

#7DAY ALDE-CoR SUSTAINABILITY CHALLENGE

The goal of the 7 Day sustainability challenge is to stimulate climate discussions locally and to support increased interest and engagement in sustainable living.

The 7 Day sustainability challenge is a **call to action** inviting committed individuals to practise sustainable urban lifestyles that will potentially improve their quality of life. This leaflet contains 9 step-by-step challenges of which you have to do at least 7.

The challenge involves seven days of **practical sustainable actions** that individuals can partake.

Participants are invited to use **#ALDEchallenge** in their social media work to highlight and share their experience and activities with the initiative.

[@ALDE_CoR](https://twitter.com/ALDE_CoR) www.alde-cor.eu



#7DAY ALDE-CoR SUSTAINABILITY CHALLENGE

DAY 1

CHALLENGE #1

Keep all unused lights off at home

We leave too many lights on at home. According to new research by Utility Design (UK), who surveyed 1,000 people, billions of Euros are wasted every year by lights being left on at home.

For one day, get into the routine of shutting off the light as you leave a room. You will be surprised how quickly it becomes a habit and how much electricity you will save.

Take picture and share via #ALDEchallenge

DAY 2

CHALLENGE #2

Bring your own cup for coffee to work

A study of one paper coffee cup with sleeve (450 gr) shows that the CO2e emissions is about 0.11 kilograms per cup with sleeve - including paper from trees, materials, production and shipping. If you have a cup of coffee per day this adds up to over 40 kg of CO2e per year. If we keep a normal of travel mug at our desk, it can help to reduce waste.

Take picture and share via #ALDEchallenge

DAY 3

CHALLENGE #3

Don't eat meat

Avoiding meat and especially beef is the single biggest way to reduce your environmental impact on the planet. Meat production has been found to have a significant environmental footprint.

Data reveals that livestock provides just 18% of calories but takes up 83% of farmland.

Take picture and share via #ALDEchallenge

DAY 4

CHALLENGE #4

Send fewer emails

For an average office worker one years' worth of emails received equals to approximately 0.5 tonnes CO2e. To put this into perspective, the total yearly carbon footprint of an average person living in India is approximately 1.5 tonnes CO2e.

You can reduce carbon footprint by sending fewer emails, lowering the resolution and compressing images, avoiding large HTML elements. Furthermore, regularly

Take picture and share via #ALDEchallenge

DAY 5

CHALLENGE #5

Wash dishes by hand

The average dishwasher releases 765g of CO2e per cycle. By cutting out about a cycle a day for a month will keep 21,420g or 21.4kg of CO2e from being released. Reduce carbon footprint by washing dishes by hand in cold water or at least using water sparingly and not too hot.

Take picture and share via #ALDEchallenge

DAY 6

CHALLENGE #6

Take the stairs

Use stairs instead of escalator, better for health and well-being!

Stair climbing cuts carbon emissions. By ditching the lift in a typical office, you will save between 0.3 and 0.6 Kg of CO2 a day.

Take picture and share via #ALDEchallenge

DAY 7

CHALLENGE #7

Walk to work

Emissions from walking are around 40% of those for driving. Nevertheless, walking to work for three days out of the workweek can reduce carbon footprint by 25kg per week.

Take picture and share via #ALDEchallenge

DAY 8

CHALLENGE #8

Dry clothes in the sun

Wash your clothes at night after 7pm and on the cold cycle and use environmentally friendly, chemical-free laundry detergent to be even nicer to our planet. Instead of using the dryer, take 5 extra minutes in the morning to hang your clean clothes outside on a clothesline to dry them in the sunshine.

If you live in a rainy country, try to plan your washing when no rain is forecast!

Take picture and share via #ALDEchallenge

DAY 9

CHALLENGE #9

Reflect on the challenge

Reflect on the challenge. How did I do? Could I do this permanently? Can I encourage others to do it? Share your feedback with ALDE-CoR via twitter @ALDE_CoR!

Take picture and share via #ALDEchallenge

[@ALDE_CoR](https://twitter.com/ALDE_CoR) [#ALDEchallenge](https://www.instagram.com/ALDEchallenge) www.alde-cor.eu