

Introduction

Transition believes that by coming together at local levels, we can:

- * reimagine and rebuild our world;
- * rebuild a caring, connected culture;
- * reconnect with nature;
- * reclaim the economy;
- * re-skill and reimagine work.

The program in this workbook has been developed to help you start that rebuilding beginning with simple, practical changes to your home and your habits.

A fun journey to a lower energy, less resource consuming way of life, that also helps you save money, reduce your carbon dioxide (CO₂) emissions, and help minimise your household's reliance on fossil fuels, and as a bonus, improves your health.

More about the Transition Movement can be found here [\[1.1\]](#) - see back cover.

The program is based on seven group sessions.

Five of these cover areas of our lifestyle where we can easily reduce energy use, and save money.

Session 1: Getting Started	Session 4: Water	Session 6 : Waste
Session 2: Energy	Session 5: Transport	Session 7: Next Steps
Session 3: Food		

- Groups meet every 2-4 weeks for 2 hours having read the chapter for that session. Extension materials, practical action plans, and detailed background information is available online for each session.
- Transition is democratic and inclusive, so while each session requires a coordinator, a notetaker, and a timekeeper, these roles should be shared and rotated - for more support, comprehensive session facilitator guides can be found here [\[1.2\]](#)
- This first session is also about **Healthy Groups** - learning how to work well together. So before you start - read through, discuss, and agree on the group guidelines.
- The program is about change - so discover where you stand now through one of the online Global Footprint Quizzes [\[1.3\]](#) or the worksheet at the end of this session.

Group Guidelines

It is important to agree on some guidelines for how your group will work so it will be a more satisfactory experience for everyone. These agreements are in place to support the unity and stability of the group, and to create an atmosphere of mutual support and trust. It is important that all group members collectively agree to these at your first session. You may want to revisit them, and feel free to edit, adapt, or add to them as your group sees fit.

✓ **Confidentiality:** We agree to respect the privacy of any personal information shared at the meetings and we agree not to discuss this information outside the group in a way that would mean a person could be identified.

✓ **Support:** When possible, we will offer practical and emotional support to any team member who is experiencing difficulty in attending the sessions (or achieving the actions).

✓ **Commitment:** We commit to attend all the sessions when possible, and to let the other group members know when we cannot. If someone is attending in our place, we will ensure they know what's been discussed previously. We also commit to have read the relevant workbook section before each session and be prepared to take some actions each time.

✓ **Respect:** We will strive to ensure that time is shared equally between team members in terms of speaking and listening, and that differences of opinion are allowed and respected. Our abilities to change will vary, based on a variety of factors such as income or time, age or disability.

✓ **Punctuality:** We agree to arrive on time for each session and to start promptly so that everyone can benefit from the full two hours.

Session 1 : Getting Started

Item	Time
Read through, discuss, and agree on the group guidelines.	10 min
Introduce yourselves – who's in your household, where you live and your situation; whether or not you or your household have explored sustainability issues before; why you've decided to participate in Transition Streets, and what you hope or expect to get out of it.	30 Min
Use the worksheet on Page 2 to plan your group schedule for discussion sessions — how often, where, and who will facilitate the discussion - also complete the contact details.	10 min
Share the results of your Global Footprint Quizzes around the group and note what areas you want to work on or learn more about - remember the Group Guidelines in your discussion, this is the starting point of the journey.	30 min
Transition groups are great at helping people develop visions of the future they want, and then making possible the steps towards it. Take time now to imagine and describe some of those future worlds.	30 Min

Imaging the Future You Want To Create

Close your eyes and imagine walking down the street in 2030.

Urban Agriculture:

Food will be grown closer to home, organically, in intensive systems that enhance biodiversity, and we'll all have the skills to do it. It will change the way our towns and cities look and feel.

Water

Cooperation between industry, agriculture, and urban infrastructure to harvest, preserve, and fairly distribute, fresh, clean water to communities in balance with the needs of the natural environment.

Waste

Community networks to handle unwanted or surplus items in a circular fashion - refuse, reduce, reuse, repair, re-gift, recover, recycle - rethink.

Productive Trees:

In the future, why would we plant ornamental, unproductive trees, when we could plant fruit or nut trees? Let's reimagine our towns and cities as food forests.

Neighborhoods

Planning and decisions made in a decentralised, engaged, bottom-up way, with the role of government being to support what communities are deciding. Networks that share skills, information, and tasks, so everyone is both supported and enabled to give back.

Community Energy

Power generation, and distribution, will be in community ownership, creating local jobs, energy equity, and reduced Greenhouse Gas Emissions

Cycling

Part of global sustainable transport, learning bike repair skills, supporting new cyclists to gain confidence, developing CO2 free local distribution networks.



Before you close Session 1, take time to reflect on how the session went, think of steps that might be taken in the next session, consider how the others are reacting and responding. Think Head, Hands, & Heart.	10 min
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My Ecological Footprint

Circle your answer and then add up your score for each section - fill in the total on page 2

Food

1. ___ of my food is packaged	All [100]	Most [75]	Half [50]	Some [25]	None [0]
2. I waste ___ of my food each day	All [100]	Most [75]	Half [50]	Some [25]	None [0]
3. ___ of my food is processed	All [100]	Most [75]	Half [50]	Some [25]	None [0]
4. I compost my vegetables & fruit	All [-100]	Most [-75]	Half [-50]	Some [-25]	None [0]
5. ___ of my food is grown locally	All [-100]	Most [-75]	Half [-50]	Some [-25]	None [0]
6. Each week I eat meat___	More than 7 times [600]	Each Day [400]	A Few Times [300]	Eggs/Dairy only [200]	None [0]

Water

1. Shower or bath___minutes	> 10 [200]	10 [100]	4 or less [50]	flannel [25]	None [0]
2. Flush the toilet _____ time	Every [50]	Half [25]			
3. Brush teeth with tap left___	On [50]	Off [25]			
4. Have Low Flush Toilet	No [50]				Yes [-50]
5. Have Low Flow Shower & Taps	No [50]				Yes [-50]

Energy Use

1. Winter Thermostat set on___	> 23 [150]	18-21 [100]	18 or less [-25]
2. Use a dishwasher	Often [100]	Sometimes [50]	Never [-50]
3. LED lights	None [50]	Some [25]	All [-50]
4. Energy Efficient Appliances	None [50]	Some [25]	All [-50]
5. Leave and Turn off TV & Lights	No [50]	Maybe [25]	Yes [-50]

Shelter

1. My house is a___	big block [50]	small block [25]	terrace [0]	apartment [-50]
2. Our second home is___	Holiday [400]	Rental [200]		None [0]
3. Rooms per person	> 3 [200]	2-3 [100]	1-2 [100]	One [-50]

Transportation

1. Have ___ cars for each driver	2+ [200]	One [100]	Half [0]	None [-25]
2. Time we use the car___	Hour+ [200]	30-60 min [100]	0-30 min [50]	None [0]
3. To school / work by car	Alone [200]	Shared [100]	Bus etc. [25]	Walk Bike [0]
4. Car Size	SUV [200]	Sedan [100]	City [50]	None [-25]
5. Each year I fly___times	2+ [400]	1-2 [200]	None [0]	



My Ecological Footprint

Goods & Services

1. New set of clean clothes each day
2. Wear clothes that have been mended
3. My clothes are always new
4. I donate surplus clothes
5. ___% of my clothes are never used
6. ___ pairs of new shoes each year
7. ___ electronic devices at home

Several [100]	Once a day [50]	Sometimes [0]
No [0]		Yes [-25]
Yes [200]	Some [25]	No [-50]
No [100]	Some [25]	All [-50]
75% [100]	50% [75]	25% [50]
7+ [100]	3-6 [75]	0-2 [25]
15+ [200]	10-15 [100]	5-10 [75]

Waste

1. All my garbage would be ___ litres
2. Recycle paper cans glass & plastic
3. Clean & reuse things many times
4. Repair things when possible
5. Always bring my own bags
6. Shop online ___ times a year

100 [100]	50 [50]	15 [25]	None [-50]
None [200]	Some [100]	Half [50]	All [-100]
No [25]		Yes [-25]	
No [25]		Yes [-25]	
No [25]	Yes [0]	Make them [-25]	
15+ [200]	10-15 [100]	5-10 [50]	0-5 [25]

Add Up your Scores ----- Total / 300 = Earths ----- Earths x 2 = (global)Hectares

Food	Water	Energy	Shelter	Transport	Goods	Waste
Total		Earths		Hectares		

County	H	R	County	H	R	County	H	R
Australia*	6.6	5.7	USA	8.1	(-4.5)	Canada*	7.7	7.4
France	4.4	(-2.4)	Japan	4.5	(-3.9)	China	3.6	(-2.6)
Brazil*	2.8	5.9	Indonesia	1.7	(-0.4)	Kenya	1.0	(-0.5)

This chart shows the 2016 data, the H global hectares footprint per person, but the R global hectares shows what bio-capacity is still available, and except for the large open countries (*) we are already in deficit in every part of the world.

This worksheet is based on the Conservation Station worksheet.
and data from Open Data Platform [data.footprintnetwork.org] more here [1.3]
including information on the **Overshoot Day** - the day in the year when we start
"eating" the Earth.