

**Buy second-hand clothing
instead of new**

(10 items per year)



**Smartphone refurbished
instead of buying new**



**Shop online
instead of by car**

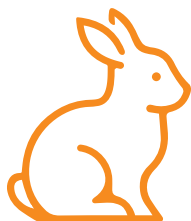
(twice a month)



**Don't use
disposable cups anymore**



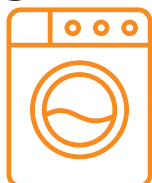
**Pet:
Rabbit instead of cat**



**Halve the use of
plastic packaging**



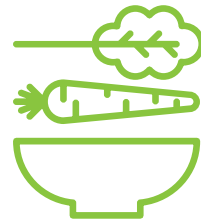
**Repair your washing
machine instead of
buying a new one**



Vegan diet



**More plant-based proteins,
fewer animal proteins**



Halve food waste



**Mainly regional
and seasonal food**



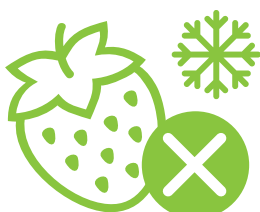
**Drink tap water
instead of bottled water**



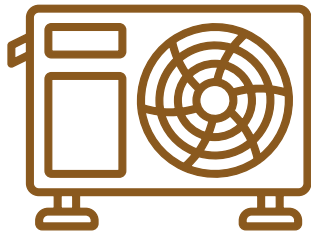
**Oat milk
instead of cow's milk**
(1 litre per week)



**No purchase of
strawberries in winter**



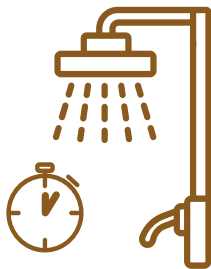
Heat by a heat pump



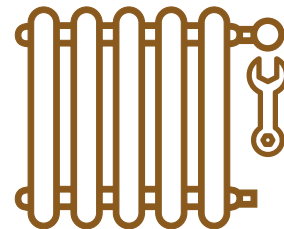
Insulate your home



Shower for half the time



Get a hydraulic balancing carried out



Use a water-saving shower head



Wash your hands with cold water



Lower the room temperature by 1 degree



Separate waste correctly



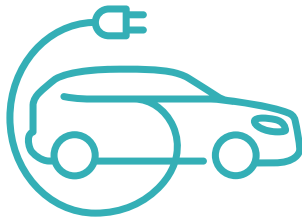
**Holidays without flying:
the Adriatic instead of
Tenerife**



**Use public transport
instead of the car to get
to work**



Switch to an electric car



**Country hotel
instead of cruise**

(1 week)



Use car sharing



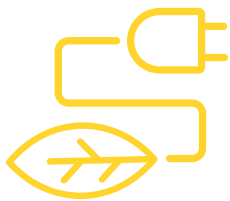
**Cycle to work by pedelec
(twice a week instead of driving)**



**Cycle twice a week
to do the shopping
(instead of driving)**



Switch to green electricity



**Install balcony
power plant**

(500 W)

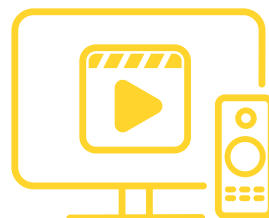


**Use the dishwasher instead
of washing up by hand**



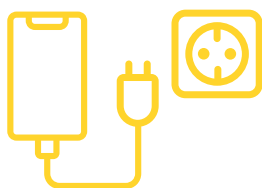
Cut streaming time in half

(music, videos & games)



**Unplug charging cables
when not in use**

(mobile phone)



**Search queries
without AI tools**

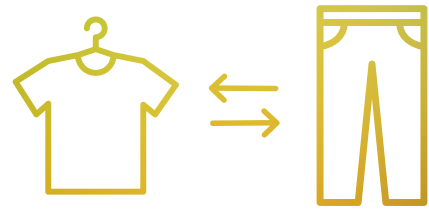
(1 per day)



**Donate climate contribution
for 1 t CO₂ avoidance**



**Organise a clothes swap
party at school**



**Halve the proportion of
meat dishes in the canteen**



**Convince three people
(flatmates or family)
about oat milk**



**Install a water-saving
showerhead at your
parents' place**



**Convince your neighbours
about a balcony power plant
(1,000 W)**



**€1,000 investment in
wind power project**



**Switch schools
to recycled paper**
(includes writing paper and toilet paper)



**Go to
a climate protest**



Sign a petition



**Become a member
of a climate or
environmental NGO**



Get involved locally
(e.g. environmental education, repair
café, sustainability working group)



~~Donations~~ for climate and
environmental protection



**Consider climate
protection in elections**

