

Schools Catalogue

Making Green Habits the Norm

Let's Create Ecobricks

WEIGH YOUR ECOBRICK



Suggested minimum Ecobrick weights:

1200ml = ~ 400g

This will ensure the density and quality of the ecobrick

Image credit: ecobricks.org

GREENNUDGE





Why Schools Should Embark on Sustainability Engagements

In line with the Singapore Green Plan 2030, the Ministry of Education has been working with schools and education institutions to promote sustainable living, empower students to play their part for the environment, and strengthen green efforts.

With Singapore moving towards a more sustainable future, there is a need to introduce more relevant and localised 'out of classroom' content to bridge the knowledge gap between concept of sustainability and context of sustainability.

In doing so, we hope to allow students to gain exposure to the different types of sustainability concepts, but also grasp skills to think and apply in the real life.

"Singapore is not just a little red dot; we can be a bright green spark. A bright green spark where we have ideas on how to steward our environment for the next generation, not just to leave behind something as good as we have now, but something that is even better than what we have inherited. If every generation of Singaporeans can do that, we will look towards SG100 and beyond with pride."

- Chan Chun Sing, Minister of Education, February 2023

What are the Emerging Needs Relating to Sustainability for Students?



I want my students to learn about sustainability content relevant to the school curriculum



I want my students to learn about skillsets that weave in sustainability content



I want my students to contribute to the community with projects relevant to sustainability

How Green Nudge Can Support These Needs

I want my students to learn about sustainability content relevant to school curriculum

Curriculum Offerings

I want my students to learn about skillsets that weave in sustainability content

Skills-based Offerings

I want my students to contribute to the community with projects relevant to sustainability

Values in Action

Our Student Offerings

Curriculum

Green Trails

Waste Workshops

Skills-based

Communicating Sustainability Workshop

Critical Thinking Workshop

Appreciating Social Entrepreneurship Sharing

Green Careers in Singapore (Workshop, Talk or Trail)

Values in Action

Self-organised Cleanups

Green Guides

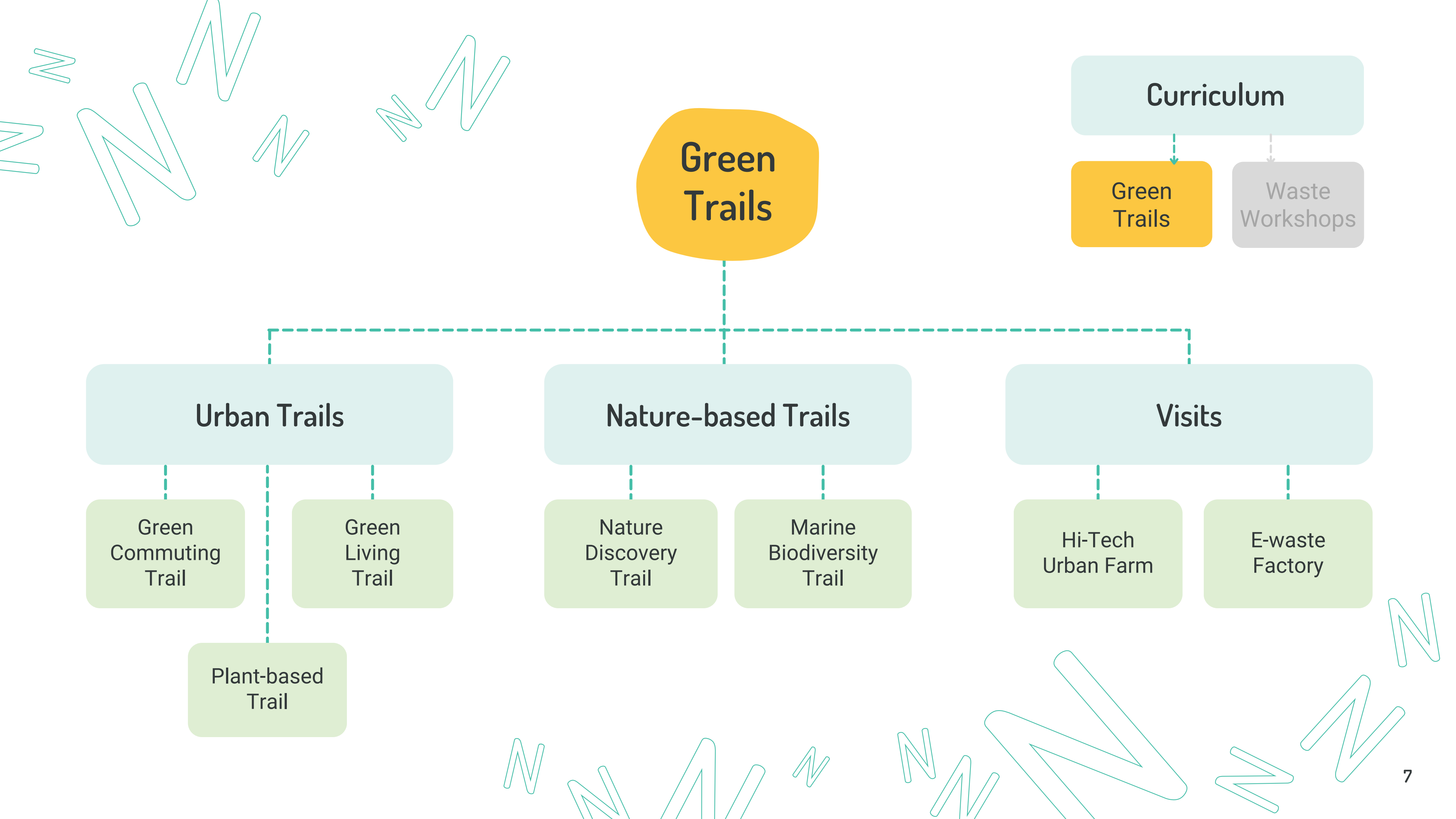
Waste Workshops



Curriculum Offerings

Promoting a deeper understanding of sustainability issues to shape environmentally conscious and responsible individuals.





Green Trails

Curriculum

Green Trails

Waste Workshops

Urban Trails

Green Commuting Trail

Green Living Trail

Plant-based Trail

Nature-based Trails

Nature Discovery Trail

Marine Biodiversity Trail

Visits

Hi-Tech Urban Farm

E-waste Factory

Green Commuting Trail

Sustainability Begins With You and Me

Singapore's public transit system is currently ranked 4th in the world for being efficient but is it the most eco-friendly? Through the support of our public transport operators, this walking trail aims to help participants gain a better appreciation of the efforts taken by our public transport systems in tackling climate change issues.

Objectives

- Gain an understanding of the relation between climate change and transport, with a peek into our local transport sustainability journey and initiatives
- Visit a transport hub and discover how transport infrastructure can also play a part in saving our planet and making public transport more inclusive

Duration:

Up to 2 hours (including 20 mins facilitated discussion & debrief)

Ideal Capacity:

20 to 30 pax per session (1 facilitator: 15 participants)

#SustainableTransport #GreenLiving #Community



Green Living Trail

Sustainability Makes My Heart Go "Bedok-Bedok"

In this trail around the neighbourhood of Bedok, we invite participants to actively observe the relationship between humans and the environment. Touching upon concepts such as semiotics, biophilic design, systems change and also weaving in contemporary social issues, the trail uses local examples to highlight how subtle changes in design influence the way we make decisions.

Objectives

- Develop an understanding and deeper appreciation of the complexity of sustainability in the context of Singapore
- Bring awareness and understanding to problems in the community that can invite action to be taken

Duration:

Up to 2.5 hours (including 20 mins facilitated discussion & debrief)

Ideal Capacity:

30 to 40 pax per session (1 facilitator: 20 participants)

#GreenCommunities #SustainableLiving #WasteManagement



Plant-based Food Trail

Food for Thought

This trail explores the growth of the plant-based movement in Singapore. In collaboration with small businesses, the trail showcases places that offer vegetarian and vegan options and helps participants to obtain insights to the plant-based movement. Participants will also gain a better understanding of the benefits and challenges associated with a plant-based diet.

Participants will learn to:

- Identify what constitutes a plant-based diet, and what are some common terms associated with it
- Understand why it is gaining more momentum
- Differentiate the benefits and challenges of following a plant-based diet
- Appreciate some plant-based offerings by visiting some eateries

Duration:

2 to 2.5 hours

Ideal Capacity:

30 to 40 pax per session (1 facilitator: 20 participants)

#GreenLiving #Community



Nature Discovery Trail

Exploring Marine x Terrestrial Connections

Based in Sentosa, this walking trail invites participants to explore both the marine and terrestrial ecosystems; and learn how natural ecosystems act as 'green infrastructure' to enhance climate resilience. Along the trail, participants take part in simple activities such as forest bathing that highlight the benefits of a healthy natural ecosystem.

Objectives

- To provide a sensory learning journey for participants in understanding about the natural world as well as its impact to the human and marine environment
- Be aware of how actions across all levels of society produce (in)direct impacts on Singapore's natural landscape

Duration:

Up to 2.5 hours (including 20 mins facilitated discussion & debrief)

Ideal Capacity:

30 to 40 pax per session (1 facilitator: 20 participants)

#Conservation #TerrestrialEcosystems #NaturalLandscapes



Marine Biodiversity Trail

“See What Sea” - A Walk Along Singapore’s Intertidal Coastlines

The Marine Biodiversity trail invites participants to actively observe the rich biodiversity of Singapore shores. Located at selected locations (subject to tide timings), this trail invites participants to think critically and develop a deeper appreciation of the social and environmental complexity of sustainability, and consider the impact our actions have on our fragile ecosystem and how we can play our part in protecting it.

Objectives

- To showcase Singapore’s rich biodiversity through a curated intertidal trail
- Develop an understanding and appreciation of the complexity and challenges posed to the issue of sustainability in Singapore’s context

Duration:

Up to 2 hours

Ideal Capacity:

20 pax per session (1 facilitator: 10 participants)

#MarineBiodiversity #Intertidal



Visits to Hi-Tech Urban Farm

Resilient Future x City in Nature

Participants are invited to visit Singapore's only commercial rooftop urban farm, for a first hand experience in understanding the role of a hi-tech urban farm in meeting our "30 x 30" goal (produce at least 30% of our nutritional needs locally by 2030). Through a guided tour by the farm coupled with a facilitated discussion by Green Nudge, participants will appreciate how agri-tech solutions can help to conserve land, energy and water to optimise local food production.

Objectives

- Learn how a hi-tech urban farm is operated in Singapore and gain an understanding about food sustainability values and issues
- Develop a better appreciation of the complexity of food sustainability in Singapore's context

Duration:

1.5 to 2 hours

Ideal Capacity:

Up to 35 pax per session

#UrbanFarming #FoodSustainability



E-waste Factory Visit

Singapore generates about 60,000 tonnes* of e-waste a year. That's equivalent to discarding about 70 mobile phones per person in Singapore! And this number is only expected to increase in the coming years. This trail encourages participants to experience for themselves the amount of e-waste generated every month, and start making small changes in the way they create and deal with e-waste in Singapore.

Participants will learn about:

- What constitutes e-waste in Singapore and how it is currently processed
- The challenges of handling e-waste and the constraints faced
- The recycling process of various e-waste items at a factory
- The complexity of sustainability in Singapore's context

Duration:

2 to 2.5 hours

Ideal Capacity:

30 pax per session

#ElectronicWaste #Recycling



Waste Workshops

Curriculum

Green Trails

Waste Workshops

Plastic Waste*

Ecobricks Workshop

newPlastics Workshop

Food Waste*

Composting Workshop

Coffee Scrubs Workshop

Eco-enzyme Workshop

Fabric Waste

Fabric Tote Bag Workshop

*Can be offered as a combo package

Ecobricks Workshop

Plastic Waste

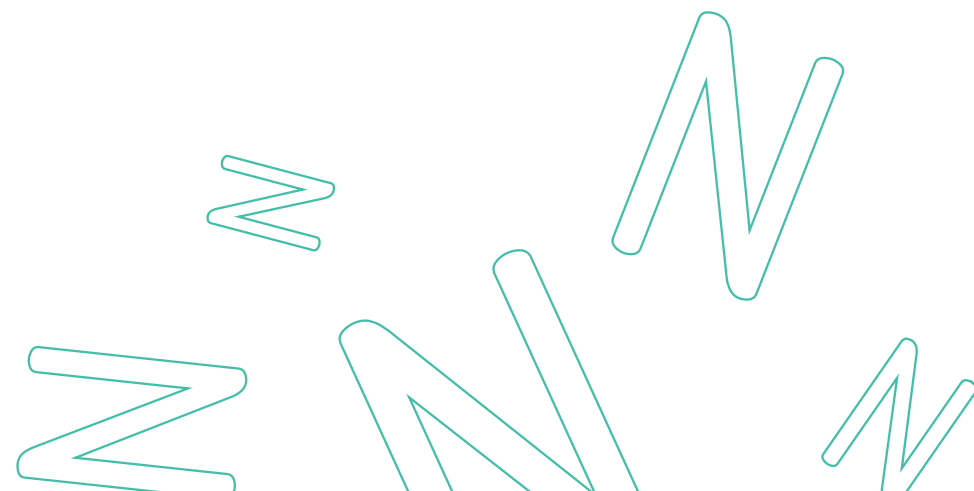
Suitable for indoor sessions, Ecobricks is a starters workshop that deep dives into the situation of plastic waste in Singapore. Together with materials which can be contributed by participants, the workshop combines a hands-on session to transform used plastics into functional objects such as stools or tables for social use.

Participants learn to:

- Understand how ecobricks are made and used
- Explore solutions to tackle recyclable and non-recyclable materials in one's lifestyle
- Create a piece of furniture to be given for social cause

Duration:

2.5 to 3 hours



newPlastics Workshop

Plastic Waste

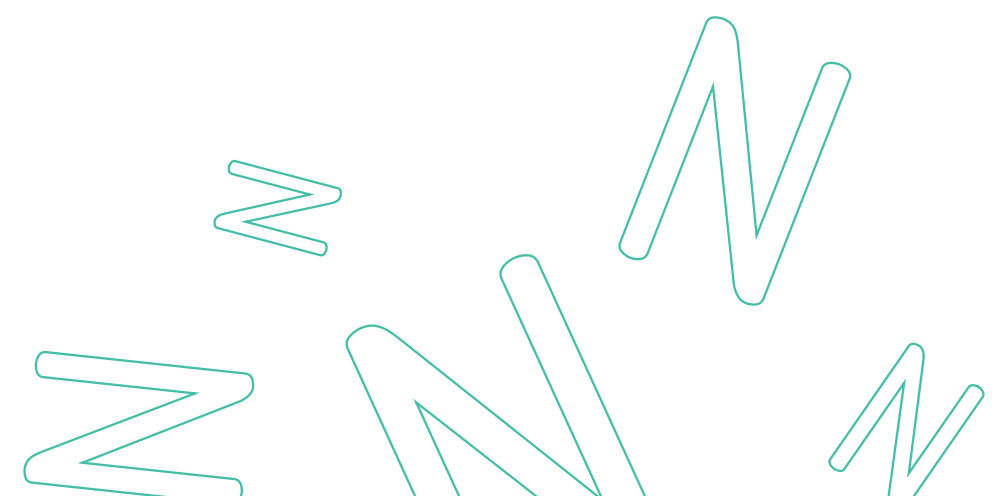
The newPlastics workshop takes a closer look into the situation of single-use plastics and disposables in Singapore, and the challenges associated with recycling them. The workshop combines a hands-on session to transform used plastics into functional everyday objects such as carabiners or clothes pins.

Participants learn to:

- Understand the issue of dealing with disposables in Singapore
- Explore solutions to tackle recyclable and non-recyclable materials in one's lifestyle
- Create a usable object from recycled plastics

Duration:

1.5 to 2 hours



Plastic Waste Combo Package

Can't choose between newPlastics or ecobricks? Why not learn about both to help your participants reduce their plastic waste? This package gives you a first hand experience of creating usable objects with used plastics – sign up for BOTH our workshops!

Duration:
3 to 4 hours

Get the best
of both
worlds!

Plastic Waste



Composting Workshop

Composting is the process of decomposing organic waste into organic material that are useful nutrients for gardens and farming. This workshop is packed with an exciting introduction to the world of composting, followed by a hands-on experience of transforming one's organic waste into useful fertilisers for plants.

Participants learn to:

- Understand why composting is important to deal with and reduce organic waste going to our landfill
- Appreciate the reasons behind using organic materials to create natural nutrients for growing healthy plants
- Create one's own compost with hands-on demonstration

Duration:

1 to 1.5 hours

Food Waste



Eco-enzyme Workshop

Food Waste

Eco-enzyme is an all natural cleaning product produced from the fermentation of fresh kitchen waste such as orange peels. This indoor workshop will be short and sweet. There will be an introduction to fermentation and eco-enzyme coupled with a fun and practical session of making eco-enzymes with materials prepared by participants!

Participants learn to:

- Understand the food waste problem in Singapore
- Appreciate the reasons behind using organic materials to create natural cleaning products
- Create one's own eco-enzymes with hands-on demonstration

Duration:

1 to 1.5 hours



Coffee Scrubs Workshop

Food Waste

This will be the most delicious smelling workshop that you will attend! In this indoor workshop, you will be introduced to the history of coffee, the coffee culture in Singapore and the sustainability of coffee production. You will also learn about the waste footprint of coffee and ways to deal with it!

Participants learn to:

- Appreciate the history and culture of coffee, and the sustainability of coffee production and consumption in Singapore
- Understand the waste footprint associated with coffee
- Create one's own coffee scrubs with hands-on demonstration

Duration:

1 to 1.5 hours



Food Waste Combo Package

Food waste is a growing concern in Singapore, one that is complex and constantly evolving. Our food waste workshops are carefully curated to navigate these complexities and to find simple solutions to reduce waste.

To get a good 'flavour' of the issue, we recommend that you choose two out of our three workshops as a combo package. Say yes to less waste and make green habits the norm!

Duration:
3 hours

**Choose two
out of three!**

Food Waste



Fabric Tote Bag Workshop

Available for both physical and online sessions, this workshop invites participants to upcycle an old t-shirt from being thrown away by turning it into a simple tote bag. Participants will also be invited to unpack the topic of fashion waste in their lifestyle and in Singapore.

Participants learn to:

- Understand about fast fashion and the impact of fabric waste
- Differentiate between recycling, reusing and upcycling
- Develop a new skill using a simple weaving method to create one's own tote bag using an old t-shirt

Duration:

1 to 1.5 hours

Fabric Waste



Skills-based Offerings

Equipping individuals with practical skills and knowledge through hands-on learning to address environmental challenges.



Communicating Sustainability for Change

Crafting Compelling Green Narratives

Since the launch of the Singapore Green Plan 2030, various conversations on environmental sustainability have been carried out. In the midst of various narratives, what are some of the main messages raised, and how should one contribute meaningfully to the conversation? This workshop helps to provide participants with an introductory understanding to semiotics, learn key approaches to delivering messages through projects, initiatives and social media as well as pitfalls to avoid to prevent greenwashing.

Objectives

- Learn about the concept of semiotics, greenwashing and how these are applied in the area of environmental sustainability
- Develop or weave in messages through projects or initiatives that help to contribute meaningfully to the ongoing conversation on sustainability in Singapore

Duration:

2 hours, with discussion and hands-on activities

Ideal Capacity:

Up to 40 students per session



Beyond The Green

Reimagining a Sustainable Singapore Beyond 2030

With the Singapore Green Plan outlining goals for 2030, what would Singapore look like when these targets are achieved? What are some possible challenges or scenarios that may surface beyond 2030? Through this workshop, participants not only gain a better understanding of the pillars under the Singapore Green Plan, but are also equipped with the tools and resources such as design or futures thinking, to actively contribute to a more resilient and sustainable future.

Objectives

- Gain an overview of the Singapore Green Plan and its pillars
- Develop an fundamental understanding of design and futures thinking, incorporating relevant examples from Singapore's sustainability landscape

Duration:

2 to 3 hours (subject to further discussion)

Ideal Capacity:

30 to 40 students per session



The Critical Role of Green Social Enterprises in Singapore

As business entities with social and environmental goals, green social enterprises contribute to Singapore's sustainability landscape with their products, services and experiences. Leveraging first hand experiences and case studies, this session (which can be offered as both a talk or workshop) provides participants a 'behind the scene' opportunity to understand how green social enterprises can make valuable contributions and accelerate the sustainability movement in Singapore.

Objectives

- Gain an understanding of the evolution and diversity of green social enterprises
- To find out key challenges as well as barriers in the work that green social enterprises face

Duration:

1 hour (sharing)

Ideal Capacity:

Minimum of 20 students and a maximum of 50 students



Green Careers in Singapore

Paving Your Path to a Sustainable Future

With Singapore seeking to position itself as a regional green hub, green jobs and careers are here to stay. This introductory workshop on environmental sustainability and jobs in the sustainability sector seeks to bridge the knowledge gap between upcoming job seekers and prevailing market conditions. Depending on the learning outcomes, the session can be delivered in a classroom setting, or through an accompanying outdoor trail.

Objectives

- To showcase diversity of jobs and companies in the environmental sustainability industry available in Singapore
- To gain a better personal understanding of skills and competencies required in the environmental sustainability field, including upcoming trends, insights as well as areas of opportunities
- To hear first-hand from individuals working within the sector on the career opportunities and what it takes to land the first internship or job in the sector

Duration:

Up to 2.5 hours (including 20 mins facilitated discussion / debrief)

Ideal Capacity:

Max 40 pax per session (1 facilitator: 20 participants)



Values In Action Offerings

Nurturing socially conscious individuals who actively contribute to the community by cultivating ethical values, acquiring relevant knowledge and skills.



Self-Organised Coastal Cleanup

Cleanups are often commonly carried out to introduce students to the environment. When large group cleanups are carried out, equipment is often needed in large quantity, which can be costly or bulky.

We provide rental of cleanup toolkits to students to reduce the use of single use items, as well as align with the educational message. Individual digital certificates may be provided as proof of participation.

Click [here](#) to find out more and rent our Coastal Cleanup Toolkit!

Duration:

Up to 2.5 hours (recommended by Green Nudge)



Self-Organised Inland Cleanup

While coastal cleanups are often default activities, the issue of urban litter continues to pose problems in the community.

We provide rental equipment for inland cleanups to be carried out. We also invite participants to understand some of the main issues of littering as well as think of ways to tackle the problems of high-rise and cigarette butts litter. Individual digital certificates may be provided as proof of participation.

Click [here](#) to find out more and rent our Inland Cleanup Toolkit!

Duration:

Up to 2.5 hours (recommended by Green Nudge)



Develop School Specific Green Guides

Little Book of Green Nudges

The best way to introduce and build habits within schools are the students! Working with interested student groups, we act as external advisors to provide tips and guidelines to support students in creating green guides that support the operations within the schools.

These include creating school specific guides in areas such as mass events (sports day, cross country day, open house), public transport and other school specific events.

Objectives

- Create school specific green guides for students / educators to use within their school environment
- Learn to develop tools and guides that contribute to long term impact within the school

Duration:

1 x initial discussion and monthly consultation sessions up to 3 months

Ideal Capacity:

NA



Acts of Green

Creating and Managing VIA Projects

Creating VIA projects can be exciting but also confusing for students working together. In this sharing, we invite students to join us through an exploratory process to find out potential green projects to embark with their classmates.

By leveraging the context of Green Nudge as a sustainability social enterprise, participants have the opportunity to learn about various types of green VIA projects, as well as local stories from the social and environmental sectors.

Objectives

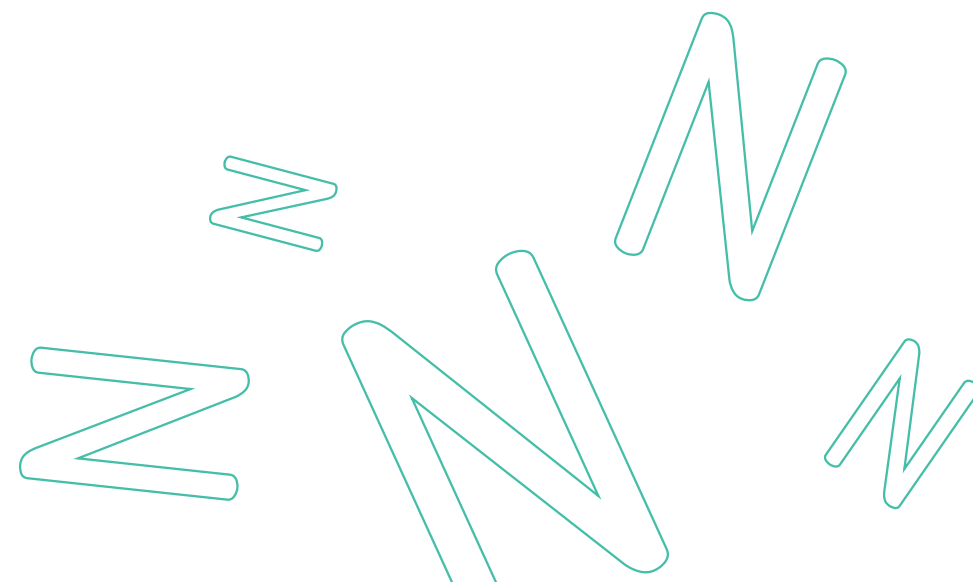
- Through case studies, examine success and failures so as to avoid repeating similar mistakes in their acts of service
- To kickstart their own research and development of their own VIA projects

Duration:

1 to 1.5 hours

Ideal Capacity:

30 to 40 students per session



What to Expect

While each engagement is unique, we take it upon ourselves to ensure that the delivery of the session remains consistent and of high quality.

Each engagement follows a broad programme flow with elements such as an introduction, sharing of topic and where necessary a hands-on activity.

More details of each engagement can be found in the proposal that we send to you!

Programme Flow

Hello from
Green Nudge! - An Introduction

Sharing of Topic +
Hands-on Activity

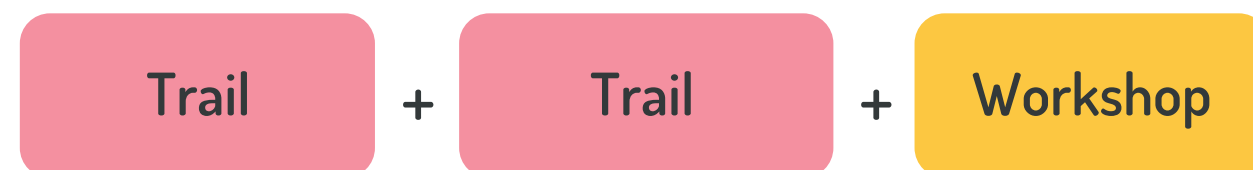
Debrief

Q&A and Wrap up!

Large Group Engagements

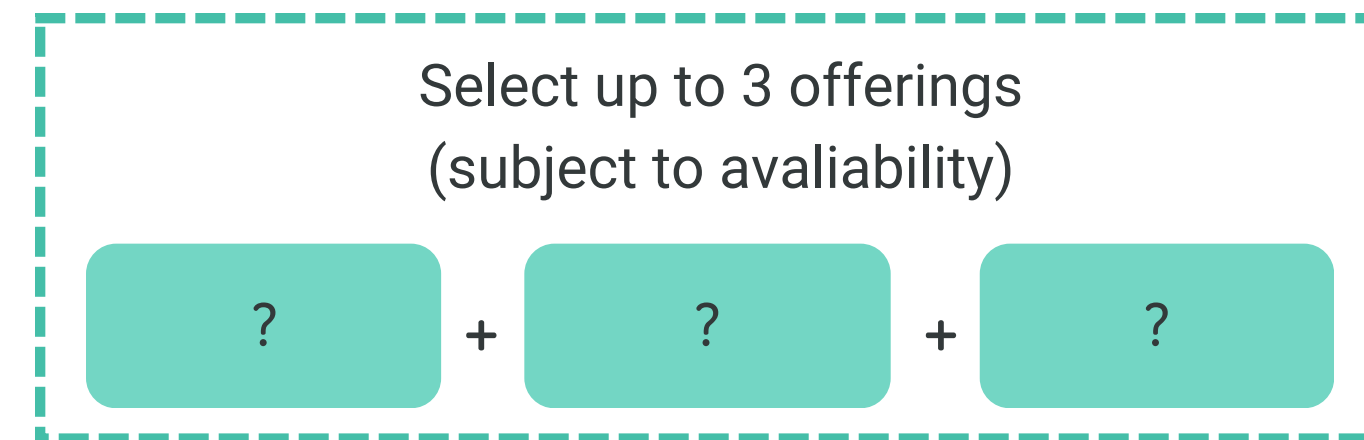
If you are looking for a large group or cohort size engagement, a 'mix and match' combination format comprising of 3 different engagement types may be useful to consider:

Examples of combinations:



How this helps

- ✔ Provides an element of choice for students, increasing greater buy-in
- ✔ Enables multiple group interactions without compromising participant experience





What are the Emerging Needs Relating to Sustainability in School for Educators?

I want to be familiar and updated with the sustainability information in Singapore

I want to know how to weave in sustainability into my school operations



Schools We Have Engaged With



Cedar Girls'
Secondary School



RAFFLES
GIRLS' SCHOOL



ACS (International)
A Methodist Institution



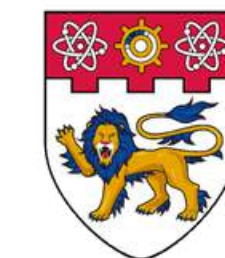
香港教育大學
The Education University
of Hong Kong



SMU
SINGAPORE MANAGEMENT
UNIVERSITY



華僑中學
HWA CHONG
INSTITUTION



NANYANG
TECHNOLOGICAL
UNIVERSITY
SINGAPORE

What Others Have Said About Us

“[Green Nudge team] were very knowledgeable, candid and down to earth in their sharing and engagement with us and that helped tremendously for the 2-way discussions and learning we had throughout the trail.”

School administrator, Bedok Trail 2023

“Students were highly engaged during the whole workshop!”

Educator, Eco-enzyme Workshop 2023

“Green Nudge has taken great initiative and movement for a sustainable future. More organizations and educational institutions should join hands to build more awareness.”

Participant, Cleanup 2023

Interested in Working With Us?



Drop us an enquiry by filling up our form [here](#).



We will drop you an email or call within **3-5 working days** to share more about our work before following up with a customised proposal for your review!

What to Expect After You Submit a Request:





Got a question? Contact us here:

✉ team@greennudge.sg

🌐 www.greennudge.sg

📘 fb.me/greennudgesg

📷 [@greennudgesg](https://www.instagram.com/greennudgesg)

GREENNUDGE

Certified



This company is committed to
accountability, transparency,
and continuous improvement.

Corporation

