



COMMUNITY-BASED WASTE MANAGEMENT FIELD HANDBOOK

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United Nations Human Settlements Programme (UN-Habitat) 8(C), Saw Mahar Street (off Bogyoke Museum St.) Bahan Township, Yangon, Myanmar https://unhabitatmyanmar.org

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PART I

WHAT IS COMMUNITY-BASED SOLID WASTE MANAGEMENT?

TO INITIATE COMMUNITY-BASED WASTE MANGEMENT



I-1. Introduction

As the focal point for all urbanization and human settlement matters within the UN system, UN-Habitat sets its mission to promote socially and environmentally sustainable human settlements development and the achievement of adequate shelter for all. The agency's work contributes to the UN Sustainable Development Goals, in particular, Goal 11: Make cities and human settlements inclusive, safe, resilient and sustainable.

UN-Habitat Myanmar has been implementing the work under the project for building resilience against COVID-19 through WASH and waste management support in urban informal settlements since March 2021. The project components to improve solid waste management include waste segregation, proper waste disposal, compost making and plastic use reduction.

This document aims to aid residents of informal settlements in Yangon. Lack of waste segregation and improper disposal have become serious issues partly due to lack of knowledge and absence of practice.

As proper waste segregation and management is vital to create healthy and environmentally sound communities, this handbook is meant to summarize basic information for households and community leaders to initiate community-led waste management.



I-2. What is waste?

We continuously generate waste in our daily lives. Appropriate management of waste benefits not only the households but also the community environment. It also decreases health risks created by the waste. The first step in proper waste management is separating different kinds of waste. In general, waste can be divided into two categories: biodegradable (organic) and nonbiodegradable (inorganic). Sometimes they referred to as wet waste for are biodegradables and dry waste for nonbiodegradables.

Biodegradable (organic) waste is made of or comes from living matter or materials. Nonbiodegradable (inorganic) waste is artificial or is not made of or does not come from living matter. Non-biodegradable wastes are those that cannot be decomposed or dissolved by natural agents. They are the main causes of pollution.

Biodegradable materials make up 77% of the waste in Yangon City while non-biodegradable waste such as plastic, paper and others account for 13%, 7% and 3% respectively.¹

¹ Policy Report, "Waste Management in Myanmar: Current Status, Key Challenges and Recommendations for National and City Waste Management Strategies," UN Environment and Institute for Global Environmental Strategies (IGES), 2017."

Biodegradable (Organic) Waste

Biodegradable (organic) waste is made of or comes from living matter or materials. It includes kitchen waste, animal excreta, garden waste and waste from altars/ temples/monasteries, and paper waste. There are different kinds of biodegradable wastes in our living environment.

Example 1

it includes vegetables, fruit peels, meat bones, cooked food waste, and eggshells from your kitchen waste.

Example 2

Garden and plant waste, such as flowers, sticks, twigs, branches, leaves, weeds, grass clippings, and plant trimmings.

Example 3

Paper waste includes newspapers, paper covers, paper bags, paper tape, books, cupboards, brown papers.

NOTE: While paper is technically biodegradable, it may be often treated or combined with non-biodegradable materials (i.e. plastic cover, lamination).

Kitchen waste



Garden / Plant waste

Non-biodegradable (Inorganic) Waste

Non-biodegradable (inorganic) waste is artificial or is not made of or does not come from living matter. Non-biodegradable waste cannot be broken into biodegradable (organic) matter for many years.

Glass waste Plastic waste Example Example Glass bottles Plastic covers **Broken** mirrors Plastic cups Broken glass Milk packets utensils Plastic food packages Glass bulbs Plastic cutlery Fluorescent tubes Straws Broken and used Plastic bottles spectacles Plastic plates

Metal waste



Example

Tins

Steel used utensils Food metal packages Old keys Metal clips and scraps Iron wires, sheets, or grilles

Bio-medical waste



Example

Sanitary pads PPE kits Masks Inhalers Medicinal covers Syringes Anything that has touched blood Used tissues



Electronic waste (e-waste)

Example

Computers Mobile phones Game controllers Refrigerator waste Used batteries Light bulbs Induction cookers Electric pots Electric irons

Note

Some e-waste is also hazardous due to toxic chemicals found in batteries, for example.

I-3. Why do we need waste management?

Waste management is necessary to protect the long-term health of our environment and community. Waste segregation and practicing Reduce, Reuse and Recycle (3Rs) principles are the most important steps in waste management. Waste segregation refers to the separation of biodegradable and non-biodegradable waste. The 3Rs refer to behaviours related to the consumption and reclamation of different products in an environmentally friendly manner.

Furthermore, successful waste management needs active participation of all individuals and the community. Without their active participation, the whole system is susceptible to collapse.

It is for this reason that raising awareness on the importance of proper waste management among community members and building the capacity of community volunteers on the same form core parts of this intervention.

Advantages of proper waste management

Proper waste management has several benefits:



Improved community health: Right waste management will reduce festering and rotting waste in the community. Since festering and rotting waste can lead to the spread of disease, proper waste management can reduce the health hazards posed by waste.



Physical safety: Carelessly discarded waste can be dangerous, especially when sharp objects like rusty nails, glass shards, broken bulbs, banana peels and oily materials are left on the ground. Proper waste management also protects community members and waste collectors alike from these potential health hazards. Waste management can also reduce the risk of other safety hazards such as water contamination and fires.



Economic benefits: Recycling plastic bottles and tin cans can have economic benefits in the form of extra income in addition to saving the earth. Composting can also help people save money by reducing their need to purchase fertilizers.



Clean environment: Waste segregation helps neighbourhood look clean and reduces the state of environment where rodents and other pests might thrive. Segregated waste also takes up less space and emits less greenhouse gases. Composted waste can also enrich the local soil.

Disadvantages of inappropriate waste management

Improper waste segregation or disposal can cause many problems to individuals, communities and the environment. This section introduces some of disadvantages resulting from inappropriate waste management.



Piled, mixed waste releases methene gas, a toxic gas that creates health issues such as reduced oxygen levels, nausea, compromised vision, polyps, etc.



Disadvantages of inappropriate waste management. The pollution can also eventually enters our food chain in the form of micro-plastics, which are hazardous to our health as well as animals.

Money is lost when goods that can be recycled are sent to a landfill as mixed waste.



Improper waste management can lead to clogged drainage systems. Clogged drainage systems can lead to floods during or after a heavy rain, typhoon, etc.



Disposal of mixed waste which contains hazardous materials may lead to major health issues, especially for waste collectors. Waste collectors are exposed to metal, methane and other toxic chemicals. Such disposal sites are also susceptible to fires which are dangerous to the surrounding communities.



If people practise open burning as a form of disposal, it may cause health issues because burning waste releases toxic materials into the air. When people inhale these toxic materials, they may face serious health issues.



Improper waste segregation or disposal can lead individuals and communities to use up extra space unnecessarily.

I-4. What can we do with the waste?



There are several approaches to work with waste. Biodegradable waste can be used as animal feed or converted into compost. Nonbiodegradable waste can be put to best use through the principles of 3Rs (Reduce, Reuse and Recycle).

Approaches for use of biological waste

Approach 1: Waste as animal feed

Some biodegradable waste can be repurposed as animal feed.

Findings from a recent waste audit of 100 households conducted in Dala Township by Thant Myanmar and UN-Habitat showed that 30% to 50% of waste is repurposed as food for animals, such as pigs, goats, cows or horses.

This is an easy way of saving or generating money where people raise livestock or poultry.

However, some food waste can be harmful to animals. For instance, onion and garlic peels can cause stomach problems of animals.

Therefore, before the launch of the project, poultry and livestock farmers should be educated by project staff or experienced people about the types of food that can be fed to the animals and those that should be avoided.





Approach 2: Waste as compost

Composting is the natural, biological process of recycling biodegradable matter into fertilizer. Compost is made of decomposed matter which can enrich soil and plants.

In general, over 80% of waste generated by households is considered biodegradable waste, and composting is the best approach for repurposing biodegradable waste that includes leaves, branches and vegetable cut-offs.

Compost is nutrient rich natural fertilizer that can be used to improve soil quality. Normally the resulting compost can be used directly by households for their own garden instead of chemical fertilizers.

In cases where larger compost piles can be set up, compost can be sold to farmers creating new forms of livelihood in the community.





Steps for composting at the household and community level

The recommended approach to composting is to continuously add new material to the compost bin without turning. A simple compost bin can be constructed from almost any materials including pieces of metal or bamboo and fishing nets or any material that allows air to pass through. The following steps outline a simple composting process.

Steps	Activities
1. Create a bin	Create a compost bin using locally available materials. Ensure that air is able to pass through the bin.
2. Add waste	Add biodegradable waste to the compost bin. See the table in page 14 for a complete list of what can and cannot be composted.
3. Add water	Add water twice a week in the dry season to keep moisture content of around 50%.
4. Wait	Leave the compost bin and wait for approximately 4-6 months to allow the waste to turn into compost.



Compost bin that uses an old wire mesh

Dos and Don'ts for composting

Dos

Add water twice a week in the dry season to keep a moisture content of 40-60% by weight.

Build the compost bin in a shaded areas, such as under a tree, to keep a moderate temperature

If possible, add compost materials in layers, alternating wet and dry waste

Remove items or avoid putting things in the bin that do not decay or decompose (e.g. plastics, pieces of cloth, iron scraps, etc.)

Don'ts



Do not put food waste like cooked food, meat or fish in the compost bin to prevent foul smells

Do not let the compost bin become totally dry

Since there may be a lot of dry leaves in the compost bin, do not allow people to smoke nearby

Do not compost bones, cheese, cooking oil, meat products, milk, or peanut butter. See the full list below of green waste and brown waste.

Note: To determine the right consistency, you put on a pair of garden gloves, pick up the watered compost and squeeze it. If water excessively pours out, then you have exceeded the optimal amount of water.

Compostable waste

so they can't sprout)

Green wastes that decompose quickly decompose • Fruit and vegetable · Spoiled tofu and fermented soybeans scraps Cooked rice • Grass clippings • Leaves and flowers Spoiled soy/rice/ trimmed from almond/oat/coconut houseplants milk • Coffee grounds Seaweed Horse, cow or goat • Old herbs and spices manure • Stale pumpkin, • Avocado pits sunflower or sesame (chopped up so they don't sprout) seeds (chopped up

Brown wastes that take longer time to

Nut shells and peanut shells	 Old rope and twine (chopped, natural, unwaxed only)
Eggshells (crushed)	 Dead houseplants and their soil
Toilet paper rolls and paper towel rolls (shredded) Coffee filters	 Newspapers (shredded or torn into smaller pieces) Used paper napkins, paper towels, and facial tissues
Nail clippings	• Fur from the dog or cat

General Rule "Keep it moist"

During the dry season water must be added regularly to keep the waste moist enough for it to continue to break down. The bigger the compost bin you have, the more water you will need (more evaporation due to the greater surface area). The amount of water that must be added will also vary with local wind conditions. A couple of buckets every other day should be sufficient. Adding less water to the waste will still lead to compost, but it will slow down the process.

The most nutritious compost is made from a wide variety of waste materials from the yard and kitchen, with a mixture of brown and green waste. The greater the variety of compost ingredients, the richer the compost. Keeping a careful balance of brown and green waste is one of the most important tips for fast composting. A healthy compost pile should have much more brown waste than green waste. A simple rule of thumb is to have one-third green and two-thirds brown waste.



Approaches for nonbiodegradable waste

To manage non-biodegradable waste in the community, waste segregation by individual households is the key.

Waste segregation aids proper waste disposal and encourages people to practice 3Rs (Reduce, Reuse, and Recycle).

Therefore, community residents are encouraged to become familiar with each of the 3Rs, how different types of nonbiodegradable waste can be reused, repurposed or recycled, and the positive impacts of waste separation.



Approach 1: Reduce

The first 'R' is reduce. Reducing waste is about consuming less and creating less waste. Consider the following ways to reduce non-biodegradable waste.



buying something

spoons and chopsticks at restaurants or any other eating place

reuse

Approach 2: Reuse

The second 'R' is reuse. Reusing waste involved using certain items again, ideally multiple times, before replacing them. Here are some ideas on how to reuse items:

Fill up a safely reusable water bottle at home instead of buying a new one every day.



Reuse plastic bags to collect and separate waste around the house



 $\leftarrow^{\uparrow}_{\downarrow}$

Before throwing away an item, think about using it in different or creative ways



Ditch plastic bags and choose reusable, environmentally friendly bags instead



Old towels and sheets can be cut in small pieces and used as dust cloths

Use items multiple times before they break, such as plastic utensils, food containers, and plastic bags



Packing materials can be saved and reused again for packing



Sheets of paper that have been used on only one side can be used again for note-taking or rough drafts



Books and magazines can be donated to schools, public libraries, nursing homes or orphanages, etc.



Approach 3: Recycle

The third 'R' is recycle. Recycling is about separating items that can be broken down and re-processed into the same or new items. Recyclable waste is saleable. In Myanmar, waste pickers or YCDC staff separates recyclable items from waste collected from households. Junk shops and recyclers buy the separated, recyclable waste. Households that want to recycle may have to collect large quantities of a single item in order to sell it to a junk shop or a recycler.

Recyclable materials include many kinds of glass, paper, cardboard, metal, plastic, cans, tires, textiles, batteries, and electronics.











Example

- Paper including newspapers, magazines, and exercise books (Without hard cover)
- Cardboard (OCC) •
- Glass bottles and jars
- Pet bottles (polyethylene terephthalate)

- **Rigid plastic** products
- Metal containers. including tin, aluminum, and steel cans.
- Tires
- Electronics

I-5. How can waste management be promoted at communitybased level?

If you want to see the benefits of waste management in your community, there are several tips you can follow.

In general, waste management must be conducted on a community wide level to be successful. The community must therefore become educated about the waste separation and regular waste disposal practices described in this manual. Furthermore, community members should be actively involved in all stages of the waste management process from designing the process, to implementation, and finally to monitoring and evaluation of waste management practices.

To ensure success and sustainability of the intervention, capacity of community members should be built, and ownership of the project should be given to them by promoting participation of people in all stages of the intervention—planning, implementation, and monitoring phases.

It is also recommended to form solid waste management committees with suitable persons. Gender balance shall be taken into account.

Encouraging the 3Rs in communities

Community leaders or members of a solid waste management committee are recommended to adhere to the following tips for encouraging the adoption of 3Rs in their communities.

Reduce	 Monitor waste disposed from individual houses and provide guidance for improved separation 	
	 Encourage people to do composting and reduce the amount of biodegradable waste 	
	• Prepare information, education and communication (IEC) materials and raise awareness on	the
	dependency of non-biodegradable products such as single use plastics in shops or restaurants	
Reuse	Encourage shops to reuse paper, old cardboards or other locally available materials for packaging	
	 Start campaigns that incentivise community members to ditch plastic bags and use reusable environment-friendly bags instead 	and
	 Install community water stations and promote a bring your own (BYO) container concept when mak purchases 	king
	 Prepare IEC materials and introduce examples to reuse the plastic bought in shops and restaurants s 	uch
	as for decoration	
Recycle	 Recyclables are collected at doorstep normally. If that cannot be done in some areas, strategic location 	ons
	should be identified where recycling bins are placed next to biodegradable and non-biodegradable wa bins	aste
	 Develop information, education and communication (IEC) materials such as pamphlets and posters recycling and emphasizing potential profits through appropriate recycling 	; on
	 Use social media to spread the news about how households have seen success through recycling to waste 	heir
	 Educate school children and young people in the community and ask them to share their knowledge ab recycling with their families 	out
	 Encourage households that start recycling to share the metrics of their success (Amount or volume recycling and money earned through the process month by month) 	e of

Capacity building trainings

Purpose

Capacity building of community members is a vital activity to promote solid waste segregation and management in communities. To enhance awareness of the people on SWM, capacity building trainings should include knowledge sharing on the intended SWM activities (e.g. waste segregation and collection, compost making, plastic bag reduction campaign) and their benefits, discussion with community members on how to create an action plan based on their issues encountered, needs and vision.

Tips

- Making use of visual / audio materials during the sessions.
- Using simple language by avoiding jargons and English terms during the sessions.
- Making the training sessions as interactive as possible. Encouraging participation of representatives from all community households, local leaders and elders.
- Encouraging people who keep quiet to talk more.



Note: Household waste collection services may be provided for free for a certain period to motivate the community members for bringing about their behavior change on solid waste management.

Household solid waste collection

Purpose

As the communities in informal settlements do not have regular waste collection services in general, they are encouraged to introduce them. They shall form respective solid waste management committees after which nominate waste collectors and assign them to collect household waste regularly at doorstep or at designated collection points. Waste pickers shall be given minimum wages.

Tips

- Conduct cost analysis and set prices for the household waste collection by considering wages for waste pickers, the waste volume each household generates as well as the distance to the nearest public garbage dump.
- Discuss with the regional municipality concerned on pick-up points and frequency of regular waste collection.
- Create rules specifically on household waste collection including suitable wages for waste collectors and how to manage waste collection pushcart (i.e. where it shall be kept, responsible person for its regular repair and maintenance).
- Select suitable waste collectors who have experience, capacity, and commitment.
- Decide proper price setting for waste collection because waste pickers need to earn enough money to make a living through their services.



Individual / community compost making

Purpose

Compost making is one of the approaches to repurpose wet (bio-degradable) waste and reduce total volume of waste disposal. It also helps waste pickers to reduce chance to make them wet and touch bacteria or odour during their waste collection (Detail explanation in page 14-18).

Tips

- Based on the introduction of compost making during the capacity building trainings, individual households or groups of a few households are encouraged to make compost bin.
- Negotiate and seek collaboration with the waste collectors to add compostable wastes in the bins.
- Post vinyl or posters on what wastes can and cannot be composted in public areas within the community.
- Ensure that compostable and non-compostable waste, such as plastic materials, are not mixed. If possible, add more green waste than brown waste to harvest compost in shorter time.
- People who have knowledge about compost making regularly monitor and advise people who are making compost.



Plastic bag use reduction campaign

Purpose

The waste audit in informal settlements in Yangon between 2022 and 2023 revealed that approximately 90% of waste is compostable waste and the second biggest waste is plastic waste (approximately 10%). People use plastic bags frequently because shops give them for free, and they are very cheap. Cooperation of shop owners is important to reduce plastic bag use in the community to change the behaviour of community members on their use of single-use plastic.

Tips

- Encourage shops to participate in the plastic use bag reduction campaign.
- Explain shop owners about the campaign and system, specify discount given to customers if they don't take a plastic bag and use their own reusable bag or container.
- Discuss with shop owners and fix a discount price for customers who refuse to take plastic bags. Price setting should consider benefit to shop owner by reducing purchasing plastic bag. It could be Win-Win for customers and shop owners. The project subsidizes the shops for in an initial phase for the people to make a behavioural change.
- Create posters that reflect on the dangers of the use of plastic to the environment and encouragement of bringing own bags / containers.



If you or others intend to implement all or some of these SWM activities in your community, please review the specific steps in the next section.

These steps guide you to establish proper SWM activities in your community and are based on previous experiences in informal settlements in Yangon.





PART II

A GUIDE FOR COMMUNITY WORKERS IN INFORMAL SETTLEMENTS



II-1. What is the target of the Part II ?

O7 Target reader: Previously community development trained personnel

Before using this guide with communities, you should have received training on community development activities related to Water, Sanitation and Hygiene (WASH).

O2 Methodology: Tried and tested structures

It is based on 5 years of experience working in low-income urban areas in Myanmar where the project has brought about behavior change among community members in their disposal of household waste.

O3 Target area: Limited access to municipal service

This handbook helps community workers to make use of a step-bystep methodology for setting up a waste management system in a community with limited access to a municipal service.

II-2. The Goal of Community-based SWM:

The ideal community from the perspective of Solid Waste Managements

The ideal Solid Waste Management (SWM) system in an urban setting with limited formal collection is where the community itself organizes primary waste management with a strong focus on reduction of waste at source. It can be relatively advanced from the perspective of SWM. It is of utmost importance to be very practical on one side while at the same time find mechanisms which incentivize segregation and reduction of household waste throughout all community activities. This is challenging and requires time. The final aim of a community SWM system should be that community members internalize:

REDUCTION

- Segregate waste at the source and treat organic waste by feeding animals or making compost
- Reduce plastic use by refusing plastic bags, setting up refill mechanisms, etc.
- Awareness is raised to the community on the danger of plastic and individuals see behavior change.

COLLECTION

- Integrate existing informal system into the community waste management system as core labor force.
- Set up a good connection between households and the waste collectors
- Agree on a regular payment method to sustain community collection (periodically or pay as you drop)

DISPOSAL

- Dispose of remaining waste with the municipality
- Seek agreement with municipality on sharing expenses on the collection system
II-3. Key data to keep in mind for low-income areas



- Waste generation rates are lower (around 50%) compared with formal settlements or relatively well-off neighborhoods as commercial and industrial activities are not found
- 80% to 90% of waste is organic in comparison to only 60% to 70% looking at city wide data
- Food waste (around 65%) is treated to some degree sustainably (fed to animals)
- Plastic is the only component in the waste stream which requires a waste collection system for its disposal
- Less than 10% of plastic waste has a potential of being recycled (mainly PET). HDPE and PP items have a higher reuse value.
- Main plastic waste items are: bags, sachets and blister packaging/plastic coated wrapping paper which are driving environmental pollution.

Urban waste flow



What is informal collection?



They might be restricted from

using the formal

II-4. Key definitions

STEP

A step may contain one or more activities aimed at achieving the overall objective.

ACTIVITY

An activity is one specific action taken inside one step aiming at putting a piece of infrastructure in place or reach an understanding/agreement with a specific stakeholder.

MATERIALS

Most activities require some form of additional materials. They range from Information, education, and communication(IEC) materials for trainings, questionnaires for conducting surveys and components to build infrastructure. Materials as provided in this guide can be either copied, used or adjusted to specific local requirements.

II-5. Ideal team field capacity to build community-based SWM system

YourTeam

Facilitator

- Experience working with rural communities / informal settlements
- Ability to communicate with and negotiate between different stakeholders
- Understanding of community dynamics

Educator

- Experience in awareness raising
- Ability to communicate with and negotiate between different stakeholders
- Understanding of the social/ environmental impact of waste

Technician

 Experience in SWM, the municipal structure, informal waste collection, recycling, organic waste treatment

community-bas	ed Swivi system	Activity	y for:	Facilitato Technicia
Steps	Activity	Month 1	Month 2	Month 3-6
1. Community introduction and observation	 Meet local authorities & community leaders Observe community & collect baseline data Engage households and develop SWM action plan including a reasonable fee collection mechanism 			
2. Set up collection	 Train the collector Segregate household waste at source Dispose of remaining waste properly Move from informal to community collection 			
3. Actions on waste reduction	 Reduce plastic use Repurpose food waste to animal feed Use green and brown waste for composting 			
4. Community awareness	1. Raise awareness among children 2. Incentivise cleanup campaign	•		
5. Monitoring and ensuring sustainability	1. Regular monitoring by the community leaders/ monitoring committee members. They will monitor while encouraging waste segregation at the source and ensuring proper waste collection, disposal, and waste collectors.			

II-7. Field budget requirements

100 75

	No.	ACTIVITY	MATERIAL NEEDED	COST
0.1		From informal to	Waste cart, PPE, etc.	500 USD
2.1	community collection	Fees for initial startup	500 USD	
	22	Households and community compost	Material + incentives for set up	500 USD
3.2 B		BYO campaign	Material or incentive to reduce plastic usage	300 USD
	4.2	Organize incentivized cleanup campaigns	Buy waste	300 -500 USD
Ś	= 0	0,000 1-		

0

II-8. Detailed roles, activities and outputs



1.1	Step 1 - Activity 1 (Meet community leaders)		
Your Role Facilitator	Purpose Seek an agreement to set up community waste management system	Time Needed 2 hours	

What to do?

- Introduce the team and the reason for your visit
- Ask briefly how they manage their waste
- Listen to their challenges with waste and their experience
- Plan for implementation, timeline
- Ask any suggestion and get their agreement
- Discuss the outcomes you need from their sides

Tips :

- Be aware in advance of what contribution your Conflict with municipal rules organization can provide and what the community will get
- · Include main official stakeholders right from the start (e.g.: Local Administration, Municipality, etc.)
- · Request for the freedom to pilot and test if there is skepsis on your proposal from their side

Challenges:

- · Community Leader has limited influence on the community
- · Frictions between community leaders and members
- Limited interest in or has no concern about environmental pollution
- · Being skeptical about the success of the intervention

Activity outcome tree



Stakeholders

Township Administration, Local authorities,

municipality, Community leaders

Place of activity

Local authority office / community space(e.g. preaching hall)

Materials

Prepare information about your organization and the project vision, objectives and activities

1.2	Step 1 - Activity 2 (Observation)				
Your Role Technician	Purpose Understand the waste flow in the area	Time Needed 2 hours			
 Examine existing f Check local dust b Assess possible p Speak with house 	What to do? Formal and informal waste infrastructure bins, dump sites, creeks, drainages, transfer stations laces for waste management infrastructure holds, businesses, waste collectors	Activity outcome tree Understand disposal practice			
Tips : • Be curious during the imple the community until you ur waste situation and its disp • Ask main waste managers such as housewives, shop understand the waste flow	 Challenges : ementation and ask Urban systems can be quite complex, with a lot of activities happening which requires in depth observation Answers from the community often reflect what they should do rather than what they actually do. 	Stakeholders Households, shops, waste collectors, recyclers Place of activity Formal collection infrastructure, creeks, drainages, local dumpsites, backyards Materials Camera notobook questions for stakeholders			

• Take steps to understand how they manage organic waste and food waste.

Camera, notebook, questions for stakeholders, Knowledge, Attitude and Practice (KAP) survey (link)

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1.3 Step 1 - Activity 3 (Engage households) **Time Needed Your Role Purpose** 1 hour in multiple session Community is aware of challenges and seek solutions Educator What to do? Activity outcome tree Awareness-raising with household members. (see next slides) Waste segregation game Action planning Introduce: collector, plastic campaign shops etc. to the community Community support collection Action agreement: Understand Engage Community separate Segregation at source households attitude waste household composting Community is raised "Bring your own (BYO)" promotion awareness on plastic 0 • Payment to collector Tips : **Challenges**: **Stakeholders** • Use pop up format: make the training on roadside • Gathering community members Community members in the community while inviting attendees ad-hoc. • Segregating waste at source (May Involve the collector and bring your own shops in need to show them time and again Place of activity the training and give them space to talk how to separate waste) Roadside Play waste segregation game using real waste Facilitating between households

Materials

IEC materials (Link)

and collector

work long-term

Finding a waste collector who can

- Link participation with access to project incentives to encourage people to join
- Educate households to do composting

from the neighborhood



အမွိုက်ဆိုတာ ဘာလဲ အမွိုက်**ဆိုသည်မှာ ပြန်လည်အသုံးပြု၍ မရသော ၊အသုံးမဝင်သော** အရာများကို ဆိုလိုသည်။



Time : 3 min Before showing answer : Ask them how they define waste? Aim: waste is not all the same for everyone

Time: 8 min: Before showing answers: Ask:

- The common types of waste they know?

- Explain the types of waste and what is the further use of this waste?

- What can be done with organic, paper, metal and glass waste?

- Link with composting for organic waste.

Aim: only plastic has no further use and therefore becomes the main polluter (except for certain types which can be recycled)



Explain: Impacts of open dumping by linking with pests, general pollution, etc.

Explain:

Impacts of open burning on health. Highlight how oxygen and clean air quality are crucial for human beings.

At the end of this slides:

link all the impacts with next generations on health and well-being. Stimulate their emotions.



Explain:

Movement of microplastics and toxic chemicals released into air, water and soil which enter from there again into the human body.

Aim: People come to realize that plastic is toxic, and what they do has a negative effect on them.



Explain

Ask: - Types of common sicknesses and discuss if they are related to toxic chemicals.

- Explain the impact of plastics and toxic chemicals on the human body.
- Common effects triggered are: Being harmful to reproductive health and can lead to cancer.



Explain: People often get cheated by shiny products but with poor value content. The money they pay for these products finally become their burden in having to pay for the cost of the package. All the money they pay is not for their own benefit but is for the sake of large brand owners.

Aim: Appraise consumption behavior and support local production.

Action Planning: A action plan can be a useful tool to reach higher ownership by stakeholders and to clarify responsibilities. The tool can be used either directly after awareness sessions together with participants or after basic actions are in place and to discuss method of sustaining the actions.

an	Ітем	ACTION	RESPONSIBLE PERSON	TIMELINE	Funds
tion PI	Collection system	Self Dropping System/ Collection points system/Door to Door Collection System	Who will collect waste?	Schedule for collection	Estimated funds needed
ole Ac	Vehicle	Rent/ buy: waste cart/ Sidecar on a motorcycle/ 3 Wheelers	Who will buy/ rent the vehicle?	When to buy/rent?	Cost for vehicle: rent /buy?
Samp	Segregation	Educate households; household or community makes compost/ livestock farming	Who will participate	When to do?	Incentive for participation
	Fee collection	monthly/pay as you drop	Who collects fees?	When?	Highest fee?
	Plastic reduction	Present reduction activities	Introduce participating shops		

Step 2 - Activity 1

(From informal to community collection)

Your Role	Purpose	Time Needed
Escilitator	Integrate informal waste collectors into the aspiration of a well	1 wook
Facilitator	functioning community collection system	Iweek

what to do?

- Reach out to existing informal waste workers to find someone willing to work as a community waste collector (about 500 households per round)
- With the collector you have to agree on:

mechanism to collect waste separately (see 2.4)

place of disposal for remaining waste (see.2.3)

payment

2.1

possible incentives you can provide: pushcart, megaphone, vest

Activity outcome tree



Tips :

- Create a sustainable collection structure requires that the collector has prior experience in waste management
- Talk with several informal collectors to find a suitable collector

Challenges :

Often community leaders wish not to rely on existing informal collectors but want to employ a community member for the task. Please reason that experience is required to ensure long term sustainability. Stakeholders Informal collectors

Place of activity

-Roadside/community space (preaching hall)

Materials

The collector would need:

- vehicle (waste cart, trishaw, etc.)
- megaphone to publicly announce waste collection
- PPE (gloves, hat, raincoat)
- Uniform/vest if requested

2.2	Step 2 - Activity 2 (Segregation at source)		
Your Role Technician	Purpose Organic waste is treated at source and makes collection more efficient	remaining waste	Time Needed 2 weeks
 With the support of can be accessed by are maintained by the incentivize househousehousehouse and there Promote and support 	What to do? community leaders build compost units which the community and collectors alike and which ne collectors olds to build small 2' x 2' compost units close have them all organic material disposed of sepa ort urban farming: pigs, ducks and fish	Activity outcome derstand bsal practice 2.2 Segreg at sou primunity arate waste	ome tree
Tips When the project is more long, a financial incentive can be created through b from the household or wa would stimulate more par long time, increasing the about behavior change.	 Challenges : Food waste should not be added in large amounts into the composters Urban livestock farming is often considered smelly and not accepted by the community 	Stakeholders Informal collectors Place of activity -Roadside/community sp Materials The composter: • bamboo or wood p • fishing net, wire m	pace (preaching hall) poles nesh, etc. 51

• fishing net, wire mesh, etc.

2.3	Step 2 - Activity 3 (Dispose remaining waste)				
Your Role Faciltator	Purpose Transfer of waste to the formal municipal collection	system Time Needed 2 weeks			
What to do? Together with the local authorities (municipality, local administration) discuss the terms of disposing of the waste. These can be: - license or monthly fees paid by the collector or secondary collection (if households do not pay official waste tax) - define the collection points/transfer point - agree among all stakeholders for the fees to be paid by households for waste collection. This can be done following the initial stage of the project					
 Tips Create a triple win situation be community and collector that lasting agreement Make sure the waste cart fits to last, since its breakdown ca waste collection system Make sure that your collector organic material while collect 	 Challenges : Without formal recognition by the municipal poses a challenge to integrate community collection into the larger system Contamination of the remaining waste with organic material will be an ongoing challeng and households have to be reminded about continuously Fees to be paid out by households for waste 	ity, it Best Stakeholders Informal collectors Place of activity Local authority office, transfer station Materials • Transfer station available which			

- can be used/maintained by the collector.
- collection may vary depending upon their volume and the distance to the transfer station.
- can be utilized by the collector
- Waste cart for the collector 52

• Make always available a community compost pile which

Recommended specifications of waste cart



Front view



Front tire



Recommended specifications

Paint: primer (1st layer) and rust-proof paint (2nd layer)
Height: maximum 2 ft
Front: Flat iron sheet (recommended) and Iron mesh (optional)
Tires: Alloy Rim Diameter (16 inches)
Angle bar: Thickness (3 mm)



Back tires and angle bar



Bottom view

2.4	Step 2 - Activity 4 (Train the collector)					
Your Role Technician	Purpose The collector car	n handle all SWM activities		Time Needed 2 weeks		
 Lay out the collection Set the collection day Introduce the collector times if required) how Show the collector how his/her waste cart Dispose of organic waste 	 What to do? Lay out the collection route together with the collector Set the collection days (a household should get serviced 2 times per week) Introduce the collector to the households and show them again (a number of times if required) how to separate waste Show the collector how to place different waste collected separately on his/her waste cart Dispose of organic waste and maintain the community composter 					
Tips : • Make sure that your transform and son and very prace • Remember that the coll influence on the house of the hou	ining method is fully tical ector has minimal holds to change their ocial status. So, you to the community	Challenges : Informal collectors may not live for a long time. This factor has a on their work Negotiations between the collect municipality remain complicated negotiate for the informal collect	in a place in impact tors and I. You shall tion to	Stakeholders Informal collectors Place of activity Target community Materials see 2.1		

become part of community SWM.

and are responsible for the behavior

change of the community.

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3.1	Step 3 - Activity 1 (Reduce plastic use)
Your Role Facilitator	Purpose Build a campaign around plastic reduction and	d reuse 2 - 6 months
 Discuss with local plastic reduction Plastic bag regimes Refill: Betel nut Community is raised awareness on plastic 	<text></text>	 Fips : Use an incentive structure to promote sustainable consumption so that the campaign can be very effective if you have funds available. Make sure that next to plastic reduction you also promote consumption behavior that use locally available products in packaging such as banana leaves and old newspaper and forms of refill. Focus on incentivizing method which is easiest to lead to a system change Rely less on packaging and carry products in a container Challenges :
Stakeholders Place Shops Shops i	of activity Materials n target area • Bag reduction (<u>Link</u>)	 participating shops resulting in many uncertainties: Controlling / Keeping records of the number of incentives provided by the shop? Motivating the shops so that they become the "agent of change"?

Before campaign

After campaign





Shop owners are the key to a sustainable campaign. Even after the campaign period, they will keep encouraging people to reduce plastic if they understand how much money they can save during the campaign. Shop sells shampoo pumped from the big container to smaller ones. Betel shop sells with container

for first time.





Refill



Customers bring their own containers

3.2	Step 3 - Activity 2 (Compost green and brown waste)				
Your Role Technician	Purpose Organic waste is treated at source by househo collector	Time Needed At least 6 months			
 Together with common compost (design new compost (design new compose who are interested of paid for set up and fo	What to do? nunity leaders find vacant land for community ext slide) which is maintained by the collector ting can be facilitated through training of those or through an incentive scheme where they get initial usage Activity outcome tree	 Tip Community compost: Show the surrounding it and invite them for the risk of non-accep households or polluti Household compost: Consider to buy com households as an ind Experiment with use composter for control 	OS : g households how to use usage. This decrease stance by individual ion post made by centive for them. of different materials for ol and maintenance		
Stakeholders P	lace of activity Materials	 Some households continu- between plastic and organ compost pile polluted post 	ously do not well distinguish ic waste, keeping the ts a constant challenge;		

Depending on used structure:

• iron mesh

• fishing net

• bamboo mesh

Collector and

households

Pilot Areas

The time it takes for the community to accept compost making is around 6 months as only then they can see the benefits of it.



Duration(3 - 6 months)

Pictures from makeshift composters



3.3 Step 3 - Activity 3 (Repurpose food waste as animal feed)

Your Role	Purpose	Time Needed
Technician	Reduce food waste (around 50% of total waste) from the waste stream and re-utilize it as animal feed.	2 months

what to do?

- Pet feeding (dogs, cats, chicken, etc)
- Neighborhood pig raising
- Duck raising
- Fish farming



Tips :

- Right place: make sure that the surrounding community agrees with what you do.
- Right people: often community members have experience in animal raising, work with them;
- Community benefit: find an existing mechanism in a community.
- Make sure they are using food waste as feedstock and that households know which waste they can feed to a specific animal.

Challenges :

- Smell: animals are often rejected by urban communities.
- Death or injury of the animal is very common and a constant risk.
- Young animals might need additional food or vaccine.

Animal	Pig	Duck	Fish	Remark
Animal Cost (MMK)	150,000/animal (45-60 days old)	Baby duck = 1,200Small duck (20 day old) = 2,200Adult (Start laying eggs) = 6,000 – 7,000Egged one time = 4,000	2 inches size = 353 inches size = 55 4 inches size =60if 3000= 180000	Costs also depend on age and species of animal
Number of animals required to make a living for a family	3 to 4 pigs	100 ducks	3000 fish	Depend on family size Depend on the place
Yearly Income (MMK)	Female pig = 1,500,000 – 2,000,000 (depend on number of baby pigs born in one time)Male pig = 450,000	588,000 Based on 100 ducks70% of them can produce eggs per dayThey can egg 8-9 months per year1 egg = 280 MMK	3 months 1 time can sell After 3 months, the average weight of each fish is 0.6 viss(0.25 -0.9 visses)In 3000 fish , average 2400 fish will left3 months 2400fish(1 viss for 3500) =2664000 mmk	Female pig can breed two times per year and can grow up to 5-6 yearsMale pig can get only one time benefitEgg production rate of a duck depends on kind of food we feed.
Infrastructure needed	Yes	Yes	yes	
Infrastructure cost (MMK)	Brick and concrete = 500,000 – 600,000Bamboo = 150,000 – 200,000	Bamboo = 250,000 – 300,000For 100 ducks	2- 10 feet round tank(for 3000 fishes)500000-700000	Depend on kind of material we use and number of animals we raiseFish farming - depending on the place that we have (dig a hole in the ground or on the ground with rain cover tank)
Eats Food waste	Yes	Yes	yes	In the early month, must feed cp food
Potential food waste for feeding	All food waste (rice, meat, vegetables, fish waste) (except pork)	Clean rice, some vegetables and fish waste	All food waste (rice, meat, vegetables, fish waste) If fish farming on the ground with a rain cover tank,the food cannot be oily food waste.	Food waste only is not enough for ducks and they need industrial specialized food for producing eggs.Pigs need CP food only when they were young
Amount of food waste eaten (kg/animal/day)	26kg/animal/day(with liquid)	19kg/100/day(wet food)	don't know yet5"to 6" inches fish (3000)can eat 24 cups o rice per day.	
Additional Care	Vaccination = 4,500 MMK/ pig (three vaccines)CP food = 90,000 MMK/ pig/month (need to feed 3 months)Need special male pig for insemination with female pig	Vaccine = 8,000 MMK/100 duckMedication = 10,000 [JF3] (every month)Industrial food supplement = 190,000MMK/100/month [JF4]	Cp food(9102) = 50000folic acid=16500potassium =9500(15days 1 time)	Without CP food, ducks cannot produce eggsThe fish need CP food exactly one month from the starting time raising them. Once they are 5" to 6"in size, can start feeding them any food waste.
Risk	Pig needs more investment than duck	- Ducks can die easily for several reasons- Need CP food all the time- Need systematic feeding method	If 1000 of fish are raised, only about 750 can be left(jump and run away ,eating each other)Due to the imbalance of heat, it can catch fungal diseases and die.	Ducks no need male duck for egg Male duck is only needed when we want to use the egg for breeding

Example photos of pig, fish and poultry farms



4.1

Step 4 - Activity 1 (Engage schools)

Your Role	Purpose	Time Needed
Educator	Students have a better understanding of the fragile environment and learn actions to preserve it.	2 -3 hours

What to do?

- Raising awareness of students according to their age.
- Teaching with dance, song, games and poems relating to waste.
 - Reading stories related to waste and environmental pollution
 - Play waste segregation game using postcard
 - clean up activity



Tips :

- Make the activities as engaging as possible
- Use popup format: make the training on the roadside for children without formal education/school dropouts.
- Separate the groups according to their age and/or education level [Be sensitive in asking children's level of education]
- Conduct waste segregation games (depending on the time available)
- The methodology of composting in the school compound and its benefits (depending on the time available)
- Need to give instructions when we do cleanup activity

Challenges :

- Extracurricular activities are low priority for teachers
- Gathering children who do not attend formal education
- Time for primary level, they can't focus on our talking for a long-time (should not exceed 1 hour) 64

Step 4 – Activity 2 (Organize incentivised cleanup campaigns)

Your Role Educator	Purpose Community invo environment	olves to a large degree in	creating a cleaner	Time Needed 1 day
 Announce in the concollected from the equivalent of the cleanup day receive waste, can with the cleanup day receive w	What to do? mmunity that you will environment on one s set up multiple (2 or weigh it and pay the municipality for coll Activity outcome	Il buy plastic waste specific day 3) places where you person ecting waste tree Upp Cleaner environment Behavior change	 Tips: Make sure that the community under plastic waste. Communicate clearly that the reasonable because plastic has no resale value and needs support to be collected. Depending on the amount you pay for the collect up to 10 tons of cleaned or could be up to 8 trucks full of waster Check the bags while weighing so the disposed of. Empty the polypropylene bags into back to the community to collect means the collect means the	erstands that you collect only on for this activity is exactly e, pollutes the environment for waste, you might be able up waste in a single day. This e. that no organic material is the truck and give the bags nore plastic cleaned-up es : on you buy the plastic waste
Stakeholders Pla Full Community All t	ace of activity target areas	Materials • scales (up to 30kg) • PP bags (200 or more) • Cash (bring change)	is to help them in the cleanup and that there is no additional value derived from the plastic, otherwise the community m think that their waste has some further value. This thinking would greatly undermine your efforts of asking them to participate in reduction as well as paying for waste collecti	that there is no additional erwise the community might ther value. This thinking rts of asking them to paying for waste collection.

Step 4 - Activity 3 and 4 (Monitoring)

Your Role	Purpose	Time Needed
Educator	Community is changing its behavior and infrastructure is in use making the system finally sustainable and community owned	3 - 6 months

What to do?

- Source segregation:
 - Frequently visit the shop and discuss their challenges and ways to improve
- Plastic Reduction:
 - monitor the compost piles and clean them together with the collector/household
- Waste collection:
 - Go along with the collector on a regular basis.
 - Encourage households to segregate and dispose of waste with the collector

Stakeholders

Full community

Place of activity

.

All target areas

Materials

none

Tips :

- Be present in the target area frequently to deepen the relation and increase the trust the community has in you.
- Adopt activities according to circumstances
- Understand that some actions that you planned may not be well received and consider to drop them.

Challenges :

- Time: Behavior change is a time intensive work, and the success of the activity depends strongly on how long you can be actively present there;
- Hierarchical interaction: on one side you have to encourage and push for the community to become active and understand the reason for the actions on the other side it is them who finally need to take ownership of them

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Step 4 – Activity 5 (Develop SWM action plan)

Your Role	Purpose	Time Neede
Educator	To develop a SWM Action Plan to ensure sustainability of the practice when the community has realized the benefits of proper waste management	3 - 6 months

What to do?

- Organising a mass meeting to discuss the development of SWM action plan - Meet with local leaders and elders and community members and develop an SWM action plan with involvement of key stakeholders
- Review of the work done, challenges met and how they were overcome
- Explain the components of SWM, their benefits and the requirement for development of an action plan for this undertaking to sustain
- Development of an action plan
 - Devise on components of an action plan (Activities, their frequency, equipment needed and dos and don'ts regarding SWM)
 - Decide who do what (YCDC, community leaders/elders, waste collectors, service users and community members)
 - Set waste collection fee for waste collectors to earn enough and be affordable to service users
 - Incorporate complaint lodge / grievance response mechanism
 - SWM committee shall be formed to monitor the work

Stakeholders

Place of activity

Materials

Tips :

- · Be sure to involve local leaders/elders, community volunteers and waste collectors in the development of an action plan
- · Commitment from the township municipalities is required to collected waste regularly from nearest transfer points
- · Collection fees acceptable to all parties concerned is the key to success

Challenges :

- Some people who live far from YCDC transfer points and generate more volume of waste may be reluctant to pay higher fees
- It could happen that waste collectors don't make regular rounds as required, SWM committee shall intervene in this situation
- Household waste segregation may pose a challenge

Full community

All target areas

none
