



The main purpose of this booklet is to present definitions and useful tips about Recycling, Reduce, Reuse and Upcycling! It is based on our observations and research from what we get knowledge from these topics. This booklet is submitted in support from Nautilus Search and Rescue Team.



Recycling is a process to change (waste) materials into new products to prevent waste of potentially useful materials, reduce the consumption of fresh raw materials, reduce energy usage, reduce air pollution (from incineration) and water pollution (from landfilling) by reducing the need for "conventional" waste disposal, and lower greenhouse gas emissions as compared to plastic production. Have you ever thought that maybe your bottle of soda does not want to spend

the rest of his life with the can of coke? Maybe it would like to spend his time with her friends, the other bottles and plastic cups. Or maybe your plastic bottle dreamed of being a Christmas tree instead of a plastic bottle. However, since plastic bottles do not have dreams, maybe it was its destiny all along. And maybe, by throwing it with the can of coke, you have prevented your trusty plastic bottle from fulfilling its destiny and rise again like a phoenix in the form of your next Christmas tree.

I'm not talking about magic; I'm talking about pure and simple recycling. This not only affects your plastic bottle, but much of your waste paper, metal or glass, whose materials can be recycled to build something new.

The process is fascinating, and it all starts with a simple operation: the separation of waste, also known as "waste sorting". Nothing complicated, it is like dividing your laundry before washing, the colours with the colours and white with white, or like rearranging the music on your computer, rock with rock, pop with pop, jazz with jazz, Justin Bieber in the trash ... and likewise the plastic with the plastic, the paper with the paper, the glass with the glass the metal with the metal.

If you become proficient at this sort of operation you can: keep your favourite shirt from changing colour, save your computer from that virus called Justin Bieber, and even make this world a cleaner place. Because if you believe that your plastic bottle has a dream, you are free to do it, but the real reason why recycling is important it's because it helps to save the energy used for the production of raw materials and partly because it would eliminate the air pollution from landfills. Landfills are an awful and terrible place, in which the waste is not separated, your favourite T-shirts resting with the colours changed, and the music of Justin Bieber thrives undisturbed

Here are some indications of how divide your trash, your clothes and even your music:



Colored stuff and your favorite t-shirt



All the white stuff, if you are daltonic you can ask to your friends



Your favorite music



Justin Bieber

Reduce is that you should limit the number of purchases that you make in the first place. It means reducing your consumption or buying less. In the ancient city of Athens was a man named Socrates. Often when he looked at the huge numbers of products exposed for sale, he would say to himself, "How many things I can do without!" Socrates did not know it at the time, but at that moment he was inventing the REDUCE. Reduce basically means looking at the world through the eyes of Socrates and asking every time "can I do without?"

Use the car to go to the kiosk?

You can do without...

The heating at 30 degrees just for the pleasure of wearing shorts even in January ... You can do without. Making small Socratic gestures, that's what it means to REDUCE. This does not mean that you have to grow a beard and start walking around the streets talking about philosophy. It is for you, in front of some choices to think, "What would Socrates do?"

Rechargeable batteries or disposable ones?

Bulb LED ones or resistance?

Ok he did not know what they were, batteries and light bulbs, but then again he also did not know what is pollution and global warming.

But we know and we have to solve these problems.

Reducing is part of the answer. When you buy less, you create less waste. It helps both the environment and your wallet.

- Buy only the things you really need and will use often, items that rarely get used can be borrowed or shared
- Buy products that can be reused, like glass bottles instead of plastic, rechargeable batteries etc.
- Buy products with minimal packaging or in bulks
- Buy all-purpose household cleaners, it will save money and waste
- You can use natural cleaners instead of chemicals, like vinegar, baking soda and lemon
- Donate or sell unwanted items
- Before you throw something away, think if it can be given a new life through reusing



<http://dict.space.4goo.net/dict?q=reduce>

Reuse, is to use something again after its primary function has been fulfilled. These items can be used again for the same function, which is referred to as conventional reuse, or they can be repurposed to serve another function, in what we call new-life reuse or upcycling. A common conventional reuse practice is the usage of glass bottles in milk delivery, in this process



no energy is needed to break the objects into base materials and building them again, as it happens in recycling. Some processes can be necessary though, like cleaning the bottles in that case.

The image on the left shows traditional glass bottles used for door to door milk delivery. The old bottles are collected and cleaned for reuse, other similar examples include beer bottles that are collected by bars and sent back to the distributors to be used again. This process requires energy for transportation and cleaning but it's much more efficient than plastic bottle recycling for example.

Within the household, some items can be reused on a day to day basis, like refilling plastic bottles and using plastic bags for the trash bins. Often these items can be used over and over and then their life can be extended further through upcycling, or they can be recycled.

Upcycling or new life reuse, in the other hand, is the process of converting waste materials or useless products into new materials or products of better quality or for better environmental value. The first recorded use of the term upcycling was by Reiner Pilz of Pilz GmbH in an article by Thornton Kay of Salvo in 1994.

There are many ideas that you can do with recycled materials that can be useful to home or work. The good part of it is, not only you are cutting in waste disposal, but you are also being creative and giving a new life to something that you would probably put in the garbage and stay there for a long time. Everybody can do it for themselves, it's all about imagination and creativity to see what you can do with that specific material and there are a lot of ideas that can be used many times.

There are all sorts of examples of upcycling, ranging from building houses out of entirely discarded materials to turning plastic bags into yarn for knitting. Everyone can upcycle, which is part of the appeal, and people can participate at whatever level they feel comfortable with, from delving through dumpsters to salvage useful things to reusing containers rather than tossing them or throwing them out.

Under Upcycling, everything has a potential use or value, although it might take some creative thinking to figure out what that use is. By upcycling, people generate minimal amounts of garbage, and they reduce their environmental impact by consuming less, thereby putting less pressure on manufacturers and producers. In some cases, entire communities of upcyclers arise, with people trading expertise, goods, and materials. For example, a knitter might make carrying bags, bath mats, and other materials from things like shredded plastic bags, sheets, and rags, and trade these items for useful things like bookshelves built from fruit crates, or jewellery made from discarded bottles. Upcycling is essentially the “reuse” in “reduce, reuse, and recycle.” Many people find that once they start upcycling, it's hard to stop, and new ideas for upcycling constantly come to mind. In large communities, upcycling centres and trading posts have arisen,

allowing people to expand upcycling beyond the home, turning it into a viable mode of doing business in addition to a personal philosophy.

Some good examples that you can do with Upcycling, are vases and bowls made from newspapers or old magazines to put keys, jewellery, office materials, etc. you need or use in your daily life or work, upcycled bookmarks for reading and want to mark something in your book and also an ashtray that is useful if you're a smoker. All these items are easy for you to make with materials that you can find everywhere and you normally use it in your daily life or work. Upcycling is useful for all and can be one of the solutions to save the environment, which will make you to be aware of pollution and waste disposal.



Examples of Upcycling objects that you can make in your own with different materials

All of these topics that were written before, are in our point of view, what everyone should be doing by themselves because our planet it's getting polluted and people are not informed of what they should do to save our planet and with all these information that we are doing it for you, can be the step that you need to start to save the planet and also create a better environment and another knowledge of what is better to all of us. Hope that one day, everyone can have another point of view of what it's important. For example, if you to the beach, always take the garbage with you in a plastic bag or try not to put all the garbage in the ground that can be harmful for animals and in the beach, people always go there to swim or to have a suntan.



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