**Katie:** Welcome to From the Ground Up, a podcast by the UK Youth Climate Coalition. This is a podcast by and for young people who are passionate about climate justice and want to make a difference.

**Josh:** It doesn't matter if you are seasoned campaigner of brand new to the topic there's something to learn for everyone.

**Katie:** In each episode we’ll be talking to young activists about a particular issue within the umbrella of climate justice they’re passionate about, what it means to be an activist and what you can do to help.

**Josh:** We’ll be bringing together campaigners from around the world and across the broad widths of the climate justice movement. Expect to hear about their stories and experiences in fighting climate change from the ground up. Launching from the 23rd of October 2022 with the first series of episodes weekly on topics such as loss and damage and eco-anxiety. We look forward to seeing you there!