Take The ROF Journey

Welcome to the ROF journey! – a practical, step by step guide towards a more sustainable lifestyle. One of the hardest things with sustainability is knowing where to start. We believe that everyone can make a difference and that it is a journey through a distinct levels of practical adoption. We believe in the philosophy of **maximum impact for minimum effort**, *so you can start reducing your footprint immediately with solutions in level 1, then move through the higher levels at your own pace.*

Our emphasis is on individual action. We can't wait for politicians, corporations, green technologies, or even not for-profits like us to solve the environmental crisis. We need to take matters into our own hands and change our ways, as we go on our hiking shoes and get ready to explore the ROF journey to a more sustainable lifestyle.

Let's start by learning about the zero-waste lifestyle.

Level 1

The Explorer

The explorer is a low-intensity and environmental issues and is interested in learning about the zero-waste lifestyle. The planning the learning the basics of a zero-waste lifestyle.

LEARN ABOUT ZERO WASTE

Learn about the zero-waste lifestyle and the 5 R's (refuse, reduce, reuse, recycle, rot).

REFUSE AND REDUCE SINGLE-USED ITEM

Learn about the single-used items and how to refuse and reduce them in your daily lifestyle.

Level 2

The Zero-waster

The level-2 zero-waster has learned the basics and is ready to incorporate the zero-waste lifestyle into their homes and lessons.

LEARN TO COMPOST AND REDUCE FOODWASTE

Learn about the benefits of composting and how to reduce food waste in your home. Learn how to make a compost and how to reduce food waste.

ZW FOOD SHOPPING

Learn about the benefits of zero-waste food shopping and how to do it.

DIY PRODUCTS

Learn how to make your own DIY products. Learn how to make your own homemade products.

PARENTING

Learn how to be a zero-waste parent. Learn how to teach your children about zero-waste.

Level 3

The Conscious Consumer

The conscious consumer has already made a significant impact by learning the basics of a zero-waste lifestyle. They are the pinnacle of the pyramid in reducing our footprint on the planet.

INCORPORATE A SUSTAINABLE DIET

Learn about the benefits of a sustainable diet and how to incorporate it into your lifestyle.

BECOME ENERGY SMART

Learn about the benefits of energy saving and how to incorporate it into your lifestyle.

EMBRACE SUSTAINABLE FASHION

Learn about the benefits of sustainable fashion and how to incorporate it into your lifestyle.

TRAVEL SMART

Learn about the benefits of travel smart and how to incorporate it into your lifestyle. Learn about "slow" vacations.

PRACTICE MINIMALISM

Learn about the benefits of practicing minimalism and how to incorporate it into your lifestyle. Learn about the benefits of minimalism and how to incorporate it into your lifestyle.

Level 4

The Activist

The activist is a passionate individual who is ready to take the ROF journey and spreading the word about ROF.

CONTRIBUTING TO ROF

Learn about the benefits of contributing to ROF. Learn how to contribute to ROF. Learn about the benefits of being a member of ROF. Learn about the benefits of being a member of ROF. Learn about the benefits of being a member of ROF.