

@keudainternational

# YOUR SUSTAINABLE CHOICES ✓

## ✓ GREEN TRAVEL



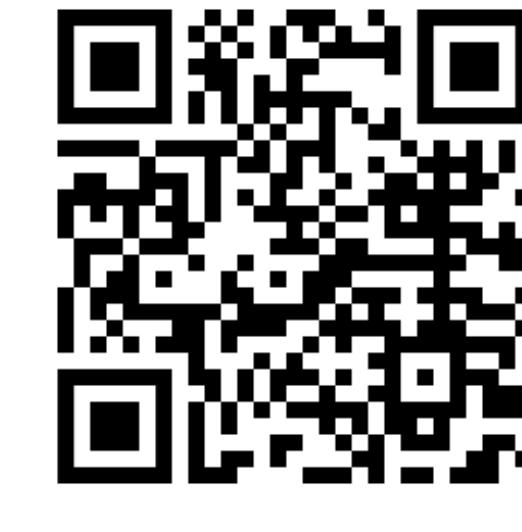
Long flights have six times bigger carbon footprint than short flights. Overall air travel accounts for 2-3 % of global carbon dioxide emissions. Air travel is the fastest growing industry that produces emissions.

- Find out Travel green option in Keuda. Find out train schedules in Europe:

[www.rome2rio.com](http://www.rome2rio.com) or  
in Finland: [www.vr.fi](http://www.vr.fi)  
[www.reittiopas.hsl.fi](http://www.reittiopas.hsl.fi)

- Act locally by using local services and products
- Get to know your local culture and live it!
- Use services that use electric or renewable energy
- Participate virtually
- Calculate your travelling carbon footprint:

[www.greenerasmus.org/  
before-mobility/travel](http://www.greenerasmus.org/before-mobility/travel)



## ✓ SAVE ENERGY

Energy industry is the main cause for climate emissions. We use energy for living, cleaning, moving and transporting, for food production and cooking but also in our hobbies. Minimizing energy use or being energy wise is good for the planet and for your bank account.

Did you know that lowering the inside heating with one degree can save 5 % of energy ?

- Follow the inside temperature. Proper temperature is 19-22 degrees.
- Make sure your apartment is not being heated and cooled at the same time
- Ventilate the apartment fast and efficiently – make cross-draught if possible
- Make shorter showers and do not run the water longer than needed. You can for example wash your hair fewer times a week or close the tap when brushing your teeth and body.
- Switch off the light and close the doors and windows
- Switch off the electronic devices when you don't use them
- Clean the electronic devices regularly so they work energy efficiently

## ✓ SUSTAINABLE FOOD



Securing livelihoods and environment we all need to support a sustainable food chain. Food chain concerns food production, processing and consumption. Even 40 % of landfill is used by food production.

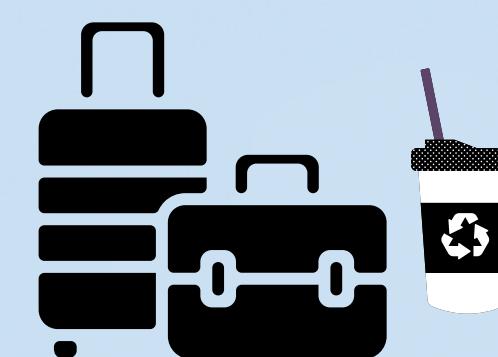
Food that we eat takes natural resources and energy in every part of the chain, from production to plate. Food chain also produces waste.

Make good choices, such as

- Get only food you eat and only as much as you need
- Check the best-before –dates and use the oldest products first
- Keep the food products in proper temperatures
- Find out new solutions to take advantage of food waste, for example in baking and juicing
- Favor local and seasonal food everywhere you are
- Favor veggies! Veggies don't fail!
- Invest in healthy veggie-based snacks, like nut-berry-fruit snackbars, or yoghurts and fruits.
- Check WWF's sustainable fish guide

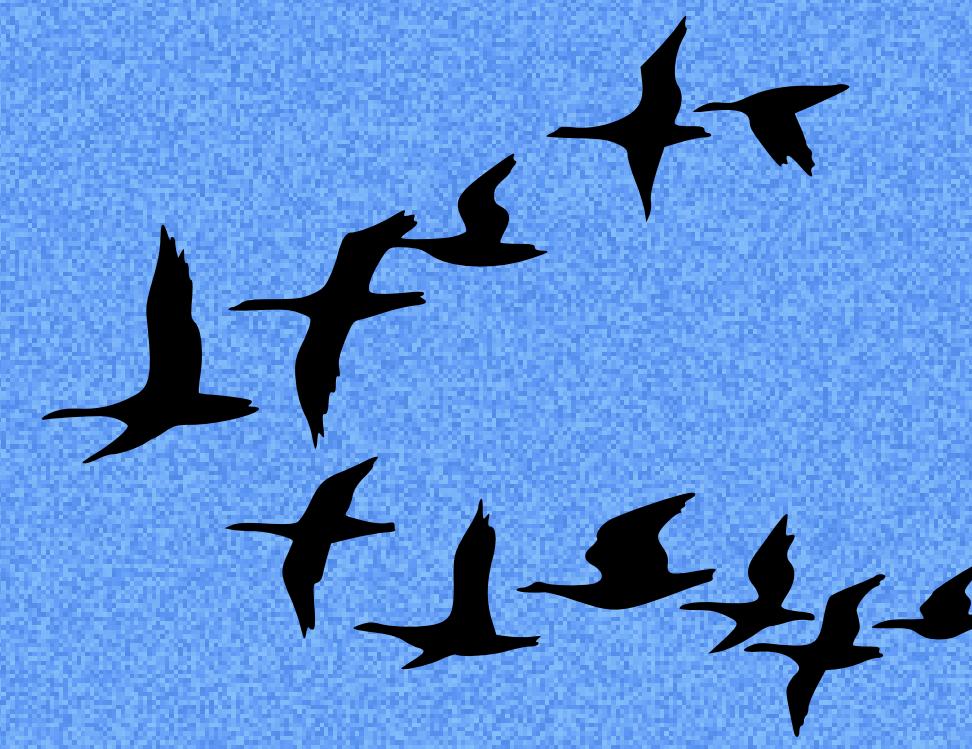


## ✓ CIRCULAR AND SHARED PURCHASES

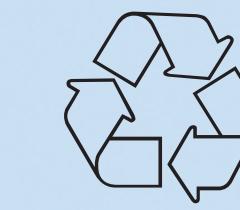


We all need some equipments, machines, tools, furniture, textiles and food products every day. Circular economy and recycled products save natural resources and reduce emission. Sharing of products is called shared economy. Sharing and renting is better than owning.

- Get only things that you need
- Use equipments energy efficiently: clean and switch off when not needed
- Favor environmental certified products like Joutsenmerkki and EU-ecolabel. Find out more [www.motiva.fi/ratkaisut/ymparistomerkinta](http://www.motiva.fi/ratkaisut/ymparistomerkinta)
- Borrow and rent products for the travel like suitcase, backpacks or clothes
- Buy only sustainable travel tools like biobased and reusable materials
- Find out local sustainable travelling options like city bikes or common car



## ✓ NO WASTE!



There is no waste! Circular economy is the new model of economy, that has turned waste into raw material. Waste is seen as an opportunity and ingredient for new products. Waste should firstly be used as new material and only lastly as energy.

As a traveller we should take sorting and reducing waste into consideration before we go abroad.

- Check clip of Finnish waste management →
- Pack reusable things to prevent waste
- Recycle things you don't need
- Check the municipality sorting instructions
- Sort at least: paper, glass, cardboard, plastic, organic waste and electronic waste
- Remember to process the materials before sorting. For example, if the package contains liquid, draw it out first and then flatten the cardboards
- If you deep fry, let the oil cool down, then pour it into a plastic bottle.
- Sort hazardous waste (or problem waste) properly. For example nail polish, paints, aerosol bottles.

