

# **Green Horizon: A handbook for young environmental activists**

Let's delve into the world of sustainability and environmental protection with our captivating book designed specifically for young adults. In our comprehensive table of contents you will find answers to the most pressing questions and practical tips to have a positive impact on our environment. Discover the fundamentals of sustainability as we help you understand the complex concepts and explore the three pillars of sustainability - environmental, economic and social. Then delve deeper and expand your knowledge of the global environmental situation to better understand the challenges our world faces today. In the following chapters, learn how you can adapt your lifestyle to live more sustainably. From sustainable consumption to nutrition and mobility to living and working life - we give you practical tips and instructions on how you can make positive changes in your life and your environment. Discover the psychology of sustainability and learn how to increase your motivation and create positive behavior changes. Learn how you can counteract environmental fears and hopelessness and strengthen your own empowerment. With exciting discussions about activism and engagement, education and awareness-raising, as well as technology and innovation for the environment, we offer you a holistic insight into the various aspects of sustainability. Join us and become part of the movement that is shaping the future. Find inspiration, visions and concrete recommendations for action to build a sustainable society and make the world a better place for all of us.



**Introduction: Why  
Sustainability and  
Environmental Protection are  
Important for Young Adults**

## **Chapter 1: Understanding Sustainability**

- Definitions and Concepts
- The Three Pillars of Sustainability: Ecology, Economy, Social
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- Despite these challenges, there are also many opportunities for consciousness-raising

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## **Conclusion**

Meetings are not only disruptive but can help if everyone knows what the goal is

## **Glossary of Terms**

The table of contents can be adjusted as needed to include specific topics or focal points.

## **Appendix**

Resources and Further Reading



# **Chapter 1: Understanding Sustainability**

Sustainability is more than just a trend – it is an urgent necessity in our shared world, which faces environmental problems and social injustices. This chapter lays the foundation for understanding the complex concept of sustainability, offering a comprehensive insight into its historical development, interdisciplinary approaches, and fundamental principles.\*\*

The importance of sustainability has evolved and expanded over the years. Initially, sustainability referred to forestry with the simple rule of "not cutting more wood than can regrow." Today, sustainability encompasses far more than resource conservation. It includes ecological, economic, and social aspects, all of which are interconnected.\*\*

## **Fundamental Principles**

A fundamental principle of sustainability is intergenerational equity. This means that we should meet the needs of the present generation without compromising the ability of future generations to meet their own needs. This principle was first articulated in the report "Our Common Future" by the World Commission on Environment and Development (also known as the Brundtland Report) in 1987.



Another important principle is the precautionary principle, which states that we should take measures to prevent environmental damage even if scientific evidence for the risks is not yet complete. This requires a proactive stance and a willingness to invest in sustainable practices and technologies.

## **Definitions and Concepts**

### **Historical Development of the Concept of Sustainability**

The historical development of the concept of sustainability dates back centuries, showing that many indigenous cultures have practiced sustainability for a long time. These practices were based on the principle that natural resources must be used and conserved in a balanced way to ensure the survival of future generations. Over time, the concept has evolved and gained broad recognition in modern society. Today, sustainability is at the center of global discussions and initiatives as humanity increasingly recognizes the urgent need to manage the planet's limited resources responsibly.

### **Interdisciplinary Approaches to Sustainability**

Sustainability is a complex and multifaceted issue that requires an interdisciplinary approach. Various fields such as environmental science, economics, sociology, ethics, and politics each contribute important insights and perspectives to finding effective solutions to sustainability problems. The integration of these disciplines allows for a better understanding of the complex interactions between the