

REDUCE YOUR DIGITAL POLLUTION



Keep your electronic devices as long as possible and switch them off instead of leaving them on standby. Limit your streaming or at least reduce the quality of the videos (between 240p and 720p should be enough), use WI-FI rather than 4G.

SAVE ENERGIE



Lower the heating temperature of your home to 19°C and even 16°C in the bedrooms and the temperature of your water heater to 55°C. When washing laundry, always full loads and at lower temperatures (30°C). Let it dry in the open air. Switch off your devices when you don't need them, at night or when you are away (coffee machine, microwave, radiators, router, television...)



TO GO FURTHER...




To know where you stand- and how you can progress, calculate your carbon footprint on the website: footprint.wwf.org.uk or www.footprintcalculator.org. If you want to know more you can visit the websites from www.worldwildlife.org, www.greenpeace.org in the rubric "take action", or zerowaste.org. More links and sources are also available by scanning this QR code:



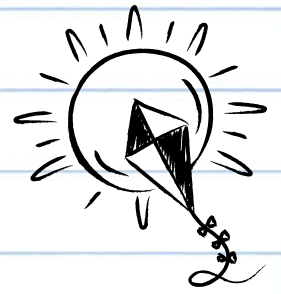
Pictures by Luis Scheuermann

Made by Elsa Levrard, Elack Forest National Park, volunteer project 2023

 klimaneutrales Druckerzeugnis | durch CO₂-Ausgleich | www.natureOffice.com/DE-275-ML1j95V

**PRACTICAL TIPS
FOR LIVING MORE
SUSTAINABLY**

Changing the
world on your
scale



PRACTICAL TIPS FOR LIVING MORE SUSTAINABLY

You want to help our planet but you do not know where to begin? This leaflet is here to help you on your journey.

GET INVOLVED IN AN ASSOCIATION, NGO OR POLITICAL ACTION



Vote to protect our planet, commit or donate to environmental associations, take part in FridaysforFuture or other (peaceful) demonstrations, discuss and raise awareness around you.

SWITCH BANK



It is one of those powerful actions we do not think about: choosing your bank can make a huge difference. Our money pollutes without us doing anything at all. You have the power to change that by simply putting your money in the right place.

MOVE AROUND



Do your best to get around on foot or bike, use public transport or carsharing. For longer travels and vacations you can find great blogs or books that offer ecological alternatives.

ANOTHER WAY OF CONSUMING



EAT BETTER

As much as possible, eat locally and seasonally, without plastic packaging (or without packaging at all), reduce your meat consumption, plan your meals to avoid waste...

ZERO WASTE



Solid soaps, reusable cotton and sanitary pads, bulk food, glass or metal containers, refuse unnecessary items, reuse or repair: give objects a second life instead of throwing them away to buy new ones... It's simple!

DRESS DIFFERENTLY



The first step is to buy only what is actually useful to you. Avoid fast fashion, purchase quality clothes that are made of natural materials, such as linen or cotton. They are certainly more expensive, but last much longer. Or consider second hand clothing!