



WORLD  
SUSTAINABILITY  
FOUNDATION



## Sustainability Pills

World Sustainability Foundation

1. **Let It Air** - Instead of using a dryer, let your clothes dry out in the sun or breeze. This way you'll be saving money, precious energy, and the fabrics' quality!
2. **Keep Rolling** - Feed your leftover food to the soil- this will fertilize it and support you with fresh healthy goodies.
3. **Favour Tap Water**- Tap water is a privilege. Ditch single-use plastic, instead take a reusable bottle wherever you go. Not only will this save you money, but you will also reduce your plastic consumption.
4. **Manage your waste** - Proper recycling allows us to put waste to new use, avoiding new raw materials' production.
5. **Turn off the lights** - Unless they're really necessary - the Planet will thank you later.
6. **Take a breath** - There's so much to see out there! Take a walk or a bike ride and let nature inspire you!
7. **Use public transport** - Free the roads, lowering your carbon footprint!
8. **Manage the washing** - Try accumulating your dirty clothes for fewer weekly washes. This will help the environment, decrease your water, electricity, and soap consumption too!
9. **Shop Green!** - Prefer sustainable brands and stores, try and look for organic fruits, vegetables, cotton, ocean-friendly and biodegradable products.
10. **Shop Local!** - While traveling, or back in your hometown, give local restaurants and grocery stores a chance! These options tend to be more sustainable, healthy and help the local economy.
11. **Think before buying** - New trends and technologies are for sale daily, but before buying stop and think if you really, really need them? Most technology is composed of lithium, copper, and gold, which are all gathered from the exploitation of the Earth and that of people.
12. **Opt for eco friendly tours** - Every place has its own unique natural landscape. Try searching for entertainment that connects you locally in a safe way. Eco tours employ locals and help fund conservation projects.
13. **Open the windows!** - Instead of using air conditioning, let the natural airflow into your house/office, feel the breeze, save electricity, and lower your carbon footprint.
14. **Believe in science** - Get informed by truthful fonts, such as university papers for example.



15. **Avoid contact with wildlife** - Wildlife is not prepared for our diseases just like we are not prepared for theirs, being too close to wild animals can cause irreversible damage to everyone's health.
16. **Merge with it** - Leave your harmful behaviors behind, merge with nature, and avoid the harmful disturbance of other living creatures. Feel that peace?
17. **Feel free to unplug** - When you don't need it, unplug it. Plugged devices use energy even passively when they are turned off. Disconnecting your wires not only helps you save money but generally reduces your carbon footprint.
18. **Powerbank is power!** - Did you know there are solar ones? If you haven't already, get yourself one now! You can charge and use it wherever the sun shines and lets you be carefree on the run.
19. **It's not the destination, but the journey that matters** - Re-explore lands while out on a trip, and use railways instead of flights whenever you can. Your CO<sub>2</sub> emission will be significantly smaller, and your memories richer.
20. **Ride & Roll** - Reinvest in yourself; seize each opportunity to exercise and use your own equipment to go from A to B. Save extra time while keeping fit, being more present while you head to work, or meet with your friends. The environment will also thank you for it.
21. **Less is more** - Most beauty products are harmful to the environment, as well as to your skin! It's the hazardous ingredients, their production, the packaging. Try using less, or switch to green cosmetics.
22. **Don't wipe it away** - Wetwipes contain non-biodegradable materials, and once broken down to microplastics they can enter the food chain, polluting each level of our environment. Use fluid disinfectants if you need to, with reusable cotton or linen hankies.
23. **Avoid buying exotic animals** - Most exotic animals arrive in our countries via illegal trafficking and hunting, causing disturbances in their native wildlife and incentivizing illegal actions.
24. **Do not take souvenirs home** - It's ok to buy souvenirs on your trips, but do not take plants, animal parts, shells, or similar things home!
25. **Let's reduce our screen time!** - In these technological times, it's challenging to stay focused on our daily activities, and we find ourselves using multiple screens at once. Using one screen at a time not only decreases your bills, but helps the environment, and your cognition.
26. **No flash!** - When you're close to animals and want to take pictures of them, avoid using a flash, as this can annoy and stress them terribly.
27. **Go the extra mile so you don't need to go the extra mile** - Sometimes it takes a little bit more time to find the right, ethically sourced,



- and manufactured products, but it will be worth it in the long run. No packaging waste, unnecessary emission that transport creates, or support of the exploiting chain. No bad karma all in all.
28. **Leave nothing but footprints** - An evergreen advice in all your journeys and endeavors. Wherever you are, try to leave places better than how you found them. If you go on a hike up a mountain or a walk along the shore, take your rubbish back with you. If you find some trash, spend a second to pick up things that don't belong there. You'll feel better, and nature will do too.
  29. **"Slow boat to China" - Travel slow.** Whenever you can, try to travel overland. Or on water! Sing while in transition, the slower the pace the better the fun. It will help you reconnect with your own self and the places you visit.
  30. **Only the essentials** - Toiletries like shampoo bars, toothpaste tablets, bamboo brushes are all reachable and will be great treasures on your travels. For daily snacks, you can bring your reusable containers and cutlery. Less to carry, nothing to be thrown.
  31. **Purify** - Did you know that you can get water bottles with their own filter system? Just like that: you can get clean water anywhere, from rain, rivers, lakes even, without having to shop for it.
  32. **Operation local** - Not only when it comes to tangible materials, but for organizing your trips you can also reach out to local tour operators. Oftentimes this effort pays back to the community you're about to visit, and it's minimizing the environmental impact as well.
  33. **Stay curious** - Learn to observe and learn. There's always more when it comes to responsible living. Update your knowledge and advocate the case. For life's sake.
  34. **Try new things** - Local foods and costumes not only increase your cultural repertoire but also help the local community to gain money and love tourism as much as you do!
  35. **Keep an eye open** - Some tourist activities can endorse animal cruelty. Here are some tips: predators, like big cats and wolves, should not be docile to strangers; elephant/camel rides usually involve beating the animals to force their walks; whales and dolphins require ample living space to thrive, whereas in shows they are restricted to small pools, and sometimes are subjected to stressful routines and physical abuse.
  36. **Avoid customs and traditions, or dishes that can be harmful to the environment** - Pangolin scales are used to combat arthritis, tiger testicles enhance fertility, and shark-fin soup is popular. Other similar habits are really bad for the conservation of species, the illegal hunting of species, and are harmful to your health.



37. **Donate!** - There are many non-profit organizations that use donations to prevent or try to revert environmental destruction. Discover nonprofits that help and support you and the destinations you travel to.
38. **Avoid plastic** - Reuse your plastic bottles, take eco bags with you when shopping, prefer reusable cups, plates, and cutlery. Disposable and single-use plastic items can take more than a thousand years to degrade.
39. **Hire ethical tourist guides** - Tourism operations involve people, suppliers, transportation, and more. Each link of this huge chain can impact the environment for bad or for worse, opt for agencies and guides that prioritize the environment, use resources efficiently, and respect the local culture.
40. **Do not feed wildlife, nor feed off of them** - Sharing food with these animals or eating them can increase the risk of zoonotic transmissions between humans and animals and can contribute to the extinction of species already threatened by climate change and habitat loss.
41. **Take your trash with you** - Again, leave footprints only, not your trash.
42. **If possible, opt for direct flights** - Direct flights typically emit less carbon than those with stopovers, as takeoffs and landings consume more fuel.
43. **Make your trip more sustainable** - Take tote bags or backpacks with you during your tour so you can take your trash with you until you find a garbage can. Reusable bags can also be used to take your local shopping avoiding the use of plastic bags.
44. **Take handcrafts as gifts** - Local handcrafts are a more sustainable option than pre-made on a big scale. Not only is it a green option, but also a more thoughtful and unique gift.
45. **Respect nature** - Don't catch crabs, shellfish, starfish, and fish: if you're curious about the marine world, choose more sustainable activities, like snorkeling. Don't collect shells and sand, they're part of the beach's ecosystem.
46. **Choose your sunscreen wisely** - Many sunscreens use chemicals that are polluting the sea and the environment, especially for corals. By using these creams and bathing you release metals and harmful chemicals into the water: choose an eco-alternative. Friend of the Sea has a certification programme for sustainable sunscreen: you can contribute to environmental and social sustainability, by sourcing Friend of the Sea-certified Sustainable Reef-Safe Sunscreen. (check out their website to find out where you can find these)



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47. **The less, the better** - Avoid carrying plastic items to the beach: use canvas bags, reusable water bottles, and reusable tableware. Think of the myriad of children's games that fill the beaches and often end up in the sea.
48. **Beach Cleanup**- If you notice trash on the beach, please pick it up! It's a quick and easy way to make a positive difference for the sea.
49. **"Little by little one travels far"** - Being present is blissful, but sometimes it's essential to think ahead. Standard, slow shipping is a more gentle way to receive or send items. Whenever you can, organize deliveries ahead of time so that you don't support a fast-paced, exploiting lifestyle, but a more harmonious and sustainable one.
50. **Become an ambassador of Sustainability** - Share your knowledge and eco-friendly behaviors with friends, family, and colleagues.
51. **Old is gold** - Postpone purchasing for a new computer or phone, and buy refurbished tech instead. No need to mine deeper on the planet, or in your wallet.
52. **Under pressure** - Did you know that the tighter your tires are, the less fuel is used for your car to move? The simplest effort can make a big difference. Keep an eye on those wheels!