



# cities as biospheres

## 9 ACTIONS you can take right away TO SAFE OUR PLANET!

**1. Walk, bike or take public transport!** The cities and the highways reaching them are clogged with vehicles, most of them burning diesel or gasoline. Walking or riding a bike instead of driving will reduce greenhouse gas emissions – and help your health and fitness. For longer distances, consider taking a train or bus. And carpool whenever possible. Living car-free can reduce your carbon footprint by up to 2 tons of CO<sub>2</sub>e per year compared to a lifestyle using a car.

**2. Save energy at home!** Use less energy by reducing your heating and cooling use, switching to LED light bulbs and energy-efficient electric appliances, washing your laundry with cold water, or hanging things to dry instead of using a dryer. Improving your home's energy efficiency, through better insulation for instance, or replacing your oil or gas furnace with an electric heat pump can reduce your carbon footprint by up to 900 kilograms of CO<sub>2</sub>e per year.

**3. Reduce, reuse, repair and recycle!** LESS CONSUMPTION! Electronics, clothes, plastics and other items we buy cause carbon emissions at each point in production, from the extraction of raw materials to manufacturing and transporting goods to market. To protect the climate, buy fewer things, shop second-hand, and repair what you can. Plastics alone generated 3.4 per cent of the global total of greenhouse gas emissions in 2019. Less than 10 per cent is recycled, and once plastic is discarded, it can linger for hundreds of years. Buying fewer new clothes – and other consumer goods – can also reduce your carbon footprint. Every kilogram of textiles produced generates about 17 kilograms of CO<sub>2</sub>e.

**4. Eat more vegetables!** Eating more vegetables, fruits, whole grains, legumes, nuts, and seeds, and less meat and dairy, can significantly lower your environmental impact. Producing plant-based foods generally results in fewer greenhouse gas emissions and requires less energy, land, and water. Learn more about the connections between food and climate change.

**5. Throw away less food!** When you throw food away, you're wasting the resources and energy that were used to grow, produce, package, and transport it. And when food rots in a landfill, it produces methane, a powerful greenhouse gas. So purchase only what you need, use what you buy and compost any leftovers.

**6. Plant native species in your own little garden!** If you have a garden or even just a plant or two outside your home, check for native species. Use a plant identification app to help. Plants, animals and insects depend on each other. Most insects will not eat non-native plants, which means birds and other species lose a food source. Biodiversity suffers. Just remember: Skip insecticides and other chemicals.

**7. Keep your environment clean!** Use what you need, and when you have to throw something out, dispose of it properly. Educate others to do the same, and participate in local clean-ups of parks, rivers, beaches and beyond. Every year, people throw out 2 billion tons of trash. About a third causes environment harms, from choking water supplies to poisoning soil.

**8. Make your money count!** You have the power to choose which goods and services you support. Choose products from companies who use resources responsibly and are committed to cutting their gas emissions and waste.

**9. Speak up!** Get others to join in taking action. It's one of the quickest and most effective ways to make a difference. Talk to your neighbours, colleagues, friends, and family. These people are YOUR community! Let business owners know you support bold changes – from plastics-free products and packaging to zero-emissions vehicles.

---

## Contact

Phone +49 175 8764819  
Website [www.cities-as-biospheres.com](http://www.cities-as-biospheres.com)  
Email [ulrike@ulrikereinhard.com](mailto:ulrike@ulrikereinhard.com)