

Development and Peace *Powerdown Olympics*



CANADIAN CATHOLIC ORGANIZATION FOR
**Development
and Peace**



ACGC 
Alberta Council for Global Cooperation

----*Powerdown Olympics*----

Objective: To arrive at the finish first and with the smallest “carbon footprint” (i.e. smallest dependence on burning fossil fuels)

PREPARATION:

- Read the outline so the entire planning team understands the game.
- You'll need at least one facilitator and one person for each station to check off “number of earths” based on their transportation choice and run the corresponding activity.
- Each person should organize how their area will look and gather the necessary materials. Remember you'll need enough materials for 8 groups to do each activity with up to 3 groups at your station at a time. Be creative with each station and use lots of props.

MATERIALS:

- One passport per team and materials for each activity

OUTLINE:

- Divide everyone into up to 8 groups of 4-6 people. (If you have more groups, you'll have to create more activities) Every group will travel to 3 stations.
- Introduce the game:
 - Each team must complete 3 activities. At each station, teams have to do a different activity, and they need to make smart decisions about their transportation options between each station.
 - The context: “Our dependency on fossil fuels (e.g. oil, natural gas and coal) is killing people and the planet through climate change and civil conflict. It doesn't have to. We can learn to tread more lightly on the earth.
- After completing three stations, teams race to the finish line by ‘bus’ or ‘bike’. Write the time they finished on their passport. If you wish, you can deduct ‘time’ for every earth the team still has on their passport.
- At the finish line, have water and juice ready to drink.
- After the game, discuss ways to lessen your THINKfast's carbon footprint.

Starting off – Transportation

You want to go as quickly as possible with the smallest carbon footprint. You need to travel from the starting line through three stations and then to the finish line. Each time you travel you need to make a decision as a group. Your passport has 50 earths on it. If you run out of earths before reaching the finish line you're out of the game.

Note: Refer to chart on passport and explain the task, e.g. if the group chooses to go by plane, they run from starting line to first station and have 25 earths checked off their passport. If the group chooses to go by train, they run back and forth from the starting line to the first station a total of 5 lengths and have 9 earths checked off their passport.

Activities

✓ **Station A – My bathroom's full of fossil fuels?**

Petroleum is a fossil fuel. This station focuses on petroleum-derived products in your bathroom. Your bathroom is full of products that are petroleum derived (e.g. toothpaste, soap, lotion, hair spray, nail polish, sunscreen, perfume, aspirin). Your team must sort a group of bathroom products into 2 categories – those with petroleum derived ingredients and those without.

Note: Gather a collection of bathroom products. Include three items which are not derived from petroleum. If the group does not successfully identify the three items without petroleum on the first try, let the group know how many they got right and let them try again. If on the second try, they are still not successful provide them with some hints e.g. items with any of the following ingredients are petroleum based: Di-n-butyl phthalate (DBP), Petrolatum, Di-ethyl phthalate (DEP), PVP/VA Copolymer, petroleum-derived synthetic fragrances phthalates, ...

✓ Station B – Carbon for dinner?

Every food you eat has a different carbon footprint. For example, some foods have been transported huge distances by truck fuelled by burning fossil fuels and some foods have been cooked which uses fossil fuels. Your team must get past two obstacles successfully (1) choose the food item with smallest carbon footprint (2) choose the meal with the smallest carbon footprint

Note: (1) Display three fruits or vegetables with one that has traveled the farthest to your table (e.g. pineapple, apple and potato). (2) Display three meals (photo) with one that has the highest carbon footprint (e.g. one that has been cooked and has ingredients from far away, one that has been cooked but local and one that does not require cooking and uses only local ingredients)

✓ Station C – PowerDown

Every day we use appliances that require electricity. Burning coal to generate electricity releases carbon dioxide into the air and contributes to climate change. List these uses from the least consumption to the highest consumption of power.

Note: Print out list of 9 hydro uses (left hand side) and cut into slips of paper so they can be moved around and put into order. The total watts calculations are for your judges.

HYDRO USE	TOTAL WATTS
Playing football for 4 hours	0 watts
Microwave for 2 minutes	1000 watt/h * .03 h = 30 W
Fluorescent light bulb on for 3 hours	18 watt/h * 3 h = 54 W
Boiling water on stove for 5 minutes	1500 watt/h * .08 h = 120 W
Incandescent light bulb on for 3 hours	75 watt/h * 3 h = 180 W
Using laptop for 2 hour	120 watt/h * 2 h = 240 W
Drying your hair for 15 minutes	1200 watt/h * .25 h = 300 W
Watching TV for 7 hours	300 watt/h * 7 h = 2100 W
Clothes Dryer (electric) for 30 minutes	5400 watt/h * .5 h = 2700 W
Keeping food cool in the fridge for 12 hours	500 watt/h * 12 h = 6000 W

Finish Line:

Our dependency on fossil fuels is killing people and the planet. It doesn't have to be this way! Help you and your friends end this addiction. Write down three ways that this THINKfast (in the next 20 hours) can lighten its fossil fuel addiction and use less "earths", and race to the finish.

Note: You'll need 3 sheets of paper per group so each idea can be posted on flipchart.

This activity is inspired by the terrific Re-Energize campaign of KAIROS and the Side-by-Side POWERDOWN activity of the Primate's World Relief and Development Fund... Background information and further ideas can be easily found at www.re-energize.org.

Fact Sheets on Fossil Fuels- <http://www.re-energize.org/ChangeYourself.html>

Community activities - <http://www.re-energize.org/ChangeYourCommunity.html>

Just and Sustainable Energy policy - www.re-energize.org/ChangetheWorld.html

Discussion:

★ Congratulate the team that came fastest and the one with the lowest carbon footprint.

Post flipchart paper with four categories:

Transportation - Shelter & Utilities - Retail & Entertainment - Food & Cooking

Ask each group to post their three suggestions in the correct category.

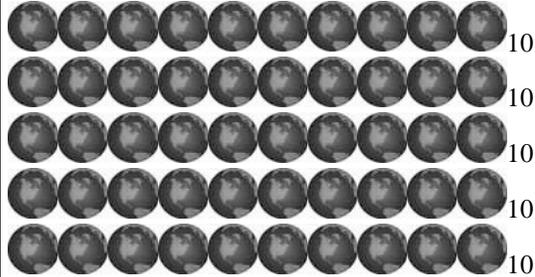
Open up for general discussion. Share with the group a few facts about Fossil Fuels and Climate change (see fact sheet referenced above). As a group, commit to three actions. Note: As a planning committee, highlight the earth-friendly decisions you already made, e.g. serving tap water. There are many ideas on page 2 in part I.

Climate Change requires action on a global scale. Let the group know there are people working at a national level on just and sustainable energy policy. Invite them to participate.

Powerdown Olympics **PASSPORT**

Group: _____

Earth Tickets: (cross out used ones)



- passed Station A**
- passed Station B**
- passed Station C**

	Distance	Transportation Options vehicle - time - impact
Starting line – 1st station	500 km	Plane – 1 time - 25 earths Train – 5 times – 9 earths Bus – 7 times – 7 earths
Distance between stations	10 km	Bus – 1 time - 7 earths Bike – 3 times – free
Last station – finish line	50 km	Bus - 1 time – 7 earths Bike – 5 times - free