

# HELP US MAKE THE EYE SUSTAINABLE!

Tips & tricks for sustainable behaviour at the EYE








## TRANSPORT AND MOBILITY

### Reduce your CO<sub>2</sub> emissions when travelling to/from Strasbourg

Transportation is responsible for 15 to 20% of worldwide CO<sub>2</sub> emissions. In Europe, 45 % of air travel relates to a distance of 500 km or less. Source: International Young Naturefriends (IYNF)

#### A participant coming from Barcelona to the EYE (1800 km return) will produce:

	<b>Airplane</b>	426 kg of CO <sub>2</sub> per person
	<b>Car</b>	85 kg of CO <sub>2</sub> per person (in a car of 4)
	<b>National train</b>	82 kg of CO <sub>2</sub> per person
	<b>Coach</b>	40 kg of CO <sub>2</sub> per person (in a full coach)
	<b>Fast train</b>	22 kg of CO <sub>2</sub> per person

### What you can do!

1

**Calculate your carbon footprint** and face the impact of your travel choice on the environment:

[www.theconvergingworld.org/carbon\\_calculator](http://www.theconvergingworld.org/carbon_calculator)

2

**Choose sustainable transport when exploring Strasbourg:**

Why not explore the city by foot, try local public transport or rent a self-service bike?

<http://urlz.fr/3fEE>  
[www.cts-strasbourg.eu/en/](http://www.cts-strasbourg.eu/en/)  
[www.velhop.strasbourg.eu/en/](http://www.velhop.strasbourg.eu/en/)

3

**Choose less emission intensive public transport or car-pooling** instead of flying to Strasbourg (at least for distance of less than 1000 km) you can find travel mates

on the EYE event page:  
[www.facebook.com/events/164049063970173/](https://www.facebook.com/events/164049063970173/)  
or contact the EYE Contact Point in your country:  
[List of national EYE Contact Points](#)

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## WASTE



### Paper

The paper industry has an enormous impact on the environment. Each year around 4 billion trees are cut down for paper.

Source: International Young Naturefriends (IYNF)

#### What you can do!

1

##### Limit print to a minimum and recycle paper.

Use digital supports instead of printing. The programme and practical info will be available on the EYE app. Free Wi-Fi will be available at the event.

2

##### Print on recycled paper and with eco-friendly inks.

3

##### Recycle paper before, during and after the EYE.

There will be designated recycling bins at the event

### Plastic

When you buy bottled water, as soon as you drink it, the plastic bottle becomes waste. Unless it is recycled, it can rot in a landfill for hundreds of years.



Between 50 and 80% of plastic PET bottles used in the EU in 2011 were not recycled. Source: International Young Naturefriends (IYNF)

Globally, bottled water generates 1.5 million tons of plastic waste each year.

It represents the equivalent of the weight of 150 Eiffel towers. Source: International Young Naturefriends (IYNF)



#### What you can do!

1

**Buy a reusable water bottle!** There will be free drinking water points at the event. Quit using plastic bottles!

### Recycling

Every year we fill enough garbage trucks to form a line that could stretch from the earth, halfway to the moon. Source: International Young Naturefriends (IYNF)

MORE THAN 4.8 MILLION METRIC TONS



#### Decay times of...



6 MONTHS



6 MONTHS



500 YEARS



500 YEARS



NEVER DECOMPOSES

ONLY 10% OF WASTE IS NOT RECYCLABLE.



Power a 60-watt light bulb for 3 hours

Power a computer for 25 minutes

Power a television for 3 hours

#### The amount of energy saved by recycling...

#### What you can do!

1

**The best way to save energy is to reduce consumption** – think about what you are using and if you can avoid creating waste.

2

**For the waste you can't avoid, make sure you recycle as much as possible.** Pay attention to recycle bins at the event and sort your waste properly

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## FOOD CONSUMPTION AND FOOD WASTE

### Producing, distributing, storing and cooking food has an enormous impact on the environment.

- Animal agriculture is responsible for 18% of worldwide greenhouse gas emissions, a bigger share than of all the transport combined. Source: UN Food and Agriculture Organization
- Producing 1 kg of beef emits 13 times as much CO<sub>2</sub> as producing 1 kg of plant protein (beans, lentils, soya). Source: Robbins, John. Diet for a New America

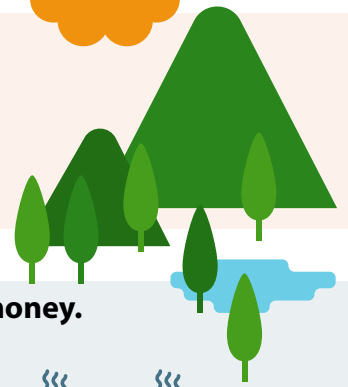
CO<sub>2</sub>



### Intensive breeding leads to deforestation, environmental degradation and water scarcity.

- 55 million of hectares of rainforest have been destroyed so far to feed livestock. That represents the equivalent of 125 times the total size of the European Union. Source: "Amazon Destruction." Monga Bay.
- One third of the planet's fresh water is used by the meat and dairy industry.

Source: International Young Naturefriends (IYNF)



### The staggering scale of food waste in Europe results in huge waste of energy, resource and money.

- On average 179 kg of food per person is wasted each year in the European Union. Source: International Young Naturefriends (IYNF)
- Food waste causes enormous amounts of pollution due to decomposition process. Rotting food creates methane, which is 23 times as potent as CO<sub>2</sub>.

Source: UN Environment Programme



### What you can do!

1

**Buy only what you can eat!**

2

#### Privilege local and seasonal food!

- Support a short supply chain and cut down transport responsible for CO<sub>2</sub> gas emissions
- Enjoy freshness of seasonal products instead of "long-distance" fruit and vegetables
- Promote food culture and preserve diversity of local cuisines

3

#### Taste the difference of fair trade, organic food!

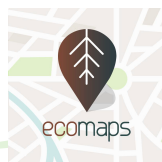
- It has less pesticide residue than conventional fruit and vegetables
- It works with nature rather than against it by promoting biodiversity
- It rewards local farmers with fair prices for locally grown products

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#### Want to eat out in Strasbourg?

Check out addresses on ECOMaps and discover the most eco-friendly places the city has to offer:

<http://ecomaps.eu/en/map/strasbourg/>



#### Try out a meat-free diet for 2 days and prepare to be surprised: It is tasty and healthy!

The food area in the YO!Village will offer a diversity of alternatives to industrial, meat-based cuisine.

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