

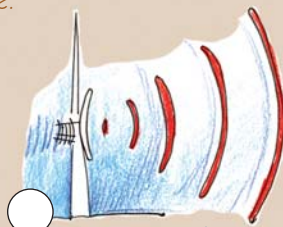
## A vibrant, colorful illustration of a sustainable village. The scene includes a thatched-roof market stall with 'cool roof' signage, a 'dry-loo' (dry toilet), an 'upcycled' clothing stall, a 'SCHOOL' building, a 'CLEAN ENERGY FOR NAMIBIA'S FUTURE' solar panel building, and a 'RECYCLE' station. People are engaged in various activities like cooking, shopping, and playing sports. The village is surrounded by lush greenery, trees, and a winding path.

# Namibia is Urbanising - Will it be Sustainable?

What is important for you to have where you live?

Grocery store? School? Church? Clinic? Wi-Fi? Jobs?

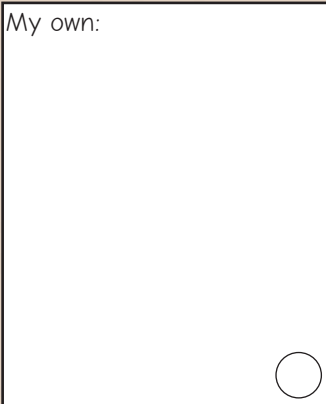
**Directions:** Look at the drawings. If something important to you is missing then draw it in the box. Rate the different services below from 1 (most important) to 10 (least important) by writing the number into the circle.



Telecommunication



My own:



In Namibia and around the world, many people have moved from rural to urban areas as they want to have access to these types of services. Many are looking for better schools while others seek work as environmental conditions become more severe and challenging. This has changed Namibia's **demographics**.

**Demographics:**  
information about different aspects of a population of people (i.e. age, gender, language...)

**ON-LINE RESOURCES:** Watch these videos to learn more:

- From MICT on **Namibia@30** to learn about Namibia's development in the past 30 years since Independence: [www.youtube.com/watch?v=Td8fkc\\_dDfI](http://www.youtube.com/watch?v=Td8fkc_dDfI)





# Let's Check the Statistics and Ask the People



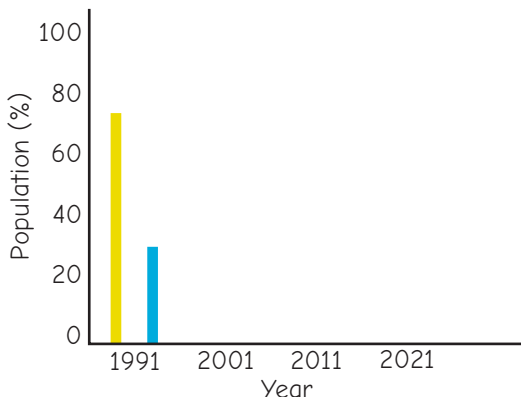
Since 2018 more Namibians now live in urban areas than in rural areas. That may sound surprising considering Namibia is generally thought of as a more rural country with wide open spaces. Let's graph these new demographics.

**Directions:** Show the change in population. Use the data in the Namibian Population table to complete the bar graph. The year 1991 has been done for you.

**Namibian Population**

Year	Rural (Pop.)	Urban (Pop.)
1991	73%	27%
2001	67%	33%
2011	57%	43%
2021*	47%	53%

\*Predicted by UN Pop. Division



**With this shift in population dynamics,** there are now new environmental challenges, but also new sustainable development opportunities for Namibia's urban areas. Most of our cities and towns have been growing faster than proper urban planning can be done. How do our urban residents feel about it?



I love living in town! I can see my friends, go shopping and get free Wi-Fi, if you know the right spots!

I also like those things, but I wish that some things wouldn't be so expensive... like getting to town.



Agreed, but I wish people would stop littering and taking plastic bags from shops. I also really wish that it would be safer to cycle to town and just meet friends in a park without feeling in danger!



Both of you are right! I want to be able to have a comfortable life, but it shouldn't have to be so expensive and we definitely should not have to sacrifice our health and make the environment dirty! We are part of a global community after all.

**What can we do to help Namibia develop sustainable urban areas?**

# Urban Areas need Local Citizens



It is our responsibility to learn more about how our lifestyle choices impact the environment and society. We rely on healthy ecosystems for our food, clean air and water, shelter, clothing and much more. Let's explore the neighbourhood and see for ourselves!

**Directions:** Go on a walk around your neighbourhood to observe and determine how sustainable it is. Colour in the circle to rate each topic. The first one is done for you.

	A Problem	Not Good	Getting Better	Good	Great
<b>Waste management:</b> Litter, recycling facilities, waste removal	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Transport:</b> Good road network, access to inexpensive public transport, bicycle lanes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Green public spaces:</b> Trees, parks, sport facilities, playgrounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Community centres:</b> Entertainment for young and old, cultural events, youth centres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Renewable energy:</b> Wind/solar electricity, solar hot water heaters, fuel-efficient stoves, biogas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Water:</b> Clean, accessible to all, water saving measures, no broken pipes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Buildings:</b> Well-maintained, sustainable design, no broken windows or vandalism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Local stores:</b> Locally produced food and items such as clothes, locally-owned stores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Only 3% of the land worldwide is occupied by cities, but 60-80% of all energy is consumed there! Now let us find out some of the key areas we need to address to improve our urban areas.

# Sustainable Housing & Basic Services



Urban housing is a big problem. We do not have enough affordable housing for the average person to buy or rent. This is a pressing issue that needs to be solved.

We also need better access to basic services such as water, electricity, food, waste management and proper sanitation.



Our cities and towns will become uncomfortable to live in if we do not reduce our energy and CO<sub>2</sub> intensive lifestyles. We can do this by not wasting resources and reducing pollution.

**Directions:** Learn about each of the sustainable actions you can take and tick it off once you have done it.

## Know your consumption!

- ☐ Make a record of how much N\$ your household spends on electricity and water.

Month	Water m <sup>3</sup>	Water cost	Electricity (kWh)	Electricity cost
June	18	556.44	425	612.00

- ☐ Investigate how you can reduce it.

## Recycle & Upcycle

- ☐ Reuse containers for food storage.
- ☐ Take part in recycling programmes.
- ☐ Don't litter!



## Manage household temperature - insulate!

- ☐ Shade the North side of your house in summer.
- ☐ Let sunlight in during winter.



## Use your appliances with energy-efficiency in mind:

- ☐ Turn off lights not in use. Use LED-bulbs.
- ☐ Unplug devices (\*a TV draws power all day long when plugged in!).
- ☐ Don't overcharge phones, tablets, etc!



## Grow, buy & sell local food

- ☐ Grow your own food.
- ☐ Buy & support local producers.

## Sanitation

- ☐ Build a tippy tap.
- ☐ Wash your hands regularly with soap.



- ☐ Clean using natural products



## All purpose cleaner recipe:

1 part white vinegar,  
1 part water &  
Lemon rind & rosemary  
Mix together and let stand  
for 1 week before use.



## Every drop counts...

We know this is true, but do you do anything about it??

- ☐ Re-use kitchen water in the garden.
- ☐ Time your shower to the length of your favourite song.

**ON-LINE RESOURCES:** Watch these videos to learn more:

- **Water management in Namibia** from the GCF: <https://vimeo.com/441002913>
- A municipality and schools join forces in **urban gardening**: <https://youtube/watch?v=J20ClzcGOU8&feature=youtu.be>
- Directions on how to make a **tippy tap** from Watershed Management Group: <https://www.youtube.com/watch?v=Qdpd3rozJyW>



# Sustainable Transport, Consumption & Clean Air



In urban areas there is easy access to stores. What and how much we purchase has a large impact on the environment.

Exactly, things that we buy, such as cell phones and clothes, are made with materials, energy and water. Waste and pollution are produced throughout the life cycle of the product.



Namibia's transport system is mostly built around vehicles. In urban areas, even in Namibia, the increasing traffic is a problem due to the increasing levels of **smog** (intense air pollution – **s**moke + **f**og).

**Directions:** Learn about each of the sustainable actions you can take and tick it off once you have done it.

## Now you own it:

- ☐ Buy to last.
- ☐ Take care of it!
- ☐ Repair it.



## Make alternative mainstream:

- ☐ Cycle or walk: Get to where you need to go while exercising.
- ☐ Ride share.
- ☐ Check out e-mobility!



## Be a smart shopper!

- ☐ Support local products.
- ☐ Reduce packaging (always take your own bag).
- ☐ Buy and sell 2nd hand.
- ☐ Compare cost and quality.
- ☐ Don't just buy to buy!



## Compare these methods of travel

(based on an average speed for 1 hour)

	Distance	CO <sub>2</sub> pollution	Calories burned
Car	60 km	7 kg	80-120
Bicycle	15 km	0 kg	500-750
Walk	05 km	0 kg	250-400

## Reduce CO<sub>2</sub> and other air pollution:

- ☐ Avoid unnecessary trips due to poor planning.
- ☐ Drive with fuel efficiency in mind (constant slower speed to reduce stop and go).



## Improve road safety!

- ☐ Don't drive or ride with someone who is under the influence of alcohol or drugs.
- ☐ Respect pedestrians & cyclists, share the road!
- ☐ Cross the road at designated locations.

## ON-LINE RESOURCES: Watch these videos to learn more:

- Explore how this start-up is making **E-bikes** in Namibia  
<https://www.dw.com/en/a-sunny-future-for-e-bikes-in-namibia/av-48013690>
- Check out the waste your clothes produce in "The Story of Microfibers"  
[https://www.youtube.com/watch?v=BqkekY5t7KY&feature=emb\\_logo](https://www.youtube.com/watch?v=BqkekY5t7KY&feature=emb_logo)
- Inform yourself about **climate change in Namibia** in this Think Namibia video: <https://vimeo.com/179763238>



# Community, Natural Heritage & Green Public Spaces



Many of our urban areas are developed without any proper planning. This results in large areas of housing without community services and green public spaces.



We need nature in our cities and towns. Trees provide protection from temperatures and winds. They absorb CO<sub>2</sub> produced by vehicles and factories. And, they provide habitat for animals!



We need to also make sure to protect our cultural and natural heritage. This can easily disappear through rapid, uncontrolled building.

**Directions:** Learn about each of the sustainable actions you can take and tick it off once you have done it.



## Support Youth Centres

- ☐ Take part in youth activities.
- ☐ Suggest and lead your own activities around sustainability.



## Plant and protect trees

- ☐ Find an existing project and offer to help.
- ☐ Get seedlings and start a nursery.
- ☐ Protect trees from being unnecessarily removed.



## Recreation & exercise

- ☐ Meet your friends to play sports and exercise.
- ☐ Take a walk to get some fresh air and relieve stress.
- ☐ Observe and identify birds.



## Inform yourself

- ☐ Stay up to date with town developments.
- ☐ Attend public meetings.
- ☐ Share information with others.
- ☐ Learn about your town's history and important cultural sites.

## Volunteer

- ☐ Be active and give to your community.
- ☐ Take part in clean up campaigns.
- ☐ Support NGOs and churches in their work.

## ON-LINE RESOURCES: Watch these videos to learn more:

- ▶ Learn how **every citizen plays their part** in this zero waste community in Japan: <https://www.youtube.com/watch?v=OS9uhASKyJA>
- ▶ Hear what the Young African Leaders Initiative say about the **value of volunteering**: <https://yali.state.gov/yaliserves-joy-of-volunteering-2/>
- ▶ See how **trees can make cities happier places** to live: [https://www.youtube.com/watch?time\\_continue=4&v=ucXzRLo&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=4&v=ucXzRLo&feature=emb_logo)





# Global Citizens Building Partnerships



Since 2015, countries around the world are working towards achieving a more sustainable and just world for all people. Seventeen different goals have been agreed upon called the United Nation's **Sustainable Development Goals**. These are also called the **SDGs**.

## The UN Sustainable Development Goals



We can understand the SDGs more easily if we categorise them into these three groups:

### Economy, Society & Environment

For example, SDG1 aims to eliminate poverty. The main focus is on people and society.

Ok, the SDGs sound great. But how can I use them in my daily life?



I use the **Good Life Goals**. These are the **SDGs** simplified into personal action. For example, **SDG11** is about making our cities and communities sustainable. The **Good Life Goal for SDG11** is called "Love Where You Live".

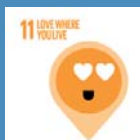


It has these five actions:

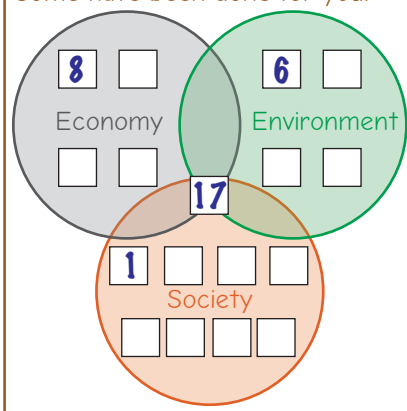


### Love Where You Live Actions:

- 1) Learn about, and take part in, local decisions.
- 2) Prepare for emergencies.
- 3) Get to know your neighbours and welcome new people.
- 4) Protect local trees, wildlife and natural areas.
- 5) Demand safe and good quality public transport



**Directions:** Write the number of the SDGs into the correct circle. Some have been done for you.



Make sure to watch the video to learn about all the

**Good Life Goals.**



## ON-LINE RESOURCES: Watch these videos to learn more:

- Explore the SDGs in the **World's Largest Lesson**: <https://www.youtube.com/watch?v=cBxN9E5f7pc>
- Learn about all the **Good Life Goals** here: [https://www.youtube.com/watch?time\\_continue=4&v=bbrYODvkvGk&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=4&v=bbrYODvkvGk&feature=emb_logo)
- UNESCO's **Think, Live and Act together** explains Education for Sustainable Development: <https://www.youtube.com/watch?v=m7lStCVBf0A>





# Match the Good Life Goals & Win!



Win a full-sized poster of "Urban Sustainable Living" by matching the **Good Life Goals** correctly. Submit your answers to **NaDEET**:

by **post**: NaDEET, PO Box 8702, Swakopmund,  
or **WhatsApp** photo: 081 367 5310 or **email**: [admin@nadeet.org](mailto:admin@nadeet.org)

The first ten correct entries will win a poster.

Competition runs until 31 May 2021. Open to Namibia only.

**With your entry include your full name and contact details,  
either phone, email or postal address.**

**Directions:** Draw a line to match the correct goal with the drawing. The first one is done for you.

Protect native plants and animals

Support local businesses at home

Walk and cycle rather than drive

Raise kids to expect equality

Reuse, repair, recycle, share and borrow

Demand oportunities for all

Learn about and take part in local decisions

Buy local, seasonal and fairly traded food

Welcome innovations that make the world a better place

Stand up for fairness and peace

Defend people's right to clean water

Demand medical care for all

Support teachers and keep schools open

Say no to unnecessary plastic

Stand up for your rights and the rights of others

Use renewable energy for heat, light and power

**Good Life Goals:**

- 1 HELP END POVERTY
- 2 EAT BETTER
- 3 STAY WELL
- 4 LEARN AND TEACH
- 5 TREAT EVERYONE EQUALLY
- 6 SAVE WATER
- 7 USE CLEAN ENERGY
- 8 DO GOOD WORK
- 9 MAKE SMART CHOICES
- 10 BE FAIR
- 11 LOVE WHERE YOU LIVE
- 12 LIVE BETTER
- 13 ACTION ON CLIMATE
- 14 CLEAN OUR SEAS
- 15 LOVE NATURE
- 16 MAKE PEACE

# Personalities in Conservation

**Name:** Reinhold Mangundu

**Number of years on the Job:** 5

**Name of Organisation:** For Progress Namibia Project



## **Tell us about your work with For Progress Namibia Project?**

Through the For Progress Namibia Project, I have been closely working with local communities to find a new common definition of a good life and progress for Namibian citizens. The project works towards building value in communities characterized by healthy and thriving social,

and ecological systems. Currently, I'm working with the Sonder Water Community located in Katutura-East Constituency. Together with the residents, we have been involved in setting up home gardens to improve food security and promote the well-being of all residents.



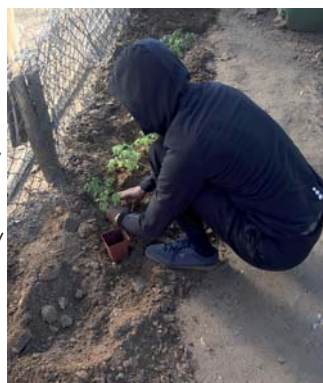
## **You are involved in community sustainability projects; what issues are you tackling?**

One of the cross-cutting issues I'm seeking to address is poverty and hunger. As a result of inequality, many communities remain highly vulnerable, especially with the current Covid-19 global pandemic. By promoting local sustainable food systems, I not only seek to improve livelihoods but to restore environmental dignity.

Perhaps most important, I also seek to reconnect fellow young Namibians with the natural world. Educating them about the importance of the environment enhances their consciousness and reconnects them to the beauty of the living world beyond their digital connection.

## **As an activist of sustainability, how do you spend your time when you are not doing formal work and what other roles do you serve?**

It is no secret that my life mainly resonates around people and planet. So, I have dedicated most of my weekends to voluntary work in communities. Getting my hands dirty as a way of reconnecting with living soils in gardens. During the week, I spend most of my time navigating through stories and articles around sustainability transitions. This is because I'm currently pursuing my Masters in Sustainable Development with Stellenbosch University. As a research student, I find it comforting to study and engage in various studies seeking new sustainability perspectives.



## **What do you think is the role of young people in conservation in urban areas?**

Young people are leaders, collaborators and innovators. They can actively play a role in the implementation of climate change adaptation strategies, with a particular focus on establishing urban gardens and creating platforms for more localized food networks. Through actively partaking in innovation hubs, they can explore and navigate alternatives together. These alternatives act as small leverage points for rethinking urban areas, towards more green cities characterized by low carbon footprints and enhanced ecological systems.

# HOLDEN'S HANG-OUT



Holden Mole is the name. **NaDEET's** my hangout spot. I love Namibia. My number one job is to get the basics – my food, water and shelter. "Education is the key" – I know everyone says it, but it is true. So if you don't know, ask me.

**Holden Mole, NaDEET, PO Box 8702, Swakopmund**  
email to: [admin@nadeet.org](mailto:admin@nadeet.org) or post them on NaDEET's Facebook page

Dear Holden,  
What is an electric vehicle and how does it work?

Rebekka in Okahandja

Dear Rebekka,

An electric vehicle uses electricity as a power source to move forward instead of diesel or petrol (fossil fuels) like in the vehicles we generally know in Namibia.

Pure electric cars can use a battery that has stored the electricity to move independently or they need to be connected to an electricity grid whilst moving. For example, in some countries, there are trains with overhead electricity lines or trains using the metal tracks as electricity conductors. This is a big advantage in an underground train system as there are no polluting exhaust gases and there is much less noise in the densely populated urban area.

For independently moving vehicles, like cars, the battery can get charged from solar or from a traditional source (such as your wall plug which is probably fossil fuel powered). Often golf carts or forklifts in warehouses use this e-technology. The problem is that batteries have a low energy density per volume or weight compared to fossil fuels. The vehicle therefore cannot go as far before needing to be charged at a charging station. Many electric cars are actually hybrid vehicles which use a combination of sources such as a batteries and petrol/diesel or batteries. Another example of a hybrid vehicle is an e-bike which uses batteries to support human-power to extend the distance one can go.

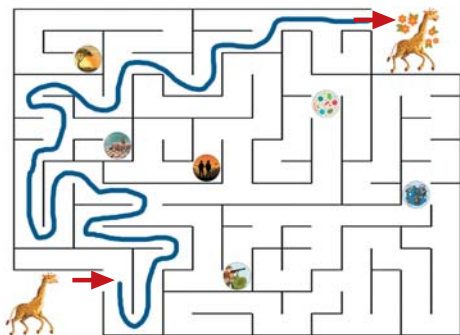
Cheers for now, Holden



## Updates from last Issue

Here are the updates from "Are you sticking your neck out for giraffe?". If you missed it, check it out here: <https://nadeet.org/bush-telegraph-series>

From page 7



From page 10

**Directions:** Study the picture and fill in the answers to each question.

- 1) How many animals in total do you see? **26**
- 2) How many different types of animals do you see? **3**
- 3) Of the giraffe, how many are sitting? **2**
- 4) How many birds can you find? **14**
- 5) How many ossicones can you see? **17**
- 6) How long do you think the sleeping giraffe has been asleep? **You choose**
- 7) How fast could the giraffe be running? **up to 50 km/hr**





## Environmental Literacy Projects

UNESCO-Japan Prize on Education  
for Sustainable Development  
Laureate 2018

Sponsored by:



Lincoln  
**Rotary**  
Club 14



Written by: Viktoria Keding

Illustrations: Michelle Gaugler



**Centre on  
NamibRand**



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