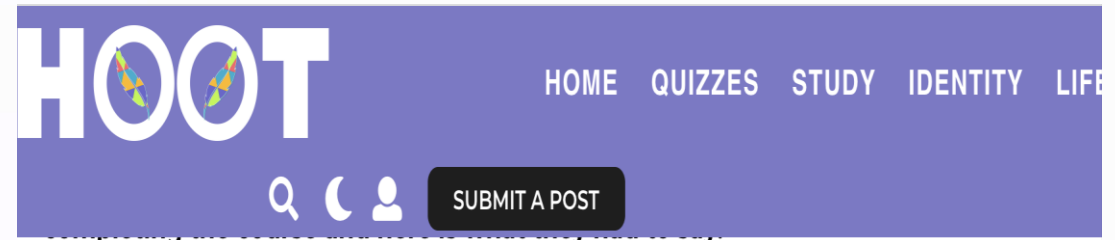


# 2023 CLT testimonials

## Submitted by students to [The Hoot](#), [a magazine site for OU students](#)

'I loved the Carbon Literacy training. I was worried it would be judgemental and heavily pushing the weight of climate action onto the individual. Actually I found a lot of it was centred around how we can take our learning and make a bigger difference beyond our home. My carbon footprint was already low and like many others on my course, there was no easy way to make further change e.g., if you live in a rented property you have little choice over how you power your home and if you live remotely good luck finding a bus or a car share to get to work but the training was very accepting of this and the participants were great for sharing ways people could get more involved at a community or organisational level. They also acknowledged how this often carries far more weight than individual action.'



'The Carbon Literacy training was excellent and above all empowering. The climate crisis is overwhelming, and even those of us who care and engage can feel overwhelmed and crushed to the point where at times disengaging can feel like the only rational thing to do for our mental health. Courses like this are the revitalising antidote to this. The training of course deals with the results of the crisis, but we were also given crucial information, data and actions we can take to empower ourselves and those around us to contribute to the answers and solutions. We can do it!'

'I did the carbon literacy course back in July last year and found it really interesting. It covers a lot of ground, but in a way that is accessible and easy to digest. It also gets you to invest in your own carbon output and come up with ways to reduce it, with a carbon literacy action pledge.'

'As someone who already had a good understanding of climate science (from my OU study!) I still learned a lot from the course, particularly about the societal impacts of climate change and climate justice, and found interesting videos and websites I hadn't come across before through the self-study activities. The online training session was engaging and well-structured, with opportunities to discuss the varied topics covered and ask questions.'

# 2023 CLT progress – Submitted by staff

*“I completed the Carbon Literacy course last October. Since then I have invested in thermal curtains over three doors after borrowing the thermal camera from Estates and identifying cold spots in my home. The aim of this was to reduce my LPG Gas use over winter.*

*We have also had solar panels and a battery installed using interest free loan, we have also moved energy supplier. As a family we are now more conscious of the electricity we use. Previously we took heating and lighting for granted, the increase in energy costs has focussed our attention to reduce our bills, and as a result our consumption has reduced also.*

*The course provided me with the confidence to talk about energy reduction and share best practices with others, both in my work environment and my personal life.*

*PS. One of my pledges was to reduce the use of my tumble dryer, to help me achieve this, the tumble dryer decided to die so I have not replaced it.”*

*Friday, 19 May 2023*

# 2023 CLT progress – Submitted by staff

*“Before doing the Carbon Literacy course, I was, like perhaps many people, oblivious to the little we could do as individuals to help our planet. Unfortunately, I thought this was down to the government and big corporations to fix. Doing the course has enlightened me to the problems we all create and how easily we could play our part in decreasing this problem before it becomes impossible for our future generation.*

*As pledged, I have stopped buying bottled water and now have a water filter installed. This not only saves over 30 bottles a month going to landfill but has helped in keeping down the limescale in my kettle – helping it to run more efficiently! I also eat less meat whether at home or at restaurants.*

*The Vinted app has now become my ‘go to’ for buying and selling recycled clothes and I recently bought most of me and my daughter’s holiday clothes on the app with money received from my sold goods, something I would not have considered before doing this course. So a great win-win 😊 However, I do continue to recycle some clothes/shoes etc at charity shops or in charity clothes bins.*

*As part of my group pledge to promote and communicate out the message regarding the effects of global warming, I recently arranged for my team to have an introduction session with the Carbon Literacy team. A quick insight into the training and what it set out to achieve was given. This was well received and the team will embark on participating as a group in this at a future time. I have also been encouraging family and friends to look at what they could do to reduce carbon footprint, however simple, whether it’s doing away with bottled water, opting for more vegetarian foods, switching off heating/lighting in rooms not used or doing more recycling.*

*I am grateful for the opportunity to have been able to take part in this course and for the team who have put a lot of effort into making it informative and engaging as well as very informal. It has opened up a world of knowledge and understanding on climate change for me personally.”*

Thursday, 18 May 2023