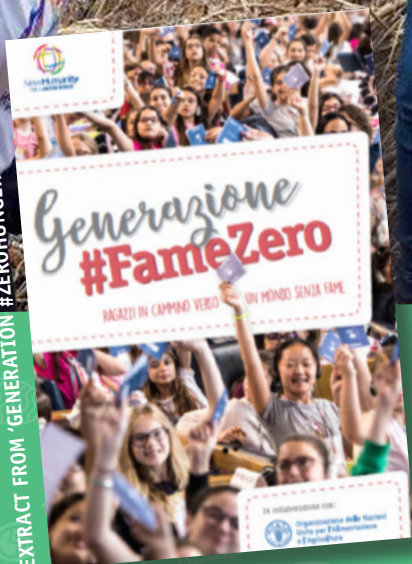




#DARE
TO CARE

The Green
Pathway

WE SEE THAT ONE OF THE CAUSES OF HUNGER IS THE DAMAGE THAT IS DONE TO THE ENVIRONMENT. WE SUPPORT ACTIVITIES TO PROTECT THE ENVIRONMENT SO THAT OUR PLANET CAN CONTINUE GENEROUSLY GIVING EVERYONE ENOUGH FOOD TO LIVE.



EXTRACT FROM 'GENERATION #ZEROHUNGER'

GEN3
THIRD GENERATION



The Green Pathway



HI EVERYONE! IT WAS GREAT TO HEAR ABOUT THE WAYS YOU'VE BEEN PUTTING THE CULTURE OF GIVING INTO PRACTICE! I'M STEPHEN. I'M 17, AND THANKS TO THE FAO, I HAVE HAD THE OPPORTUNITY OVER THE LAST TWO MONTHS TO TRAVEL TO A FEW COUNTRIES AROUND THE WORLD WHERE PEOPLE ARE CARRYING OUT VARIOUS ACTIVITIES AIMED AT IMPROVING ECOLOGY AND HEALTH.

Environmental pollution is one of the most serious problems related to food scarcity. It intimately affects all of us, because our bodies breathe and feed on whatever we find in the environment around us. So now, let's open up *the Green Pathway* - the second part of our Meeting!

Over the last two months I have met many kids who have taken on commitments in their own areas. Many weren't able to come here to Rome, but they have sent us some beautiful photos.

Here they are!

WALLIS ISLAND
(PACIFIC OCEAN):
YOUNG PEOPLE
HAD THE IDEA
OF COLLECTING
RUBBISH FROM THE
BEACHES AND THEY
GOT ADULTS FROM
VARIOUS VILLAGES
TO JOIN IN.



BRATISLAVA (SLOVAKIA):
THESE YOUNG PEOPLE
COLLECTED 600 KILOS OF
RUBBISH ALONG THE BANKS
OF THE RIVER DANUBE.



SÃO PAULO (BRAZIL)
AND ROME (ITALY):
ECOLOGICAL RACES —
WHERE THE WINNERS
HAD TO BE THE FIRST
ONES PAST THE FINISH
LINE WITH THE MOST
RUBBISH COLLECTED
ALONG THE WAY.



SALTA (ARGENTINA):
NEIGHBOURHOOD CLEANING
AND RUBBISH COLLECTING



In 2017, the “Cantieri Hombre Mundo” (World Citizen Workshops) were held in various countries. 160 teenagers from all over Central America gathered in Guatemala. A group from Panama is here now to tell us about those days together.

Welcome!

Lucia: Hello everyone! I am Lucia and here with me are Chari, Daniel and Santiago.

With all the others at the Hombre-Mundo workshop, we worked together for Patzún, a community of 45,000 people with very few water resources. Their situation was getting worse due to deforestation. We decided that we had to do something concrete.

Water resources:

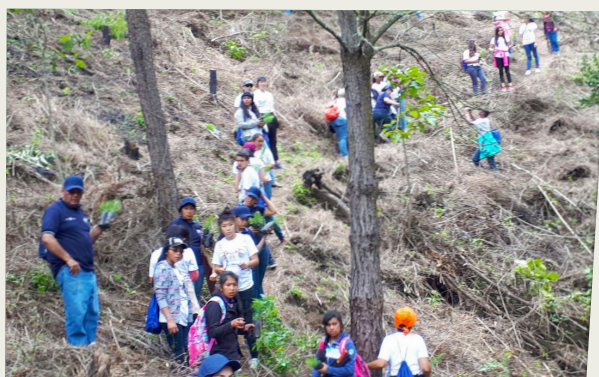
all the various forms in which water is available on our planet. Water is an indispensable element for the survival of humanity and of nature.

Deforestation:

is the permanent destruction of forests in order to make the land available for cultivation or other uses. Forests are very important. They produce oxygen, absorb carbon dioxide, and generate drinking water.

We asked for an appointment with the Mayor of the city. The Mayor encouraged us to take action to replant the forest. He gave us a thousand small fir trees and together during the workshop we planted them in the place indicated by the town council.

DURING THE CANTIERE HOMBRE MONDO IN PANAMA,
1000 TREES WERE PLANTED TO COMBAT DEFORESTATION



Cantiere Hombre Mondo: international workshops for teenagers promoted every three years by the Teens for Unity of the Focolare Movement. The goal is to foster a culture of fraternity on a global dimension, so that the young people can learn to know and respect the homelands of others as if they were their own.

The event takes place in two phases. In the first week we work towards becoming “citizens of the world.” We try to get to know each other and overcome our cultural and historical differences - even the very big ones! As we discover bonds between us, we build a network of fraternity throughout the world.

In the second week we move to various cities in the host country, or in neighbouring countries, and we go “to the outskirts” to carry out projects aimed at building solidarity. These are projects in neighbourhoods with problems, designed to relieve poverty and marginalization and activities to improve the environment.

The Cantiere Hombre Mondo in 2014 was held in Argentina. In 2017 it was in Eastern Europe (Croatia, Serbia, Poland). In 2020 it is scheduled to take place in Kenya and the Ivory Coast. At the same time as the international ones there are also many other local workshops held in various cities of the world.

Chari: It was beautiful to see the unity among all the countries of the Central American region participating in such an important action. The environment in which we live belongs to everyone. It's the first thing that unites us as brothers and sisters. Local TV stations covered the story and invited the local people to join our activities. As a visible sign of the fact that fraternity is possible, we made a mural with the flags of our countries and the imprints of our hands.

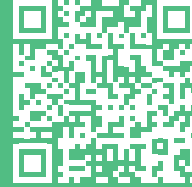
Daniel: We played various games together that helped us to get to know each other better and to work in a group without paying attention to the fact that we all came from different places.





USE THE CAMERA ON A PHONE TO TAKE A PHOTO OF THIS QR-CODE AND YOU CAN SEE THE VIDEO OF THE CANTIERE HOMBRE MONDO IN GUATEMALA.

Santiago: It was a fantastic experience because we understood that if we are willing to help each other we can do a lot for nature and the environment. And it's really beautiful to discover new cultures! In Guatemala I got to know some of the *Kaqchikel* language of the indigenous village. It comes from the spoken language of the ancient Mayan civilization. I would love to be able to travel for two months as you did, Stephen!



SOME OF THE ACTIVITIES THAT TOOK PLACE DURING THE CANTIERE HOMBRE MONDO IN GUATEMALA



Stephen: Of course, Santiago! You are very young! You will certainly have the chance to travel! And if you learn languages so fast, who knows how many people you can get to know and help!

What are you planning to do in Panama after this beautiful experience at the Hombre Mundo workshop?

Lucia: We will continue the Green Pathway! We are starting a wonderful activity with food leftovers, collaborating with the "COCINA DE SOFY" which is a catering company. The project in which we are involved is called "Zero Waste." It was created to recycle and reuse food waste.

Stephen: Really? And how do you do it?

Daniel: For example, when making biscuits, you have to cut the corners of the dough differently depending on the size of the biscuits. These off-cuts used to be thrown away, but since we started the project we re-use the dough remnants to create a cake: we call it... Rescue Cake!



Chari: Yes, it really makes you laugh! It's a funny name for a cake, isn't it?! In addition to these activities with food, we do other things! From the commitment not to throw away waste, we had the idea, for example, of making a vegetable garden on the terrace of the company's building. We plant kitchen scraps, such as fruit and vegetable seeds, in plastic containers that were used for cooking, so what was previously rubbish is now a totally organic garden. In this way we help the environment and don't waste the food that many people need.

Stephen: You really are active in Panama! I'll have to come and see you! Thank you for coming to the Meeting! And don't forget to say "Hi!" for us to your friends back in Central America. Those trees you have planted might seem like only seedlings, but one day they will be a great forest!

One of the issues at the heart of the FAO is undoubtedly climate change. 821 million people worldwide suffer from hunger and malnutrition (FAO, SOFI 2018). For the most part they are farmers, fishermen and shepherds who lose the opportunity to work and produce food because of natural disasters linked to the climate. The main factor that triggers these disasters is global warming which is linked to the increase in the concentration of carbon dioxide in the air due to industrial activities. The large amount of CO₂ produces a significant rise in temperature with very serious consequences for the environment, such as severe droughts, melting glaciers and rising ocean levels. An increasingly high risk, which is unfortunately very common, is that of strong and sudden rains that generate devastating floods that are



CO₂ IS THE CHEMICAL FORMULA FOR CARBON DIOXIDE. IT IS A GAS FORMED BY PROCESSES OF COMBUSTION – FOR EXAMPLE WHEN YOU LIGHT A FIRE OR USE A CAR.

difficult to predict. Among us here today, there is a girl who has experienced one of these dramatic situations ... She is the youngest present at this Meeting and she came here with a very special person!

Cecilia: Hello everyone! I'm Cecilia, I'm 12 and I'm from Argentina. Today I'm here with my grandmother Teresa who is that lady at the back of the hall!



She accompanied me for two reasons: first because I could not travel alone from Argentina, and secondly because we lived through a flood together.

A short time ago, in our city, a great flood caused a lot of damage. Many people lost everything they had. Schools were transformed into shelters for the homeless.

Stephen: Was your home destroyed, Cecilia?

Cecilia: No, thank goodness. Only one part was damaged. We were very lucky. However, the flooding triggered an incredible **current of solidarity** among everyone. My grandmother and I could not help with clearing the streets as many did. So we decided to **collect food and clothes**. We asked our relatives, neighbours and other people. After we had collected a lot of things, we took them to the Cathedral to be distributed. It was a small action compared to everything that had to be arranged and rebuilt for the people, but we were happy to have done something for the others.

Stephen: Well, hearing that a grandmother and granddaughter “team up” and get busy in such a difficult situation is very significant! Thanks to you too, Cecilia!

To act against climate change we need every generation to be useful. Unfortunately it is no longer enough to think in the short term, we must **think about the future**, the generations that will come after us.

There are 177 countries who have already committed themselves to contain global warming and reduce man-made gases. On the 22nd of April 2016, on World Earth Day, they signed a **“climate pact”** called the Paris Agreement.

Alongside the leaders who signed the agreement, however, it is up to us to open a Green Pathway in our own cities!

Natalia and her friends are doing it in Slovenia, one of the “greenest” countries in Europe, with 15 thousand places of natural beauty.

Natalia: Good morning everyone! I’m Natalia and I am 15. I must admit that it was Stephen who convinced me to come to this Meeting. I am very excited to be here but I am not used to speaking to so many people. So I decided to write my experience briefly and to read it out to you:


I have noticed that some people often throw rubbish on the ground, no matter where they are. It started to annoy me so much that at school, whenever I saw papers or bottles on the ground I started picking them up and throwing them in the rubbish bin. My friends, seeing this new habit, began to tease me saying, "Are you the cleaning lady?" They weren't putting me down, they just thought what I was doing was funny. Slowly, however, it caught on and now I'm not the only one who cares about the environment. For one classmate, however, it was different. Throwing papers on the floor seemed like his biggest passion! Inviting him to pick it up didn't work. So I did it for him. It took a while, but eventually he gave in. Now if he happens to drop something, he smiles at me and picks it up.

They often tell me that you won't get anywhere if you are humble and kind to everyone, that in life not everything is beautiful and that I will suffer a lot because others will "walk all over me". But these small changes are enough proof to me that if you are smiling and try to be willing to listen and to help the other, even if you have to adapt and maybe give up something, you can always be happy. Despite the pain you experience when someone disappoints you, despite all the evil that exists and that we see every day, it is worth it, it is worth doing the good things that we believe are important.



Stephen: You're right Natalia! It's very important! I'm glad you decided to come today. Because walking on the Green Pathway means doing just what you and your friends are doing.


Pope Francis reminds us that the environment is "our common home."



"Ecological culture can not be reduced to a series of urgent and partial responses as problems arise to do with environmental degradation, the depletion of natural resources and pollution. There needs to be a different way of looking at things, a new way of thinking, new policies, new educational programmes, new lifestyles." [1]

"There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle. [2] (...) We must not think that these efforts are not going to change the world. They benefit society, often in ways we don't know about, because they call forth a goodness, which, even if unseen, inevitably tends to spread. Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile." [3]

Pope Francis



[1] Pope Francis, 2015. *Laudato Si – on care for our common home*. Paragraph 111. [2] Paragraph 211. [3] Paragraph 212



Exhaustion of natural resources.

There are various types of natural resources on the earth: minerals (gold, silver, copper, lithium ...), fossil fuels (oil, coal ...), biodiversity (the variety of living things that inhabit the earth - plants, animals ... - with a balance that must be maintained), food resources (fish, agricultural products ...) and water. Currently the unbridled consumption of the earth's resources suggests we are heading towards completely exhausting them and their reserves. To allow humanity to survive we need a lifestyle change for everyone. We need lifestyles that limit the use of non-renewable resources, and that increase the use of renewable ones. We need lifestyles that help the regenerative capacity of our planet, because right now it is struggling because of various problems. The number one problem is pollution.

Natalia: ... It's not easy. Some of the things I started doing everyday seemed irrelevant to other people. I simply kept going, because I felt they were the right things to do. It was a surprise, one day, when some friends began to do them too. A similar thing happened with bottle caps. When they are recycled in very large quantities, they can be used to buy wheelchairs. We collected them all over the world and it became a game! We are so passionate about it that every day is a challenge to see who can collect the most! I'm not sure if this fits the definition of "lifestyle" that the Pope speaks about...

Stephen: Of course it does, Natalia! That's it! Having fun every day taking care of the environment and of others is the most beautiful thing you can do!

I shouldn't tell you now, ... but at the end of this second Pathway we will be playing a very funny game that is about our lifestyles!

Before the final game, however, we still have two precious presentations. The first is from a group of young people from Myanmar, a country in Southeast Asia. Here we have Cara, whose community is one of the many communities there that are committed to the environment.

Cara: Good morning everyone! I am Cara and I am 15. Since all of us from Yangon couldn't come to this important Meeting, we decided to write you a short letter. I'll read it to you:



Yangon, Myanmar

October 2018

Dear everyone at the Zero Hunger Meeting,

We are the kids of Myanmar! We are writing to tell you about some of the wonderful days that we have dedicated to the protection of the environment and that have made us start a real Green Pathway in our city of Yangon.

Since 2005, Run4Unity has been taking place all over the world. Besides being a relay for peace and unity among peoples, it is also an opportunity to initiate **voluntary projects to build solidarity.**

During Run4Unity 2018 we chose to set up a "Green Pathway" to take care of the environment! With 70 young people from our community we went to a poor neighbourhood in the suburbs of Yangon where "ChuChu", a small company has been set up with the idea of using recycled materials (especially plastics) for the creation of other products. We decided to work together to help clean up the neighbourhood and to offer a moment of ecological education to the surrounding areas.

We started the day with about 70 people. Through a web link we received the Run4Unity "relay baton" from the kids of Korea. So, following the idea of the Three Rs (Recycle, Reduce, Re-use), we started to collect the garbage we found everywhere, from the roads to the canals. Once we started to clean up, some of the local people spontaneously joined in, especially kids and young people. We ended up with over a hundred people helping.

After the cleanup, at midday we paused for a minute's silence - our "Time Out" moment which we spent recalling the Middle East, all the countries at war and in particular the difficult situation of our own country.

After lunch we had the moment of ecological education with a video explaining the damage created by plastic in the environment and we workshopped ideas and games about how to recycle the different materials.

From this initiative we hope that many other things can come about in the future!

We are not going to give up! We will continue to walk with you on the Green Pathway! Towards the goal - Zero Hunger! ;-)

Have a great Meeting!

The Kids of Yangon

p.s. here are some of the messages we received during the "Run4Unity"





Time out: a moment of silence or prayer held every day in many parts of the world at 12 midday local time.

For more information:
www.teens4unity.org/en/time-out/

"I AM
VERY HAPPY BUT ALSO A
LITTLE WORRIED ABOUT OUR PLANET.
I LEARNED A LESSON THAT I WILL
NEVER FORGET."

"IT'S THE FIRST
TIME I EVER COLLECTED
RUBBISH FROM THE STREET.
I WAS HAPPY TO DO IT
AND I'M READY FOR
NEXT TIME"

"I discovered
that we are the
cause of environmental
problems"

"I WOULD LIKE TO
SHARE THIS ECOLOGICAL
EXPERIENCE WITH THE PEOPLE
WHO LIVE AROUND HERE FOR
THE FUTURE OF THIS
NEIGHBOURHOOD."

"I am very happy
with this garbage collection
business and I would like to
continue with actions based on the
Three Rs : Recycle, Reduce,
Re-use!"



Run4unity: an annual world-wide relay for peace. The concept came from the Teens4Unity: in 24 hours we run all over the world from 11am to 12 midday in every time zone. From 2018 the relay participants are also committed to the Zero Hunger goal.

www.run4unity.net



Ecological education: education that helps us to improve our way of life so that instead of contributing to the destruction of the planet, we contribute to its protection for our generation and for future generations that will come after us.

Stephen: Thanks Cara, I think this long applause says everything! We're not giving up either!

And now we come to the three siblings from Schaffhausen, a small town in Switzerland! Where are they? Ah, here they are coming onto the stage!

When we talk about the Green Pathway we are not just talking about the environment but also about health and sports! Isn't that right?

Martin: Yes! Hello everyone, I'm Martin.

Although so far Switzerland has never managed to win a World Cup, in our neighborhood many of us are very passionate about football! Our local sports field is now in a very bad state, so after a little initial indecision, we decided to do whatever we could to get it back to its original state.

We talked about it with our neighbourhood friends and suggested a few fundraising ideas. To our surprise everyone agreed! So we threw ourselves into this challenge! The first idea was to offer to babysit for our neighbours while they did their Christmas shopping. So we chose a Saturday to leave free so we could stay with the little ones in the neighbourhood. We played with them all the time and cooked spaghetti during the lunch break! We had a lot of fun!

The second idea was to prepare and sell Christmas cookies. We worked a whole afternoon with some adults who offered to help us. In the end we had “mountains” of delicious cookies that we sold in a flash the next day.





So far we have raised 550 euros, but we aren't stopping there! We are already **planning the next project** and we also want to go to the mayor of our city to tell him what we are doing.

Stephen: Of course! You have to go! Maybe he will help you! He will be delighted to have citizens like you who are working to fix the sports field!

Our dialogue on the Green Pathway has also raised many questions. Here with us is Professor Luca Fiorani, expert on environmental issues, researcher at ENEA (National Agency for New Technologies, Energy and Sustainable Economic Development) and lecturer at the Universities Lumsa, Marconi and Roma Tre of Rome.



Professor, let me ask you the questions that have come from the hall.

The first is this one: "We realize that the planet's environmental crisis is very serious and that only a change in our lifestyle and that of everyone in the world can **restore hope** to the planet. In your opinion, what aspects of our lifestyles should we change so we can contribute?"

Luca Fiorani: The first things to change are our own eyes and our own hearts. We need to change our eyes so that we recognize in the marvels of nature the presence of Someone, or at least of something, that is beautiful, great, harmonious...

How about we try a little experiment? Tonight take your eyes off your smartphone screen and look up at the starry sky, preferably in a place far away from the city lights: then tell me about the effect it has on you...

We need to change our hearts so we can live the Golden Rule which says: "Do to others what you would have done to you". Why? It's because we want our children and grandchildren to have a planet as wonderful as the one that our parents and grandparents left us. Also, **avoiding consumerism**, and the culture of waste, helps us to **share the good things of this planet** with those who have less than we have today - whether they live near us or far away.



Luca
Fiorani



Culture of waste: It's a consequence of consumerism that leads us to have more and more things instead of reusing or recycling, and to buy stuff we don't even need. It gets us used to throwing stuff away even if it's still working. So things lose their value, and we no longer pay attention to the waste or to the needs of those who live next door. We distance ourselves from people who are weaker, poorer or lonely. The opposite is a **culture of care**, which leads us to take care of ourselves, of others and of the environment.

Stephen: Thank you, professor. Here's the second question. It came from someone listening to our experiences. They ask...

"We kids can make small gestures to look after the environment, perhaps starting from our schools or the neighbourhoods where we live. In your opinion does it do any good? What more could we or should we do?"

Luca Fiorani: These gestures do a great deal of good, because they train us to **change our eyes and our hearts**. You will soon understand that it is necessary **to change the model of development**, that is, to change how both the economy and society work. In the meantime, you can train yourselves with some of the activities recommended by Pope Francis in his encyclical "Laudato Si", a beautiful letter that he wrote to everyone in the whole world to invite them to take care of the planet:



→ put on warmer clothes to avoid turning on the heating,

→ reduce the use of plastic and paper,

→ reduce water consumption,

→ separate your rubbish before it's collected,

→ cook only what you will be able to eat,

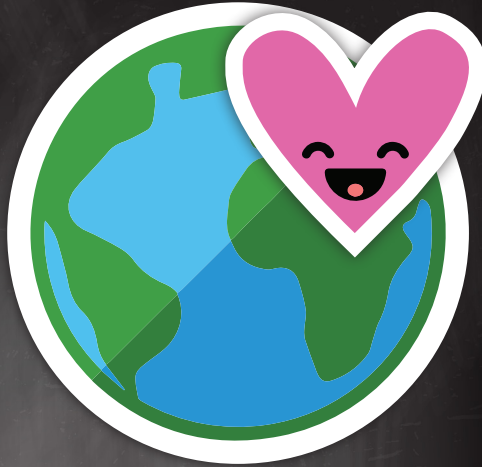
→ take care of other living beings,

→ use public transport or share a car with other people,

→ plant trees,

→ turn off unnecessary lights,

→ thank God before and after meals.



THE GREEN PATHWAY IN ACTION

Taking care of the environment may seem like an undertaking that's way too big for us. From listening to the experiences of the young people here today, and to the words of Professor Fiorani, we have learned that we can make a difference. **Our small daily gestures, when repeated over time,** add up. The eyes through which we look at the world matter, and so do our hearts. We need them to **motivate our actions.**

But ... do we know what the "good habits" are that help our planet to stay healthy? Let's play a game to discover them all. In this chapter we have named some ... can you find others?

Ready? On a piece of paper everyone writes one "good habit" that helps us to have a more ecological lifestyle. Try to write as many as possible. Then fold them and put them in a box.



Action! One at a time, each of you takes a piece of paper from the box and tries to get the group to guess the "good habit" that it contains. How? By giving a good example! It means that you will have to mime the "good habit," without saying anything. If one of you has trouble miming you can ask a friend to help you.

WHAT HAVE WE LEARNT?

Try to gather in small groups to discuss these questions.

- Think about it. Just as it is in this game, so it is in real life. Sometimes by doing something without speaking, simply by setting a good example, you can say more than words ever could. Have you learned any new “good habits” that you did not realize were good for the environment? Which ones?
- Which “good habits” are already parts of your lifestyle? In which ones do you think you can improve?
- Which “good habit” seems harder for you to put into practice? Can you think of anything that could be done to help people to put it into practice?
- Among the “good habits” that you have found, is there one that you think is particularly important for your family or for your city? Which one? Why?

Materials. Felt-tip pens, sheets of paper.

Variations of the game:

- **A challenge between teams.** Create two teams. The game is played the same way but every time one of you guesses a “good habit” his team earns 1 point. Which team will be able to get more points?
- **Design challenge!** Try to guess the “good habits” by drawing situations that represent them. If you’re not so good at drawing, choose a friend and draw in pairs!



#DARE
TO CARE

The Green Pathway