



Eco-friendly living in Prague

ICP and Aleksandra





Who am I?

Overview

- ❖ zero waste vs. low impact
- ❖ life and afterlife of plastic
- ❖ BREAK
- ❖ solutions and alternatives (Prague)
 - zero waste shops and where to find them
 - food
 - cleaning and bathroom products
 - personal hygiene
 - clothing
 - recycling
 - linear vs circular economy



„Zero waste“ and „Low Impact“



What “low impact” means to me

a holistic framework, which allows for reflection of the different factors which contribute to our carbon footprint and overall impact on the environment

- e.g. What kind of energy I use? What's this made of? Does it make sense to use that or is it a trend?...



Gittermary Johansen

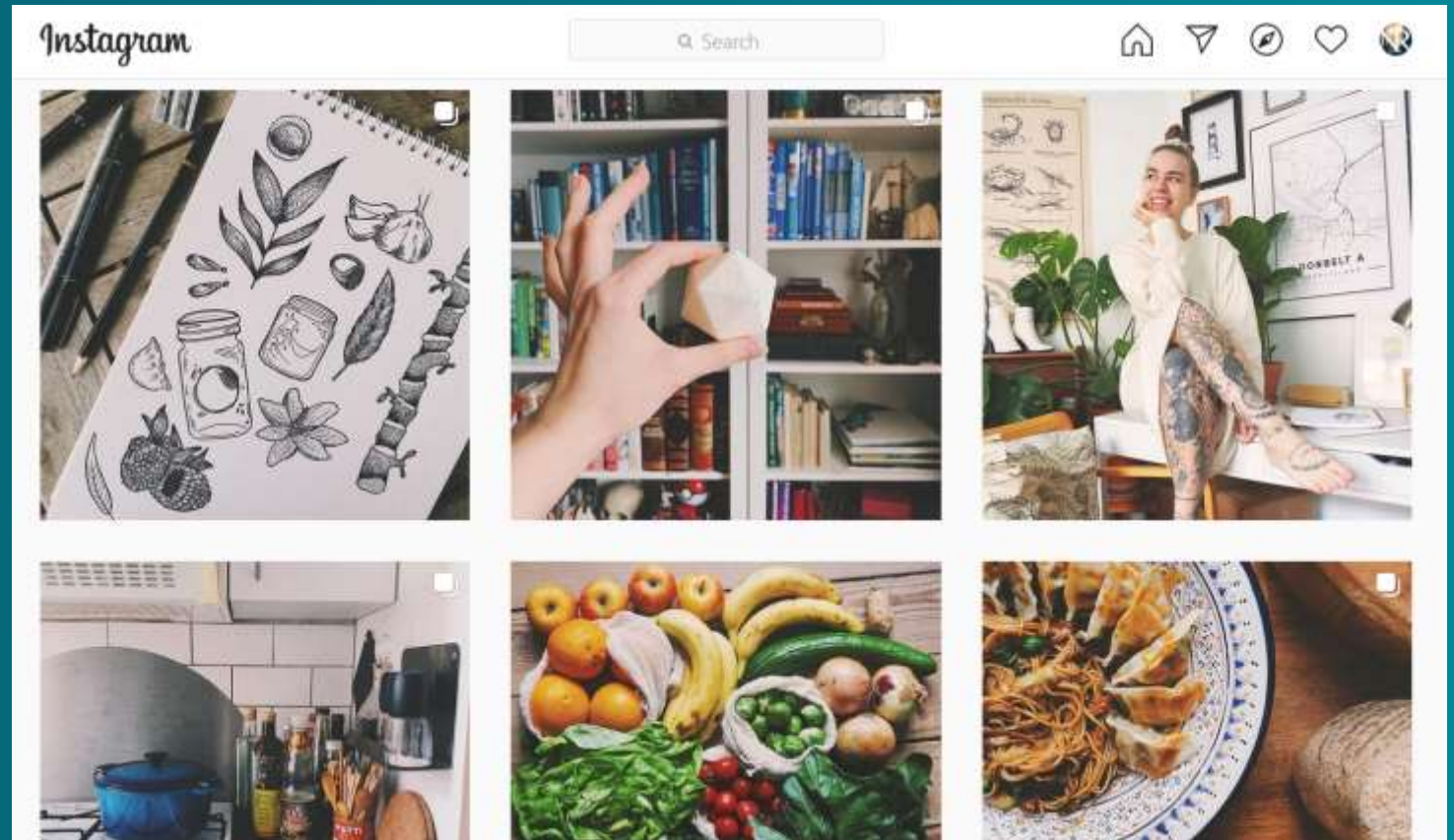
GREEN ACTIVIST AND WRITER, Aalborg, DK

🌿 Author and lecturer

🌿 Zero waster & vegan



one of the main sources for
this presentation and her
Instagram a source of lovely
illustrations





So what's wrong with plastic?

Plastic

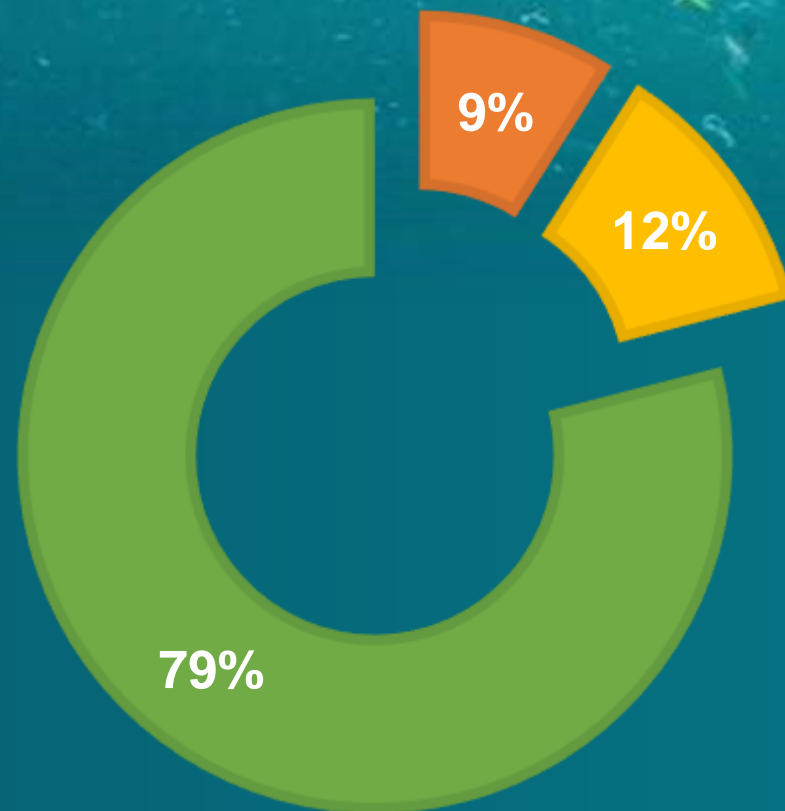
- 95-99% plastic comes from crude oil
- extracted by pumping or fracking
 - Carbon dioxide and methane emitted
 - Pollution of groundwater
 - Destruction of habitat
- ethylene - the basic component for the production of plastic



Plastic

- where it is necessary – medicine, construction or tools (such as straws for the disabled)
- we use a plastic for an average of 9 minutes before we discard it – yet it shall stay here forever
- health concerns





WHAT HAPPENS AFTER

2015, Global data

<https://doi.org/10.1126/sciadv.1700782>

Afterlife of plastic

- can be recycled only 2 to 3 times before it loses its quality + necessary mixing with virgin plastic + downcycling
- Landfills – degradation – releasing carbon dioxide and methane (23%) – pollution of groundwater – oceans
- Microplastics – bioaccumulation

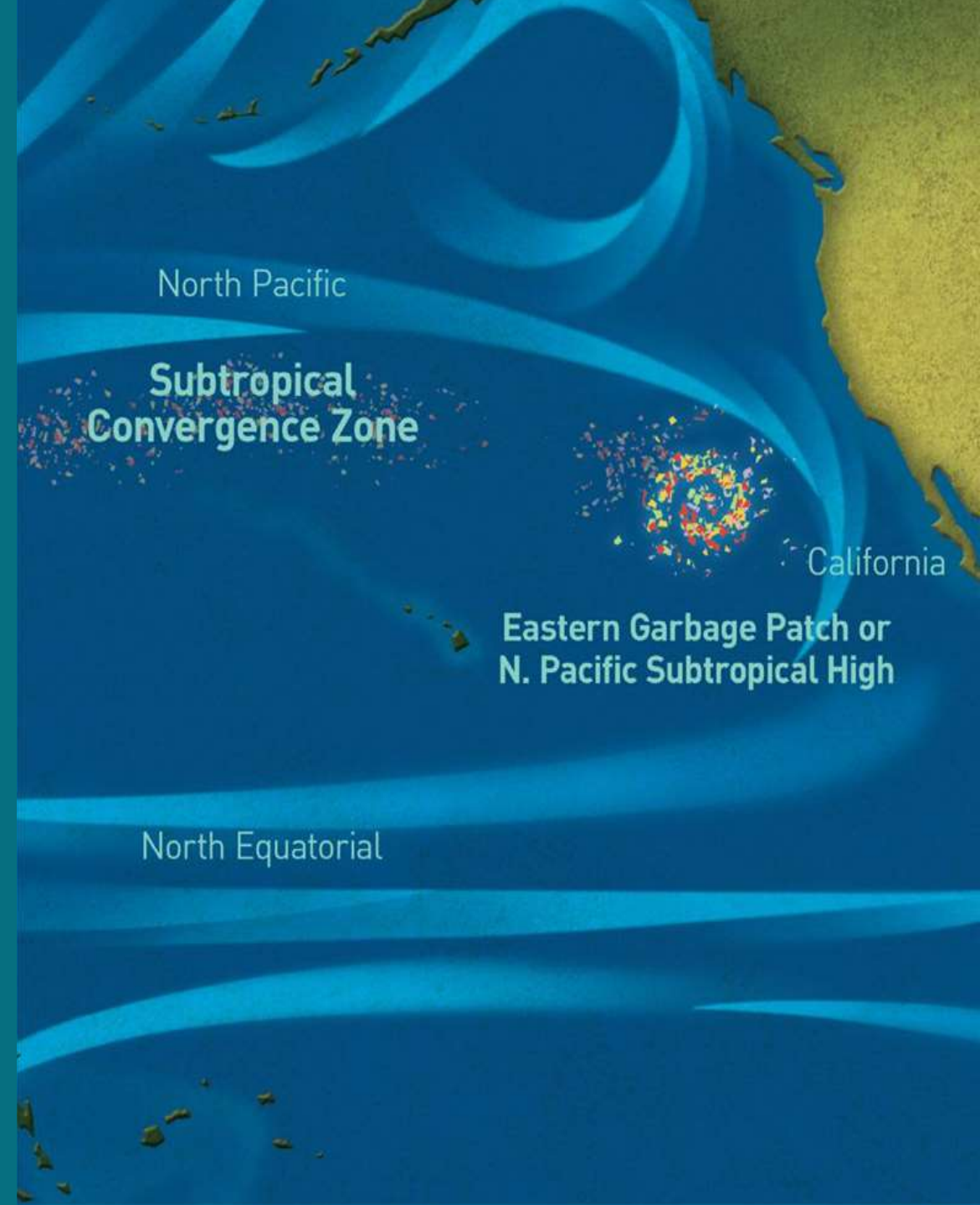


What is in the patch?

- 49% consumer waste
- 51% waste from the fishing industry (Seaspiracy)

consumer waste

- water bottles + lids + caps
- cigarette buds
- cotton swabs
- hygiene products (tampons, pads)
- plastic bags
- single-use cutlery and straws
- plastic cups and lids
- balloons and balloon sticks
- fast food packaging



Solutions and alternatives





INTEGRAČNÍ
CENTRUM
PRAHA

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LIVING ECOLOGICALLY

Waste sorting is not enough

<https://icpraha.com/en/living-ecologically/>

Basic principles

- *Refuse* – plastic
- *Reduce* – single use paper
- *Reuse* – reusable tools, second hand, library
- *Repair* – clothes, shoes, furniture, electronics
- *Recycle* – if there is not alternative usage through upcycling
- *Rot* – individual or community compost, bio waste



Zero waste shops

- food, drinks and drugstore products
 - eco, bio, local
- in eco packaging or to take in textile bags, glass jars, etc.
- usually many glasses and other containers there
- weighing your own container
- Bezobalu (ENG/CZ)
- @bezobalovyjelen (CZ)
- mapa.reduca.cz (CZ)
 - also farmer markets



Food

- zero waste shops, farmer markets, supermarkets
- local, seasonal, organic, fairtrade
- svetbedynek.cz (CZ), svobodny-statek.cz (CZ)
- food waste – *Zachraň jídlo v kuchyni* (ENG)
- home compost or community compost
- mapko.cz (ENG/CZ) - map of community gardens, composters and other places
- kokoza.cz (CZ) – workshops in *Z pokoje do pokoje* (ENG), where one could make a vermicompost





Bathroom and cleaning products

- zero waste shops
- Countrylife

Basics

- bamboo toothbrush
- toothpaste tablets or powder
- cotton rounds
- reusing old jars or spray bottles
- DIY cleaning and beauty products
- deodorant
- shampoo bar

Menstruation

- zero waste shops, drugstores
- snuggs.cz (ENG) – period panties @snuggswear
- petitlulu.com (ENG) – reusable cloth pads
- menstrual cup

WHEN TO WEAR SNUGGS



Together with a cup
or a tampon

Clothing

- swaps – with relatives, friends, instead of exchanging presents for a birthday or a holiday organization of a swap party
- public swaps (FB)
 - ❖ svet-hub.cz (ENG)
- free shops or free exchange places (e.g. at work)
- second hand and charity shops
- slow/sustainable fashion (greenbutik.cz)
- bio and fairtrade



Second hand, charity and repair shops

- resell
 - nevyhazujto.cz (CZ)
 - flea markets – blesitrhy.cz (ENG)
- repair or upcycle
 - opravarna.cz (CZ)
 - zpokojedopokoje.cz (ENG) - workshops with diy, fixing furniture, making bags etc
- donate or buy second hand
 - Sue Ryder (ENG)
 - Moment - moment-ops.cz (CZ)
 - Přestupní stanice (ENG)

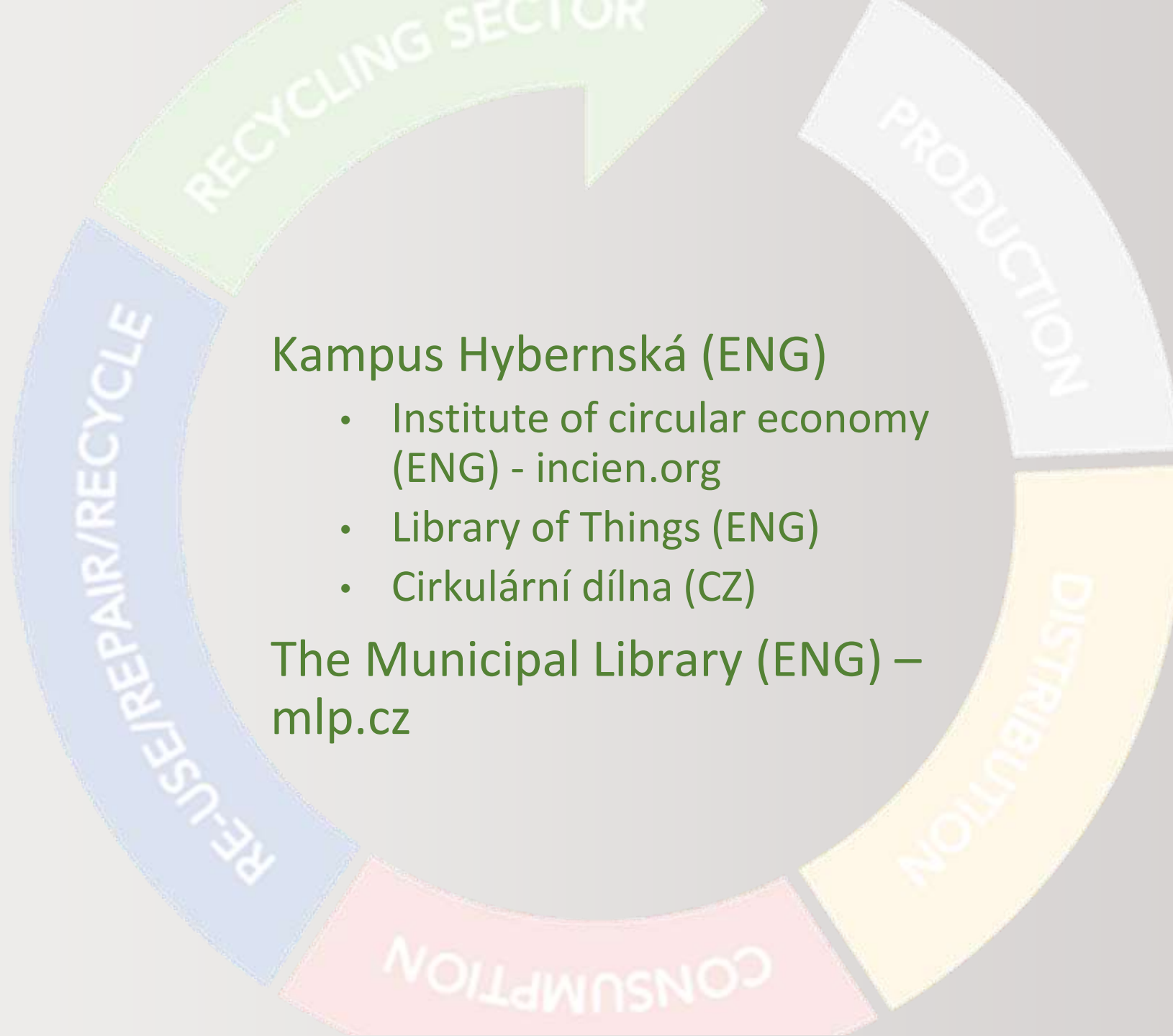


LINEAR ECONOMY



CIRCULAR ECONOMY





Kampus Hybernská (ENG)

- Institute of circular economy (ENG) - incien.org
- Library of Things (ENG)
- Cirkulární dílna (CZ)

The Municipal Library (ENG) –
mlp.cz

Linear vs Circular



Keep cup



Otoč kelímek a Rekrabička

info at their instragram @otockelimek (CZ)



Všechny předměty 267 výsledků

KNIHOVNA VĚCÍ — LIBRARY OF THINGS

Search Within...



Dostupnost

☐ Skladem

Kategorie

☐ Domácnost / Household (16)

Předmětů na stránku 15 ▾ Prohlédnout Grid ▾ Uspořádat dle Relevance ▾



Basová kytara / Bass guitar

Skladem

150 Kč per loan

Šicí stroj / Sewing machine
BROTHER

Zpoždění

150 Kč per loan

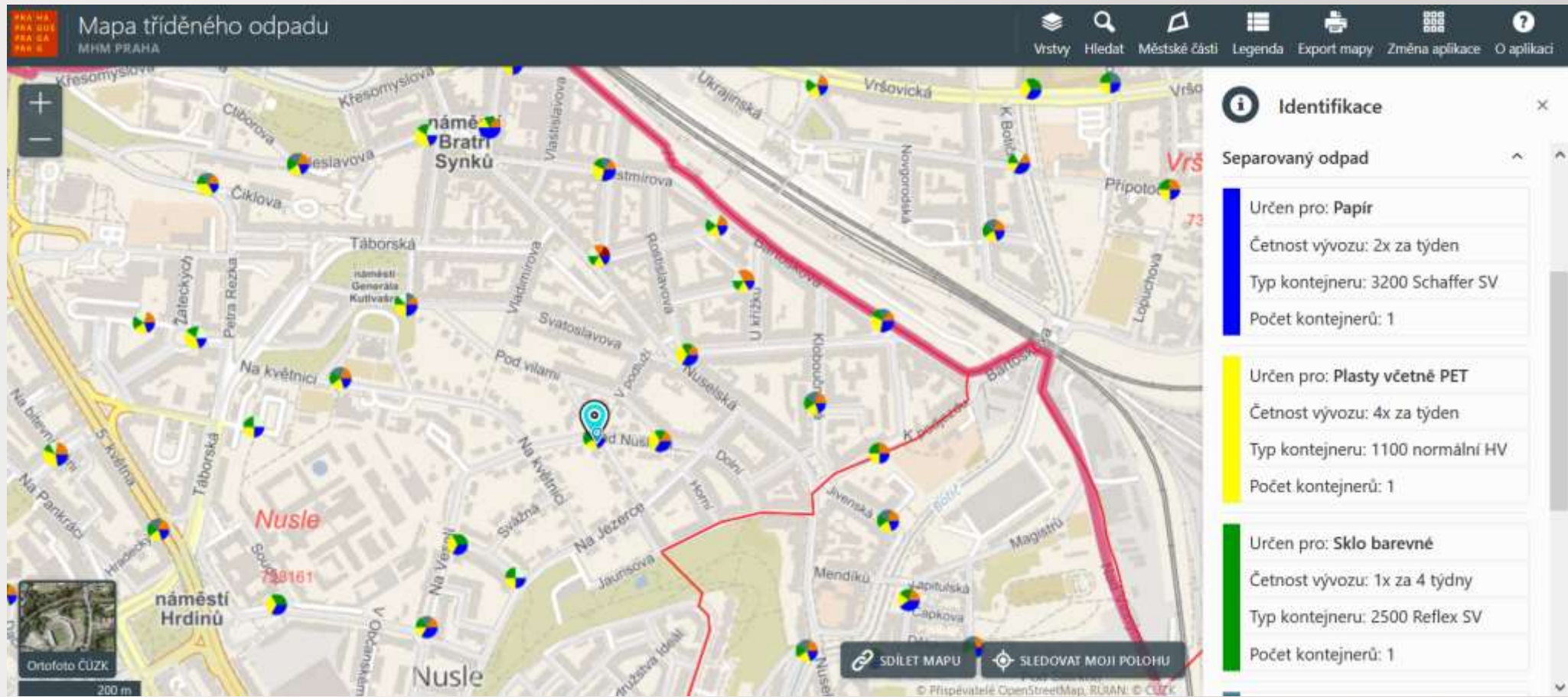
Šicí stroj / Sewing machine
SINGER

Skladem

150 Kč per loan

- rent sports equipment, electronics, board games and much more for a small fee: <https://www.libraryofthings.cz/>

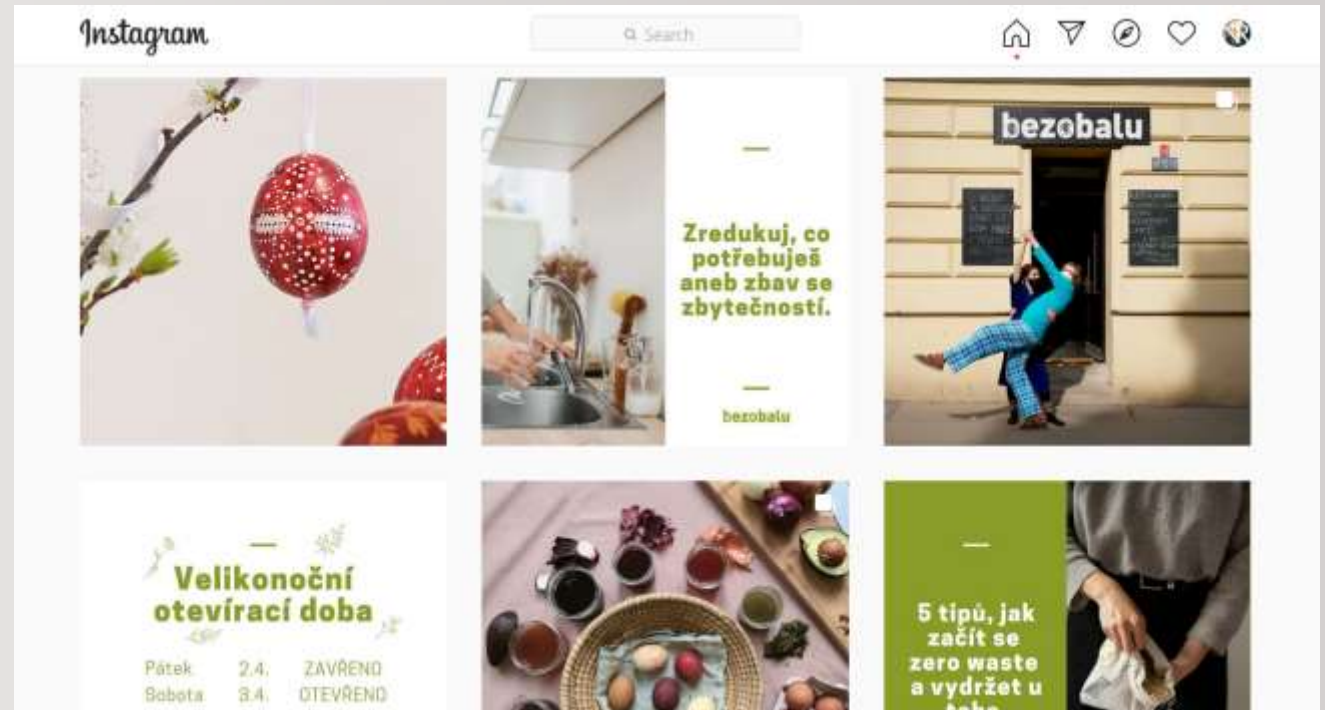
Recycling system in Prague



<https://ksnko.praha.eu/map-separated/>

Zero waste online

- Zero waste International Prague (ENG) – FB group
- Insta of zero waste shops (CZ/ENG)
- Zero waste Fest (CZ)
- Slou (CZ) - slow fashion fest



Individual reflection

- What is more important:
 - organic or without plastic packaging?
 - Local or organic?
 - Self-made or supporting local businesses?
 - Is it worth the price?
- What are your priorities?



To plant any remaining seeds from your fruits or veggies

What is important for you?

gain more knowledge about being eco friendly



Buy exactly as much as you need to avoid food waste, store properly

growing your own herbs

Making your own "cotton" rounds or dog toys is a great way to recycle t-shirt that are no longer wearable

What are your tips, ideas for a more eco-friendly lifestyle?

app for places where to find trees to pick up fruit for free:
na-ovoce.cz

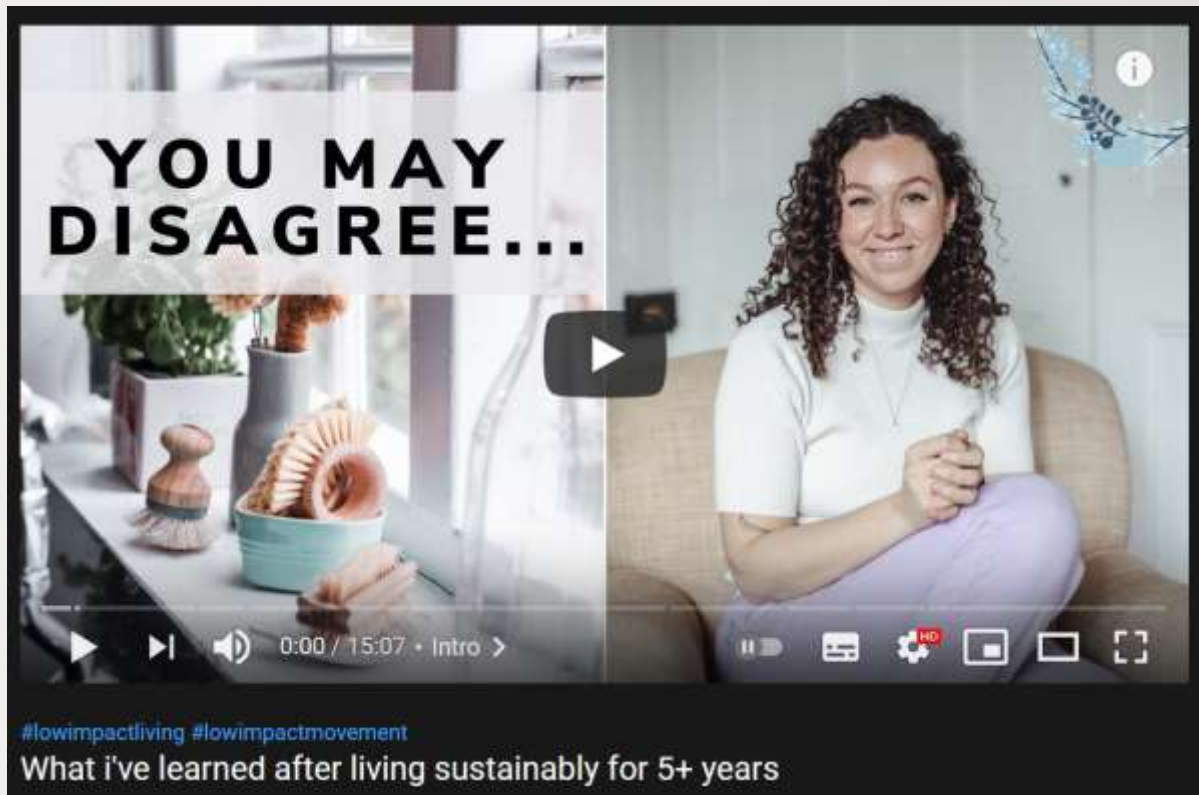
Cut up your food scraps when you compost so that they break down faster

Gittermary Johansen



„If you [only] focus on plastic waste as your only outlet of environmentalism, you are going to feel more like a failure than not. [...] It creates this demonization of small things that are only parts of a much bigger problem. [...] I have accepted that being "perfectly" zero waste won't save the planet as much as boycotting polluting industries, changing politics, activism, education, green energy and cancelling hyper-consumer- and over-consumerism will. It is a bigger piece to swallow, but at least you won't feel like a failure trying.“

Other sources of inspiration



Sustainable vegan



Kristen Leo



Thank you and don't hesitate to ask questions!

Sources and additional reading/watching per email (dobrovolnici@icpraha.com)