



# NaDEET Programmes: COMMUNITY

*Mitigating Climate Change in Local Communities through Sustainable Living Education and Practices*

The Community Programme is a hands-on practical training course in sustainable living techniques and technologies. Based at NaDEET Centre, this programme focuses on improving household energy practices to help communities cope with environmental changes and improve their quality of life.

## PARTICIPANTS

We welcome groups of approximately 30 adults from the same community. Participants should be involved with cooking at home and have decision-making power within their household. Participants are expected to implement their new knowledge and skills when they return home.



## PROGRAMME LENGTH

NaDEET offers a 4-day programme. It begins at 2 pm on Monday and ends at 11 am on Friday.

## SAMPLE ACTIVITIES

- Intensive Lessons in Solar Cooking & Baking
- Construction of Fuel-efficient Stoves
- Understanding Climate Change: Causes and Impacts
- Taking a Look at Energy Efficiency:

Comparing Fuel Sources & Stoves"

- Monitoring Water Use



## WHY DO THIS PROGRAMME?

- ◇ Do you have to walk more than 5 km just to find fire-wood?
- ◇ Do you find yourself getting sick from cooking over a smoky open fire?
- ◇ Is electricity getting just too expensive?



This programme will teach how to save time and money while improving the local environment. Participants will learn how to change household energy practices to live in a more sustainable way.

## OUTPUTS

Participants will learn how to:

- Assemble and cook with a parabolic solar cooker.
- Construct and cook with a solar oven and fuel-efficient stove.
  - Make and cook with recycled fire bricks.
  - Conduct an environmental audit (including water, energy and waste).
- Understand the environmental crisis of climate change, and learn ways to adapt.
- Implement low-cost energy and water saving methods to minimize their "environmental footprint."
- Envision and implement a more sustainable lifestyle.



## COST

NaDEET has an open door policy allowing our programmes to be accessible to all. We ask participants to contribute as much as they can to the total cost. The basic price is N\$550/person/day. A four-day programme therefore costs N\$2200.

It includes:

- **Programme**
- **Food**
  - 3 solar-cooked meals and two tea times/day.
- **Accommodation**
- **Materials**
  - 1 self-made fuel-efficient stove per participant
  - 1 self-made bucket shower (to be raffled to one participant)
  - 1 copy of *It's Time to Solar Cook* per participant
  - 1 copy of *It's Time to Be Efficient* per participant

## Additional recommended materials:

Parabolic solar cookers are available at additional cost (N\$2500-large). (N\$750-small) We recommend purchasing one cooker for every participant.

For more information or to make a reservation, please contact:

**NaDEET**, P.O. Box 8702, Swakopmund, Namibia

**Mobile:** 081 367 5310 **Fax-to-Email:** 088 655 2669 **Email:** admin@nadeet.org **Website:** www.nadeet.org