

Guidance for PopCOP moderators

How to conduct a PopCOP

PopCOPs are community action events, designed to explore, plan for and celebrate the healthy, thriving future of life on earth. These events are designed to be easily organized and executed by anyone.

In this kit, we provide you everything you need to organize your own PopCOP.

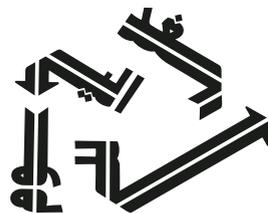
Invitation

We encourage you to invite **10-15 people** from your group or organisation. PopCOPs encourage interactivity so make sure there is enough time and space for attendees to express themselves. You can invite attendees by email, text or whatsapp.

Location

You can conduct your PopCOP almost anywhere. From a meeting room to a day in the park, it's up to you to decide. Keep in mind the following essentials:

- + Comfortable space for a majlis or a workshop space
- + Useful materials like post-it notes, whiteboards
- + Video screen



Length

A typical PopCOP can take anywhere between 60-90 minutes but you are free to incorporate any extra activities as you see fit.

Moderation

This PopCOP kit is made to be self-sufficient. Make sure to read through all the slides before beginning your event. It is up to you to stick to what is on the slides or to improvise!

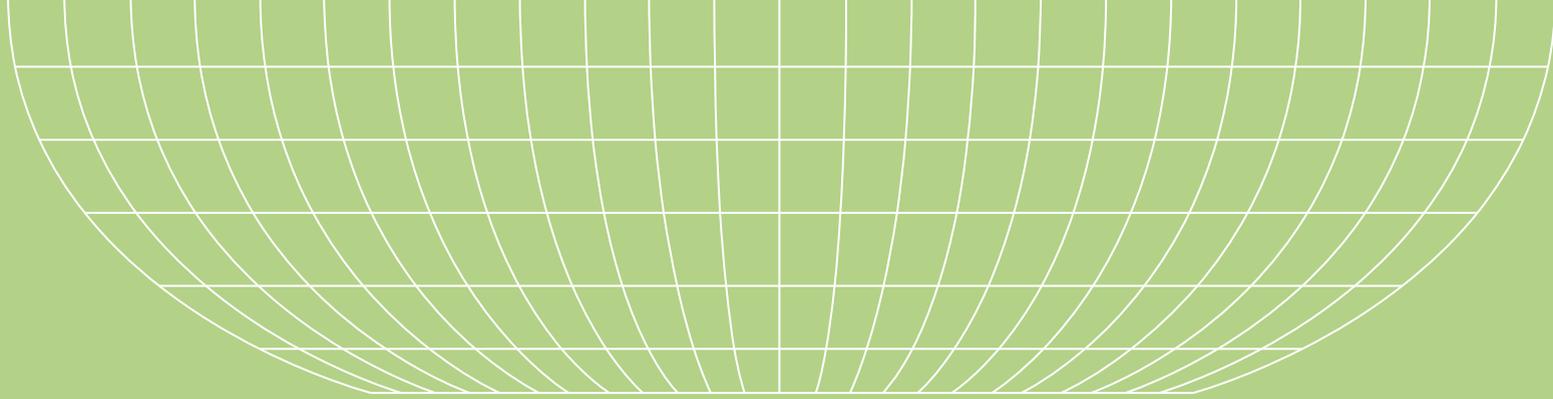
There are sections like Moments of Awe that include a guidance script for you to easily follow. Feel free to add what you feel is relevant for your group.

Support

In the case that you needed any support, feel free to reach out to

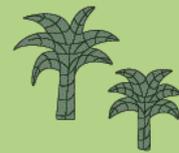
Engage@UAEYearof.ae

On the day of the event, skip this slide and use the next slide titled "Welcome to PopCOP" to begin the session.

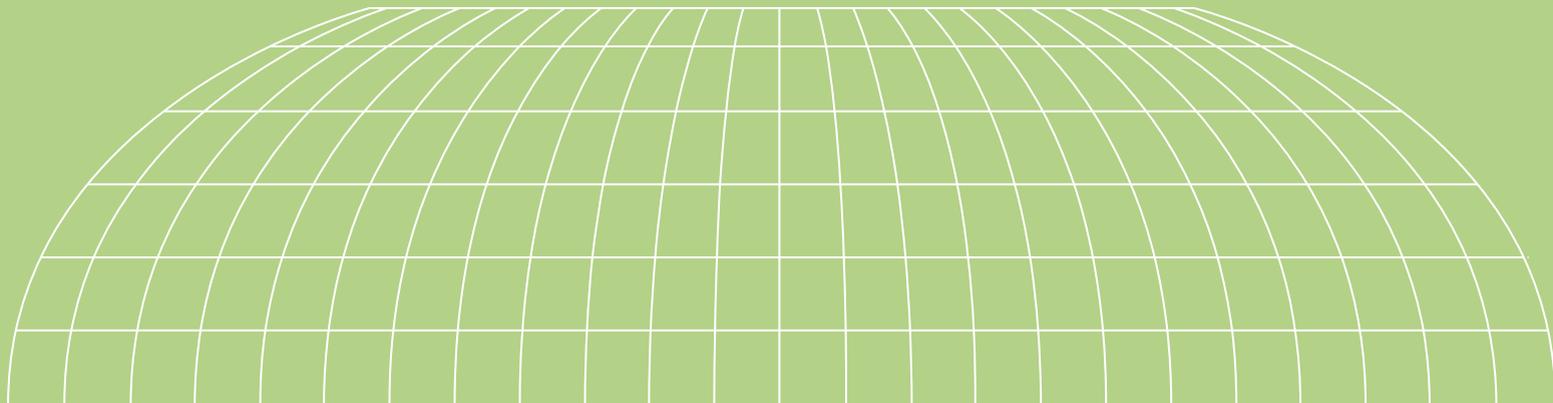
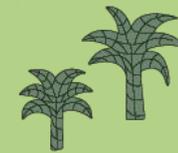


WELCOME TO

PopCOP



AN ACTIONIST WORKSHOP!



What is a PopCOP?

It's where our community gathers to celebrate progress, learn what still needs to be done, make our voices heard, and send a message of inspiration and support to COP28 delegates and the world!

Wait, so what is

?

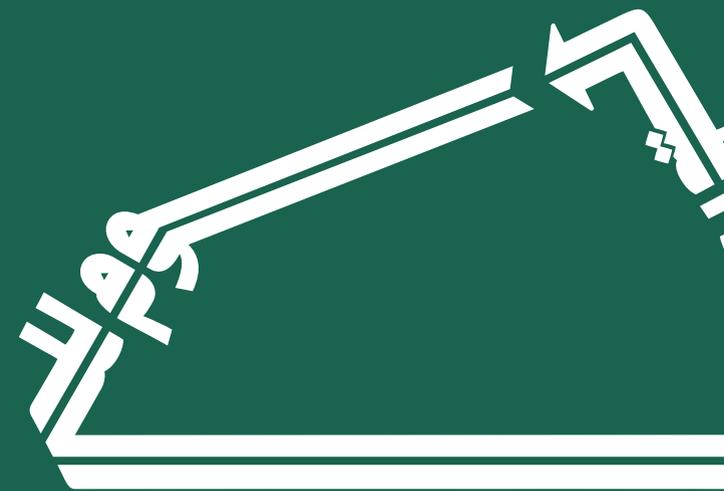


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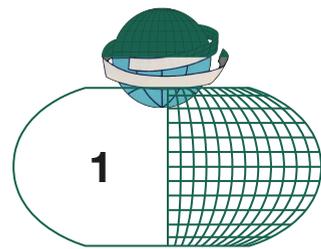
			

Let's PopCOP!

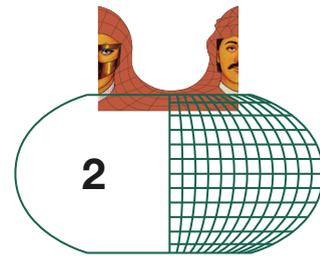


Let's PopCOP!

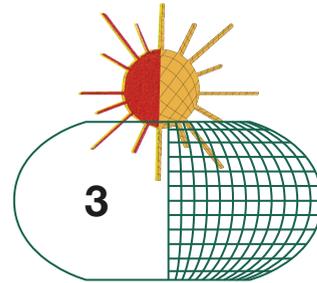
What are we doing today?



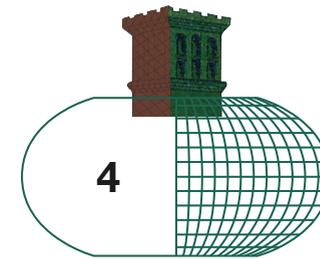
**Connect
with the
planet**



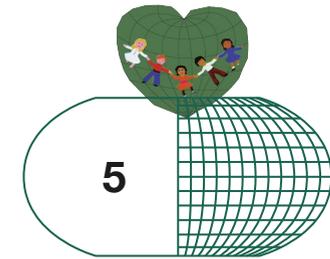
**A personal
stocktake**



**Designing
for extremes**



**Bringing it
home**



**Send a
message to
COP28**

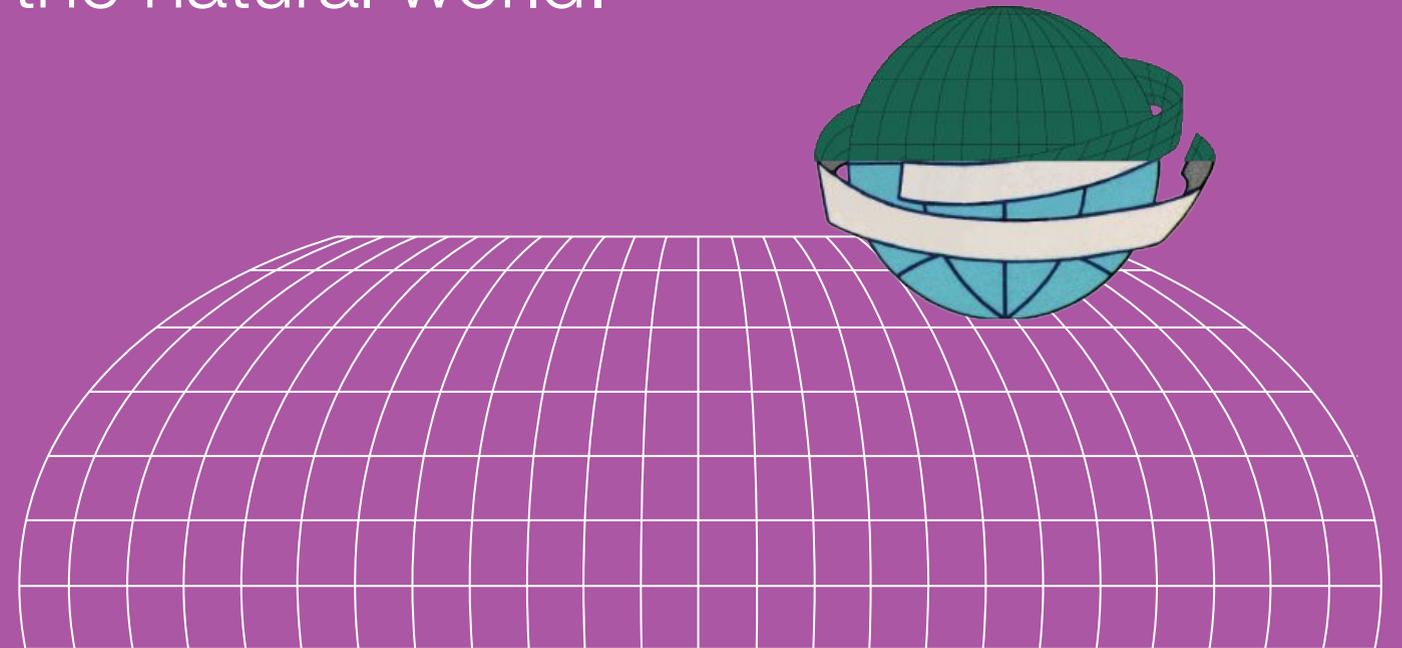


What are we doing today?

1

Connect with the planet

Research shows that awe fuels creativity and curiosity, so we're going to kick things off with some moments of wonder and connection to the natural world.

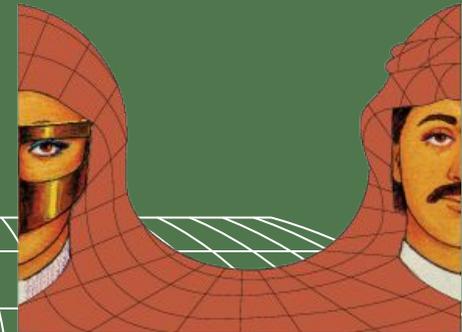


What are we doing today?

2

A personal stocktake

The Global Stocktake set the agenda at the national level. Taking part in a Personal Stocktake will help us all gauge our climate impact and build a roadmap for the future.

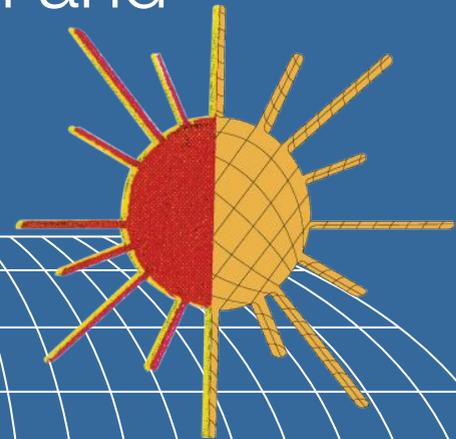


What are we doing today?

3

Designing for extremes

Designing for extreme environments is an opportunity to gain valuable insights for designing our collective future. In the UAE, we're good at it! We've been living with and thriving with extremes for 7,000 years.

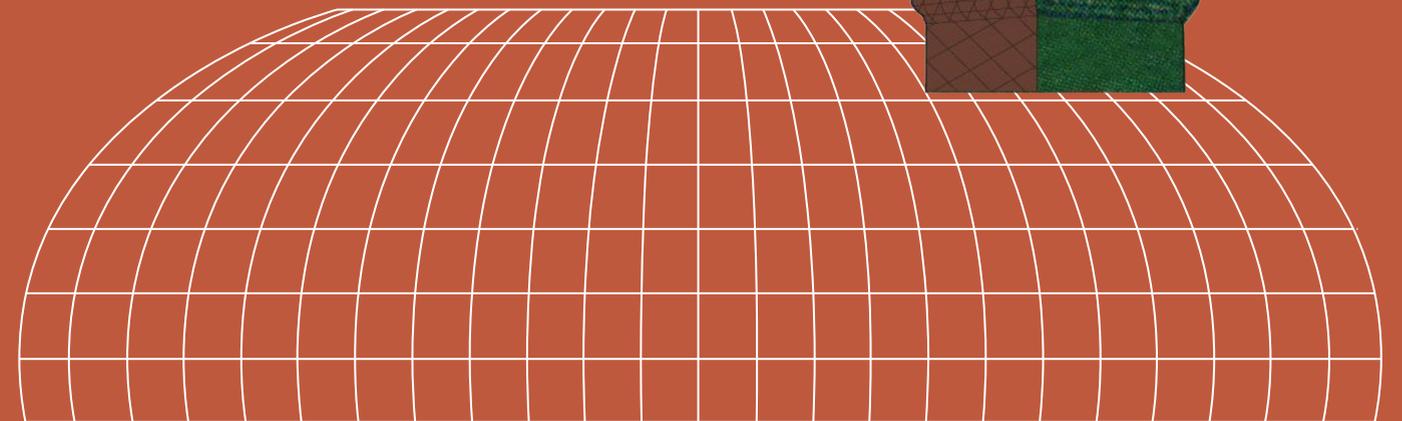
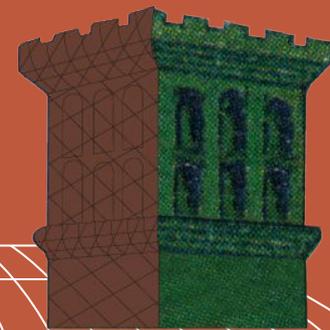


What are we doing today?

4

Bringing it home

Let's review what we've covered and how it applies in our lives. It will help us embed our learning, and sharing with others inspires more action.

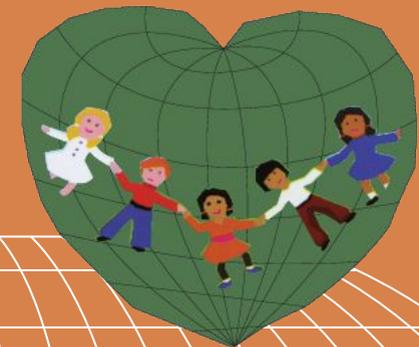


What are we doing today?

5

Send a message to COP28

You'll share your thoughts, what you've learned, and your hopes for action. Then, together we'll produce a video to be shared with the leaders at COP28.



But first...



Some context!

About COP28 &
Year of Sustainability



COP28 in Dubai marks a pivotal moment, rallying the world's leaders and citizens for a once-in-a-lifetime climate reckoning. Under the UAE's presidency, COP28 is the kickoff for a seven-year "Action Era," that's focused on turning past promises into reality.



2023 is the 'Year of Sustainability' which is operating under the theme, 'Today for Tomorrow' and includes initiatives, activities and events that draw upon the UAE's values of sustainability and the legacy of its Founding President, the late Sheikh Zayed bin Sultan Al Nahyan.

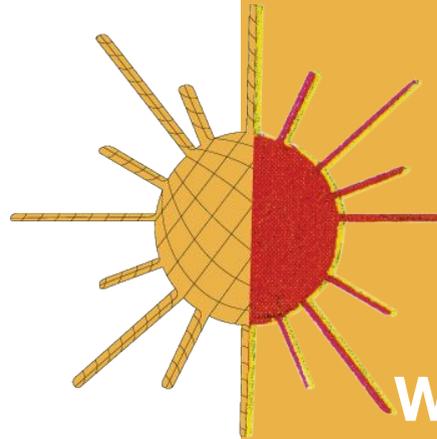


& more context!

Actionism and Actionists

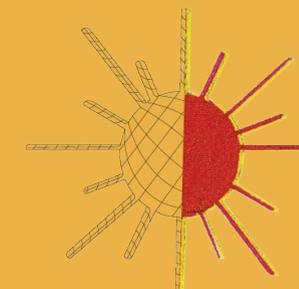
What is Actionism?

Vigorous action to bring about collective progress.



What are Actionists?

They are the solvers with an action mindset and optimism for humanity's biggest project — designing a sustainable future for all of life. They're tackling climate change head-on. Anyone can be an Actionist, mobilizing solutions and people for climate mitigation. They're key to global success. Taking part in this PopCOP may be your first step to becoming an Actionist!



Connect with the Planet

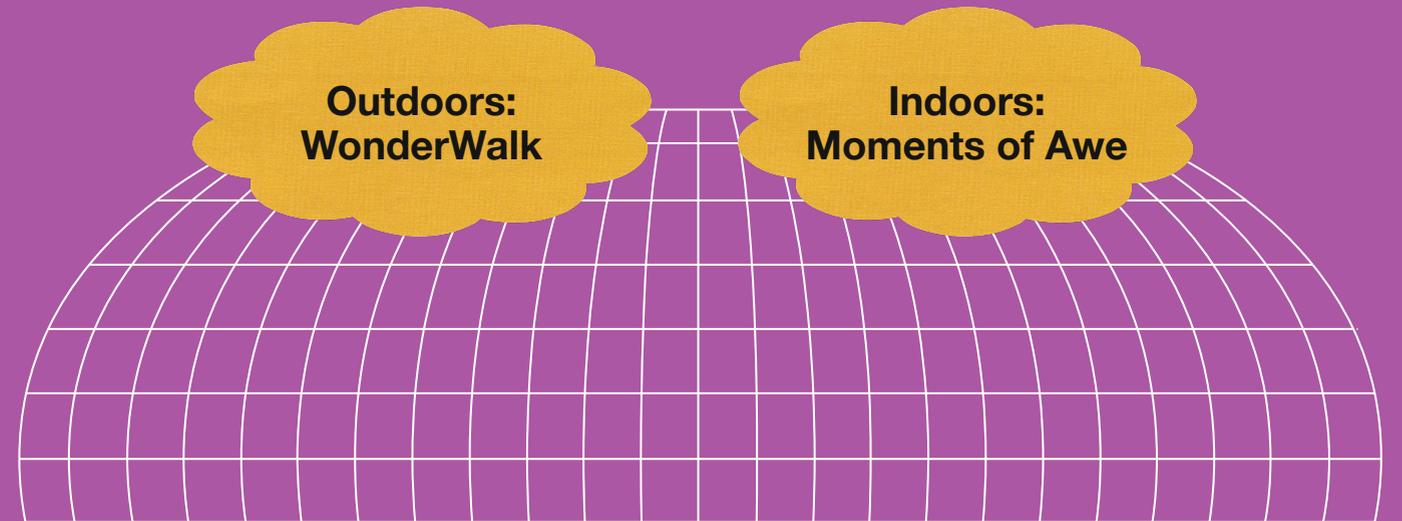
The feeling of awe fuels creativity and curiosity, so we kick things off with moments of wonder and connection.



Choose how you will connect:

**Outdoors:
WonderWalk**

**Indoors:
Moments of Awe**



Embarking on a journey of creativity often begins with finding inspiration in the world around us.

WonderWalk

The Wonder Walk heightens awe and curiosity by immersing us in nature. This awareness reconnects us with the present and fuels creative exploration. It's a catalyst for blue sky thinking and innovation.

WonderWalk

Our theme

We're here to ignite wonder and curiosity.

We're going to go looking for life. Today's theme is "patterns in nature."

Mindfulness

Take a deep breath;
let's ground ourselves.
We are part of the
natural world.

Observing

Keep an eye out for
unique plants or other
living things. It is
amazing how life will
find a way to survive,
even in the most
unlikely places.

Look wide at vistas,
then close-up at leaf
textures or
cobblestones.

Sensing

We'll spend moments
focusing solely on
listening, then on
touch. By closing our
eyes, we allow our
other senses to come
to the foreground.

This will deepen our
connection to our
surroundings and the
living world.

Doing

Feel free to sketch,
jot down thoughts, or
snap photos to
catalog the life you
encounter.

Let's explore — what
form of life do you
think is around that
bend?

Reflection

We'll pause
periodically. Share
what you've
observed or felt.

Questions to ponder:
"What surprised
you?" or "What have
you never noticed
before?"

PopCOP moderator note

This section is designed to be done outdoors. Read the following script to the attendees as your guide for this guided walk session.



(Please silence your phones — this is a distraction-free zone)

It's often beneficial to open our minds, expand our perspectives, and connect with emotions that transcend the ordinary.

Moments of Awe

We can connect to the wonder of life and experience its vastness with our mind. We can break free from the confines of everyday thought patterns, fostering an environment ripe for innovative ideas and fresh perspectives.

Moments of Awe

Our theme

We're here to ignite wonder and curiosity in the living world.

We're going to find it in our own mind and body.

Mindfulness

We begin by closing our eyes. Find a comfortable position. Now, take a deep breath; let's ground ourselves.

We are part of the natural world, but we are often disconnect even from our own experience of life.

Releasing

Let's focus our attention on relaxing and releasing the stress that we are holding. Start with the top of your head and relax your scalp.

Now work your way down. Relax your eyes. Your ears. Your face and lips. Relax your neck and shoulders.

Sensing

As your body relaxes become aware of your breath and focus on that. This is the fundamental of life.

The breath in and out is your body being alive. Spend a few moments just focusing, not thinking just experiencing.

Visualize your favorite safe space

PopCOP moderator note

This section is designed as an indoors meditation. Read the following script to the attendees as your guide for this meditation session.

Awareness

Now relax your chest, your stomach, your hips, your legs, your feet, your toes. Feel the weight of your body in the chair.

Feel the touch of the object pushing back on your body.

Now rub your palms together and place them over your eyes.

Three two one.

Return

When you are ready, come back to the group and take a moment to reflect on how awesome life is.

Our awareness of the living world allows us to empathize with the rest of life.

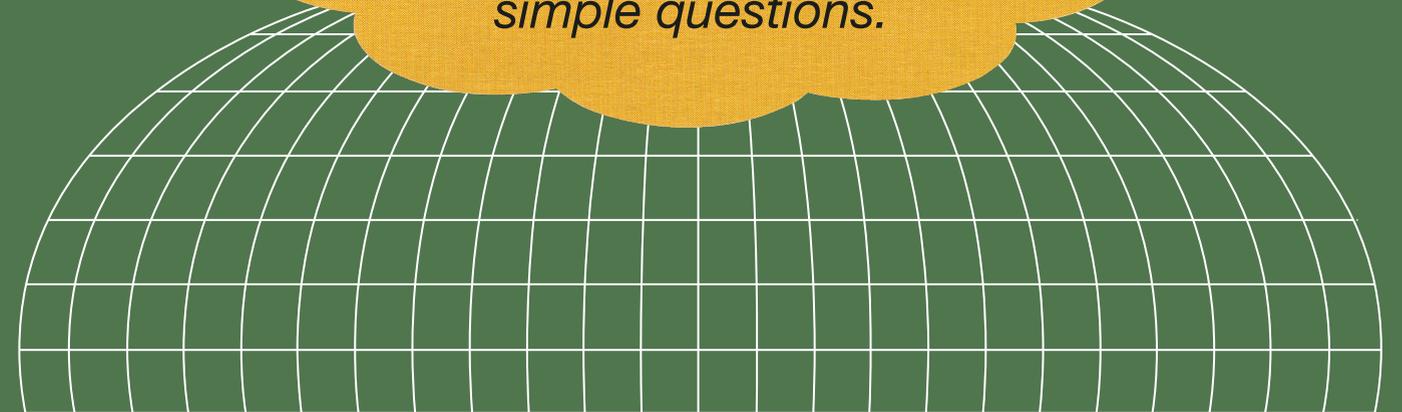


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Personal Stocktake

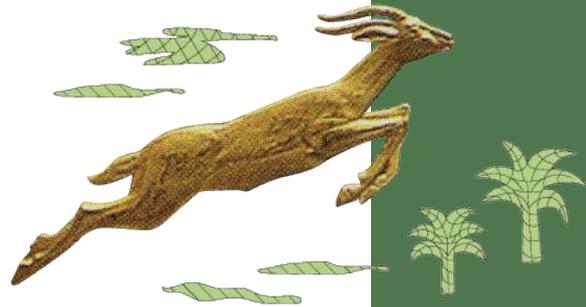
The Global Stocktake is the global report card that measures how every country is doing keeping the temperature increase of 1.5C within reach.

Now, let's zoom in and look at how we are each doing individually by answering six simple questions.



Personal Stocktake

Let's take stock of our
environmental footprint!



1. Transport

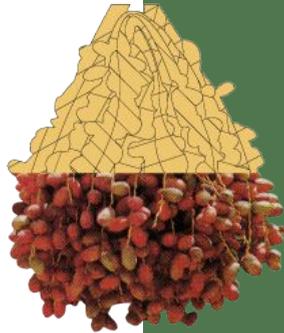
How often do you use public transport, bike, or walk instead of driving a car?

- A. Never
- B. Rarely
- C. Sometimes
- D. Often
- E. Always



Personal Stocktake

Let's take stock of our
environmental footprint!



2. Diet

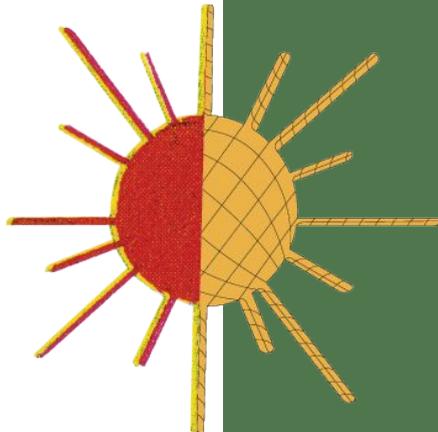
In an average week, how many of your meals
are meat-free?

- A. None
- B. A few
- C. Some
- D. Most
- E. All



Personal Stocktake

Let's take stock of our
environmental footprint!



3. Energy

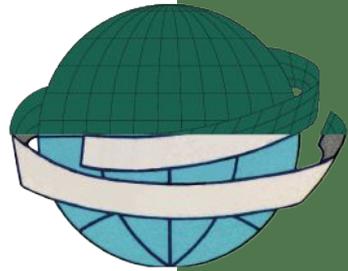
How much of your home appliances and lights
are designed to be energy-efficient?

- A. None
- B. A few
- C. Some
- D. Most
- E. All



Personal Stocktake

Let's take stock of our
environmental footprint!



4. Waste

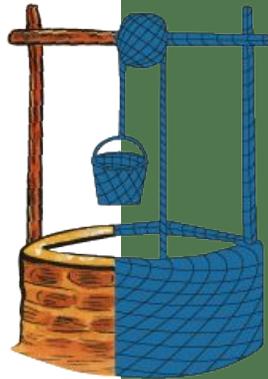
How often do you compost or recycle your
household waste?

- A. Never
- B. Rarely
- C. Sometimes
- D. Often
- E. Always



Personal Stocktake

Let's take stock of our
environmental footprint!



5. Water

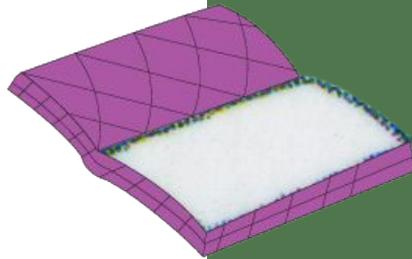
Do you have water-saving habits or use
water-efficient fixtures?

- A. None
- B. A few
- C. Some
- D. Most
- E. All



Personal Stocktake

Let's take stock of our
environmental footprint!



6. Shopping

Do you often buy second-hand or choose
products made from sustainable materials?

- A. Never
- B. Rarely
- C. Sometimes
- D. Often
- E. Always



Personal Stocktake

Let's take stock of our
environmental footprint!

Score your
answers!

A = 0
B = 1
C = 2
D = 3
E = 4

Add the scores
to get your total

0 - 4 points — **Actionist-in-Training**
5 - 9 points — **Action Novice**
10 - 14 points — **Seasoned Actionist**
15 - 19 points — **Action Expert**
20 - 24 points — **Action Leader**

*Remember: every action
counts, and you're already
making a difference by taking
this assessment!*



Personal Stocktake

Let's take stock of our
environmental footprint!



*Sustainability is not
just about less bad,
it is also about
more good.*

More life!
Less carbon.

More joy!
Less stress.

More energy!
Less impact.



Designing For Extremes

Designing for extreme environments is an opportunity to gain invaluable insights for designing our collective future.

We're good at this!

We live in an extreme environment.



**More joy!
Less fear.**



Can we design for extreme environments?

Our ancestors in the UAE had to live without a lot of today's luxuries. They not only survived but also thrived and found strength in unity.





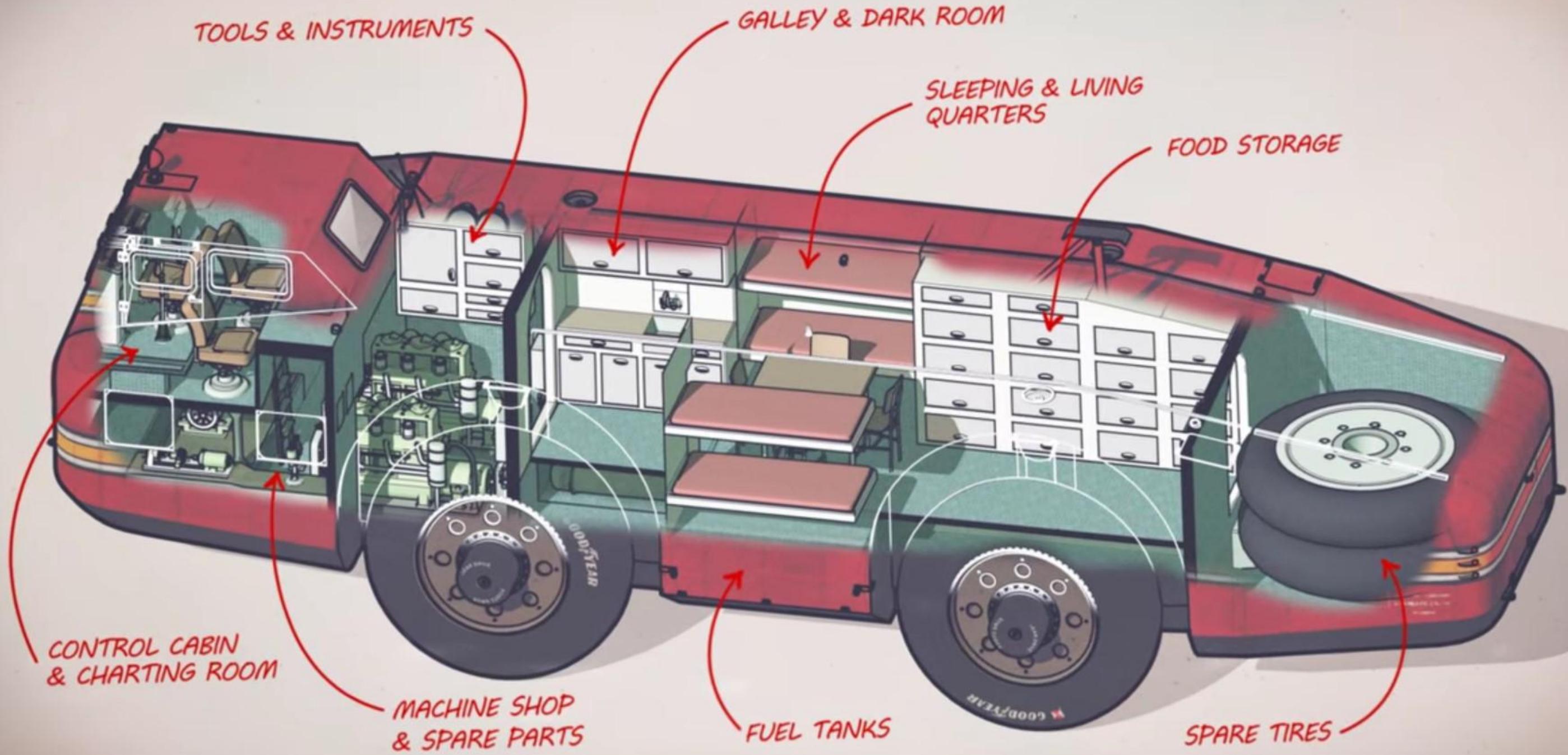
Siemens HQ, Masdar City: a highly sustainable building that uses innovative technologies fit for our environment



Twin Al Bahr Towers Abu Dhabi: the facade of this unique building react to the sun by closing and opening



A Mars prototype life-sustaining environment designed by Bjarke Ingels [Coming to a Dubai near you]



The Snow Cruiser: Built in 11 weeks in Chicago to go to the South Pole. It includes everything needed to survive!

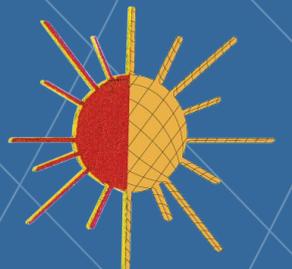
Let's think!

Let's think about the challenges and opportunities that arise when designing solutions for some of the most extreme environments: the arid vastness of deserts, the isolated complexities of islands, and the cold, unforgiving climate of antarctica.

How do we balance harnessing natural resources, ensuring long-term resilience, and understanding the ecological and physical intricacies of these environments.



**How would you
design a living space
for an extreme
environment?**



Setting the stage

- Can you name some of the most extreme environments where humans have tried or might try to live?
- What challenges do you think might arise in each of these environments: desert, antarctica, and isolated islands?



What are the essentials?

- Imagine you were embarking on a journey to one of these environments. What basic human needs would you have to consider?
- Which of these needs do you think would be hardest to serve in these environments, and why?

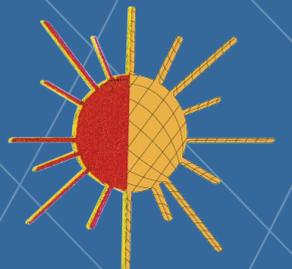


Technology might save us!

- Thinking about sustainable technologies or practices you know. Which ones might be beneficial for these environments?
- How might you adapt or modify these technologies to better suit the unique challenges of each environment?



**Do history and culture
inform what you are
thinking about ?**



Micro design challenge

- Using the challenges and technologies we've discussed, how would you design a solution to, for example, provide water in a desert, or food in antarctica, or shelter on an isolated island?
- What resources would you rely on that are native to the environment you're designing for?
- What role does history and culture play in what you would create?



Sharing your learnings

- Would anyone like to share a brief overview of their design idea?
- For those listening, what strengths do you see in this design? Any vulnerabilities or points of improvement?



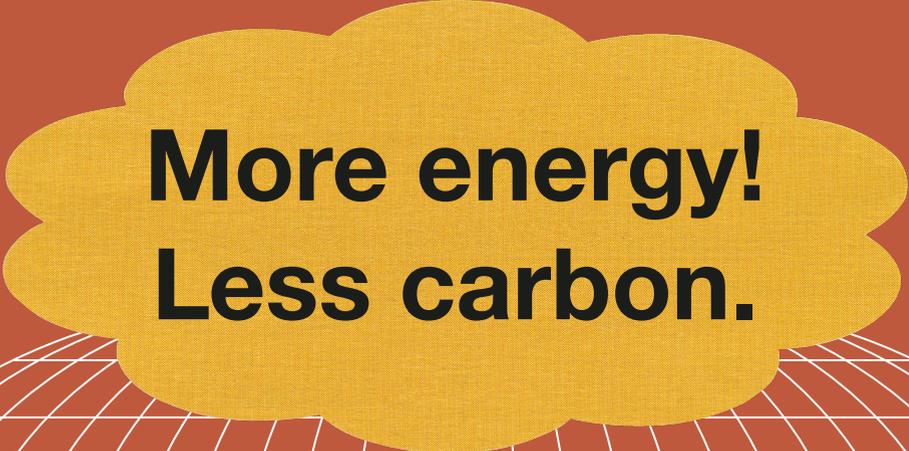
Concluding thoughts

- Considering the designs and ideas we've discussed, what common themes or principles have emerged about sustainability in extreme environments?

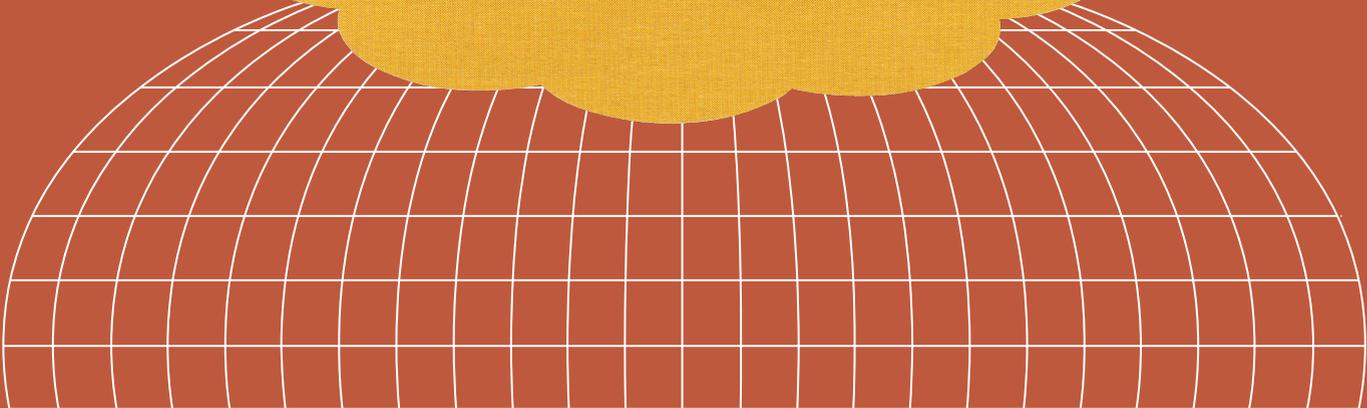


Bringing it Home

Let's review what we've covered and talk about how it applies in our lives. It helps embed learning, and sharing with others inspires more action. Let's talk about how we can take this positive message out for other people in our community.



**More energy!
Less carbon.**

A white wireframe globe is positioned at the bottom of the slide, partially obscured by the yellow thought bubble.

**Climate action plan:
What can we learn and
apply to how we live
today?**



Drawing parallels

- Considering the extreme environments we studied, what parallels can you draw between their challenges and those in our own communities?
- How does the concept of resource scarcity in these environments relate to our daily lives?



Applying solutions locally

- Which solutions or principles from our previous exercise stands out to you as potentially impactful for a local challenge?
- How might we modify or adapt this to fit our community's unique context?



Reimagining resource use

- Given the emphasis on water conservation in a desert, how might we rethink water usage in our homes or public spaces?
- Reflecting on antarctica's food constraints, what steps can we take locally to promote food sustainability?



Addressing local challenges

- What's a pressing sustainability challenge our community faces, and how might we apply what we've learned to address it?



A sustainable future

- If we were to integrate one major principle from extreme environment design into our community, what positive changes might we see in the next 5 years?



Celebrate & reflect

What is one innovative idea you've heard today that makes you personally optimistic about the future?



**Let's acknowledge
our achievements**

Personal takeaways

- How has this workshop shifted or expanded your perspective on sustainability in our community?



Group learning

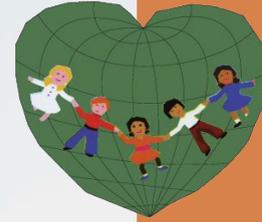
- What's one thing you learned from a fellow participant today that you hadn't considered before?



Looking forward

- Given our discussions, what's one actionable step you feel inspired to take in the next month?





Record a video to COP guests!

Group video

- Gather your fellow participants around your space
- Flip your phone horizontally (landscape orientation)
- Smile and record a 10-seconds video of your group

Message to COP28

- Decide on a 10-words sentence with your message to COP28 participants
- Email your video and your message to Engage@UAEYearof.ae
- Post online using #ActionDeliversHope and #COP28UAE. Tag @COP28UAE & @UAEYearOf



Thank you for joining

PopCOP

