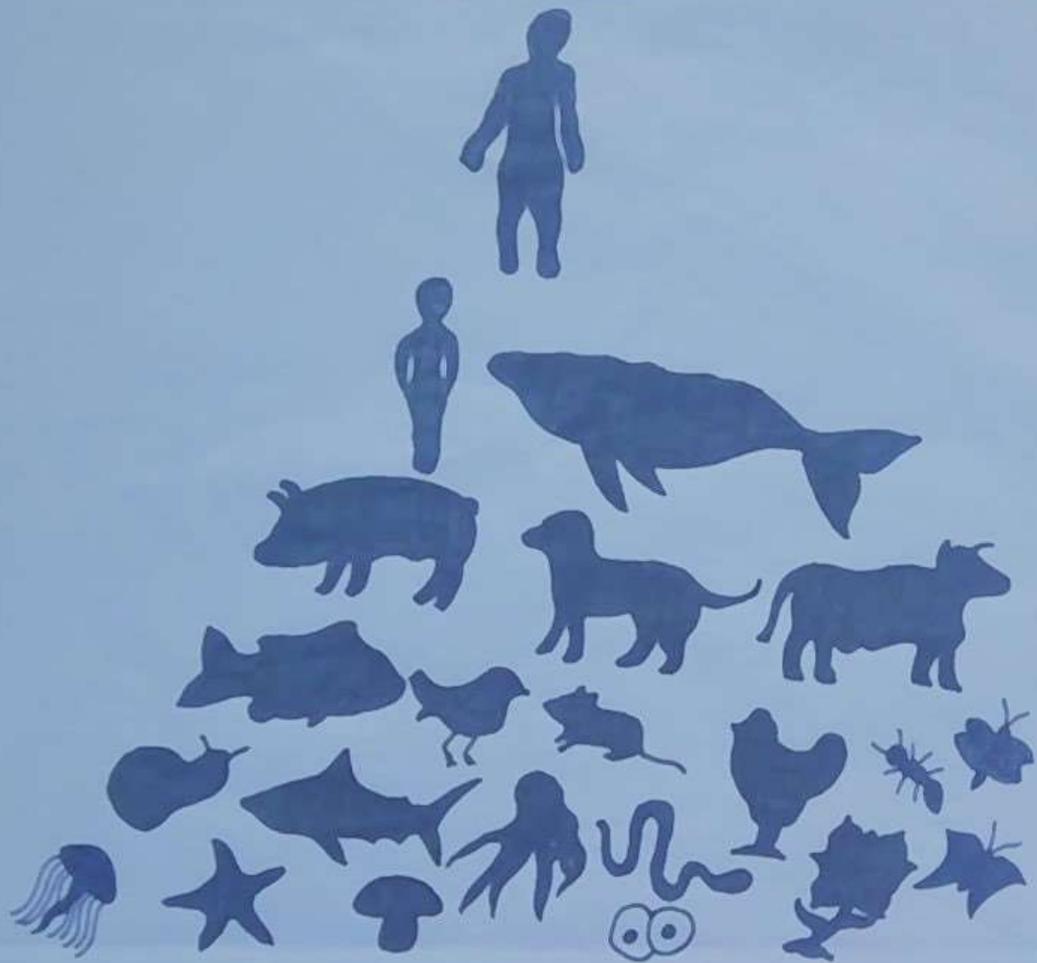
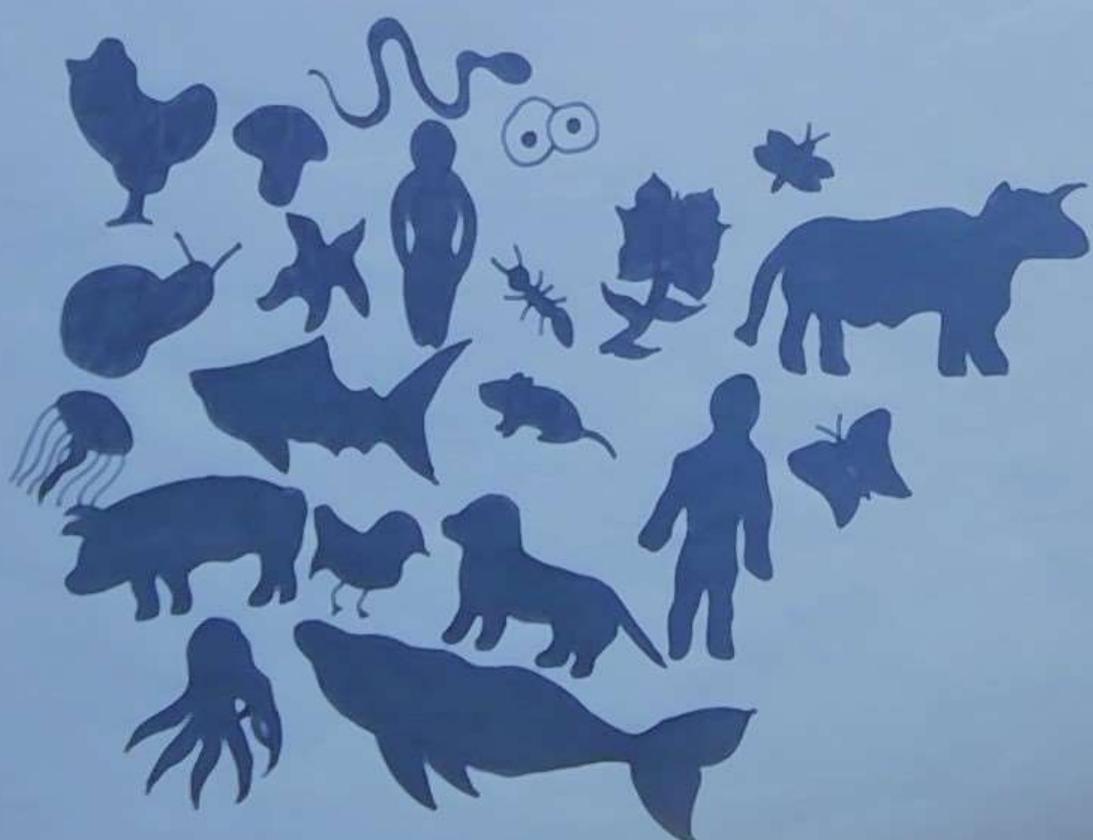


EGO



ECO



Make a Difference



We created this little booklet to make a change ourselves and to inspire you to make a change yourself to make the world a better place :)

Mediation-Project

Topic: Globalization

Class: 11eLK SJ 18/19

Teacher: Ms. Breyer

Date: June 2019

Sources:

Text: Zeit Campus. *Was kann ich tun? 66 Tipps: Wie jeder im Alltag die Umwelt schützen kann.* Nr. 3 Mai/Juni 2019

Pictures: open source

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Consumption

How can we shop in a more sustainable manner?

Worldwide there are over 850 million tons of CO₂ created by the manufacturing, transport and cleaning of clothes. For five years we have been following a vegan diet, and two years ago we decided that our clothes should be environmentally friendly as well. To buy less was a good choice. For example, Alex just buys two instead of four pieces per year and these are from sustainable labels or secondhand shops.

Most of the brand-labeled clothing products are usually more expensive. For example, the price for a single t-shirt starts at fifteen Euros. Nowadays, a lot of companies promote their merchandise with the word "sustainability"; even H&M is doing that. But clothes are truly sustainable only if they are produced by natural, biological, degradable materials. That means that there were less fewer pesticides and less water used in the manufacturing process. Fair working conditions are also important. There are over 100 clothing labels which meet this condition.

➤ *Emircan, Nino, Tim, Tom*



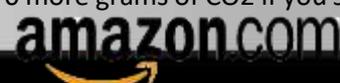
How can the smartphone protect the environment?

We each produce about 23 kilos of electronic junk per year in Germany. These discarded electronic items contain many high quality and rare metals, such as cobalt. They are recycled in Congo, where the rainforest is cut down. In addition, the electronic recycling industry employs child workers. To reduce electronic junk you should buy smartphones, from which you can easily remove the power cell, or watch for the blue angel seal.

Is it good to buy online?



The Eco-Institute said that if you go into a store to buy shoes, you are responsible for the production of 1270 grams of CO₂, due to the electricity and heating used in the store. If you buy the shoes online you will be responsible for the production of 600 grams of CO₂ and 370 more grams of CO₂ if you send them back.



➤ *Tim Streuber*



How can we reduce our plastic waste?

Plastic can be produced out of oil, which is a resource that is not renewable. In addition to that, CO₂ is emitted when plastic is produced. The weight of discarded plastic bags per year all over the world comes to around 31 million tons. The main problem is the disposal of said waste. According to a study of the federal environment office, every person in Germany produces around 220 kilograms of plastic waste per year, which is the highest amount in Europe. More than half of the waste that we throw into the bin is burned instead of being recycled properly. If it can't be burned OR can't be incinerated, it will eventually be transported to other countries where the trash will be stored in illegal landfill sites or worse, thrown into the sea. To prevent yourself from producing too much waste you should buy products in reuseable containers like glass bottles instead of their plastic counterparts. In addition to that you could start using cloth bags instead of plastic bags. Cloth bags are better for the environment and they are more durable than plastic bags. If you are interested in buying more products that are not wrapped in plastic you can visit the website app.zerowastehome.com where you can look for shops that sell non-plastic-wrapped products.

What is there to look for when buying cosmetic products?

If you want to lower your plastic waste production you should take a look in your bathroom. According to the federal environment office, around 500 million tons of plastic per year? are processed into cosmetic products in Germany. Plastic is used in many ways. Besides the packaging, it is used in toothpaste, peelings, shampoos and creams. When these small amounts of plastic go down the drain, they will eventually be flushed into the sea where they will be eaten by fish. Natural cosmetics renounce the use of plastic in and for their products. But the problem is that most brands try to make their products look beneficial for the environment, when, in reality, they are not. Truly natural cosmetics-are labelled with "NCS", which stands for Natural Cosmetic Standard.

➤ *Tom Lettermann*





Where to go with old clothes?

A study by Greenpeace found that Germans buy 60 pieces of clothing a year. Today we wear new clothes only half as long as we did 15 years ago. TIP: The documentary “The True Cost” deals with Fast Fashion and their consequences for humans and environment. TIP: Buy fewer clothes and wear them longer. To protect the clothes, you should not wash them in hot water and without spinning. TIP: With a bit of will and creativity you can come up with different combinations of your favorite clothes. You can also repair or revamp them, use it them as dish cloths, as make-up remover pads or as a pillowcase. There are numerous tutorials on YouTube: check out Sofia Martinez or websites like utopia.de. What if the hoodie does not fit anymore or buying the cowboy boots was a mistake? TIP: You can give a clothing exchange party. If there is no one who likes the article of clothing, you can always sell it to a second-hand shop, at a flea market or even on eBay. Huge labels like H&M advertise to collect clothes for recycling. The donator earns a discount towards his next purchase, although only a fraction is recycled while the rest is thrown away. This situation also applies to charity bins. According to a study from *FairWertung*, a quarter of the donated clothing is dumped immediately and another quarter is used for cleaning rags or as damping material. Some donated clothing is also sold but only a small part of the proceeds is used for charitable purposes. TIP: there is an even better way to find projects in your area that need your donations: wohindamit.org.

How to get along without a smartphone?

I own a mobile phone similar to the kind most people owned 15 years ago: a Nokia 216, small, black, with thick buttons and an almost squarish display. Original price: almost 40€. I can make phone calls and write SMS, and the phone also has got a flashlight, a calendar and games. You must insert a memory card to take pictures. I have owned it for two years now, which is kind of unusual for me. My first two mobile phones lasted for six and eight years, respectively. I never thought that I needed a new smartphone. If I am out and about, I check the train schedule before I leave home. I take my camera with me for photographs, and for listening to music, my ten-year-old iPod gets the job done. I use Instagram on my PC. Five years ago I watched a documentary on how rare metals are mined for technology. Of course, the production of my device was not good for the environment, but at least it will last a long time. It also does not matter if I drop it, because it is indestructible. The battery charge lasts for a week, so I save on electricity by not having to recharge it every night. Also, I do not spend my time on the train Googling on my phone, which also saves the environment. Nevertheless, the environment is not the reason I do not own a smartphone. I just don't want to be distracted by my device or always be reachable. If there is something important, you can always give me a call. Furthermore, e-mails are only read while I am using a PC. Sadly, it is becoming more difficult to find such old devices in stores, and fewer people are sending SMS. So, I will have to see how things turn out.

➤ Nino Kottusch





Food

Why is the avocado a problem?

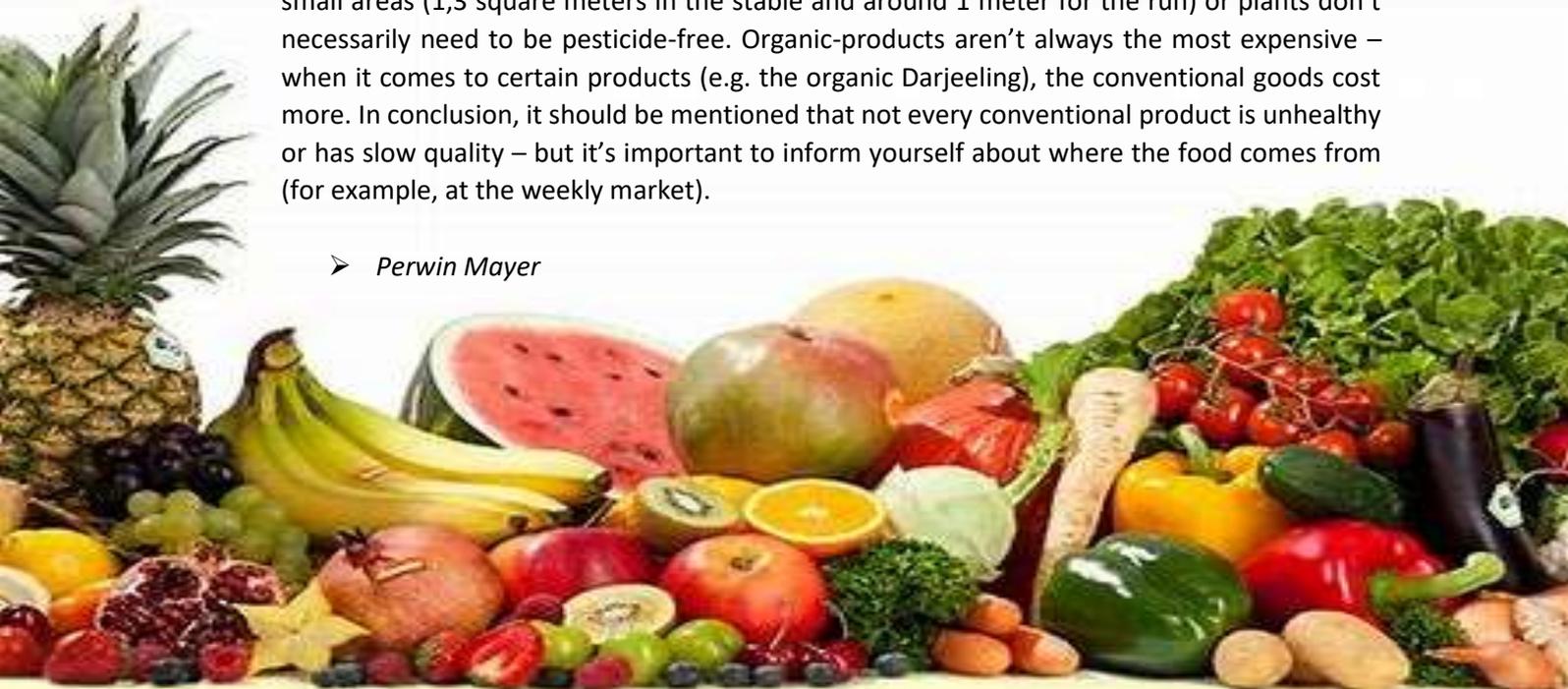
Avocados have become a popular food of this century and a symbol of the fitness trend as well. The berry can be eaten and used for a number of food products and dishes. According to research of the Zeit newspaper, one kilogram of avocados requires 1000 liters virtual water. This is posing a problem because the trend food is cultivated in arid countries (e.g. Chile). Comparing the water footprints of other products to the avocado, it can be said that one kilogram of tomatoes requires 180 liters virtual water, cheese 3200 and pork 6000 liters. If you want to educate yourself more about this topic, feel free to visit the website waterfootprint.org. A radio report from Deutschlandfunk, called "Die Schattenseiten des Avocado-Booms" (The dark sides of the avocado boom), discusses other issues, e.g. the impact for small farmers. If you don't want to give up your healthy diet, you can consider replacing avocados with nuts – they often contain more unsaturated fatty acids. Other trend foods from South America can be replaced as well, for example, chia seeds by lin seeds.



How good is "organic", truly?

The number of organic supermarkets has been increasing about 130 percent for the last 7 years. The result is that sales in 2018 rose an additional 5,5 percent, compared to the previous year. Currently, organic products count as mainstream and can be found in almost every supermarket, for example, organic soya drinks. The supermarkets often sell their own organic labels, but are they really organic? To be on the safe side you can download the app "Siegel-Check". After all, the home brands are successful and usually wear the "EU-Biosiegel", which means the products were grown out according to European organic regulations. However, this doesn't mean that the product is 100 percent organic, because, for example, pigs still live in small areas (1,3 square meters in the stable and around 1 meter for the run) or plants don't necessarily need to be pesticide-free. Organic-products aren't always the most expensive – when it comes to certain products (e.g. the organic Darjeeling), the conventional goods cost more. In conclusion, it should be mentioned that not every conventional product is unhealthy or has slow quality – but it's important to inform yourself about where the food comes from (for example, at the weekly market).

➤ *Perwin Mayer*





Is it better to eat fish?



If a pig is slaughtered, only a pig dies. If you eat fish, a lot of other animals died in the catching of that fish: crabs and clams, sharks and dolphins. WWF says, for example, that for one kilogram of shrimp, about 20 kilograms of other sea animals are also caught. But only some of them can be utilized. Most of the fishermen throw them back into the sea, even though doing so has been forbidden in the EU since 2015. The animals die for no reason. There's also a problem with many seas being overfished. In the 1950's, people thought that the resources were endless. Today we know better: More than 30% of the commonly used fish stocks are overfished. In the Mediterranean Sea, it's up to 90%. **TIP:** In the fish guide of WWF, which is a free app, you can find out which fish species you can eat with a good conscience. A color system shows which fish you can eat; the remaining amount of catfish and carp is okay. However, you shouldn't eat rosefish and tuna because they are overfished. There's also a certificate for fish in the supermarket like the blue one from the Marine Stewardship Council or the turquoise one from the Aquaculture Stewardship Council. These certificates say that you have to comply with standards; for example, the catching quotas and the amount of accidentally caught fish, which are now a law. Many of these catching quotas are bid up to strength. That's why you can't buy some perch with a good conscience. **TIP:** You can also switch to vegan salmon. This kind of salmon is made out of carrots. It is cheaper and no fish get harmed.



How is a vegan life?

Many people often ask me about my life and ask if it's exhausting. Yes, sometimes it's difficult to stay consistent. You can also find cholesterol in the screen of my laptop. But you can't study without a laptop. I often avoid talking about this topic; it bothers me to have to justify my lifestyle to others. Since I became vegan, my life has changed a lot: I cook more often and in different ways. For example, I cook with tempeh, which is made out of fermented soy, or seitan, which is made out of wheat protein. Sometimes I miss feta cheese. You just can't replace it, because it has such a special flavor. If I go to a restaurant, I call ahead and ask if they have some dishes for vegan people. Some of them don't know the difference between vegan people and vegetarians. That's why it often goes wrong.

➤ *Yessin Baaguig*



Should we renounce meat?

The Federal Association of the German Meat Industry says that each person in Germany eats about 60 kg meat in one year. The meat production in Germany is responsible for over 40% of the direct emissions of greenhouse gases to the diet. A person who eats meat causes about as many greenhouse gases as two and a half vegans.

➤ *Unknown*





How can we waste less food?

Every German throws away around 55 kilograms of food every year. Most of it is fruit and vegetables. Cooked leftovers and baked goods are also thrown away. Tip: There are books with recipes for cooking with leftovers. **Tip:** In Berlin there is a savior market, which sells expired and wrongly labeled food **Tip:** There are apps like “ResQ Club” and “To Good To Go”, where you can pick up leftover food from restaurants and bakeries.

What is bad about palm oil?

More and more forests, especially in Indonesia and Malaysia, are being cleared for palm oil plantations. Allegedly, palm oil is included in every second product in the supermarket, for instance, in pizza, cookies, laundry detergent and cosmetics. Since 2014 the EU has had to label products which contain palm oil. If palm oil were replaced with coconut-, soy, or sunflower oil, even more greenhouse gases would be the result, because these flowers need more growing space than palm oil. The best solution is to cook and bake for yourself as much as possible.

How is life without palm oil?

To live without palm oil, you have to invest a lot of money and time because it is hard to find alternatives, also alternatives cost twice as much. Furthermore, you have to cook from scratch and you have to look at every product and see if it contains palm oil or not.

Do the rainforests die for soy?



According to the British research institute Chatham House, soybean cultivation has doubled since 2000. More and more rainforests, especially in Brazil and Argentina, have been cut down for acreage. Various studies prove that 80% of soy is intended for animal feed (it is used indirectly for meat production), 10% is used for fuels, 9 % for the production of vegetable fat margarine, and 1 % is used for tofu and soymilk products. **Tip:** Tofu lovers should pay attention to where the beans come from. **Tip:** Look for soy alternatives

➤ *Unknown*



Living

Where can we save carbon dioxide?

Each of us is responsible for 12 tons of greenhouse gases a year. To reduce global warming by the end of the century, each of us must produce less than one ton of greenhouse gases per year. The problem is not our breathing, but eating, traveling and use of electricity. Above all, it is right to switch from energies like nuclear power, lignite and natural gas to renewable energies.

What is the change to green electricity like?

It is not enough to ride bicycles and trains and live vegan. We also have to rethink our energy suppliers. The production and use of electricity should no longer pollute the maintained climate balance. For every kilowatt hour we blow-dry our hair, 295g of carbon dioxide are released into the air. But what about switching to a green electricity supplier? The change is totally easy, because the new platform (Polastern) cancelled the old contract for the author. And the new contract is even cheaper.

Can we google sustainably?

Not only smoking industrial chimneys release carbon dioxide, but also everyone on a social media site like Facebook. For The operation and cooling of the servers in Germany produce 6,000,000 tons of carbon dioxide emission is caused. And the usage time continues to increase. The electricity for the servers does not come from renewable energies. Google wants to switch completely in the future. So, Google is releasing greenhouse gases. Tip: Just use the other search engine, "Ecosia". However, the search results are not always perfect.



What difference can the bank account make?

There are alternative banks that promote ecologically and ethically sound projects in Germany and developing countries. It is usually done by e-mail, because there are only a few branches. Example: GLS-Bank, EthikBank or UmweltBank.

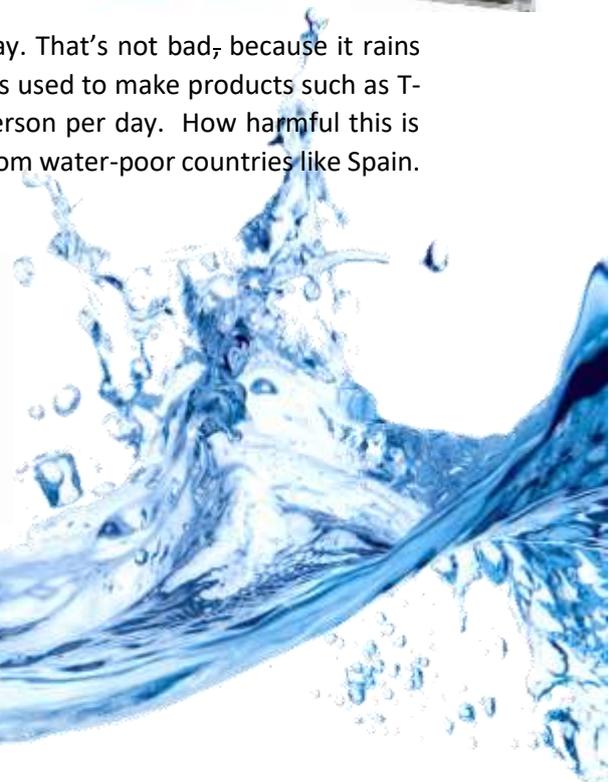


When can we save water?

Each person consumes an average of 121 liters of water every day. That's not bad, because it rains enough in Germany. The problem is virtual water. Virtual water is used to make products such as T-shirts, meat or coffee beans. That is comes to 3,900 liters per person per day. How harmful this is depends on the region. So, we should avoid products that come from water-poor countries like Spain. And we should replace mineral water with tap water.



➤ Noelia Messer, Eve-Estelle Roth



Travel

What is eco-tourism?

It is very pleasant to be on vacation in a hotel with air conditioning, a heated pool and daily fresh towels from room service, but it is bad for the environment. A study by the Ministry of the Environment shows that 65% of the Germans think that they are responsible for traveling in an environmentally conscious way. So it is no surprise that a new travel trend is emerging. Eco hotels produce their electricity with solar panels, the restaurants only cook local and seasonal food. They save water, electricity and plastic, and the employees are paid fairly. The goal is to save nature. This kind of tourism sounds like a good idea, but a lot of people abuse the label "Eco". Many offers pretend to be "green" just because there are five trees on the property. The author Frank Herrmann recommends offers with the seals "TourCert" or "Fair Trade Tourism". But he also said that it is more sustainable to plan a normal holiday in the neighbourhood than to travel to an Eco hotel at the other end of the world. For example, plan a bike tour through Spain or a trip to the Baltic Sea. Even a road trip with a fully occupied car is better than taking a plane. The most ecological way to spend the night is camping, both at home and abroad.



How to find sustainable offers?

In addition to Eco hotels you can also find Eco campsites. They save energy, avoid garbage, serve vegetarian food and offset their CO2 emissions. You can find them on websites like ecocamping.de, bookitgreen.com, eco-ferien.de and viabono.de. The prices of these campsites are similar to normal camping accommodations. Setting up a tent costs about 10€. But rooms in the Eco hotels are very often more expensive than hotels with similar equipment. But fair wages and environmental protection have their price. You also have to reckon that you don't get fresh towels daily or have air conditioning.

➤ *Unknown*

Is it funnier to travel in a sustainable way?

I like to travel. However, I won't ever travel by plane again! It is not that I would not be tempted by a trip to South America, but if I consider traveling, I avoid several things. In the end, I often choose the destination I will regret the least. I used to take short-haul flights; I noticed that it is absolutely unnecessary. When I tell people of my vacation to Switzerland some look at me in a weird way... It became more important to me to experience adventures than to travel a large distance. Instead of chilling at the beach, I love hiking now. When I was a child, I used to hate hiking! Switzerland is very expensive! Nevertheless, I think, I spend less money on vacations than others my age. The reason is that I do not pay for expensive long-haul flights. I only spent 800€ in three weeks for my last trip! In addition, I am involved in aid projects which consider nature conservation, by offering help at organic farms or marking hiking trails. Last August I went to Corsica with a friend of mine. We drove for almost three days. We travelled by train and boat. When I travel, I am cautious about the same things I am cautious about when I'm at home. I keep my bag with me and I use my own bottle. Of course, I do not throw my trash into the forest!



Should we fly on vacation?

Every flight causes CO₂. According to the Federal Environment Agency, each passenger consumes up to 240 kilograms per hour. With this information, meteorologists have calculated that 1000 kilograms of CO₂ melt about 3 square kilometers of ice in the Arctic. With this, we can calculate that, based on the total air traffic per year, the Arctic melt is 6000 square kilometers every year. However, there are tips on how to reduce the CO₂ balance. The first suggestion is that we think first about whether we should fly or not, because the alternative would be bus or train, which are often even cheaper. But you can also make it up by donating to numerous climate companies. When you go to their websites and enter their flight destinations and the plane you used, the program calculates a quantity of emitted CO₂. As an example, for 2300 kilograms of CO₂ emissions, you can donate \$190, which will then be invested in developing solar energy or sustainable stoves in developing and emerging countries. But whether that really calms the bad conscience is questionable. That's why it's always better to travel by bus or train.

➤ *Unknown*



Thank you very much!

