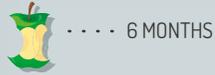


DECAY TIMES OF DIFFERENT MATERIALS



... 6 MONTHS



... 6 MONTHS



... 500 YEARS



... 500 YEARS



... NEVER DECOMPOSES

TIPS & TRICKS FOR A SUSTAINABLE BEHAVIOUR BY

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- One of the key ways to reduce your own usage of resources and the amount of waste is to look for **alternatives to the commercial way of shopping** (Swap Shop events, Freetable, Free shops).

WHY?

- Most of the time the only energy being used is **your own**.
- It saves money** which you can spend on something else.
- Through buying less you help to **minimize the need for the production** of new goods and the generation of waste.
- You can consider having an **upcycling workshop** to promote the idea, or even produce some of your merchandise this way. There are plenty of websites, which give you endless tips on this topic. **Google it, transform it!**

- Nearly **30% of our refuse** consists of garden trimmings and food waste. This is a huge amount that we could save from landfills by having compost at home, at work or **composting facilities** available during the events we organize. In short, the process of composting simply requires **collecting organic matters** and waiting for it to break into humus (do not confuse it with hummus!). As a result, compost can be used as a **fertilizer** and a **soil amendment** for your pot plants and gardening.



- Landfills are the **largest human-created source of methane emissions** and thus are significant contributors to climate change. Methane is a **25 times more potent greenhouse gas than CO2**. (Source: Eurostat)

- Only **10 % of waste is not recyclable**.
- Every year we fill enough garbage trucks to form a line that could stretch **from the earth, halfway to the moon**.



Nine million tons of plastic released in 2015 into the ocean. That's the equivalent of **136 billion plastic milk jugs**. Stack them up and they'd reach **more than halfway to Mars**.



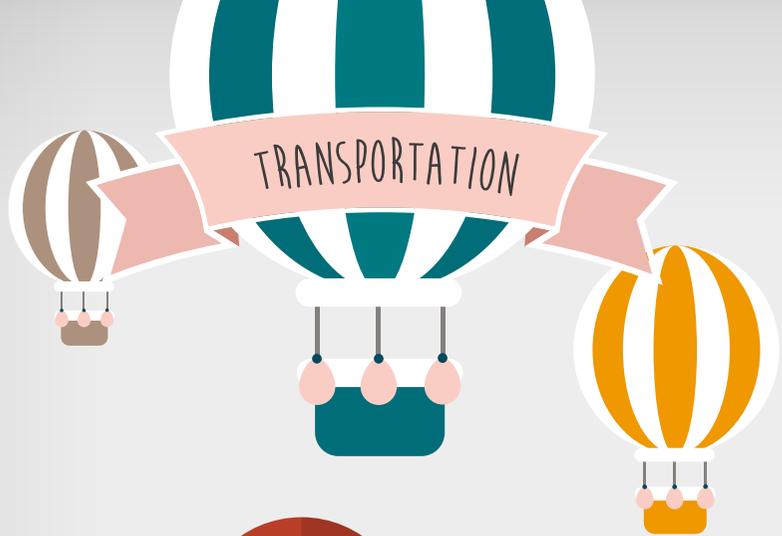
Humans release between **5.3 million and 14 million tons of plastic** into the ocean annually.

AMOUNT OF ENERGY SAVED BY RECYCLING

1 RECYCLED = POWER A FOR 3 H

1 RECYCLED = POWER A FOR 25 MN

1 RECYCLED = POWER A FOR 3 H



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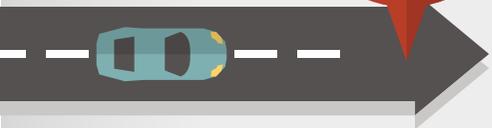
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Mobility is the hallmark of the 21st century. At this very moment there are around **12,000 civil aircraft vehicles** in the sky.

+ 20%
OF WORLDWIDE
CO2 EMISSIONS



+ 50%
OF WORLDWIDE
CO2 EMISSIONS



Even though transportation plays a key role in the economy of most countries, from an environmental perspective, mobility entails an increased impact on nature. It contributes to **greenhouse gas emissions, noise and light pollution**.

Moreover, travelling often involves increased **production of waste**, such as when we grab pre-packaged sandwiches or bottled water from food stalls on the way.

These influences can be greatly reduced by **wise decisions** and a **little effort**.

+ 25%
OF WORLDWIDE
CO2 EMISSIONS



TIPS...

FOR A SUSTAINABLE TRAVEL (FROM THE MOST SUSTAINABLE)

Incentives to minimize the impact of traveling could be easily introduced for the **benefit of the environment**:

- 1/ Try **hitchhiking** or **cycling**.
- 2/ **Encourage using public transport** instead of flying, at least for travels below 1,000 km.
- 3/ If you need to use car, try **car-pooling**.
- 4/ If all the ground possibilities are out of question and a flight is a must, **offset the emissions**.

Make the people who are the most eco-friendly travellers proud of their effort. You can acknowledge the efforts of those who were travelling the longest way and produced the least CO2!

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LIGHTING

CFL, LED AND INCANDESCENT BULBS

- Different studies show diverse results on energy saving potentials after shifting to **energy efficient bulbs** like CFL or LED. It usually varies between 15% - 40% and is influenced by factors like specific of the building, organizational needs and sort of the bulbs. According to BC Hydro, switching from incandescent to energy-efficient lighting can **save up to 20% of cooling costs.**

- CFLs (Compact Fluorescent Lamps) are usually up to **75% more energy-efficient** than incandescent bulbs, LEDs (Light Emitting Diodes) – even more. The lifetime of CFLs is up to 6 years, which is about **2-5 times less** than of the LEDs.

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ELECTRIAL EQUIPMENT

COMPUTERS AND OTHER ELECTRICAL DEVICES

- **Don't use a screen saver.** It doesn't let the monitor dim and thus keeps on wasting energy. Screen savers are not necessary on modern monitors.
- The brightest setting on a monitor can **consume twice the power** used by the dimmest setting, so it makes sense to turn it down a bit.



- **Fight phantom power** or so called 'energy vampires'. Plug all your electronics into one power strip and **turn the strip off** until needed.
- **Unplug** cell phone chargers, adapters etc., **they keep on sucking energy even if not in use.**

HOW TO SAVE ENERGY?

TIPS...



Saving energy is a **benefiting way to protect climate** and thus **humanity**, too. **Lighting, heating and cooling** are the best targets for energy savings at workplace – they represent between **54-71% of total use of energy** in an office building, depending on climate. Electrical devices are the fourth potential energy waster, since even energy-efficient equipment can be used more efficiently. **Decreasing energy usage** is a great way to save money and do something good not only to environment.

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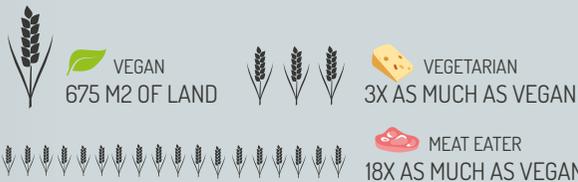


BENEFITS OF A VEGETARIAN /PLANT-BASED DIET

01

You save resources needed for farming food such as land, water and energy.

► Each day, a person who eats a plant-based diet saves **2000-4000 litres** of water, **20 kg** of grain, **2,8 square metres** of forested land, **9 kg** of CO2 equivalent and 1 animal's life.

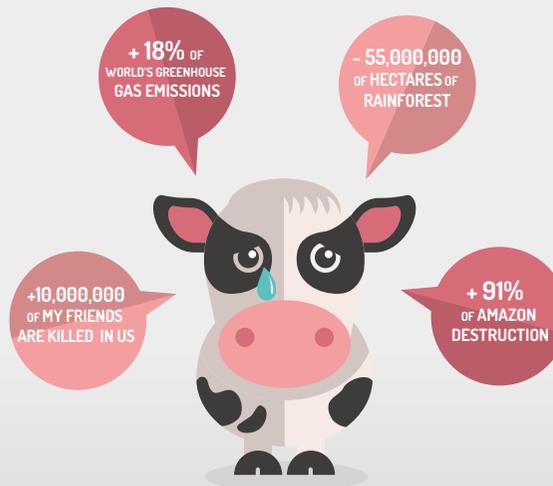


- 1 dairy cow consumes **65 kg** of feed and **130 litres** of water everyday.
- **Ten billion of animals killed for food** in the US each year consume two-thirds of the nation's grains, half of the nation's water, one-third of the nation's landmass, and one-third of the nation's fossil fuel.
- One-third of the world's cereal harvest is fed to farmed animals. Enough to feed **800 million people**.
- **150-300 trillion litres** of water wasted every year due to animal agriculture.

02

You reduce the carbon footprint of your activity and prevent degradation of environment.

- **Livestock** are one of the most significant contributors to today's most serious environmental problems, being responsible for **18 % of world's greenhouse gas emissions**, a bigger share than of **all the transport combined**.
- **55 million of hectares** of rainforest lost to date to feed livestock. In average **0.5 to 1 hectare** of rainforest is **lost every second**.
- Animal agriculture is responsible for up to **91% of Amazon destruction**.
- **One-third of the planet** is decertified, mostly due to overgrazing.
- **Three-quarters of the world's fisheries** are exploited or depleted. We could see fishless oceans by 2048.



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03

You make a stand against cruelty and inhumane working conditions

Factory farms - little space, no daylight, diseases, antibiotics, growth hormones, working conditions of the farmers. **80% of the antibiotic** sold in US go to livestock.

04

You care for health of your colleagues and guests.

Much of the meat available in supermarkets these days contains **antibiotics, added hormones, food additives, flavour enhancers, chemicals prolonging the shelf-life and salt-water solutions**. These form a pile of chemicals you voluntarily introduce to your body **every time you order a steak or an omelette**. It is confirmed by many reliable **institutes and research studies** that a well-planned vegetarian or vegan diet is suitable for people of all ages and levels of activity, including endurance athletes and bodybuilders.

LOCAL/SEASONAL, FAIR TRADE & ORGANIC

01

Support the short supply chain!

- ▶ To cut down the amount of transport
- ▶ To enjoy freshness and flavour
- ▶ To reward local farmers with fair prices
- ▶ To support food culture

WHAT IS
FAIR TRADE?

Fair trade is a certification which ensures that growers from developing countries are paid a guaranteed minimum price for their product, workers on their plantations receive fair wages, health and safety standards are complied with, and that there is **no forced or child labour**. Fair trade producers additionally commit to respecting a balance between **environmental protection** and **business results** and receive premiums for investing in social and environmental projects that **benefit the wider community**.

SOME BENEFITS OF ORGANIC PRODUCTION OF FOOD

- ▶ It has **lower levels of pesticide** residue than conventional fruits and vegetables. Organic food can be **more nutritious** than conventionally produced food.
- ▶ It works **with nature** rather than against it by **promoting biodiversity** and **healthy soil**; conventional farming leads to soil degradation and can even result in desertification.

02

Eat out (choosing a restaurant)

- ▶ Look for a place which is open to all and welcomes customers with **various dietary requirements**, including vegetarians, vegans, and food allergy sufferers.
- ▶ Support restaurants that source their food **sustainably** and base their menus on **local and organic produce**.
- ▶ Check out the **restaurant's environmental credentials**: are they using biological cleaning products, diminishing waste and recycling?
- ▶ Find places that go a step further and **support local community projects**.

03

Buy and eat organic!

The way our food is produced **has changed dramatically** in the mid-20th century. Research and the development of technology has promoted the heavy use of **pesticides** and **chemical fertilizers**, the practice of **monoculture** and the introduction of **GMO**.

Heavy use of pesticides is directly related to **cancer incidence in humans**. The use of chemical inputs and the practice of monoculture has resulted in enormous **environmental degradation**, **soil erosion**, **water scarcity**, **vulnerability to pests**, and even incidents of **violent conflict in many communities** in the World.

Palm oil is an ingredient in thousands of products we use every day. It is used in products as diverse as **shampoo**, **toothpaste**, **chocolate**, **cookies**, **frozen food**, and **detergent**. Palm Oil was responsible for **10 million of hectares** of Indonesian rain forest being cleared to date, causing the **extinction of many species**.

- 10,000,000
OF HECTARES OF
RAINFOREST

PALM OIL



FOOD WASTE: REACT & ACT!

There are more than **7 billion people** on Earth. Currently we produce enough food to feed **10 billion people**. Still **1 billion** don't have enough on their plates.

4600 calories of food are harvest for every person on the planet each day. Only about **2000 are eaten...** while **2600 calories are wasted**.

Nearly half of the food grown worldwide is wasted rather than eaten. That's **1.4 billion hectares** of farmland (the same size of Antarctica); **250 cubic kilometres** of water (enough to fill 400.000 Olympic-sized swimming pools); **3.3 billion tons** of CO2 (more emissions than any country in the world, except China (7.7) and USA (5.4)).

On average **179 kg of food per person** is wasted each year in the European Union. Resulting in unnecessary waste of energy, resources and money, as well as causing enormous amounts of pollution due to decomposition process.



ECOmaps is a **European web mapping** service and database, displaying the most **sustainable, ecological and healthiest** options in a certain location, area or city.

By being an **open source project**, ECOmaps allows information to be **updated regularly by anyone**. If you want to make your stay in Strasbourg more green and sustainable, feel free to use ECOmaps and **discover the most eco-friendly places** the city has to offer!

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TIPS... HOW TO MINIMIZE FOOD WASTE?

- ▶ Buy what you can eat and recycle food.
- ▶ Food scraps should go to compost rather than the landfill because rotting food creates methane, which is 23 times as potent as carbon dioxide.
- ▶ Reduce portions. One-third of food is wasted because too much is served.

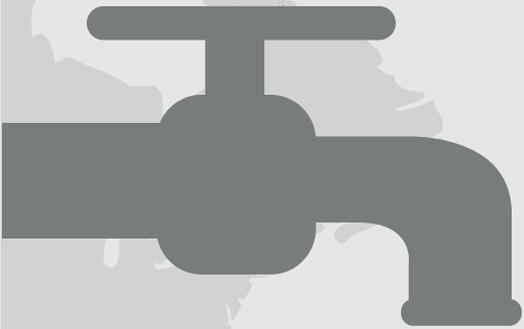
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1 AMERICAN
 300 litres of water /day

1 EUROPEAN
 150 litres of water /day

1 GABIAN
 5 litres of water /day

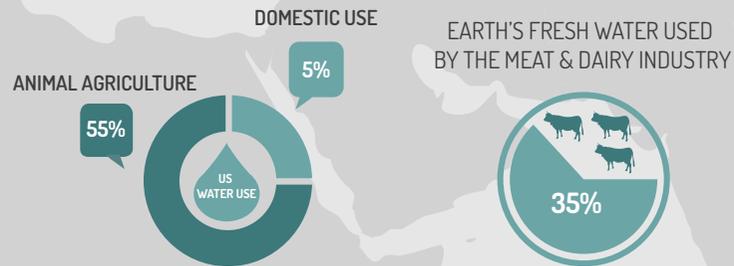
1 AUSTRALIAN
 300 litres of water /day



Less than **1% of the earth's water** is potable fresh water, and 2% of the world's water is derived from glacial ice. **Drinking water is being polluted and wasted.**



An estimated **3.4 billion people** will live in "water-scarce" countries by **2025**.



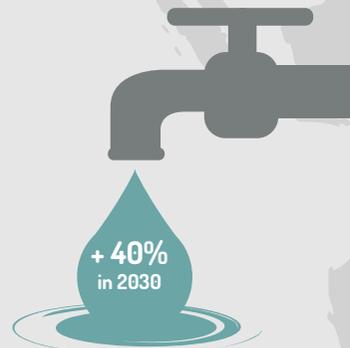
EAT LESS MEAT AND DAIRY!

According to the National Geographic, on a daily basis, a **vegan** indirectly consumes about **2,270 litres of water less** than a person who eats the average (American) diet.



to produce a cup of coffee with most of the water used to grow coffee beans.

1  = 2500 LITRES OF WATER =  FOR 2 MONTHS



ESTIMATED GLOBAL DEMAND FOR WATER

TAP WATER

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Tap water is **safe to drink in most European countries**. The price of a litre of tap water is around **2,500 times less** than the price of bottled water and the water sold in plastic bottles is often simply filtered tap water.

Oil used to produce the annual supply of plastic bottles in the US alone would be enough to fuel **1 million cars for a year**.



As soon as you drink the water, the plastic bottle becomes **waste**. Unless it is recycled, it can rot in the landfill for **hundreds of years**, be burned in the incinerator **releasing toxic waste** to the atmosphere or **end up in the ocean** and be consumed by different species of fish and animals.

Money needed to deal with all the waste and pollution created by consuming bottled water diverts attention and investment from a very important issue: **providing access to safe drinking water for all**.



Between **50 and 80%** of plastic PET bottles used in EU in 2011 were **not recycled**.

Making plastic bottles requires the extraction of oil and the production process uses **vast quantities of energy**.

Nearly **25%** of all **bottled water** crosses country borders to reach its consumer.

Bottled water globally generates **1.5 million tons of plastic waste** each year. It's the weight of **150 Eiffel towers**.



QUIT PLASTIC BOTTLES; USE RE-USABLE WATER BOTTLES!