

Top tips

Clothes

- Read the labels when you shop for clothes and where possible opt for natural fibres. That way, no microplastics are shed when you wash them.
- Do not buy new clothes all the time but rather limit your purchases to between 10 and 20 good-quality items. Make sure you can mix and match them easily.
- Mend your clothes! Or try to find out, when you buy them, where you can bring your clothes to have them repaired.
- Wear your trainers as long as possible. If you no longer want them, pass them on, until they are worn through. Then you can throw them away.

Living

- Find out how you can replace your heating system. Write to your landlord and try to convince them to make the change. Or benefit from a support scheme yourself.
- Architects, bricklayers, site supervisors: the Swiss construction industry employs several hundred thousand men and women. Are you one of them? Talk to your team about sustainable construction and about how you can make changes.
- Clear out your emails! Delete anything you no longer need and unsubscribe from all unnecessary newsletters. This will reduce your energy consumption without you even realising it.
- Buy second-hand furniture. Sand it, paint it, decorate it – and, voilà, you have the ideal piece to match your house or flat!



Mobility

- Plan ahead and try to do your shopping once a week instead of every day. This will help save many car miles.
- As an experiment do not use your car for a month. This will help you to determine when you really need it and what other options there are.
- Long-distance coaches can also be a good option. In many cases they have a similar carbon footprint per individual to train travel. Moreover, coaches cover certain destinations that are not served by trains.
- Bring less luggage on your holiday. That means less weight has to be transported and you can be more relaxed when travelling. Cots or sports equipment can be hired at your destination.

Food

- Do not rely solely on the best-before date but trust your senses: if a yoghurt looks and smells good, it is usually still good to eat.
- Buy fruit and vegetables at the farmers' market. Talk to the traders about their products. Where do they come from, how are they produced and are they from certified organic production?