

Easy things you can do to help our air

TRAVEL BY SOMETHING ELSE THAN A CAR!

Use public transport, ride your bike or walk. Biking to school instead of going by car reduces CO2 emissions. Did you know that apart from CO2 cars also let out sulphur dioxide, nitrogen oxide and carbon monoxide, which are all very toxic gases.



REUSE AS MUCH AS POSSIBLE AND THEN RECYCLE

Did you know a plastic cup takes 450 years to break down? By using reusable containers you reduce the gases released during production, and also the amount of trash that ends up in landfills. As soon as clothes go out of fashion, don't throw them away. Did you know 84% of clothes end up in landfills too? Instead, keep your clothes, which contributes to a less wasteful planet. Also, use your notebooks until they are completely full. Paper production actually harms the environment a lot. It releases nitrogen dioxide, sulphur dioxide and carbon dioxide, which can create acid rain and also contribute to global warming. Therefore, you can sell your old books and buy used ones.



LIMIT YOUR ONLINE SHOPPING

Buying products that have to travel far contributes to CO2 emissions and global warming. By buying locally I reduce CO2 emissions and also help local farmers.



DON'T BURN TRASH THAT CAN CONTAIN HARMFUL CHEMICALS

Burning trash can be really harmful to the planet and also to our health. Different plastics contain different chemicals and many of them can be very dangerous to breathe in. Also sorting rubbish helps to recycle things correctly! Recycling helps the planet by not wasting plastic unnecessarily.



SHOP SECOND-HAND

Buying clothes second-hand reduces the amount of clothes that have to be produced. Did you know a single pair of jeans uses about 6000 litres of water during production? When you want to buy a pair of jeans, go to a second-hand shop and when you get bored with a certain piece of clothing, give it to a second-hand shop or sell it.



EAT MORE VEGETABLES

Did you know that to produce 1 kg of meat we need 5000 to even 20000 litres of water? It is 100 times more than to grow vegetables. Also, by choosing veggies we decrease the amount of pollutants going into the air and we save lives of hundreds of animals.



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