

Buy
second-hand
clothing instead
of new



Smartphone
refurbished instead
of buying new



Shop online
instead of
by car



Don't use
disposable cups
anymore



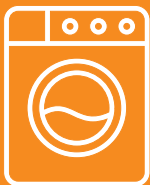
Pet:
Rabbit
instead of cat



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



No purchase
of strawberries
in winter



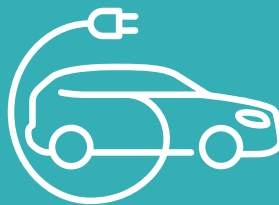
Holidays
without flying:
the Adriatic instead
of Tenerife



Use public
transport instead of
the car to get to work



Switch to
an electric car



Country hotel
instead of cruise



Use
car sharing



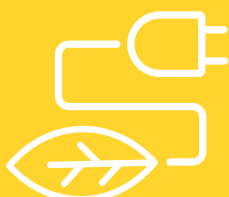
Cycle to work
by pedelec



Cycle twice
a week to do the
shopping



Switch to
green electricity



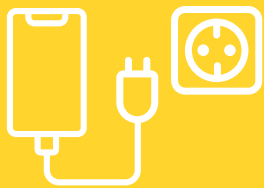
Install
balcony power
plant



Use
the dishwasher
instead of washing
up by hand



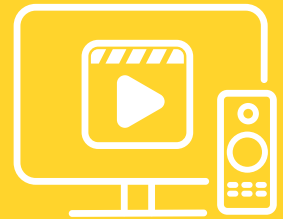
**Unplug
charging cables
when not in use**



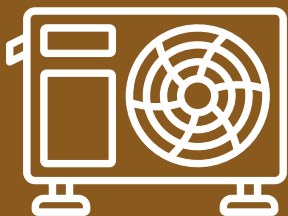
**Search
queries without
AI tools**



**Cut
streaming
time in half**



**Heat by
a heat pump**



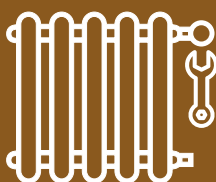
**Insulate
your home**



**Shower for
half the time**



**Get
a hydraulic
balancing carried out**



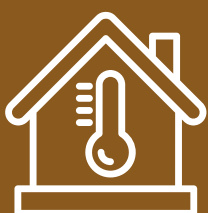
**Use
a water-saving
shower head**



**Wash your
hands with cold
water**



**Lower the
room temperature
by 1 degree**



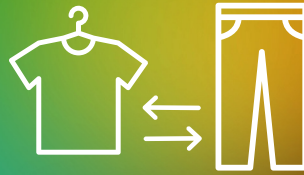
**Separate
waste correctly**



**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
about oat milk**



**Install
a water-saving
showerhead at your
parent's place**



**Convince your
neighbours about
a balcony power plant**



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



**Switch schools
to recycled paper**



Go to
a climate protest



Sign
a petition



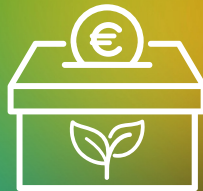
Become
a member
of a climate or
environmental NGO



Get
involved locally



~~Donations~~
for climate
and environmental
protection



Consider
climate protection
in elections

