



Ready for vacation?

Choose a destination for your next vacation, which you can reach by train, bus or bike.



Did you know that
air travel and cruises cause particularly
high CO₂ emissions?

Have you heard of:
www.traivelling.com



My experiences

Nailed it? 😊 😞

Destination:

Companion:

This is what I discovered:



Here by bike?

Travel everywhere by bike
for at least one week.



Did you know that
cycling prevents you from
cardiovascular-disease and crucially
reduces the risk of becoming
overweight?



My experiences

Nailed it? 😊 😞

I cycled even in bad weather: 😊 😞

This was most challenging for me:

This was fun:



These boots are made
for walking

Walk as many day to day
routes as possible in a
week and walk 30 to 60
minutes a day.



Did you know that

walking is not only the most basic and
environmentally friendly way of
transport, this open-air activity also
improves your concentration skills as
well as your mood and general well-
being?



My experiences

Goal: ____ week(s)

Nailed it? 😊 😞

I walked even in bad weather: 😊 😞

This is what I discovered:

Have you heard of:

www.walk-space.at

www.wildurb.at



Workout free of charge

**Stop using the elevator.
Just take the stairs instead
from now on.**



Did you know that

climbing about 400 stairs per day
equals 15 minutes of running?

Climbing stairs is completely free of
charge and almost everywhere possible.

Additionally, with this exercise you
specifically train your respiration,
your cardiovascular system as well as
your butt, your upper thigh and your
calf.



My experiences

Goal: ____ week(s)

Number of floors:

Nailed it? 😊 😞

This was easy:

From now on I will continue doing this: 😊 😞



Let the train take the strain

Go for a trip by train –
no matter where,
no matter how far.



Did you know

the railroad is a pioneer in climate-friendly mobility with CO₂ emissions of around 8 grams per passenger kilometre? In comparison, a car emits 27 times the amount of CO₂ and an airplane even 51 times.



My experiences

Nailed it? 😊 😞

Destination:

Companion:

This was new to me:



Reading instead of sitting in traffic jams

Use public transport for one week.



Did you know that

road users spend on average about 28
hours in traffic jams throughout one
year?



My experiences

Nailed it? 😊 😞

This was most challenging for me:

This surprised me:

How much time did you spend
reading or listening to music?



Electromobility is cool!

Whether it's a bike, moped
or car, choose an e-vehicle
and take a test drive!



Did you know that
electric cars produce only about half
as many CO₂ emissions as cars with
gasoline engines?

Have you heard of:

www.carsharing-oesterreich.at



My experiences

Nailed it? 😊 😞

I chose this type of vehicle:

Kilometres driven:

This was fun:



Walk it!

Try walking 10,000 steps a day for a week.



Did you know that

Austrians spend on average 5,3 hours a day sitting? About 9 percent of all deaths in Austria are due to lack of physical activity.



My experiences

Nailed it? 😊 ☹️

This was my best performance:

This was fun:

This was most challenging for me:



More haste, less speed

Reduce the speed on your next car trips and save the climate and your wallet.



Did you know that

higher speeds also increase wind resistance and thus consume more fuel? By reducing the speed from 100km/h to 80 km/h you can save up to about a quarter of fuel.



My experiences

Nailed it ? 😊 😞

From now on I will continue doing this: 😊 😞

This surprised me:

This was most challenging for me:



Join forces!

Get together with your colleagues or acquaintances and start a carpool for example to work.

Did you know that
the average number of people in a car in Austria is only 1.3, even though up to 5 people could be in the car?



My experiences

Nailed it? 😊 😞

Number of people in my carpool:

Amount of times I could leave my car at home:

From now on I will continue doing this: 😊 😞



Regionality matters

Try to eat only local fruit and vegetables for one week.

Did you know that

there are many products from Austria that are also imported from faraway countries? Especially tomatoes from abroad receive a high demand – in Austria about 47,000 tons are imported per year. Shopping seasonally and looking closely is worthwhile!



My experiences

Nailed it? 😊 😞

This was most challenging for me:

This surprised me:



Crooked is well cooked

Consciously buy fruits or vegetables that do not conform to the norm the next time you go shopping.

Did you know that

30 to 40 percent of organically produced fruit and vegetables in the EU are not even sold on the market due to deformation?

Have you heard of:

"Wunderlinge": <https://shop.billa.at/marken/wunderlinge>



My experiences

Nailed it? 😊 😞

This is what I bought:

From now on I will continue
doing this: 😊 😞

This surprised me:



Fresh from the tap?

Drink tap water instead of fruit juices and mineral water from plastic bottles. In Austria 4 million plastic bottles are consumed every day.

Did you know that

Austria, unlike many other countries, can cover its drinking water needs entirely from protected groundwater resources?

Have you heard of:

www.trinkwasserinfo.at



My experiences

Nailed it? 😊 😞

From now on I will continue doing this: 😊 😞

Money I saved:

This surprised me:



Be smart and cool

Go through your fridge:
New to the back
and old to the front!



Did you know that
the best-before date is not a
throwaway date? If it is exceeded, it
does not automatically mean that the
food is spoiled.



My experiences

Nailed it? 😊 😞

I have tested these foods after the best-before-date has passed:

This surprised me:



Sharing is caring

Try Foodsharing & Co.
**There are many ways to share,
save or donate food.**

Did you know that
about half of the avoidable food
waste in Austria is generated directly
at home? This way up to 800
euros per household also end up in
the garbage each year.

Have you heard of:
www.Foodsharing.at
www.toogoodtogo.at
www.unverschwendet.at



My experiences

Nailed it? 😊 😞

This is what I saved:

This is something I learned:



**Maximize vegetables,
minimize meat**

**Try a different vegetarian dish
every day for a week.**

Did you know that

there are thousands of dishes around the world that have always been vegetarian or vegan? Whether for religious reasons, culinary tradition or other reasons. These dishes do not require any substitute products. Try it out for yourself. You'll be doing something good for the rainforest and the climate at the same time.



My experiences

Nailed it? 😊 😞

I have come to know this dish:

This was most challenging:

I liked this dish best:



Plant plants

Create your own kitchen garden and plant different varieties of herbs and vegetables in your kitchen/garden.

Did you know that by growing food, you can always have fresh organic produce on hand and even avoid waste and save money in the process?



My experiences

Nailed it? 😊 😞

This was most challenging for me:

I have planted this:

This is what I have already harvested:



Take-Away also works
without waste

Use reusable containers
next time you take food
home with you.



Did you know that
the city of Vienna has designed
stickers that restaurants can use to
indicate that they provide reusable
dishes or fill private boxes?

Have you heard of:
<https://skoonu.com>



My experiences

Nailed it? 😊 😞

From now on I will continue doing this: 😊 😞

This surprised me:

This was fun:



The power of plants

Test your way through the various alternatives to dairy products such as milk, butter and heavy cream and compare what differences you notice.



Did you know that

Food production accounts for up to 35% of the world's greenhouse gas emissions? That's more than cars, ships and airplanes combined. Plant products emit about half as much greenhouse gas as animal products.



My experiences

Nailed it? 😊 😞

This was easy:

I replaced this product:

This was most challenging for me:



Choose Organic!

Try to consume only organic products for a week.



Did you know that

organic farming protects the soil, pollutes the groundwater less and promotes biodiversity? In addition, organic soils are looser and can store more water during floods.

Have you heard of:

<https://shop.bio-austria.at/>



My experiences

Nailed it? 😊 😞

This was easy:

The nearest health food store near me is:

This was most challenging for me:



Do you still buy or do
you already swap?

Organize a clothing swap
party with friends and
acquaintances.

Did you know that

the production of a single cotton T-shirt requires an estimated 2700 litres of fresh water, which is equivalent to the amount that one person drinks in 2.5 years?



My experiences

Nailed it? 😊 😞

Location of the clothing swap party:

I take this piece of clothing with me



1, 2, 3 packaging-free

See if there's a "zero waste shop" near you

Did you know that

you can not only go shopping packaging-free in an unpackaged store, but also fill up exactly the amount you need for your household?

Have you heard of:

www.zerowasteaustria.at/zero-waste-shops.html



My experiences

Nailed it? 😊 😞

The next zero waste shop is:

This is something I learned:



Beauty without plastic?

Get a solid shampoo instead
of a product
in a plastic bottle.

Did you know that

Hair shampoo in the form of a bar of soap not only saves the plastic bottle, but also does not contain water and preservatives?

Have you heard of:

www.nadeos.com



My experiences

Nailed it? 😊 😞

This was most challenging for me:

This is something I learned



Mind the wrap!

Be creative and wrap the next gifts e.g. with newspaper or natural materials.



Did you know that

old or recycled fabrics (e.g. cotton cloth) are also suitable for packaging sustainable gifts?



My experiences

Nailed it? 😊 😞

Used Materials:

Reaction of the presentee:



Plasticbags are over

From now on, always pack
your cloth bag when you
leave the house so you don't
have to buy a plastic bag
when you go shopping.



Did you know that

plastic carrier bags often end up in rivers
and are part of the pollution of surfaces
and spaces (littering)? In Austria alone,
more than 100 kilograms of plastic are
carried away via the Danube every day.



My experiences

Nailed it? 😊 😞

This was easy: 😊 😞

From now on I will continue doing this: 😊 😞

What does your cloth bag look like?



Coffee to stay

Consciously drink your next
coffee at the coffee house
or take a reusable cup
with you instead of using
a disposable cup.

Did you know that

about 800,000 disposable cups are
consumed in Austria every day, which
entail high production and disposal
costs?

Have you heard of:
www.mycoffeecup.at



My experiences

Nailed it? 😊 😞

This was easy: 😊 😞

That's how long I was in the
coffee shop:

This was fun:



Prepare to repair

**Fix the next item that breaks
instead of buying
a new one.**

Did you know that

a new purchase consumes much more material and energy than repairing a used item?

Have you heard of:

www.reparaturbonus.at/

www.reparaturnetzwerk.at/tipps-und-diy



My experiences

Nailed it? 😊 😞

I repaired this item:

To do so, I used these materials:

This was most challenging for me:



Buy here, don't drive
anywhere

Next time, shop at a local
supplier instead of ordering
from an online shop.



Did you know that

by buying from local suppliers you are
not only protecting the climate, but
also supporting the Austrian
economy?



My experiences

Nailed it? 😊 😞

From now on I will continue doing this: 😊 😞

This is what I bought:

This was fun:



Good things take time

Choose standard shipping next time if you need to order something online.



Did you know that

due to express deliveries, the transport trucks cannot wait until they are fully loaded and thus have to travel many kilometres for just a few packages?



My experiences

Nailed it? 😊 😞

From now on I will continue doing this: 😊 😞

That's how many days it took for delivery:

This surprised me:



Gift time

Create an outing as your next gift where you can spend time with the person receiving the gift instead of buying something material.

Did you know that

people need more raw materials than the earth can provide by buying and consuming objects? There would have to be 1.7 Earths to cover our consumption needs.



My experiences

Nailed it? 😊 😞

Selected outing:

Reaction of the presentee:



Eco-logical

Use the "Eco" programme
for washing machine,
dishwasher & co.

Did you know that
about $\frac{3}{4}$ of the energy consumption
of a washing machine or dishwasher is
spent on heating the water? Eco
programmes only run at a high
temperature for a very short time. To
ensure that everything still gets really
clean, the "missing" temperature is
compensated for by a longer washing
phase.



My experiences

Nailed it? 😊 😞

From now on I will continue
doing this: 😊 😞

I inform myself about energy-
efficient devices: 😊 😞



Fresh air!

Air out your room without tilting the window. Open the window fully for 5 minutes in the morning and in the evening (don't forget to turn off the heating).

Did you know that regular ventilation is important, even in the cold season? But in autumn and winter, tilted windows cause the walls to cool down and thus require even more heating.



My experiences

Nailed it? 😊 😞

Feeling of freshness in the room:



From now on I will continue doing this: 😊 😞



Every pot has its lid

Try to cook in larger quantities and save the leftovers instead of turning on the cooker several times for small quantities.

Did you know that

you can save up to 50 per cent of the energy used for cooking if you use a pot that matches the size of the stovetop, only use as much water as you absolutely need, put the lid on the pot and use the residual heat?



My experiences

Nailed it? 😊 😞

This was easy 😊 😞

From now on I will continue doing this: 😊 😞

This was most challenging for me:



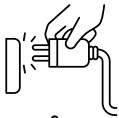
Bye bye stand-by

Switch off your electrical appliances after use and unplug all appliances before going to bed.



Did you know that

every household has an average of ten to 20 devices that are permanently on standby? With a switchable power strip or a mains switch, IT and consumer electronics can be completely disconnected from the mains. This saves up to 10 percent electricity.



My experiences

Nailed it? 😊 😞

This was easy: 😊 😞

From now on I will continue doing this: 😊 😞

Number of my devices in stand-by:



Bright light

Which lamps do you use?
Replace old lamps with new,
energy-efficient ones.

Did you know that

LED lamps have a 15 to 20 times
longer service life than classic
incandescent and halogen bulbs and
save up to 90 percent electricity
over their service life?



My experiences

Nailed it? 😊 😞

This was easy: 😊 😞

Number of old lamps:

Tip:
www.topprodukte.at



On the track of power guzzlers

Borrow an electricity meter
and check the consumption
of your appliances.

Did you know

what the top ten electricity guzzlers
in the household are?

(1) old heating pump

(2) electric cooker

(3) freezer

(4) Fridge

(5) illumination,

(6) dryer

(7) dish washer

(8) washing machine

(9) television and media

(10) wi-fi and printer



My experiences

Nailed it? 😊 😞

I borrowed the measuring device from:

These devices consumed the most electricity:

tip:

www.durchblicker.at/stromverbrauch

www.topprodukte.at



Smart ohne Phone?

Spend more internet-free time and use it to meet friends, do sports or do something good for yourself.



Did you know that people in Austria spend an average of 5.42 hours per day in front of a screen? This includes activities on the smartphone, but also streaming and co.



My experiences

Nailed it? 😊 😞

This was easy: 😊 😞

Time period:

Activities I did:



Lower is cooler!

Optimise the room temperature in your living area by lowering the temperature in the rooms a few degrees and turning off the radiator when you leave the house.



Did you know that lowering the room temperature by 1°C reduces heating costs by up to 6%?



My experiences

Nailed it? 😊 😞

This was easy: 😊 😞

That's how many degrees it is in my
bedroom now:

This surprised me:



Charging instead of
throwing away

Batteries have a shorter life
than rechargeable batteries,
so use rechargeable batteries
instead of batteries whenever
possible.



Did you know that

modern rechargeable batteries can be
recharged up to 2000 times?



My experiences

Nailed it? 😊 😞

This was easy: 😊 😞

I operate these devices with
rechargeable batteries: