

THE SUSTAINABLE GUIDE

**Simple Advices for More
Eco-Friendly Lifestyle**

DESIGNED BY ERASMUS+ PEOPLE



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TRAININGS

INTRODUCTION

Today we see thousands or millions of people implementing more **eco-friendly habits**. While it generates a positive impact on the planet, it can leave people like us feeling lost and hopeless about where to start.

When we first approached the **zero waste** idea, we were hooked. Finally **something to make the world greener!** Because, like it or not, plastic has become a great part of our daily lives. Yet, seeing all these mindful practises in front of us, we had no idea where to start. We had heard about substituting plastic bags with cotton ones, using Mason jars, cycling to work, switching to a vegetarian diet & other changes but we didn't know that we could make these huge changes so quickly.

We understand how you feel. We know you want to make some changes. We can see how you might think your actions aren't making any difference...

That's why this guide will give you some **great tips** to help you **take further steps** towards a more eco-friendly way of life. The guide is packed with small and easy things that you can do **at home, at work** or while **travelling**, which are going to have a valuable impact on our planet Earth.

STATISTICS



1

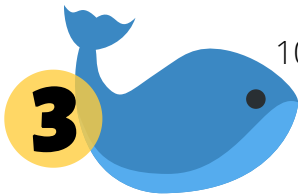
Worldwide, about 160,000 plastic bags are used every second. That could cover France twice. (theworldcounts.com).

Of the plastic produced globally from 1950 to 2015: 55% ended in the landfill and only 6-7% was recycled.

(<https://slides.ourworldindata.org/plastic-pollution/#/5>)



2



3

100,000 marine mammals and turtles and 1 million sea birds are killed by plastic pollution annually.

(<http://oceancrusaders.org/plastic-crusades/plastic-statistics/>)

On average, in the EU, 31kg of plastic packaging waste is produced per person every year.

(<https://ec.europa.eu/eurostat/web/products-eurostat-news/-/EDN-20180422-1>)



4



5

The average person eats 70,000 microplastics each year (about 100 microplastics in one meal).

(<https://www.globalcitizen.org/en/content/plastic-pollution-facts/fbclid=IwAR3KFmqTi6dHflo80foUINxIj3s8DgPzYQaxYqcD6-4RHJgzyzAN-k1wisA>).

Every plastic toothbrush ever made still exists.

(<https://www.greenpeace.org/international/story/7281/every-single-piece-of-plastic-ever-made-still-exists-heres-the-story/>)



6



7

More than 8 million tons of plastic is dumped into our ocean every year.

(<https://plasticoceans.org/the-facts/>)

Plastic pollution is present in every beach in the world. Nowhere is safe!

(<https://www.sas.org.uk/our-work/plastic-pollution/plastic-pollution-facts-figures/>)



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SOMETIMES WE ALL FEEL HELPLESS IN THE FACE OF ENVIRONMENTAL PROBLEMS. WE HOPE THIS GUIDE WILL INSPIRE AND ENCOURAGE CHANGE IN YOUR DAILY LIFE AND MAKE YOU SEE HOW EASY IT IS TO MAKE A DIFFERENCE.

GREENING YOUR HOME

Visualise this. You wake up in the morning and wash your face. You brush your teeth with a plastic toothbrush, squeezing toothpaste out of a plastic tube... Plastic is everywhere.

It can be difficult to know where to start removing plastic from your life. The easiest way is to **take a look** at the products in your home & implement some of these **simple swaps**:

- A bamboo toothbrush instead of a plastic one.
- Buy 2nd hand or exchange clothes instead of buying new ones.
- Enjoy local, fresh and seasonal produce instead of imported goods.
- Make your own natural products instead of buying chemicals
- Use water filters instead of buying water in plastic bottles.
- Switch to LED bulbs and make sure to switch off the lights and electrical appliances when not needed.
- Sort your waste according to the local sorting system.
- Produce your own renewable energy/switch to a local renewable energy provider.



ON AVERAGE, US HOUSEHOLDS USE 10 TIMES MORE CHEMICALS CLEANING IN THE HOME THAN FARMERS USE IN EACH ACRE OF THEIR LAND.

DO IT YOURSELF DEODORANT

- 2 Tbs of Coconut oil
- 2 or 3 Tbs of Baking soda
- 2 Tbs of Shea butter
- 15 Drops of Orange essential oil

- 1) Dissolve the coconut oil.
- 2) Add baking soda and then add shea butter
- 3) Add the essential oil
- 4) Pour it into a clean jar and let it set
- 5) Apply it with your fingers and enjoy! ;)



Check more DIY products on next sections

ACCORDING TO NATIONAL GEOGRAPHIC, 73% OF ALL BEACH LITTER IS PLASTIC. THIS INCLUDES CIGARETTE BUTTS, BOTTLES, BOTTLE CAPS, FOOD WRAPPERS, GROCERY BAGS, AND POLYSTYRENE CONTAINERS.



TRAVELLING MINDFULLY

In today's world we are encouraged to make more convenient and less mindful choices regarding plastic consumption when we are on the move. From the second we leave our house we have **a choice to make**: to continue with what we're used to or to **adopt more eco-friendly practises**.

DO IT YOURSELF BEESWAX FOOD WRAP

You will need:

- An iron
- Beeswax granules
- Cotton fabric of your choice
- Baking paper
- A firm, heatproof surface to work on

Steps:

- 1) Cut your fabric to your preferred size and shape.
- 2) Lay a sheet of baking paper on your work surface and your fabric on top. Make sure you have a couple of inches of baking paper outside the edge of the fabric to catch any wax run-off.
- 3) Sprinkle some beeswax granules onto the fabric. You won't need a lot; it's easy to add more if needed, so don't get too carried away.
- 4) Lay another sheet of baking paper on top of the fabric.
- 5) Iron until the beeswax is completely melted and evenly spread on the cotton cloth.
- 6) Remove the cloth and let dry.

Now you can make another one :)

- Move around differently: use public transport, walk or cycle.
- Carry reusable bottles for your water and coffee.
- Get a metal straw to prevent unnecessary plastic waste.
- If you visit a bar or restaurant which offers plastic straws, ask them to make a change and leave a review online.
- Prepare and take your own food in beeswax wrap to save money (see our DIY section on the left).
- Use cloth bags or glass jars while shopping for fruit, vegetables and grains.
- Buy dairy, meat and baked goods directly from the counter to avoid the use of plastic wraps.

SUSTAINABLE WORKPLACE



Sometimes it can feel as though we have no control of our environment when we spend the majority of our day in an office, classroom or library. This can feel frustrating when we can see all of the **unnecessary paper, plastic and energy we are consuming**.

However, these environments provide us with **an exciting opportunity** to increase our impact on a much bigger scale. When we talk to our colleagues, teachers and office managers about issues we see can improve, we are **empowering those around us** and we become champions for the environment.

ORGANISATIONS THAT ADOPT GREEN PRACTICES, SUCH AS REDUCING ENERGY USAGE AND CONSUMPTION OF RESOURCES, OBSERVE A 16% INCREASE IN EMPLOYEES' PRODUCTIVITY

Start becoming a champion with these simple tips:



- Share a car to go to work/school to split the cost (& the pollution!).
- Use tap water or ask to put a water filter in your workplace.
- Swap your indoor meetings and lessons for walking meetings outdoors.
- Use towels instead of paper towels in the bathroom.
- Turn off the lights and computers during lunch breaks and when going home.
- Measure the electricity footprint in your workplace to check the efficiency of your appliances.
- Ask the decision-maker for using A+ class electronics and refillable printer ink.
- Turn down the heating on warm days.

Perfume

1. Coconut oil
2. Essential oils

In a roll-on glass container mix melted coconut oil with 1-4 drops of each of your preferred essential oils.

Suggestions: lavender with mint; orange with ginger and frankincense.

DO IT YOURSELF



Here are a few products you can easily make yourself. When you finally realise how many **products you don't have to buy any more**, you will be surprised!

Body Butter

1. Shea/ Cocoa/ Mango butter
2. Coconut oil
3. Almond/ Avocado/ Apricot kernel oil
4. Essential oils (optional)

Melt and mix in a double boiler equal parts of the first three ingredients. Apply cold or wait until the mixture is completely solid.

Whip the mixture with a hand mixer and add 10-15 drops of your favourite essential oils. Store your brand new natural body butter in a sealed container.



Activated Charcoal Toothpaste

1. Coconut oil
2. Purified green clay
3. Activated charcoal
4. Nim powder
5. Peppermint essential oil
6. Cinnamon
- 7 Salt

Put 3 tablespoons of coconut oil, 2 tablespoons of green clay, 4 capsules of activated charcoal and a little powder. Add 25 drops of mint essential oil for oral use, 1 tablespoon of cinnamon and some salt.

Face Mask

1. Green clay
2. Water/ Lemon juice
3. Hazelnut oil (optional)

In a glass container mix 2 teaspoons of green clay with a few drops of water until it turns into a paste. Use a non-metal teaspoon to mix the ingredients so that the green clay keeps all its properties. Once a week, apply the paste on the face avoiding the eye area and let sit for 10-15 minutes. Wash off with water.

Note: Not for sensitive skin!





DO IT YOURSELF

Air Freshener

1. Water
2. Lavender/Orange essential oil

In a 500-ml spray glass bottle mix water with 20 drops of essential oil.

Use in the bathroom, on clothes or bed linen.



Lip Gloss

1. Beeswax
2. Beetroot powder

In a sealed metal recipient mix melted beeswax with a small amount of beetroot powder. Let cool until it turns solid.

Apply on your **lips** with the fingers or with a brush.

Cleaning Products

1. Water
2. White vinegar
3. Citrus essential oils or citrus peels (optional)

In a 500-ml spray glass bottle mix $\frac{2}{3}$ parts with water and $\frac{1}{3}$ white vinegar. Add essential oils if desired. The vinegar smell disappears quickly.

Use with a cotton cloth or a loofah sponge to wash **windows, kitchen and bathroom**.

Hair Mask

1. Olive oil
2. Brown sugar

Mix 2 tablespoons of olive oil with 2 tablespoons of brown sugar.

Apply on your **hair** and let sit for 15 minutes. Wash off with your usual shampoo.



Body Scrub

1. Sugar/Pink Salt/Baking soda/Dried coffee grounds
(the exfoliant)
2. Coconut/Olive/Sesame/ Avocado oil
(the oil)

In a glass container mix 1 tablespoon of exfoliant with 4 tablespoons of your preferred or available oil.

Rub on the **body** when needed.