

ECHO-GESTURES – good practice activities



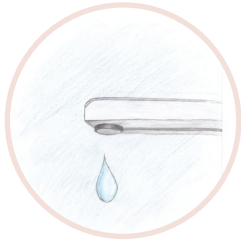
1. USING AIR-CONDITIONING

- The difference between indoor and outdoor temperature shouldn't exceed 5° C. Combine comfort and energy savings!



2. WATER IS PRECIOUS

- Think about it! Don't waste water! It's simple! Don't let it flow unnecessarily while soaping your hands, body, brushing your teeth...
- Protect the water ecosystem! Anything you drop into the water reaches watercourses, the sea or the soil, and can harm the organisms that constitute the ecosystem. Use environmentally friendly detergents, shampoos or soaps at every opportunity.



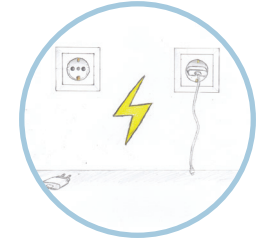
3. ONE SHOWER, ONE SONG

- Limit your shower to a maximum of 3 to 5 minutes. It's the duration of one song, play it!
- ... you could also try occasional cold water shower. It's very good for your health and a great motivation to shorten the time spent in the shower!



4. DISCONNECT IT...

- Laptop or smartphone chargers continue to consume electricity when left on. Disconnect all your devices and chargers when you reach 100% battery charge!



5. DISPOSABLE PLASTIC BAGS

- Reuse the plastic bags you get at the store!
- Europe consumes 100 billion disposable plastic bags a year, with an average lifespan of 20 minutes...



6. PLASTIC-FREE PICNIC

- Try the "Plastic-free Picnic" option. Enjoy the food and desserts that are sold in bulk, the delicious local fruits and vegetables you choose at local markets. Avoid ready-made packaging for one person! Avoid plastic! Get a box or container in which to carry your meal, not just on trips. **Bring water in your own bottles!**



7.

LIMIT CO₂ EMISSIONS

- If you want to limit emissions of CO₂, the main greenhouse gas that contributes to climate change, consider your means of transportation.
- If you are a driver, take care of your driving! Reduce speed and change gears frequently. Increasing the speed by 10 km / h during a long journey (from 80 km / h to 90 km / h) means an increase in CO₂ emissions of 12.5% and fuel consumption by 15%, saving only 8 minutes. Changing gears at the right time will reduce fuel consumption by up to 40%.
- Turn off the car engine if you will be stopping for more than 30 seconds.
- **Do not overload the vehicle unnecessarily!** Avoid carrying excessive luggage and things you won't use. Remove roof bars, girders and other elements that create wind resistance.
- For entertainment, sea or land transport, choose vehicles with "green" energy!
- Whenever you can, use public transport or a bicycle!



8.

DOMESTIC CUISINE

- Consume local groceries, favour green markets and small shops!
- Purchasing local products reduces transport, allows you to participate in the development of the local economy, preserve cultural identity and promote local knowledge.
- Try local products, visit local producers and take advantage of all the possibilities of tasting or cooking!



9.

BEAUTY IS IN NATURE

- Brač's nature and landscapes have already seduced you?
- Follow some rules to preserve it:
 - ✓ do not disturb marine and terrestrial flora and fauna
 - ✓ Avoid barbecues and fires during picnics or camping, for your own and general safety!
 - ✓ Avoid plastic packaging and any other non-biodegradable material that could remain in nature after your stay.



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Co-funded by the
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