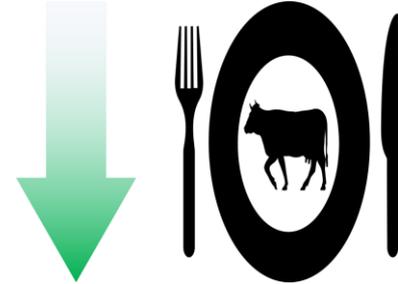


# Beqo Eleonora GR

- Avoid using any means of transport and walk instead. Especially when it is a short distance.
- Reduce the consumption of meat monthly. In order to help the environment by reducing greenhouse gas emissions, deforestation and soil degradation.
- Switch the lights off, when going from one room to another.



# Moutafidou Georgia GR

- *By stimulating development and reducing poverty adaptive capacity can be increased making the countries less vulnerable to climate change.*
- *Through the Clean Development Mechanism (CDM) the EU can stimulate mitigation and transfer of clean technologies.*
- *Encourage the EU's flagship program which intends to help the worlds' most vulnerable countries in dealing with climate change.*





[Konstantinos Eftixidis]  
GR

- try to not use our cars so much and prefer means of public transportation
- use eco friendly sprays that don't bourdain the ozone hole
- try to reduce meat and adjust my diet with more plant-based products and meat substitutes

# KODOLIA DOU BARBARA GR



- **We must not overuse water. For example, when we are brushing our teeth we should close the tap. In this way we don't waste so much water.**
- **We can use more filtered tap water than bottled water. As a result, you will save a ton of cash and help reduce a ton of plastic waste in the process.**

# Natalia Kaixanidou GR

- **Plant trees.** Trees provide oxygen, they help save energy, clean the air, and help combat climate change
- **Shop wisely.** Buy less plastic and bring a reusable shopping bag



# Valia Prasa GR



- I wish I could reduce the use of plastic products so to help the environment.
- I would also like to use my bicycle for transportation instead of any other public transportation.

# Georgia Giannakoudaki GR

- One way to reduce global pollution is by buying second-hand products or borrow items instead of buying them new. Buying stuff generates more waste and pollution, so try not to purchase things you don't need.
- An alternative would be if we tried composting organic waste like uneaten food or produce skins. Composting lets you turn your old food scraps into food for plants. We can use our compost to fertilize our garden or spread it around vegetation near our home.
- And of course, it would be very helpful if we try collectively to use public transportation instead of our personal car in our transportations



# Anastasia Galani GR

- one of the most effective ways to reduce environmental pollution would be to start using the public transportations and try to avoid using the car. Riding a bike or going somewhere by foot could also be beneficial for our health.
- In order to save the planet the most necessary thing is to recycle and reuse so we have as little waste as possible.



We Have the World in Our Hands.

# Konstantina-Anastasia Papaioannou GR

To live a more eco friendly life i would:

- ❖ Try to use tote bags instead of plastic bags that are given at supermarkets or shops to reduce the amount of plastic i use.
- ❖ Buy from second hand clothing stores to reuse old clothes instead of buying new ones. Also i would donate my old clothes to people in need and not throw them away.



# Despoina Korosoglou GR

- I would recycle paper so it would be used again for books and notebooks
- I will stop eating so much meat to reduce the production of meat factories



# Marios - Eftychios Ntoumpouridis (GR)



- I will use more com post-generated fertilizer oriented from the food we eat at home
- I will use eco-friendly cleansers like vinegar and soda instead of chlorinel

# Georgia Keridou (GR)



- I will use buses more rather than my car
- I will use more organic products

# Evangelia Papadopoulou (GR)

- I'll try to check for plastic in the packages in order to avoid them and use reusable cups, bags, straws
- Make a small garden for vegetables in a corner of my balcony, so as to be independent from the local markets. In this way the demand will decrease together with the transportation of such goods.
- Exploit the natural light of the sun of my country and use more photovoltaic lamps



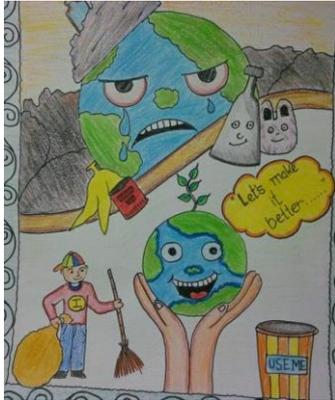
# Corina Mihon



These are my “baby steps” resolutions:

1. Reusing: There was a time when I used to modify and restyle my clothes and I want to start once again since throwing out the old ones hurts the environment
2. Cycling: Now that spring has come again I want to use my bicycle as a method of transportation in the city. More than that, I want to use public transportation more.
3. Gardening: I have dreamt about a garden of my own for a long time and I really want to start growing a few plants on my balcony. If they grow well, I could move them to the roof of my block of flats and have one of those famous gardens on the rooftops.

# Diana Ion

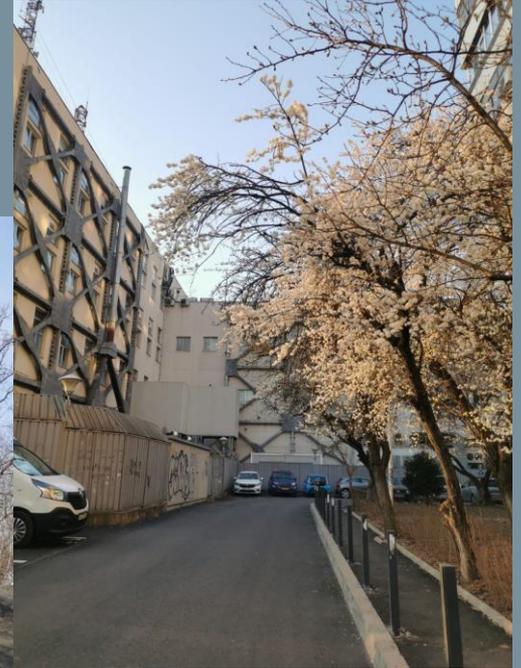


- Reduce/Reuse/Recycle
- Don't use plastic bags
- Volunteer for initiatives around your neighbourhood. I once volunteered in a cleanup of a park.
- Conserve water. Every drop counts.
- Educate yourself and the others on the subject. Spread awareness on the effects of human's behaviour towards the environment.
- Plant a tree
- Use long-lasting light bulbs

# Pavel Eva RO

Here are some easy steps you could follow in the comfort of your own home:

- ~ reduce plastic use by using water filters, glass bottles, metal straws
- ~set up 4 containers to recycle(plastic, paper, glass & metal)
- ~reduce usage of electricity when it's not needed



# Valerios Kiziridis (GR)

- I will buy a metal straw
- I will stop using plastic bottles



# Stancu Maria Alexandra

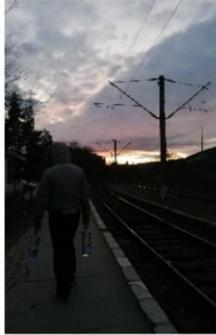
*Protect the beautiful  
nature*



## My baby steps resolutions:

1. **Shop less.** Even though I love shopping, buying and supporting the industry of fast-fashion clothing has a tremendous contribution to the degradation of the soil and the use of excessive freshwater. I want to thrift more and support environmentally conscious brands.
2. **Use more eco-friendly transportation.** Since I have a bike, I can start cycling more. Also, by walking or biking, I can have a more active and healthier lifestyle.
3. **Buy local produce.** By buying local and seasonal items, I can reduce the carbon emissions involved in the transportation of food items. Another advantage is that my vegetables and fruits are always fresh and taste better.
4. **Start doing volunteer work for the environment.** This activity is very entertaining because you can spend time with your friends and do something good for your community.

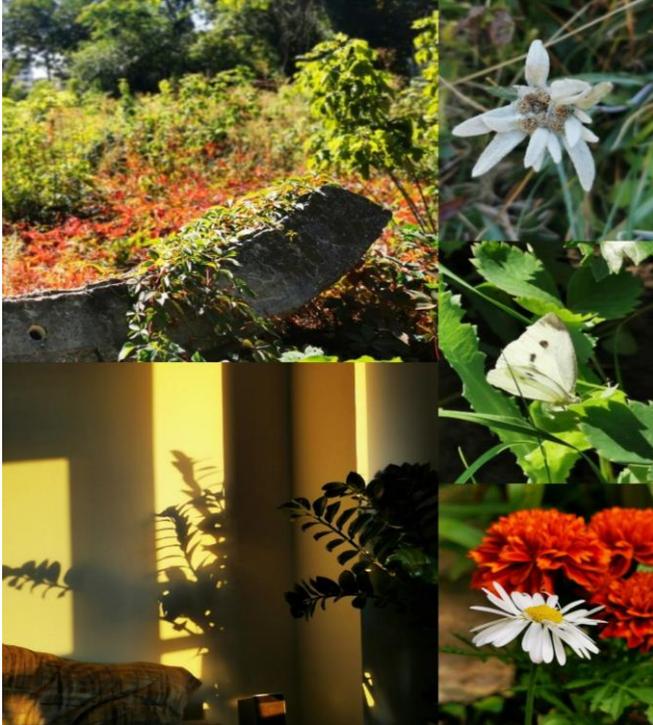
# Alecsandra Rusu



## My baby-steps resolutions:

1. **I want to plant more trees and flowers.** This is benefic for the soil and for the air quality. Also, admiring the flowers which you have planted gives you more satisfaction than admiring the flowers in a vase that will eventually die.
2. **I want to use water from the local spring for drinking.** This way I use less plastic, because I can reuse the bottles of water and it is healthier, too.
3. **I want to travel by train more often.** It pollutes the air less than a car or an airplane and it is also a fun way to travel, especially with some friends.
4. **I want to cook more at home.** Ordering food or eating out supports the fast-food industry which pollutes a lot and their food is very unhealthy, as well.

# Drăghici Alexandra



- **recycling** as much as I can
- not wasting **resources** (food, water, electricity etc)
- traveling with my **bicycle** more often
- buying more products from **recycled materials** (clothes, shampoo bottles etc)

# Plamadeala Victoria



## My baby-steps resolutions:

- to walk more; there is no need to take the bus for a 20 minute walk;
- to plant flowers;
- to volunteer in animal related activities;
- to recycle more;

# Cerbu Anisia Gabriela

€Cology

I know it may be hard,  
But give it a run.

1 Nature needs nurture and grace

And this is not a phase.

This is the wakeup call  
We should give to all

2 Around the world

Plants and animals have been waiting for  
Far too long.



Redo, recycle

Do everything in your power

3 To make Earth

A much healthier place.

I can't stand seeing rubbish anymore

It feels as if we are the animals

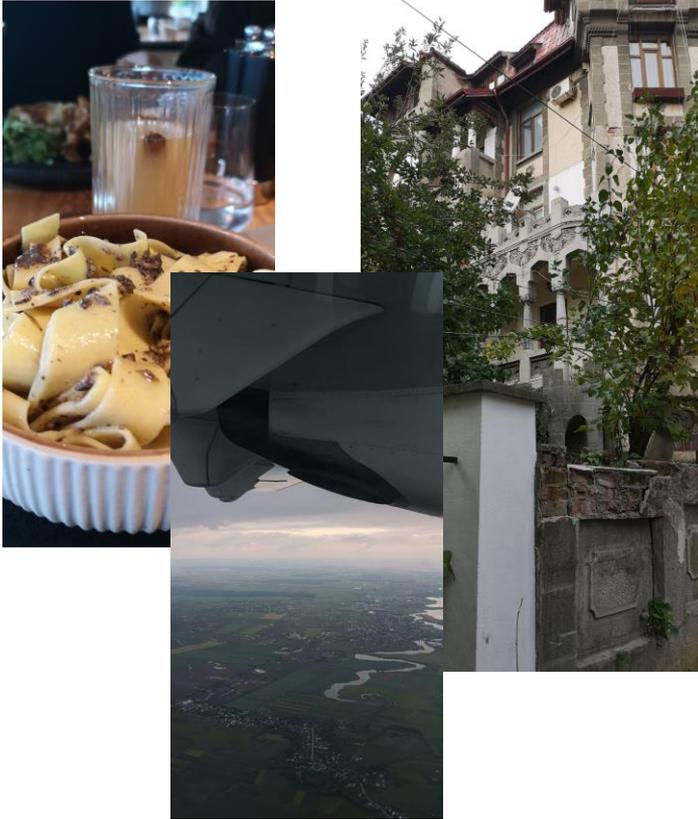
4 For taking too much from nature

And giving back less.

Personal resolution:

- ★ recycle
- ★ walk more
- ★ raise awareness on the effects we have on nature
- ★ eat healthily, maybe become a part-time vegetarian
- ★ motivating more people to try on this lifestyle

# Maria Georgescu



I believe in trying to be better. Not perfect, but better. I recycle and reuse as often as I can and I try to have a diverse, flexitarian diet. Also, I educate myself as much as possible on climate change.

# Miruna Ungureanu



## “Baby steps” resolution

-I try to educate myself as much as possible about what climate change is and understand how it will affect our future

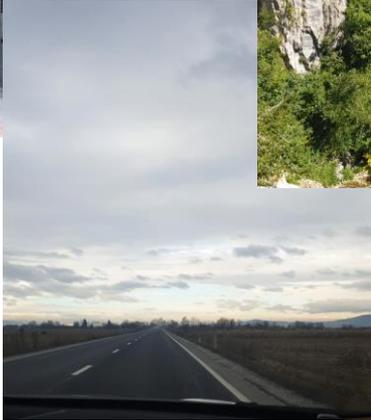
-I try to reuse plastic bags and bottles and I want to try to recycle more

-I am a big fan of using means of public transport or walking and biking instead of using the personal car

-I started reducing the meat consumption in my diet

-I find it very important to stay connected with the nature by going out for walks and hikes in order to further understand the importance of keeping our environment safe and protecting it

# Niculae Renate Isabella



Baby steps resolutions:

- Walking or using public transport whenever I need to get somewhere.
- Trying to avoid wasting resources and materials that can be reused or fixed, is one of the easiest things anyone can do.
- Closing the sink faucet when washing dishes to reduce water wastage.
- Taking a moment to appreciate nature's beauty.

# zosia zatorska



painting by Joanna Szmerdt

I want to be more careful about my diet. More specifically, about eating in larger corporations — even though I have been vegetarian for a few years now, I still do eat take outs pretty often, which is also damaging to the environment; I want to reduce the number of times I eat corporate foods.

Moreover, I want to eat less dairy. Despite not eating meat, I still eat dairy every single day, I want to try implementing at least 1/2 days of completely dairy-free diet.

Taking more showers. I usually prefer baths to showers, but since they waste much more water, I have been trying to cut down on the number of baths I take in the favor of showers gradually — I do, however, want to switch it completely.

More conscious shopping. Although I have been only thrifting and second-hand shopping for many years now, I still find myself buying more than I need to. I want to not only reduce the amount of e.g. clothing I have right now, but also to be more thoughtful about how many things I buy in the future.

# Hubert Falkowski PL



ECO FOOD CONCEPT



- choosing eco friendly products, but also from Fair Trade
- Choosing eco-friendly transportation
- if possible walk

# Zuzanna Gasik pl



- give a second life to objects that I no longer use
- buy products that have been produced in an environmentally sustainable way
- stick more strictly to a plant-based diet
- take part in environmental actions
- I would like to plant a tree and have my own garden with an insect hotel

# Vakarė Skeirytė LTU

Reducing purchases in clothing, if there is a need-purchasing them at second-hand stores. Also, donating or selling clothes that I no longer like or need.

The logo for Vinted, featuring the word "Vinted" in a light blue, rounded, sans-serif font with a white outline, set against a white rectangular background.

Using transport that doesn't require petrol or gas, like: bikes, trolleys or trains

Growing your own food  
Growing environmental friendly flowers so bees would be happy

# Gelmė Ivanauskaitė LTU

1. Recycled waste becomes a great dishes in restaurants
2. While making various compositions, old things are revived for a second life



# Iga Łobińska (PL) - Zero waste mindset



→ reuse different products e.g plastic bags for many times

→ upcycle and donate for reuse e.g. grave candles

→ keep the jars, glass bottles, plastic containers for another packaging

→ reduce e.g. hair shampoo consumption through using shampoo in cube instead of the liquid shampoo

→ use lunch boxes instead of ordering food in disposable containers



# Auksė Gavelytė LTU

- Use fabric grocery bags.
- Don't use paper plates, cups and ect.
- Wrap gifts in fabric, because it's reusable in every day life.
- When you print something, do it on both sides of a paper.
- Don't buy, but take book from library.

