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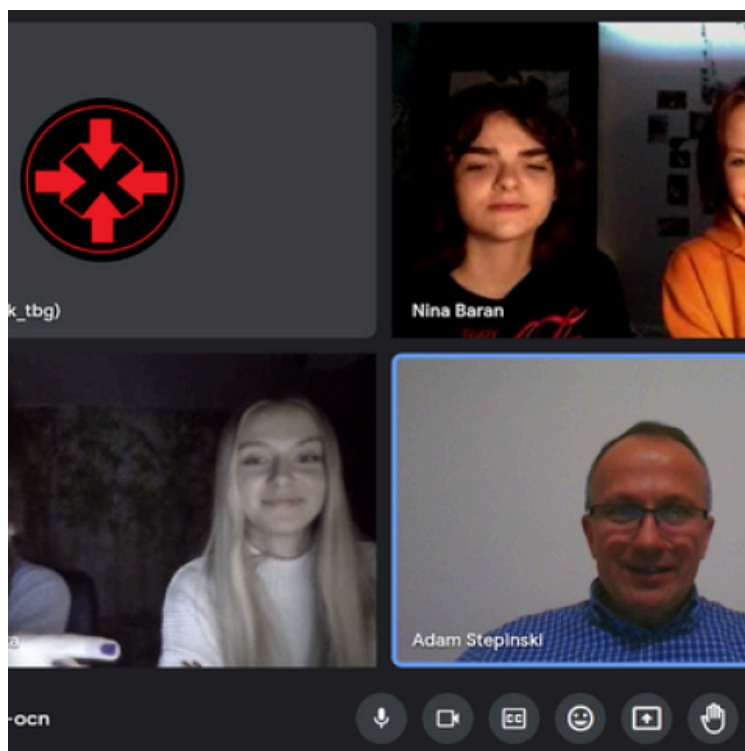
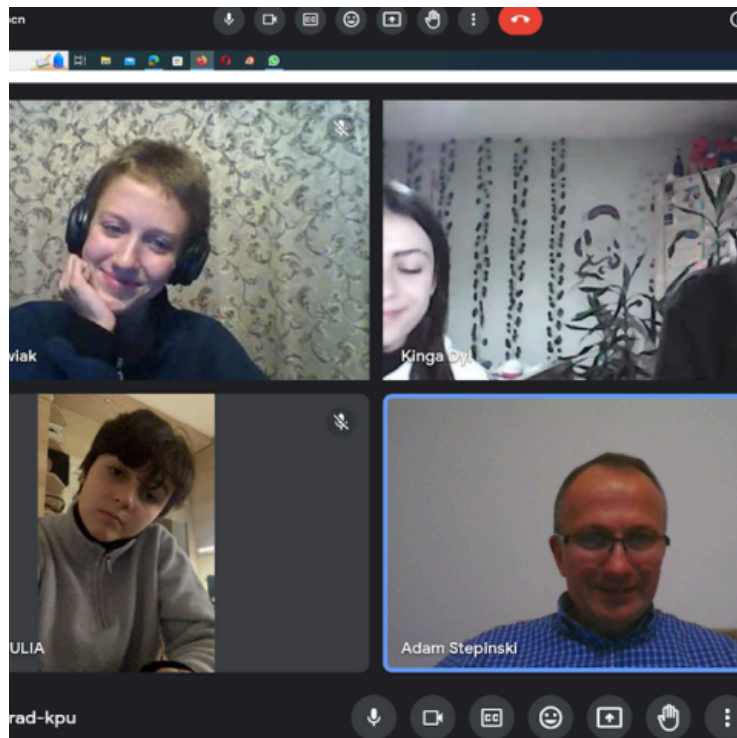
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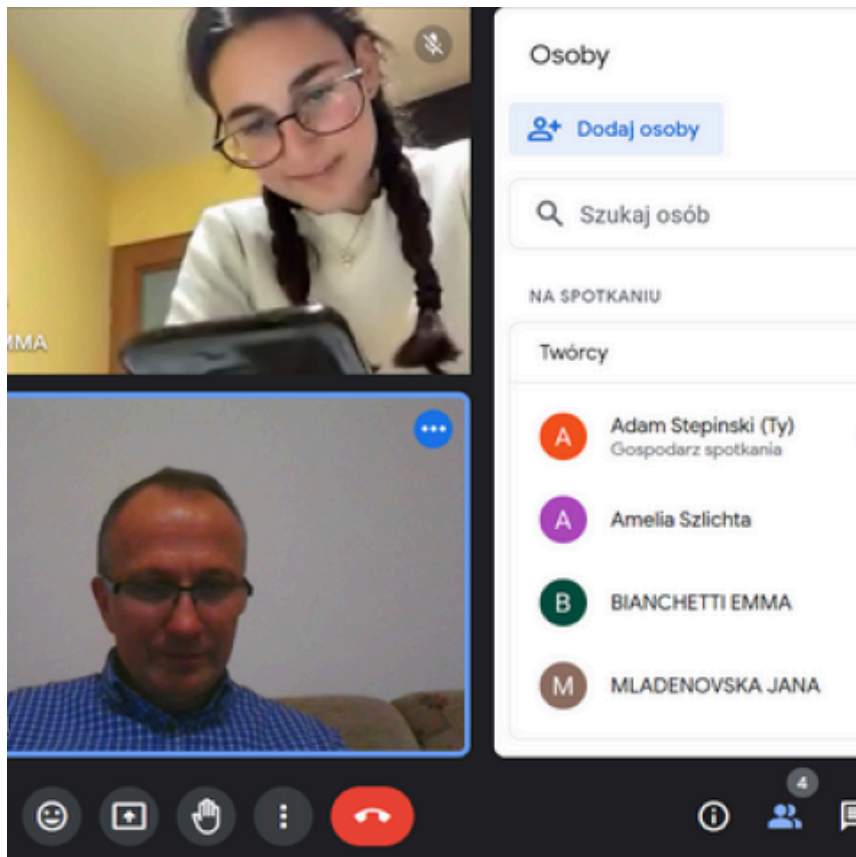
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DRESS THE CHANGE



On the 28th November the participants met online in six Italian-Polish teams. The GoogleMeet was the platform used for the online collaboration. Their task was to create a leaflet presenting steps we should take to reduce our carbon footprint. To do that the participants used www.canva.com





Below there are the leaflets created by the participants who worked in Italian-Polish teams:

Team 1

SUSTAINABILITY
-Team 1-

WHAT WE SHOULD OR SHOULDN'T DO TO REDUCE CARBON FOOTPRINT?

CARBON FOOTPRINT INCREASES THE CO₂ IN THE AIR AND BRINGS DISADVANTAGES FOR OUR ENVIRONMENT. CLIMATE CHANGE INCREASES AND CONSEQUENTLY GLACIERS MELT, INCREASING SEA LEVELS WHICH RISKS SUBMERGING SOME CITIES. ALSO MANY ANIMAL HABITATS ARE DESTROYED AND MANY ANIMAL SPECIES ARE DYING.

SHOULD DO	SHOULDN'T DO
<p>1. USE MORE THE BIKES THAN CARS</p> <ul style="list-style-type: none">• we should use more the bikes to reduce the increasing of co₂ level in the air	<p>1. We shouldn't leave the lights on when we don't need it, for example, when we are away from home.</p>
<p>2. BUY OKM FOOD</p> <ul style="list-style-type: none">• Okm food are more fresh because there isn't the transport so the co₂ level doesn't increase	<p>2. We shouldn't take long baths in the bathtub - because we waste more water than in the shower.</p>
<p>3. DO THE LAUNDRY FEWER TIMES</p> <ul style="list-style-type: none">• we should do the laundry fewer times to reduce the water waste	<p>3. We shouldn't buy products in plastic bags, because plastic takes long time to decomposition. The production of plastic also increases CO₂ in to the air.</p>

Team 2



What should we do?

Transportation Choices:

- Walk, bike, or use public transport.
- Carpool or use ride-sharing services.
- Consider electric or hybrid vehicles.

Reduce, Reuse, Recycle:

- Minimize waste by recycling and composting.
- Choose products with less packaging.
- Repair and repurpose items rather than disposing of them.

Support Renewable Energy:

- Consider installing solar panels or supporting renewable energy sources.
- Use energy-efficient appliances and lighting.





Reduce Your Carbon Steps

Reducing carbon footprint refers to minimizing the total amount of greenhouse gases (such as carbon dioxide) released into the atmosphere directly or indirectly as a result of personal, organizational, or industrial activities. It involves adopting practices and making conscious choices aimed at lowering the impact on the environment, thus mitigating climate change effects.



What shouldn't we do?

Overconsumption: Avoid excessive buying and unnecessary waste. Opt for durable, high-quality items rather than disposable ones.

Disregarding Environmental Advocacy: Avoid neglecting the importance of advocating for environmental policies and supporting initiatives that promote sustainability and carbon reduction.

Frequent Air Travel: Reduce air travel or opt for more fuel-efficient modes of transportation when possible. Air travel has a substantial carbon footprint.

Team 3



CO₂

Invest in solar energy

Use public transport

Turn off every appliance that uses electricity (not in use)

Buy second-hand clothes

Never forget to recycle

Eat homegrown food

Reduce the amount of soda you drink

Ride a bike to work

Choose more eco-friendly options to travel

Take a shower instead of a bath

Don't wash your clothes too often!

Don't throw away food!

Don't burn plastic!

Don't leave your refrigerator open

Don't buy cars with high exhaust gases emission

Don't throw away electronic waste recklessly!

Team 4

IGOR IS ECO

Be like Igor!

what's carbon footprint

A measure of the total amount of carbon dioxide (CO₂) and methane (CH₄) emissions of a defined population, system or activity, considering all relevant sources, sinks and storage within the spatial and temporal boundary of the population, system or activity of interest.

effects of it

As carbon dioxide levels continue to climb, fueling further temperature increases, the cumulative effects — including increased ocean acidification, rising sea levels, more frequent and intense storms, mass species extinctions, food scarcity and greater economic inequality will be felt worldwide.

You should:

- turn the lights off when you don't use it
- switch from car to bike, public transport and going by foot
- turn the water off while you brush your teeth
- take showers instead of bath
- buy in thrift shops instead of fast fashion brand shops

You shouldn't:

- travel by plane
- buy fast fashion clothes
- support corporations which pollute a lot
- burn plastic
- buy water juice etc. in plastic bottles

Team 5

TRANSPORTATION

Sustainable transport is important because it contributes to the reduction of damaging carbon dioxide emissions which directly benefit the environment.

RECYCLING

Recycling reduces the amount of waste sent to landfills and also prevents pollution.

HomeGROWN FOOD

Growing food at home minimizes the need for transportation, decreasing the carbon emissions associated with transporting produce from farms to stores.

USAGE OF WATER

Using water efficiently preserves this valuable resource. It ensures that there's enough water available.

Why is ecology important?
Ecology enriches our world and is crucial for human wellbeing.

ECOLOGY 101

The Importance of ENVIRONMENTAL SUSTAINABILITY

ENERGY USAGE

By limiting energy usage, especially from non-renewable sources, we reduce the carbon footprint, minimizing climate change.

WHY DOES IT MATTER?

Ecological practices help preserve natural resources, protect biodiversity, and maintain ecosystems, ensuring a healthier planet for current and future generations.

By adopting eco-friendly practices, such as reducing carbon emissions and promoting renewable energy sources, we can minimize the impacts of climate change, helping to stabilize Earth's climate.

WAYS OF BEING MORE ECOLOGICAL

Practicing environmentally friendly habits helps the Earth in many ways.

There are numerous methods to incorporate ecological practices into your daily routine to reduce environmental impact.

- Reduce, Reuse, Recycle
- Conserve water
- Reduce energy consumption
- Minimize waste
- Choose sustainable transportation
- Support sustainable products
- Choose locally grown products
- Green your home
- Consume consciously
- Educate others

MISTAKES YOU SHOULD AVOID

Here are some common mistakes people are making:

LONG SHOWERS
Taking excessively long showers can lead to excessive water consumption.

LEAVING DEVICES ON STANDBY
Leaving electronic devices in standby mode instead of completely turning them off can lead to unnecessary energy consumption.

EXCESSIVE USAGE OF PLASTIC BAGS
Overusing single-use plastic bags contributes to increased plastic waste production.

WHAT IS THE IMPACT OF CLIMATE CHANGE?

Climate change has various significant impacts, affecting both nature and humans.

From rising temperatures to extreme weather like storms, floods and wildfires.

for more information: www.recyclingtips.com

Team 6

CO₂ CARBON FOOTPRINT

what should we do and what we shouldn't do to reduce it?

A carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions.

Carbon Footprint effects

- climate change
- air pollution
- death of animals
- sea and ocean levels are rising
- emigration of people

Carbon Footprint of Global Tourism

BAD HABITS

- using cars, vans, buses or planes
- buy fast fashion clothes
- leaving running water or turned on lights
- not recycling garbage

What should we do?

- buy less and use second hand shops
- riding by bike instead of using vehicles
- do shopping in the local shops
- put your trash into the bin
- recycle
- turning off electricity

The presentations were given during a workshop at school.



