



Want to try a practical cooking class that helps mitigate global warming?



Workshop on 1.5°C Lifestyles in Kitakyushu 2025

This is an interactive workshop that looks at how we can combat global warming through the lens of food. Participants will learn about the "1.5°C* Lifestyle" making lifestyle choices that reduce greenhouse gas emissions, while enhancing your well-being. Join us for expert lectures, group work, at-home challenges and practical cooking classes!

* 1.5°C is the goal of the United Nations Paris Agreement, which aims to limit the average global temperature increase to 1.5°C below pre-industrial levels.



Lectures on global warming by environmental experts



Group work among participants to deepen understanding

✦ Who is this for? ✦

- Those who want to learn what you can do about food loss and global warming
- Those who wish to discuss environmental issues with someone with your own age in both Japanese and English

First workshop

8.1 **Fri.**

10:00 ~ 14:00

▶▶▶▶ Between the two workshops, participants will also take on a 10-day 1.5°C lifestyle challenge at home.

Second workshop

8.18 **Mon.**

10:00 ~ 14:00

Venue Kitakyushu Youth Station

(B1F, Com City, 3-15-3 Kurosaki, Yahatanishi-ku)
*Next to JR Kurosaki St.

Target Students living in Japan

(Junior high school, high school, vocational, university and postgraduate students)

Capacity 15 persons

Fee Free

Language Japanese, English

- Priority will be given to those who can participate in the entire programme and registration will be closed when the maximum number of participants has been reached.
- If the number of applicants does not reach the maximum number, those who can only participate in part of the programme will be selected.

[Organiser] Institute for Global Environmental Strategies
Kitakyushu Urban Centre
(1-1-1 Hirano, Yahatahigashi-ku, Kitakyushu)
kitakyushu-info@iges.or.jp (Maehata)

IGES



For Registration



[Collaborator] Kitakyushu Youth Station

[Supporter] Fukuoka Prefecture, City of Kitakyushu

Registration deadline: **25 July (Fri)**
<https://crm.iges.or.jp/public/application/add/6434>

Programme

We will issue a certificate to participants who complete the entire programme.

Assignment before the workshop

Complete a questionnaire that calculates your own greenhouse gas emissions.

You will receive an online form before the workshop. (Time required: about 30 minutes)

8/1
Fri.

First workshop

@ Kitakyushu Youth Station

Lecture

Global warming, the Paris Agreement, and carbon foot prints

Group work

Learn about the options for a "1.5° C Lifestyle" and discuss which ones you want to try.

Cooking class

Only half of the participants (Group 1)

10 days between
the two workshop

1.5° C Lifestyle Challenge at home

During the 10 days between the two workshops, each participant will try a lifestyle that reduces greenhouse gas emissions through food (1.5° C lifestyle). The organisers will provide you with what options are available (1.5° C Lifestyle Options Catalogue).

8/18
Mon.

Second workshop

@ Kitakyushu Youth Station

Lecture

How can we expand the 1.5° C Lifestyle to society?

Group work

Think about ideas for a society that realises the 1.5° C Lifestyle.

Cooking class

Only half of the participants (Group 2)

The Original Cooking Class Recipes

created by a Fukuoka Prefecture-certified Food Loss Reduction Meister

Dry Curry with Soy Meat
Coleslaw Salad with Plenty of Vegetables
Seasonal Okra with Whitebait and Bonitos
Soup with Leftover Vegetables and Egg
Soy Milk Agar Jelly

Let's learn how to cook meat alternatives and seasonal vegetables, while keeping food waste and CO₂ emissions in mind.

Workshop Speakers

Institute for Global Environmental Strategies ● Kitakyushu Youth Station

Fukuoka Prefecture Certified Food Loss Reduction Meister

Department of Food and Nutrition, Kyushu Nutrition Welfare University

Resource Circulation Division, Environment Bureau, City of Kitakyushu