

GREEN NATION REVOLUTION

AT HOME

During these last months, we have experienced an extraordinary shift in our everyday habits and routine. **Can we still be agents of positive change while staying at home?**
Yes, we can!

We can make use of this extra time to exercise a sustainability check of our household, which we should also be doing for our workplaces soon.

1. ENERGY CHECK

What is your average energy consumption? Can you make a reduction plan that will allow your household to have a reasonable level of comfort whilst spending less on electricity? This is a significant sustainability exercise: you will learn how to apply the same principles (with the addition of renewable energy sources) in your future job endeavours.



2. PLASTIC CHECK

How much plastic do you consume and waste in your household? Take the time to figure out what is necessary – and how it could be recycled – and what is not. Reduce the consumption of plastic, from the kitchen to the bathroom. Plan recycling for most of the materials you use: from paper to textiles.

3. WATER CHECK

How much water do you consume? What is the average length of a shower taken in your household? Do you turn the tap off while brushing your teeth? Can you convince your parents or siblings to reduce water consumption?



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4. FOOD CHECK

What does your weekly diet look like? Can you compare it to the Planetary Diet? Can you reduce meat and animal protein to the minimum and opt instead for local grown vegetables and vegetable proteins?



5. KNOWLEDGE CHECK

Stranded time could be used as growing knowledge time. Choose your sources of reliable information (you can find links at the end of the book) and dedicate half an hour every day to explore a topic, to learn more about the planet and how to invest in our collective, better future.



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FIVE STEPS YOU CAN TAKE TO EARN YOUR PLACE IN THE #GREENNATIONREVOLUTION

1. LEARN

More about recycling and the circular economy. Talk to your parents – annoy them with facts and questions – and your teachers, spread the knowledge and always be curious.

2. FIND OUT

About the future of the industry you would like to work in and understand what sustainability means in that context. What would your dream job be?

3. KEEP YOURSELF UPDATED

On the environmental and social challenges of the world and think big: can you come up with a solution?

4. CONNECT

With like-minded Green Nation young activists through social media: can you team up to make things happen?

5. ADAPT

Every little helps, every change takes time. What are the behaviours in your day-to-day routine that you can change for the better to help the planet from the comfort of your own home?

IN THE MEANTIME...

USE LESS ENERGY

Walk, cycle, use public transport. Fly only when necessary.

ADOPT A GREENER DIET

Eat more greens and vegetable proteins, cut down on meat consumption. Consume local products and question the suppliers: are they respecting the soil, water and biodiversity?

CONSIDER THE IMPACT

That your wardrobe is having on the planet. Buy less, buy second hand, buy natural or recycled fibres, swap with friends, donate your pre-loved goods.

NEVER WASTE

Food, water or electricity.

STOP BUYING

Unnecessary plastic and always recycle; from everyday waste to electronics. Every ounce of material counts.



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