



Eco Guide

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A low-angle, upward-looking shot of a dense forest. Tall, slender tree trunks rise from a thick carpet of green ferns and undergrowth. The air is filled with a soft, yellowish-green mist or fog, creating a dreamlike and ethereal atmosphere. Sunlight filters through the canopy, casting dappled light on the forest floor. The overall color palette is dominated by greens and yellows, with dark shadows in the lower parts of the frame.

The Nature

Effects of humans

In the past 200 years our planet has has dived into a massive negative fall. We humans are destroying the planet at an unbelievable rate.

Some examples of our negative effects are:

- ❖ 3.5 to 7 billion trees are cut down every year
- ❖ 60% of all coral life on earth has been vanished in the past 200 years
- ❖ 1 in every 4 species is in critical risk of extinction due to human activity
- ❖ 68% of wild forests on earth are gone



Global Warnings

Currently we aren't living a sustainable life. This means we are over-consuming earth's materials. If we don't change how we live, we will slowly run out of most resources.

Time left until the earth runs out of freshwater	19 years
Time left until the forests die out	78 years
Time left till the oceans run out of fish	26 years
Percentage of coral left in the ocean	46.5%



Industrial Meat especially
beef and Lamb

Sugar

Cheese

Farmed Salmon

Palm Oil

Canned tuna

Coffee

Mineral water

Food we should avoid



Banana

Peaches

Mangoes

Chocolate

These things have one or multiple bad effects on the environment.

It can be:

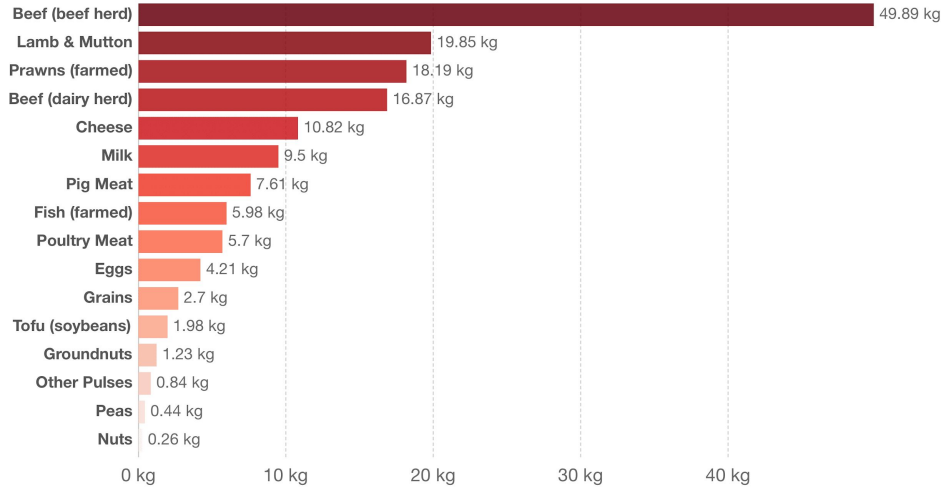
- Growing Chemicals
- Water requiring
- Transport from farm to table
- Affecting the surrounding nature
- Stealing Animals habitat
- Affecting greenhouse effect

Our world in data

Greenhouse gas emissions per 100 grams of protein

Greenhouse gas emissions are measured in kilograms of carbon dioxide equivalents (kgCO₂eq) per 100 grams of protein. This means non-CO₂ greenhouse gases are included and weighted by their relative warming impact.

Our World
in Data



Source: Poore, J., & Nemecek, T. (2018). Additional calculations by Our World in Data.

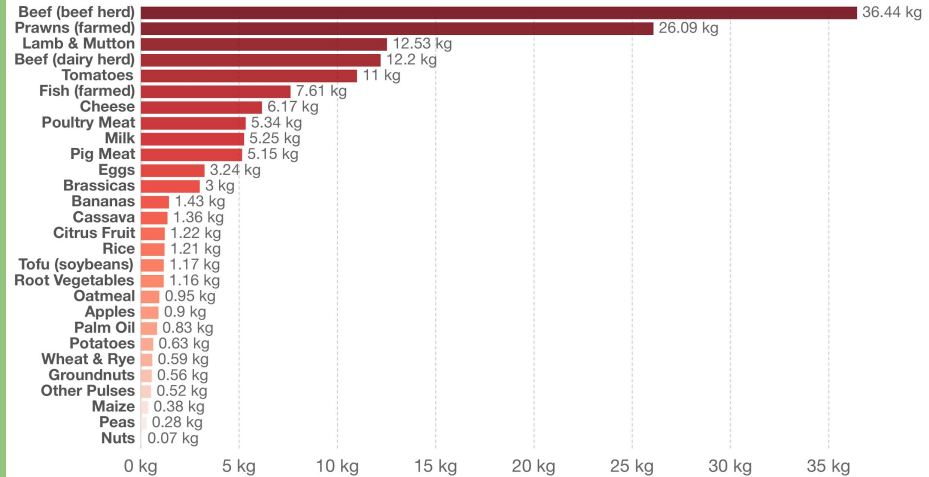
Note: Data represents the global average greenhouse gas emissions of food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 119 countries.

OurWorldInData.org/environmental-impacts-of-food • CC BY

Greenhouse gas emissions per 1000 kilocalories

Greenhouse gas emissions are measured in kilograms of carbon dioxide equivalents (kgCO₂eq) per 1000 kilocalories. This means non-CO₂ greenhouse gases are included and weighted by their relative warming impact.

Our World
in Data



Source: Poore, J., & Nemecek, T. (2018). Additional calculations by Our World in Data.

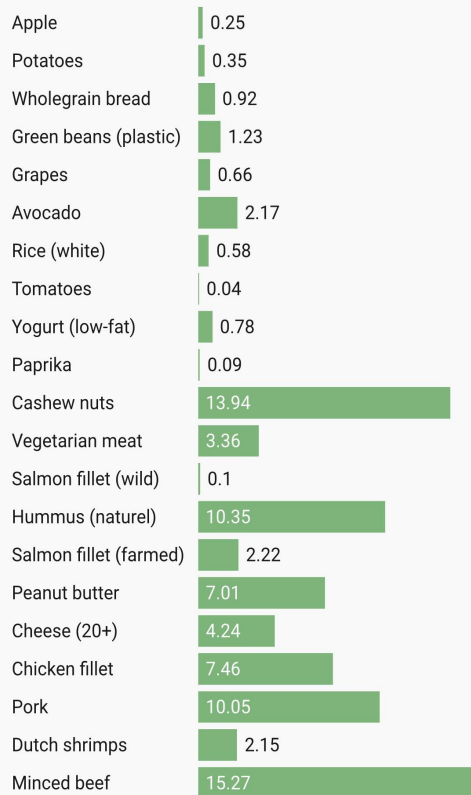
Note: Data represents the global average greenhouse gas emissions of food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 119 countries.

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Nutritional information

Land use (m2 per year, per kg)

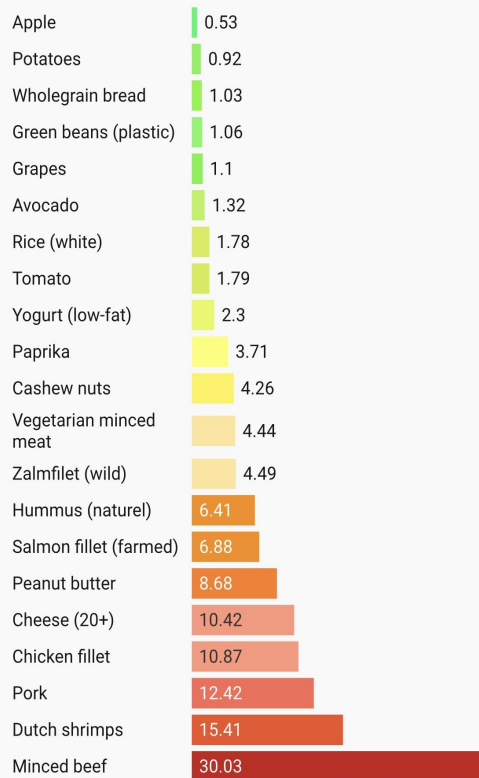
The land use (number of m2 per year) of the same products as before.



Source: RIVM (2021) • Created with [Datawrapper](#)

CO2eq impact of foods per kg

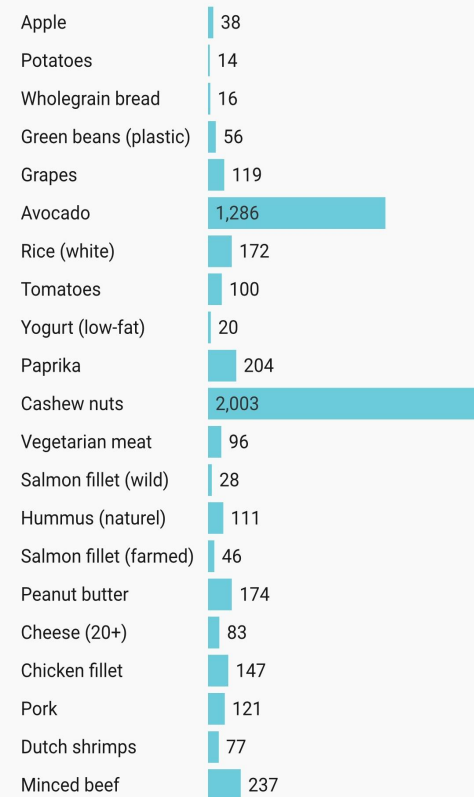
Based on the emissions of a weighted average of the supply of the products on the Dutch market



Source: RIVM (2021) • Created with [Datawrapper](#)

Water use (liters per kg)

The water use (liters) of the same products as used above in CO2 graph.

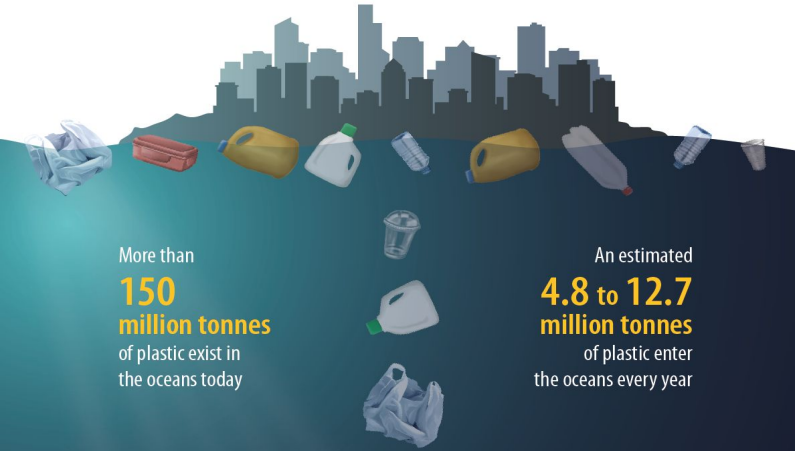


Source: RIVM (2021) • Created with [Datawrapper](#)



The Ocean

SINGLE-USE PLASTICS REDUCING MARINE LITTER



Problems caused by plastic waste in the ocean to:

Marine life

- **Entanglement** and **ingestion** by animals, including damage caused by lost fishing equipment
- Habitat degradation
- Exposure to **chemicals** in the plastics

Human health

- Exposure to **chemicals** through the food chain

Economy

- Estimated cost of marine litter is between **€259 million** and **€695 million**, mainly to tourism and fisheries sectors

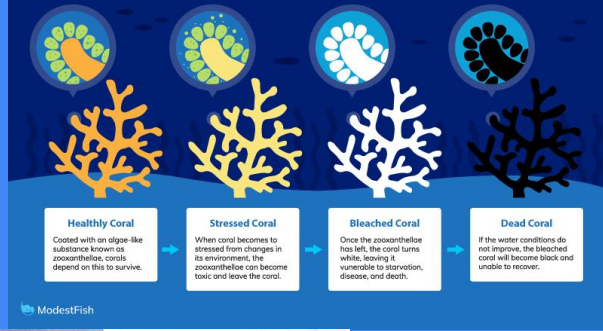
Climate:

- Recycling **1 million tonnes of plastic** equals taking **1 million cars** off the road (in terms of CO2 emissions)

Facts about our ocean

- Our oceans cover more than 70 percent of the Earth's surface
- Majority of life on earth is aquatic
- Less than five percent of the planet's oceans have been explored.
- The world's longest mountain chain is underwater
- There are more historic artifacts under the sea than in all of the world's museums
- We still only know a fraction of the marine species in our oceans
- Over 70 percent of our planet's oxygen is produced by the ocean
- It's possible to find rivers and lakes beneath the ocean
- The Pacific Ocean is the world's largest ocean and contains around 25,000 islands

How Corals Become Bleached



BEFORE

AFTER



More than half of the world's coral reefs have already been lost or damaged.

By 2070, coral reefs could be completely gone.

When sea temperatures rise it kills the algae that produce food for corals.

No corals = No fish. 300 million People living by the ocean will lose their food source.

Scientists estimate that 60 percent of all seabird species have eaten pieces of plastic, a number they predict will rise to 99 percent by 2050.

Plastic pollution affects at least 700 marine species and studies estimate that at least 100 million marine mammals are killed each year from plastic pollution.



Inventions so far to save our ocean

Age doesn't matter for saving our planet. In any age you can start engaging in climate questions. One example is Boyan Slat who is the CEO of "The Ocean Cleanup". He's interest in ocean trash started at 16 years of age and by 18 he had a company.



Household



Small
Changes
+ **BIG** +
IMPACT

Small changes in your house, good for the climate.

💡 Using LED light bulbs means that you'll be using less power and don't have to replace your light bulbs as frequently. They are also far more efficient.

Choose locally grown food and pick fruits and vegetables according to the right season for it 🍅 🥕 🥩

New clothes? Furnitures? Household tools? Buy second hand!

Have a recycling station at home for easy separation for waste. Stack boxes or have bins inside a cabin. If you haven't got a lot of space, one recycling bin is better than none!

Brushing your teeth? Turn of the tap! Showering? Turn of the shower while you take shampoo or shower gel!
Save fresh Water 💧



Grocery shopping

- Take bags from home
- Cloth bags are reusable, durable, and recyclable
- Choose uncolored packaging over colored ones
- Choose paper & cardboard packaging over plastic & metal
- Do you really need that item?
- Buy irregularly shaped fruits & veggies (No difference in taste :))
- No packaging is always better than recyclable packaging
- Buy 1 big package instead of multiple small packages



Fix it, don't throw it away



Repairing or fixing something is more environmentally friendly than simply throwing things away. The internet gives you access to the tools and information you need to fix practically anything, and if you still can't fix it then why not try and turn it into something else?

Clothes. Throw the old and buy new?



Make it into a new item!



- ★ Swap items with others.
- ★ Give blankets to a animal shelter.
- ★ Leave clothes to second hand stores.
- ★ Clothes to homeless.
- ★ Some stores collect unwanted clothes.
- ★ Save fabric and sew it into broken clothes or add for details.
- ★ Make a bag.
- ★ Sew new clothes.
- ★ Be creative or search online!

Trash-free lifestyle

- Reduce waste production as much as possible.
- Take small steps one at a time. You don't have to become trash free in one night.
- Donate unwanted items
- Live a minimalistic life



- ❖ Refuse - refuse to buy things with lots of packaging.
- ❖ Reduce - don't buy things you don't really need.
- ❖ Reuse - repurpose worn out items, shop for used goods, and purchase reusable products like steel water bottles.
- ❖ Compost - up to 80 percent of waste by weight is organic.

Life hacks

- **Rice water is good for plants**
- **eggshells for plants**
- **carrots in water in fridge last longer**
- **freeze ginger in ice tray so they last longer**
- **Use wax food wraps instead of saran wrap**
- **Reuse plastic and glass jars**
- **plant lettuce core, potatoes, carrots, seeds**
- **Dry and powder orange peels, use them in smoothies**
- **Freeze herbs and olive oil in ice trays to last longer**
- **Use lemon juice and a mixture of baking soda and vinegar to clean instead of chemicals**
- **Use washcloths to clean spills. Wash them afterwards**
- **Make jam from apple cores**
- **Reuse single-use items as much as possible**
- **Store fruits and veggies in jars so they last longer**
- **Use shampoo bars instead shampoo bottles**



How we do it in Sweden

From a very young age, children are taught to recycle, making it a way of life in Swedish communities. There is even a national day on which children across the country gather to pick up litter and clean up their surroundings.

The amount of energy generated from waste alone provides heating to one million homes and electricity to 250,000

By burning trash, another 52% is converted into energy and the remaining 47% gets recycled.

Only 1% of Sweden's trash is sent to landfills.

Watch out for these substances and products

- ❖ Microbeads found in hygiene items
 - can pass through water filters and contaminate oceans
- ❖ CFL Fluorescent Lights
 - Contains hazardous elements
- ❖ Cleaning supplies
 - Extremely dangerous if mixed together
 - Use Environment friendly alternatives:)
- ❖ Batteries
 - Alkaline batteries leak from time to time
 - LiPos can burst if charged incorrectly
- ❖ Items containing Mercury or Lead
 - 2 dangerous elements
- ❖ Electronics
 - Dispose them correctly
 - Some contain radioactive material
- ❖ Single use plastics
 - produce microplastics



Thanks for reading our eco guide

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