

You might not believe your actions really make a difference
to such a serious issue as global warming.

But the fact is;

ALL YOUR ACTIONS DO MAKE A DIFFERENCE!

inside this booklet you will find a list of simple actions and tips
YOU CAN DO TO STOP CLIMATE CHANGE and save energy.

ACT NOW!

The power to save the planet really requires action by many people. Every one of us can make a difference. These tips have been designed to be implemented by everyone. Obviously some people are more in control of the implementation than others, so we encourage you to discuss in your home, work or community, who needs to be involved to make sure that these tips are implemented. From our experience, the range of people responsible goes from children, family members (parents, brothers, sisters etc) to cleaners, maids, facilities staff, gardeners and so on. So have a good think about who you need to involve and get saving the planet!

IN YOUR HOME

Save energy

- Once you've adjusted your AC to the temperature you want, turn it back up just 2-3 degrees. You'll hardly know the difference, but it will make a difference to your consumption. Turn off AC's when you leave home.
- Energy saving light bulbs is much more efficient than the traditional version and last up to 10 times longer. Next time you need to replace a bulb, take the energy saving option. Get into the simple habit of switching lights off whenever you leave a room. And remember to do it at work too!
- Heating water takes energy so take a quick shower as it uses around three times less water than a hot bath. And as well as saving energy, showering also saves you time. Most heaters only take 20 minutes to heat enough water for a shower, so get into the simple habit of switching it off when you do not need it, especially in the summer time,
- Where possible, run your washing machine at 30° C cycle. It will save energy and the results will be just as good.
- Wait before you wash. Don't use the washing machine until you have enough laundry to fill it to its capacity.
- We have plenty of sun and warmth here, so use it to dry your clothes instead of the tumble dryer.
- If you're buying kitchen, choose the one that's the most energy efficient and ask the supplier if they have this information.
- Don't stand by, switch off and unplug. If you leave your TV or computer on standby overnight, it uses almost as much electricity as it does when it's switched on. Remember to turn it off and unplug!
- If you're only making one or two hot drinks, only boil that amount of water in the kettle.
- If you have an extension lead connected to a wall point and it's switched on, you're needless wasting power. Switch off and - better still – unplug it
- Defrost regularly and keep at the right temperature (4°C for fridge and -18°C for freezer).
- Let food cool down fully before putting it in the fridge or freezer
- Don't leave fridge doors open for longer than necessary,
- Where possible don't stand cookers and fridges/freezers next to each other.
- Switch to double glazing windows as these keep your home better insulated and reduce the need for cooling.



Save water



- Turn off the tap when brushing your teeth.
- Wash your veggies in a bowl or closed sink.
- While you are waiting for the tap water to get cold or hot, collect the water coming out and use it to water house plants
- Take a quick shorter showers (5 minutes may considered ideal-you may also want to install a timer to control shower times)
- Place water saving sponges in the cistern of your toilet – this can save you significant quantities of water per flush.
- Install water saving faucets on your taps – these mix air with the water, to reduce the amount of water coming out of the tap, without affecting the pressure.

Reduce, Reuse and Re-cycle Waste.

Though not all the emirates have recycling facilities, some supermarkets, such as Spinneys, Choitram and Ikea collect glass, plastic and cans. You can also arrange for recycling at your home or in your local community. In Dubai, for example, Tadweer (<http://www.tadweer.com/>) or Recycle-Dubai (<http://www.recycle-dubai.com/>) collects papers, cardboards, plastics, cans and glasses right at your door. Why not check if your neighbours are also interested and arrange a weekly day for collection? The Emirates Environmental Group (<http://www.eeg-uae.org/>) also provides recycling facilities and organises recycling campaigns all over the Emirates. You may also find out more about recycling facilities from your local municipality. Some places in Dubai also provide recycling services such as Dubai Festival City which collects old newspapers (there is a huge bin just at the entrance to the mall) and Sharaf DG that collects used and old PCs at all their outlets.

- If you live in an apartment or community, ask the landlord or the management to provide and arrange recycling.
- Get kids to use unused paper in note-books from previous years for rough work.
- Use rechargeable batteries. Do not throw away used batteries as they cause significant pollution in landfill sites. The Emirates Environmental Group initiated an annual “Battery Collection Campaign Week”, for people to recycle their used batteries - the last one was from 22nd – 26th Feb, 2009. EEG has also initiated a mobile phone recycling campaign with Nokia, where you can give them your used phones for recycling.
- Send emails and e-greetings instead of paper cards. Check out the range of free WWF e-cards available (http://wwf.worldwildlife.org/site/PageServer?pagename=WWF_Free_Ecards).
- Don't use “throw-away” products like paper plates, plastic knives, forks, and cups.
- Encourage schools to set up a centre for collection of used text-books and uniforms – can be distributed to needy kids
- Re-use.

For example:

- Use perfume bottles that are refillable,
- Re-use shopping bags,
- Refilling and reuse plastic or glass water bottles,
- Rent, borrow, and share items used infrequently such as books, CDs, computer games, laptops etc.
- Reuse gift bags, ribbons and packs
- If you have unwanted magazines, you can always take them to waiting rooms for hospitals, doctor's surgeries, dentists, or even your workplace. As long as the magazine is in good condition, someone else can enjoy the magazine without paying a penny.
- Reuse Spray Bottles. All those spray bottles for household cleaners can be used more than once. They can be refilled with the original cleaning product by purchasing the concentrated version and mixing it with water. By washing them out thoroughly, they can also be used to water plants or make toys, such as water guns!
- Use homemade cleaners instead of chemical ones. Please check up more tips in how you can prepare homemade green safe cleaners (<http://www.sideroad.com/Budgeting/homemade-cleaners.html>).



Green Car Washing

- Do not wash your car in daily basis – it uses a lot of water, which is a precious natural resource in our country.
- It is better to wash your car in the shade or during early morning or late evening.
- Re-use the water generated from your car washing to water your garden or grass.
- Where possible use an automatic car wash or water free eco car washes. Modern car washes use far less water than a home wash and some also recycle the water. By combining your petrol filling trips with car washes, then you can help minimise additional trips to these stations and also help reduce your overall transport carbon footprint.
- Use environmentally friendly products while cleaning your car such as microfiber cloths/towels/sponge.



OUT SHOPPING

Businesses do listen to their customers.

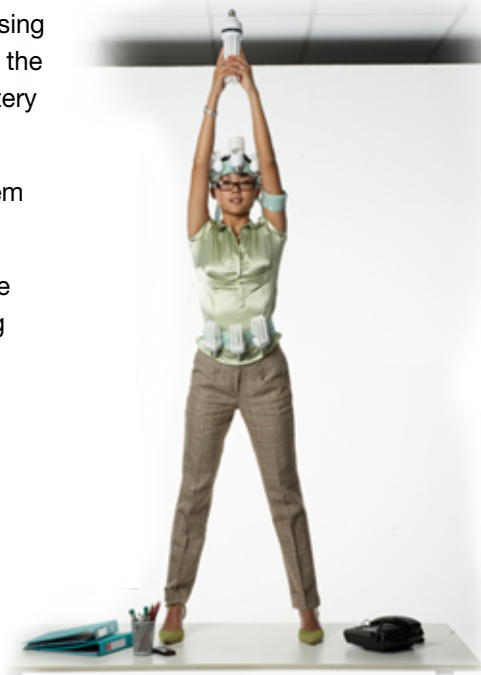
We have the power to change the selection of products that are available to us. So make shop managers aware of your demand for eco-friendly products, and simply do not purchase products that you know are not environmentally friendly.

- Ask questions and demand change.
For example Golf courses can do much more to use less water; next time you play, ask the manager what the course does to save water?
- When you eat out, ask the waiter if they recycle and inform him that as a customer you will appreciate if they start recycling and buy local/ regional produce.
- Take your own bags to the shops to carry home your groceries and shopping. Always have a re-useable bag in your car, or even in your bag, who knows when you will get tempted to buy a pair of shoes or stop by the shop to get more milk.
- Look for products that have less packaging. Speak to grocery manager about desire to see less packaging used.
- Buy local products. The yogurt or cheese does not taste better because it was transported across the globe. It might be the one you always had for breakfast when you lived in a city far away, but local products means less transport. In the UAE, for example, you can get lots of vegetables from Yemen, Oman or Jordan and fruits from Syria, Lebanon and Iran. There is no need to get your apples from the other side of the world.
- Buy local organically grown fruits, vegetables, cotton clothing, and hemp-fibre products.
- Buy foods that are in season since they are fresher and therefore have more nutrients, and don't require as much energy to produce or to be flown across the globe. Buy only what you need.
- Choose biodegradable cleaning products so that the chemicals have fewer negative impacts on the soil and water system.
- Buy the most energy-efficient household appliances you can afford. This will save you money over lifetime since owning the energy efficient appliance will lower energy bills – so a little extra \$ upfront will pay you back in the long run.
- Purchase digital music and books and help reduce manufacturing and transport of such products. Sharing these items with friends and families will also reduce waste and also help you make friends!
- Vintage is trendy. People leaving the UAE often leave behind great stuff. Look in your local paper or in the supermarket before you buy new items.
- According to a UN report in 2006, the livestock sector generates more greenhouse gases than transport, some of us could perhaps do with eating a few more vegetables and a little less meat :-)



AT WORK

- Computers use up to 70% less electricity when you put them to sleep instead of using a screen saver. Turn it off when you leave the office. Also remember to unplug the laptop from the outlet – staying plugged all night is not good for the life of the battery and also wastes electricity.
- Double up on the printing. Instead of binning papers, turn them over and put them back in the printer for reuse
- Is your company recycling? Use the facilities, even though it is a troll down the hallway. If not ask your company to install recycling containers (see recycling section above for suggestions of organizations that can help)
- Does your company have light sensors? If not suggest it to management.
- Insist on more video and telephone conferences instead of flying across the globe for meetings.
- Reuse printer cartridges & toners,
- Encourage management to source recycled materials and reusable products – e.g. have people donate dishes, glasses and silverware to the office kitchen or use recyclable ware. Source green office products – paper, etc
- Do not print unless you really need it. It is better to read books and documents electronically.
- Walk to work if applicable.
- Put stickers/signs in your work's bathrooms and kitchen reminding about running water and asking to turn tabs, etc.
- Organise awareness campaigns targeting staff and try to get senior management buy-in from an early stage.
- Use social clubs to diffuse the message and initiate discussions, events on sustainable lifestyles



IN THE GARDEN

Pass these tips on to whoever takes care of your garden.

Careful Lighting at Night

There are now solar powered soft lights available in the market, they are close to the ground and provide sufficient non aggressive light to mark your path – check your local garden centre or hardware store.

Below, you will find some tips to help you stay environmental friendly while you are gardening. Please remember to pass these tips on to whoever you know and to whoever takes care of your garden

Artificial lighting at night can significantly disturb and endanger certain nocturnal animals - including birds, turtles and reptiles. By using different light fittings, turning some lights off, or lowering their brightness - you can help minimise the impact we humans have.

What you can do:

- Although it rains very little here, when it does, collect rainwater to water your garden.
- Water at night or early morning to avoid evaporation
- Do not over water, this will kill the plants.
- Plant local species of trees and plants that consume less water.
- Collect the water dripping from your AC and reuse it to water plants.
- Cover your swimming pool (if you have one) at night to reduce water lost through evaporation.
- Stop using chemical pesticides - try to use natural products instead. Remove the weeds by hand, not by spraying them. Use vinegar directly on the most stubborn ones.
- Compost your food waste – most garden centres have compost containers – and you can use this as a substitute for artificial fertilisers. Use organic compost and mulch to improve soil health and reduce the need for pesticides and fertilizers. For example, you can use Animal manure, or Wood ash, or Coffee grinds/cold coffee. To find out more about natural fertilizer, please visit <http://www.greenlivingtips.com/articles/158/1/Natural-fertilizer.html> and <http://www.greenlivingtips.com/articles/38/1/Earth-friendly-weed-killer.html>.
- Don't buy garden furniture or decking made of tropical hard wood - mahogany for example - unless it's got a Forest Stewardship Council label (FSC).



TRANSPORT

- **Getting around and on your way to work and school**

When you want to make short journeys, try walking! Share car journeys with work colleagues or friends - up to a third of car mileage is accounted for by the drive to work. Don't forget to register with RTA and check out their car pooling website (<http://www.sharekni.ae/dcp/terms.jsp>).

- **About your car**

If you have to buy a car, buy a fuel-efficient, environmentally friendly one. This will save you money and keep more CO₂ from going into the atmosphere. Make sure that your tires are inflated correctly - this can save you 5% on the cost of your petrol. Turn off your engine when waiting in your car. Also try to avoid accelerating too quickly as this burns more fuel, and driving at a consistent 100km/hour on busy roads will mean you optimise the fuel efficiency of your vehicle.

- **When buying a vehicle, don't go for one that has the biggest engine. Ask the salesman about fuel consumption** and choose one that is the most fuel efficient in its class. It is also a myth to think that larger vehicles are safer to drive – depending on the manufacturer, smaller and more fuel efficient vehicles can perform better at safety tests. We encourage you to find out more by looking at: <http://www.euroncap.com/home.aspx>

- **Use public transport**

Be the first to ditch your car and get on the metro or buses.

- **No Saturday drivers!**

Don't go driving because you have nothing better to do

TRAVEL SMART

Whether you go to the beaches of the Mediterranean or the pristine landscape of the Arctic, how you travel can have a huge impact on the environment.

- **Make tourism and conservation compatible** - the money you spend on your trip helps determine the development and direction of tourism. Use your money to support reputable, conservation-minded tour operators and suppliers.
- **Visit parks and nature reserves** - visitor demand and tourist expenditures support existing protected areas and can lead to the protection of additional nature. Get any necessary permits before visiting nature reserves or other protected areas. Leave these areas as you found them and do not disturb the wildlife there.
- **View and photograph wildlife from a distance** and remember that in the optimal wildlife viewing experience, the animal never knew you were there. Suppress the natural temptation to move too close and respect signs of distress such as alarm calls, distraction displays, laid-back ears, and raised hair.
- **Respect the environment**, stay on trails during hikes, do not remove plants or feed animals, and never litter. At the sea do not take any corals, shells, dried fish, starfish, sea-fans and other marine souvenirs - removal can seriously disrupt ecosystems. Navigation in reef water needs special care - do not anchor on reefs which can be easily damaged.
- **Reduce your air travel**
When you travel to your holiday destination by plane you are contributing to significant emissions of climate change causing carbon dioxide. Take vacations nearer to home, or get there by other forms of transport such as train, bus or boat. If you have to fly, consider buying carbon offsets to compensate for the emissions caused by your flight. Many companies offer offsets – see the following website for a list of some offset providers: http://www.ecobusinesslinks.com/carbon_offset_wind_credits_carbon_reduction.htm There are many different types of offset standards and we urge consumers and business leaders to use offsetting only as the final part of a three-pronged approach known as “avoid, reduce, then offset”. Further information and guidance on offsets, projects and standards are online at: http://www.panda.org/what_we_do/footprint/energy_solutions/smarter_energy_news/?126681/Go-with-Gold-for-quality-carbon-offsetting
- **Reduce your car use**
In addition to the transport tips above, share taxis to and from the airport.
- **Conserve water** - take showers rather than baths, and use a refillable water container, sterilising water when necessary, rather than buying bottled water.
- **Limit energy use**, including your use of air conditioning and hot water. Turn off all lights and taps when you leave hotel rooms. If you need to use air conditioning, increase the temperature by 1-2 degrees
- **Minimise** your use of personal care products and detergents to wash linen, and reuse your hotel towels and bed-linen.
- **Reduce the impact of your recreational activities** by avoiding sports which have a significant harmful impact on the environment or choose more progressive establishments (e.g golf courses which recycle water).
- **Recycle newspapers, magazines** and your beverage containers, and reduce the number of bags, napkins and disposable cups you use when you eat fast food.
- **Choose** lodgings that have effective waste treatment systems, that recycle, that are energy efficient, and, where possible, that use environmentally friendly energy sources such as solar energy or hydroelectric power.
- **Say “No” to Bad Souvenirs**
Think twice before you buy any products made from any endangered species, including animal hides and body parts, tortoise-shell, ivory, or coral – most of them have cost the life of animals and they are likely illegal. Please check the following websites: (<http://www.traffic.org/>) and (<http://www.cites.org/>).

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