



Activities

EN

Activity 1

Make a shopping list for two weeks. Separate the listed products in 2 categories: what you buy out of necessity and what you buy for pleasure.

Return to the original list and again separate the products in 2 categories: what is healthy, useful and nutritious and what is unhealthy and less useful.

Return to the initial list and separate again the products into 2 categories: what is overpacked and what is not packed at all or very little.

Analyse the second category in each division and see if there are similar products. Ask yourself if you can give them up, if you can find better equivalents or how you can reduce the amount of waste you will generate using them.

Activity 2

Identify an area polluted with solid waste near a water body (sea, river, lake) in your town or village. Visually observe the waste and try to make a Top 10 of the most common items.

Compare your results with those from European coasts:

<https://www.eea.europa.eu/themes/water/europes-seas-and-coasts/assessments/marine-litterwatch/briefing>.

Common borders. Common solutions.