



We all know that our home - the Earth - is facing problems, which have significant influence on the whole environment. In this leaflet you will learn about what we can do to reduce these problems.

Together we can make the world a better place!



What can I do to protect the environment?



Follow us at @footfallsofnature
Tag us in your eco-posts and stories :-)



Co-funded by the
Erasmus+ Programme
of the European Union

SOME USEFUL TIPS
YOU CAN APPLY
IN EVERYDAY LIFE

Material made within the Erasmus+ project FOTFALLSofNATURE project number 2019-1-PL01-KA229-065042 funded by the European Union.

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Create your own garden

No matter if you live in a big city or in a village - use the space you have to plant vegetables, herbs or just decorative flowers! Make your surrounding greener!

Clean up the mess

Whenever you go for a walk, take a bag with you in case you find some rubbish. Organise cleaning events with your friends, make it fun by joining #trashtagchallenge. And first of all - do not drop the litter yourself!

Water

It may sound strange, but the best way to save water is... buying less! Producing clothes and food (especially meat) is extremely water-consuming. Consider it before your next shopping.



People produce tones of waste every year. We must remember that most of this waste can be reused, so it's very important to recycle our rubbish in a proper way. Remember the main five types of rubbish:

- paper and cardboard
- plastic and metal
- glass
- organic, biowaste
- mixed or other

The types may be different, it can change, so it's important to follow the instructions given by the company, which collects rubbish from your household.



Reduce the use of plastic

Plastic has some advantages, so it became very popular. However, it takes many years to decompose and it produces toxic fumes when it is burnt. That's why we should replace it with more environmentally-friendly materials.

Buy less

New clothes, a new phone, new furniture... How many of these items do we buy only because we are bored with the old ones? Before you go shopping, think if you really need this thing. Reuse and fix.

"Keep in touch" with the nature

Walk in the forests, parks and gardens. Observe the plants and animals in their natural habitat. Respect and appreciate the nature, learn how amazing and fascinating it is. Explore it!

Education

To help the environment, you need to be aware of its problems. Devote your time to read, learn and discover - the knowledge is the first step to win this battle!

Have fun!

Taking care of environment can be fun! Join local events, create art with recycled materials, cycle, play educational games, involve your friends.

