

LEARN ABOUT:

sustainable transport

5 ways to reduce air pollution:



- 1 Bike riding is a healthier alternative to cars because it doesn't pollute the air.
- 2 If you want to travel, choose the train and try to avoid the plane.
- 3 If you have the possibility, buy and use hybrid or electric cars, instead of the traditional ones.

LET'S SAVE OUR PLANET WHILE WE CAN!

- 4 Use public transport when you can, this way you and the other people will pollute way less than what you would using your individual cars.



- 5 If you have to go somewhere with your friends or family, try to use only one car and share it with the others. You'll reduce your emissions by a lot!



RECYCLING

WHY RECYCLING ?

CONSEQUENCES OF NOT RECYCLING



Toxic substances can congregate in living organisms using air, polluted water and contaminated food.

PLASTIC THROWN INTO THE OCEAN KILLS ANIMALS

Waste rate

30,8%



discharge

39,5%



energy recovery

29,7%



recycling

IDEAS TO RECYCLE



Compost food scraps



Take re-useable bags to the store



Buy recycled products



Recycling plastic reduces oil consumption



IES Jose Manuel Blecuo & Van gogh school

Transport



Bike riding

Bike riding is a healthier alternative to cars, trucks, etc. because it doesn't pollute the air.



walking



Walking is another great way of transport, the same as for bike riding, it doesn't pollute the air

Notice this:



Use public transport instead of cars.



Electric vehicles is better!



Travel by ship instead of plane

NO WATER, NO LIFE, NO BLUE, NO GREEN

SAVE WATER!



SAVE WATER!!!

Water is too polluted. Let's stop pollution of the water because we lack it.

Some people waste great quantities of water and people who don't have it need it much more.

We don't want this:



We want this:



eTwinning

Green week

Responsible consumption

THERE IS ONLY ONE PLANET, TAKE CARE OF IT.

WHAT YOU SHOULDN'T DO:



WHAT YOU SHOULD DO:



Recycle

Reuse

Reduce

You can decrease it.



- You must take short showers
- You can use public transports
- You can buy and eat local
- You mustn't leave the lights on
- You shouldn't buy a lot of exotic fruits
- You mustn't flush toxic chemicals

HEALTH

1. Eat a healthy diet and drink a lot of water.



2. Don't smoke
It's not good for your health.



3. Be more active,
for example:
-run
-do sport
-walk..

4. Get enough sleep.
it's recommended to sleep 8 hours per day, and more for children.



5. Spend time with your friends and with yourself.





It is healthy to save energy!



RECOMMENDATIONS



- 1 Turn down the heating and wear another sweater
- 2 Use leds, intall energy efficient windows, and solar panels
- 3 Stop using air contitioning

EXTRA INFO

Turn off the light when there is sunlight or if you're in another room -
If you don't need hot water, use cold water !

WATER



Some people waste great quantities of water and people who don't have it need it much more. Water is too polluted. Let's stop pollution of the water because we lack it. Save the water!

