

21



#Project1Hour 2023

Workshop material

Classification: PUBLIC



#PROJECT1HOUR



01 | COMMUNICATION



Climate challenge

+1 pt

Start a team contest for the climate:
Who can cycle to work most often?
Who will opt for the vegetarian option
in the canteen most often? There are
no limits to your ideas.

Inspire others to protect the climate

+2 pts

Take the climate pairs game home with
you and play it with your family and
friends. Speak about the measures that
were really easy to implement or that
you still want to implement – and inspire
other people to protect the climate by
doing so.

Organise a team talk

+3 pts

Want to take a really strategic approach
to climate action? Great! Then organise
a regular team meet-up to improve
climate action at work.

Own actions

+3 pts



02 | THE JOURNEY TO WORK



Use public transport

+1 pt

Climate action for beginners: Leave the car at home – and use public transport instead. Why? Because buses and trains can transport a lot more people, their carbon emissions per head are significantly lower.

Cycle to work

+2 pts

Climate action for up-and-comers: Climb on your bike and cycle to work to protect the climate. Cycling just a few kilometres a day saves our climate lots of CO₂ – and by also getting you plenty of exercise and fresh air, there is nothing better.

Set up a ride share

+3 pts

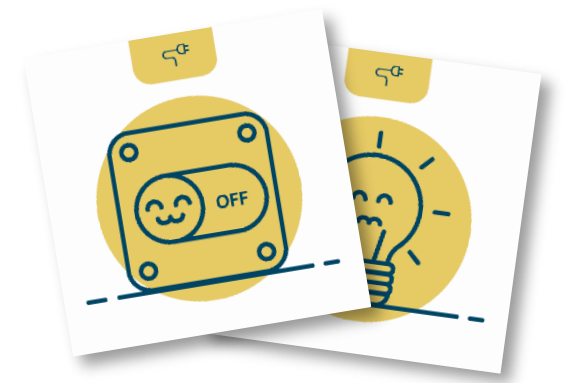
It more fun to do things together: Set up a ride share for the journey to work instead of everyone coming in their own car. This is a much more fun, relaxing and climate friendly way to start the working day.

Own actions

+3 pts



03 | ELECTRICITY AT WORK



Switch off the lights

+1 pt

In lots of toilets or storage areas, motion sensors help to make sure the lights only go on when the room is actually in use. If you don't have them already, simply hang up a sign saying “Turn off the lights please”.

Avoid stand-by mode

+2 pts

Treat your electric devices to a deep sleep! It's better to turn them off completely instead of leaving them in stand-by mode. By the way, this applies to laptops, even if you're just taking a 10-minute break – so they definitely need switching off over your lunch break.

Check electrical devices

+3 pts

Perform a quick check to see which electric devices in your room or department you can turn off straight away – from laptops and lights to coffee machines. Important: Don't just check them, make sure you actually turn them off!

Own actions

+3 pts



04 | CONSUMPTION

Count plastic packaging +1 pt

How much plastic can you find in your direct surroundings? Count the packaging made from single-use plastic in the area directly surrounding your workstation. Think about how you can reduce this and what measures would be needed for this.

Borrow instead of buy +2 pts

Drills, ladders, high-pressure cleaners – these things are ideal for sharing among neighbours instead of buying them yourself. This will protect the climate. Speak to your colleagues about what you can share within your community.

Repair instead of throwing away +3 pts

Lots of broken household appliances can be repaired. Seek out some tech-savvy colleagues to assess appliances and try to repair them together. This is fun, saves money and protects the climate.

Own actions +3 pts





05 | DIGITAL LIFE

Take a smartphone break

+1 pt

Treat your smartphone to a smart break. Set yourself time limits when using certain apps, close any unnecessary apps and simply switch off your smartphone overnight.

Use your smartphone more efficiently

+2 pts

By changing just a few settings, you can make your digital appliances slightly less energy-hungry. For instance, use energy-saving mode, reduce the brightness of the screen, and disable the vibration function.

Streamline your digital document storage

+3 pts

Can you find any rules within your team to streamline storage of emails and documents as much as possible? Excess data on servers and the Cloud generate carbon emissions without any benefits.

Own actions

+3 pts





06 | HEATING AND COOLING



Wash your hands with cold water

+1 pt

Looking after the climate is cool:
Heating water uses up a lot of energy.
So: Wash your hands with cold water every now and then.

Heat or cool more efficiently

+2 pts

Reducing the room temperature only slightly will significantly decrease carbon emissions. If you are out for a long time, turn the heating right down. And you can also save CO₂ and money when cooling, too.

Heat and cool according to your needs

+3 pts

Get to grips with your heating and cooling technology. For instance, activate automatic overnight deactivation and regulate the temperature according to actual need. If you have an air conditioning system, avoid any unnecessary cooling.

Own actions

+3 pts



07 | FOOD

Try a vegetarian or vegan diet

+1 pt

Take a group trip to the canteen and select a healthy meal that is kind to the environment – or bring a similar meal from home tomorrow.

Spend one week eating an environmentally friendly diet

+2 pts

Try a vegetarian or vegan meal this week. This is a great way to try new meals and recipes. And you'll also reduce your carbon footprint from food. It is possible to make some big reductions.

Avoid waste

+3 pts

Over a defined period of time, record how much food is thrown away either in your private life or at work. Try to cut this down to zero by shopping more carefully or only preparing food to meet your needs.

Own actions

+3 pts





08 | WATER

Drink tea instead of coffee

+1 pt

It's tea time: Meet your colleagues for a cup of tea instead of coffee. Why? Because the entire production process uses around 15 litres of water. One cup of coffee uses around 140 litres.

Save water

+2 pts

Turn the tap off while cleaning your hands with soap. The same goes for washing your body and hair in the shower.

Collect rainwater

+3 pts

Collecting rainwater and using it intelligently can save valuable tap water. Simply use a bucket or barrel on your drainpipe. Perfect for watering the garden. Or on an even larger scale: with a cistern for your home.

Own actions

+3 pts





09 | EDUCATION



Collate information

+1 pt

Watch the videos about “Climate change, refugees and education” from the United Nations’ Refugee Agency on the [Volkswagen PlanetBetter](#) homepage. Then hold a team discussion about how this relates to your lives and work. And what this has to do with climate action...

Research the facts

+2 pts

Why is CO₂ causing the global temperature to rise? What does the Paris Climate Agreement entail exactly? Can you explain it succinctly? Start researching it online and inform your team about what you have found out.

Plan professional development

+3 pts

Here at Volkswagen, there are plenty of professional development options available to us. Research the extensive portfolio and talk to your line manager about it. You can also do this on a smaller scale: Speak about tips and tricks with your team.

Own actions

+3 pts



10 | EQUALITY

Get to know others

+1 pt

Think about who you know the least about on your team. Get to know one another! How about meeting for a coffee or collaborating on a project? A small tip: Specific ideas for protecting the climate are definitely a good ice breaker.

Discuss climate equality

+2 pts

Who needs to do the most to protect the climate? The rich? The biggest polluters right now? Or those who have contributed the most to climate change over history? Talk about it in your team: What would be fair? What works?

Support inclusion

+3 pts

Support initiatives that promote diversity and inclusion at your place of work. Read up online. And get active: In what areas does diversity make your team stronger? Who from the outskirts of the team can you try to involve more? Enjoy this together.

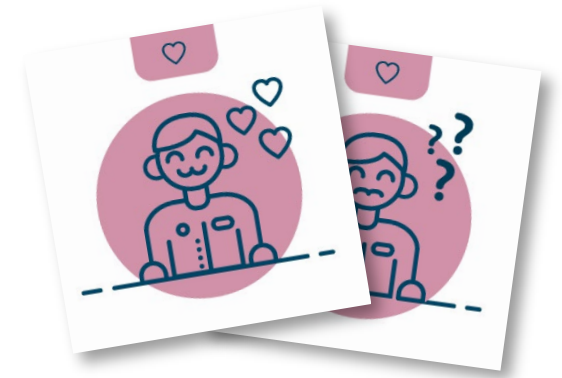
Own actions

+3 pts





11 | MORE THAN JUST A JOB



Reflect on your work

+1 pt

What would your perfect day at work look like? What is important to you in the workplace and when speaking to your colleagues? Write down your thoughts and try to implement as many of them as you can tomorrow. Would you like more respect from your colleagues? Then set a good example and respect will follow.

Reflect on your company

+2 pts

Many vehicles from our Group are legends in the automotive world and have their own spirit. What does a Group vehicle stand for today and what will it stand for in the future? What values do you associate with it and how does these change? Reflect on this together with your team.

Volunteer

+3 pts

Find out more about the Volkswagen Group's [corporate volunteering programme](#). If you have already signed up: Work together to find a project or organise your own project that you can volunteer in as a team.

Own actions

+3 pts



12 | MAKING TOMORROW POSSIBLE



Learn more about Shaping Mobility

+1 pt

“Shaping mobility for generations to come” is our path to the future. What is the thinking behind this and what does it mean? Talk about it in your team. Feel free to send us an email to: planetbetter.vwag.r.wob@volkswagen.de

Discuss the company's goals

+2 pts

What are you doing to contribute to our goal of “Mobility for generations to come”? Discuss our purpose statement with your team and how each individual can contribute. Then define your own contribution and note it down. Everyone works individually. And together for their team.

Dealing with criticism

+3 pts

Are you aware of any criticism directed towards Volkswagen? Too slow, not enough electric cars, too high carbon emissions, etc. Pick one topic and discuss both sides of the argument in a role play: One of half of the group argues in favour of the critique and the other half against.

Own actions

+3 pts

COMMUNICATION



- 1. Climate challenge
- 2. Inspire others to protect the climate
- 3. Organise a team talk
- 4. Joker action

THE JOURNEY TO WORK



- 1. Use public transport
- 2. Cycle to work
- 3. Set up a ride share
- 4. Joker action

ELECTRICITY AT YOUR PLACE OF WORK



- 1. Switch off the lights
- 2. Avoid stand-by mode
- 3. Check electrical devices
- 4. Joker action

CONSUMPTION



- 1. Count plastic packaging
- 2. Borrow instead of buy
- 3. Repair instead of throw away
- 4. Joker action

DIGITAL LIFE



- 1. Take a smartphone break
- 2. Use your smartphone more efficiently
- 3. Streamline your digital document storage
- 4. Joker action

HEATING AND COOLING



- 1. Wash your hands with cold water
- 2. Heat more efficiently
- 3. Heat and cool according to your needs
- 4. Joker action

FOOD



- 1. Try a vegetarian or vegan diet
- 2. Spend one week eating an environmentally friendly diet
- 3. Avoid waste
- 4. Joker action

WATER



- 1. Drink tea instead of coffee
- 2. Save water
- 3. Collect rainwater
- 4. Joker action

EDUCATION



- 1. Collate information
- 2. Research the facts
- 3. Plan professional development
- 4. Joker action

EQUALITY



- 1. Get to know others
- 2. Discuss climate equality
- 3. Support integrative measures
- 4. Joker action

MORE THAN JUST A JOB



- 1. Reflect on your work
- 2. Reflect on your company
- 3. Volunteer
- 4. Joker action

MAKING TOMORROW POSSIBLE



- 1. Scrutinize the Group strategy
- 2. Discuss the corporate claim
- 3. Take part in a brainstorm and role play
- 4. Joker action