

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

Erasmus+



ROC DIARY

Marta Boronat Redondo 1ºBACH



I.E.S.

**Eladio
Cabañero**

Day 1

- Today I replaced the halogen bulbs in my bedroom lamp with low-consumption LED bulbs.
- I bought reusable gel bottles.

Day 2

- I turned off all electrical appliances at home that were not in use.
- I've been talking to my parents about saving electricity by putting motion sensors in the bathrooms.

Day 3

- I didn't have my phone charging at night.
- I bought reusable napkins instead of single-use ones.



Day 4

- I made my own recycled paper..
- I travelled by public transport instead of by car.

Day 5

- I bought second-hand books instead of new ones.
- In class I learnt about self-sufficiency with solar panels.

Day 6

- When I was cooking this afternoon I was careful not to pour any oil down the drain because it can contaminate the water.
- I have also used natural light instead of artificial light, wherever possible.



Day 1

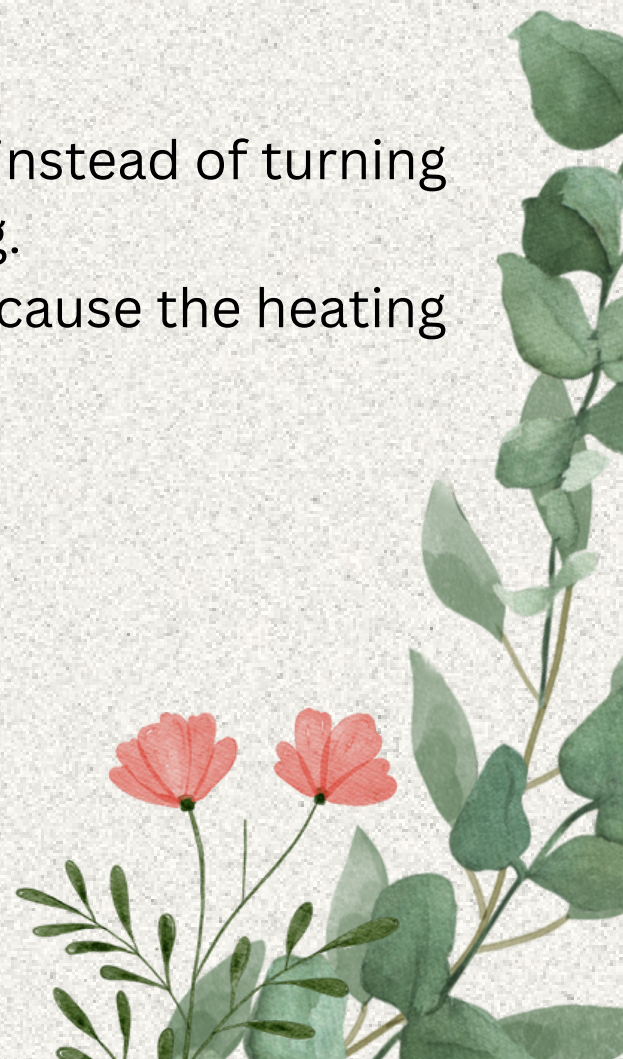
- I used a bucket of water and a sponge to wash my family's car instead of a hose.
- I decided to reuse the cooking water to water my plants.

Day 8

- I avoided covering the radiators, so as not to increase energy consumption.
- I bought some things that I needed in an eco-friendly shop.

Day 9

- I put on appropriate clothes instead of turning on the heating.
- Later, I closed the window because the heating was on.



Day 10

- This morning I took a short shower instead of a bath to save water.
- I downloaded an app to control consumption in my house, which can help us save electricity.

Day 11

- I used rainwater to water my plants.
- I turned off the water while I was brushing my teeth.

Day 12

- I turned off all the appliances in my bedroom that were on standby.
- Since our dishwasher broke down, my family have replaced it with a more energy-efficient one.





Day 13

- I bought a reusable water bottle instead of a disposable one.
- I was careful to keep my house between 19° and 21° C to save electricity.

Day 14

- I filled the dishwasher to the top before turning it on.
- I donated some toys that I didn't use to promote responsible consumption.

Day 15

- I have decided to plant my own organic garden with some fruit and vegetables.
- I sorted and recycled the rubbish.

Day 16

- This morning I bought local fruit.
- I walked to school

Day 17

- I went shopping and used cloth bags.
- I tried not to open the oven door while I was cooking to save energy.

Day 18

- I used natural soap.
- I wrapped a gift for a friend in a biodegradable cardboard box.



Day 19

- I collected water from the shower to water my plants.
- I connected all the devices in my bedroom to power strips with switches. Now, I only have to flick one switch to turn them all off.

Day 20

- Today at home we started using the timer to turn the heating on or off at a certain time.
 - I didn't buy a dress that I saw at the market because I knew it was unnecessary and not very eco-friendly.

