

ROC DIARY

WHAT I DID TO HELP THE ENVIRONMENT IN NOVEMBER-DECEMBER 2023.

19/11: on this day, I took a shower instead of a bath, as well as my entire family, and we did so for the rest of the days.

20/11: I decided to get up earlier from this day on to walk to school instead of my dad driving me and my siblings.

21/11: I used to drive to my extra classes because the building is 3km away from my house, but from this day on, every Tuesday and Thursday I walked to my extra classes, even though it is far away, it's very nice to walk with my headphones on!

22/11: I decided to unplug all devices when not needed.

23/11: For my brother's birthday, I made a DIY picture book out of a box that was going to be thrown away.

24/11: I am afraid of darkness, but as I have decided to unplug all electronic devices if they are not necessary, I went to buy an LED-light for my bedroom at night (I went on foot, of course)

25/11: it was time to clean my room: with my old clothes, together with my siblings', I packed them in a box to donate them on Monday; I put my old notes in the blue container and all of the plastic and paper bags were reused.

26/11: My mom and I planted aloe vera plants on the terraces.

27/11: As we went to donate the clothes from the other day, it was time to buy new clothes. We made a list with only the necessary, so we didn't buy too many clothes.

28/11: I didn't rinse the dishes before putting them in the dishwasher.

29/11: I have an exam tomorrow and I need to study, but instead of printing my notes, I studied on my laptop.

30/11: We had to buy some groceries and we avoided plastic-wrapped fruit and veg.

1/12: My dad needed a new phone because it was completely shattered, but instead of ordering it online, we went to the local electronics shop and bought one.

2/12: My family and I wanted to go to Madrid to see the Christmas lights, so we took a bus instead of driving.

3/12: We made a special dinner for my grandpa's birthday, but there were a lot of leftovers, so we froze them.

4/12: It was my turn to do the laundry, so I made sure that I filled up the washing machine and I didn't use the dryer. I told my family and they agreed to keep refusing to use the dryer.

5/12: We installed a water filter in my kitchen, so now we practically don't have to buy bottled water anymore. Cheaper and eco-friendlier.

6/12: National holidays started. I wanted to visit my best friend, who lives far away, and my dad wanted to drive me there, but I booked a train ticket instead and I went to the station by bus early in the morning.

7/11: Finally with my best friend, we wanted to spend the day in the centre of Seville, and even though she has her driving license, we moved around on the underground and buses.

8/12: We threw a little party at my best friend's house with some of her friends. We didn't buy plastic plates as usual, we used her plates instead.

9/12: My best friend walked with me to the station to say goodbye instead of driving, and then I took the bus back home.

10/12: I had to revise for my chemistry exam, but instead of using paper, I practised on my whiteboard, which I realized was comfier.

11/12: It was freezing to go to school, so my dad drove me but we picked up some of my classmates so their parents didn't have to use their cars.

12/12: Today I bought a re-usable water bottle and coffee mug.

13/12: I went shopping with my mom, we made a list and brought our own bags.

14/12: Christmas time is approaching, meaning decorating can start. We reused last year's tree, which is the one from the last 6 Christmases, and we changed our lights for LED-lights.

15/12: I wanted to visit Madrid again but this time with my friends. We took the same bus as the one I took with my family and went to the mall. I asked them to make a list in order not to buy more than they needed and they agreed.

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