



HOW TO LIVE A MORE SUSTAINABLE LIFESTYLE?

A short guide on eco awareness

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Introduction

A greener way of living doesn't mean we have to make drastic changes in our everyday life. Being environmentally conscious starts with small changes in our everyday habits. Small changes can make the biggest difference. If each of us does a little bit, together we can do a lot.

In this short guide you will find some simple but effective tips on how you can live your life in a more sustainable way, at home, at work and on the go.

There's so much we can do to make sure we are being considerate of our planet.



Use you energy sparingly

- Turn off the lights and appliances that are not currently being used
- During winter months, the most energy can be saved by achieving the optimal temperature, which is around 20 – 22 °C
- In the summer, when most of us are using the AC, the same rule applies. The difference between outside and inside temperatures should be around 8°C
- Go for LED lights/bulbs and energy-efficient appliances. LED bulbs consume significantly less electricity while providing the same amount of light.
- Use natural light as much as possible.
- Unplug chargers of electronic devices from the outlet when the battery is fully charged



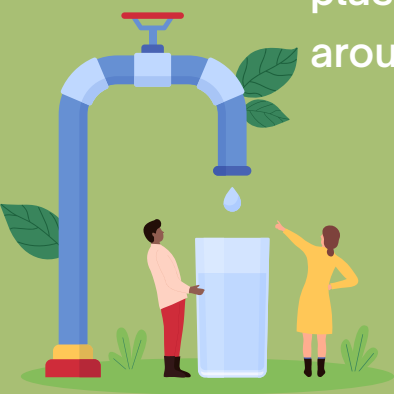


Be mindful of your water consumption

- While brushing your teeth, or doing the dishes, don't let the water run the whole time. Turn the faucet off when you don't need running water.
- Use the washing machine and the dishwasher only when full to avoid wasting water on a half-full machine.

Recycle and reuse

- Recycle your waste by separating paper, plastic, glass and organic waste at home and then disposing them in the right container.
- It's important to recycle correctly, so it would be efficient. Before you put the packaging in the recycling bin, make sure it is empty and clean. Empty all liquids from bottles and remove any food residue from containers. You don't have to wash every piece of packaging perfectly, but removing most of its content is important.
- If it's possible, compost your food waste.
- Don't use paper or plastic plates, cups and utensils, avoid all disposable supplies.
- Reuse as much as you can. You can reuse old jars, cans or plastic containers for food storage, organizing small items around the house or for your own creative projects.



Shop responsibly

- When shopping for clothes, go for longer-lasting, higher quality items
- Whenever possible, buy locally grown, seasonal food, with minimal packaging to avoid unnecessary waste
- Carry your own reusable bags made from fabric or other durable material instead of buying plastic bags
- Carry your own water bottle so you don't have to buy disposable plastic bottles

In your daily commute

- Being green and eco-friendly can also make you fit! instead of driving, opt out for walking, riding a bike or public transportation
- Any other way of commuting is better for the environment than driving in your car alone, since cars are producing high levels of CO2 emissions



How you can give back to nature?

- Plant plants and create green spaces in whichever form you can. Houseplants, a little balcony garden, or planting a tree – it all counts.
- Take care of your natural environment by keeping it clean and making sure you do not leave any trash behind after a field trip.
- Never break tree branches, do not disturb animals and wildlife, and always make sure you treat nature with respect and gratitude.



By applying these small changes, we can all achieve wonderful results in keeping our planet green, healthy and happy.

We don't have to be absolutely perfect in our green journey, but we do have to be consistent and make smart choices in our everyday life. Our beautiful planet will be grateful.