

COURSE CONTENT OVERVIEW

# Environmental Awareness

This Environmental Awareness training course highlights environmental issues and how your actions at work and home affect them. You will see how your everyday decisions impact the environment and gain actionable examples of how you can embrace more sustainable habits. Understanding your environmental footprint enables you to make more informed, sustainable decisions and take action on environmental initiatives at work and in your local community.

This training is suitable for employees mandated to take it by their employer and anyone interested in broadening their environmental awareness. Through this training, you will gain insights into how the items you use and your daily actions affect the environment around you.

### **Chapter 1: Reduce resource consumption**

This module will examine how your daily activities and the items you use depend on valuable and limited resources. You will learn how the use of these resources impacts the environment and gain actionable insights into how you can reduce your resource consumption.

- The journey of aluminium
- Why does this matter?
- Energy use and emissions
- Climate stripes
- Scope 1, 2 and 3
- What can you do?
- The power of saving energy
- Water conservation
- What's the impact of your choices?
- Small changes, big impact

### **Chapter 2: Reduce the impact of waste**

This module explores different kinds of waste, its value and its environmental impact. You will learn how to decrease the amount of waste you produce, instead of keeping resources in the economy, reducing resource consumption and limiting the consequences of waste on the environment.

- The journey of paper
- Why does this matter?
- Rethinking our consumption
- The circular economy
- Case study: Jiva Materials
- The waste hierarchy
- The impact of waste
- Case study: A carbon-balanced printer
- Waste reduction in action
- Food waste
- Dispose
- What is compliance?

### **Chapter 3: Take pro-environmental action**

This module provides practical, actionable initiatives focused on promoting biodiversity and increasing sustainability in your local environment. From purchasing habits to biodiversity schemes, you will learn simple actions you can take to increase your positive environmental impact.

- The journey of plastic
- Why does this matter?
- Why does plastic pollution matter?
- Sustainable choices
- What action will you take?
- Biodiversity - what can I do?
- Case study: improving biodiversity

## Aims of the training

By the end of this course, you will be able to:

- Demonstrate an increased awareness of their personal environmental impact, both within the workplace and at home.
- Explain the connection between sustainable workplace practices, the local community, and the impact on the wider ecosystem.
- Demonstrate an understanding of the environmental principles that guide existing policies and best practice for sustainability in their workplace.
- Identify the benefits of engaging in environmental initiatives at the workplace and at home.