



DZUP EskweKalikasan Module 4

# Sustainable Living



# DZUP ESKWEKALIKASAN PROJECT

**DZUP EskweKalikasan: Para sa kabataan, kapaligiran, at bayan** is a publicly-funded initiative of the academe, with support from advocates and the government. It aims to raise awareness on emerging and evolving discussions about climate change, disaster risks, sustainable living and development and mindful consumption. Especially designed for senior high school teachers and students, the project has produced several teaching and learning resources such as modules, video guides, podcasts, and radio episodes that are available for free online at [dzup.org/eskwekalikasan](http://dzup.org/eskwekalikasan).

The project (whose title is a portmanteau of the Filipino words for school and nature) is spearheaded by the Department of Broadcast Communication of the University of the Philippines (UP) College of Mass Communication and DZUP 1602, in partnership with the UP National Institute for Science and Mathematics Education Development (UP NISMED) and the UP Diliman of the Office of the Chancellor. It is principally funded by the Philippine Government under the General Appropriations Act for Fiscal Year 2019 through the initiative of the Office of Senator Loren Legarda.



## KAYANG-KAYA! PODCAST

**Káyang-Káya!** is a 10-episode podcast in Filipino that follows the adventures of three senior high school students, Kali, Naya, and Alab, as they seek to understand and uncover issues confronting the environment. As an educational tool, the podcast serves to supplement classroom discussion using aural storytelling.

In **Episode 4**, titled "**Ano ang epekto ng "fast fashion" sa ating kalikasan?**", Kali promised Naya, her fashionista friend, to go clothes shopping with her. As they explore the ukay-ukay shop in Brgy. Luntian, Kali and Naya also learn about fast fashion, sustainability, and sustainable living.

# What is sustainability?

In 1987, the United Nations Brundtland Commission defined sustainability as "**meeting the needs of the present without compromising the ability of future generations to meet their own needs**" (UNESCO Sustainable Development, n.d.).

## Three pillars of sustainability:

1. **Economic Sustainability/Growth:** it refers to a system of production that satisfies present consumption levels without compromising future need (Lobo, Pietriga, & Appert, 2015).
2. **Social Sustainability:** it indicates that people matter since development is about people (Benaim & Raftis, 2008); basically, it connotes a system of social organization that alleviates poverty (Littig & Grießler, 2005).
3. **Environmental Sustainability:** it indicates that natural resources must be harvested no faster than they can regenerate while waste must be emitted no faster than that the environment can assimilate it (Diesendorf, 2000; Evers, 2018).

# Sustainable Development

According to 1987 Brundtland Commission Report, sustainable development is the **development that meets the needs of the present without compromising the ability of future generations to meet their own needs.**

It has **four pillars** intertwined with each other: **society, environment, culture, and economy.** These four pillars are equally considered in the pursuit of improved quality of life. For example, a prosperous society relies on a healthy environment to provide food and resources, safe drinking water, and clean air for its citizens (UNESCO Sustainable Development, n.d.).

# Sustainable Living

Sustainable living is **using the least amount of resources possible to meet the needs of day to day living**. It can also mean not consuming products or not supporting companies that do not promote sustainability (Conserve Energy Future, n.d.).

## United Nations' Sustainable Development Goals (SDGs)

The **Sustainable Development Goals** are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, and peace and justice (United Nations, n.d.).

## SUSTAINABLE DEVELOPMENT GOALS





SDG  
**12**

## Responsible consumption and production

It is **respecting** the biophysical boundaries of the planet and **reducing** current global consumption rates to fit with the biophysical capacity to produce ecosystem services and benefits (United Nations, 2015).



You may listen to this podcast episode at [dzup.org/eskwekalikasan](http://dzup.org/eskwekalikasan).  
Catch all ten episodes of *Kayang-kaya!* Podcast at [dzup.org](http://dzup.org).

**Episode 1:** Ano ang carbon footprint?

**Episode 2:** Kakaunti na lang ba talaga ang mga isda natin sa Pilipinas?

**Episode 3:** Ano ang kahalagahan ng pagtatanim ng punò sa tao at sa kapaligiran?

**Episode 4:** Ano ang epekto ng “fast fashion” sa ating kalikasan?

**Episode 5:** Bakit kayâ summer na pero bumabagyo pa rin sa barangay namin?

**Episode 6:** Mapupunô ba ng basura ang barangay namin?

**Episode 7:** Bakit walang lumenas na tubig sa gripo?

**Episode 8:** Paano maghahanda ang buong barangay laban sa disaster?

**Episode 9:** Paano napapagana ang cellphone ng hangin at tubig?

**Episode 10:** Bakit kailangang lumahok ang kabataan sa environmental movement?

If you'd like to know more about sustainability and sustainable living, you may listen to the radio episodes of DZUP EskweKalikasan's Module 3. Sustainable Living:

**Radio Episode 1. The Concept and Practice of Sustainable Development in the Context of a Developing Country such as the Philippines**

Guest: Abigail Lois P. Aguilar

**Radio Episode 2. Environmental Sustainability**

Guest: Keisha Alena Mayuga

**Radio Episode 3. Sustainable Living/Lifestyle**

Guest: Regina Marie Montañano Peralta

**Radio Episode 4. Sustainable Tourism and Eco-tourism**

Guests: Billie Crystal Dumaliang and Raf Dionisio

**Radio Episode 5. Sustainable Cities**

Guest: Abigail Lois P. Aguilar