



TOOLKIT NR.5

ATTACHMENTS 1-6



This appendix to the Career Gardeners Toolkit was created by the Project Team 2026.
Further information is available at: www.careergardeners.eu.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or OeAD-GmbH. Neither the European Union nor the granting authority can be held responsible for them.

Annex 1. Handout - Activists

Wangari Maathai. An environmental and political activist from Kenya.

Wangari Maathai founded the Green Belt Movement, an environmental organisation that focuses on tree planting, nature conservation and women's rights.

She became the first African woman to receive the Nobel Peace Prize for her efforts to promote sustainable development, democracy and peace.

Chico Mendes. Brazilian rubber grower and environmentalist.

Chico Mendes fought against deforestation and the expansion of cattle ranching in the Amazon rainforest. His advocacy for sustainable development and land rights

for indigenous people made him a target and he was tragically murdered in 1988.

His legacy continues to influence environmental movements around the world.

Greta Thunberg. A Swedish environmental activist.

She has gained global recognition for her efforts to raise awareness about climate change.

Starting with school strikes, she has inspired millions to participate in climate action.

Her passionate stance has led to increased global attention to environmental issues.

Julia Butterfly Hill. An American environmental activist.

Hill is known for living in a 180-metre-high Californian sequoia named 'Luna' for 738 days in the late 1990s. Her tree sitting was a protest against logging practices and drew attention to the importance of preserving ancient forests and biodiversity.

Van Jones. An environmental and civil rights activist.

Van Jones has been a strong advocate for green jobs and sustainable energy. He co-founded organisations such as Green For All to address both environmental and social issues, emphasising the importance of creating an inclusive, green economy.

Jane Goodall. An environmental activist.

Although primarily known for her work with primates, Goodall is also an environmental activist. Through the Jane Goodall Institute, she promotes wildlife conservation, sustainability and environmental education. Her efforts focus on creating a better future for all living things and their habitats.



Annex 2. Topics to discuss in pairs

Topic 1	Person A (Environmental activist): Advocates for immediate implementation of strict environmental regulations in industry to combat climate change.	Person B (Sceptic of immediate regulation): Expresses doubts about the economic impact of rapid environmental regulation and wonders whether a gradual approach might be more effective.
Topic 2	Person A (Sustainable lifestyle advocate): Shares the benefits of adopting a minimalist and green lifestyle for personal and environmental well-being.	Person B (Growth advocate): Argues that prioritising economic growth is essential for social progress and questions the feasibility of universal sustainable living without compromising development.
Topic 3	Person A (Renewable Energy Enthusiast): Discusses the urgent need to switch to renewable energy sources to mitigate climate change.	Person B (Concerned about reliability): Expresses concerns about the reliability of renewable energy sources and wonders whether they can fully replace traditional energy in meeting global needs.
Topic 4	Person A (Green jobs advocate): Discusses the importance of promoting and investing in green jobs as a way of both economic growth and environmental sustainability.	Person B (Job security advocate): Expresses concerns about the potential loss of jobs in traditional industries during the transition to green jobs and questions the immediate feasibility of this change.



Annex 3. Young Activists



MAŁGORZATA TERRERO-ROZMUS, POLAND

Małgorzata Terrero-Rozmus is a determined environmental activist from Częstochowa, Poland.

Like many young people, she started by changing her everyday habits to be more eco-friendly, but she soon realised that this wasn't enough.

In 2019, at the age of 26, Małgorzata founded the Rething Foundation. Its main goal is to reduce the negative effects of human activities on the environment.

Under her leadership, the foundation organises a variety of activities, including social media campaigns, educational classes in schools, open lectures, and workshops. The foundation also takes direct action by planting trees and organising clean-ups of forests, rivers, and other public spaces.

Known for her persistence and strong sense of purpose, Małgorzata wanted to do even more to support the environment and her community. She set up two charity shops called Better Climate. These shops sell second-hand items donated to the foundation, offering affordable products while promoting sustainability. The shops are run by disadvantaged employees and volunteers, giving them valuable work opportunities. All the profits (after covering shop costs) go towards funding the foundation's environmental goals.

Małgorzata Terrero-Rozmus combines her passion for the environment with strong leadership and innovative ideas. Through her hard work, she has created a positive impact, inspiring others to take action for a better planet.

NZAMBI MATEE, KENYA

The Gjenje Makers organisation, based in Nairobi, Kenya, led by Nzambi Matee, ingeniously creates environmentally friendly paving stones from recycled materials. The result is a colourful and durable material that is also good for the environment.

Nzambi Matee is an innovator, environmentalist, and entrepreneur whose work has redefined the potential of waste management.



© https://commons.wikimedia.org/wiki/File:Nzambi_Matee.jpg

She used to work as a data analyst. In 2017, she decided to leave her job and focus on solving the problem of plastic waste.

Using her knowledge and skills, she set up a small laboratory in her mother's backyard, where she started to work on the right formula for her paving stones. It took her a year to get it just right, showing her patience and determination. She also built her own machine to produce the bricks on a larger scale.

Annex 3. Young Activists

Even though she faced challenges, like complaints from neighbours about noise and personal sacrifices, Nzambi never gave up. Her hard work was rewarded when she received a scholarship to study social entrepreneurship in the United States.

Since starting Gjenje Makers, Nzambi's factory has recycled over 20 tonnes of plastic waste. She has also created jobs for more than 100 people, including women, young people, and informal waste collectors.



LEFTERIS ARAPAKIS, GREECE

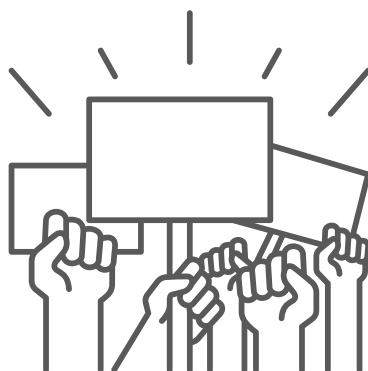
Lefteris Arapakis is a social entrepreneur and environmental leader who is working to protect the Mediterranean Sea and help fishing communities.

He founded Enaleia, a fishing school in Greece, to teach fishermen how to fish in a way that doesn't harm the environment and how to collect plastic waste from the sea.

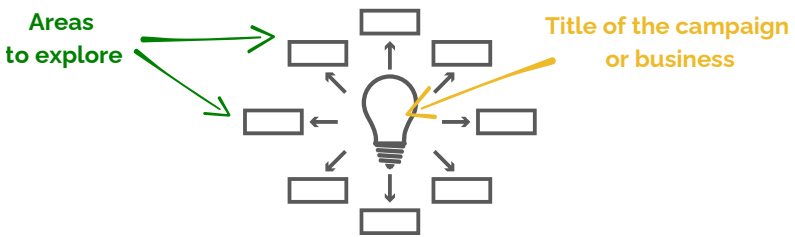
Born into a family of fishermen, Arapakis grew up on the Mediterranean coast and understood the challenges faced by fishing communities. During Greece's economic crisis in 2016, he used his knowledge and leadership skills to create Enaleia, a non-profit organisation focused on protecting marine life and providing new opportunities for young fishermen.

Through projects like the Mediterranean CleanUp, Arapakis addresses both local and global problems. He helps fishing communities find sustainable ways to work, while also tackling the issue of ocean pollution. Enaleia even turns the plastic waste collected by fishermen into new products, such as t-shirts and socks, by partnering with companies that specialise in recycling. This helps reduce carbon emissions and shows how waste can be turned into something useful.

Lefteris Arapakis combines his deep understanding of fishing with innovative ideas and a passion for protecting the environment. Thanks to his efforts, fishermen now remove over 20 tonnes of plastic from the sea every month, making the waters cleaner and safer for fish.



Annex 4. Mind map

Areas to explore	Description/questions
GOAL	What results do you hope to achieve? Or what impact do you intend to make? How would you describe your problem to someone else? What change do you want to achieve? By when?
TARGET GROUP	Who are you targeting? Who will benefit from it?
ACTION PLAN	What actions are likely to affect the change you want? What methods will you use?
RESOURCES	What do you need to achieve your goals? (materials, space, time, skills, people, knowledge, money, connections or networks) Who can you collaborate with? Where can you get funding from to support your project? What resources do you already have? Can you borrow or rent something instead of buying? Don't forget to think about the skills of the people involved.
TIMELINE	Define milestones and project deadline. Project milestones are deadlines for key project phases. They indicate the start of new phases.
EVALUATION	Identify evaluation methods. Decide how you will know that things are working. How will you know that what you are doing has been successful? Reflecting on your objectives and activities is an important stage of any project.
PROMOTION & DISSEMINATION	How will you spread the word about your project? How will you show others what you are doing and what you have achieved?
EXAMPLE	 Areas to explore Title of the campaign or business



Annex 5. Stress ladder template

A vertical ladder structure with 12 horizontal rungs, used for listing problems.

PROBLEMS

A green-outlined rounded rectangle for writing a solution.

A yellow-outlined rounded rectangle for writing a solution.

A purple-outlined rounded rectangle for writing a solution.

A green-outlined rounded rectangle for writing a solution.

A yellow-outlined rounded rectangle for writing a solution.

A light green-outlined rounded rectangle for writing a solution.

A purple-outlined rounded rectangle for writing a solution.

A yellow-outlined rounded rectangle for writing a solution.

A light green-outlined rounded rectangle for writing a solution.

A yellow-outlined rounded rectangle for writing a solution.

SOLUTIONS



Annex 6. Evaluation / Tree template

