

TIP: The LAZY PERSONS guide to SAVING the WORLD**Author: LebensGroß GmbH****EntreComp Framework: Ethical and sustainable thinking.**

This tip is about ethical and sustainable thinking. We refer to the EntreComp competences.

This advice is intended to encourage ethical and sustainable thinking.

Learners can pursue long-term goals and make a positive difference by their thoughts and actions. Everyone can do their part to "save the world from the couch". The method is particularly well suited for learners. Mediators or trainers can make learners aware of this method and motivate them to do good with simple suggestions.

Purpose and recipients

Everyone can do their part to "save the world from the couch". Therefore, the method is suitable for all target groups but is considered particularly attractive for learners. This tip is uncomplicated and fun.

Description of the tip

The « Lazy Persons Guide to Saving the World » was developed by the United Nations to encourage everyone to contribute something "simple and easy".

It's a clever way to do it, and the lists created should also encourage everyone to think about what they can do to help protect our planet. Climate-friendly behaviour is often associated with bans and regulations, but you have to be careful and look closely (cf. bjv).

The method is divided into 4 levels:**Level 1 - SOFA SUPERSTAR:****This is about things you can do from the couch:**

- Save electricity (switch off appliances completely when not in use).
- Do not print an invoice (online).
- Share relevant posts on social media (this is important).



- Get active - speak up and sign petitions (also online).
- Turn off the lights (when you don't need them).
- Stay informed. Follow local news and stay in touch with Global Goals online or via social media.
- Tell us about your actions to achieve Global Goals by using the hashtag #globalgoals on social media.
- You can calculate your footprint (Climate Neutral Now - climate credits can be purchased). (cf. un.org).

Level 2 – HOUSEHOLD HERO:

This is about things you can do from home:

- Let your hair and clothes air dry (and make sure your washing machine is full when you do laundry).
- Take a short shower. (Bathing in the bathtub uses a lot of water).
- Eat less meat, poultry and fish. More resources are used to produce meat than plants.
- Freeze fresh produce and leftovers. This also applies to takeaway or delivered food (this saves food and money).
- Compost - composting food waste can help the climate while recovering nutrients.
- Recycle paper, plastic, glass and aluminium to prevent piles of rubbish from growing.
- Buy as few packaged goods as possible.
- Avoid unnecessary preheating of the oven.
- Close leaks in windows and doors to increase energy efficiency.
- Adjust your thermostat according to the season.
- Replace old appliances with energy-efficient models.
- If you have the option, install solar panels on your home.
- Buy a carpet. Carpets keep your home warm and your thermostat low.
- Reduce the amount of dishwashing. If you use a dishwasher, stop washing dishes before you run the machine.
- Shovel the snow by hand.



Level 3 – NEIGHBOURHOOD NICE GUY:

Things you can do in your neighbourhood:

- Shop smart - plan your meals, use shopping lists and avoid impulse buying.
Don't be tempted by marketing tricks to buy more food than you need.
- Buy imperfect fruits - many fruits and vegetables are thrown away because they are not the right size, shape or colour (buy at the market or from the farmer).
- When you go to a restaurant, ask for sustainable food.
- Ride your bike, walk or use public transport.
- Use refillable water bottles and coffee mugs.
This reduces waste and can even save you money.
- Take your own bag with you when you go shopping.
- Buy vintage and second hand.
- Keep your car maintained. A well-tuned car emits less toxic exhaust.
- Donate what you no longer need. Local charities give your used clothes, books and furniture a new life.
- Exercise your right to vote and elect those responsible in your country and community.

Level 4 – EXCEPTIONAL EMPLOYEE:

Things you could do at work:

- If you have a fruit or snack that you no longer need, don't throw it away. Pass it on.
- Find out if everyone has access to health care at work.
- Support young people.
- Women earn 10 to 30 per cent less than men for the same work. Wage inequality is everywhere. Support the demand for equal pay for equal work.
- Pay attention to energy-efficient heating and cooling technology in the company.
- Stay informed. Read about workers in other countries and share information.
- Does your company invest in clean and resilient infrastructure?
- Raise your voice against any kind of discrimination in your office.
- Cycle, walk or take public transport to work.



- Organise a “No Impact Week” at your workplace. Learn to live more sustainably for at least one week: [un.org/sustainable development/be-the-change](https://un.org/sustainable-development/be-the-change).
- Try to reduce waste.
- Review and change your daily choices (e.g. recycling).
- Do you know your rights at work?
- Encourage your company to work with civil society.

Best practices or useful examples

- [Entrepreneurship is about ethical and sustainable thinking - YouTube](#) (18.08.2023)
- [The Lazy Person's Guide to Saving the World - United Nations Sustainable Development](#) (18.08.2023)
- [LazyPersonGuide.pdf \(un.org\)](#) (18.08.2023)
- [This is the lazy person's guide to saving the world. According to the United Nations | Sit back, relax, and change the world. Learn more about saving our planet: <https://wef.ch/2kE5UaE> | By World Economic Forum | Facebook](#) (18.08.2023)
- [The World Economic Forum \(weforum.org\)](#) (18.08.2023)

