



YOUTH WITHOUT LIMITS



This programme has been written by The Turner Twins. This spring and summer they will be conducting a plastic survey around the Atlantic Ocean. On their return, they will then sail around the UK to conduct beach cleans and educate people about sustainability at 10 port cities. If you want to get involved in the beach cleans or to learn more, please [click here](#).



Below is a 13-week template to guide you through a programme to learn more about plastic pollution for your Skills section. You may choose to support your learning by doing litter picking and/or beach cleans for your Volunteering section.

- 1** Talk to your Assessor about your goal for this section. What do you want to achieve? Share your ideas with your Assessor, as well as planning out what the end goal of your learning will be (e.g. producing a project report or poster, writing a series of articles for a blog or magazine, or an information hub for your school or college)
- 2** Learn about the different types of plastic (PPE, PE, foam etc), and how to identify them, including what they are commonly used for.
- 3** Research what ocean plastic is and where it comes from. What problems does it cause, and what is the long-term impact?
- 4** Research sustainable plastic alternatives including biodegradable products like cardboard, biodegradable packaging- coffee cups and take away food packaging. What are the advantages and disadvantages?
- 5** Discover what recycling centres are in your local area and how they work. What happens to all the waste after it's been dropped off?
- 6** Do a local litter pick around your neighbourhood. Document what you collect and identify the different types of plastic from your previous research.
- 7** What have you learnt about the plastic issues in your area? How much litter is there, and are businesses and individuals using plastic alternatives?
- 8** Look into how you can reduce plastic consumption in your household and what items can help. Start with each room and identify products that could be improved or avoided completely.
- 9** Talk to your family about plastic and its issues and look at changing five products in your house to be more sustainable.
- 10** Watch three Waterbear documentaries that focus on our issues related to our oceans, seas, coastlines and rivers (suggestions below). Record anything new you have learnt to add to your project. waterbear.com is free- just sign up!
 - A Lens on the World
 - Mother of the Sea
 - Africa's Hidden Seaforest
 - The whale who saved me
- 11** Research green and renewable energies: wind, solar, hydrogen, hydro and tidal. Where are they located? What is the impact on local area and the environment? What do you think is the best and why?
- 12** As you've nearly finished your section, look at organisations or environmental movements can you get involved with in the future. For example, Parley for the Oceans, Surfers against Sewage or Kids Against Plastic.
- 13** Consider what you have learned and any actions you have taken as a result. Talk to your Assessor about whether you have met your goals, and any achievements you are proud of.