

SUGGESTIONS FOR A SUSTAINABLE LIFESTYLE

- ★ Whenever possible, avoid (taking) airplanes! Try to take the train, the bus or share a car. Choose the bicycle or other eco-friendly public transports for your daily commuting or short-distance travelling.
- ★ Try to avoid that your food takes airplanes as well! Prefer local seasonal products. Visit your local farmer's market!
- ★ If you do not do it already, why not considering having a few meals a week without meat or fish? If you eat meat or fish, choose sustainable sources!
- ★ Inform your family and friends to prefer and use - whenever possible - renewable energies.
- ★ Avoid using disposable objects and/or packages made of plastic. Use your own cup, bottle or shopping bags which you can re-use. Avoid cosmetic and cleaning products which contain plastic microbeads. Develop your action plan for a life without plastic!
- ★ Use the things (clothes, toys, tools, etc.) which you already have, repair broken objects, swap the things which you do not use or need any more with your friends. In case you need to buy, prefer second hand. Are you really sure nobody can use something anymore?" Recycle it! :-)
- ★ Organize with your friends a discussion group where you can learn collaboratively, share ideas and promote more actions towards environmental protection.

WRITE YOUR IDEAS HERE! :-)

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Would you like to contact us and share your ideas with us?

You will find the Once Upon a Time project at Facebook (Once upon a Time a Scientific Fairytale - OUAT), Twitter (@OUAT_sci_story) or you can contact us via email (ouat.scientific.story@gmail.com).

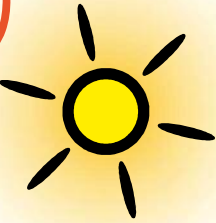
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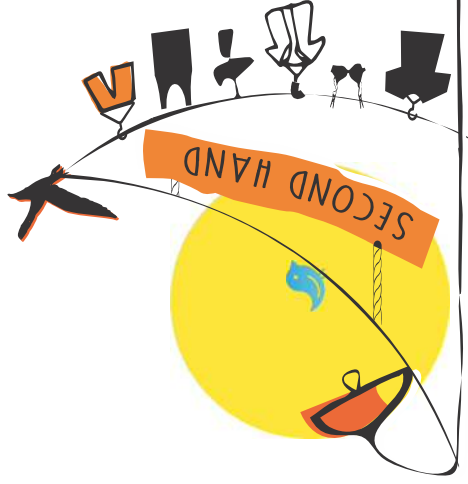


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HOW TO KEEP A FRIENDSHIP WITH PLANET EDDIE EARTH!





Our habits and daily choices have a huge impact on the environment we live in. We are part of this large ecosystem which we call Earth, and our actions are deeply interconnected with the other parts of this system: physical environment (air, water, earth etc.), biology and ecology (living beings and their interactions) and culture (communities, societies, languages, politics, arts). The way we decide to live our lives has a direct effect on ourselves, on our local communities and, to a large extent, on the society and the planet.

In this e-book you have read interesting stories about the challenges our oceans are currently facing: anthropogenic climate change and global warming (for example, sea level rise, sea water temperature rising), habitat destruction and species extinction, (micro) plastics in the sea. It is up to us if we want to be a part of the problem or if we want to be a part of the solution. Rather than getting overwhelmed with a dark scenario, we prefer to organize ourselves and develop strategies that promote a change for a more eco-friendly and fair society.

There are a lot of small actions which can make a difference. Daily choices which contribute to a more responsible, ethical and ecological way of living. Daily actions which make ourselves, our society and our planet happier!

Maybe some of these actions are already part of your daily life. Maybe there are others you already thought of while reading this e-book or like to share and discuss with your friends and family, even with us! And that is great! Educating ourselves and being open to participating actively in a discussion about protection and fair use of the environment, are necessary to make our society and our planet a better place to live (for us, our children and our grandchildren).



Here, we are suggesting a few ideas which you can use to become part of the solution and help to mitigate the human-made climate change. Together we can raise awareness about our responsibilities towards our environment, fellow humans and also about all other living organisms - our neighbors who share the planet Earth! Together we can protect our oceans!

Please, keep in mind that we don't expect you to see these suggestions as a strict set of rules. It is important that you try by yourself and find out what you feel comfortable with. Choose one idea which resonates with you the most and develop your own strategy to put it in practice. Once you are comfortable with your new habits and routines, choose another suggestion and so on. Every little step counts!

Living a more sustainable life is a collaborative process. This way, we want to invite you to contribute with your own ideas and discuss them with your friends, family, teachers and us. This is just a beginning: You have the main role in the story now! You can take over the role of Inara, Aurea and the Captain, Isa or the Pirate and take actions to contribute to a sustainable way of living. We are in this all together!

