



Erasmus+

Environment Challenge Report

Environment challenge report

9 students from our school, aged from 15 to 18 years, were asked to do environment challenges. The average time for the challenges was 3 weeks. The students completed an average of 10 challenges, the results will be presented at the end.



Top 5 Environmental Problems
in the Current World

Some advice first

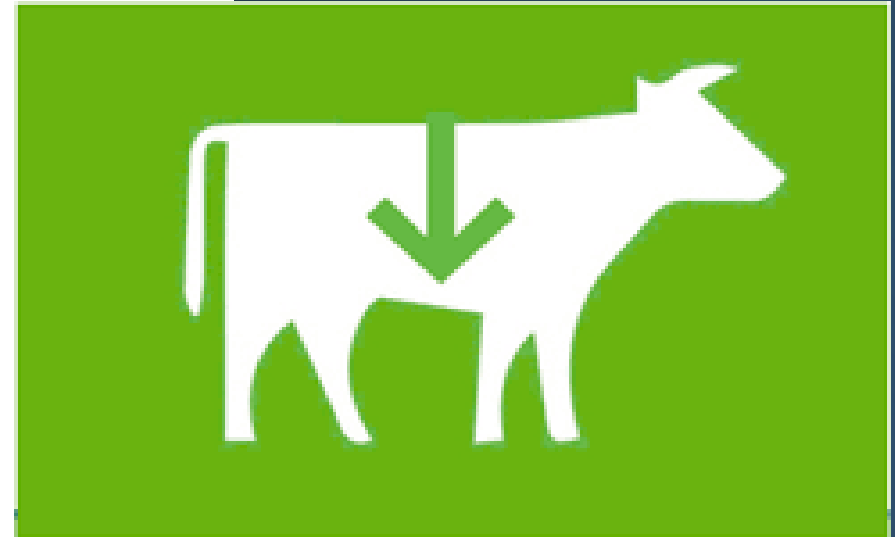
1. Use energy efficient appliances.
2. Use energy saving light bulbs, and turn the light out when we aren't in the room.
3. When we stop using a device, we should unplug it.
4. Clean lights regularly.
5. Fill cracks around the window frames.
6. Open windows only for short.
7. Make sure heaters are not covered.
8. Make sure our home is properly insulated.

- The 1st challenge was to eat less beef or meat in general

Meat production, especially beef production, is one of the most polluting industries. If humans consumed less meat, meat production would drop and pollution could decrease.

During this challenge the impact on the environment was on average:

-3.75 kg CO₂ and -3.75 kg waste



Less Meat
Less Methane

- The second challenge was to stick a „Stop – Ads“ sticker on the mailbox

This challenge was aimed at reducing paper waste and freeing the rubbish bin.

During this challenge the impact on the environment was on average:

- 4 kg CO₂ and -10 kg waste



- The 3rd challenge was to take shorter showers

Bathtubs require much more water than a 5-10 minute showers; so, in this challenge we had to limit the use of bathtubs and replace bathing with showering. Besides, we had to be economical with the quantity of water used.

During this challenge the impact on the environment was on average:

-10 kg CO₂ and -8 kg waste



- The fourth challenge was to get a reusable water bottle

Instead of buying bottled water or using plastic coffee cups, we should buy a reusable one and reuse it for our daily needs. It costs us less and it is a win for the environment.

During this challenge the impact on the environment was on average:

-4 kg CO₂ and -10 kg waste



Download from
Dreamstime.com

This watermarked comp image is for previewing purposes only.



123825703

Maria Volkova | Dreamstime.com

- The fifth challenge was to post and share environmental advice

Sharing knowledge and environment advice between citizens is an effective way to start a change. So, collect good advice and share it with your friends.

During this challenge the impact on the environment was on average:

-5 kg CO₂ and -5 kg waste



- The sixth challenge was to get more sporty

To become part of a healthy environment you have to live a healthy lifestyle. Doing sports helps you become stronger, more productive and also happier.

During this challenge the impact on the environment was on average:

-7.5 kg CO₂ and -7.5 kg waste

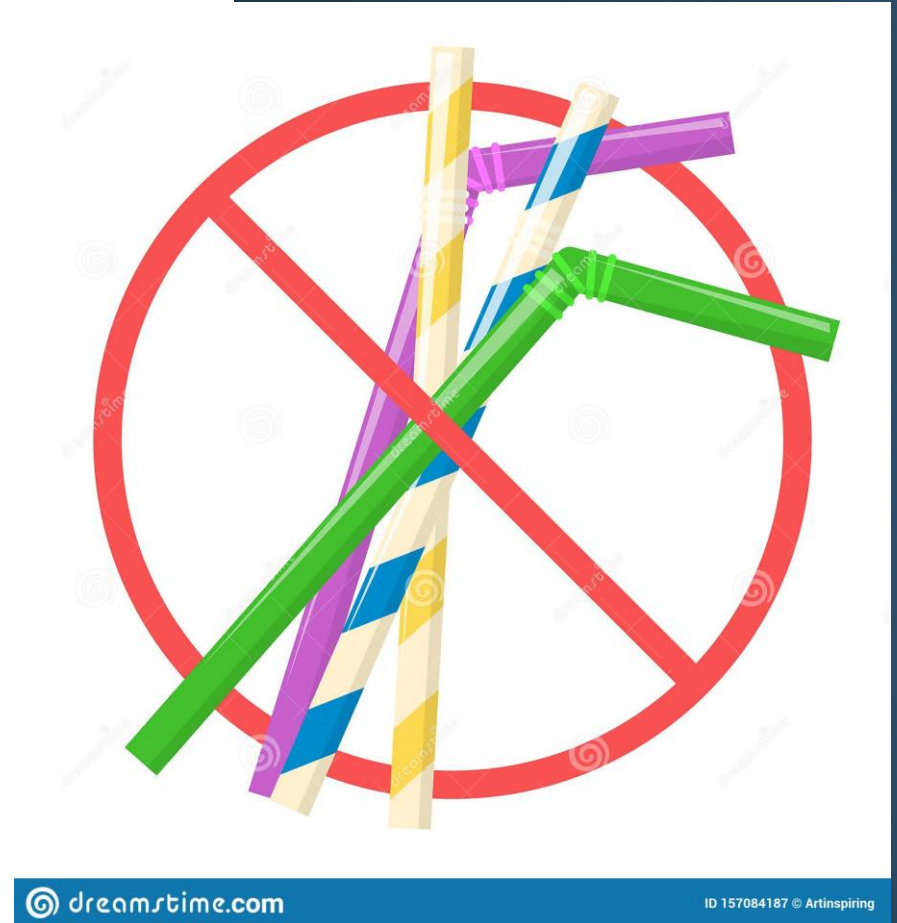


- The 7th challenge was to refuse plastic straws

When you go to a restaurant or a coffee shop to have a drink, refuse using plastic straws and don't buy them for your home use.

During this challenge the impact on the environment was on average:

-7.5 kg CO₂ and -7.5 kg waste



- The 8th challenge was to avoid pre-heating the oven

Unless you need a precise baking temperature, start heating your food right when you turn on the oven.

During this challenge the impact on the environment was on average:

-15 kg CO₂ and -12 kg waste



- The 9th challenge was to use fewer napkins

You don't need a handful of napkins to eat your take-away. Take just what you need. When you go to a restaurant or when you buy food, try to take as few napkins as possible.

During this challenge the impact on the environment was on average:

-15 kg CO₂ and -12 kg waste



- The 10th challenge was to use a „bag for life“

Bring your own bag when you go shopping. Say no to plastic bag and start carrying your own reusable ones. The use of reusable bag reduces the use of plastic on a daily basis.

During this challenge the impact on the environment was on average:

-6 kg CO₂ and -15 kg waste



- The 11th challenge was to buy minimally packaged goods

Products with less packages create less waste and less pollution, so don't hesitate to give them priority.

During this challenge the impact on the environment was on average:

-6 kg CO₂ and -15 kg waste

#LessPackaging



Use #LessPackaging and buy minimally packaged goods!

- The 12th challenge was to turn off the lights

Your TV or computer screen provides a cosy glow, so turn off other lights if you don't need them. This will make you consume less power, limit worldwide power production and decrease your electricity bills.

During this challenge the impact on the environment was on average:

-15 kg CO₂ and -12 kg waste



- The 13th challenge was to fight “vampire power”

Vampire power, also known as standby power, refers to the power gadgets such as TV, tablet, PC, phone... waste just by being plugged in. Unplug them when not in use.

During this challenge the impact on the environment was on average:

-11 kg CO₂ and -11 kg waste



- The 14th challenge was to organise waste by type

Organising waste is a very powerful way to help recycling it faster.

During this challenge the impact on the environment was on average:

-6 kg CO₂ and -15 kg waste



- The 15th challenge was not to throw waste on the ground

Always throw waste in waste bins.

During this challenge the impact on the environment was on average:

-15 kg CO₂ and – 12 kg waste



- The 16th challenge was to buy only environment friendly products

Choosing environment friendly products and using them will encourage manufactures to go green.

During this challenge the impact on the environment was on average:

-6 kg CO₂ and -15 kg waste



- The 17th challenge was to reduce water waste

Take shorter showers. Use leftover bathwater to water plants. Turn off water when brushing teeth. Don't let water run while washing dishes.

During this challenge the impact on the environment was on average:

-20 kg CO₂ and -16 kg waste



- The 18th challenge was to use energy efficient lighting

Use better and more energy efficient lighting methods and products.

During this challenge the impact on the environment was on average:

-20 kg CO₂ and -16 kg waste



- The 19th challenge was to reduce power consumption by 20%

By reducing power consumption, you reduce the production of unclean power and you share power.

During this challenge the impact on the environment was on average:

-20 kg CO₂ and – 16 kg waste



- Finally, the 20th challenge was to remove a bit of waste on a daily basis

Imagine: if 1000 citizens removed a single bit of waste in your city every day, there would be a big change in little time.

During this challenge the impact on the environment was on average:

-6 kg CO₂ and -15 kg waste

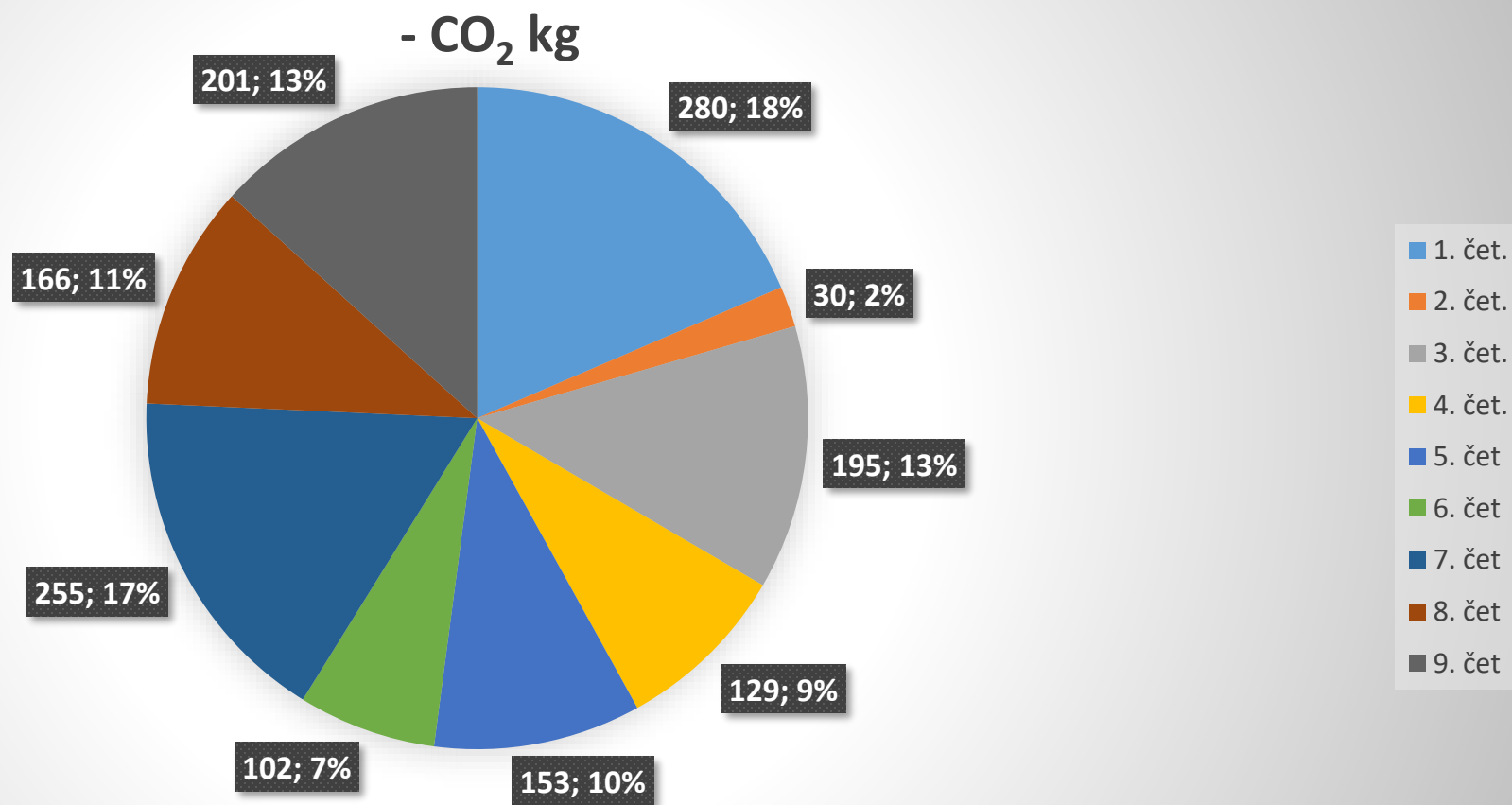


Results

- Here we can see what impact of the 9 students who did the challenges had on the environment:
- Together we reduced the CO₂ by 1511 kg and waste by 1424 kg.

	1.	2.	3.	4.	5.	6.	7.	8.	9.
-CO ₂	280 kg	30 kg	195 kg	129 kg	153 kg	102 kg	255 kg	166 kg	201 kg
-waste	303 kg	26 kg	189 kg	121 kg	71 kg	99 kg	322 kg	104 kg	189 kg

Statistics



Statistics

