

HAND IN HAND WITH OUR PLANET

Handbook for sustainable lifestyle



Funded by
the European Union

SUSTAINABILITY

is not green only

#recycling

#education

#transport

Social

Environmental

Economical

#digital

#work

#circulareconomy

#organic

#renewableenergy

#plasticreduction

#treeplanting

#healthcare

#genderequality

#circulareconomy

#tourism

ARE YOU HUNGRY?

your plate counts too.



✓ Shop locally and seasonally

Discover local producers and reduce overall emissions from transportation and storage.



Pay attention to food certifications

Certifications guarantee that the food is the most eco-friendly choice for you and the planet.



Cook the right portion and avoid waste

Don't go shopping when you're hungry, and learn to prepare meals in a way that prevents overeating and food waste.



Make sure your diet is balanced

The right balance of carbohydrates, fats, and proteins, along with sufficient vitamins and minerals, is essential for your body.



Notice what your food is packaged in

Buy products without useless plastic. Remember to bring your own bag and reusable bags for shopping.

1/3

of food gets thrown away

Use initiatives like *Too good to go* which connects companies with people who are interested in buying surplus food.



1/2

of population is overweight.

Poor eating habits affect our health. Nutritional guidelines from the *WHO* can help improve your diet.



1200-2000

kilometers food travels from producer to plate

Learn to choose foods based on seasonality and country of origin.



1000

years it takes for a plastic bag to decompose.

On average, we use it for only 20 minutes.



TRAVEL

eco-friendly



Choose the right transportation

Each situation requires a specific type of transportation. Don't avoid using public transport.



Reduce emissions even while flying

If you choose to fly, choose a low-emission flight with **Atmosfair**. Use a digital ticket and public transportation from the airport.



Support the local economy

Try local dishes and enjoy the local culture.



Travel zerowaste

Bring items like a water bottle or a snack box to reduce your waste.



EARTHCHECK



Choose eco-friendly accommodation

Look for accommodation with **EarthCheck** or **Green Key** certification.

60 %

of people use cars for transportation

Improved infrastructure and the use of public transportation have reduced emissions by up to 80% in some cities.



70 000

kilometers of marked hiking and cycling trails

Europe offers an extensive infrastructure for active transportation.



50 %

fewer emissions is generated by electric vehicles.

Electric vehicles impact our planet half as much as gasoline and diesel vehicles.



40

cars can be replaced by a full bus

Some high-speed trains have the capacity of 9 airplanes or 800 cars.



FIGHT

waste



✓ Sort your waste

Get more trash bins and use recycling containers for sorted waste. If you're unsure where something belongs, check the page [jaktridit.cz](https://www.jaktridit.cz).

✓ Compost organic waste

Organic waste burdens recycling. Order your own organic waste bin from the relevant municipal office. Food scraps (also known as food waste), edible oils, bones, meat, and skins do not belong in organic waste.



✓ Reduce single-use plastic packaging

Learn to use ReBox, ReCup, or carry your own bottle. Bring your own bag for shopping and buy products (if possible) without packaging.



75 %

of Czechs sort their waste

99% have the option to sort.



902 007

of containers for sorted waste are distributed throughout the Czech Republic



1 084 556

tons of waste were sorted in 2023



90

meters is the average distance from home to the recycling bin.



EQUAL OPPORTUNITIES

for each of us



✓ Educate yourself

On issues of equality and diversity to better understand the challenges.



Become a volunteer

This experience will open your eyes in many areas. You can apply through **European Solidarity Corps**.



Respect others

And support an inclusive environment where everyone who is interested feels welcome.



Get involved in politics

Every vote counts.



Offer your help

There are many organizations through which you can offer your help.

152 million

of children are engaged in child labor

This affects 10% of the child population.



25 %

is the representation of women in politics

Additionally, women globally earn on average 20% less than men.

258 million

of young people lack access to education.

750 million adults (two-thirds of whom are women) are illiterate.



9 %

of people live below the poverty line.

Additionally, 9% of the population suffers from chronic hunger.



SLOW

fashion



Buy Less, Choose Wisely

Invest in high-quality, timeless pieces that you truly love and will wear often.



Buy second hand clothes

Shop at vintage stores, on websites like Vinted, or swap your clothes.



Opt for material

Choose eco-friendly materials such as organic cotton, linen, hemp, and recycled fabrics. Avoid synthetic fabrics like polyester unless they are recycled.



Support Ethical Brands:

Choose brands that are transparent about their production processes and prioritize fair wages, safe working conditions, and sustainable materials.



Care for your clothes

Extend the life of your clothing by washing them less frequently, using cold water, and air drying. Learn basic mending skills.

95 %

Clothing is recyclable

Only 15% of discarded clothing is recycled.



100 milliard

of clothing items produced annually.

Each year, 92 million pieces of clothing are discarded, and every second, one truckload of clothing ends up in a landfill.

7 x

on average, we wear a piece of clothing.

Fast fashion companies introduce up to 600 new styles per week.



60 %

The clothing is made of plastic.

It will take at least 200 years to decompose.



BE sustainNable

