PARTICIPATORY ACTION RESEARCH PROJECT
TO IMPROVE SUSTAINABILITY AT AN
INTERNATIONAL SCHOOL IN HO CHI MINH
CITY, VIETNAM

by

SHELLEY REINETTE MILSTEIN

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SUPERVISOR: PROFESSOR S SCHULZE

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Student No 34670254

I declare that *Participatory action research project to improve sustainability at an International School in Ho Chi Minh City, Vietnam* is my own work and that all sources that I have used or quoted have been indicated and acknowledged by means of complete references.

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(Miss) SR Milstein       DATE
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Summary

Participatory Action Research (PAR) was carried out to improve educational practices and environmental sustainability in an International School in Vietnam by undertaking two cycles of PAR to determine how the school community could use paper on a more sustainable basis. The methodology included sorting paper and encouraging the reuse of paper. Practices related to computer printing, report writing and newsletter production were also investigated. Changes in the school community, in terms of accepting responsibility and demonstrating changed attitudes and behaviours, were measured.

The school community demonstrated greater awareness, increased responsibility and more action competence. Critical awareness of unsustainable practices increased. Individuals were able to effect change, but it is recommended that such actions should be institutionalised for such changes to be sustainable. Limitations and recommendations emphasise the need for continuing PAR to implement sustainability.

*Key Terms:*
Sustainability; recycle paper; reuse paper; International School; Vietnam; participatory action research; action competence; attitudes; behaviour; environmental policy