



WWOOFer Worksheet: SUSTAINABLE LIVING

Name: _____

Host: _____

Sustainable philosophy of the holding ;-

e.g.: They believe in a gradual re-shaping of peoples lives, to adapt better to a long term co-operation with nature.

Sustainability and the lifestyle of the people ;-

e.g.: They grow as much food as possible, they buy re-cycled stationary from Klee Paper.

Energy supply compared to and average urban home ;-

e.g.: They use firewood, from their coppiced woodland for heating and hot water, the fireplace has a back burner.

Water supply and waste disposal;-

e.g.: Their well is polluted from a neighbours cow barn, they use a UV steriliser unit. They have a compost toilet system.

Food and sustainability:

e.g.: They grow a lot of their own food, they buy grain in bulk from an organic supplier.

Sustainable Living Quiz

Underline the answer or answers that you think is/are correct.

1). Living sustainably can help :-

- a) Prevent ecological damage, controlling your own life is a beneficial side effect.
- b) Inspire people to help stop the damage and to turn this climate change situation around.
- c) You find **2for1** deals on tins of beans, in the bargain aisle.

2). Recycled paper is better for the ecology of the planet because :-

- a) Forests are important reservoirs of diversity, they are flushed down the drain.
- b) Wasting things is good for the Economy, but not for the planet.
- c) Conspiracy Theorists want to destroy our great traditions and religion.

3). Sustainable clothing is better for the environment because :-

- a) In production it does no harm, when thrown out it makes compost not pollution.
- b) It does not contain damaging dyes, or plasticisers that go through skin.
- c) It doesn't constantly add plastic fibres to the air you breathe or the food you eat.

4). Sewage treatment and sustainability:-

- a) People in cities are re-using the same water around 7 times, including road run-off.
- b) Sewage treatment is one of the biggest users of electricity or power.
- c) Compost toilet systems recycle using no energy. and they provide nutrients.

5). Sustainability and location:-

- a) Living sustainably is more ecological because it involves less travel.
- b) Sustainability is a fashion trend for rich people, not people around here.
- c) Can be achieved anywhere, if you have imagination and determination.

Declaration

The WWOOFer named above has fulfilled the expectations of WWOOFing with us.

I confirm that the worksheet reflects the learning undertaken by the WWOOFer.

Signed by Host _____ Date: _____

Name of Host (printed) _____

Dates of WWOOF stay. _____

Instructions for completion.

Once complete, please save all your sheets and send them in together at the end of your WWOOFing stay in Ireland.

scan/photograph all the sheets and email them to learningguide@wwoof.ie

Once verified you will be sent a Certificate of Learning.