



Transition Streets Canberra: Workbook web links and resources

Throughout your printed version of the Transition Streets Digital workbook, many links are provided to different products, services and information resources that are available online. As you are using the printed version of the workbook, rather than the digital copy (which can be found at <http://www.theneighbourhoodeffect.com.au/TSprogram>), you won't be able to click on the hyperlinks included throughout the document. To ensure you still have easy access to all of those resources, we've provided a comprehensive list of all the website addresses we link to in each chapter of the workbook below. This way, you can take a look at them in your own time online when you're near a computer with internet access.

If you have any questions about the list of web addresses provided below, or about the content of the workbook in general, email info@theneighbourhoodeffect.com.au, or call SEE-Change on (02) 6162 2320.

Chapter 0: Welcome

Text Reference	Pg	Web Address	Description
... register for the program	3	http://www.theneighbourhoodeffect.com.au/ts_signup	Register for the Transition Streets program here
To read about the trial in full, check out the description on <i>The Neighbourhood Effect's</i> website here .	4	http://www.theneighbourhoodeffect.com.au/ts_rct_description	Describes Transition Streets Canberra's impact evaluation in detail
If you're interested in the methodology behind the Transition Streets workbook, you can read about it in detail here .	4	http://www.theneighbourhoodeffect.com.au/ts_behaviour	Describes the workbook's behavioural science methodology
If you'd like to read through our data and privacy policy in full - you can access it on The Neighbourhood Effect's Website here .	4	http://www.theneighbourhoodeffect.com.au/privacy_policy	The Neighbourhood Effect's privacy policy in full
...the Transition Streets party flyer that you can access here ... you could print out a couple of the flyers provided here ...	5	http://www.theneighbourhoodeffect.com.au/ts_flyers	Flyers you can download, print and drop off in your neighbours' mailboxes

...download the workshop invitation flyer here			
...(see our suggested list of fun activities here)	6	http://www.theneighbourhoodeffect.com.au/ts_fun	A list of fun activities you could do alongside each workbook session

Chapter 1: Getting Started

Text Reference	Pg	Web Address	Description
Register yourself here .	8	http://www.theneighbourhoodeffect.com.au/ts_signup	A reminder to register yourself for the program at this web address if you haven't already
Take me to the survey!	8	https://www.surveymonkey.com/r/ts_gettingstarted	A survey to help you think about your priorities when starting the Transition Streets program
...fill out the online form here , so you can calculate your ecological footprint	9	http://www.theneighbourhoodeffect.com.au/ts_signup	You should sign up for the program here and then follow the instructions to calculate your ecological footprint
There's a full list of potential activities you could do to complement each workshop... See the full list here .	10	http://www.theneighbourhoodeffect.com.au/ts_fun	A list of fun activities you could do alongside each workbook session

Chapter 2: Waste and Consumer Power

Text Reference	Pg	Web Address	Description
...quickly complete page 1 of the Transition Streets Waste Survey here .	16	https://www.surveymonkey.com/r/ts_waste	Two quick online surveys to get a sense of how much you shop and how many single use items go in your bin
(Find out more about the benefits of decluttering and the connection between your stuff and your wellbeing here).	16	https://www.bustle.com/articles/136499-6-benefits-of-decluttering-your-life-according-to-science	An article about some of the benefits of de-cluttering your life and not buying so much stuff
...keep forgetting to put out your recycling bin, this app (for smartphones only) will send you sms reminders before your bin collection date for your suburb.	17	http://www.my-waste.mobi/	An app you can download to get reminders about when to take out your bins for collection
You can order Australian-made keep-cups online here for \$24, or from Oxfam for \$16 here	17	1. https://au.keepcup.com/?country=Australia#modal 2. https://shop.oxfam.org.au/oxfam-fair-keep-cup	Sites where you can buy keep-cups to stop using and throwing away takeaway coffee cups
Check out these options for good quality reusable water bottles	18	http://www.biome.com.au/221-water-bottle	An Australian store, Biome, where you can purchase a long-lasting reusable water bottle

Check out all of the local Buy Nothing facebook groups in Canberra here . You can also use Canberra Freecycle , where items that are no longer needed are offered to the rest of the group for free!	18	1. https://buynothingproject.org/find-a-group/ 2. https://groups.freecycle.org/group/Canberra/posts/all	Two webpages where you can join local gift economies – that is – sites where people give away stuff and find stuff they want – all completely free
The Green Shed is a free drop-off centre that diverts saleable goods from landfill	18	http://www.thegreenshed.net.au/	Link to the Green Shed website
Also check out Canberra's local Vinnies and the Salvation Army stores for clothing and crockery.	18	1. http://bit.ly/2rq55qY 2. http://bit.ly/2rpUJYi	Links to a map of 1) Canberra Vinnies stores and 2) Canberra Salvos' stores
If you buy and use handkerchiefs instead of tissues, you'll save heaps of tissue paper	19	https://blessedearth.com.au/products/Handkerchief-%252d-elephants.html	Handkerchiefs you can purchase and re-use instead of tissues
See some good hanky options here .	19	http://sevencanaries.com.au/handkerchiefs-great-choice-christmas/	Additional hanky options are available to buy online here
Same goes with cleaning cloths rather than paper towels.	19	http://www.biome.com.au/cleaning-brushes-sponges/9151-if-you-care-sponge-cloths-5-770009250613.html	A link to organic and reusable sponge cloths
Biome... sells a lot of great, sustainably produced alternatives to paper and plastic products... see their range of products here .	19	http://www.biome.com.au/content/1-about-us	A link to a Benefit Corporation company that sells alternatives to plastic & single-use products
You can use this site to recycle your old mobile phones	19	http://bit.ly/2rEZPfY	This service will help you recycle old mobile phones
This web-page shows all the places you can drop off your old computers and TVs to be recycled	19	http://recyclingnearyou.com.au/computers/DarwinNT/	A list of drop-off sites for old TVs and Computers to be recycled
The two ethical super funds in Australia that do this are Future Super (based in Canberra) and Australian Ethical Super .	20	1. https://www.myfuturesuper.com.au 2. https://www.australianethical.com.au	Links to two ethical investment superannuation companies' websites.
For a full list of climate-friendly banks, check out Market Forces site here .	20	https://www.marketforces.org.au/banks/compare	A list of all banks committed to never investing in fossil fuels
Here's a useful resource on getting started with the 1 week zero waste challenge.	20	http://www.ethical.org.au/3.4.2/get-involved/zero-waste/	An article on how to generate zero waste for a week.
Find out more about the buy nothing new one month challenge here .	20	http://www.buynothingnew.com.au/how/	Information about Buy Nothing New month.
3-minute video explaining gift economies	20	https://www.youtube.com/watch?v=6S1egXWYwXo	
15-minute video explaining the zero waste lifestyle from Lauren Singer a US sustainability advocate	20	https://www.youtube.com/watch?v=pF72px2R3Hg	
ABC Series, The War on Waste , exploring Australia's waste culture ...	20	http://www.abc.net.au/ourfocus/waronwaste/	

Fix and Make workshops at Hotel Hotel. Monthly <u>Repair cafe</u> Canberra	21	1. http://www.hotel-hotel.com.au/fixandmake/ 2. http://www.see-change.org.au/event/repair-cafe-canberra/	1. Link to a fix and make repair workshop in New Acton 2. A calendar of monthly repair cafes
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Chapter 3: Energy

Text Reference	Pg	Web Address	Description
See <i>The Neighbourhood Effect's Privacy policy</i> here for more	26	http://www.theneighbourhoodeffect.com.au/privacy_policy	Access The Neighbourhood Effect's full privacy policy online here
All you need is your last electricity bill - it takes about 2 minutes to fill out: compare my household electricity usage!	27	http://victorianenergysaver.vic.gov.au/more-ways-to-save/household-electricity-calculator/energy-calculator	This handy tool from the Victorian government gives you a comparative estimate of your energy consumption
If you're not sure about how to read your energy bills, this handy site will help you out.	28	https://www.energymadeeasy.gov.au/help/gas-bill	Information on how to read your gas bill from Energy Made Easy
Get free expert advice on what changes you can make to your home to save energy. The ACT government's ACTMSART group provides this for free. Check out the details here .	29	http://www.actsmart.act.gov.au/what-can-i-do/homes/energy-service	
If you need to replace electrical appliances, then the Department of Environment has a free energy rating app for smart purchasing of electrical appliances.	29	https://itunes.apple.com/au/app/energy-rating/id810847838?mt=8	Link to Federal Government mobile application that provides info on electrical appliances' energy efficiency
Check out local Canberra businesses beacon lighting and Southside lighting - which have great LED lights you can buy...	30	1. http://www.beaconlighting.com.au/ 2. http://www.southsidelighting.com.au/	Links to two Canberra businesses that sell LED lights.
Sign up for GreenPower through ActewAGL's Green Choice by...visiting the GreenChoice sign up page here .	30	http://www.actewagl.com.au/greenchoice/	The ActewAGL webpage where you can sign up for GreenPower online in less than 5 minutes.
For a great summary of what to do to draught-proof your house, check out this resource from Sustainability Victoria .	31	http://www.sustainability.vic.gov.au/services-and-advice/households/energy-efficiency/toolbox/how-to/keep-heat-in	
You can get recommendations and deals on the best products and installations to get to cut your energy usage on their site here .	31	http://www.energyfreedom.com.au/	Beyond Zero Emissions site to help Australians retro-fit their homes so that they consume less energy
check out when the next sustainable house tour is on here .	31	http://www.see-change.org.au/house-tours/	A link to SEE-Change's schedule of sustainable house tours
Laros Technology is a local Canberra business that sells triple glazed doors/windows... local double-glazing businesses Solace Creations or Architech .	32	1. http://www.laros.com.au/ 2. http://www.solacecreations.com.au 3. http://www.architechwindows.com.au/	Links to three companies' websites that can treat your windows and increase the energy efficiency of your home

If you are a renter rather than a homeowner, to better insulate your windows, you can put Perspex with Velcro, or bubble wrap on Western and Southern Windows.	32	http://www.ecomaster.com.au/how-to-insulate-your-windows-with-bubble-wrap/	An article on how you can insulate your windows with bubble-wrap, for a cheap alternative to double-glazing for renters
check out the Power Saving Centre Canberra . You can also compare solar panel providers online at Solar Choice .	32	1. http://www.psccan.com.au/ 2. https://www.solarchoice.net.au/blog/solar-power-canberra-act	Links to two companies that offer help and advice on finding the best solar panels to suit your property
You can search for accredited solar panel installers here .	32	http://www.solaraccreditation.com.au/consumers/find-an-installer.html	A link to the Clean Energy Council's webpage where you can search for CEC-accredited solar panel installers

Chapter 4: Food

Text Reference	Pg	Web Address	Description
The most sustainable options are the ANU Food Co-op veggie box scheme ... and the Canberra City Farm pilot food box scheme .	38	1. http://foodco-opshop.com.au/fruit-and-vegetable-boxes/ 2. http://www.urbanagriculture.org.au/food-box-initiative/	Links to two local fresh food box options in Canberra.
You could also check out Marley Spoon or Hello Fresh . These two options involve plastic-wrapped ice packs and quite a lot of packaging	38	1. https://marleyspoon.com.au/ 2. https://www.hellofresh.com.au/tasty/	Links to two national fresh food box options that deliver to your door (but involve much more packaging)
You can choose from a couple of helpful apps that help you to plan your meals in advance, like mealboard . The Yummly app and website also have a search function that lets you plug in the ingredients you have at home and suggests recipes that include all of them.	38	1. http://mealboard.com/ 2. http://www.yummly.co/	1. Link to Mealboard app 2. Link to Yummly website
Here's a great article on how to get started with meal planning.	38	https://greatist.com/eat/easy-way-create-meal-plan	Article on easy ways to create a meal plan
...you could start with an initiative like 'Meat Free Monday', which aims to get people to eat no meat one day a week.	40	http://www.meatfreemondays.com/	Link to Meat Free Mondays website
When you do eat meat... sustainable sources such as ..., Certified Sustainable Seafood by the Marine Stewardship Council	40	https://www.msc.org/cook-eat-enjoy/fish-to-eat	Link to the Marine Stewardship Council logo so you can look for it in supermarkets if you choose to buy fish
The Canberra Environment Centre and some of the local farmers' markets have great cooking courses you can sign up for .	40	1. https://www.canberraenvironment.org/workshops/ 2. http://www.cookingclassescanberra.com.au/index.php/upcoming-foodish-events	Two links to some local cooking and sustainable food preparation courses in Canberra
For recipes that make best use of your food scraps, check out this article from Australian Ethical and another from the Huffington Post .	40	1. https://www.australianethical.com.au/news/15-ways-you-can-reuse-food-scraps-in-the-kitchen/	Two fun articles on what you can do with food scraps, rather than chucking them in the bin

		2. http://www.huffingtonpost.com.au/2016/07/19/genius-ways-to-reuse-leftovers-and-food-scrap/	
If you have a smartphone or iPad, you could also sign up for the Climatorian Challenge	41	http://www.lessmeatlessheat.org/app/	Link to an app that helps you monitor the carbon emissions from the food you eat and cut down on meat
Here's a step-by-step guide on setting up a compost.	41	http://www.cleanup.org.au/au/LivingGreener/composting.html	Online guide on how to set up a food composting system
If you're in an apartment, check out the bokashi composting system .	41	http://otter.org.au/bokashi-bins/	Information about bokashi bins and the bokashi composting system
Check out local workshops from the Canberra Environment Centre and ACT Conservation Council on growing your own veggies.	41	https://www.canberraenvironment.org/workshops/	Link to calendar of Canberra Environment Centre workshops
Grow your own veggies... you can do this in an apartment too). To find out how, check out this article .	41	1. http://www.diynetwork.com/how-to/outdoors/gardening/how-to-grow-herbs-indoors 2. https://www.domain.com.au/news/how-to-grow-a-herb-garden-in-a-unit-20151113-gkv6ph/	Two articles on how to grow veggies; the first is for apartment-dwellers
Here's an infosheet that'll tell you what you need to know about worm farms, and a step-by-step guide for how to set one up.	42	1. http://www.foodwise.com.au/wp-content/uploads/2013/07/Worms-ONLINE-1.pdf 2. https://www.bunnings.co.nz/diy-advice/garden/composting/how-to-start-a-worm-farm	Two online resources on how to set up a worm farm at home.
SEE-Change has some useful resources about starting a chook co-op in your neighbourhood here .	42	http://www.see-change.org.au/obft-chook-co-op/	SEE-Change web resources on setting up a neighbourhood chook co-op
Here's some advice on going vegetarian for the first time, and another article on doing the same with veganism.	42	1. http://www.1millionwomen.com.au/blog/how-become-vegetarian-when-you-love-meat/ 2. http://www.onegreenplanet.org/vegan-food/step-by-step-guide-how-to-transition-to-vegan-diet/	1. Article on the journey from meat-eating to vegetarianism for an Australian woman 2. Article for first-time vegans

Chapter 5: Water

Text Reference	Pg	Web Address	Description
Get a feel for where you could make the biggest cuts to your water waste by using this handy online tool from ICON Water.	50	https://www.iconwater.com.au/My-Home/Saving-Water/Water-Saving-Calculator.aspx#top	Online Water Savings calculator tool from ICON Water
Buy a shower timer [You can get one here]...	52	http://bit.ly/2rFuSbn	Purchase a shower timer online here
Check out this video for a step by step guide (there are like, two steps), on how to add one of these to your toilet.	52	http://www.youtube.com/watch?v=jAyMIQWkSm8	Link to a Youtube video explaining how to create a toilet dam for toilets with only one flush mode
Here's a map of hardware stores in Canberra that sell taps and showerheads, if you're not sure which one is closest to you.	53	http://tinyurl.com/cbrstores	Link to map of Canberra hardware stores that sell taps and showerheads

Buy flow restrictors for your taps... See an example tap aerator here . A map to these hardware stores is here .	53	1. http://tinyurl.com/tapaerator 2. http://tinyurl.com/cbrstores	1. Link to an example of a tap aerator 2. Link to map of hardware stores in Canberra selling tap aerators
Install rainwater tanks in your home... Here's one option where you can buy some online.	54	https://www.watertankfactory.com.au/water-tanks-canberra/	Link to Water Tank Factory website where you can buy a rainwater tank

Chapter 6: Transport

Text Reference	Pg	Web Address	Description
See <i>The Neighbourhood Effect's Privacy policy</i> here	59	http://www.theneighbourhoodeffect.com.au/privacy_policy	For more details on the data collection process, and how we ensure your information is kept private and secure.
... Canberrans also cycle more than residents in any other state or territory	58	http://www.abc.net.au/news/2011-06-29/canberrans-australias-most-active-abs/2776526	Link to article detailing Canberra's cycling habit
Don't have a smartphone? Then you can fill out this form with details of how much you spent on petrol ...	59	http://www.surveymonkey.com/r/ts_transport	Link to an online survey where you can estimate how much you spend on fuel
Buy an electric vehicle... check out the Green Vehicle Guide	61	https://www.greenvehicleguide.gov.au/	Link to Green Vehicle Guide - assists with purchasing an electric car
Or, buy a fuel-efficient car... Check out the Green Vehicle Guide	61	https://www.greenvehicleguide.gov.au/	Link to Green Vehicle Guide - assists with purchasing a fuel-efficient car
And if you can't ride a bike, learn by signing up for an adult beginner course with Pedal Power!	62	http://www.pedalpower.org.au/programs/	Link to Pedal Power adult bike-riding courses
Check out the routes that come past your house at the Action Bus website . Transport Canberra also have a good trip planner for bus, cycling and active transport. You can buy a MyWay card from your local corner store, post office or news agency. Check out the list of stores here . Alternatively, you can buy it online .	62	1. http://www.action.act.gov.au/ 2. https://www.transport.act.gov.au/home 3. http://www.transport.act.gov.au/myway-and-fares/mywayguide/myway-recharge-agents 4. https://form.act.gov.au/smartforms/landing.htm?formCode=1045	1. Action Bus website 2. Transport Canberra online trip planner 3. List of Canberra stores selling MyWay cards 4. Buy a MyWay card online here
If you're interested in car-pooling on routes that you take regularly, you can register your ride on this webpage that facilitates car-pooling in Canberra.	62	http://bit.ly/2r7fMil	Link to Carpool World Canberra webpage
Switched On Cycles sells mid-range electric bikes for the Canberra region	62	https://switched-on-cycles.myshopify.com/	Linked to Switched on Cycles website
Pedal Power ACT also has some great info on e-bikes that you can check out here and the	62	1. http://www.pedalpower.org.au/news/electric-dreams-the-lowdown-on-power-assisted-bicycles/	1. Online info on e-bikes 2. Online Beginners' Guide to e-bikes

Electric Bike Centre also has a Beginner's Guide to E-Bikes that you can download here .		2. https://www.electricbikecentre.com.au/	
This great site allows you to purchase offsets for your flights that meet both the Gold Standard and the Verified Carbon Standard for offsets.	63	https://offsetmyemissions.com/	Website that allows you to purchase gold standard carbon offsets for your flights
Here's an article on the benefits of a staycation and another on domestic travel in Australia .	63	1. http://bit.ly/2q01lr2 2. http://www.huffingtonpost.com/minube/18-reasons-why-australia_b_5396680.html	1. Article on benefits of a staycation 2. Article on great Australian tourism options

Chapter 7: Wrapping Up

Text Reference	Pg	Web Address	Description
Take turns spending the next few minutes completing the online calculator here	66	http://www.see-change.org.au/ecological-footprint/	Complete your ecological footprint calculator at this web address
Then individually, take a few minutes to complete the Program Feedback Form here	66	http://www.surveymonkey.com.au/ts_evaluation	Complete the online feedback form for the Transition Streets program here
(To see how many households in Canberra have now participated in Transition Streets - check out our tally here)	67	http://www.theneighbourhoodeffect.com.au/ts_program	View Transition Streets Canberra's collective tally of emission reductions online
...the Alternative Technology Association have some great events about home improvements you can make to reduce your energy dependence on fossil fuels. Check out their events list here .	67	http://community.ata.org.au/branches/canberra-branch/	Link to Australian Technology Association's calendar of events in Canberra
Try a Playing Out day in your street, so children can play outside in safety.	67	http://playingout.net/	Link to Playing Out Day website
If you're not already a member of The Neighbourhood Effect and are interested in using the app, you can join up here	68	http://www.theneighbourhoodeffect.com.au	Sign up online for The Neighbourhood Effect's mobile application for Canberrans

