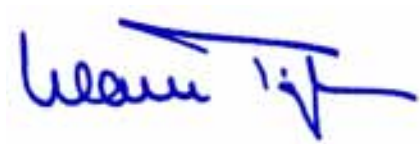
As the environmental conscience of the UN, the UNITED NATIONS ENVIRONMENT PROGRAMME (UNEP) underlines the importance of and the urgent need for a worldwide change in consumption and production patterns and attitudes.

For its part, the UNITED NATIONS EDUCATIONAL, SCIENTIFIC AND CULTURAL ORGANIZATION (UNESCO) emphasises the role of education in shaping attitudes, values and behaviour, while developing the capacities, skills and commitment needed for building a sustainable future.

Through YOUTHXCHANGE, UNEP and UNESCO try to show young people that it is possible for all of us to translate our aspirations for a better world into everyday actions.

Klaus Töpfer
Executive Director UNEP

Koichiro Matsuura
Director-General UNESCO





Contents

- 6 Introducing Sustainable Consumption**
SC concept; Factor 4 and Factor 10;
Tools for change
- 8 The YXC project**
Youth in the world; Role
of information; UNEP/UNESCO
Initiative on Youth and SC
- 10 Switching to sustainable lifestyles**
SC: a multi-faceted issue; Facts
& figures; Breakdown of topics
- 12 Take care**
Food crisis; Need for more information;
How to cut down chemicals? Urban air
pollution
- 16 Getting around**
Mobility; Carbon emissions;
Car dependency
- 18 Getting away**
Impact of mass tourism; Sustainable
holidays
- 20 Reduce waste**
Production: facts & figures; Ecodesign;
The virtuous 5 R's
- 25 Optimise energies**
Consumption: facts & figures;
Renewable energies; Energy saving
- 28 Forecast the weather**
Climate change, Ozone depletion;
Facts & figures
- 31 Save water, safe water**
Consumption: facts & figures; Imbalances
between North & South: a critical issue
- 34 Purchase without pain**
Child labour; The right to education;
Working conditions, gender inequalities,
human rights
- 39 Live and let live**
Animal testing and cruelty; Biodiversity;
Endangered species
- 43 Take action**
Globalisation, Informed choice,
Increasing consumers' scrutiny;
Committed investments
- 47 Discover the global village**
Media literacy; Impact of advertising; Your
rights and obligations; Idols & audiences
- 50 Networking: directions for use**
Why the Internet?; Networking as
a training tool; www.youthxchange.net;
our website



Introducing sustainable consumption

SC as we will refer to it.

Sustainable Consumption is about finding workable **solutions** to imbalances – social and environmental – through more responsible behaviour from everyone. In particular, SC is linked to **production and distribution, use and disposal** of products and services and provides the means to rethink their lifecycle. The aim is to ensure that the basic needs of the entire global community are met, excess is reduced and environmental damage is avoided.

SC is an integral element of sustainable development and an issue of paramount importance to the United Nations:

This definition which is still widely accepted today originates from the Brundtland Report (Gro Harlem Brundtland et al., Our Common

"development which meets the needs of the present without compromising the ability of future generations to meet their own needs."

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_10707