

ECO-FRIENDLY GESTURES

Practical sheet 6



Tips and tricks to help preserve the quality of the environment and your accommodation.

5 SIMPLE GESTURES THAT EVERYONE CAN ADOPT :

1. Sort your waste : In France, waste sorting is generally divided into 2 categories :

- non-recyclable waste, to be disposed of in the "normal" dustbin,
- recyclable waste (*paper, cardboard, plastic, glass, aluminium*), to be disposed of in specific dustbins, which are often characterised by a different colour (*the colours may vary from one municipality, "commune" in French, to another*).

Non-recyclable waste is collected at your doorstep. Dump trucks drive around the streets to empty the dustbins. Dustbins must be put out on the pavement either by the maintenance staff or by the residents of the block of flats.

Batteries, furniture (*called "bulky", "encombrant" in French*), household appliances, paints and other toxic products, as well as «green» waste (*branches, grass, wood, etc.*) should not be thrown away in the "normal" dustbin. In this case, you will have to go to your local recycling centre to dispose of the waste, or use a dedicated doorstep collection service.

In Strasbourg, there is one collection day per week for recyclable waste. There are collective bins by district for glass and for other recyclable waste. In this case, you will have to dispose of the recyclable waste in these bins yourself.

For the inhabitants of Strasbourg and the member municipalities of the Strasbourg Eurometropolis, a document entitled "Consigne du tri" (*sorting instructions*) explains the waste disposal rules to be followed.

2. Reduce waste : Avoid disposable products as much as possible and make reusable products your first choice. Use reusable cloth bags instead of plastic bags when shopping.

3. Save water : Take a shower instead of a bath. A bath uses 150 to 200 litres of water whereas a 4-to-5-minute shower only requires 30 to 80 litres of water. Turn off the water while soaping or brushing your teeth.

4. Reduce your electricity consumption : Do not leave unused appliances turned on permanently or on standby, turn them off completely. Turn off the light when leaving a room.

5. Heating your accommodation without excess : To save energy (*and money*) consider closing the shutters or/and curtains at night to avoid heat loss.

Unplug chargers when not in use. A smartphone or laptop charger, for example, continues to use electricity when plugged in, even when not in use.

