



For a more powerful commitment to save the climate please check the Germanwatch Hand Print approach. Increase your handprint, decrease your footprint.

www.handprint.de

**Avoid,
decrease,
compensate.**

Climate change threatens the livelihoods of the global population in the North and the South.

To enable the most vulnerable people to survive, it is worth fighting for every single degree, even every tenth degree to prevent a temperature increase (Climate scientist H. J. Schellnhuber, freely translated).

The effort of every single one of us is needed.



About Germanwatch

Observing. Analysing. Acting.

Germanwatch is actively promoting global equity and the preservation of livelihoods.

More information:
www.germanwatch.org

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Good for the climate

Saving our climate everyday





Electrical Devices

How many electrical devices do I really need?

- use energy efficient devices
- dispose electronic waste in environmentally-friendly ways
- keep electric devices longer instead of purchasing new ones – especially mobile phones
- completely switch off standby devices



Food

Do I need to eat meat every day?

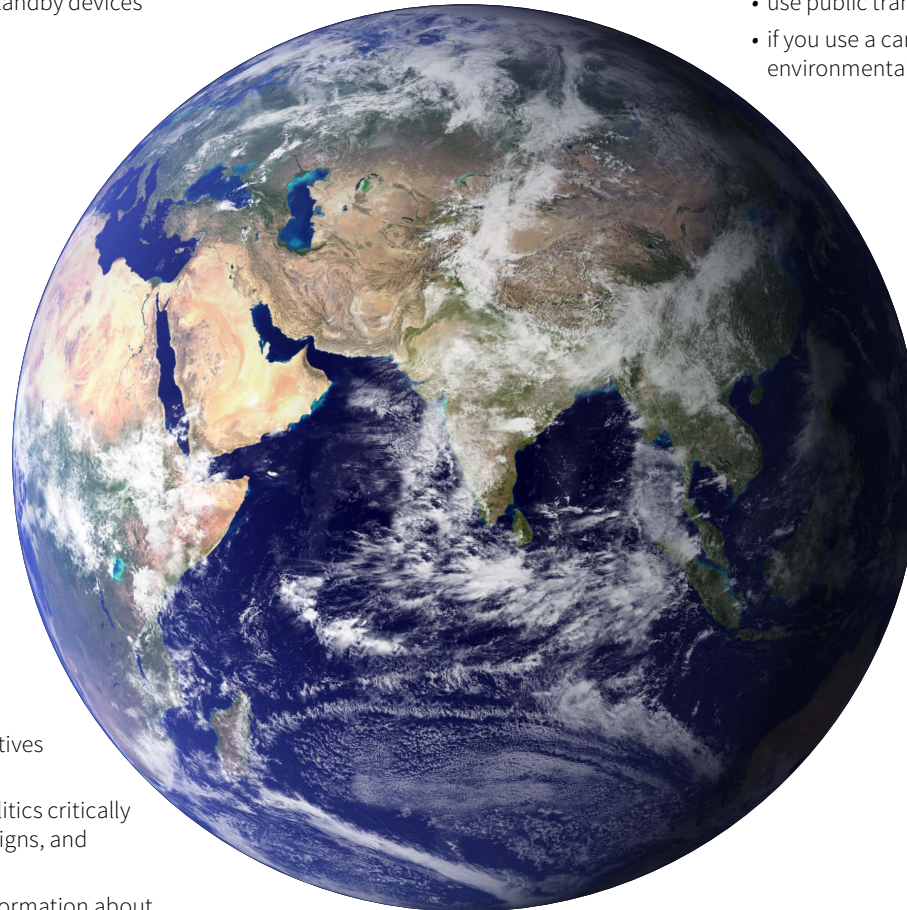
- buy regional and seasonal organic products, check the seasonal calendar for fruits and vegetables
- eat less or no meat
- drink tap water
- value food, share it and reduce waste
- buy fresh products and avoid purchasing frozen foods



Political Involvement

How can I influence politics?

- involvement in alliances and citizen initiatives for climate protection
- track local, national and international politics critically – by means of petitions, signature campaigns, and demonstrations for climate mitigation
- be up-to-date: use social media to get information about climate protection and actions against climate change
- expand your sphere of action and initiate interest groups: with your colleagues or neighbours, at school, within your community, with Transition Town initiatives in your city
- demand from politicians and businesses that sustainable consumption becomes the easier and cheaper option



Mobility

Do I really need a car?



- avoid flights – if it is unavoidable then compensate with www.atmosfair.de/en
- book your trip via sustainable travel operators
- ride your bicycle more often or walk
- use public transport and car-sharing
- if you use a car, try to choose fuel-efficient and environmentally-friendly options

Finance

What happens with my money?



- invest in climate- and environmentally-friendly capital market products: www.forum-ng.de/en
- choose sustainably managed banks
- critically analyse offers concerning sustainability

Consumption

How much do I need for a good life?



- use recycled products
- upcycling: revalue things
- buy less (tip for presents: „give time instead of stuff“)
- opt to buy reusable products and second hand goods
- popular: clothes-swapping events
- share products instead of owning them

Living

How much living space do I need?



- buy durable furniture and devices instead of disposable goods
- procure certified green energy or invest in renewable energies yourself
- use energy-efficient LED-lights
- modernize your flat through energy optimization
- use heating economically