

ECOLOGY



GUIDEBOOK FOR POLAND

THE HIERARCHY OF VALUES



Ecology teaches us certain values that can be implemented in our daily lives. Those include, for instance:

- respect for life;
- respect for nature around us;
- responsibility for ourselves and others;
- saving and management of resources.



Values govern the way we function every day – without those, our lives don't really have a meaning. Usually a single person has around 5 to 7 values that they follow. They can vary from one person to another, but that does not change the fact that we need them in order to have something to strive for.



01 Water

02 Electricity

03 Air

04 Waste

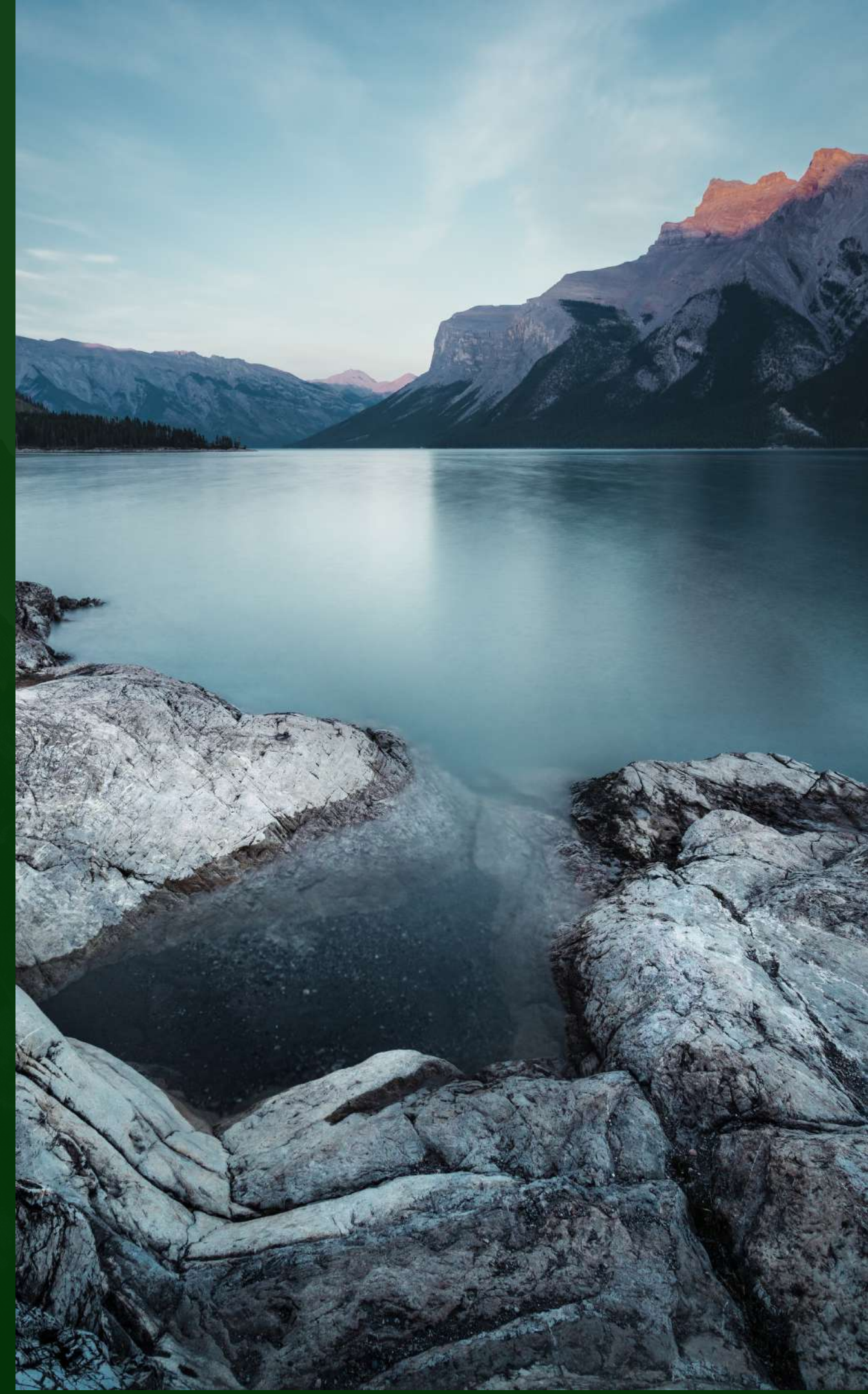
WATER

Despite its seeming abundance, water constitutes one of the most scarce resources in the world.



How can you save it?

1. Turn the faucet off when not needing to use water.
2. Take quick showers.
3. Fix leaks quickly.
4. Run full loads in washing machines and dishwashers.





ELECTRICITY

1. Turn off unnecessary lights.
2. Unplug devices not used.
3. Ensure proper insulation of the place you live in.
4. Air-dry your clothes instead of using the machine dryer.
5. Switch your lightbulbs to LEDs.
6. Run full loads of the washing machine in cold water.



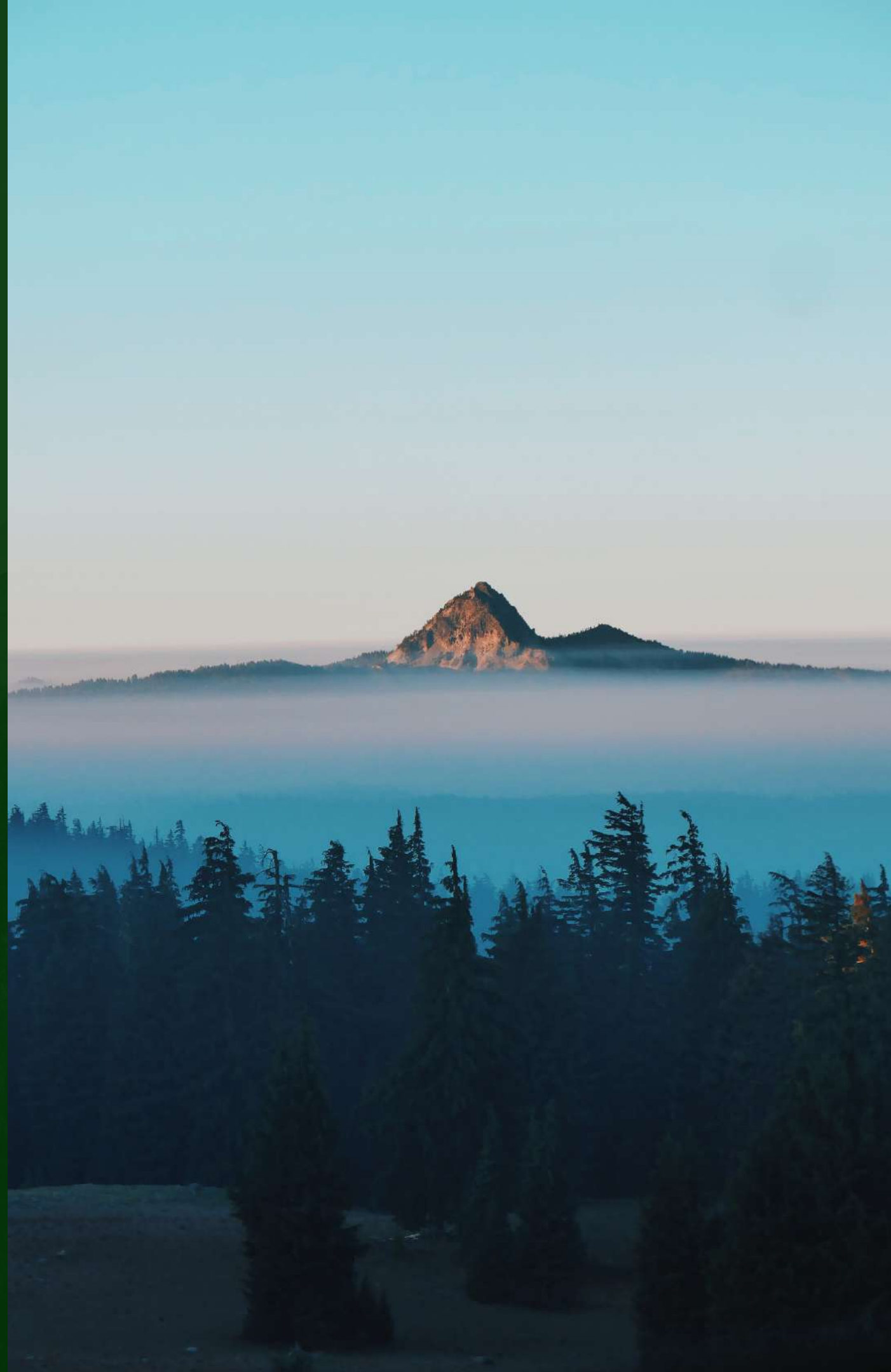
Mindful usage of electricity saves the planet and your money.

**How can
you save it?**



AIR

Taking air
pollution into
consideration



How can you save it?

1. Reduce as much as possible car and plane usage (try bikes or walks instead!).
2. Advocate for renewable energy sources.
3. Conserve energy.
4. Never burn trash.
5. Avoid aerosol sprays and choose pump bottles.
6. Plant trees and gardens.

How can you save it?

1. Stop using single-use items.
2. Plan your meals to avoid throwing away food.
3. Reuse or fix old things instead of buying new ones.
4. Fix broken clothes and items instead of tossing them.
5. Give old clothes or furniture to friends or charities.
6. Sort your trash so that glass, paper, and plastic go to recycling bins.

WASTE

Reduce
Reuse
Recycle



Thank You



ECO-MINDFULNESS FOR SUSTAINABLE LIVING



Erasmus+

