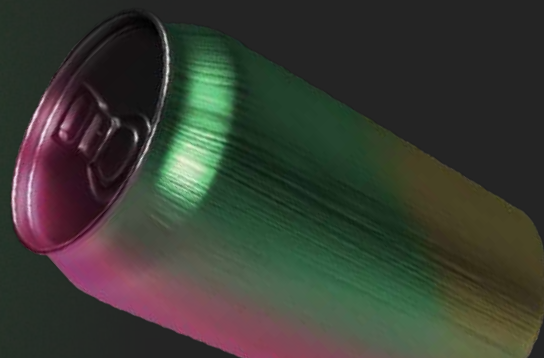




# HOW TO DEAL WITH ENVIRONMENTAL PROBLEMS



EFA World Cup by  
**tiger soda**





# PLASTIC POLLUTION

01

To reduce the amount of plastic in your life - try to revise your habits. When you go shopping, take a shopping bag with you. Give preference to shops where you can buy products by weight. And if you often order takeout coffee, take a thermos or a tumbler.

02

Carry a stainless steel water bottle. According to the Ministry of Health, 98.5 percent of tap water in Spain is clean and safe drinking water. And under the new law, from January 1, 2023 bars and restaurants are obliged to serve you tap water for free (if you ask).

03

It is better to store food in containers made of glass, ceramic or stainless steel. Unlike plastic containers, they do not emit harmful substances when heated, and also last longer.

04

If you arrange an outdoor picnic, take reusable (or, at the very least, cardboard) dishes. Remember to clean up after the party.

05

For your beauty care try to choose products from natural components: scrubs and washcloths without polyethylene (PE), polypropylene (PP) and nylon. Instead of disposable razors, switch to a razor with replaceable blades or an electric razor. Instead of a plastic toothbrush – a wooden brush. A menstrual bowl can be an eco-friendly alternative to pads and tampons: one cup can last 5-10 years.





# FOOD HABITS

01

Stick to the Mediterranean diet - it's recommended by doctors all over the world for a reason! If possible, avoid fast food, semi-processed and super-processed products, and reduce your meat intake.

02

Plan your rations for the week and make the necessary purchases in advance. Don't go to the store on an empty stomach, or you'll fall prey to advertising tricks and buy unnecessary things. Remember, throwing away food is like throwing away money.

03

You might not even be aware of how much food you're throwing away. To calculate this, monitor your diet for one week and record your observations in the [form](#) here.

04

Support companies that deal responsibly with food waste. Instead of the usual restaurant food delivery services, use apps like [Too Good To Go](#) or [Safe Food](#).

05

Store food correctly: it's best to keep dairy products on the top shelves of the fridge, prepared dishes on the middle ones, and meat and fish on the bottom ones where it's the coldest. The optimal temperature in the refrigerator is about 5°C, and -18°C in the freezer. Here are some more [tips](#) on how to extend the life of products.





# DEFORESTATION

01

Buy paper with the maximum amount of recycled materials. Such goods are marked with a special Angel Azul sign. This certification system was developed in Germany. Throw paper and cardboard into the blue container. They can almost always be recycled.

02

Use a whiteboard instead of paper for notes, and in the kitchen, try using towels and napkins made from fabric instead of paper.

03

Always print documents on both sides and remove unnecessary pages before sending them to print. it's a good practice to use an electronic signature. Here's how to create a certified electronic signature in Spain.

04

Instead of paper books choose e-books, as well as second-hand editions, library books or books from book-crossing.

05

If you have a fireplace fired by wood or sawdust, buy raw materials with the FSC label (approved by the Forest Stewardship Council), and choose furniture with this label.

06

Support reforestation initiatives, like the Berlin startup Ecosia which, with a simple browser extension, raises money for forest restoration with every search request you make and every click on an ad banner.





# AIR EMISSIONS

01

Try to walk more, ride a bicycle or use public transport in the city. And if you're still dependent on your car for frequent long commutes, you can share the carbon load with a travel companion – it will be cheaper and more environmentally friendly.

02

Fly only when it is really necessary (and not when lowcosters lure you in with a bargain price) – if there is an opportunity, it is always better to travel by train. This is the most eco-friendly mode of transport. You'll be surprised, by how the elimination of frequent flights can reduce your carbon footprint more than any other measure.

03

If you often travel by train and commuter train, take advantage of discounts of up to 50% with rail travel subscriptions, which are included in the new plan of the Spanish government to save electricity and are effective from August 24, 2022.

04

Avoid household aerosols: hair spray, air fresheners, deodorants or sun creams in cans. They contain reflective particles (chlorofluorocarbons) that not only pollute the air but also deplete the planet's ozone layer. All these products are available in other, less environmentally harmful packaging.

05

Try to stop smoking: according to the WHO, cigarettes contain about 7,000 pollutants, including radioactive and carcinogenic substances. Some of them are emitted during smoking, and some of them enter the soil and water bodies from discarded cigarette butts. Every year tobacco production accounts for about 84 million tons of CO<sub>2</sub> emissions. So the main passive smoker is our planet.

06

Calculate your carbon footprint and determine how you can personally reduce it.





# UNSUSTAINABLE AGRICULTURE

01

Eat more local, seasonal fruits and vegetables - ideally purchased from manufacturers. This way you don't overpay for its transportation, and the extra emissions. It is advisable to buy products by weight and, of course, bring your own shopping bag.

02

Look for "green" labels - they are a sign of quality. All over Europe, Etiqueta Ecológica Europea (EU Ecolabel) indicates that the product is produced without the use of pesticides, does not contain artificial colorants, flavor enhancers, or genetically modified components. Next to the label there should be the ES-ECO-XXX-YY format code. Where the first two letters are the code of the EU country, followed by the abbreviation ECO, BIO, ORG, OKO, and then the code of the certifying organization and region code.

03

If you want to go even further - join local consumer groups: these are associations of eco-conscious citizens who regularly buy wholesale products from manufacturers.





# PLANNED OBSOLESCENCE

01

Switch to Slow fashion. Create a capsule wardrobe from quality things that will last a long time. An extra year of service for an item can lead to a 24% reduction in CO2 emissions.

02

It's time to curb your retail therapy. Don't go shopping in a state of anxiety, and before you buy an item, think carefully about how much you need it.

03

When possible, buy clothes in local shops and showrooms. Here is a non-exhaustive list of eco-friendly brands made in Spain.

04

Read labels - it's important to learn to distinguish sustainable brands from companies that practice greenwashing (imitation of sustainability for marketing purposes). For example, the GOTS (Global Organic Textile Standard) certificate indicates that the fabric contains at least 70% organic cotton. On devices look for the Sello ISSOP sign – an indicator that the company adheres to the principles of sustainability and avoids planned obsolescence.

05

Wash things inside out, so that they last longer. Before you throw away an item with a defect, try to fix it. For example, take your damaged dress to the atelier, or repair an old toaster instead of buying a new one.

06

Before using technological devices, read the instructions. This will help avoid incorrect use which may damage the device and shorten its lifespan. Store manuals in a convenient place, and refer to them first if anything should go wrong.

07

Even if you don't need an item anymore, you can give it a second life by selling or exchanging it at the swap/flea market, giving it away to charity, or finding a new use for it. And then finally recycle it as a last resort.





# WATER OVEREXPLOITATION

01

Take a shower, not a bath. This way you spend 15 times less water. Make a rule to close the tap when brushing your teeth, shaving, washing your hands, head or cleaning dishes with a sponge. See for yourself: when we brush our teeth with an open faucet, we use about 6 liters, and with it closed - less than half a liter.

02

In the bathroom, keep a trash can next to the toilet, and don't flush anything down the toilet except biodegradable toilet paper and human waste. Every time we flush the toilet, it uses nine to ten liters of water. You can install a special filtration system at home to reuse the water from the shower to flush the toilet, or you can do it manually.

03

Maintain your plumbing system to avoid leaks. 11,000 liters of water can drip from a leaking tap within a year.

04

If you use a dishwasher, fill it up completely, and don't rinse the dishes before loading them into the machine.

05

If you have street plants, water them at night. During the day up to 30% of the water will evaporate. When in the yard or garden, try not to run water from the hose idly.

06

Avoid dry cleaning. It often requires using perchloroethylene, a toxic chlorine solution.

07

Calculate how much water you waste with a Water Footprint [calculator](#), and switch to special nozzles to control water consumption.





# WASTE DISPOSAL

01

Are you having doubts about which container to throw an item in? Use artificial intelligence: the [AIRE](#) bot will tell you how to sort the trash correctly.

02

Check yourself: Do you know which items are sent to the [yellow container](#)? For example, plastic toys, baby pacifiers, kitchen utensils, plastic buckets, coffee capsules, ballpoint pens need to be thrown into a gray tank (other waste). Tetra Pak packaging should be thrown into a yellow container (plastic), and diapers - in a gray container for other waste.

03

Brown organic waste container is only for what can be composted: food waste and used napkins.

04

Wine corks are tossed into a yellow container if they are made of plastic, or brown if they are made of natural cork.

05

Under no circumstances should pills be flushed down the toilet. All expired medicines should be taken to the nearest pharmacy and handed over to the pharmacist or thrown in a [Punto SIGRE](#) container for medical waste disposal.

06

Do not throw dishes and light bulbs into the green container (glass). They need to be taken to Punto Limpio. Home appliances and electronics, batteries, light bulbs, CDs, and mirrors can be handed in there as well. Use [this](#) search engine to find the nearest point to you.





# ANIMAL EXPLOITATION

01

Before discarding recyclable bottles, cover them with lids, and cut the plastic rings designed to hold six aluminum cans, so that animals don't get stuck in them.

02

Install an inexpensive stopper on the chimney so that birds and squirrels don't get trapped there.

03

If possible, give up clothes and shoes made of leather and fur.

04

Give up foie gras and other delicacies which are made with animals suffering. In many countries, including France and Spain, the production of foie gras is still not prohibited.

05

Since 2013, all European countries have banned testing cosmetic products on animals, but if you buy cosmetics from abroad, look for the Cruelty Free icon or the Leaping Bunny icon.

06

To make sure that a particular brand doesn't test products on animals in any other countries, check the brand on the international database [Beauty Without Bunnies](#).

07

Do not attend shows based on animal-cruelty, and teach children to empathize with animals and that animal suffering is not entertainment.





# INTENSIVE MINING

01

Choose gadgets, based on where and how they are produced, and what kind of guarantee the manufacturer provides. There are eco-friendly smartphone manufacturers, but few have heard of them: German company Shift, the Netherlands' Fairphone, and America's Teracube. You can see the rating of well-known brands in the Greenpeace directory.

02

Choose eco-friendly jewellery made of natural or recycled materials. Here is a non-exhaustive list of brands that offer handmade products.





# FOSSIL FUELS

01

When choosing housing for rent or purchase, pay attention to the European certificate evaluating the energy efficiency of the building: from A (best option) to G. Energy efficiency depends on the materials used in construction, on lighting and heating systems.

02

The most energy-efficient buildings are those with well-insulated windows, most of which are facing south. Even if you live in an old house, install quality double-glazed windows: this saves you money on heating and air conditioning.

03

During the summer, close the windows and shutters to escape the heat during the day. This will keep the indoor temperature lower than outside. The ceiling fan is a more eco-friendly option than the air conditioner. In winter, try not to warm your house above 20°C to save on energy, or cool it below 26°C in the summer.

04

Choose energy-saving appliances and electronics - Class A (green color on the label) - will help save on electricity bills. You can check and compare the options using the independent rating at [Europtopen.es](http://Europtopen.es).





## FOSSIL FUELS

05

Turn off electrical appliances and batteries which you're not using. Over a year, this can save up to 6% of electricity.

06

Place the refrigerator in a cool, ventilated place, away from the stove and other sources of heat, and periodically defrost it to make the appliance consume less energy. Close the fridge door tightly and try not to put hot products inside: let them cool first.

07

Replace incandescent bulbs with energy-saving LED light bulbs wherever possible - this will save up to 90% of energy, and will last much longer.

08

Try to fill the washing machine at least three quarters of its capacity, leaving 7 cm between the clothes and the centrifuge. Quick washing cycle and washing at low temperatures will not only save money, but also keep things longer. And it is better to abandon the machine drying: over a year a family of four will save 480 kWh and 120 kg of CO<sub>2</sub> - which is the equivalent of driving a car Barcelona to Seville.

09

Life hack for the most advanced: You can install a solar panel on the roof or join with other eco-conscious citizens and join an energy cooperative to choose your own electricity provider and invest in clean energy.

