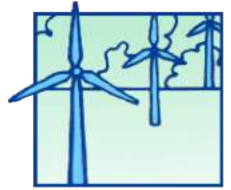


TRANSITION



STREETS



Name:

Group name:

Version January 2019

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Transition Streets

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To contact Transition U.S. visit us online at www.transitionstreets.org and www.transitionus.org, email info@transitionus.org, or call 1-707-824-1554. Write to Transition U.S., PO Box 917, Sebastopol, CA 95473.

1. Getting started

TRANSITION



STREETS



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Transition Streets

1.1 INTRODUCTION

Introduction

Welcome to Transition Streets!

You are about to embark (or continue) on a journey to a lifestyle that uses less energy, produces less harmful greenhouse gases, conserves water, reduces waste, and minimizes your household's reliance on fossil fuels – often while saving you money!

This workbook offers credible, expert advice with links back to source material used in each of its sections. There is also room in each chapter for you to make note of local resources. The workbook is designed to support you and the people you live with as you make simple, practical changes to your home and habits. Each chapter includes an opportunity for you to choose actions you will take – and when.

The support of your fellow group members, and people in other Transition Streets teams, will help keep you motivated and make the experience pleasurable as well as effective.



Background information

Transition Streets was originally developed by Transition Town Totnes, UK, and was adapted for the U.S. by Transition U.S. and a team of topic experts:

- Jon Freise, energy futurist, and Tim Wulling, electrical engineer (energy)
- Matthew Freiberg, environmental consultant, and Linda Currie, sustainable living consultant (water)
- Diana Donlon, founder of Soil Centric (food)
- Devi Peri, education specialist at Marin Recycling (waste)
- Sandra Hamlat, sustainability policy director, East Bay Regional Park (transportation)

The 2019 version, updated and edited by Leslie MacKenzie of Transition Twin Cities, included input from Tim Wulling (energy), Dr. Michael Russelle (food), Pat Thompson (transportation), Linda Currie, Christina Berteau and Anne Sawyer (water), and Peter Foster (waste).

Transition Streets is available at no cost to Transition Initiatives (with a suggested donation of \$20/download), or at a cost of \$20 per download to the general public to help cover the cost of the workbook and ongoing project support. Financial support for Transition Streets came from the Transition Streets crowdfunding campaign and generous supporters. Thank you!

For more information, visit www.transitionstreets.org.

Transition Streets

1.2 HOW IT WORKS

How it works

The program is based around 7 group sessions. The first session provides an overview of the work, and the final session wraps up your activities. The other five chapters cover the areas of our lifestyle where we can most easily reduce our impact and save money: energy, water, food, waste and transportation.

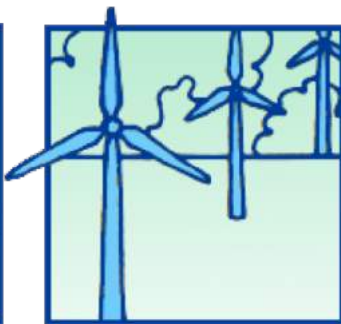
Usually groups meet every 2-4 weeks for 2 hours. People take turns hosting in members' homes. Members of the group take turns facilitating sessions so that it is truly a group effort and not driven by one person. Ideally, the host of a session is not also the facilitator.

At each of the five core sessions, the group can follow the meeting outline suggested in the Facilitator's Guide. Download the facilitator guide from www.transitionstreets.org.

It's a good idea to nominate a time-keeper, as it's easy to get off track and not get through all the material. It's also useful to have a note-taker at each session, and to keep a record of decisions.



1. Getting Started



2. Energy



3. Water



4. Food



5. Waste



6. Transportation



7. What's Next?

Transition Streets

1.3 THE FIRST SESSION

The first session

During your first session, we suggest you take a look at the rest of this workbook to familiarize yourself with the sections. In this first session, your goal is to work through the following:

- Agree to a group schedule for the rest of the sessions.
- Share contact information.
- Agree on guidelines to help your group work well together.
- Think about your main objectives.
- Complete the initial evaluation form.
- Find out about other support available.
- Review the agenda for future sessions.

A quick note on the cost and carbon-saving estimates

Each action has a set of boxes at the top of the page that give an indication of the potential costs, cost-savings, level of effort and CO2 savings. These should be seen as an approximation only, useful for comparing different actions.

Quotes for potential cost savings for an action are based on average prices at the time this book was prepared. These can vary widely by location and over just a few months, so please see these as indicative rather than precise.

Some actions, particularly related to food and transportation, are difficult to estimate due to the wide range of factors involved. However, where we can, we have tried to convert actions into both CO2 and financial savings.

Notes:

Transition Streets

1.5 SHARE GROUP CONTACT DETAILS

| Name | Phone | Email | Address |
|------|-------|-------|---------|
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Notes:

Transition Streets

1.6 YOUR GROUP AGREEMENTS

Suggested group agreements

It is important to agree on some guidelines for how your group will work so it will be a more satisfactory experience for everyone.

These agreements aim to support the unity and stability of the group, and to create an atmosphere of mutual support and trust. It is important that all group members collectively agree to these at your first session.

The following agreements are suggested to help ensure the overall success of your group, but feel free to edit, adapt, or add to them as your group sees fit.

Commitment: We commit to attend all the sessions, when possible and to let the other group members know when we cannot. Someone else can attend in our place if we cannot come, but it is important that s/he knows what's been discussed previously. We also commit to have read the relevant workbook section before each session and to seriously consider taking some actions each time.

Confidentiality: We agree to respect the privacy of any personal information shared at the meetings and we agree not to discuss this information outside the group in a way that would mean a person could be identified.

Punctuality: We agree to arrive on time for each session and to start promptly so that everyone can benefit from the full two hours.

Respect: We will strive to ensure that time is shared equally between team members in terms of speaking and listening, and that differences of opinion are allowed and respected. Our abilities to change will vary, based on a variety of factors such as income or time, age or disability.

Support: When possible, we will offer practical and emotional support to any team member who is experiencing difficulty in attending the sessions (or achieving the actions).

Notes:

Transition Streets

1.7 MORE SUPPORT

Website

For additional support, please visit www.transitionstreets.org

You can also visit www.transitionstreets.org.uk to learn about Transition Streets in the UK, including general information about the program, stories from existing groups, and some frequently asked questions and answers.

More info

This workbook has been written to help save money in the home, as well as to reduce our impact, as a community, on our natural resources and environment. The program is a local community response to the challenges of rising energy prices, climate change, and economic uncertainty.

Effective groups workshop

There is an optional workshop offered to participants in Transition Streets groups. The **Effective Groups** workshop seeks to create and sustain healthy groups by giving you the skills to work together more effectively. This can be useful for any group you belong to. It covers the topics of group development, group dynamics, conflict resolution, leadership, decision making, running good meetings and facilitation skills.

Effective Groups is available as a free introductory teleseminar recording, or as a two-day in-person workshop with a certified trainer.

Teleseminar recording: <http://bit.ly/effectivegroups>

To learn more about the Effective Groups course and how to schedule a workshop for your group, visit <http://www.transitionus.org/effective-groups> or contact info@transitionus.org.



Transition Streets

1.8 SUGGESTED AGENDA

Suggested agenda

This suggested agenda can be used at the next 5 sessions. Adjust it as needed for your group (for example, spend more time on 'The Bigger Picture' discussion topics and less on discussing the actions).

For the next session, try the proposed timing below and see how it works for your group. Given that you cannot start your action plan until after that session, the first agenda item is not needed for this first session. You will probably use this time talking about the actions.

| Section | Timing (2 hours total) |
|--|------------------------|
| Review actions and progress from previous session | 15 minutes |
| Discuss the facts and the actions for this session | 70 minutes |
| Write personal action plan | 10 minutes |
| The Bigger Picture – discussion | 20 minutes |
| Re-confirm next meeting | 5 minutes |

Notes: