

GREEN PLANICA 2023

MY SUSTAINABLE DAY



SOCIAL RESPONSIBILITY

Every change starts with me, you, us, our families, friends and peers. Be an ambassador, spread the word, and pass it on by word of mouth (viva voce).

Our management of limited natural resources today will have long-term consequences for future generations.



**AWARENESS,
SET AN
EXAMPLE WITH
SUSTAINABLE
BEHAVIOUR
EVERYDAY.**

**OBSERVE THE
PRINCIPLE:
"EVERY ACTION
HAS A REACTION."**

MOBILITY

Long-distance transport leaves a large carbon footprint, while lower speed means lower fuel consumption, less emissions and a smaller carbon footprint.

Air transport produces greenhouse gases, primarily carbon dioxide (CO₂) due to fuel combustion. When released into the atmosphere, these gases substantially contribute to global warming.

You burn more than 200 calories by riding a bicycle for 30 minutes. A single tree needs one year to clean the air polluted by 200 cars in one day.



**REDUCE
SPEED BY
10 KM/H.**

**SWAP YOUR
CAR FOR
A BICYCLE
OR WALK.**

**USE PUBLIC
TRANSPORT AND
SWAP THE PLANE
FOR A TRAIN.**

NATURAL ENVIRONMENT

FOLLOW MARKED TRAILS, DO NOT DISTURB ANIMALS AND PLANTS NATURAL HABITATS.

Walking off-trail causes damage to the terrain, and can be dangerous or even life-threatening in the hills.

Bees are one of the most important animals on the planet, so planting honey plants is important for the preservation of bees and their living environment.

More than 40% of the harvested timber in the world is used for paper production.

PLANT HONEY PLANTS IN FLOWER POTS, ON THE BALCONY OR IN THE GARDEN.

PRINT LESS, PRINT DOUBLE-SIDED.



WATER

We use up to 10 litres of water while brushing our teeth.

On average, the production of one litre of bottled water requires three litres of tap water and a quarter litre of fuel. In addition, bottled water in Slovenia is 225 times more expensive than tap water.

Cold wash cycles are better for delicate, coloured and normally soiled clothes, they extend the life of your washing machine and fabrics, and save water and energy.

SAVE WATER WHEN BRUSHING TEETH AND SHOWERING.

DRINK TAP WATER, NOT CARBONATED DRINKS. USE YOUR OWN WATER BOTTLE.

USE THE COLD WASH PROGRAMME WHEN WASHING CLOTHES.



WASTE

Only 15% of waste is recycled, 37% is deposited in landfills, 30% in open landfills and 18% is incinerated.

In one year, plastic bags cause the death of 100,000 turtles.

With small changes of habit, our daily behaviours become less harmful to the environment. About 20 million trees and 45 billion litres of water are needed to produce the 58 billion paper coffee cups that are used on annual basis.



GENERATE LESS WASTE, SEPARATE AND SET AN EXAMPLE.

USE YOUR OWN COFFEE CUP.

USE YOUR OWN REUSABLE BAG.

ENERGY

Saving energy will bring savings in costs as well as help to protect the environment.

The cost of electricity consumption in offices usually accounts for 65% of the total cost of energy use. Switching the lights off reduces electricity consumption by 10%.

Wear clothes that are appropriate for the current season, even indoors.



SWITCH OFF THE LIGHTS WHEN LEAVING THE OFFICE.

REGULATE TEMPERATURE WITH THE USE OF A THERMOSTAT, NOT BY OPENING THE WINDOWS OR DOORS.

THE RECOMMENDED INDOOR TEMPERATURE IS 22 DEGREES CELSIUS.

FOOD AND DRINKS

**EAT LOCALLY
PRODUCED
SEASONAL
FOOD.**

Unpackaged and unprocessed foods have the most nutrients and vitamins, and by buying them, you support the work and efforts of Slovenian growers and food producers, use shorter transportation routes and reduce the carbon footprint, as well as reducing the use of synthetic fertilizers, pesticides and the preservatives needed for transportation.

Do you remember that bag your grandmother used for shopping? Find it and put it to use.

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**BUY
UNPACKAGED
INGREDIENTS
AND FOODS.**

**GROW FOOD
IN YOUR OWN
GARDEN, FLOWER
POT OR BALCONY
PLANTER.**



PHYSICAL ACTIVITY / SPORT

Engage in seasonal sporting activities. Any weather is fine for walking or running. Visit outdoor fitness parks. Recreation in the open air, in the natural environment and in daylight significantly contributes to your wellbeing, body strength and mental health.

**TAKE
ADVANTAGE OF
ANY OPPORTUNITY
FOR OUTDOOR
PHYSICAL ACTIVITY,
PREFERABLY
IN A NATURAL
ENVIRONMENT.**



CLOTHES AND TEXTILES

**THINK TWICE
BEFORE GOING
SHOPPING.**

Consider what you need, what you can combine your clothes with. The so-called fast fashion industry is the second largest consumer of water and is responsible for 8-10% of global carbon emissions.

Do you really need what you want?

**THINK TWICE
BEFORE BUYING.**



VOLUNTEERING

**BE A
VOLUNTEER AT
LEAST ONE DAY
PER YEAR.**

Get involved in the local community, become a volunteer (e.g. join the "Play with Me" project).

