

A DAY IN MY LIFE — BUILDING A MORE SUSTAINABLE LIFESTYLE

overview of the project

A Day In My Life — Building a more Sustainable Lifestyle was a project conducted by Netwaste who worked with Broken Hill school students to develop a DVD called *Focus on Sustainability*. A series of five posters were produced to complement the DVD and highlight the key messages of the short film. These resources were aimed at educating the students involved and the wider community about the types of changes that the average household can make to achieve a more sustainable lifestyle. Some of the key messages promoted by this project included ways of conserving energy and water in the home, using public transport and recycling. The DVD and posters created by this project have been made available to all 28 local councils across the Netwaste region in central west and western NSW. These resources can be borrowed by the community and local schools.



Five different posters were designed and are based on the key messages presented in the DVD

how the project was carried out

An expression of interest was sent to the local high schools within the Broken Hill Council area to seek interest in the project. Broken Hill and Willyama High Schools were chosen to participate and each school selected suitable students, who were studying the environment, to work on the project. Students attended a workshop that presented different perspectives of what sustainability means and used simple activities to get students thinking about how they can make a difference in their own lives. The students were then divided into teams to carry out various tasks, including research, script writing, prop design, location selection and acting.

The students were supported by their teachers in the research and development of the script and also by the local television station which reviewed the scripts and filmed the DVD. By involving the students in all the stages of the development of these resources the process became a learning experience for them, as well as producing an educational product others can use.

Five different posters were designed and are based on the key messages presented in the DVD. The five posters include:

- Save money and help the environment — be energy wise
- Build your own worm farm and compost — sustainable gardens
- Reduce, reuse, recycle — say no to plastic bags
- Sustainability — the future of life on earth
- Take a power shower — go green when you clean.

outcomes now and in the future

This project has increased the quality and extent of educational resources available within the Netwaste region. The products produced in this project complement other strategies that Netwaste have in place to educate students and the community about the importance of waste management and sustainability. The DVD

has been used and will continue to be used at workshops at the Netwaste Environmental Learning Facility in Orange. The DVD and posters have also been distributed to local councils within the region, who will offer them as a mobile resource to loan to local schools and community organisations.

As well as providing the participants with skills to better understand the environment and sustainability, the project has assisted the students in developing other skills such as research, team work and film making.

benefits, challenges & lessons learned

This has been a successful education project that has had many positive impacts on the students involved and the local community. The project has providing training and empowerment for the students to understand the importance of sustainability and how they can make a difference, whilst producing an educational resource that can be used by others.

The main challenge Netwaste had was the coordination of the project from a location (in Orange) that was remote from the work being carried out. Most of the students involved in the project had no experience in this type of work and needed considerable assistance. The distance barrier was overcome with regular communication with the students and teachers via telephone link ups, text messaging and email. Text messaging proved to be the easiest way to keep in contact with the students and resulted in the best chance of a rapid response.

One lesson learnt from this project is that when conducting projects with school students, planning needs to take into consideration school holidays and other academic commitments that occur throughout the year.