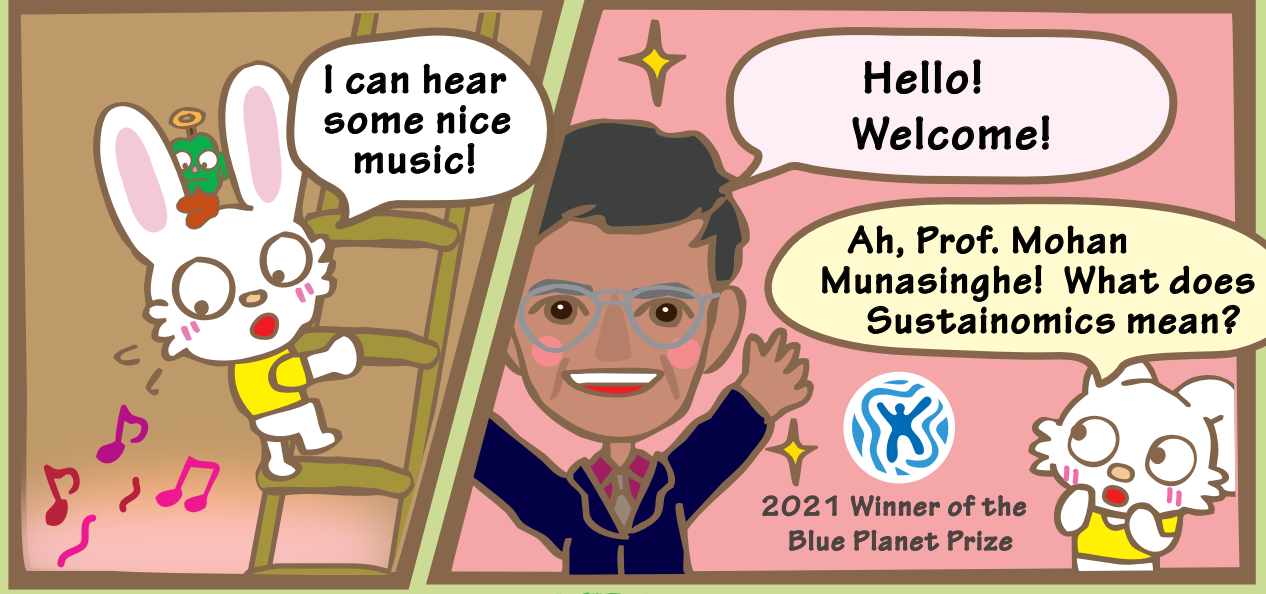


A Sustainable Society with Sustainomics!

Prof. Munasinghe's Fun School

13th issue, March 2023



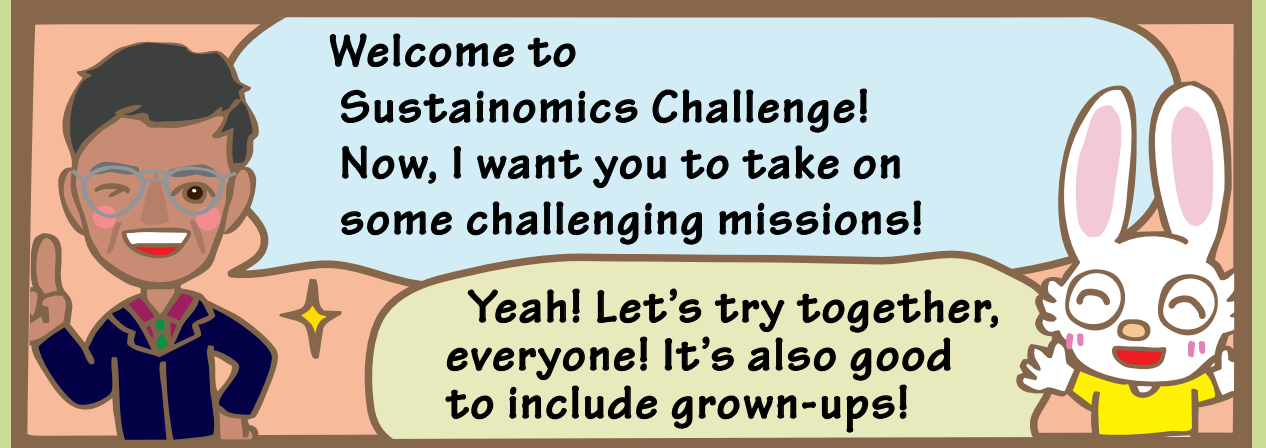
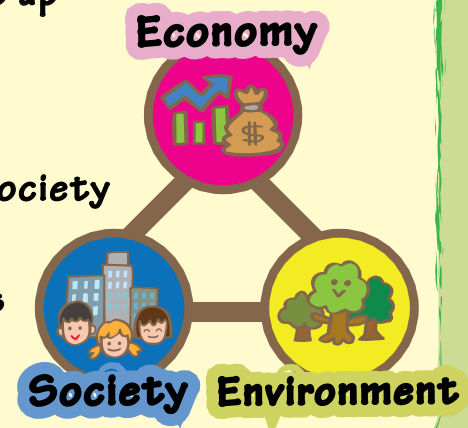


Sustainomics is ...

Professor Munasinghe thought about ways to build a sustainable society with no poverty, inequality, or overuse of resources. Finally, he came up with the concept of Sustainomics.

Four key principles of Sustainomics:

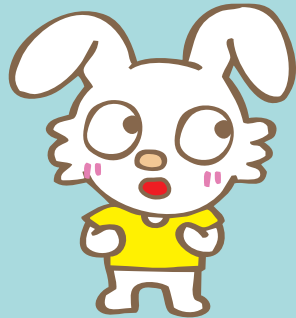
1. Harmonize economy, environment, and society
2. Encourage everyone to be proactive
3. Go beyond the barriers of our own minds
4. Act now



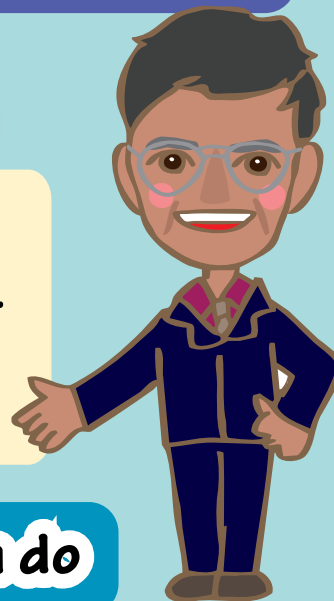
Mission 1

Set your goal!

Find one thing you can do to build a sustainable society.



You can decide on something yourself or choose one from the below. Think about something you can do without others' help.



Examples of things you can do

Turn off the lights when not needed



Don't leave water running



Instead of traveling by car, get on a bicycle



Don't waste food



Carry your own reusable bag when shopping



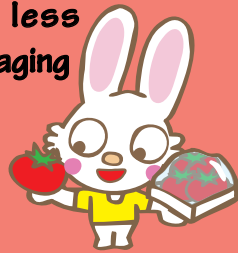
Recycle



Plant trees to recover greenery



Choose products with less packaging



Spend time with your family in the same room to save energy



What will you do?

I will "carry my own drink bottle with me every day."



Until when?

For one week from today!

MON TUE WED THU FRI SAT SUN

It's important to start now!



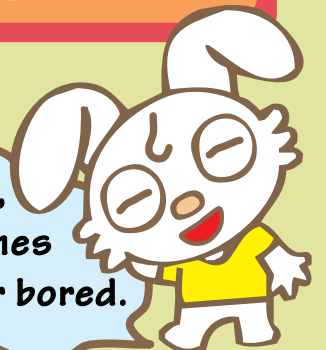
Mission 2

Go beyond the barriers!



Good. You have set your own goal. But Gring, have you ever started something but stopped halfway?

Yes, yes, I sometimes get lazy or bored.



It is the "barrier" in your mind, Gring, that's what got in your way. Now, let's figure out how to get over it.



It's a little difficult this time.

It'll be OK if you think about it step by step.



What might be the barriers?

My bottle is quite heavy...

Also, it's bulky.

It's bothersome to prepare my own drink.

I have to make some again and again...

Good! Next up is the last mission!

I think I can somehow get over this barrier.

Finally, the last one. I'm getting nervous.

It seems like a formidable enemy is waiting...

How can you get over the barriers?

First, use a smaller bottle.

If you overcome the barriers, what good things can happen?

I can drink my favorite beverage.

It's Gring's Special!

I can stop buying drinks in disposable containers and reduce waste.

It feels great to be greener.

Mission 3

Oh! Is that all?

That's it, but that's the most important thing. You have completed two of the three missions so far. I'm sure you can do it! Let's try!

Act now!

You did a good job this week. It's also important to continue. It'd be better if you could try other things as well! Try challenging yourselves, everyone!

What will you do?

Carry my own bottle with me every day.

Until when?

One week for a start!!

MON TUE WED THU FRI SAT SUN

Mission completed!

Sustainomics Challenge Worksheet

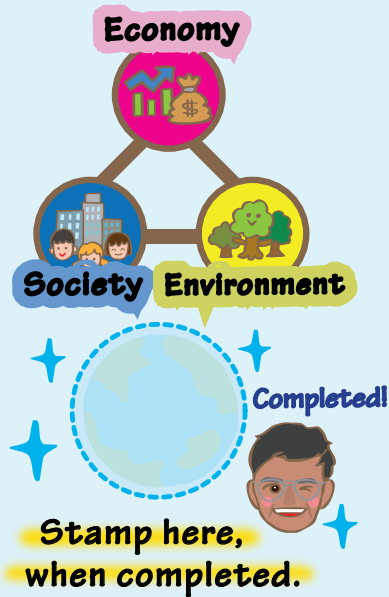
example



Carry my own
bottle with
me every day.

What will you do?





Until when?



example

One week from today.

What might be the barriers?



example

My bottle is heavy...
It's bothersome to
prepare my own drink.





How do you get over the barriers?



example

Carry a smaller bottle
for a start.



If you overcome the barriers, what good things can happen?



example

I can drink my favorite
beverage. I can reduce
waste. It feels great to
be greener.





Let's get started!

