



GLOBAL DAY OF ACTION

Let us regenerate our soils together!

About QS ImpACT

We are a global charity, registered in the UK & Wales accredited to the United Nations Environment Assembly.

We are a global community of young leaders who **grow and earn recognition for their positive impact on society.**

87

Countries represented

1,700+

users on the QS ImpACT platform

9

University Partners

Future17*



“ImpACT to me is doing something for the community without expecting anything in return”

**-Illustrious, Nigeria
2022 Social Responsibility
Scholarship Winner**



All About Regeneration

Regeneration is all about how we can implement solutions learning from nature!

It's like a new way of looking at things. "Sustainability" used to be all the rage. It meant that we had to be careful with nature so that our children and grandchildren would have enough resources to live their lives comfortably. But now, we're talking about something even cooler! And that is "regeneration" – a whole new way to look at our approach to nature.

In brief, it is a holistic and transformative process that aims to improve previous conditions. At QS ImpACT we strive to support regenerative solutions to the sustainability problem.



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'Composting organic waste versus landfilling it can reduce more than 50% of carbon dioxide-equivalent greenhouse gas emissions' ~ Project Drawdown

The 2023 Global Day of Action (GDA) mobilizes youth worldwide to unite behind a common cause, composting to regenerate our planet.

Anyone from anywhere can be a composter! Come become connected and participate in the composting process.

Linked to Sustainable Development Goals:
11,12,13,14,15,17



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What is Composting?

- Composting is a **natural process** where organic materials like food scraps and yard waste decompose into **nutrient-rich soil**.
- Microorganisms like bacteria and fungi **break down the organic matter**, turning it into **humus, a valuable soil conditioner**.
- Composting **reduces waste sent to landfills**, enriches soil, and helps retain moisture, fostering healthier plant growth.
- It's an eco-friendly way to recycle organic materials and create **sustainable, nutrient-dense soil for gardening and farming**.



Benefits of Composting

- **Reduces Waste:** Diverts organic waste from landfills, decreasing methane emissions and reducing the need for landfill space.
- **Enriches Soil:** Creates nutrient-rich compost that improves soil structure, fertility, and moisture retention, enhancing plant growth.
- **Sustainability:** Closes the loop in the natural cycle by recycling organic matter, reducing the need for chemical fertilizers, and promoting a sustainable ecosystem.
- **Carbon Sequestration:** Helps in carbon capture and storage, mitigating greenhouse gas emissions by enhancing soil's ability to retain carbon.
- **Saves Money:** Reduces expenses on fertilizers and waste disposal while producing a valuable soil amendment for gardens and landscaping.
- **Encourages Biodiversity:** Supports healthy microbial activity and diverse soil organisms, fostering a healthier ecosystem.
- **Educational Tool:** Teaches valuable lessons about sustainability, waste reduction, and the natural cycle of decomposition.

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Composting Food Waste

- Leftover food composting involves recycling food scraps and leftovers into nutrient-rich compost.
- Instead of throwing away items like fruit and vegetable peels, coffee grounds, eggshells, and uneaten food, they're collected and added to a compost bin or pile.
- These organic materials decompose with the help of microorganisms, turning into a valuable soil amendment that can be used to nourish plants and gardens.
- It's an eco-friendly way to reduce food waste and create beneficial compost for gardening..



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Different Methods of Composting

- **Traditional Pile or Heap:** Layer organic materials in a designated area, allowing them to decompose naturally. Regular turning aids decomposition.
- **Compost Bins:** Enclosed containers that help control temperature and moisture. They come in various sizes and designs, aiding in quicker decomposition.
- **Vermicomposting:** Uses worms to break down organic matter. Worm bins indoors or outdoors convert food scraps into nutrient-rich castings.
- **Trench Composting:** Bury organic waste directly into the soil, speeding up decomposition and enriching the soil.
- **Bokashi Composting:** Uses anaerobic fermentation to break down food scraps. A mix of beneficial microorganisms accelerates the process. **Quickest and easiest for urban homes/offices.**
- **Hot Composting:** A fast method using high temperatures to break down materials quickly. It requires regular turning and specific layering of materials for efficient decomposition.



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How to Compost at Home

Composting at home is easy! Here's a simplified guide:

- **Choose a Spot:** Select a dry, shady area in your yard for your compost pile or bin.
- **Gather Materials:** Collect organic waste like fruit/veggie scraps, coffee grounds, yard trimmings, and shredded paper.
- **Layer It:** Alternate green materials (food scraps, grass clippings) with brown materials (dry leaves, newspaper).
- **Keep it Moist:** Ensure the pile is damp but not soaked, regularly watering if needed. Turn the pile occasionally to aerate and speed up decomposition.

Remember, patience is key! In a few months, you'll have nutrient-rich compost to use in your garden.



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How can compost be stored?

- **Compost Piles:** Simply create a pile in a designated area in your yard. It's the most basic method.
- **Compost Bins:** These can be homemade or purchased. Bins help contain the compost, maintain aesthetics, and aid in decomposition.
- **Tumblers:** These are rotating bins that make turning and aerating the compost easier. They're great for smaller spaces.
- **Indoor Bins:** Vermicomposting bins (using worms) are perfect for apartment living or smaller spaces. They process food scraps into compost efficiently.
- **Compost Bags:** Some companies offer compostable bags that can hold organic waste until it's ready for composting.

Choose a storage method that suits your space, lifestyle, and the amount of compost you plan to produce.



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When is compost ready to use?

- Compost is ready to use when it resembles dark, crumbly, earthy-smelling soil.
- It should have broken down significantly, with original materials no longer recognizable.
- The temperature of the pile drops, usually to ambient levels, and there's a decrease in its volume.
- This process can take a month, few months or a year, depending on various factors like the materials used, the size of the pile, and environmental conditions. **If it's a small bin in your kitchen, it's going to take about 30 days!**
- Once it's fully decomposed, it's ready to enrich soil in gardens or for use in potting mixes.



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REVIEW OUR COMPOSTING FOR BEGINNERS MANUAL



JOIN OUR WHATSAPP GROUP

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The participant with the most significant composting capacity will win the **QS ImpACT Award Global Day of Action Legend** during the awards ceremony on January 18th, 2024.

1. Host a Global Day of Action **awareness event in your community or set up a composting facility** (just follow our instructions)
2. Upload your [Impact Report](#) by December 22nd, 2023
3. Attend our Awards ceremony happening January 18th, 2024. You may be eligible for our Global Day of Action Legend Award!

[**SIGN UP FOR GLOBAL DAY OF ACTION**](#)





IMPACT AWARDS

Come and celebrate the regenerative impact of youth globally who are helping solve the sustainability problem.

Free for everyone to join - upload your report to be eligible!

18th January, 2024 3:00pm GMT

UPLOAD YOUR IMPACT REPORT

QS ImpACT Awards

Virtual, January 18th, 2024



The QS ImpACT Awards is a celebration of regenerative impact achieved by young people over 2023. The awards highlight young people's demonstrated contribution towards impactful transformations in society towards regeneration.

The 2023 ImpACT Awards is all about '**Regeneration**' - our take on what sustainability should mean. But what is Regeneration? It is a holistic and transformative process that aims to improve previous conditions.

Win a prize to recognize your ImpACT:

- QS ImpACT badge, title and social media kit,
- QS ImpACT, now accredited with UNEP offers an opportunity to bring representation opportunities to all the winners,
- All the winners will be featured in the QS Insights magazine.

QS ImpACT Awards - Be Eligible!



Anyone who participates in the Global Day of Action and uploads and ImpACT Report is eligible for a QS ImpACT Award!

2023 Award Categories:

- Eco-Champion
- Campus Sustainability Pioneer
- Community Transformation Champion
- Sustainability Educator
- Sustainability Photographer
- Regeneration Advocate
- Climate Response Champion
- Global Day of Action Legend 2023

Minimum Pre-Selection Criteria:

1. Must be registered and have an account with QS ImpACT
2. Must be above 18 years old
3. Must have a minimum of one impact report with us [before 11:59 PM GMT December 22nd, 2023 for GDA & December 15th, 2023 for all other awards]

Only the top 10 performers will be selected for each of the eight categories. Selected individuals can only be nominated (and potentially win) a maximum of 3 separate awards. Finalists will be contacted on January 2nd, 2024!

Join Us!

[UPLOAD YOUR IMPACT REPORT](#)



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