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Regional Centre of Expertise- Kuching Proposal

Title:

**5R (Refuse, Reduce, Reuse, Recycle,
Repurpose Campaign Project**

ORGANISATION :	Collaboration between RCE Kuching and G.A.M.E.S. PLT, WormingUp and the Kuching Chefs Association		
POST	NAME	ORGANISATION	CONTACT
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	Judy Sung	Kuching Chefs Association	016 882 8850
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DESCRIPTION

I. Introduction / Background:

(Note: to give a concise description of the background of the project / activity)

It has been noted that in the region to be focused on (in the table below), there has been a habit among the people of dumping their rubbish in the river. Often times their rubbish consists of plastic bottles and bags, as well as other items that could be reused, recycled or repurposed. This project will build awareness about the impacts of pollution and the dumping of waste. It will also be an avenue to teach the young people how they can reduce these problems through implementing the 5Rs in their schools and villages.

Villages	Schools in Vicinity
Kpg Annah Rais	SMK Padawan
Kpg Bengoh	SK Bengoh
Kpg Semedang	SK St Patrick
Kpg Danu	SK St Paul
Kpg Giam	SMK Siburan

II. Objectives:

(Note: to list precisely the intended objectives of the project / activity)

1. The learners will understand the concept and benefits of the 5Rs (cognitive learning).
2. The learners will participate in 5R activities for waste management in their schools and local communities (socio-emotional learning)
3. The learners will plan, implement, evaluate and replicate 5R activities that contribute to efficient waste management at home, in their schools and local communities (behavioural learning).

III. Project objectives alignment to SDG and RCE objectives.

(Note: Refer to the SDG and RCE learning objectives in the reference)

Project Objectives (refer to II)	RCE Learning Objectives	Alignment to SDG
1.	<p>Promote community awareness about the social, economic, cultural and environmental aspects of sustainability</p> <p>Develop ESD learning opportunities at all levels of the community</p> <p style="text-align: center;">AT THE COGNITIVE LEARNING LEVEL</p>	<p>SDG 6.3: By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally</p>
2.	<p>Promote community awareness about the social, economic, cultural and environmental aspects of sustainability</p> <p>Develop ESD learning opportunities at all levels of the community</p> <p style="text-align: center;">AT THE SOCIO-EMOTIONAL LEARNING LEVEL</p>	<p>SDG 6.3: By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally</p>
3.	<p>Promote community awareness about the social, economic, cultural and environmental aspects of sustainability</p> <p>Develop ESD learning opportunities at all levels of the community</p> <p style="text-align: center;">AT THE BEHAVIOURAL LEARNING LEVEL</p>	<p>SDG 6.3: By 2030, improve water quality by reducing pollution, eliminating dumping and minimizing release of hazardous chemicals and materials, halving the proportion of untreated wastewater and substantially increasing recycling and safe reuse globally</p>

IV. Intended learners / participants:

(Note: to name the intended learners of the project / activity)

Primary and Secondary School students and teachers from SK Bengoh, SK St. Paul, SK St.Patrick, SMK Padawan, and SMK Siburan

V. Learning Methods:

(Note: to describe methods of learning in the project)

1. Plan and run an awareness campaign for school students and teachers on the 5Rs and their importance which involves a variety of teaching methods (discussions, videos, instructions, and hands on group activities).
2. Organize a Green School Competition
3. Conduct Re-purposing Projects

VI. List of activities:

5R PROGRAMME PLANNING TEMPLATE

5R= refuse, reduce, reuse, recycle, repurpose

PHASE	SESSION
<p><u>Phase 1: KNOWING</u> <u>(Awareness) 2019</u></p> <p>July 2019 -----Introductions</p> <p>Sarawak Day 22 July</p> <p>PIC: Agnes Toner & with entire team</p>	<p>TOPIC: Introduction to UCSI Team and the programme as a whole</p> <p><u>ACTIVITIES:</u></p> <p>a. Introduction to UCSI Team b. Ice-breaker 'get to know you' game c. give questionnaire d. after all students hand back questionnaire, ask them if they know about the environmental condition of the world – then explain e. show students a video about environmental condition of the earth and how we can help to heal the planet f. introduce the concept of 5Rs g. tell students to start collecting empty plastic bottles and tin cans and bring them to our next session. REMINDER TO BE RELAYED BY TEACHER before the next session.</p>
<p>August 2019----- Refuse</p> <p>Dates:</p> <p>PIC: Joseph</p>	<p>TOPIC:</p> <p>My Home ,My School & My Village</p> <p><u>ACTIVITIES:</u></p> <p>1. Student will be awarded with Gift Especially those manage to brings unused plastic bottle and Cans</p> <p>2. Why must we say NO.. (Students and Shopkeeper) Instill a sense of responsibility and Good value to the Students</p> <p>3. The World & I</p> <p>Responsibility of us being the guest of the World</p> <p>My Action : to generation to Come</p>
<p>September 2019 -----Reduce</p> <p>Dates:</p>	<p>TOPIC: Source Reduction</p> <p>How can u help? To make something smaller or use less, resulting in a smaller amount of waste. "Source reduction" is reducing waste before you purchase it, or by purchasing</p>

<p>PIC: Judy</p> <p>(Agong's Birthday 7,8,9,Sept, Hari Malaysia 14-16 Sept)</p>	<p>products that are not wasteful in their packaging or use. Decisions in making our world a safe and healthy place.</p> <p><u>ACTIVITIES:</u></p> <p>1. You can reduce the amount of waste you create by choosing what rubbish you throw away. This can be easy and fun – just follow the simple guidelines to reduce your waste at home, school or work.</p> <p>2. What to buy and how to use it? Crush shopping</p> <ul style="list-style-type: none"> • Goods • Plastic bottle • Packaging • Teddy • Unwanted mail / letter <p>3. Think before you throw Crush throwing</p> <ul style="list-style-type: none"> • Mail • Cardboard box • Jars and pots • Plastic and paper bags
<p>October 2019 ----- Reuse</p> <p>Dates: PIC: Agnes Toner</p> <p>(Sarawak Gov Bday 12 October)</p>	<p>TOPIC: W – What? O – Options? W – Why?</p> <p>Presentation (fostering awareness)</p> <p><u>ACTIVITIES:</u></p> <p>1. Give students a quiz/game Related to WOW! Presentation</p> <p>2. Group work In groups do a survey – Go throughout the school and look at the different departments of the school and think of WOW reuse can be done.</p> <p>(Use a map with checkpoints where the students have to list the things that can be reused, how and why)</p>
<p>January 2020-----Recycle</p> <p>Dates: PIC: Francesca & Sherry</p>	<p>TOPIC: Feed the bin</p> <p><u>ACTIVITIES:</u></p> <p>1.0 Trash sort Students will identify items that can be recycled and those that cannot be recycled. (Sub-activity: sort and match items)</p> <p>Students will identify the recycle bins and which items should be fed to each bin. (Sub-activity: find recycle items around the school and feed to the bin)</p> <p>2.0 Sequencing recycling at our school Students will determine the correct sequence of events for paper recycling (Sub-activity: games to identify the correct sequence of paper recycling)</p> <p>Students will work collaboratively to create an interpretation of other</p>

	recyclable items (i.e aluminium cans, plastic, etc) (Sub-activity: presentation)
February 2020 -----Repurpose Dates: PIC: Jeff & Pei Chin	<u>TOPIC:</u> Review of Non-organic Waste, it's Impact and Solution <u>ACTIVITIES:</u> 1. Drawing and group presentation on what they've learned 2. Find and identify waste in school compound
<u>Phase 2 : DOING</u> <u>(Emotional/Behavioural</u> <u>change) 2020</u> March 2020 ----- Repurpose Dates: PIC: Jeff & Pei Chin	<u>TOPIC:</u> Introduction to Organic Waste, it's Impact and Solution <u>ACTIVITIES:</u> 1. Drawing and group presentation on what they've learned 2. Find and identify waste in school compound
April 2020-----Review Dates: PIC: Agnes Toner	<u>TOPIC:</u> Looking back and looking forward Based on all that the students have learned, there will be a reflection time in which the students do peer and self- assessment on how they have implemented the 5Rs at school, in their homes and in their communities <u>ACTIVITIES:</u> 1. Group peer assessment (looking at each other's work) on projects and activities from previous sessions 2. Self-assessment/ individual reflection time. Students write/draw how they feel about what they've learned and how they have implemented the 5Rs in their own personal lives. Have 5R practices reached their homes and communities? If not what do they plan to do to make it happen
May 2020 -----Reduce Dates: PIC: Judy	<u>TOPIC:</u> Time to save! Connecting the concept of REDUCING with saving the environment <u>ACTIVITIES:</u> 1. Introduction – talk to students about saving the environment in the following four areas: save water, save electricity, save the trees, save the river and sea life. 2. Ask them why and how for each area 3. Divide students into 4 groups, 1 for each area 4. Each group makes a poster about the area they want to save (poster should include pictures/words showing the why and how as well)
June 2020-----Reuse Dates: PIC: Agnes Toner	<u>TOPIC:</u> Introduction of Competition/Game Explain Rules Set up Teams Explain Point System Describe Awards

	<p>Eg: Points awarded to students who bring their own cloth bags when grocery shopping, and bring their own hard plastic bottles and containers to school regularly</p> <p><u>ACTIVITIES:</u> Competing teams set up vlogs or facebook accounts documenting their progress (we need to check if they have internet and computers in the schools). If not vlogs then scrapbooks or storyboards.</p> <p>Closing Date: September 2020 Session</p>
<p>July 2020-----Recycle Dates: PIC: Francesca & Sherry</p>	<p><u>TOPIC:</u> Recycle Mania School Competition</p> <p><u>ACTIVITIES:</u></p> <ul style="list-style-type: none"> • <u>Can your school collect the most recyclable items?</u> Students to encourage their friends to bring the recyclable items (i.e self-promotion via WOM, poster, social media). The school with the heaviest collected items wins! Closing date: September 2020 Session
<p>August 2020-----Repurpose Dates: PIC: Jeff & Pei Chin</p>	<p><u>TOPIC:</u> Food Waste and Used Oil Collection</p> <p><u>ACTIVITIES:</u></p> <ol style="list-style-type: none"> 1. Make/decorate segregation stations, label 2. Talk to canteen owner/workers 3. Form waste segregation team (consisting of student participants) 4. Discuss oil collection process <p>Closing date for oil collection: January 2021 Session</p>
<p><u>Phase 3: BEING (Leading and influencing) 2020-2012</u></p> <p>September 2020----- Reduce and Recycle Dates: PIC: Agnes, Sherrymina and Francesca</p>	<p><u>TOPIC:</u> Individual School Competitions</p> <p><u>ACTIVITIES:</u></p> <ol style="list-style-type: none"> 1. Weighing in for the Recycle Mania Competition 2. Slide presentations – showing group vlog/facebook accounts – voting for best vlog/facebook account <p>The winners' of each competition will be showcased and entered into 5 school competition. Overall winners to be announced at Certificate Giving and Closing Ceremony in May 2021</p> <p><i>ASSIGNMENT: Tell students to start collecting plastic bags, clean and dry them if they're dirty, and bring them to the next Session.</i></p>
<p>October 2020----- Repurpose Project Dates: PIC: Agnes Toner</p>	<p><u>TOPIC:</u> Eco bricks using plastic bottles and plastic bags. (Instructor brings old fabric, etc. for project)</p> <p><u>ACTIVITIES:</u></p> <ol style="list-style-type: none"> 1. Show students how to make eco-bricks 2. Using the plastic bottles from the Recycle Mania Competition and the collected plastic bags, make eco-bricks 3. Make footstools

<p>January 2021----- Repurpose Project</p> <p>Dates: PIC: Jeff & Pei Chin</p>	<p><u>TOPIC:</u> Soap making workshop (from collected used cooking oil)</p> <p><u>ACTIVITIES:</u> Make soap that can be used in the school toilet</p>
<p>February 2021-----Recycle</p> <p>Dates: PIC: Francesca & Sherry</p>	<p><u>TOPIC:</u> Online Recycling Scrapbook (Part 1) Duration: Day 1-Day 30 (Introduction/implementation phase)</p> <p><u>ACTIVITIES:</u></p> <ul style="list-style-type: none"> • Canva.com Scrapbook Students will be introduced to Canva.com scrapbook (i.e how to you, what is expected) (Sub-activity: practice at computer lab) • Capturing community recycling moments Students to take pictures of their family, friends, neighbour when recycling into bins or using the recycle items as decoration, etc. <p>Closing Date: October</p>
<p>March 2021-----Recycle</p> <p>Dates: PIC: Francesca & Sherry</p>	<p><u>TOPIC:</u> Online Recycling Scrapbook (Part 2) Duration: Day 1-Day 30 (Submission phase)</p> <p><u>ACTIVITIES:</u></p> <ul style="list-style-type: none"> • Scrapbook presentation Students to present their online scrapbook. Gift to be given to the scrapbook winner.
<p>April 2021-----Repurpose</p> <p>Dates: PIC: Jeff and Pei Chin</p>	<p><u>TOPIC:</u> Insect Composting</p> <p><u>ACTIVITIES:</u> Set up composting site in school and teach students how to compost AT THE END OF THIS SESSION STUDENTS ARE TO BE GIVEN THE SAME QUESTIONNAIRE FROM THE FIRST SESSION. ALL QUESTIONNAIRES ARE TO BE COLLECTED. (THIS IS FOR RESEARCH PURPOSES)</p>
<p>May 2021-----Certificate Giving & Closing Ceremony</p> <p>Dates: PIC: All of us!</p>	<p><u>TOPIC:</u> Certificate Giving & Closing Ceremony</p> <p><u>ACTIVITIES:</u></p> <ol style="list-style-type: none"> 1. Highlight overall winners of the Recycle Mania Competition with prize 2. Highlight overall Scrapbook Competition winners with prize 3. Highlight overall Vlog/Facebook winners with prize 4. Hand out souvenirs to VIPs & the 5 participating Schools 5. Give Certs to all school participants 6. Slide show with highlights from the programme 7. Light refreshments

VII. Expected outcomes and timeline:

Expected Outcomes

1. The learners will impact their schools, homes and communities with 5R behaviour.
2. The learners will be trained to conduct waste management in their schools, homes and communities

Timeline:

Phase 1: 5R Awareness Campaign	July – October 2019, January-February 2020
Phase 2: School Competition	March– August 2020
Phase 3: Home and Community Green Competition	September - October 2020, January - May 2021,

VIII. Evaluation methods of the project / activity:

(Note: to describe how the objectives of the project will be measured and reported)

- Pre-questionnaire
- Continual monitoring and feedback during activities
- Post-questionnaire

PROPOSED BUDGET			
Section A: REVENUE			
ITEM	QUANTITY	UNIT PRICE	TOTAL (RM)
Sponsorship			13,000.00
Donations			2, 000.00
Collaboration with River Board on their CSR involvement			-
Collaboration with stakeholder (Worming Up)			-
		Sub-Total:	15,000.00

Section B: EXPENSES

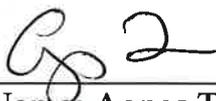
NO.	ITEMS	QUANTITY	UNIT PRICE	TOTAL (RM)
Phase 1 (6 months)	1. Food & Drinks for 5R committee members & UCSI volunteers	12 pax (6 5Rcommittee members & 6 UCSI volunteers)	RM5.00 / pax for 12 pax per day	1 day/ month 60/month x 6 months = 360 +
	2. Transportation & Logistic services	130 km/ trip (2 ways)	RM2 / km 260(per trip) x 6 months	260.00/trip x 6 months = 1560.00 +
	3. Miscellaneous Materials	-	-	50.00
Total =				1970.00
Phase 2 (6 months)	1. Food & Drinks for 5R committee members & UCSI volunteers	12 pax (6 5Rcommittee members & 6 UCSI volunteers)	RM5.00 / pax for 12 pax per day	1 days month 60/month x 6 months = 360 +
	2. Transportation & Logistic services	130 km/ trip (2 ways)	RM2 / km 260(per trip) x 6 months	260.00/trip x 6 months = 1560.00 +
	3. Miscellaneous Materials.	-	-	50.00 +
	4. Prizes for school competitions	3 competitions x 5 schools = 15	RM 20 / gift	20x15 = 300

				Total = 2270
Phase 3 (6months)	1. Food & Drinks for 5R committee members & UCSI volunteers	12 pax (6 5Rcommittee members & 6 UCSI volunteers)	RM5.00/ pax for 12 pax per day	1 days/ month 60/month x 6 months = 360 +
	2. Transportation & Logistic services	130 km/ trip (2 ways)	RM2 / km 260(per trip) x 6 months	260.00/trip x 6 months = 1560.00 +
	3. Food and Drinks for certificate giving day	250 pax for certificate giving day	RM5.00	1,250.0 +
	4. Hands on activities items for making soaps	200	2.50	500.00 +
	5. Souvenirs for Schools (framed certs)	5	25.00	125.00 +
	6. Souvenirs for VIPs (framed certs)	6	25.00	150.00 +
	7. Certificates for participants	250	1.00	250.00 +
	8. Miscellaneous Materials (scrap-booking, certificate giving day)	-	-	150.00

	9. First Place Prizes for overall 3 group competitions	3 for primary school 3 for secondary school	Framed certificate & gifts RM30 + RM100	130 x 3 x 2 = 780 Total = <u>5000.00</u>
			Sub-Total:	9,240.00
Section C: Expected Revenue (Sec. A – Sec. B)			Total:	5,760.00

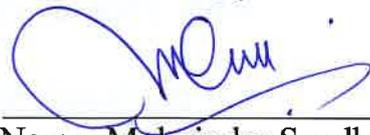
PROGRAMME	
Date:	Ongoing for 2 years starting in July 2019
Time:	Approximately 1 session/month (3hrs/session) Exact time of sessions to be determined by schools
Venue:	SK Bengoh, SK St. Paul, SK St.Patrick, SMK Padawan, and SMK Siburan
Profile of Participants:	Students and teachers from primary and secondary schools
Time	
Time	Activity
	Please refer to the List of Activities from page 4-8 of this proposal

Prepared by,



Name: Agnes Toner
Organising Chairperson
Date: 11 March 2019

Endorsed by RCE Kuching,



Name: Mukvinder Sandhu
Chairperson / Vice-Chairperson
Date: 12 March 2019