

# SUSTAINABILITY



CHANGE YOUR ATTITUDE, CHANGE THE WORLD!





# SUSTAINABLE DEVELOPMENT GOALS



- The United Nations has declared 2020-2030 the "Decade of Action" to achieve the SDGs and calls for greater ambition and a sense of urgency to accelerate the transition.

The products in the image above are less sustainable than those in the image below. Why?



**Portugal  
is the 9th country in the UE  
with the highest  
waste production.**



## Tour UWMS

Urban Waste  
Management System



Each inhabitant of the SGRU  
ERSUC intervention area, by the  
end of May 2023, had  
already recycled 16.5 kg kg packaging  
waste, being below the country's  
average, which is 17.5 kg/inhabitant  
Keep contributing!





# To live more sustainably, we must **REDUCE** the **WASTE** we produce

We should use recycled containers to store food and also use paper bags rather than plastic.



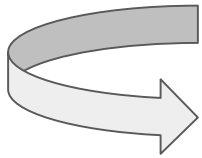
# To live more sustainably, we must **REDUCE** the **WASTE** we produce

- Make a shopping list;
- Choose to consume homemade products (cakes, biscuits, jams, sauces, yoghurts, cheese) instead of buying them;
- Grow herbs at home for seasoning and making tea/infusions.



# To live more sustainably, we must **REDUCE** the **WASTE** we produce

Use compost at home. Don't throw away but reuse your organic waste to make compost for your garden or to create other original dishes/food.



# To live more sustainably we must **REDUCE** the **WASTE** we produce



**Offer original gifts wrapped in magazine or newspaper paper**



**Use toothbrushes where you only change the brush head**

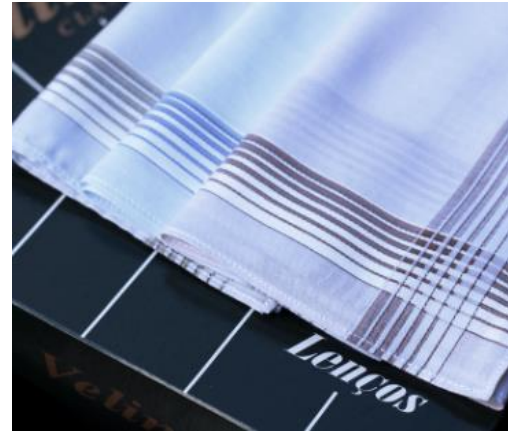


**Use butter wrapped in paper and a reusable butter dish**



# To live more sustainably, we must **REDUCE** the **WASTE** we produce

Make changes or environmentally friendly options and reuse whenever possible, sometimes exchanging napkins and paper tissues for reusable options.



**Use reusable cloth napkins and tissues.**

# To live more sustainably, we must **REDUCE** the **WASTE** we produce

Promote or participate in environmental initiatives, such as plogging actions to collect trash or cigarette butts from the ground, “adopt” a street or location, etc...

o The Trash Traveler percorre 3000 km por Portugal de bicicleta e com apenas uma garrafa de água reciclável!

## The Trash CYCLE

Join the **CLEAN UPS!** REUSABLE GLOVES

**BICYCLE TOUR**  
**3000 Km**  
Portugal  
22.04 - 17.06

A tour to raise awareness to take care of the planet  
TheTrashTraveler.org

Partnership with:  
Jack Wolfskin, Ocean Beach, and others.

10 de Junho Granja do Ulmeiro / Soure  
Jardim Público (Junto à antiga Escola Primária) 40°09'41"N 8°38'07"W



## WASTE COLLECTION WOES

No daily lifting of garbage from open plots, roadside

- Demand for additional money for garbage collection
- Less staff for garbage management in merged areas
- Instances of burning of garbage



## MORE TRIPS

- The civic authorities said that they are increasing trips of waste collection vehicles in merged areas
- Also, complaints regarding demand for additional money for waste collection are being looked into



Junta-te a nós...

## PLOGGING CHALLENGE PORTUGAL 2023

Granja do Ulmeiro, dia 15 de Abril 2023

Horário: 15h - 16h30m

Ponto de encontro: Jardim Público 15h

Vem caminhar pela tua saúde e pelo Planeta



<https://www.plasticbusters.org/get-involved>

# To live more sustainably we must **REDUCE** the **WASTE** we produce

Choose products with indications that they respect sustainability, always paying attention to packaging labels.



Respect the forest (used in coffee and chocolate)



Sustainable construction



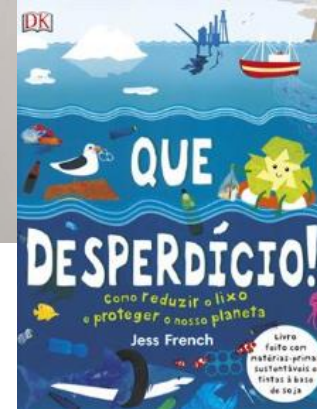
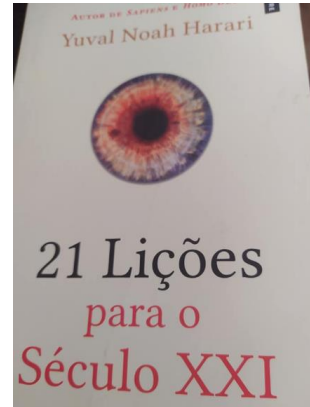
Sustainable tourism

Not tested on animals



# To live more sustainably, we need to REDUCE the WASTE we produce

Search, read labels, and always try to act in a sustainable way.



Check whether detergents are harmful to the environment, look for information in reliable books or websites.



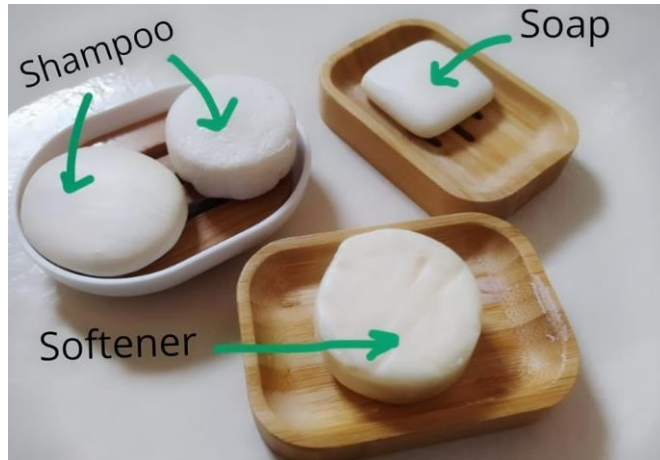
# To live more sustainably, we must **REDUCE** the **WASTE** we produce



**Repair clothes or objects that can still be used**

# Other options more friendly to the environment

Research, read labels, try to always be informed about the most sustainable alternatives,



Solid shampoos and soaps emit fewer greenhouse gases as they are easier to transport and do not contain water in their composition



When consuming chocolate, we must pay attention to whether it was produced sustainably (UTZ) and properly separate the paper from the aluminum

# Other environmentally friendly options

SAVE WATER, ENERGY AND ALL NATURAL RESOURCES



Save cold water from the beginning of your shower



Cool down the house in a natural way

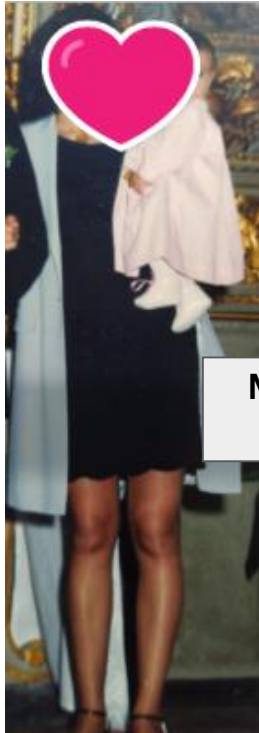


	Incandescent	fluorescent	LED
Power	60 watts	13-15 watts	6-8 watts
Expenditure	3 285 KWh/year	767 KWh/year	329 KWh/year
Duration	1.200 hours	8.000 hours	50.000 hours
Saving	-	75%	90%
CO2 emission	2.041 kg/year	476 kg/year	204 kg/year

Save electricity by choosing ecological light bulbs and turn off lights when not needed

# More environmentally friendly options:

Reuse clothes that belonged to your parents/ brothers/ siblings/ friends or even buy in 2<sup>nd</sup> hand clothing stores or websites, for example Vinted-



My coat more than 20 years later...



Vinted

[https://pegadaverde.pt/pt\\_pt/blog/post/sites-de-roupa-em-segunda-mao](https://pegadaverde.pt/pt_pt/blog/post/sites-de-roupa-em-segunda-mao)



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**THE BIGGEST  
MISTAKE OF ALL  
IS NOT DOING  
ANYTHING  
BECAUSE YOU  
THINK YOU DO  
LITTLE**

**DO EVERYTHING YOU CAN!**



# Rethinking is Reducing



**Before consuming, stop and think. Conscious consumption is not about not consuming. Conscious consumption is about taking care of yourself and the planet.**





# Seek information/keep informed:

On the internet / social networks / magazines there is a lot of information that we can use.

If you have any doubts, you should contact someone more experienced or cross-check information with other recognised sites.

## **In Portugal:**

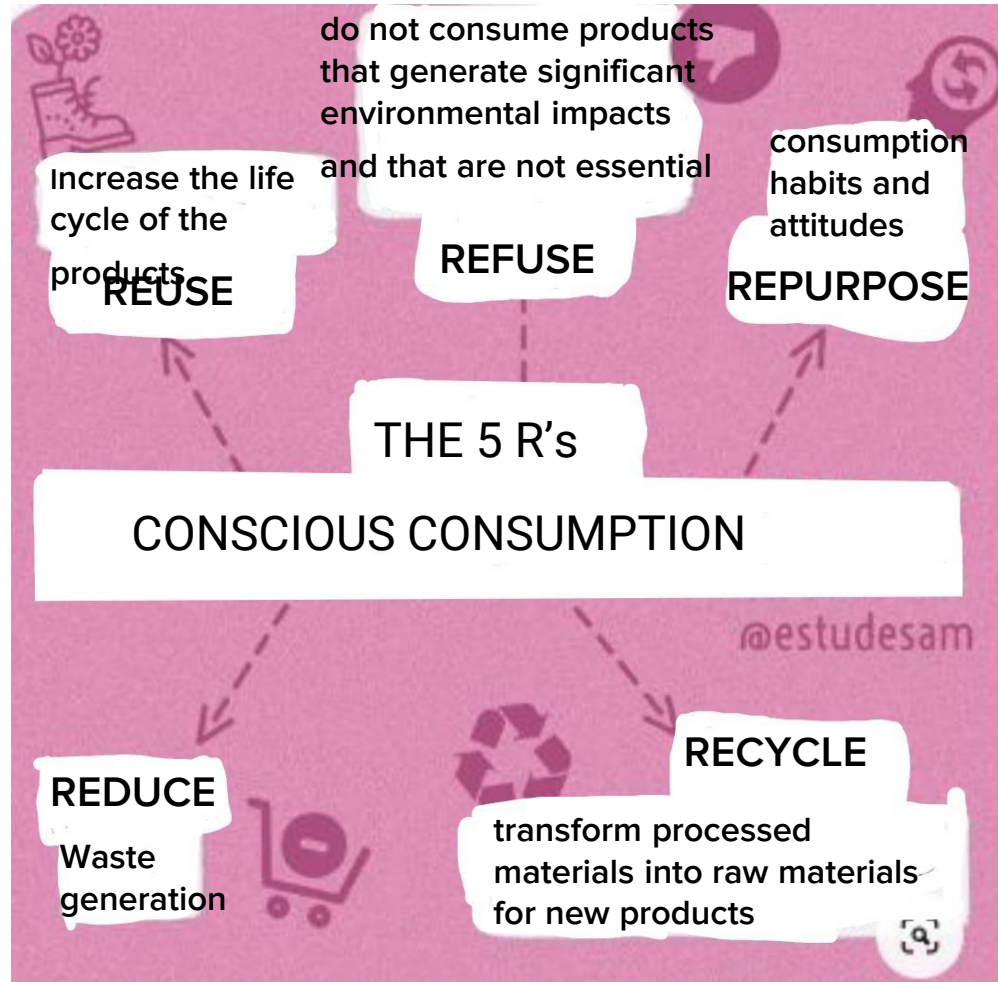
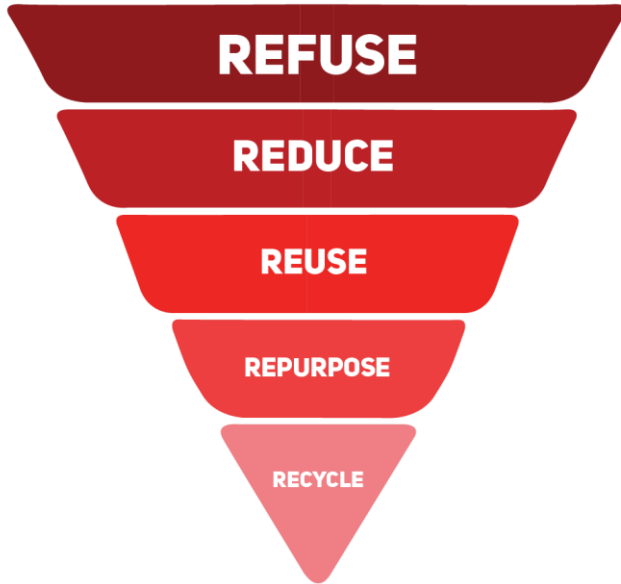
Associação ZERO: <https://zero.org/>

QUERCUS: <https://quercus.pt/>

**International:** ONU, OCDE, WWF, Greenpeace, etc...

# THE 5 R's

Environmental responsibility  
and sustainable development



# And how about being an influencer??

Being an influencer is someone who is able to stimulate the behaviour and opinion of various people through their actions, who may or may not publish these actions on social networks or websites. How can we influence our classmates at school to change their behaviour?

Have a look at these Portuguese influencers who have just started instagram accounts

[https://www.instagram.com/sustentabili\\_arias/](https://www.instagram.com/sustentabili_arias/)

<https://www.instagram.com/23sustentavel/>

and this website <https://rumoaummundomelhor.blogspot.com/>

What about YOU? Are YOU up to the challenge?



# THANK YOU!



\*Original version by teacher Cristina Relvas  
\*\*<https://www.freepik.com/>

