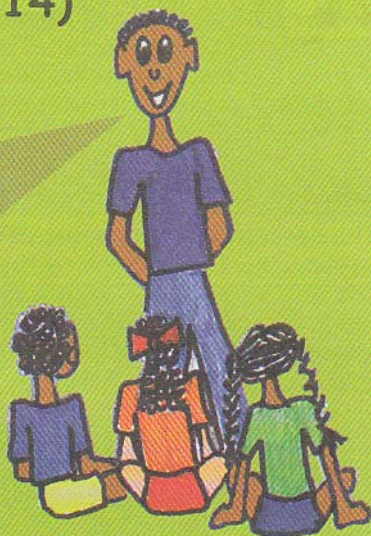


The United Nations Decade of Education for Sustainable Development (2005-2014)

The United Nations has declared that 2005 to 2014 is the Decade of Education for Sustainable Development (DESD). Everyone in the whole world is asked to take part to improve the quality of life on Earth for all.



VISION for DESD

A world where everyone has the opportunity to benefit from quality education and learn the values, behaviour and lifestyles required for a sustainable future and for positive societal transformation.

- UNESCO



What can you do to take part?

Turn the page to find out!

SUSTAINABLY

WHAT IS SUSTAINABLE DEVELOPMENT?



Hi! My name is Sustainable Sara and I want to learn about sustainable development with you. Let's first define the two words separately:

Sustainable - ongoing, to keep going

Development - something that has become larger or more organised
When we put the two words together, the term sustainable development is commonly defined as:

Development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

- "Our Common Future" World Commission on Environment and Development 1987.

I like to think of sustainable development as trying to improve my life, and at the same time, protecting the environment for my grandchildren one day. For example, at my friend Asmara's school, they just installed a water tap for drinking. Asmara always makes sure to turn off the water when she is finished. She knows that water is life and we have very little in Namibia.

The concept of sustainable development is constantly growing as the world is changing. Let us explore the four key areas of sustainable development.



Environment: All living things, resources & life-support systems

Sustainable Development Focus Area: Conservation



Economy: Technology, development & financial management

Sustainable Development Focus Area: Jobs & income



Politics: Policies & decision-making

Sustainable Development Focus Area: Democracy & good governance



Society: People, community & culture

Sustainable Development Focus Area: Peace, equality, health & human rights

Quality of life - How do we measure it?

Many people want to improve their standard of living. They want to earn more money, own a car and TV and be able to buy whatever they want. Getting more things does not always mean that we have a better life though. When measuring the quality of our life we need to ask: Do we have access to education? Health care? Services? Do we have rights and responsibilities in our community? Do we have friendships? Are we happy?



Sustainability is not just about conserving the environment, but about learning to live in respectful relationships with each other and with our world.

UNESCO LEADS THE WAY



United Nations Educational, Scientific and Cultural Organization
Organisation des Nations Unies pour l'éducation, la science et la culture

UNESCO has been appointed by the United Nations (UN) as the lead agency for the Decade of Education for Sustainable Development (DESD). Together with representatives from many countries, UNESCO is developing a plan of action for the DESD. This action plan will have global aims and outcomes, projects and suggested activities. UNESCO will work with national governments, non-governmental organisations and civil society to achieve sustainable development goals.

What is UNESCO?

UNESCO is an agency of the UN. It supports countries in building their capacities in education, culture, communication and the science. The international headquarters for UNESCO is in Paris, France.

UNESCO in Namibia

In Namibia there is a UNESCO Windhoek Cluster Office on Brahms Street. This cluster office is responsible for UNESCO activities in Angola, Lesotho, Namibia, South Africa and Swaziland.



Namibia National Commission for UNESCO

The Namibia National Commission for UNESCO is based at the Ministry of Education. They work directly with the UNESCO Windhoek Cluster office to coordinate projects and activities.

What is the United Nations (UN)?

The UN was started in 1945 to keep peace through international cooperation. Today there are 191 member countries who have agreed to the UN Charter. It is an international treaty that sets out principles of international relations.

The UN has four main purposes:

- to maintain international peace and security;
- to develop friendly relations among nations;
- to cooperate in solving international problems and in promoting respect for human rights;
- to be a centre for harmonising the actions of nations.



UNESCO is an international organisation that has employees from throughout the world. The National Commission is a part of the Namibian government and employs Namibians.

Environmental education is one of the essential instruments for empowering individuals and communities to take meaningful action and positively shape their future.

Dr. Claudia Harvey, Director of UNESCO Windhoek Cluster Office
NaDEET Centre Opening Ceremony 2003



THE UN AND NAMIBIA WORKING TOGETHER

The UN in Namibia and our government have identified Namibia's most critical issues - called the Triple Threat. They are: 1. HIV and AIDS, 2. Food Insecurity, 3. Weakened Capacity of Institutions. The Triple Threat makes sustainable development difficult to achieve. However, sustainable development can help solve the Triple Threat. Read on to find out more about how the problems are connected and their plan of action.

THE TRIPLE THREAT ➤ **Threat:** something that is a possible danger.
➤ **The Triple Threat:** 3 likely dangers to Namibia.

Because many well-educated and trained people are dying of **HIV and AIDS** we are losing the core of our workforce. This **weakens the institutions'** abilities to do their jobs.

1. HIV AND AIDS

- **Human Immune-deficiency Virus** (virus that leads to AIDS)
- **Acquired Immune-Deficiency Syndrome** (weakened immune system that leads to death)

When family members are infected by **HIV and AIDS** the whole family is affected. There are fewer family members that can earn money and grow food. These families often suffer from **food insecurity**.

Food insecurity causes people to be hungry and therefore sick. People infected with **HIV and AIDS** are more at risk.

2. FOOD INSECURITY

- **Insecurity:** not being safe
- **Food Insecurity:** not having enough food or the ability to get food.

Food insecurity means that there are more hungry and poor people who need the government to help them. This puts more pressure on the already **weakened government**

3. WEAKENED CAPACITY OF INSTITUTIONS

- **Capacity:** the ability to do something
- **Weakened:** lacking strength
- **Institution:** an organisation (e.g. government, non-governmental and private companies)
- **Weakened Capacity of Institutions:** organisations cannot do as much as they used to be able to do.

There are not enough healthcare and education services to take care of **HIV and AIDS** patients. This is due to **weakened capacity of institutions**.

The **weakened government offices** cannot support all the poor families. These families continue to be **unable to feed themselves**.

TRIPLE THREAT	PLAN OF ACTION
HIV and AIDS	To educate about prevention and to increase treatment and care, especially for the most vulnerable communities.
Food Insecurity	To create more jobs in an environmentally sustainable way.
Weakened capacity of institutions	To promote democracy and public participation. To improve social services (e.g. pension, medical).

HOW SUSTAINABLE ARE YOU?

Take this QUIZ to find out if you are living sustainably:

- Do you get a plastic bag at the store when you buy something?
- Do you use wood, electricity or gas for cooking?
- Do you leave the lights on when you go out of the room?
- Do you leave the tap running while you brush your teeth?
- Do you always use a car for transport?
- Do you only use one side of a piece of paper?
- Do you get all of your food at the store?
- Do you throw everything into one bin (i.e. banana peels, tin & glass)?
- Do you use tap water to water your trees?

YES NO

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

My name is Unaware Ursula.
I live my life without
thinking about the
environment.

SCORING: HOW MANY YES BOXES DID YOU CHECK?

0-2: Congratulations! You are like
Sustainable Sara! Keep finding more ways to help
the environment.

4-5: You have made some effort, but keep working
hard to become more like Sustainable Sara.

7-9: You are like Unaware Ursula. Read below, and in
the rest of the Bush Telegraph, to find out how you
can change your life to take care of the environment.

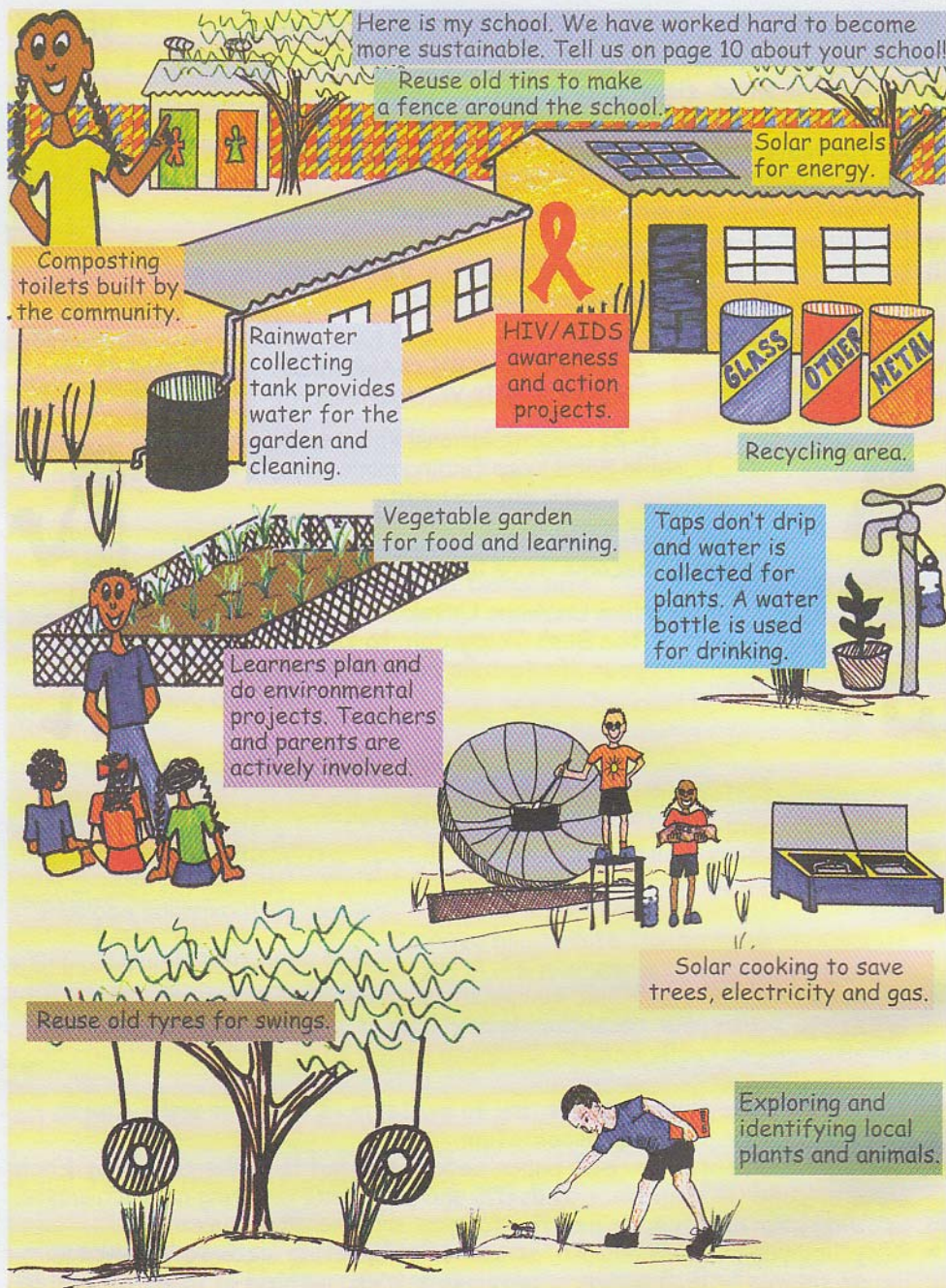
My name is Sustainable
Sara. I think of the
environment first in my
daily life.



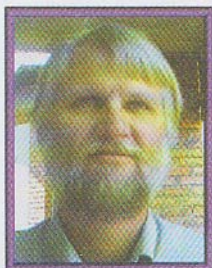
**Everyone can live a more sustainable life.
Read below to learn how!**

- Reuse cloth bags. You can take the cloth bags with you to the store to fill up, instead of getting new plastic bags each time.
- Use other forms of energy than wood for cooking, such as solar cookers, or use energy-efficient stoves and ovens.
- Turning off the lights when no one is in the room saves energy. Also remember to turn off other electronic equipment such as the TV.
- When you brush your teeth (or do anything at the tap) only turn on the water when you really need it. It doesn't need to be running while you are brushing.
- If you use a car for transport, try to give others a lift, or walk, ride a bicycle, or take public transportation.
- Use both sides of a piece of paper before you put it in the recycling. Each piece of paper is then twice as useful and you aren't creating as much waste.
- Growing your own food is healthy for you and the environment.
- Recycling paper, glass and tin, as well as composting leads to less waste.
- Reuse shower or dish water to water your trees instead of using tap water.

HOW SUSTAINABLE IS YOUR SCHOOL?



PERSONALITIES IN CONSERVATION



Name: Dr. Andreas Wienecke

Organisation: Habitat Research & Development Centre- Ministry of Regional and Local Government, Housing and Rural Development (MRLGHRD)

Job Title: Manager - Research

No. of years on the job: 2.5 years at HRDC

What is the Habitat Research & Development Centre (HRDC)? The HRDC is a government research institution

falling under the MRLGHRD. It is becoming the focal point for research and development of the Namibian housing sector,

aimed at promoting sustainable human settlements.

What are the HRDC's aims?

The HRDC aims are to:

- promote the production and usage of local building materials through appropriate technologies and design;
- advocate, promote and facilitate ecological sanitation, water conservation, renewable energy and biodiversity;
- support communities, local and regional authorities in capacity building;
- disseminate information to stakeholders; and
- contribute to policy formulation on housing, environment and resource management.

When did the HRDC open?

The centre was inaugurated in October 2004, but staff moved to the HRDC already at the beginning of last year.

What are some examples of sustainable technology/building at the HRDC?

High technologies are not an answer to many of our problems, therefore alternatives should be considered. At the HRDC we used recycled/reused building materials, e.g. building rubble, glass bottles, tins, second hand doors and windows. We only used dry sanitation systems (toilets) to save costs and water.

A natural air conditioning system has been included in the library, the exhibition room and the multipurpose hall. This system utilizes natural phenomena to cool air in these rooms through evaporative cooling.

What are some 'easy tips' for sustainable living for Namibians?

Utilise locally available materials and recycle and reuse materials (do not waste). Harvest rain water and garden organically. Use a dry toilet system.

What is the biggest challenge in your work?

To change existing attitudes and perceptions to adapt new ideas and possibilities.

Andreas' message for Namibia's youth:

Do not disrespect the natural environment, which is the basis for life.



Walls made from alternative building materials.



YOU ARE WELCOME TO VISIT THE HRDC:

Location: Claudius Kandovazu St. in Wanaheda, Windhoek.

Opening hours: 07h30 - 16h30 **For special arrangements:** Phone 061-268200

FOR THE BEGINNER READER

WHAT IS MOST IMPORTANT TO YOU?

Make a list of the five most important things in your life:

- 1.
- 2.
- 3.
- 4.
- 5.

It is nice to have money and lots of things. It is even more important to have loving people in your life. Who will you share your things with if you don't have friends or family?

It is important to remember that friends and family support us and we support them.

This is our community.

The environment is also part of our community, because it provides us with food, water and shelter. If the environment is suffering, then the community will also suffer.

Everything is connected!



GLOSSARY OF SOME SUSTAINABLE TERMS

Did you have trouble understanding all the words in the Bush Telegraph? Here are the definitions of some words. The page number that the word is on, is next to the definition. Find the word on that page and see if you can understand the sentence better.

CIVIL SOCIETY All parts of society that are not part of the government. (page 3)

COMPROMISING Giving up something you want or need in order to agree with someone or something else. (page 2)

DECADE A period of ten years. (page 1)

HARMONISING Happily agreeing with others. (page 3)

IMMUNE SYSTEM A system inside your body that fights against infections and disease. (page 10)

NUTRITIOUS Healthy for you, like food with lots of vitamins. (page 10)

UN AGENCY An organisation of the United Nations that deals with different issues. For example, UNESCO and UNDP (United Nations Development Program). (page 3)



VULNERABLE Unprotected; easily hurt or harmed. (page 4)



FOR THE ADVANCED READER

The Earth Charter

"forming a global partnership to care for Earth and one another"

WHAT IS THE EARTH CHARTER?

The idea for the Earth Charter was started at the "Earth Summit" in Rio de Janeiro, Brazil, in 1992. After over 3,000 meetings of different groups all over the world, the Charter was released in June 2000. It provides a framework of global values to work towards building a sustainable Earth where all life (people, animals and plants) is respected and cared for, and where there is peace, freedom and economic justice for present and future generations. The Earth Charter is a treaty between the peoples of the world to "declare our responsibility to one another, to the greater community of life, and to future generations". The Charter was created to inspire a sense of global community and responsibility in every individual and to work towards a sustainable world.



THE EARTH CHARTER AT YOUR FINGERTIPS

PREAMBLE

"The protection of Earth's vitality, diversity, and beauty" is every person's responsibility. Our current way of living is destroying the environment, communities are falling apart, and injustice, poverty, ignorance, and violent conflict are widespread. We need to make a choice to work together to protect our Earth and each other.

PRINCIPLES

I. Respect and Care for the Community of Life

- Respect all people, plants and animals.
- Understand we are all interdependent and everyone has a duty to the environment and other people.

II. Ecological Integrity

- Prevent harm to the environment and restore ecological diversity.
- Use methods of production and consumption that protect the Earth.
- Share knowledge about environmental sustainability.

III. Social and Economic Justice

- Get rid of poverty by "allocating the national and international resources required"
- "Promote equal distribution of wealth".
- Affirm equality among all people.

IV. Democracy, Nonviolence, and Peace

- "Strengthen democratic institutions" and make governments accountable.
- Make sustainable living a part of formal education.
- "Promote a culture of tolerance, nonviolence, and peace."

THE WAY FORWARD

"We must find ways to harmonize diversity with unity, the exercise of freedom with the common good, short term objectives with long-term goals. Every individual, family, organization, and community has a vital role to play." Different cultures will find different ways of living sustainably, but if we all have the common goals above, then we can cooperate so everyone can enjoy the Earth for generations to come.

All quotes are taken directly from the Earth Charter.

To read the full Earth Charter and to learn more go to www.earthcharter.org.

ACTIVITY PAGE

WILD FOODS

Wild foods can contribute to food security. They can help provide fresh food all the time, especially when food is scarce, like during a drought. They are very nutritious with lots of vitamins. Lekker! Ask older people in your community to share their knowledge about wild foods in your area. Having a variety of good food can help all of us to stay strong and healthy. If you are HIV positive wild foods can help to keep your immune system strong. It is important to protect wild foods so they are around for generations to come.



INARA

PART 1: CLASSROOM ACTIVITY:

Directions: 1. Talk to elders to find out about wild foods. 2. Collect samples of wild foods to display in your classroom. 3. Make a Wild Food chart (like the one below) with all the foods the group has collected. 4. Share what you learned with the rest of the school.

PART 2: INDIVIDUAL CONTEST:

Directions: 1. Choose one of the wild foods on your chart. 2. Using the wild food make a dish to share with your class. 3. Send us your dish recipe of your wild food decorated with pictures. The best recipe will win The Big Five Nambian Tree Poster!

WILD FOOD CHART

FOOD	USES											
Marula	People and animals both eat the fruit. The seed is edible. The oil is used in porridge and is good for cooking. The fruit can be eaten as it is or made into wine and brandy.											
Month	J	F	M	A	M	J	J	A	S	O	N	D
KEY:	Flowering Many fruits Some fruit Few fruits											

Only 1 entry per school please!



GROUP CONTEST: HOW SUSTAINABLE IS YOUR SCHOOL?

Sustainable Sara's school (on page six) is an excellent example of sustainability. Let us know how sustainable your school is!

Directions: 1. Write a small report about your school. 2. Make sure to include at least three ways that your school is sustainable. 3. Your report should include a picture or drawing of your school. 4. Send your report with the following information: teacher's and learners' names, grade, school address and phone number. The winning school will receive an environmental video.

CONTEST ENTRY DIRECTIONS: Post your completed Wild Food Recipe and/or your School Report (one entry per school) to: NaDEET, PO Box 31017, Pioniers Park, Windhoek. **Entries must arrive by: 15 March 2006.**



Chinga's & Nzovu's Corner



Dear friends,

Thank you for all the questions we have received. Today we have two questions for you related to the desert. Read on to find out more.

If you have any questions for Chinga and Nzovu, please write to:

Chinga & Nzovu, NaDEET, P.O. Box 31017, Pioniers Park, Windhoek



Dear Chinga
and Nzovu,
Why is the desert so
hot during the day but so
cold in the night?
From Meyer in Mariental

Dear Meyer,
There are a number of reasons that cause such a fast change of temperature in deserts. Although the sun shines everywhere on earth, deserts receive more heat than any other part of the planet. More heat reaches the ground because there are few obstacles such as water vapour and clouds to slow it down. There are also fewer plants in deserts to absorb the sun's energy. The sand and rocks therefore will also become hotter. These are the main reasons that the desert surface heats up rapidly during the day. The desert loses all of this heat during the night for the same reasons. The clear desert night air easily sucks the day's heat without cloud cover, plants and moisture in the air.

Chinga and Nzovu

Dear Chinga and
Nzovu
What kind of food or
plants do scorpions eat?

From
Dore-Ann in Mariental

Dear Dore-Ann,
Scorpions are predators (hunters) and feed on other living animals. These include insects, spiders and even other scorpions. Some larger species of scorpions will prey upon small vertebrates, gastropods, small reptiles, mammals and amphibians. No records are available of any scorpions that feed on plants. Scorpions either use poison or their pincers to kill their prey. Scorpions with small pincers have strong venom while scorpions with large pincers are not as poisonous. Although many people are scared of scorpions, they do not purposely try to harm humans. We would like to encourage you to keep on reading more books about scorpions in order to appreciate them. Did you know that some scorpions 'glow-in-the-dark' when you shine a UV-light on them?



Chinga and Nzovu

Bush Telegraph