



## **Carbon footprint reduction**

**As part of the Green Activists for Climate Friendliness Erasmus+ project, participants wrote about practical ways to reduce the carbon footprint in everyday life. They explored topics like sustainable travel, energy-saving habits, and conscious consumption, encouraging climate-friendly choices through their reflections.**

anpcdefp



UIET



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the European Union

SCHOOL / WORK

1. Volunteer
2. Plant trees at school
3. Have a class plant pet
4. Give speeches
5. Make presentations
6. Reuse furniture
7. Go to work/school by bike
8. Don't use chatgpt
9. Use battery saving options
10. Have a school garden
11. Solar panels
12. Sustainable foods
13. Spread awareness
14. Don't drink fake milks
15. Eat seasonal foods
16. Use washing machine
17. Don't flush
18. Build wind turbines
19. Eat natural foods
20. Reuse
21. Upsicle
22. Don't upload
23. Don't

HOME

34. Turn off the lights
35. Spare water in tap
36. Don't overcharge phones
37. Disconnect when not at home
38. Recycle
39. Don't use fast fashion
40. Shop second-hand clothing
41. Don't overuse chemicals
42. Don't buy single use plastic
43. Use cold water instead of hot
44. Shop local
45. Eat less meat
46. Don't use overprocessed food
47. Solar panels
48. Compost
49. Grow your food
50. Don't buy newspapers
51. Don't drink fake milks
52. Eat seasonal foods
53. Don't burn plastic
54. Use washing machine
55. Don't flush
56. Use furnaces
57. Shower don't bath
58. Eat natural foods
59. Reuse
60. Reuse
61. Reuse
62. Reuse

TRAVEL

67. Use public transport
68. Use electric
69. Don't get food delivered
70. Carpool
71. Walk
72. Use a bike
73. carbon offset programs
74. Spread awareness
75. Use direct flight
76. Don't flush
77. Eat natural flush
- 78.
79. Reuse
80. Reuse
81. Upsicle
82. Upsicle
83. Upsicle
84. Upsicle
85. Don't
86. Upload
87. Upload
88. and
89. overuse
90. the
91. the
92. the
93. the

19. Unplug devices, bc they can cause fire.
20. Switch to energy-efficient appliances
21. Don't use a lot of make up.
22. Renewable energy sources.
23. Use cold water for laundry. Reduces energy consumption
24. Manage your waste, compost
25. Insulate your home. keeps home cooler in summer, warmer in winter
26. Work from home, to reduce commuting emission
27. Go paperless
28. Fly less, go for train and buses.
29. Fly direct, non-stop flights
30. Eat more greener.
31. Stop beefing with your health, start leafing through your meals.
32. Buy slow fashion
33. ~~Make~~ By integrating these tips into your daily life, you can make meaningful impact.

# 33 Tips to Reduce your carbon footprint

1. Use organic materials for clothing
2. Don't use plastic cups
3. Take out food in your own boxes
4. Don't leave lights on
5. Use solar batteries
6. Recycle
7. Don't wash clothes if washmachine isn't full.
8. Use more electrical, greener transport
9. Refill your water bottle
10. Buy food from locals
11. Change paper to electrical devices.
12. If you see a trash, put it in a bin.
13. Make tara for glass bottles as well.
14. Do eco activities with schoolmates
15. Take books from libraries, don't buy.
16. Change bags in supermarkets in more eco-friendly
17. Use legs on short distances
18. Use LED bulbs (consume less energy)

## Home

1. Recycle trash
2. Try to avoid using plastics bags
3. Try not to waste food
4. Commute as least as possible with car
5. Composting
6. Try not to waste water
7. Use as least electricity as possible
8. Use some ecofriendly ways of heating
9. Use renewable energy
10. Landscape with native plants
11. Upgrade to efficient, all-electric appliances
12. Use less hot water
13. Replace light bulbs with led lamps
14. Avoid products with excessive packaging
15. Vacation closer to home
16. Walk or ride a bike
17. Buy less stuff
18. Shop with reusable bag
19. Eat more plant
20. Support local businesses
21. ~~Don't~~ Practice conscious consumerism
22. Don't buy beer in plastic bottles
23. Reuse paper
24. Reuse bottles
25. Don't throw away old clothes
26. Give away useless stuff

AMU

instead of impact eating

## Travel

- 1) Avoid flying
- 2) If you fly, fly more carbon efficiently (Fly Economy class)
- 3) Consider the impact
- 4) Take the train instead
- 5) Public transport
- 6) Stay in low carbon impact accommodations
- 7) Choose lower carbon impact eating
- 8) Stroll, wander, walk instead of using cars
- 9) Choose closer destinations
- 10) Shop and look like a local
- 11) Buy from local independent retailers and support the local economy
- 12) Pack light
- 13) Choose efficient transportation to explore your destination
- 14) Turn down the AC and heat
- 15) Buy meaningful souvenirs instead of stuffs
- 16) Support sustainable tourism projects and initiatives
- 17) Use the "Do not disturb" sign
- 18) Volunteer tourism

• Fix water leaks

• Eat less meat

## HOME

• Don't have vegans

• Program your TV

• Solar energy

• Promote local

food

• Grow your own food!

• Eat seasonal food.

• Geothermal

• Wind energy

• Composting

• Food management

• Movement sensors → automatic lights

• LED light bulbs

• Energy efficient domestic machines

## SCHOOL

## WORK

• Reusable bottle / cup

• Reusable bags

• Collect trash.

~~Organic~~

• Recyclable bags

• Plant trees

• Magnet boards

• Lunch boxes

• Use ecofriendly

## TRAVEL dly sunackreen.

• Bicycle

• Nuclear energy

• Public transport

• Electric cars

• Reduce flights

• Hydrogen cars

• walk

• urban planning

• plan your trip

- Increase ventilation
- Indoors pants.
- Permaculture.
- Insulate your home
- Decrease open flames
- Second hand / Quality clothing.
- rugs.
- Don't use dryer machines.
- HVAC systems.
- Water purifier
- unplug electronic devices
- Thermostats
- Seal doors
- Wash clothes in cold water
- Not putting hot foods in the fridge

~~Living~~

## Work

- Take short showers.
- Green check.
- Avoid using the mini bar.
- Turn off computers after using it.
- Recycle the paper
- Print both sides of the paper.
- Work remotely
- Electric scooters
- Choose direct flights
- Carpool with others.
- Avoid cruise ship
- Pack light.
- Tail ships!
- Stay in ecofriendly hotel
- Stay in local or apartment.

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• Lunch boxes

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