



Príručka na záchranu sveta (aj pre lenivých)

RACE TO ZERO

Zastaviť klimatické zmeny. Zdá sa to byť priam nemožné, aby človek mohol dokázať niečo tak zásadné. Ale mali by sme sa jednoducho vzdať?

Nie! Každá zmena začína od jednotlivca. Naozaj. Každý človek na zemi – dokonca aj ten najľahostajnejší a najlenivejší človek – je súčasťou riešenia. Našťastie existuje niekoľko super jednoduchých vecí, ktoré môžeme začleniť do nášho života, a ak ich budeme robiť všetci, dosiahneme veľký rozdiel.

Pozri sa na niektoré z mnohých vecí, ktoré môžeš urobiť.

Level 1

Čo môžeš urobiť z pohodlia gauča?

- Vypínaj počítač či tablet, ak ho nepoužívaš.
- Šír povedomie o boji proti klimatickým zmenám v rámci svojej online sociálnej siete.
- Ak uvidíš zaujímavý príspevok na sociálnych sieťach o udržateľnosti, zdieľaj ho, aby ho videli aj ľudia v tvojej sieti.
- Vypočítaj si svoju uhlíkovú stopu - <https://iep.sk/Kalkulacka> a naplánuj si aktivity na znižovanie emisií, ktoré produkuješ.
- Sprav si online prieskum a začni nakupovať produkty od spoločností, či lokálnych obchodov, ktorým záleží na udržateľnej výrobe.
- Zostaň informovaný/á. Sleduj stránku Zelenej UPJŠ a aktuality týkajúce sa udržateľnosti na webe, či sociálnych sieťach.



#somEKO#somUPJŠ



A guide to saving the world (even for the lazy)

RACE TO ZERO

Stop climate change. It seems almost impossible for a person to prove something so fundamental. But should we just give up?

No! Every change starts with the individual. Really. Every person on earth, even the most indifferent and lazy person, is part of the solution. Fortunately, there are some super simple things we can incorporate into our lives, and if we all do them, we will make a big difference.

Take a look at some of the many things you can do.

Level 1

What can you do from the comfort of your sofa?



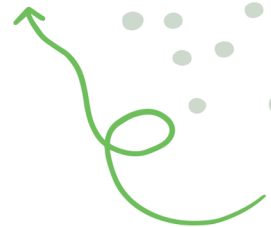
- Turn off your computer or tablet when you're not using it.
- Spread awareness about the fight against climate change through your online social network.
- If you see an interesting social media post about sustainability, share it so that people in your network can see it as well.
- Calculate your carbon footprint and plan your activities to reduce the emissions you produce.
- Do your research online and start buying products from companies or local stores that care about sustainable production.
- Stay informed. Follow the website of the Green UPJŠ and updates on sustainability on the web or social networks.

#IamEKO#IamUPJŠ

Level 2

What can you do at home?

- Turn off the light.
- Save electricity by plugging your appliances into a power strip that you can turn on or off as needed.
- Replace the bath with a shower.
- Let your hair or clothes dry naturally. When washing, wait until the machine is completely full.
- Eat less meat and fish. Give preference to plant-based diets, which, unlike animal foods, require fewer resources.
- Freeze fresh foods you can't eat and freeze leftover uneaten meals before they spoil. This will save you food and money.
- Recycle paper, plastic, glass, aluminium etc. and try to reduce the amount of waste you generate. Most waste ends up in our oceans or landfills.
- Compost. By composting food scraps, you can reduce mixed waste and greenhouse gases. Composting also benefits the chemical and physical properties of the soil.
- Prevent heat leakage through windows or doors.
- In winter, try to limit heating to a minimum. Instead of overheating the room, dress up.
- Use more energy-efficient appliances and light bulbs.





Level 3

What can you do outside the home?

- Bike, walk or use public transport. Use a car if many of you are travelling.
- Shop more at local and family shops or farmers' markets – so you can avoid unnecessary car rides while supporting local entrepreneurs.
- Shop with focus – use shopping lists and avoid impulse purchases. Don't succumb to marketing tricks that encourage you to buy more food, clothing or other products than you really need.
- Buy goods with minimal packaging or no packaging at all. In Košice you can find several package-free shops.



- Bring your own bag to the store.
- Use reusable containers, stainless steel bottles or a keepcup. This way you get rid of unnecessary waste.
- Shop at second-hand shops, outlets and vintage stores. You will have original pieces and save a lot of money.
- Donate what you no longer use – clothes, old furniture or books. Local charities breathe new life into these things. You can exchange unnecessary items for other things at swaps. Invite local institutions to get involved in initiatives that benefit both people and nature.
- Use the right to elect political representatives in your city and country who emphasize important (including green) issues.

Level 4

What you can do at work/school.

- Walk to work/school on foot, by bike or by public transport.
 - Replace paper documents with digital versions.
 - Come up with suggestions and do activities that will make your workplace or classroom greener.
 - Organise eco-activities at work/school, such as a waste-free day or a vegan day.
 - Try the green menu in the dining room. If you have food you don't want, don't throw it away. Give it to someone who needs it.
- Use your own containers. Use wax wipes or other reusable packaging to pack food.
 - Drink water from the tap. Always have a reusable bottle handy.
 - Participate in challenges, competitions or collections organized by UPJŠ and thereby actively contribute to reducing the university's emissions.
 - Become a member of the UPJŠ Green Commission! Write to us at: zelenauniverzita@upjs.sk Join other communities actively involved in the fight against climate change.

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