

## Ideas for a cleaner environment

Here are some tips that each of us can adopt to protect our environment:

### 1. Collect waste separately and reuse/recycle

We can recycle paper, cardboard, plastic, glass, aluminium and other metals, as well as textiles and oil. Each material is recycled differently, but waste must be cleaned and/or washed before collection. Keep this in mind to avoid contaminating the whole container!

### 2. Cut-down energy consumption

Reducing energy consumption has direct environmental benefits. Firstly, it limits the amount of pollutants released by power plants. Secondly, natural resources are preserved. Changes can start in your own household, like this:

- turn off the light when you leave the room;
- unplug electronics and appliances when you are away from home for longer periods;
- take advantage of natural light by positioning your desk near a window;
- turn on the air conditioning only when absolutely necessary;
- choose to put on a jumper before rising the temperature in the house;
- use the washing machine only when it is full and choose a low temperature programme;

### 3. Diminish water consumption:

- turn off the water when brushing your teeth or soaping your hands;
- shorten the duration of showers and turn off the water while washing dishes.

**4. Reject plastic bags and containers.** We will help reduce plastic consumption and therefore plastic pollution.

**5. Choose public transport, walking or cycling whenever possible instead of driving.**

**6. Collect used batteries separately and take them to a specialised recycling centre.** Used batteries can contain highly toxic heavy metals, which, once released into the environment, can contaminate soil and groundwater.

**7. Do not dispose of waste oil down the drain. Collect it separately and take it to a specialised centre for recycling.** One litre of used cooking oil can produce 900 millilitres of biodiesel.

### ***Did you know that:***

*- 1 litre of waste oil reaching the underground water has the capacity to pollute and render unusable 1,000,000 litres of drinking water (enough for 1 adult person for 14 years)?*

*- a used battery, going to the bin, then to the trash container behind your house and finally reaching the landfill, pollute 1 square metre of land and 10 litres of water?*

*- a plastic bag can decompose in 10 to 100 years if exposed to sunlight, but its ecological legacy can persist forever?*

**Each of us should play our part in taking action to protect the environment.**

**Every action starts with the first step.**

**Let's not remain indifferent to the suffering of the planet, we need to get involved now!**