

TRAINING FICHE

05. HOW TO BECOME A MORE RESPONSIBLE CONSUMPTION OF RESOURCES

(Sections in italic only for internal use, not to be published)

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Level	<i>BASIC</i>										
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Keywords	Responsible consumption; waste reduction; consumer behaviour; water; energy; raw materials; reducing; recycling; reusing; tips and recommendations										
Citizens as the core agents of change on (area) (500-1000 characters including spaces)	<p>Responsible consumption implies applying the well-known three basic rules of sustainability: reduce, reuse, recycle.</p> <p>For achieving a more responsible way of consumption, the role of consumers is essential, and we must remember that a part of responsibility is set on consumers: the less is consumed, the less will be produced, so we cannot ignore that 'we all can do more'. Although the industry has an</p>										

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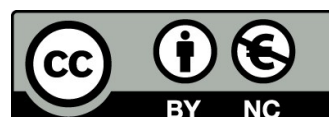
	<p>important role in the development of the circular economy, consumers' behaviour could also help to enhance the demand of fair goods showing to the industry the right path to sustainability.</p> <p>Reducing the consumption of all kinds of goods and services means saving on raw materials, energy, water, and producing less pollution and waste by having to make fewer things.</p> <p>Less consumption is also linked to reuse, avoiding this way, the discarding of goods that are still useful, simply because we can buy new ones.</p> <p>And when a good is no longer suitable for use, the correct thing to do is to recycle it, disposing of its waste in such a way that it can be reconverted into raw material, used in other processes or simply thrown out without a negative impact on the environment.</p> <p>We must all be committed to this goal, because if we do not buy unnecessarily, we will contribute to a better future. Currently, if we maintain our way of consumption, we will need at least 2 planets to survive (and, obviously, we do not have 2 planets).</p>
<p>Tips and recommendations</p> <p>To do / Not to do</p> <p>(2000-3000 characters including spaces)</p>	<p>The role of consumers through their small daily actions is essential to move towards an increasingly circular economy. We have to change our mindset to a more moderate and conscious way of consumption.</p> <p>To help you to change your habits and inspire others, here is some practical advice:</p> <p>'TO DO'</p> <ul style="list-style-type: none"> ● Reduce the use of water and energy in your day to day, developing actions such as use the shower instead of the bathtub, switching-off the lights and appliances that are not in use, moderating the heating and cooling temperature, adapting your home to the saving of water and energy, keeping them in a proper maintenance, etc.

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- Reject single-use or disposable products, especially plastic ones, and keep durable products using them several times.
- Buy products in bulk, taking your bags to the store in returnable containers, with minimal packaging.
- Buy frequently and in small quantities, avoiding long-term storage. Also choose refillable and reusable containers.
- Better use public transport, walk every day, ride a bicycle, avoid elevators. Do things with your hands, avoid electrical appliances when possible, and generally, choose the most energy-efficient mode of transportation, heating or cooling.
- The most sustainable purchase is the one not made, therefore, reuse and restore things, adapt them and extend their life, combine old products for creating new ones based on creativity and imagination.
- Before purchasing an appliance or electronic device, research about its useful life, monitor users' reviews, and choose quality and long-lasting products.
- Read and learn to interpret the labels to know the energy rating, the composition and the origin of the products you are purchasing.
- Keep your appliances regularly in good maintenance to reduce their energy consumption and extend their useful life.
- And finally, donate what you are no longer going to use to people in need or to charity shops.

'NOT TO DO'

- Refuse bottled water, since tap water, natural or filtered, if necessary, is healthy and cheaper.
- Avoid conventional bulbs and replace them with led lights.
- Reject single-use and disposable products, plastic containers, small presentations, or those

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	<p>with a small amount of product in a large container.</p> <ul style="list-style-type: none"> • Do not keep electrical devices on standby mode, turn them off; do not leave lights, heating or air conditioned on unnecessarily when no one is inside, keep doors or windows closed in climatized spaces. • Do not use the car for short trips, or the elevator or escalator to go up one or two floors; avoid the use of mechanised appliances for simple tasks that could be handmade in your daily activities, when cleaning, cooking, etc. • Avoid the use of non-renewable resources and prefer recycled materials. Ensure that the goods you are purchasing are made with materials that have a fair-trade origin and reject those lacking an accredited certification.
Language	<i>English</i>
Partner	<i>UMA / Ana M. Castillo Clavero</i>
Further references	<p>Sustainable consumption Blog: https://brovation.org/sustainable-consumption-8-suitable-tips-for-everyday-use/</p> <p>Tricks and tips for RC in Montreal, Canada: https://montreal.ca/en/articles/tricks-and-tips-practicing-responsible-consumption-7473</p> <p>Juan José Piedra Galán: The 10R's of Circular Economy (no, they are not 3). https://www.linkedin.com/pulse/green-controlling-5-10-rs-circular-economy-3-juan-jose-piedra-galan/</p> <p>Deloitte: How consumers are embracing sustainability. https://www2.deloitte.com/uk/en/pages/consumer-business/articles/sustainable-consumer.html</p> <p>World Economic Forum: This simple framework can drive responsible consumption. https://www.weforum.org/agenda/2021/09/a-framework-for-corporations-and-consumers-to-drive-responsible-consumption-retail-sustainability-impact-jd-kearney/</p>

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