

Sustainable in Everyday Life – Here's How!

Even small changes can make a big difference in everyday life – whether surfing the internet, using your smartphone, or shopping. Here you'll find clever ideas on how to live more environmentally friendly with ease:

Even small things can have a big impact.

Anyone who wants to contribute to climate protection can start at any time. Just begin step by step. Even small actions can have a significant effect.

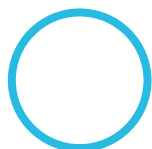
It's all about the content.

Many additives are found everywhere – in food, household items, or cosmetics, as they improve appearance, durability, taste, or smell. However, they can have effects on human health or the environment.

Not everything has to be new!

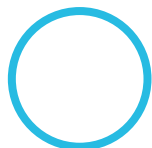
By swapping or repairing items, you save resources and do something good for the environment.

What you can do:



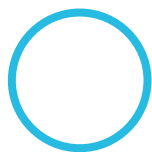
Use a sustainable search engine.

Use Ecosia as a sustainable search engine. With every search, you support tree planting. You can easily download the app from the App Store (Apple) or Google Play Store (Android).



Shop more consciously.

Do you sometimes buy sweets, hair gel, or cosmetics with your pocket money? With the help of apps like CodeCheck, you can quickly see which ingredients the products contain and whether they are harmful to you or the environment.



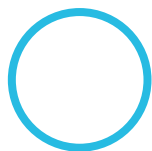
Organize a flea market or clothing swap.

You can swap or give away clothes, books, or games instead of always buying new ones. A flea market at school or a clothing swap offers a great opportunity for this.



Start with a simple action.

Start with small steps. Begin with something you can easily implement, such as using a lunchbox instead of paper or plastic bags, which you can wash and reuse.



Do something together with friends.

If you want to contribute to climate protection, do it together with your friends or family. Choose something that interests you and that you enjoy, such as creating insect meadows, collecting litter, or planting trees.