



# SUSTAINABLE LIVING IS POSSIBLE

There is a great African proverb that we live by at Nature is Home Namibia, it states, “There is no division between nature and humanity”.

Nature is Home Namibia is a project that aims to produce eco-products and promote a nature loving society. We currently make and sell reusable shopping bags.

It is important to live sustainably and in harmony with the environment, because after all our survival depends on the earth. Sustainable development

aims to meet the needs of the present without compromising the ability of future generations to meet their own needs. And it is for the future generation that we are all tasked with caring for our environment.





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I was fortunate enough to be selected as a participant at the recently concluded solar cooking and sustainable living workshop conducted by NaDEET, Think Namibia and the Hanns Seidel Foundation. As an aspiring eco-entrepreneur I was not only fortunate but delighted to meet fellow youth who are equally as passionate about nature as I am. I met many intelligent and brilliant individuals willing to drive change in their communities and that all share the same sentiments towards creating a greener, pollution free environment and many aspiring eco-entrepreneurs that have amazing ideas. The workshop was very informative, insightful and educative on issues relating to sustainable energy and all the lessons were aimed at addressing the UN sustainable development goals and how they are all connected.

Infrared radiation has the right energy to make the water, fat and protein molecules in food vibrate vigorously and heat up.



The workshop not only theoretically taught us about solar cooking and sustainable living, but at the NaDEET centre we actually got to practice sustainable living and solar cooking. We got to see first-hand how much impact human beings can have on the environment

On a daily basis, we measured our enviro footprint. We investigated the amount and impact of the resources we used. We measured our electricity consumption, monitored our solar electricity system, pollution from cooking and did daily water count. Water use drastically went down from 33L used per person to only 17L p/p on the last day. This shows that when people become



Another part of the workshop that also very interesting was their waste management practices. As an Environmental Health Sciences student, waste management is important to me because if waste is well managed and is not allowed to accumulate and cause pollution, many public health problems are prevented. At the NaDEET centre, they have remarkable waste management practices. The waste is sorted into Plastic, paper, glass and tin, “burnables” and compost. The compost is leftover food and they sort it into “cooked” and

“uncooked” compost which is used as fertilizer. The paper is recycled and is used to make “fireballs” that can be used in the place of firewood.

The fact that the centre is situated in a dune valley in the Namib Desert is another good thing. Participants got to learn about biodiversity and experience the beautiful nature of the Namib Desert. I have personally learned so much from this experience/workshop and it has opened my eyes on the importance of sustainable living I plan to educate as many people as I can on the new knowledge I have acquired. I hope that more young people from different communities especially those from disadvantaged communities can get an opportunity to attend similar workshops at the NaDEET centre.





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