

**STEAM within the classroom:
solving ecological problems in
collaboration**



Erasmus+

**How can we
become more
eco-friendly?**

Electricity

Do you want to be more eco-friendly? If yes, you should enjoy these tips about how to save electricity!

Remember, saving electricity saves the planet!

Place the fridge away from heat's source (for ex.: away from the sunlight).

Turn off unnecessary lights and use natural light as long as possible.

Use energy-efficient light bulbs instead of ordinary.

Unplug unused electronics (it can help you save 50\$)

Use the microwave, crock pot or toaster oven

Try to ask your parents to install the solar panels on your roof. At the beginning it is very expensive, but in a longer perspective it will be profitable for your house's budget.



Water

Next to air, water is the preservation of life. We is not an inexhaustible s use it responsibly.



and reduce your shower time in minutes.

the tap running when you are up to 10 litres per minute.

try to do your laundry as rarely as a machine load of clothes uses less water.

rainwater up to 5,000 liters of water a year . you for rainwater rather than being with tap water.

toilet systems drain 12 liters into the sewer, consume only 3 liters (small button) of water.

dishwashers you'll use less water than washing the dishes by hand.

Recycling

"Recycling is the process of converting **waste materials into new materials and objects**. It is an alternative to "conventional" waste disposal that can save material and help lower greenhouse gas emissions. Recycling can prevent the waste of potentially useful materials and reduce the consumption of fresh raw materials, thereby reducing: **energy usage, air pollution, and water pollution.**"-Wikipedia, "Recycling"



Blue- paper

Yellow- plastic

White- uncoloured glass

Green- coloured glass

Brown- organic waste

Black- mixed waste

Red- metal



Transportation

Public transportation is one of the most **earth-friendly ways to get somewhere fast**. The environmental cost of carrying many people all at once is **greatly reduced** without a major time loss.

Buses

Pros:

-low price

Cons:

-waiting time,
-restricted by timetables,
-traffic,
-seating not always available

Eco-friendly
transport

Bikes

Pros:

-can go long distances when
desired,
-almost no environmental impact,
-improve the health and stamina

Cons:

-takes longer than motorized
transportation,
-roads aren't always bike-friendly,
-difficult in bad weather or winters

Walking

Pros:

-no environmental impact,
-improved health,
-cheap,
-no traffic

Cons:

-takes time and energy,
-difficult in bad weather



Food

Take a minute and think how many plastic bags you have used this week, month or even a year? How many sandwiches that your mum prepared for you ended up in a bin? Our food choices play a huge role when it comes to being eco-friendly.

Packaging

Use **reusable packaging** when possible. Replace plastic with **glass, stainless steel, bamboo, wood or ceramics.**

Stop packing vegetables and fruits in one-time use plastic bags. Use **reusable and washable mesh bags.**

Start drinking **tap water**

You don't have mesh bags? No problem!

If you like DIY, you can sew such bags from *old curtains*. You will find a lot of *step-by-step guides on how to make them online!*

If you're not talented when it comes to sewing, you can easily *buy them online for a low price.*

You can also find them in some of the *supermarkets.*



Food

Food

Plan your shopping: we tend to buy too much and throw away a lot of it later.

Make a list of what you need to buy and **stick to it.**

Shop at **local markets.** Groats, oatmeal, seeds, fruit, vegetables, cheese, milk – you can find all of it at your local market. Remember to take your reusable bags with you!



Try to **reduce the amount of meat you consume**, or even **go vegan!** Studies say that vegetarians have a lower body weight, lower risk of cancer, type 2 diabetes and death due to coronary heart disease.

Meat production is, out of all branches of modern agriculture, the **most burdensome for the environment.** Obtaining 1 kg of beef requires on average over **14 thousand liters of water** and **over 6 kg of feed**, and is associated with **greenhouse gas emissions at a level comparable to a three-hour drive while leaving all lights on at home.**



Clothing

Fast fashion companies are controlling the fashion industry. Unfortunately, their policy is often not ethical and eco-friendly at all. Did you know that creating one pair of jeans costs 7 thousands liters of water? As you can see, that's a lot. So, what can we do then?

- Try out **thrifting**! Sometimes you can find great pieces in great condition. Thrifted clothes are **often unique** as well, as you can't find them in traditional shops.
- If you're crafty, you can **upcycle old clothes** into *cleaning* rags, new clothes, pillows, and much much more.
- Don't buy clothes if you don't really need them. Go to the fast-fashion shops only when it's **neccesary**.
- Remember, **quality over quantity**! Look for clothes made with:
 - linen
 - hemp
 - bamboo
 - lyocell
 - organic wool
 - silk.



Cosmetics

Eco-friendly makeup, is makeup that is produced by companies that decide to choose an environmentally friendly approach during the process of making, packaging and selling their products. Unfortunately, not all of the companies have that approach.



Source: Leaping Bunny Logo, Leaping Bunny

- The cosmetics market created over **142 billion units of packaging in 2018**, most of which ended up in **landfill or the ocean**.
- Plastic cosmetic packaging can take up to **1000 years** to break down.
- Approximately **100,000–200,000 animals** suffer and die in the name of cosmetics testing.
- Look for more sustainable packaging, like **glass or recycled/recyclable cardboard**, or **recyclable plastic**.
- Look for the „**Leaping Bunny**” logo which is used in the UK, US, Canada and most of the EU. It guarantees that a **product was not tested on animals**.

Sources

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