WAVE

we are voices of ecology

WEAVING THE FUTURE

A MANUAL FOR ENTREPRENEURS, EDUCATORS AND YOUTH WORKERS TO LEVERAGE SOCIETAL TRANSFORMATION TOWARDS REGENERATION

2026

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2026

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1. INTRODUCTION

1.1. THE WAVE PROJECT: EMPOWERING ACTION FOR A SUSTAINABLE FUTURE

The WAVE Project - Working with Active Volunteers for the Environment - is a transformative European initiative designed to strengthen sustainability education and empower communities to take meaningful climate action. At its core, WAVE harnesses the power of volunteers, trainers, and facilitators to spark awareness, build skills, and inspire local solutions to global challenges.

Our Vision

WAVE believes that every ripple of action contributes to a powerful wave of change. By equipping educators and practitioners with innovative tools, we foster resilient communities that can respond creatively and collaboratively to the climate crisis.

Our Impact

- Raised **climate awareness** among hundreds of trainers, youth workers, and volunteers.
- Inspired **grassroots sustainability projects**, from community gardens to awareness campaigns.
- Strengthened **volunteer capacity**, ensuring that climate action is not only top-down but also bottom-up and deeply community-driven.

Why It Matters

Trainers and facilitators are multipliers of change. By engaging with WAVE, they don't just teach—they **empower others to act**, cultivating a culture of resilience, creativity, and environmental stewardship.

Be the ripple. Be the wave. Inspire sustainable change.

1.2. PROJECT DELIVERABLE

This manual is the bulk of our deliverable 4.1 of the WAVE project. It is a manual produced by youth workers, for youth workers and young people who want to be more involved in taking ecological and climate action in their community.

The manual contains 30 non-formal education (NFE hereafter) methodologies and/or tools for climate activism, divided in six categories, to be used mostly with **youth aged 15-34**.

In this manual you will also find tips, clues and best practices on how to adapt the methods for **youth with fewer opportunities, youth in rural areas and other marginalized groups**.

The content of this Manual derives directly from our Work Package 4 activities, which started with a Training of Trainers (ToT) in July 2024 at Biovilla in Portugal, developed into more than 50 events, national trainings and online webinars using the methods here described over the course of 12 months.

The WAVE team and ambassadors at ToT in Biovilla, Portugal, 2024

1.3. WHY ANOTHER MANUAL?

This is not the first of its kind, and most probably won't be the last manual dedicated to the intersection of non-formal education, youth empowerment and climate activism. Yet, we strongly believe in the contribution that this manual provides due to:

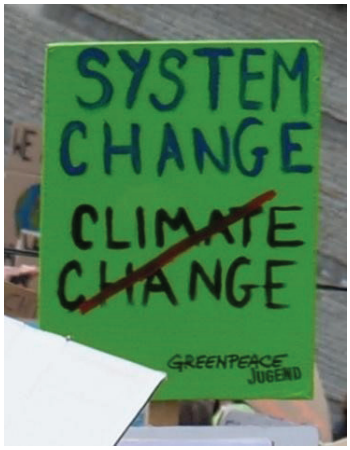
1) A unique curation of methods and tools which have been field tested in different countries and targets groups and from which we share our insights, mistakes, dead-ends and potential for deep learning;
2) The empowering possibility of designing trainings based on the methods and tool here provided. From one day to weeklong experiences, we offer tips and cues on how to put it all together;
3) Our H3 approach - Head, Heart and Hands – enables you to work on this topics through its knowledge base, its emotional field and by acting upon it.

Moreover, we hope that in this manual you will find pragmatic, ready-to-use tools and methods to trigger effective, meaningful action in your community or area of influence. It doesn't matter what kind of activist you are, or even if you see yourself as an activist, our ambition is for each one of us to put our talents and our time towards building a regenerative future.

2. EMPOWERING THE NEXT GENERATION FOR SYSTEMIC TRANSFORMATION

> *If solutions within this system are so difficult to find then maybe we should change the system itself*
>
> **GRETA THUNBERG ADDRESS AT COP24 CLIMATE CONFERENCE IN POLAND (2018)**

2.1. 'SYSTEMS CHANGE NOT CLIMATE CHANGE'



In a world grappling with the mounting effects of climate change, youth voices and more importantly youth actions are more vital than ever. The slogan "System change, not climate change" captures a truth we can no longer ignore: the environmental crisis is not just about carbon emissions or rising temperatures — it's about the systems that (re)produce them. Our economic models, energy infrastructure, and patterns of consumption have prioritized 'profit over planet', and it is these very systems that must evolve. You are not simply calling for tweaks to the status quo—you are **demanding transformation**, and that is exactly what the world needs.

Despite the urgency and the weight of the challenge, we must **not lose sight of possibility**. The future is still unwritten. It is possible to build communities that are resilient, rooted in justice, and in harmony with the Earth. Every food cooperative, rewilded forest, mutual aid group, green tech innovation, and indigenous-led conservation project proves that **a different world is already emerging**. Resilience isn't just about bouncing back—it's about growing stronger together, forging local solutions, and **reclaiming the power to care for one another and the land.**

The 21st century can be remembered as the turning point—when humanity chose regeneration over exploitation, solidarity over apathy. That choice begins with people like you: those brave enough to dream beyond what is, and work for what could be. **Keep organizing, keep educating, keep resisting—and most importantly, keep imagining.** The path is not easy, but it is necessary. And you are not alone.

2.2. CLIMATE ACTIVISM & CLIMATE JUSTICE

Bill Moyer, a social movement theorist and activist, developed the **Movement Action Plan (MAP)** to help activists understand the dynamics of successful social movements. In it, he identified **four key roles of activism**, each of which contributes in a distinct way to driving change. These roles are still highly relevant today in the context of **climate activism**, where diverse strategies and actors are essential for building a strong, sustained movement. In the WAVE project we used them not only to understand and recognize the different roles and potential strategies for climate activism, but also as a framework for better aligning methods with our roles and our overall goals, not forgetting that any social movement needs all four roles, and very often what's required is more cooperation among different groups of activists and organisations. The four roles are:

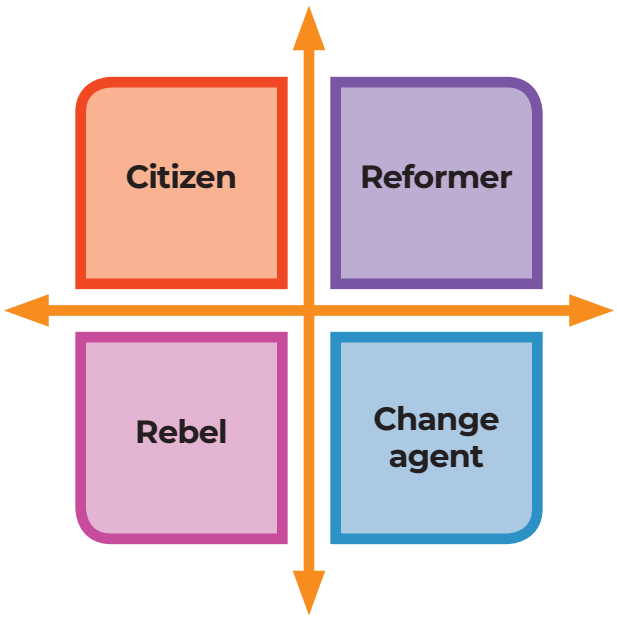


Figure 1 - Bill Moyer's four roles of activism
https://commonslibrary.org/the-four-roles-of-social-activism

Citizen

Citizens focus on engaging with mainstream society, working within accepted norms and institutions. They tend to use conventional tools like petitions, voting, education, and lobbying. **Relevance to Climate Activism**: This includes people who advocate for climate policy, support green candidates, or work within institutions (e.g., government or NGOs) to influence change. Citizen activism helps legitimize the movement and build broad public support.

Rebel

Rebels challenge existing systems directly, often through protest, civil disobedience, and confrontation. Their role is to dramatize issues and create tension that compels change. **Relevance to Climate Activism**: Groups like Extinction Rebellion or Fridays for Future fit this role, using strikes, blockades, and demonstrations to spotlight the urgency of the climate crisis and push the issue into public consciousness.

Change Agent

Change agents develop and promote alternatives to the status quo. They focus on innovation, long-term strategies, and policy proposals.**Relevance to Climate Activism**: These are the people designing climate solutions—renewable energy projects, sustainable agriculture, local resilience hubs, and policy frameworks for a just transition. They help turn demands into actionable pathways.

Reformer

Reformers work inside institutions or closely with them to implement practical changes. They bridge the gap between the movement and power structures.

Relevance to Climate Activism: Reformers include climate negotiators, policymakers, and bureaucrats who push for emissions laws, climate education, or green investments. They make systemic shifts possible from within.

Role	Purpose & Strengths	Common Pitfalls to watch For
Citizen	Builds legitimacy through widely accepted values and trust	Risk of naiveté or blind obedience to the status quo
Rebel	Forces issues into the public sphere through disruptive action	Can become isolated, ideologically rigid, or strategy-lacking
Change Agent	Mobilizes grassroots power and nurtures systemic alternatives	May veer into utopianism or single-issue tunnel vision
Reformer	Secures reforms through institutional channels and policy change	Vulnerable to co-optation, bureaucratization, or marginal reform

Together, these roles demonstrate that **no single type of activism is sufficient alone**. In today's climate movement, the **synergy between rebels, citizens, reformers, and change agents** is what gives the movement both **moral power and practical momentum**. Moyer's framework encourages activists to understand and respect each role's contribution—something that is vital for a unified and effective climate movement.

As the climate crisis intensifies, many young activists are recognizing that addressing surface-level symptoms is no longer enough—**we must go deeper**, into the roots of our relationship with the natural world. This is where **Deep Ecology** offers a transformative lens. Unlike conventional environmentalism, which often treats nature as a resource to be managed, Deep Ecology insists that all life has intrinsic value, regardless of its utility to humans. It challenges anthropocentrism—the idea that humans are the central or most important species—and instead calls for a profound shift in consciousness, where we see ourselves as part of a larger web of life, a biocentric view. **For young activists, engaging with Deep Ecology can deepen their sense of purpose, humility, and interconnectedness, and help them resist burnout by grounding activism in reverence rather than urgency alone.**

In parallel, the **Deep Adaptation** movement asks us to face the uncomfortable possibility that large-scale societal collapse due to the triple planetary crisis may be unavoidable. Rather than promoting despair, **Deep Adaptation encourages honesty, emotional resilience, and the cultivation of meaning in the face of uncertainty**. It urges us to ask: how do we live with compassion, courage, and community if some forms of collapse are inevitable? For young activists often taught to be endlessly optimistic or to focus solely on policy and targets, this perspective can be unsettling—but also liberating. It allows space for grief, reflection, and a deeper kind of hope—one that isn't tied to saving the world in time, but to being fully present and ethical in whatever world emerges. Deep Adaptation offers four questions to help guide our inquiry into what kind of adaptation may be appropriate for our lives:

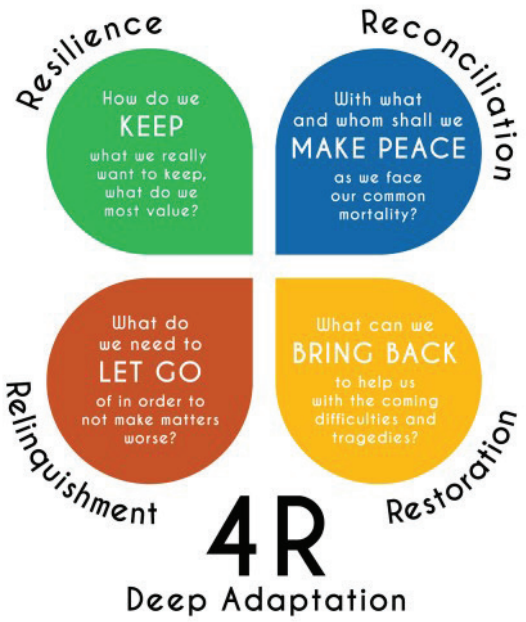


Image reference: https://www.deepadaptation.info/the-four-rs-a-framework-for-inquiry/

By engaging with Deep Ecology and Deep Adaptation, young climate activists can move beyond a purely reactive stance into one that is deeply rooted, emotionally intelligent, and spiritually resilient. These frameworks do not replace urgent action—they enrich it. They remind us that **activism is not only about fighting for a future, but also about transforming ourselves, our relationships, and the stories we live by**.

In times of crisis, **depth becomes a radical act**. Young people who embrace this depth can become not just change-makers, but culture-shapers—laying the groundwork for new ways of living, being, and belonging on this Earth.

3. METHODS & TOOLS FOR CLIMATE ACTIVISM

The intersection of non-formal education, youth work, and climate activism is a critical part of systemic change in the 21st century.

Unlike formal education, which often lags in addressing the climate crisis holistically, **non-formal learning offers dynamic, participatory spaces where young people can explore complex issues, develop critical thinking, and cultivate skills for collective action**. Youth work, in turn, provides emotional support, mentorship, and community infrastructure necessary to sustain long-term engagement. When integrated with climate activism, these approaches empower young people not just to understand the crisis, but to organize, innovate, and lead systemic transformation.

Figure 3 - The intersection of non-formal education, youth work, and climate activism

This intersection fosters active citizenship, builds resilience, and nurtures a generation that is not only climate-aware but socially and politically empowered to reimagine and rebuild the systems we live within.

In the next pages we offer 30 methods and tools at the intersection of NFE, youth work and climate activism. They are divided into 6 categories:

ENERGIZERS	Energizers & group building dynamics (6 NFE Methods)
GROUPS	Group debates / facilitations (6 NFE methods)
TRAINING	Training and capacity building (6 NFE methods)
ONLINE	Media engagement and digital activism (6 NFE tools)
GAMES	Card & board games (6 games)

3.1. ENERGIZERS AND GROUP DYNAMICS

Here are six **energizers and introductory group exercises** that blend **non-formal education**, **youth work**, and **climate awareness** — perfect for workshops, trainings, or youth gatherings aiming to spark reflection, build group cohesion, and activate climate consciousness.

The Climate web	Indoors or outdoors	Ball of string or Yarn	Medium to large groups	15-30 min
Climate values line-up	Indoors	Tape line	Small and medium groups	20 to 60 min
Eco-charades	Indoors or outdoors	Paper, pens, props	Min 9 max 35	20 to 60 min
My climate journey map	Indoors	Paper, markers, pens	Small to large groups	20 to 60 min
Systems change circle	Indoors or outdoors	Paper, markers, pens	Small and medium groups	20 to 60 min
Climate quiz	Indoors	Quizzes	Small to large groups	10 to 30 min

THE CLIMATE WEB

Purpose: Visualize interdependence in ecosystems and human systems

Materials: Ball of string or yarn at least 25 meters long, light enough to be easily thrown in a circle of people and strong so it doesn't rip or cut

Group size: Can be done from 5 to 50, the appropriate interval of participants is 12-24.

How it works (step by step):

1. Invite participants to form a **circle**.
2. One person starts with the yarn and says something in nature or society that either contributes or is affected by the climate crisis (e.g., "fossil fuels," "deforestation," "food insecurity").
3. They hold the end of the string and toss the ball to someone else who names a directly related cause or consequence.
4. The ball continues to be tossed until everyone is connected by the same string weaving a web between participants.
5. Reflect by gently pulling the string: how does one part affect the whole? What happens when one part breaks?

Debrief: Discuss the web of life, interconnected systems, and how climate change is not isolated but systemic, mirroring the need for systemic solutions.

Notes

WAVE tip

You can add a few layers to the exercise depending on your group and time available. Example:

At stage 4 hang 3 pens in the string and place 3 open bottles on the floor. Ask participants to aim to place the 3 pens inside the 3 bottles. In a first stage do not allow them to speak to see if group coordination can be achieved without the use of verbal language. Upon completion reflect on the fact that complex systems need a lot of coordination and collective work to be solved.

CLIMATE VALUES LINE-UP

Purpose: Explore differing views and experiences related to climate change while mapping participants relative positioning

Materials: Tape line on the floor or visible markers ("Strongly Agree" to "Strongly Disagree"). Allow enough space for the group to spread.

Group size: It can be done in small to medium groups (up to 35).

How it works:

1. Ask participants to stand in a line while you read the first statement. After each statement participant will move in the line according to their values/beliefs.
2. Read statements like:
   - *"I believe individual action can solve the climate crisis."*
   - *"Climate change affects everyone equally."*
   - *"I feel hopeful about the future."*
3. Participants position themselves along the spectrum.
4. Invite sharing (voluntary) to understand diverse perspectives.

Debrief: Acknowledge differences, build empathy, and explore the roots of beliefs—critical for systems thinking and climate justice dialogue.

Notes

WAVE tip

Allow participants to change place if they change their perspective through the sharing of others.

Move along the line, capturing different voices. Ask for the participation of those that haven't spoken yet in the group.

ECO-CHARADES

Purpose: Break the ice and activate environmental vocabulary/awareness

Materials: Slips of paper with climate-related terms (e.g., solar panels, ocean acidification, protest, carbon footprint, Greta Thunberg)

Group size: Ideally you want to have at least 3 groups of 3 people (9) and no more than 5 groups of 7 people (35).

How it works:

1. Divide into teams (ideally mixed / random).
2. Each team is given a climate-related concept/term.
3. Teams have 5 minutes to prepare a silent theatre or performance for others to guess the concept/term.
4. Each team plays out their performance at a time, while other others try to guess within a time limit (depends on how long you allocate to this activity).
5. Keep score for fun but focus on learning and laughter. Remember to record with video and/or pictures

Debrief: Briefly explain any unfamiliar concepts; helps introduce complex issues in a playful, low-barrier way.

Notes

WAVE tip

You can introduce some gamification into this exercise by playing the 'earth version' of the hangman game, i.e., for each wrong guess from a group they get and extra petal in their flower bomb (when it reaches 8 petals the game is over for that team).

MY CLIMATE JOURNEY MAP

Purpose: Reflect on personal connections and emotions around climate

Materials: Paper, pens, markers

Group size: From 5 to 50

How it works:

1. Ask participants to draw a "map" of their climate journey—important moments, feelings, influences, actions. It can be a timeline, or a geographical map with points highlighted.
2. Pair up or form small groups (up to 5 people) for an initial sharing.
3. Look for commonalities, differences and recurring patterns.
4. Invite people to share in plenary while drawing a group map that highlights the different pathways each took on their climate journey.

Debrief: Create emotional connection and mutual understanding; sets a tone of openness and community building.

Notes

WAVE tip

In step 4 you can make a collective map with the elements and the stories of the participants brought together into a single large piece of paper. You will need a big enough wallpaper (or it could also be a whiteboard) and ask everyone to draw in tandem with others. Seek coherence and complementarity within the common drawing that can be placed as a art piece for the remaining of the event

SYSTEMS CHANGE CIRCLE

Purpose: Introduce systems thinking with action-oriented discussion

Materials: Paper, pens, markers

Group size: Min 8 | Máx 30

How it works:

1. Split the group into circles of 4–6 (mixed / random).
2. Each group gets a system-related topic (e.g., transport, food, energy).
3. In each round ask a question for the group to dive into for a set period of time:
   - R1: "What changes do we need in this system to fight climate change?"
   - R2: "Who holds the power to make real changes?"
   - R3: "What role can youth play?"
4. Have each team present the main ideas of their brainstorm for each question, in plenary, linking youth agency with larger structural change.

Debrief: Critically assess the inputs from the teams as to its "real" transformative, systemic potential and reflect on the topic of systemic change.

Notes

WAVE tip

Consider starting by making participants relate to their own reality and lifestyle concerning each of the systems and from there evolve to the macro thinking.

CLIMATE QUIZ

Purpose: Break the ice and activate environmental vocabulary/awareness

Materials: Depending on the Climate Quiz selected you will need to either print or show the quiz. Some can be played directly online

Group size: You can play climate quiz with any size group of people

How it works:

1. Select one of the Climate Quiz from the list below, or make your own
2. Present participants with the Quiz and give them enough time to go through it and answer
3. At the end of the given time, provide the right answers to each question and reflect together on miss perceptions or mistakes that were made.

Here are a few links to fun quizzes that we recommend:

- https://www.earthday.org/the-climate-change-quiz/
- https://www.amnh.org/explore/ology/climate-change/take-the-climate-quiz
- https://ec.europa.eu/clima/sites/quiz/index.html
- https://climate-pact.europa.eu/document/download/5d0e18c6-5355-4968-9719-db2651c7c37c_en?filename=Climate%20quiz%20sample%20questions.pdf

Notes

WAVE tip

Climate quizzes are a great way to learn through game play. You can even gamify it and offer prizes and other gifts for participants or teams that play and win the quizzes.

3.2. GROUP FACILITATION AND PUBLIC DEBATES

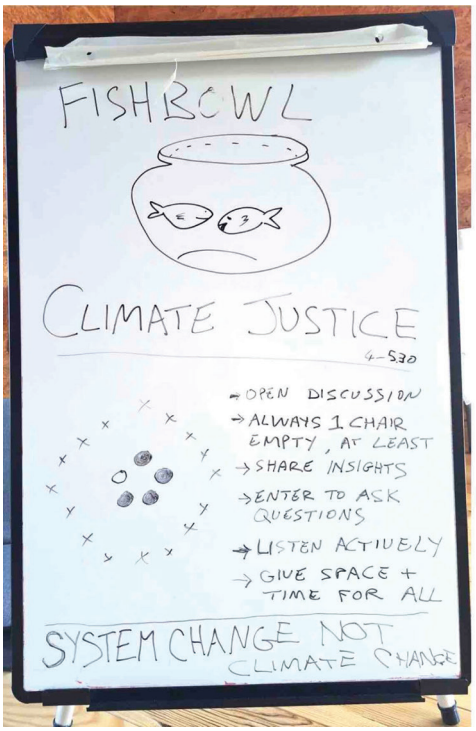
In this section we offer six methods for facilitated conversations, sharings and debates for large groups of participants. These can be ideal for hot topics (no pun intended), controversial ideas, deep listening and sharing, or just to raise the debate among a community. These methods require a good level of facilitation experience and can be powerful transformative tools for climate action.

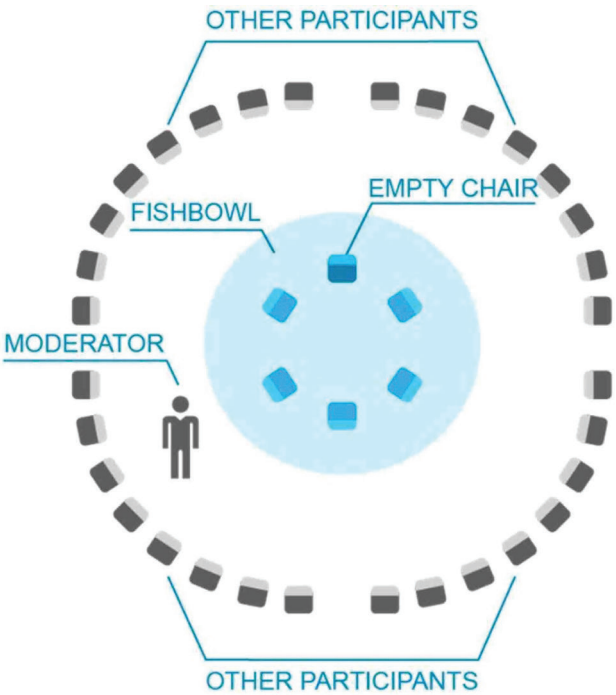
Fishbowl	Indoors or outdoors	Chairs for everyone	Medium and large	45 to 120 min
Climate Assemblies	Indoors	Flipcharts, tables, post-its	Large groups	4h to 8h
Warm data lab	Indoors	Flexible	Medium and large	60 to 120 min
Council of all beings	Outdoors	Props	8 to 60	1h to 2 days
Truth Mandala	Indoors or outdoors	The 4 central elements	12 to 40	60 to 120 min
Decision room	Indoors	Flexible	Small to medium	3 to 5h

FISHBOWL

A fishbowl conversation is a form of dialogue that can be used when discussing topics within large groups.

Fishbowls involve a small group of people seated in a circle who have a conversation about a specific topic (i.e. Climate Justice). They are surrounded by a larger group of observers, seated in an outer circle. Typically, there are only 5 chairs in the inner circle, with one chair always left empty. The outer circle listens and observes. If someone from the outer circle wants to participate, they move to the inner circle. If all 5 chairs are filled, a participant from the fishbowl must free a chair and move to the outer circle.





L: Flipchart – explanation about Fishbowl Climate Justice; R: Fishbowl Structure (L; WAVE 2024, R; UNICEF, 2015)

Main rules of engagement:

- Open Discussion
- Always 1 chair empty, at least
- Share insights Enter to ask questions
- Listen actively
- Give space for all to speak

Fishbowl about Climate Justice at WAVE ToT in Biovilla, Portugal, 2024

How it works:

Moderator explains the rules of the game, introduces the topic, encourages active listening & asks that those that enter the fishbowl are considerate of others and give space for all to speak – 5 minutes

1. Round 1 – 30 minutes
2. Break: small break followed by open discussion with full group, inviting those who have not joined the fishbowl to speak first. – 15 minutes
3. Round 2 – 30 minutes
4. Closing discussion – 10 minutes

What's needed:

- Facilitator
- 12 - 30 people (Can be more if required, but outer circles broken into rows)
- Open space or large room with enough space for participants to move around easily
- Chairs (arranged as per illustration above)
- Microphone(s) (optional)
- 45 - 90 minutes
- Optional: Rapporteur

Best used in conferences, workshops and town hall-type meetings, the Fishbowl focuses the entire group's attention on a discussion among 3 - 6 people. Other people present become observers, active listeners, and potential participants through a rotation process which reduces the distance between speakers and audience. The Fishbowl is especially useful as an engaging alternative to formal presentations or panel discussions, to allow direct conversations with experts, as a means of providing noteworthy participants with a prominent platform while still maintaining interactivity, or for discussing controversial issues that people may feel strongly about. This method requires a facilitator. It is versatile and can be adapted easily.

When and Why to use:

The fishbowl method can be used to:

- Foster dynamic group interactions and active participation.
- Discuss or introduce controversial topics.
- Showcase expert panel discussions
- Avoid 'PowerPoint' or similar one-way presentations

Resources:

- UNICEF - https://knowledge.unicef.org/resource/fishbowl & PDF: https://clearinghouse.unicef.org/download-ch-media/94465180-f6ea-43c6-8c7c-d885a6b02b77
- INVOLVE UK : Fishbowl Conversations - https://www.involve.org.uk/resource/fishbowl-conversations
- Wambeke, Tom. "Facilitate a Fishbowl Discussion." Learning and Training Blog, International Training Centre of the ILO (ITC-ILO). https://itcilo.wordpress.com/2009/02/16/facilitate-a-fishbowl-discussion/
- Wikipedia; Fishbowl (conversation). https://en.wikipedia.org/wiki/Fishbowl_(conversation)

WAVE tip

(Extra rule) If someone from the outer circle feels someone inside the fishbowl is speaking too much (hogging space, taking time from others), they can tap them on the shoulder, thereby politely asking them to move on.

Have some questions and/or hot topics prepared in case the conversation needs some stirring or some more energy.

Don't fear the silence if it naturally happens. Give it space and see what emerges before introducing a new topic and/or closing the session.

CLIMATE ASSEMBLIES

Climate assemblies are structured, democratic forums that bring together a diverse group of citizens to **learn about, deliberate on, and recommend solutions to climate-related challenges**. Based on the model of **citizens' assemblies**, they use principles of **deliberative democracy**—random selection (sortition), balanced information, facilitated dialogue, and consensus-building—to ensure inclusive, informed, and equitable decision-making.

How it works:

Defining the question: A clear question is set, for example: "How can we reduce emissions in our city?" or "What should our country do about climate change?"

Selecting participants: A group of citizens is chosen randomly (like a lottery), but balanced to represent the population (age, gender, background, region). This makes the assembly fair and inclusive.

Learning phase: Participants receive information from experts, scientists, and stakeholders.They hear different perspectives to understand the issue fully.

Discussion and deliberation: In small groups, participants discuss what they learned. They share opinions, ask questions, and explore possible solutions with the help of facilitators.

Creating recommendations: The group works together to develop proposals and solutions for climate action. These are often discussed, refined, and agreed on collectively.

Voting: Participants vote on the recommendations. The final proposals reflect what the majority supports.

Presenting results: The recommendations are shared with governments, institutions, or the public. They can influence policy and decision-making.

Follow-up: Authorities or organizers report back on what actions are taken based on the assembly's recommendations.

Source: https://www.cca-project.org/

How climate activists can use them:

- **Trigger Local Policy Change**: Activists can initiate **community-level climate assemblies** to push municipalities to adopt stronger climate policies. When an assembly produces collective, citizen-driven recommendations, it becomes harder for decision-makers to ignore the democratic mandate.
- **Build Grassroots Legitimacy**: Assemblies build trust, especially in polarized contexts. When diverse residents collaboratively shape climate solutions, it fosters buy-in and diffuses opposition. Activists can use these processes to bridge gaps across political or social divides.
- **Center Marginalized Voices**: Climate assemblies intentionally include voices often excluded from traditional policy-making—youth, low-income residents, Indigenous peoples, migrants. Activists can use assemblies to elevate these perspectives in designing just, community-rooted climate actions.
- **Empower Civic Education**: Climate assemblies can double as **non-formal education spaces**, increasing participants' knowledge about climate science, justice, and systems thinking. Activists can use this as a tool to deepen local climate literacy and nurture a more informed, active public.
- **Catalyze Action Beyond Government**: Even without formal policy backing, assemblies can inspire **local climate pledges, community gardens, energy co-ops**, or neighborhood resilience plans. Activists can frame these gatherings as a springboard for tangible, collective action.

In essence, climate assemblies are both **a process and a tool**—a way to democratize climate decision-making and to **activate ordinary people as agents of transformation**. For climate activists, they offer a powerful strategy to root systemic change in community ownership, shared knowledge, and democratic legitimacy.

Resources:

- https://www.knoca.eu/climate-assemblies
- https://www.cca-project.org/
- https://www.idea.int/publications/catalogue/deliberative-democracy-and-climate-change-exploring-potential-climate

WARM DATA LAB

> *The opposite of complexity is not simplicity—it is reductionism.*
>
> **NORA BATESON**

A **Warm Data Lab** is a participatory process developed by Nora Bateson (International Bateson Institute) to explore complex, interdependent issues. Unlike "cold" data, which isolates variables for analysis, **warm data captures the relational, contextual, and living patterns of systems**—the human, ecological, cultural, and economic layers that shape our realities.

It provides a safe, creative space where participants engage in **multi-perspectival conversations**, weaving connections across fields and experiences. The goal is not to "solve" problems but to **expand understanding, nurture collective intelligence, and reveal new possibilities for action**.

Why Use Warm Data Labs?

Warm Data Labs invite participants to experience **complexity as connection**. They cultivate **empathy, resilience, and imagination**, which are essential capacities for sustainability, social transformation, and collective thriving.

Source: https://www.warmdatalab.org/

* Disclaimer: Warm Data Labs can only be hosted by certified hosts who have undertaken the International Bateson Institute training.

How it works:

Guiding Question: The host selects a living question from a set of questions previously approved by the International Bateson Institute. Before sharing it with the participants, the host tells a story that helps connect them to the chosen question.

Navigating Different Contexts: Participants are encouraged to engage in different circles, each dedicated to a specific context (e.g. family, ecology, art) through which the original question is explored. They are free to move between circles as they wish.

Symmathesy: Participants are invited to share not conclusions or solutions, but rather what they notice they are learning or discovering. This may include connections they had not seen before, patterns they are noticing, thoughts that surprised them, emotions they are sensing, or new questions that are emerging.

Resources:

- International Bateson Institute (Nora Bateson): https://international-batesoninstitute.org
- Warm Data Handbook: Warm Data: Meta-systemic Sensemaking by Nora Bateson
- Introduction to Warm Data Lab (short video): https://vimeo.com/334248029
- Community of Practice: https://warmdatalab.net

WAVE tip

- **Hold the space lightly**: Your role is to invite, not to direct.
- **Diversity matters**: Mix participants with different backgrounds, ages, and perspectives.
- **Encourage humility**: Remind participants that no single viewpoint captures the whole.
- **Use creative materials**: Flipcharts, markers, visual harvests, or even music to deepen the experience.
- **Keep time fluid**: Allow space for depth while respecting rhythm and flow.
- **Focus on relationships, not outcomes**: The value lies in shifting perspectives, not producing quick fixes.

COUNCIL OF ALL BEINGS

> *This colorful, sometimes solemn, and often lusty communal ritual allows us to step aside from our human identity and speak on behalf of other life-forms. It is excellent for growing the ecological self, for it brings a sense of our solidarity with all life, and fresh awareness of the damage wrought by one upstart species.*
>
> JOANNA MACY IN 'COMING BACK TO LIFE'

How it works:

Opening: The facilitator opens the space with a short ritual (e.g. calling directions, silence, or a simple grounding exercise) and explains the purpose of the workshop and creates a safe, respectful atmosphere. Participants are invited to reflect on their connection with nature.

Being chosen: Each participant chooses a non-human life form to represent (an animal, plant, river, mountain, etc.).

Making a mask: Using simple materials, participants create a mask or symbol that represents their chosen being. This helps them step into that identity.

Letting go of the human perspective: Through short exercises (silence, reflection, or movement), participants prepare to "step out" of their human identity and connect with the chosen being

Speaking in the Council: Participants gather in a circle. One by one, they speak as their chosen being—sharing its feelings, struggles, wisdom, or message to humans.

Witnessing and listening: Others listen without interrupting. The focus is on deep listening and respect for each voice.

Gratitude and closure: Participants thank the beings they represented and gently return to their human identity.

Reflection and sharing: The group reflects on the experience: what they felt, learned, and how it may influence their actions in real life.Masks can be kept, burned, or returned to nature.

Resources:

- https://workthatreconnects.org/resources/council-of-all-beings/
- https://theworkthatreconnectssa.wordpress.com/the-council-of-all-beings/
- https://eco-institute.org/news/2016/9/4/council-of-all-beings

TRUTH MANDALA

This ritual comes from the work of Joanna Macy and John Seed. It was developed within the context of the Deep Ecology movement in the 1980s and 1990s. The method was designed to help people work with strong emotions related to environmental and social crises. It creates a structured space where participants can safely express feelings such as fear, grief, anger, and emptiness, and in doing so, become more aware of their connection to the Earth and to each other. The process supports emotional release, deeper understanding, and often a renewed sense of responsibility and motivation to act.

How it works:

Creating the space: You need an open space, enough to be able to sit in a circle. Facilitator can create a comfortable atmosphere with nice light, some candles, etc. Participants sit closely together in a circle, creating a safe and contained space for sharing. In the center of the circle is the "mandala space," which is used for the emotional work. The circle is imagined as divided into four parts, each represented by an object: a stone, dry leaves, a stick, and an empty bowl.

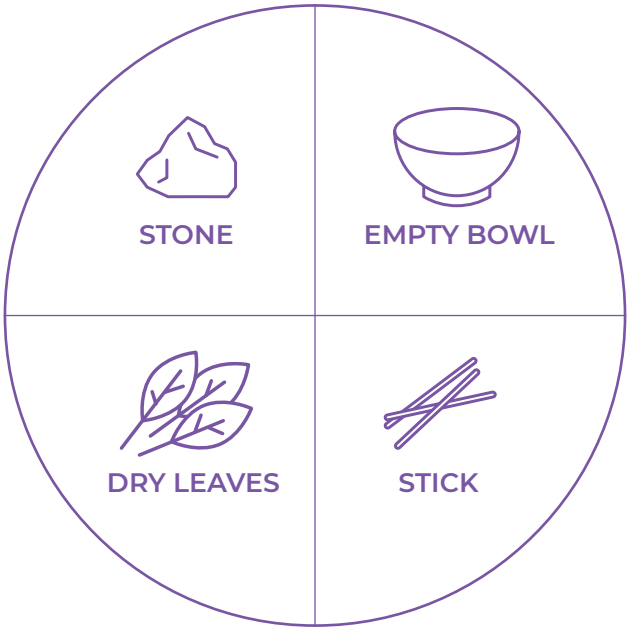


Figure 4 - The Truth Mandala space

Explaining the objects: The facilitator explains their meanings:

- The stone represents fear — feeling tight or closed inside.
- The dead leaves represent sadness — grief for what has been lost.
- The stick represents anger — strong feelings and the wish for justice.
- The empty bowl represents emptiness — feeling something important is missing.

Tip: Before starting, the group agrees on confidentiality.

Speaking in the circle: Participants enter the center of the circle one at a time, when they feel ready. A person goes to the object that best matches their current feeling, picks it up, and holds it. While holding the object, they speak openly about their emotions, or they may choose to remain silent if that feels more appropriate. The rest of the group listens without interrupting, acting as witnesses to what is being shared.

Return of the object: After speaking or being present with their feeling, the participant gently returns the object to its place in the center and goes back to the outer circle. The objects remain in the same positions throughout the entire process and are used repeatedly by different participants.

Closing the process: This process continues in rounds until most people have had the opportunity to enter the center and express themselves. The facilitator acknowledges the courage of speaking and the support of listening.

Reflection: The process highlights that sharing truth brings clarity and connection, and reminds us that fear carries trust and grief reflects love.

Resources

- Truth Mandala - Work That Reconnects Network
- https://mettamancy.com/truth-mandala/

Notes

DECISION ROOM

Decision room is one of a set of role-play exercises for groups to better understand and navigate the complexity of decision-making when dealing with climate change and debate potential trade-offs from different possible strategies and actions. In these exercises, participants take on roles different from their own, such as policymakers, industry representatives, scientists, or activists, in order to explore multiple perspectives and negotiate possible solutions within a safe, simulated environment. The main purpose of these simulations is to improve climate literacy, strengthen collaborative skills, and support social learning around both climate adaptation and mitigation.

How they work:

Scenarios: The facilitator explains the purpose of the exercise and a pre-defined climate scenario, e.g. reducing emissions to meet a target or adapting to impacts like sea-level rise.

Roles: Participants are assigned specific roles, such as representatives of countries, fossil fuel companies, environmental NGOs, or sectors like agriculture and industry. Each participant receives **confidential instructions** describing their interests, goals, and constraints.

Preparation: Participants review their role instructions and prepare their strategy based on their assigned position.

Negotiation: Participants enter the "decision room" and begin negotiating with each other. They must advocate for their own interests while working toward possible shared solutions.

Simulation tools (optional): In some advanced versions, tools such as **En-ROADS** are used to provide real-time feedback on the expected climate outcomes of decisions based on scientific data.

Multiple rounds: The negotiation continues in several rounds. Participants adjust their positions, respond to others, and try to build alliances or agreements.

Outcomes: The goal is for the group to reach consensus or agree on a set of actions that address the scenario's objectives.

Reflection: The group reflects on the process, including:

- how decisions were made
- conflicts between interests
- negotiation dynamics
- lessons for real-world climate governance

Resources

- https://www.climateinteractive.org/world-climate-simulation/

Notes

3.3. TRAINING & CAPACITY-BUILDING

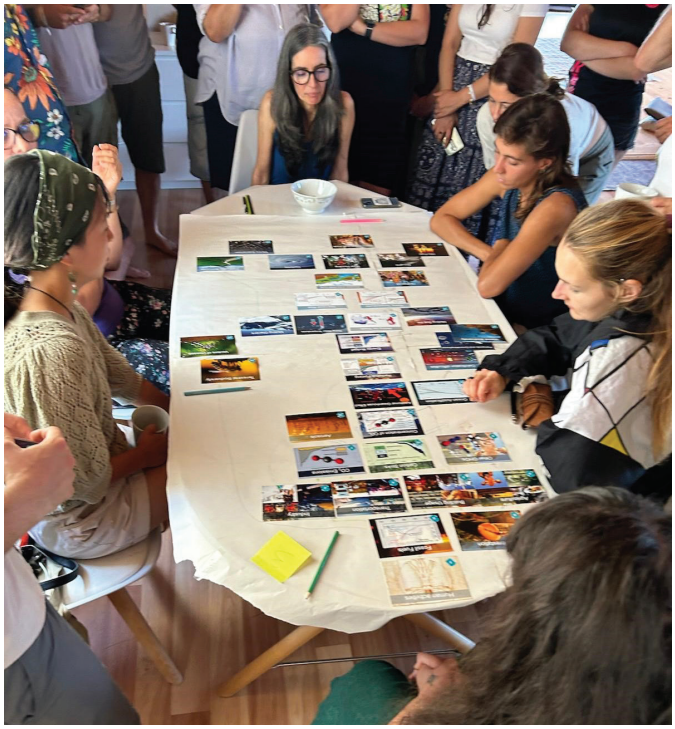
In this section of our manual, we offer you 6 powerful workshop trainings that you can implement to build capacity within your community. Beyond raising awareness and raising the knowledge around climate change these methods empower participants to act where it matters.

Climate Fresk	Indoors	Flipcharts, tables, post-its	Large groups	4h to 8h
2 Tonnes workshop	Indoors or outdoors	Tables and chairs	Medium and large	2h to 3h
Climate Community Coaches	Indoors	Flexible	12 to 60	60 to 120 min
Deep Time Walk	Outdoors	Props	8 to 60	1h to 2 days
GPS – Global Pollinators System	Indoors or outdoors	The 4 central elements	Small and medium	60 to 120 min
Climate Emotions Wheel	Indoors	Flexible	Small to medium	3 to 5h

CLIMATE FRESK

Climate Fresk is a collaborative workshop that helps people better understand climate change in a clear, interactive, and accessible way. It not only provides knowledge about the causes and consequences of climate change but also encourages participants to reflect on their role and take action. By making complex climate systems easier to grasp, it supports awareness, engagement, and behavioral change toward more sustainable practices.

HOW does it work?



Climate Fresk at WAVE ToT in Biovilla, Portugal, 2024

Participants work in groups to build a visual "fresk" (mural) using a set of cards. Each card represents a climate factor or process, and participants must discuss and connect them to show cause-and-effect relationships within the climate system.

Through this process, participants gradually construct a big-picture understanding of climate change. The workshop can last from half a day to a full day, depending on the group size, and may require one or more trained facilitators.

The newer version, Climate Fresk 2.0, goes further by helping participants connect global climate dynamics to their local context,

making the issue more tangible and relevant to their everyday lives.

WHO is it for?

Climate Fresk is suitable for a wide range of audiences, including students, professionals, companies, organizations, and community groups. It can be adapted to different levels of knowledge, making it accessible both for beginners and those already familiar with climate topics.

WHAT makes it different?

What makes Climate Fresk unique is its highly interactive and participatory approach. Instead of passively receiving information, participants actively build knowledge together through discussion and collaboration.

It is based on scientific data but presented in a simple, visual format that makes complex systems easier to understand. Additionally, Climate Fresk 2.0 stands out by shifting the focus from global issues to local realities, helping participants feel more connected to the problem and more empowered to act.

Resources:

- https://climatefresk.org/world/

Notes

2 TONNES WORKSHOP

The 2tonnes training is a participatory workshop designed to raise awareness and build capacity around climate action. Its name refers to the target of reducing individual carbon footprints to 2 tonnes of CO_2 per person per year, aligned with IPCC goals for limiting global warming to 1.5°C.

It helps bridge the gap between climate knowledge and real action. It goes beyond raising awareness by helping participants identify the most effective ways to reduce emissions.

It builds climate literacy by translating complex data, such as IPCC findings and carbon budgets, into practical and understandable insights. At the same time, it supports a shift from climate anxiety to a sense of agency, empowering participants to take informed and collective action.

HOW does it work?

The 2tonnes workshop is a 3-hour interactive session that can take place in person or online, typically with groups of 5 to 20 participants.

It follows a structured process:

1. An introduction to climate science, emissions, and carbon budgets
2. A simulation game where participants make collaborative decisions that impact emissions over time
3. A reflection phase where the group discusses outcomes and defines possible commitments

The workshop uses an interactive platform that combines behavioural science and systems thinking, allowing participants to see the impact of their choices in real time.

2 tonnes workshop, Portugal 2025

WHO is it for?

The 2tonnes workshop is designed for a wide range of audiences. It is used by public institutions and cities to support local climate policies and citizen engagement. Educational institutions such as universities and schools use it to develop climate awareness and leadership among young people.

It is also valuable for NGOs and community groups working on systemic change, as well as for companies aiming to engage employees and align internal practices with climate targets.

WHAT makes it different?

What makes the 2tonnes workshop unique is its strong focus on action. Participants leave with a clear understanding of which actions have the greatest impact.

It is also emotionally engaging, using elements such as role-play, storytelling, and simulation to create a motivating and immersive experience.

Finally, it offers a systemic perspective, going beyond individual carbon footprints to explore broader levers such as policy, business strategies, and collective action.

Resources:

- https://en.2tonnes.org/

CLIMATE COMMUNITY COACH (CCC)

The Community Climate Coaches (CCC) is a toolkit designed to help communities identify and build upon their strengths, assets, and relationships. The premise is that communities can be empowered to create their own solutions to complex challenges, ultimately leading to more resilient and regenerative communities that leave no one behind.

Who is the CCC toolkit for?

The toolkit is designed specifically for coaches, facilitators, and local catalysts who are facilitating community climate action and are looking to empower people in their local places to address the converging challenges and build resilience through Community-Led Initiatives.

The CCC toolkit structure

The toolkit is defined by 4 ethics, 8 principles and 1 resilience pathway.

4 Ethics	
Earth Care	Recognition that the earth is a living system and that all life is interconnected. In the context of CCC it means helping people understand the impact of human activities and build capacity to protect and restore ecosystems.
People Care	Promoting social well-being and ensuring communities are equitable and just. It begins with self-care, as it is essential for coaches to stay centred, buoyant, and healthy in order to effectively do this work.
Fair Share	Ensures that resources are distributed fairly and that everyone has access to the necessities of life. It involves promoting equitable distribution of resources and reducing consumption to levels that are within the earth's carrying capacity.
Future Care	Recognising the vital importance of taking responsibility for the future by making thoughtful decisions that prioritise the well-being of future generations and the planet as a whole.

8 Principles	
Harnessing the Power to Act	Empowering individuals and communities to take action towards positive change by developing motivation, awareness, and agency. This principle also emphasises the importance of inclusivity, drawing on resources, and regenerating will to create lasting change.
Growing Capacity	Developing skills and knowledge to become a more effective agent of change. It's about understanding systems thinking, complexity, cultural values, and resilience building at both the inner and community levels.

Enhancing Sense of Place	Nurturing a sense of unique identity and belonging among community members by using stories of place and potential. It focuses on using place-based, local perspectives and engaging in dialogue to understand the unique characteristics, challenges, and opportunities of a particular community and bioregion.
Developing Cooperation	Working together in a spirit of solidarity to strengthen local economies and steward shared resources. It promotes community-led ways of working and engaging all stakeholders and sectors in the community towards shared goals.
Deepening Participation	Recognising and engaging the intersectionality of different identities and experiences to create truly transformative and sustainable change. It cultivates a culture of trust, respect, and openness where everyone feels empowered to contribute and participate.
Unleashing Transformative Imagination	Recognising the powerful role that imagination plays in public engagement and social change. It taps into our collective creativity to envision a regenerative future and inspires each other to create a more just and sustainable world.
Enacting Subsidiarity	Empowering individuals and communities to take control of their own lives and destinies. It promotes the decentralisation of decision-making power and emphasises that decisions should be made at the lowest level possible.
Embedding Transformative Social Innovation	Recognition that traditional approaches to social innovation are often insufficient in addressing complex challenges. It focuses on implementing alternative and accessible solutions for the general public to create a more sustainable and just society.

We invite you to discover the Full CCC toolkit

The Resilience Pathway

Phase	Description
#1: Growing Personal Resilience & Capacity	The first stage focuses on gaining a comprehensive understanding of the context and causes of the current ecological and climate situation, while also cultivating personal resilience and developing the capacity to navigate complexity.
#2: Building Collective Capacity in Community Engagement	In this second phase the focus is on how we relate and work with others. Building a team or community of practice, and developing our facilitation competencies to better support communities in creating meaningful change.
#3: Connecting with Community, Place & Nature	This phase involves community climate coaches working with local stakeholders to facilitate a deeper connection with nature and place. By using observation exercises, dialogue walks, and facilitated appreciation activities, coaches foster stronger relationships within the community and with living systems.
#4: Analysing Context, Mapping Strengths & Envisioning Community-Led Initiatives	In phase 4 climate coaches work with the community to identify local strengths and vulnerabilities through participatory asset mapping processes, capturing stories of the place and fostering the understanding and potential for community-led initiatives that fit the needs of the place.
#5: Hosting Social Dialogue & Nourishing Community-Led Initiatives	In this phase, conversations with communities will co-create a shared vision for resilience and a just transition. Tools such as scenario planning, visioning exercises, and inclusive facilitation techniquesm are used here to engage diverse stakeholders and support the emergence of new regenerative systems aligned with community values.
#6: Deepening Impact & Amplifying Transformative Innovation	In the final phase of the CCC Resilience Pathway, community climate coaches create spaces for reflection, peer support, and celebration. While focusing on deepening impact, coaches aim to increase participation and scale up successful community-led initiatives to reduce emissions and strengthen resilience over time.
Enacting Subsidiarity	Empowering individuals and communities to take control of their own lives and destinies. It promotes the decentralisation of decision-making power and emphasises that decisions should be made at the lowest level possible.
Embedding Transformative Social Innovation	Recognition that traditional approaches to social innovation are often insufficient in addressing complex challenges. It focuses on implementing alternative and accessible solutions for the general public to create a more sustainable and just society.

DEEP TIME WALK

Deep Time Walk™

Deep Time Walk offers a transformative way to understand the scale, history, and interconnectedness of our planet. By walking through 4.6 billion years of Earth's history, participants are invited to see the world differently and rethink their relationship with the living Earth. It supports a shift from an anthropocentric and eurocentric perspective to a broader ecocentric worldview. By combining scientific understanding with emotional and embodied experience, it encourages participants to develop a deeper connection with the more-than-human world and inspires positive action and advocacy for a regenerative Earth.

HOW does it work?

Deep Time Walk is a guided journey through 4.6 billion years of Earth's history, represented as a 4.6 km walk, where each meter corresponds to one million years.

The experience is facilitated by a trained guide and combines scientific storytelling, reflective dialogue, and embodied learning activities. Participants engage not only intellectually but also emotionally and physically, experiencing time and evolution in a tangible way.

The walk typically takes between 3 to 4 hours, including a short tea break. The ideal group size is between 6 and 24 participants. To facilitate a Deep Time Walk, it is necessary to complete official training and prepare a route (itinerary) adapted to the local region.

Deep Time Walk, Portugal 2025

WHO is it for?

Deep Time Walk is suitable for a wide range of audiences, including students, educators, environmental practitioners, community groups, and organisations. It is particularly relevant for those interested in sustainability, ecology, and systems thinking, and can be adapted to different levels of knowledge and experience.

WHAT makes it different?

What makes Deep Time Walk unique is its immersive and embodied approach to learning. Instead of simply learning about Earth's history, participants physically walk through it, experiencing the scale of time and evolution directly.

The method was co-created by Stephan Harding and Sergio Maraschin at Schumacher College in the southwest of England and is rooted in a deep ecology approach. This approach invites participants to understand the world not only through facts and data but also through a "head-heart-body" way of knowing.

By weaving together scientific knowledge, emotional engagement, and physical experience, the walk creates a powerful learning environment that helps participants reimagine and rewire their relationship with the Earth.

	Status Quo	After Deep Time Walk
Worldview	Anthropocentric	Ecocentric
Sensing	Dead rock, mechanistic machine	Living planet, Gaia
Temporal horizon	Shallow Time	Deep Time
Economic paradigm	Extractivism, Unlimited growth, Business As Usual	Regeneration within Planetary Boundaries
'Nature' connection	Collection of objects	Communion of subjects
Earth Relationship	Resource to exploit	Kinship within the web of life
Human-earth power dynamic	Human exceptionalism, domination	Mutually enhancing, symbiosis
Circle of Identity	Political ideology, nationalism	Symbiont, Gaian, planetary being

Desired shift in worldview/perspective as a result of a Deep Time Walk experience

Resources:

- https://www.deeptimewalk.org/

GPS - GLOBAL POLLINATORS SYNERGY

A Method for Turning Climate Emotions into Collective Action

Developed by Pedro Oliveira – clinical psychologist, systemic psychotherapist, and PhD in social anthropology

GPS for Climate (Global Pollinators Synergy) is a global initiative that helps people reconnect with nature, themselves, and each other. Inspired by the role of pollinators in ecosystems, GPS encourages participants to spread ecological awareness and climate action through meaningful human connection.

Instead of pollen, we spread ecological awareness. Each participant can become a Pollinator, helping others become active in facing the climate and ecological emergency (CEE). Whether you're planting seeds of thought, emotion, or action—you are part of nature, and nature thrives through cooperation and interconnection.

Pollen represents the emotional and intellectual energy we share to raise ecological awareness. Through conversation and reflection, we "fertilize" the minds and hearts of others, encouraging further action.

GPS workshop, Portugal 2025

HOW does it work?

Each GPS session follows a structured format with three key stages that represent The Pollinator's Mind: The Three Core Moments:

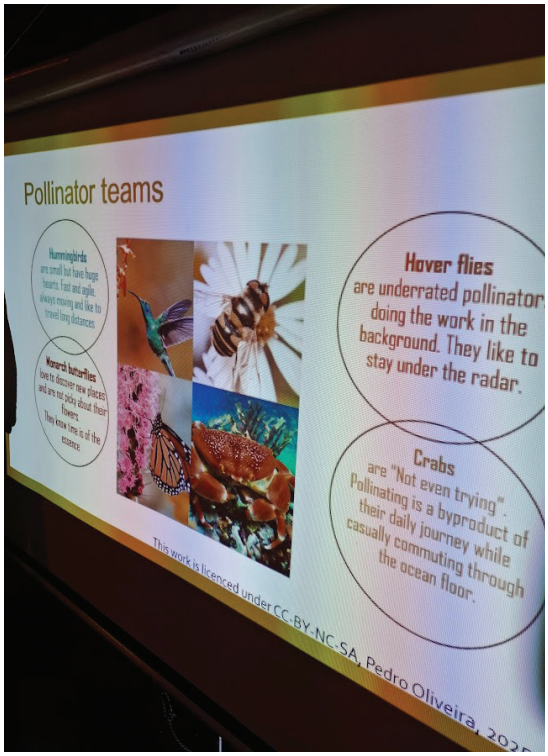
1. Emotions & Defences: Participants explore personal feelings and inner responses to the climate and ecological crisis (CEE). They identify psychological defences such as denial, overwhelm, or apathy, and develop emotional literacy around eco-anxiety, grief, and hope.

2. Social Networks & Silence: Participants map their social environment and reflect on where climate conversations are missing. They explore social and cultural barriers that prevent action and develop strategies to gently and effectively break the silence.

3. Contribution & Community Building: Participants reflect on what they can offer to the climate movement at this moment. The method emphasizes that not all parts of a person need to be ready at once and encourages collaborative or paired actions.

- GPS is designed to function online and offline. We use the metaphor of Rooms to represent different spaces of exploration and exchange:

The Pollen Exchange Room. This is the core session space where the three GPS moments take place. All participants are encouraged to begin their journey here before exploring other rooms.



GPS workshop, Portugal 2025

Mindful Pollination Rooms. Spaces for deeper reflection, integrating mindfulness, meditation, and further dialogue around the three core moments. Ideal for those who want to explore emotional and cognitive aspects more profoundly.

WHO is it for?

GPS is designed for anyone. Participants do not need to be climate experts or have all the answers. It is suitable for individuals, groups, organisations, and communities who want to explore climate emotions, reflect, connect, and act at their own pace.

WHAT makes it different?

What makes it different is its focus on emotions, relationships, and collective processes. It helps participants:

- explore climate emotions and eco-anxiety with depth and compassion
- break the social silence around the ecological crisis
- define and map personal contributions to climate action with the support of a group

The method emphasizes that participants are part of nature and not alone. It encourages action through connection, cooperation, and shared experience, showing that even small actions can become seeds of change.

WAVE Podcast interview with Pedro Oliveira:

- https://open.spotify.com/episode/6wKyBHG9jymJdsq3LYza5o?si=5pzK-TR9nTkmZjeBQJ3ycdA

Notes

THE WHEEL OF CLIMATE EMOTIONS

This tool supports the development of emotional literacy and emotional regulation skills in the context of climate change. It is important because learners and educators often experience climate-related emotions such as anxiety, stress, and overwhelm, but may lack the language or tools to express them. By naming and processing these emotions, participants can better understand and cope with them, reducing emotional overload and supporting healthier group dynamics. It also helps educators regularly check the emotional state of the group and respond appropriately in the moment.

Figure 5 - The Wheel of Climate Emotions
https://www.climatementalhealth.net/wheel

HOW does it work?

- **Step 1: Understanding the wheel**
  Introduce the idea that it can be difficult to put climate-related emotions into words. Emphasise that this difficulty is normal, and that simply attempting to name emotions may bring up strong feelings, which are also normal and welcome.
- **Step 2: Grounding exercise**
  Begin with a grounding practice (for example, feeling the ground under the feet and noticing its support) to help participants feel safe and present before exploring emotions.

- **Step 3: Introducing the climate emotions wheel**
  Present the climate emotions wheel as a tool that includes a range of emotions connected to climate change (though it is not exhaustive). Highlight that multiple emotions can be experienced at the same time and may shift during the activity or while listening to others.
- **Step 4: Using the wheel**
  Invite learners to identify the emotions they are currently feeling. They can express these emotions through writing and/or sharing them with the group if they choose.
- **Step 5: Reflection**
  Facilitate a group reflection on how it feels to have more precise language to describe emotional experiences and to express them with greater nuance.
- **Step 6 (optional): Creative exploration**
  Extend the activity by exploring emotions through literature or other art forms, showing how creative expression can help individuals and groups navigate complex emotional experiences.

WHO is it for?

This tool is designed for students and educators working in learning environments where climate change is being explored. It is particularly useful in group settings where emotional responses to climate topics may arise and need to be acknowledged, expressed, and supported.

WHAT makes it different?

This approach combines emotional awareness, regulation, and expression within a structured educational activity focused on climate emotions. It does not only aim to inform, but also to support real-time emotional processing. It explicitly normalises strong emotional reactions, provides a grounding practice to ensure emotional safety, and uses a climate emotions wheel as a shared vocabulary tool. Additionally, it encourages both individual reflection and collective sharing, and can be expanded through creative and artistic expression to deepen emotional understanding.

Resources

- https://climateadvocacylab.org/system/files/2024-05/Climate%20Emotions%20Guide%20Final.pdf
- https://yeenet.eu/eco-emotions-resource-pack/
- https://transforming-climate.education/wp-content/uploads/2025/09/1.2.1.-Climate-emotions-wheel.pdf

3.4. MEDIA ENGAGEMENT AND DIGITAL ACTIVISM

The section on media engagement and digital activism focuses on working with online audiences and building connections digitally rather than in person. It requires specific skills, time, and equipment. This is a dedicated area that we highlight:

- **Digital awareness campaigns**
- **Digital community building**
- **Podcasting in digital activism**
- **Webinars**
- **Fighting misinformation**
- **UGC - User-generated content**

ONLINE

DIGITAL AWARENESS CAMPAIGNS

What is a Digital Awareness Campaigns and How can it help the climate?

In a world where most conversations happen online, a digital campaign is one of the most powerful tools we have to raise awareness, initiate action, and even try to shift mindsets. When used thoughtfully, it can help bring complex issues—like climate change—into everyday conversations in a way that feels real, relevant, and urgent.

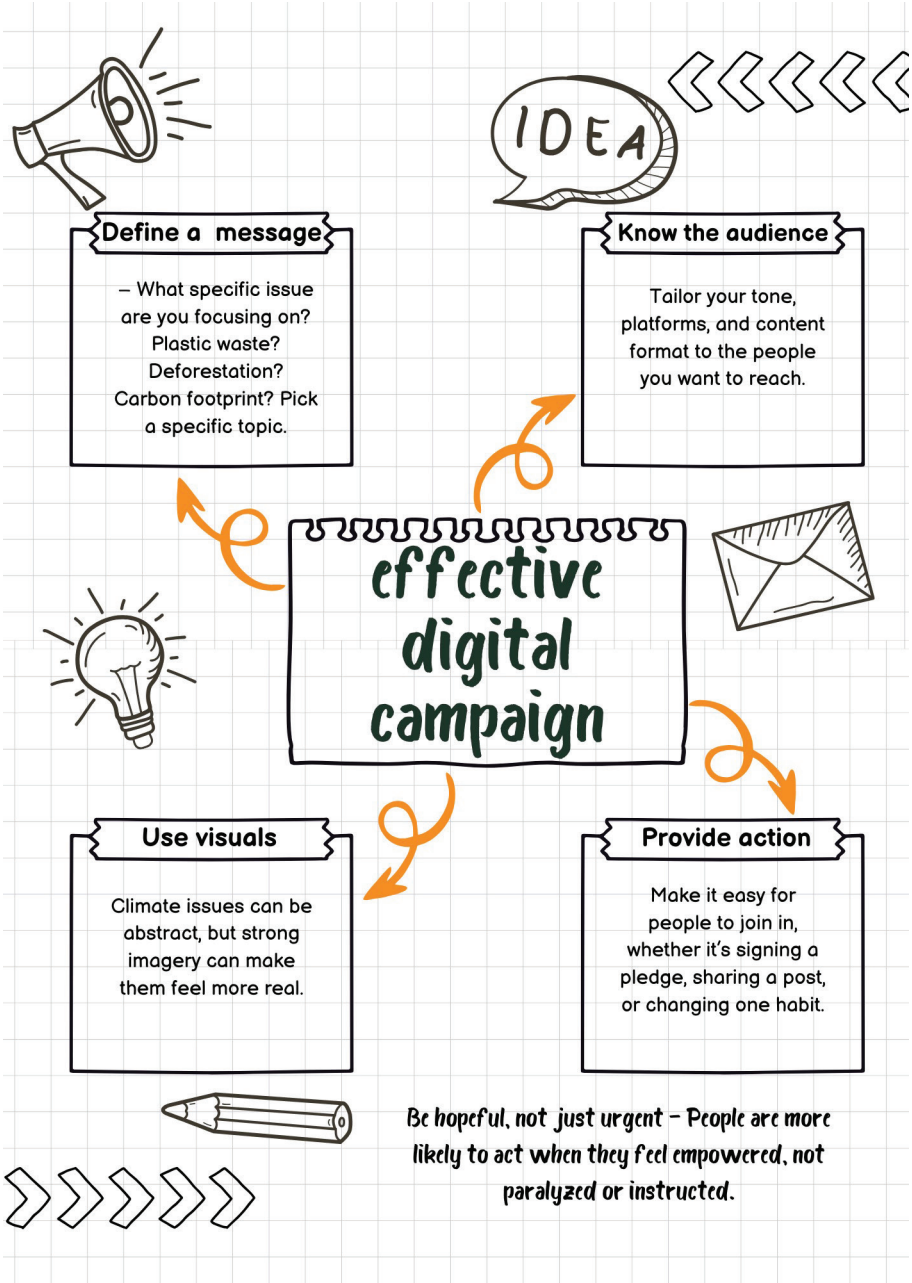
At its basis, a **digital campaign for awareness** is a coordinated effort to share content across digital platforms (social media, websites, email, etc.) to educate and engage people around a specific topic. In the case of environmental issues, the goal is often to make science accessible, highlight everyday impacts, and inspire more sustainable choices—without overwhelming people or sounding like a broken machine.

The key is usually storytelling. Instead of just posting stats about facts, show how those issues affect real people, communities, and ecosystems. A well-prepared video, a compelling photo series, or a simple infographic can make a distant problem feel personal—and therefore worth caring about.

But awareness isn't just about informing people about an issue, **it's about making a connection**. A strong digital campaign encourages people to be a part of the campaign themselves. Hashtags, interactive content, challenges (like zero-waste weeks or plant-based meal swaps), and user-generated stories all help build momentum and a sense of shared purpose.

Notes

How to create an effective digital campaign around environmental awareness?



In short, a digital campaign is a modern tool for creating an impact. It's not about going viral for a day—it's about building informed, connected communities who care enough to act. And when it comes to the future of our planet, that kind of awareness is not optional. It's essential.

DIGITAL COMMUNITY BUILDING

The term "digital community" is becoming increasingly common in everyday language. Yet for many, it still conjures images of celebrity fandoms, pop culture groups, or niche online forums. While that's one side of it, the full picture goes much deeper. At its core, a digital community is about creating an online space where people with shared values, interests, or goals can come together, connect meaningfully, and collaborate. When thoughtfully built, these communities become powerful platforms for collective learning, advocacy, and long-term impact—often serving as the backbone for movements, awareness campaigns, and social change.

Why is this so important for awareness campaigns?

People are more likely to engage with an issue when they feel they belong to something. A strong digital community transforms passive audiences into active participants, it encourages dialogue over monologue, curiosity and long-term involvement over one-time clicks.

Building a digital community around a cause—like environmental awareness—doesn't require a massive budget or a viral video. What it does need is:

A clear purpose – Why are people coming together? What do they care about?

Consistent, human communication – Speak like a person, not a press release. Respond, react, and relate - it's the magical combination of true activism, online and offline.

Leave room for participation – let people share their own experiences, insights, and questions. If you are creating an online campaign, user-generated content, live discussions, polls, and challenges are great ways to invite engagement.

Speak about shared values. Whether it's sustainability, inclusivity, or education, your community should feel aligned in what they stand for - it's the main blueprint that keeps the community going even though tough times and celebrating small victories.

Think about the platform intention – where your community lives (Instagram, LinkedIn, Slack, Discord, etc.) affects how it functions. Choose a space that fits your audience's habits and preferences - different platforms have different ways to interact, different tools and target audiences, also, the approach changes too.

When people feel seen and heard in a digital space, they stick around. They share content, they invite others and feel connected to you and to each other. And slowly, the message starts to spread—not just through algorithms, but through trust.

In a time when attention is fleeting, digital community building is how we might make awareness last. It's how we turn individual interest into collective action.

From Digital to Real Life: from online to real life action

A digital community doesn't have to stay online forever. In fact, the most powerful communities often start in digital spaces and grow into something much more tangible—real-life relationships, events, movements, and collective action.

So how do we bridge that gap from digital to physical? It begins with **trust** and **shared purpose**.

When a digital community is built around values—like environmental responsibility, inclusion, or sustainability—it becomes more than a content feed. It becomes a shared identity. People begin to see themselves as part of something bigger. And that's the perfect soil for real-life engagement.

How to Turn a Digital Community into a Real-Life One?

- **Start with micro-interactions**
  Encourage members to connect more deeply—through direct messaging, small group chats, or small interactions. This builds trust before ever meeting face-to-face.

- **Organize local or hybrid events**
  Host meet-ups, clean-ups, workshops, or speaker panels. Keep them intimate and meaningful. Even one successful meeting can build momentum for more.
- **Empower local ambassadors**
  Identify passionate community members in different locations and give them tools to host local activities. Think of them as leaders who can build bridges between online spaces and offline action.
- **Create and collaborate**
  Whether it's a community garden, an awareness walk, or a neighborhood recycling activity, a workshop to try a method — give people something to build together, something to connect them and encourage them to explore different topics together. Collaboration strengthens connection.
- **Maintain digital spaces to support physical action**
  Use your online platforms to share event stories, highlight member contributions, and coordinate efforts. The digital space continues to support and scale what happens on the ground.

The Benefits of a Real-Life Community:

- **Stronger bonds** – In-person interaction deepens relationships and encourages empathy.
- **Shared responsibility** – People become more accountable when they feel truly involved.
- **Increased action** – Real-world collaboration leads to real-world change, from local advocacy to behavior shifts.
- **Long-term sustainability** – Movements that rely only on digital engagement might fade quickly. Real-life communities give campaigns staying power.

How Do We Achieve an Active Society?

We start small, stay consistent, and invite people in, an active society doesn't happen by accident—it's built through meaningful connection, clear values, and shared experiences.

It grows when people feel that their voice matters and their contribution counts, use digital space to reach and connect, to make a true impact together.

PODCASTING IN DIGITAL ACTIVISM

What makes podcasting such a powerful tool for climate activism?
At its core, a podcast is more than just audio content — it is a space for stories, voices, and lived experiences. In the context of climate activism, storytelling becomes a bridge between information and emotion. It allows complex ecological issues to be translated into human narratives that people can relate to, feel, and remember. Through stories, data becomes personal, and distant challenges become immediate and real.

Why is podcasting an effective educational approach?
Unlike traditional learning formats, podcasts invite active listening and reflection. They create an accessible and flexible learning environment where knowledge can be shared across borders and cultures. Listeners are not just receiving information, they are engaging with perspectives, questioning assumptions, and expanding their understanding. When participants themselves become creators, the learning deepens even further: they research, ask questions, and communicate ideas, turning knowledge into action.

How does podcasting empower individuals in digital spaces?
Podcasting encourages people to use their voice — sometimes for the first time. It helps overcome the fear of speaking publicly and builds confidence in expressing ideas. By engaging in interviews and conversations, participants develop critical skills such as active listening, empathy, and dialogue. It also creates opportunities to connect with experts, activists, and communities, transforming learning into real-world interaction.

What role does storytelling play in digital climate activism?
Stories have the power to inspire change. When people hear directly from those working on the ground — eco-activists, local leaders, or innovators — the message becomes more authentic and impactful. Storytelling humanizes climate action, making it less abstract and more actionable. It invites audiences not only to understand but also to feel motivated to participate and contribute.

Why should podcasting be used as a tool for impact?
Because it extends beyond the creators. A podcast becomes a shared resource — a living library of ideas, experiences, and knowledge. It reaches audiences who may not engage with traditional educational formats and creates a ripple effect of awareness and inspiration. In this way, podcasting supports both personal growth and collective transformation.

One of the WAVE podcast interviews

Our experience with the WAVE podcast

Within the WAVE project, podcasting has become a powerful way to learn and share experiences. Participants have the opportunity to host their own episodes, choose topics they care about, and speak directly with changemakers. Through this process, we have seen how storytelling helps build confidence and deepen learning. The WAVE podcast is not just a platform for sharing knowledge — it is also a journey of personal growth, and connection and a strong educational tool.

At the beginning of the project, many participants were unsure about speaking publicly or conducting interviews. With training and practice, they started to believe in their ideas and their ability to communicate. We support them in finding and connecting with relevant people to interview, such as eco-activists, local leaders, and experts. These conversations are not only informative but also inspiring and empowering. Learning directly from people with real experience makes the process more engaging and meaningful.

If you are already running a podcast or thinking about starting one, we recommend exploring our Podcasting Kit developed together with partners in the WAVE project. It provides practical tools, guidance, and inspiration to support you throughout the process.

You can download it here: https://tavoeuropa.eu/wave-project/

WEBINARS

Webinars as a Tool for Mobilization and Capacity Building of Youngsters – Insights from WAVE

Within the WAVE – *We Are Voices of Ecology* project, webinars have proven to be an effective and innovative tool for engaging young people, enhancing their skills, and mobilizing them around ecological topics.

Accessible and Inclusive Learning. Webinars allow us to reach young people not only from partner countries (Portugal, Belgium, Romania, Lithuania, and Turkey) but also from across the world. This inclusiveness connects diverse experiences and perspectives, which enriches discussions and strengthens collective learning. The online format lowers barriers to participation, making it easier for youth from different backgrounds to engage.

Developing Digital Skills with Practical Application. Through webinars, WAVE offers quality training on how to design, produce, and promote environmental podcasts, both in national and international teams. These sessions equip young people with concrete digital competencies—using collaborative dashboards like Mural, applying quizzes to make learning playful, and experimenting with different online platforms for group work and interaction. Such skills are not only useful in ecological activism but also represent valuable assets for young people's academic and professional lives.

A Platform for Collaboration and Decision-Making. Our webinars go beyond traditional training by providing a participatory space for discussion and co-creation. For example, during the design of our podcast structure, youth were actively involved in decision-making processes. This collaborative format fosters ownership of the outcomes and develops leadership and teamwork abilities.

Knowledge Sharing and Continuity. The online setting also makes it easier to keep track of progress. Sessions are recorded, and AI note-taking tools help summarize discussions, allowing participants who missed a session to stay informed and engaged. This ensures continuity and collective accountability within the project.

Extending Mobilization Beyond Local Boundaries. Webinars serve as an important mobilization tool, linking local ecological initiatives with global youth audiences. They create bridges between local actions in each country and international awareness, amplifying the voices of young eco-activists.

The WAVE experience shows that webinars are not only a method of delivering knowledge but also a platform for empowerment, co-creation, and sustained mobilization. They help youth acquire digital and collaborative skills, connect across borders, and actively shape ecological narratives. In this way, webinars contribute significantly to building capacity for youth-led change and fostering a sense of global community in the fight for sustainability.

Notes

WAVE tip

Tips and Clues on how to best organize webinars

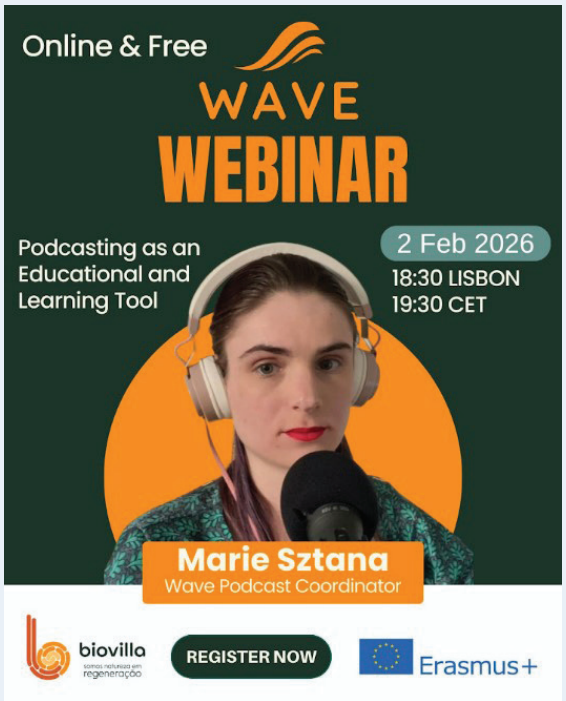
1. **Define your purpose and audience.** Start by clearly understanding:
   - What is the goal of your webinar?
   - Who is it for?
   - What should participants learn or experience?

   A clear focus helps you design everything else.

2. **Prepare and promote your webinar.** If it is an open webinar, communication is key. Create a simple and attractive flyer that includes:
   - Title of the webinar
   - Short description (what participants will gain)
   - Date and time (including time zone)
   - Whether it is free or paid
   - Registration link
   - Speakers or organisers
   - Logos

   Disseminate it through:
   - social media platforms
   - email newsletters
   - partner networks

   Clear and early communication increases participation.



Example: flyer for one of the WAVE Webinars

3. **Set up registration and access.** Make it easy for people to join:
   - use a simple registration form
   - send confirmation emails with the webinar link
   - include reminders (1 day before + 1 hour before)
4. **Structure your webinar clearly.** Keep it simple and engaging:
   - Welcome & introduction
   - Main content
   - Interaction
   - Q&A / discussion
   - Avoid long monologues — break content into smaller parts.
5. **Take care of technical setup**
   - Before the webinar:
   - test audio, video, and screen sharing
   - choose a reliable platform (Zoom, Teams, etc.)
   - assign roles:
     - host (leads session)
     - moderator (chat, time, questions)

   Always have a backup plan.
6. **Make it interactive.** Engagement is essential from the very beginning. While participants are joining:
   - play light background music to create a relaxed atmosphere
   - greet participants as they enter
   - invite them to write in the chat:
     - where they are joining from
     - their expectations
     - or a simple question related to the topic

   During the webinar:
   - ask questions in the chat
   - use polls
   - invite participants to share ideas
   - encourage reactions

   Even small interactions make a big difference.~
7. **Follow up after the webinar**
   - send recording and materials
   - share key takeaways
   - collect feedback
   - suggest next steps or future events
8. **Think beyond the event.** A webinar is not just a one-time activity — it can be used as a content for social media, material for future trainings, or/and part of a larger learning journey.

FIGHTING MISINFORMATION

Fighting misinformation means identifying, correcting, and preventing the spread of false or misleading information. In the digital age, incorrect or distorted climate-related content can spread very quickly, influencing how people understand environmental issues, policies, and scientific facts.

Why is it important?
Misinformation can distort public understanding of climate change. When people are exposed to false claims, they may become confused about what is real, doubt scientific evidence, or lose trust in reliable sources. This weakens collective awareness and can slow down urgent climate action.

Climate change is a global and urgent issue that requires informed decisions. If people base their views on incorrect information, they may not support necessary environmental actions or may underestimate the seriousness of the crisis. Accurate information is essential for meaningful engagement and responsibility.

It is important to ensure that people have access to trustworthy, science-based information and are able to think critically about what they see online. It also aims to strengthen public understanding, support informed decision-making, and amplify credible voices such as scientists, researchers, and environmental organisations.

How can we fight misinformation?
Misinformation can be addressed through both digital tools and communication practices. Fact-checking websites or scientific sources (e.g. IPCC reports, NASA Climate) can help to verify claims and provide reliable data. Social media platforms also offer reporting and verification tools to flag false content. In addition, media literacy tools and educational platforms help people learn how to evaluate sources, identify bias, and check evidence. Podcasts, webinars, and digital awareness campaigns are also powerful tools to spread correct information in an accessible way. People can fight misinformation by checking sources before sharing content,

comparing information across multiple reliable platforms, and asking critical questions such as “Who created this?” and “Is there evidence to support it?”. In climate activism, it is also important to promote transparent communication, invite experts to discussions, and create spaces where accurate knowledge is shared and discussed openly.

What does it lead to?

By actively addressing misinformation, we build more informed and resilient communities. People become more confident in distinguishing facts from false claims and are better equipped to participate in climate action. Ultimately, this strengthens trust, awareness, and collective responsibility toward environmental sustainability.

Notes

UGC - USER-GENERATED CONTENT

User-generated content (UGC) is any content created by real people rather than by professionals or companies. Examples:

- social media posts
- photos or videos shared by participants
- comments, reviews, testimonials
- stories or experiences shared online
- blog posts or short videos created by your audience

Why is it important to use UGC?

When it comes to creating genuine relationships, user-generated content (UGC) is very effective. Young people spread messages in ways that are emotionally relatable to their friends when they share their own stories, experiences, or personal creations—whether via short videos, images, or written posts. Whether through digital campaigns or social media takeovers, user-generated content (UGC) is essential for increasing awareness and providing participants with a sense of pride, ownership, and community connection.

Give young people the tools, space, and visibility to tell their climate story in their voice and amplify it through community and collaboration. **UGC isn't just content, it's connection.**

Media Engagement, Youth and UGC

When navigating media and user-generated content, keep it simple, yet engaging based on similar strategy:

1. **Position Youth as Climate Spokespeople**
   Introduce engaging young voices—those who are already producing exceptional user-generated content—to the media as genuine storytellers. Journalists frequently look for new, authentic topics. Original content, actions to improve by unique people and citizen journalism can have just as much impact as an expert interview, if not more when creating media engagement.
2. **Connect with Local & Niche Media Outlets**
   Coordinate local press releases that highlight young changemakers in their own communities using UGC as both evidence and inspiration.
3. **Co-Create Media Content with Youth**
   Instead of only pitching stories to journalists, collaborate with youth on op-eds, blog posts, or campaign editorials. Media is more likely to publish when it's youth-led and values-driven. Offer light editorial support to polish their pieces without filtering their voice—authenticity is the power here.

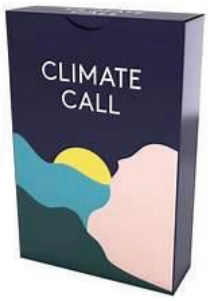
3.5. CARD & BOARD GAMES

In this section we offer a selection of 6 card & board games that you can play and learn while having fun. These games will challenge you and your teams to make tough decisions, to balance multiple viewpoints and political tensions and get a better understanding of climate choices and climate politics.

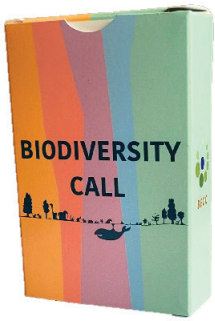
Climate call games	Low Complexity	Deck of cards	One deck for one team of 2 to 6 players	15 to 45 min
Window to the future	Moderate Complexity	Game board and cards	10-25 participants	60 to 120 min
Daybreak	High Complexity	Game board and cards	1 to 4 players or in teams	60 to 90 min
CO2: Second Chance	High Complexity	Game boards, cards and tokens	1 to 4 players	60 to 120 min
Living forest	Moderate Complexity	Game boards, cards and tokens	2 to 4 players	40 to 60 min
Our climate story	Moderate Complexity	Basic stationery to prepare maps, hazard cards, and tokens	Groups of 3 to 20 players	45 to 90 min

CLIMATE CALL GAMES

In WAVE, we used two Climate Call games: *Climate Call* and *Biodiversity Call*.



Climate Call is a card-based educational game where players arrange different actions, products, or behaviours according to their climate impact, from the lowest to the highest emissions. It helps participants better understand carbon footprints and everyday environmental choices in a simple and engaging way. The climate impacts presented in the game have been estimated by researchers at Chalmers University of Technology in Sweden.



Biodiversity Call was created in collaboration with Biodiversity and Ecosystem Services in a Changing Climate (BECC), a strategic research initiative involving around 350 researchers from Lund University and the University of Gothenburg in Sweden. In this game, players discover how Earth's species are coping in a changing world and which species are most at risk — and why. It is fast-paced, visual, and based on real scientific data, helping players understand the key drivers of global biodiversity loss.

How it works:

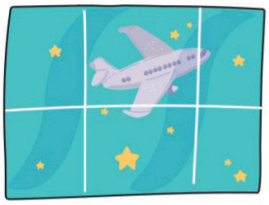
- The games can be played by anyone 12+;
- The game is played in teams of 2 to 5 people
- You will need at least 15 minutes to play 1 rounds, ideally 45 minutes
- The goal of the game is to rightly place each card until the winning team has no cards left.

Materials:

For both games you need the respective card game sets, which include decks of illustrated cards. Each game also comes with instructions or a guide explaining how to play. Optionally, you can use a facilitator presentation or introductory slides to provide context on climate change or biodiversity, as well as a timer to structure the game and reflection sheets to support discussion after the activity.

https://climatecallgame.com/

WINDOW TO THE FUTURE



Window to the Future

Window to the Future" is an interactive educational game designed by the European Academy on Youth Work to foster forward-thinking, imagination, and strategic planning. Game invites participants to imagine and explore possible futures, usually connected to climate change, sustainability, or social development. Players are encouraged to think creatively and critically about how today's choices can shape tomorrow's world. The game often uses storytelling, scenario-building, and group discussion to help participants reflect on future challenges and solutions.

How it works:

- The game can be played by anyone aged 12+;
- The game is played in groups of 6 to 25 participants, divided into smaller teams of 2 to 5 people;
- You will need at least 60 minutes to play one round, ideally 90–120 minutes for a full experience with reflection;
- The goal of the game is to imagine, discuss, and build possible future scenarios based on given themes (e.g. climate, society, sustainability) and reflect on how present actions influence the future;
- Teams present their "future vision" and compare different perspectives, encouraging dialogue and critical thinking.

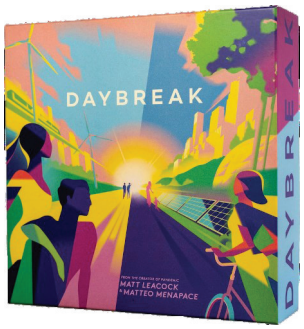
Materials:

The tool consists of an instructions booklet, a game board and 4 different kinds of playing cards.

https://www.eayw.net/resources/window-to-the-future/

Notes

DAYBREAK



Daybreak is a cooperative board game about stopping climate change. Designed by Matt Leacock, this beautifully crafted game with sustainable components, featuring hundreds of original illustrations by a diverse team of (human) artists from around the world, presents a hopeful vision of the near future, where you get to build the mind-blowing technologies and resilient societies we need to save the planet.

How it works:

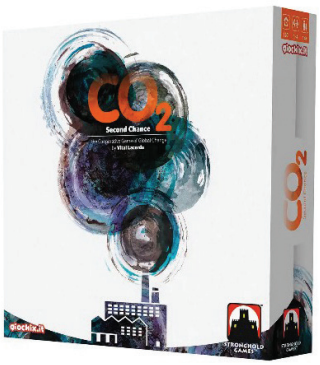
1. The game can be played by anyone 10+;
2. The game is played with 1 to 4 players or in teams
3. Each player takes the role of a different World Power—China, Europe, the United States, and the Majority World. All of you have a shared goal: cut carbon emissions before it gets too hot or too many communities are put into crisis.
4. Everyone begins with 5 cards that are unique to their World Power
5. Each round, players will draw from a huge deck of cards with unique actions.
6. The goal of the game it to collectively reach **Drawdown**: the moment you collectively remove more Carbon from the atmosphere than you produce. You will need at least 60 to 90 minutes to play

Materials:

The main board, climate impact cards (energy, food, transport, nature, society), action cards for solutions, and tokens to track emissions and resources. A rulebook or instruction guide is also required. Optionally, a facilitator presentation, reflection sheets, and a timer can be used to support the session and structure the gameplay.

https://www.daybreakgame.org/

CO2: SECOND CHANCE



Designed by Vital Lacerda, this is a heavyweight, strategy-rich board game that places players in the roles of energy-company CEOs tasked with guiding humanity toward clean energy while contending with the looming threat of environmental collapse. Players may choose between competitive or fully cooperative modes, with all losing if pollution spirals out of control. In competitive mode, players vie for prestige—balancing prestige points against rising pollution. The main goal is to balance development and environmental impact while preventing CO_2 levels from reaching critical levels.

How it works:

- The game can be played by anyone 12+;
- The game is played with 1 to 4 players or in teams.
- You will need at least 60 to 120 minutes to play
- You decide on **Co-operative** (recommended for learning and teamwork) or **Competitive** play.
- Each game spans four decades and each player proposes a project (prepare infrastructure, build a power plant, visit the CEP market, or play a Lobbyist card / claim a UN Goal card).
- The game ends immediately if CO_2 levels reach 500 ppm—or if the group score is below zero at the end of a decade.
- **Win Condition (Co-op)**: Survive all four decades while keeping score above zero and ideally completing players' private goals.

Materials:

the full game set, which includes the main board, player boards, project and action cards (such as infrastructure, power plants, lobbyists, and UN goals), as well as resource tokens and markers to track CO_2 levels, pollution, and scoring. The game also includes a rulebook to guide gameplay. Optionally, a facilitator guide or introductory presentation can be used to support understanding of climate strategy, along with a timer to help structure the session.

https://www.youtube.com/watch?v=xLmbKCUSWEs

LIVING FOREST

Living Forest, designed by Aske Christiansen and published by Ludonaute in 2021, is a strategic and visually engaging board game where players take on the role of nature spirits working together to protect the forest from destructive fires caused by Onibi. The game combines elements of deck-building, resource management, and decision-making, encouraging players to balance risk and strategy while restoring and protecting the natural environment.

How it works:

- The game can be played by anyone aged 10+;
- It is played with 2 to 4 players or in teams;
- The duration is approximately 40 minutes;
- Each player chooses a Nature Spirit (Spring, Summer, Autumn, or Winter) and receives a personal board and starting deck;
- Players draw Guardian Animal cards to build their Help Line, deciding when to stop to secure actions, while avoiding penalties;
- Players take turns using resources to plant trees, extinguish fires, or collect sacred flowers;
- The game ends when a player achieves one of the win conditions: planting 12 trees, extinguishing 12 fires, or collecting 12 flowers;
- If multiple players reach a condition, the winner is the one with the highest combined total of trees, fires, and flowers.

Materials:

game set, which includes the main board, player boards, animal/guardian cards, tree tiles, fire tokens, flower tokens, and other resource markers. The game also includes a rulebook to guide gameplay. Optionally, a facilitator can use the game as a starting point for discussions about ecosystems, forest protection, and environmental balance.

https://youtu.be/kKQ6IWS4yjU?si=muavon0yilq2G4hB

OUR CLIMATE STORY

Our Climate Story is an interactive, educational board game developed under the European Horizon 2020 I-CHANGE project. The game emphasizes the intimate connection between climate change and place: players collectively craft a narrative based on the real challenges faced by their own locale, such as heatwaves, flooding, or pollution—whether their setting is Barcelona, Bologna, Jerusalem, Amsterdam, or Dublin. This "**think globally, act locally**" approach encourages deep reflection and emotional engagement, helping players see how even small daily actions can ripple into larger environmental impacts

How it works:

- The game can be played by anyone aged 12+;
- It is played in groups of 3 to 20 participants;
- The duration is approximately 60 to 90 minutes;
- The game is available as a print-and-play package. You will need a printer, scissors, and basic stationery to prepare maps, hazard cards, and tokens.
- Players select a city (e.g. Barcelona, Bologna, Dublin) or create their own community map, identifying local climate risks such as heatwaves, floods, or air pollution.

- Each player chooses actions and modes of transport (walking, cycling, driving, public transport), learning how these choices affect CO_2 emissions;
- As emissions increase, hazards may be triggered, encouraging discussion and collective problem-solving;
- Players balance personal choices with community needs, managing resources and decisions;
- The game ends with a group discussion where participants reflect on how their decisions shaped the community and explore real-life actions they can take.

Materials:

You need the *Our Climate Story* print-and-play package, including maps, hazard cards, and player tokens. Basic materials such as a printer, scissors, and pens are required. A facilitator guide is recommended to support the session, and optional reflection sheets can help guide the final discussion.

https://citizens4climate.com/game

Notes

4. DESIGNING A TRAINING PROGRAMME

Here are practical, experience-based tips on how to design a **training programme**, inspired by the tools and methods used in the WAVE project:

1. Start with connection, not content. The first day should focus on building trust and group energy. Use: icebreakers and "get to know each other" activities, light introductions to the topic (e.g. climate change basics), interactive tools like games (e.g. Climate Call)

A strong group connection creates a safe space for deeper learning later.

2. Balance head, heart, and hands. A good training combines:

- **Head** (knowledge): Climate Fresk, presentations
- **Heart** (emotions & reflection): Deep Time Walk, storytelling
- **Hands** (skills & action): podcasting, digital activism

This creates a holistic learning experience, not just theoretical input.

3. Structure the energy of the day. Follow a natural rhythm:

- Morning → focus and deeper thinking (e.g. Deep Time Walk)
- Afternoon → interactive and creative sessions
- Evening → light, social, or reflective (games, sharing)

Include breaks: movement (yoga, stretching) and informal moments (meals, social time)

4. Integrate reflection and emotional processing.

Climate topics can be heavy. Include reflection circles, sharing experiences, and/or guided discussions. Tools like storytelling and group dialogue help participants process emotions and stay engaged.

5. Build skills for real-world impact

Dedicate time to practical tools like podcasting, digital media and online activism, communication and storytelling

Participants should leave with skills they can actually use.

WAVE 3 days Multiplier Event

8. End with action and integration

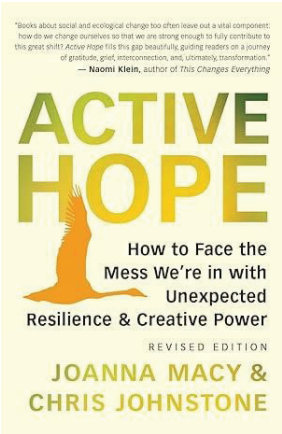
The final day should focus on summarising key learnings, connecting tools to real-life actions and/or creating personal or group action plans

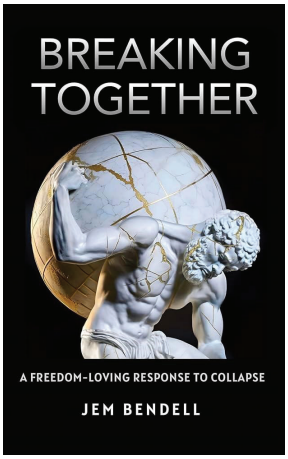
Example: "What will you do after this training?"

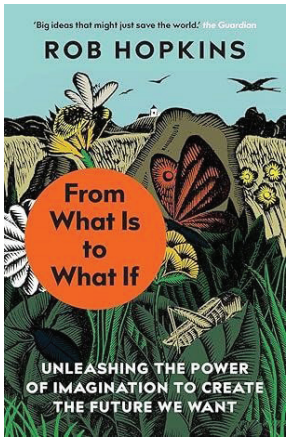
Final insight: A training is not about how much content you deliver, but about how deeply participants connect — with the topic, with each other, and with their own role in creating change.

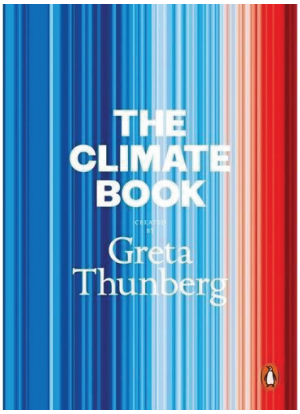
Design here your own training flow with the 36 tools and methods presented in this manual

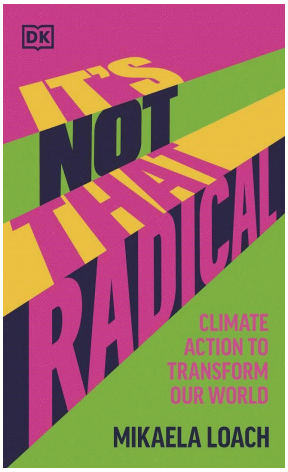
5. OUR WAVE MUST-READ LIST

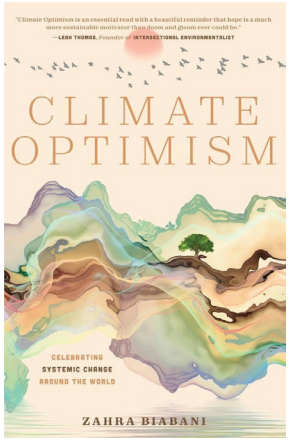












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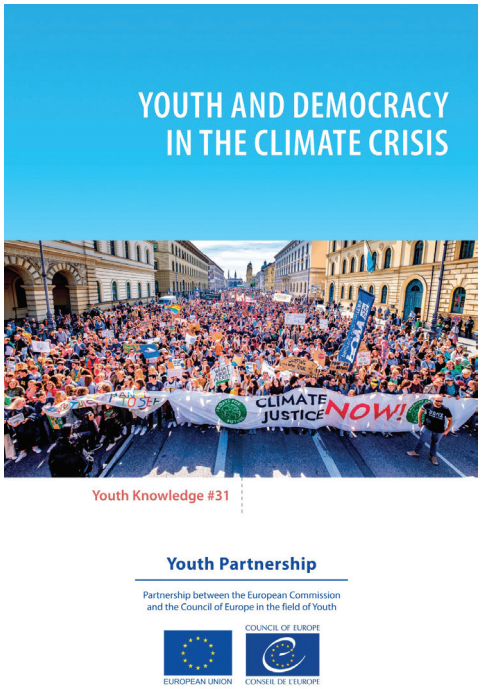
5.1. YOUTH, DEMOCRACY AND THE CLIMATE CRISIS

In September 2024, the Youth Partnership published the "*Youth and Democracy in the Climate Crisis*", a report that emphasizes that **young people are not passive victims of the climate emergency** but active political agents demanding systemic change. Across Europe and beyond, youth are leading climate protests, engaging in litigation, altering their lifestyles, and creating innovative forms of political participation to advocate for climate justice. The report recognizes this surge of engagement as both a **democratic awakening** and a **response to intergenerational injustice**. Yet it also highlights that young people often face exclusion from formal decision-making structures, leaving their **activism on the margins of policy impact.**



In exploring the challenges, the report identifies key barriers to youth participation, including eco-anxiety, the disproportionate impact of climate change on marginalized youth, and the growing backlash from climate denialism and populist rhetoric. These factors not only threaten the legitimacy of youth voices but also reinforce feelings of political disillusionment. We need a reconceptualization of democracy: one that **acknowledges the ecological crisis**, **embraces intersectionality**, and **redefines the human-nature relationship**. Only by reimagining how democratic institutions work in the context of a planetary emergency can youth participation be both meaningful and transformative.

To move forward, some critical next steps need to be taken:

- expanding civic and environmental education;
- ensuring youth representation in policy making spaces;
- providing institutional support for youth-led climate initiatives.

We need to call on governments, civil society, and international bodies to treat young people as partners—**not symbolic participants**—in climate governance. By embedding youth perspectives into all levels of environmental policy, and by investing in spaces that foster intergenerational dialogue and systemic thinking, we can equip young people not just to speak up, but to shape a liveable, just, and democratic future.

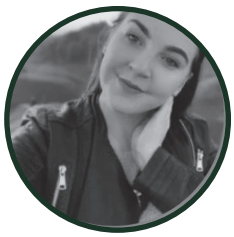
5.2. COUNCIL OF EUROPE RECOMMENDATION

Adopted on 23 October 2024, CM REC (20024)6 by the Committee of Ministers of the Council of Europe addresses the challenges faced by young people, particularly young environmental defenders, in advocating for a clean, healthy, and sustainable environment. It emphasizes safeguarding their civil, political, economic, social, and cultural rights, promoting their participation in climate-related decision-making.

Key Recommendations:

1. **Protecting Rights**: Member States should ensure young people's access to rights enshrined in the European Convention on Human Rights and the European Social Charter, including the right to life, health, safe working conditions and freedom of expression.
2. **Youth Participation**: Governments should remove barriers to youth participation in climate-related decision-making, engage in dialogue with young people, and establish inclusive consultation mechanisms.
3. **Green Jobs and Education**: States should invest in green jobs, education for sustainable development, and green skills training. Funding should be allocated to youth organizations and young green entrepreneurs to promote social inclusion and autonomy.
4. **Youth Workers**: Recognize and support youth workers in mobilizing and training young people for climate advocacy. Provide resources, training, and climate-resilient infrastructure for youth activities.
5. **Healthcare and Eco-Anxiety**: Address the physical and mental health impacts of the climate crisis on youth, including eco-anxiety. Develop accessible, youth-friendly health services and raise awareness among professionals and families.
6. **Access to Information**: Ensure young people have access to reliable, youth-friendly, and accessible climate-related information, while combating misinformation and disinformation.
7. **Tackling Discrimination and Promoting Equity**: Address discrimination, promote intergenerational equity, and involve marginalized and disadvantaged youth in climate resilience and adaptation frameworks.

6. KEY INSIGHTS FROM WAVE FACILITATORS



Sonata, Educator, Lithuania

As an educator working with youth in the WAVE project, one of the key insights I've gained from it is the importance of allowing young people the space to explore topics without strictly adhering to a predefined blueprint. The real magic happens when they are not just following a structured curriculum but are instead encouraged to bring their personal interests, approach and curiosity into the conversation.

In our sessions, I've seen how youngsters are drawn to different aspects of sustainability and climate change - whether it's fashion, media campaigns or social inclusion or activism. It's vital to create an environment of openness where they feel free to share their thoughts and take the lead in exploring ideas. Sometimes, this means that all the activities I've carefully planned may not happen exactly as I envisioned. And that's okay. What matters more is that they're actively engaged and learning in a way that resonates with their interests, which over time grows into a strong bond, and you can encourage people to take an even more active role, try new methods, activities and learn by themselves.

Key Insight: Being an educator requires flexibility and a willingness to let go of strict plans. The most meaningful learning moments often happen when people have the freedom to define their own learning paths.

Rūta, Educator, Lithuania

As an educator in the WAVE project, even from the very beginning at the opening event, I quickly realized that it's all about creating an environment where youth can truly connect with the real issues of climate change and shift toward making their own impact. It's exciting to witness how young people come together, collaborate, and bring their unique ideas to life—and the incredible ideas they have, believe me!

As educators, we serve as facilitators, showing them the tools and paths to explore. The real power comes from the youth themselves.

What really stood out for me throughout is that WAVE isn't just about absorbing information from textbooks. It's about turning those activities and lessons into real-world action and seeing the youth take that ownership is incredibly inspiring.

Key Insight: As an educator, it's essential to remember that we're guiding students, not directing them. The most impactful learning moments come when youth feel empowered to take the lead and translate their ideas into meaningful change.

Athena, Activator and Entrepreneur, Portugal

I was facilitating 2 Tonnes workshop in WAVE project and it was an amazing experience. Each workshop is unique because it naturally shapes itself around the group's interests and awareness levels. The magic begins during the "role-plays". Watching participants realize their own influence and seeing their curiosity transform into enthusiasm and even emotional investment is inspiring. My favorite part is when participants collectively explore and create innovative solutions during simulation rounds. The vibrant discussions, creative problem-solving, and collective realizations about the scale of change needed energize the room.

Participants (and educators!) leave these workshops more informed, inspired, and hopeful, with clear ideas on practical actions they can take. As a facilitator, seeing these transformations is incredibly rewarding a heartwarming reminder that each of us can contribute to meaningful ecological action.

In practice, I love seeing how everyone uniquely connects differently to ecological challenges. For me, starting with the wonders of nature, "simply" explaining the problem, and then sharing relatable solutions has been key. David Attenborough's recent film "Ocean" captures this approach: celebrating the beauty of the ocean first, highlighting its challenges next, and finally inspiring hope with examples of nature's resilience.

Using local examples is also a very powerful tool in making these topics tangible and relatable. A tangible space like Biovilla illustrates perfectly how physical, local examples enrich our connection and understanding.

Harika, Facilitator, Turkiye

As a facilitator in the WAVE project, I observed how young people, many of whom came from smaller cities, brought a rich diversity of backgrounds, perspectives, and personal “flora and fauna.” Their different ways of thinking, behaving, and responding to environmental topics created a dynamic learning atmosphere where everyone’s contribution added value. It was inspiring to see how they adapted to the programme, interacted respectfully despite their differences, and engaged enthusiastically in tasks requiring negotiation, brainstorming, teamwork, and leadership.

One of the most meaningful moments for me was witnessing their transition from trainees to WAVE ambassadors. In this new role, they demonstrated confidence and ownership as they shared project outcomes with their peers and contributed to climate awareness within their own communities.

This experience was also personally enriching. I learned new insights - especially in fields like eco-psychology.

Overall, the WAVE project reaffirmed that when young people are trusted and equipped with practical tools, they not only grow individually but also become motivated, capable contributors to meaningful environmental action.

The WAVE team and ambassadors at ToT in Biovilla, Portugal, 2024

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