PROTECTING OUR PLANET **STARTS WITH YOU!**





unplug chargers when not in use



Buy & sell secondhand clothes

Make plant

pots out

of plastic bottles



use solar heaters to heat domestic water

use solar

panels to

produce

green

energy

Reduce the use of airconditioning by letting in fresh air in the morning

Grow your own

crops, raise your

own meat

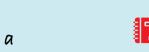
Collect

rainwater

for plants



Bring a reusable lunch box and water bottle



use erasable notebooks

Reduce printing



Conserve water the tap while



Turn off the lights when leaving the room or install monitoring sensing lights



Put up energy saving bulbs



Take quíck showers to reduce the usage of water



by turning off you brush your teeth



Re-use díshwashing water to flush

the toilet



Reduce toilet paper



use toilet paper that is made from recycled paper, without chlorine, colour- or fragrances



usage



using a

bicycle for

workdau

commutino

and weekend

instead of a



use cloth napkins instead of paper ones



Read ebooks instead of a printed version



Buy second hand



Raise the topic around sustainability with friends



Be surounded by green plants to filter the air



Make soup from leftover vegetables



Separate home and in the office



Reduce the consumption of meat by introducing vegetarian meals



Reduce foodwaste by buying just enough



Pick-up trash while



Choose an electric car



use reusable shopping bags



Shop at packaging. free grocery stores









