

**SCIENCE  
WEEK**  
#scienceweek

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# Tips for playing your part in protecting the planet!

Here are some ways you can help to reduce the excess carbon dioxide (CO<sub>2</sub>) that is building up in our atmosphere, contributing to climate change.



**ADAPT YOUR  
HOME**



**CHOOSE A  
PLANT-BASED  
DIET**



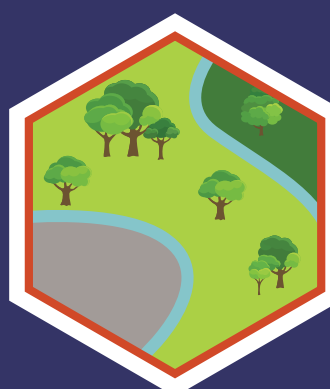
**EAT LOCALLY  
SOURCED  
SUSTAINABLE  
FOOD**



**SPEAK UP  
AND INSPIRE**



**AVOID FAST  
FASHION**



**REFORESTATION**



**TALK TO  
YOUR LOCAL  
POLITICAL  
REPRESENTATIVE**



**REDUCE  
FLYING**



**GO CAR  
FREE**



**AVOID  
WASTE**



Back to all tips

# A tip for playing your part in protecting the planet!



## **ADAPT YOUR HOME**

In 2017, the residential sector accounted for 24% of energy-related CO2 emissions. This includes emissions from home heating and electricity generating stations.





Back to all tips

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## CHOOSE A PLANT-BASED DIET

Even by reducing your consumption of animal protein by half, you can cut your diet's carbon footprint by more than 40%.







Back to all tips

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## **EAT LOCALLY SOURCED SUSTAINABLE FOOD**

Reducing the transport, energy and processing involved ultimately reduces carbon emissions and usually tastes better!







Back to all tips

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## **SPEAK UP AND INSPIRE**

Social scientists have found that when one person makes a sustainability-oriented decision, other people do too.





Back to all tips

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## **AVOID FAST FASHION**

Cut down what you buy. The fashion industry represents around 5% of the world's global production emissions of CO<sub>2</sub>.







Back to all tips

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## REFORESTATION

Planting one trillion trees on about 0.9 billion hectares of land worldwide could ultimately capture two-thirds of human-made carbon emissions.







Back to all tips

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## **TALK TO YOUR LOCAL POLITICAL REPRESENTATIVE**

Make suggestions, ask what is being  
done, check out the National Dialogue  
on Climate Action.





Back to all tips

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## REDUCE FLYING

A normal transatlantic round-trip flight can release around 1.6 tonnes of CO<sub>2</sub>.







Back to all tips

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## GO CAR FREE

Going car free for a year can save 2.4 tonnes of CO2 equivalents. Bike more, ride the bus or walk.







Back to all tips

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## AVOID WASTE

Whether it is recycled or goes to landfill, processing waste (transport and treatment) contributes over 50% of some countries' greenhouse gas emissions.

