



HUNTING CHANGE PROJECT

HuntingChange- Hunting sport and climate – inspiring behavioural change towards more sustainable and healthier lifestyle among young people through educational and active game

**LET'S HAVE
NORMAL
FUTURE**

Change your behaviour!
Take a climate action
now !



ABOUT THE PROJECT



SOME OF OUR OBJECTIVES

To develop and pilot an innovative approach in a form of a **game** for awareness raising on environmental and climate change challenges and encouragement of participation in sport and healthier lifestyle

To inspire **sustainable and responsible consumption**, healthier, more active, eco-friendly behavior among the participants of the events and for taking personnel actions for fighting against climate change

To increase the knowledge and **capacity of trainers and coaches** engaged in the project activities about climate change and how they can contribute to the behaviour change of their trainees

OUR ACTIVITIES

Developing interactive educational and sport game and application supplementing it

Conducting 2 national sport events in Bulgaria and Austria to pilot the HuntingCHange game and app

Organising one international virtual event for coaches

WE ARE

SUSTAINABLE BALKANS ASSOCIATION

SPORT CLUB AHAT-M

SPORTVEREIN BODY-LOUNGE



TAKE A CLIMATE ACTION



HOW

All these activities produce greenhouse emissions, decrease the capacity of our world to regenerate itself and filter the negative impact of our way of living.

Urbanisation, agricultural expansion, timber logging both for energy and industry purposes lead to deforestation. FORESTS and GREEN SPACES are the natural carbons sinks, i.e. the mechanisms of the world to cope with greenhouses gases and to prevent climate change.



However, since 1990 we have lost around 1/3 of the world forests, reducing the capacity of our planet to absorb CO₂. At the same time calculations predict that by 2030 50 % of the EU territory will loose its natural state.

68% OF THE BULGARIANS HAVE NOT TAKEN ANY CLIMATE ACTION

WHY?

We are the dominating species on our planet, growing in numbers with each year and expanding our resource exploitation in order to meet our demands.

- We urbanize and concrete more area to live and work.
- We build more factories, more flats and houses, more roads.
- We expand our agricultural land areas to produce more food - plants and meat.
- We travel and transport products and materials
- We produce and use electricity
- We CONSUME and we throw away

ON EACH OF THESE STEPS WE POLLUTE

OCEANS are the other coping mechanism of the world to tackle climate change. They absorb more of the excessive heat that is caused by the greenhouse effect.



However, up until now the global ocean temperature has increase by 1 Celsius degree, causing higher water levels, migration of species and coral bleaching.

THE REST IS IN OUR HANDS AND THOSE OF OUR GOVERNMENTS



WHAT CAN WE DO?

OUR CARBOON FOOTPRINT

SAVE ENERGY:

- TURN OFF YOUR LIGHTS WHEN YOU DO NOT NEED THEM
- USE LED LIGHTS AND SMART DEVICES TO SAVE ENERGY
- KEEP YOUR ROOM TEMPERATURE WITH 1 OR 2 DEGREES COOLER OR RESPECTIVELY HOTTER (IN SUMMERS) THAN YOU USUALLY DO
- DO YOUR LAUNDRY ON LOWER DEGREES
- USE YOUR DRYER LESS AND LEAVE YOUR CLOTHES TO DRY HANGING
- TAKE QUICKER AND COOLER SHOWER



ENERGY SUPPLY AND RESIDENTIAL/COMMERCIAL SECTORS ACCOUNT FOR 39 % OF THE GREENHOUSE GASSES IN EU



TRANSPORTATION ACCOUNTS FOR 22% OF THE GREENHOUSE EMISSIONS

- THINK BEFORE GETTING IN THE CAR - CAN YOU CHOOSE ANOTHER WAY OF TRANSPORTATION
- WALK AS MUCH AS POSSIBLE
- USE PUBLIC TRANSPORT
- USE SHARED TRANSPORTATION - COMBINE YOUR TRAVEL WITH OTHER PEOPLE
- CHOOSE LOCAL FOOD AND PRODUCTS - LESS CARBOON FOOTPRINT FOR TRANSPORTATION AND PRESERVATION



- REUSE PRODUCTS FOR OTHER PURPOSES
- REPAIR INSTEAD OF BUYING A NEW ONE
- OPT FOR MORE QUALITATIVE PRODUCTS THAT LAST LONGER
- RECYCLE YOUR CLOTHES
- BUY SECOND HAND PRODUCTS

INDUSTRY ACCOUNTS FOR 22% OF THE GREENHOUSE EMISSIONS



AGRICULTURE ACCOUNTS FOR 12% OF THE GREENHOUSE EMISSIONS

- EAT LOCAL PRODUCTS AS TO ENSURE THAT IT IS NOT WASTED
- HAVE MORE PLANT BASED DIET - REDUCE DAIRY PRODUCTS AND MEAT
- PLANT A TREE OR GROW PLANTS AT HOME



- RECYCLE
- GO TO THE SUPERMARKET ALWAYS WITH A LIST AND NOT WHEN YOU ARE HUNGRY
- CARRY WITH YOURSELF SHOPPING BAGS, AND CUPS AND BOTTLES FOR MULTIPLE USE

WASTE ACCOUNTS FOR 3% OF THE GREENHOUSE EMISSIONS

TALK ABOUT THE CHANGES

BE ACTIVE

HOW CLIMATE ACTION IS RELATED WITH PHYSICAL ACTIVITY?

People who are more physically active tend to lead more sustainable lifestyle:

- as they choose walking more often
- they opt for more plant based diets and or eat less in general
- they often take cold showers
- they sleep in cooler rooms

BOOST YOUR SELCONFIDENCE BY BOOSTING YOUR BODY HEALTH

WHY?

Every second person in EU never exercise or play sport. With Covid-19 outbreak the worsening statistics affected the young generation in larger numbers as well causing:

- depression
- obesity
- lack of motivation
- social exclusion

PHYSICAL INACTIVITY

has impact not only on your mental health, but also on your physical health. People who are inactive have higher risk of :

- heart diseases
- high blood pressure
- high blood cholesterol
- type 2 diabetes

WALK

Do not underestimate walking. This is the easiest way of exercising. Walk for at least 30 minutes per day!

PLAY SPORT

It is a way of meeting new people, experiencing new things and emotions and staying fit!