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# eco-guide

or 7 practical  
tips on how to  
be more  
ecological on a  
daily basis.

**ECO-mission for climate change**

Project financed under the European Solidarity Corps.



Our project: "ECO-mission for climate change" is the idea of a group of 5 young people who, together with the Einai Foundation, decided to promote and educate healthy ecological habits, so that as many people as possible could participate in a joint change to save our planet. In this guide you will find interesting advice on how to broaden your knowledge of ecological practices at home, at work, with friends and even with our pets. ;) Together, we have chosen for you 7 areas of everyday life that are worth paying attention to so that our everyday choices are more responsible, economical and functional. We hope this guide will inspire you to change some of your everyday habits. We believe that only together in society can we bring about global change. No one is an island and we don't want to leave you alone with climate change either. :)

**because it's more eco-friendly**



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We live in times when ecology is becoming more and more important. Therefore, it is worth implementing common sense ecological practices into our everyday lives. The "3E" principle (Economy, Ecology, Ergonomics) can be helpful for us in saving resources and reducing consumerism. However, real change in caring for the climate and the environment should not only involve our individual actions, but also work in communities, connecting people and building solidarity. We invite you to join our common change for the better for our planet.



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# plant 3E

A true ecological life based on environmental protection is, above all, thoughtful and reasonable management of what we use, have at home limiting consumerist stimulation (and eliminating the common phenomenon of hyperconsumerism and artificially creating needs, e.g. through sales and occasional holidays).

Therefore, the 3E principle refers to the classic household model, where above all people live economically (Economics),

maximizes the use of household resources, products and resources by exploiting them as much as possible and changing them flexibly functionality depending on the occasional, reasonable needs of the household members (Ergonomics) and thinking globally, in solidarity about the surrounding world, local "backyard" and the needs of society, and not only focusing on the individual attitude of meeting individual needs, trying to involve neighbors in your activities and habits, family, household members (Ecology).



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EiŃci



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# plant 3E

It is said that in order to change the world, you must first change yourself - agreed, provided that the change does not occur only individually and we enjoy and support each other in it with others in the community, family, friends and acquaintances.

A real change of the world for the sake of the climate and the environment cannot be limited only to individual work, but must connect, unite and solidarity as many communities as possible. True Ecology is a global, social change that

it affects us all and is based on common sense decisions.

That is why our project: "ECO-mission for climate change" is primarily based on the principle of common sense ecology limiting consumerism based on healthy everyday habits.



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# eco - homemade potions



Today let's reach for the goodies that are waiting in the cupboard of our home. Let it be clean, fragrant and safe for us and the environment.

**Baking soda** - known, the most popular product in the eco-world. Helpful in removing burnt pots or stains on fabrics. You can also make your own baking soda paste by adding water gradually and stirring gently.

**Vinegar** - an ideal rinse aid, descaler, naturally disinfects. However, it is irritating to the skin, so working with it will not happen without gloves.

**Lemon** - antibacterial, whitens and disinfects.

Just a slice of lemon and wiping the surface, e.g. a cutting board or our faucets in the kitchen, is enough to see the effect. By drying the fruit and storing it in cupboards, we can enjoy its fragrance for longer.

**Table salt** - combined with lemon or water can give amazing results. Removes very difficult stains, burns. It has a disinfecting and antiseptic effect.

**Citric acid** - fungicidal and antibacterial. It strengthens the action of washing powders, removes stains, and is also great for descaling.

Let's remember about **essential oils** - their smell hides an interesting composition that can help in our home rituals.



# eco - bathroom



Eco-bathroom - sounds nice, but is it simple...?

**Let's save water**, because it's expensive and it's a luxury that we can't afford.

Instead of a bath - **let's take a shower** (the lady in the graphic is not a good example), pour water into cups when brushing our teeth, and use a filled container to rinse the razor blade when shaving.

As far as possible, **choose natural cosmetics with a good ingredients** (avoid thickeners, parabens or silicones), made by smaller producers. When it comes to buying, you can't ignore the way they are packaged: **avoid plastic, choose glass or paper.**

Currently, we have many eco-style accessories to choose from: we return to metal razor blades, sewn cosmetic pads or reusable cotton buds.

Let's be happy, but watch out for the prices and let's not go crazy. **Currently, we have many eco-style stores: look for interesting promotions for yourself.**

If you have the opportunity: **invest in ecological bathroom faucets** (adjustment of the appropriate water stream), **household appliances** (lower water and electricity consumption) **or a water filter** (it will not allow limescale to build up, and the bathroom will keep its cleanliness longer).

# eco-pies



How to be eco with a dog? Starting with feeding - you know, **if you cook yourself - you also decide for yourself and for your dog.** As for ready-made foods - **let's choose those from a good source, in recyclable cans or in large packages,** so as not to multiply unnecessary waste. The food can also be bought by weight, the question is has anyone checked its composition?

How about these bags? Paper bags are eco-friendly, but they are not very comfortable for pet owners, so I recommend those **made of corn starch,** which are more durable and compostable.

**Toys** - let's try to make them ourselves or buy them from recycling.

**Bowls** - only metal, plastic - dangerous to the pet's health and the environment.

**Accessories** - such as harnesses, beds or leashes - should be bought from proven manufacturers, let them serve us with their durability for many years. If they are not needed - let's give them to the shelter, they will definitely come in handy! **Let's not support pseudo-breeding!** Let's remember that shelters are bursting with the number of lonely and unhappy animals, and if we care so much about specifics - let's look for a foundation that conducts adoptions typically for a given breed (there are a lot of them!). Such animals - are often abandoned because the previous owner couldn't handle their character.



## eco - corner



Cat owners unite! What are your suggestions for living more ecologically with a tiger on board?

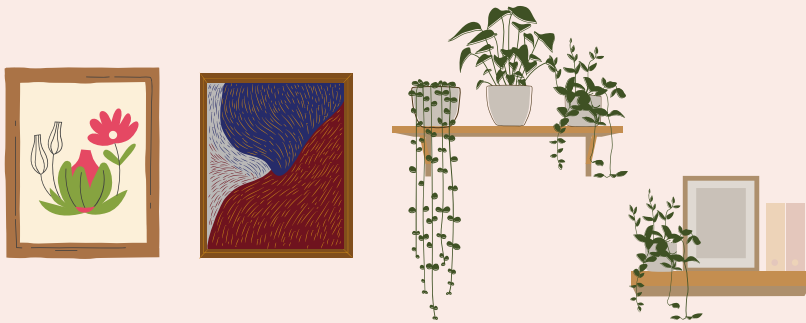
As with every living creature we care for, let's pay attention to waste. Food is one of them. As carnivores, cats need a proper diet and it is worth making sure that the **food is from a good source**. Are there pet food stores in your area? Of course, what we pack our food is also very important - although sometimes difficult to jump over.

**Choose ceramic, glass or metal bowls** for our feline friends; recycled toys and accessories (if we no longer use them and they are in good condition - let's give them to a shelter, they will definitely come in handy there!).

**Gravel** - the topic of the river, let's choose high-performance ones, biodegradable bedding has also appeared in stores. Compost the used wire or use it to clean eco-bags.

**If the purr likes to nibble grass - let's sow our own.** Scratching posts, toys or a bed can also be eco-friendly. **Let's buy from the right materials, and let's create toys ourselves** - a lot of guides can be found on the Internet. And finally, traditionally - **#dontbuyadopt**. Lots of pups waiting for a new home.

# eco-worker



Wondering how to be eco-friendly at work? We asked this question to our colleagues, and you could say we're pretty good at being green.

**Documents** - let's send them safely in the ONLINE form. After all, all these devices and programs are for something. As for printing - well, if we must, it's best to do it on two sides, using black and white ink and appropriate paper. What about the cards we can no longer use? Let's replace them with a rough draft, or cut them into small pieces of paper and reuse them.

**Garbage** - let's take a walk and throw it into an appropriate recycling container (steps are always included in the price!), remember to separate bottle caps or labels from products.

Let's not buy food in the corner shop (I know it's sometimes very difficult in the times of today's rat race), but **let's prepare it ourselves** - it's best to pack it in reusable packaging or boxes (has anyone tried wraps yet?). **Let's save energy, turn off the lights and turn off devices, if we no longer use them, buy energy-saving light bulbs and batteries.**

And finally - **reusable cups, cutlery, bottles with a filter** - a must-have set for every corporate and non-corporate worker.



# eco - shopping



Who among us has not seen or participated in a competition to unroll a roll from the longest chain of plastic bags in grocery stores?

Back in the 90s and 00s, our grandmothers carried **their own shopping bags**. Then we were flooded with plastic, and now we have been returning to our own Parisians for several years.

It is worth looking for such articles so that they are not packed in plastic. It doesn't always work.

**I put fruit and vegetables bought by the piece in my own reusable bags or put them loose in the basket.** You can sew a few pieces from old curtains. Of course, such bags have already been introduced in stores - it is worth investing in them.

It is not always possible to buy a product without a plastic casing, but it is also an **opportunity to meet your local sellers, where products can be found by weight.**

So, here comes the advice about **buying locally, supporting local shops**, or getting up early on Saturday for an **local bazar**. It is certainly also an opportunity to discover new flavors.

# eko - plogging



Perhaps the holiday season is not conducive to physical activity. However, if you happen to go for a walk to warm up your belly after a few days of binge eating, I recommend **plogging**.

**Plogging is true jogging combined with collecting garbage**, but walking with a companion in the nearby park can also be counted.

Find a plastic bottle? Why not throw it in a nearby waste container?

Some time ago, a friend posted photos from a walk on her IG account. She collected 3 big bags of garbage! Of course, plogging doesn't solve the problem, because it only moves the waste to another place, but it's always worth it:

- **Thanks to our actions, we educate others,**
- **Waste will go to the right place and possibly be recycled,**
- **We clear the space not only for ourselves, but also for our smaller pets,**
- **Physical activity and cleaning? Twice as many calories burned.**

The snow has already melted, it remains to say - see you on the trail!



## eco-authors:



Natalia Habrajska

President and founder of the Einai Foundation, coordinator of Erasmus+, European Solidarity Corps, European Social Fund projects, fundraiser in international partnerships. Master's degree in Philosophy and Bachelor's degree in Cultural Studies. Since 2016, she has been involved in educational projects for youth as a project coordinator, youth educator, game animator, event manager. She has experience in the cooperation of non-governmental organizations with public institutions and cultural institutions in the Lesser Poland and Silesian voivodships in Poland.

Master of Philosophy and Coaching, certified by the C-People Coaching Academy in Katowice and "Interpersonal Training Coach" at the SWPS University in Katowice, major: Cultural Studies. Author of the blog [mojasamsara.blogspot.com](http://mojasamsara.blogspot.com) and radio reporter in 2014-2015 in the "Samsara" program for travel enthusiasts. She is interested in the possibility of introducing personal development, emotional intelligence and mindfulness in line with ecological sustainability and yoga.



Agata Matonia



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# Einai Foundation

We are a non-governmental, non-profit organization from Dąbrowa Górnicza (POLAND), which operates locally in Zagłębie Dąbrowskie region in the province of Silesian Voivodeship and in the international area for non-formal education, especially in the areas of philosophy and law, human rights and democratic values. Our other activities include research and development in the field of legal philosophy, ethics and responsibility, creative thinking, different modes of thinking, models of processes and decision-making, human potential improvement, personal ability to engage in a democratic society, taking into account democratic development sustainable with social changes for the benefit of pro-ecological life. The primary goal of the Foundation is the ancient Greek word "einaí" meaning "to be" in all areas of human life, thanks to which it is possible to realize human potential.



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