

# PLASTIC FREE TOWARDS A SUSTAINABLE WORKPLACE

You can also act in an oceanfriendly way at the office.



## I ORGANIZE ZERO WASTE TEAM BUILDING ACTIVITIES

Learning more about our ecological impact and the different ways to reduce plastic consumption can also be done in a fun way! How about a DIY workshop, a photo challenge, a waste collection on the beach or the creation of a collective mural? It would also be the ideal opportunity to share some good time with your colleagues outside the formal environment of your workplace. At Surfrider Foundation Europe, we organize the Corporate Awareness Days. These constitute fun group activities we organize to learn about environmental issues. This can be done by foot on the beach, in a kayak on the rivers or simply in our cities. The goal is to learn how each of us, at our own level, can contribute to the protection of our environment, while sharing some qualitative time with your work team.



## I OPTIMIZE THE SORTING SYSTEM OF THE OFFICE

That's right! Even if recycling isn't the miracle solution to plastic pollution, it is still part of the solution! But it is important to do it correctly. First of all, you will need to know the recycling rules applying to your region. Depending on this information you can then set up the appropriate sorting garbage cans at your workplace. Also, since the recycling rules are not the same everywhere and not everyone knows them by heart, people may get confused. Therefore do not hesitate to hang small posters above each garbage cans, listing the different types of waste and where they are supposed to go. If all works well, why not taking the challenge to the next level, by setting up a compost bin? About one third of our trash is composed of organic elements, such as fruits and vegetables. Those can be used as a valuable fertilizer. The plants in the office will thank you! By composting, you can reduce your waste up to 40 kilograms per person per year.

## FOR THE COFFEE/LUNCH BREAK I SWITCH TO REUSABLE

Are you a coffee break lover, enjoying a hot beverage while chatting with your colleagues around the coffee machine? Here is some good news: even in this space of the office, you can also take a stand for marine environment. But how? By replacing all single-use cups and glasses with reusable ones. There is nothing better than a cute, kitschy or stylish mug to put right next to your keyboard, don't you think? You will quickly see the considerable amount of plastic that will be saved. Furthermore, if you would like to go further, you can adopt other reusables tools, such as stainless steel cutleries for your lunchbox, spoons to replace plastic stirrers in your coffee as well as water jugs and glasses in the meeting room. This will prevent more waste from ending up in the Ocean. Plastic pollution impacts more than 690 marine species, and more than a million marine animals die every year because of it.



## I AVOID UNNECESSARY PRINTING AND I REDUCE MY CONSUMPTION OF DESK SUPPLIES

Between the pens lying around, the old post-it notes coming off and the filing cabinets piling up, it's getting harder and harder to organize your workspace, right? Perhaps the solution lies in reducing our use of superfluous office supplies... It is also a good way to reduce waste. Instead of collecting pens that you probably keep losing all the time, you can use less supplies but for a longer time by taking care of them. It should prevent you from searching it all day long or from



## BECAUSE A SMALL ACTION CAN HAVE BIG CONSEQUENCES : DURING THE CIGARETTE BREAK, I CHANGE MY HABITS

Did you know that cigarette butts are the predominant waste found during beach clean ups? Made up of arsenic, tar, mercury and other heavy metals, the cigarette butt is extremely toxic for the Ocean. A cigarette butt pollutes up to 500 liters of water, not to mention that it can also be ingested by marine species. Everyone can act in a responsible way during the cigarette break. Several solutions exist. Firstly, it is particularly useful to use ashtrays and to often empty them in the trash can. The cigarette butts will definitely be better there than laying on the ground around your outdoor workspace. And why not adding a small poster explaining the impact of cigarette butts on the environment? This way, your colleagues might learn some useful information. Even if cigarette butts have become completely part of our urban landscape, not everyone is aware of the large impact a small cigarette butt can have, once thrown away on the sidewalk or in the nature.

constantly using new ones. In some cases, you may even use the digital version, such as virtual post-it notes, so you don't accumulate single-use post-its on your wall or computer screen. Also, think about printing only what you need by favouring online documents as well as emails. It will save paper, and therefore prevent waste. Otherwise, it's worth having a box for used paper that can have a second life as drafts. With all these good habits, your workspace will be cleaner... and Ocean friendly!

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#BreakThePlasticWave