

# are you ready for climate change?

## 8 sustainable living tips to help you prepare



Illustration by Jacques Harter

### 1 eat local

Buying and eating local food products supports the local economy, and reduces the pollution produced in shipping foods to Seychelles. Plus it's fresher and healthier. If you can, start your own home garden—you can get lots of good advice and seeds from neighbours!

### 2 save energy

Turn off lights and appliances when not in use, and buy efficient appliances and energy saver bulbs. If you can, invest in a solar water heater. Your electricity bills should go down, another plus!

### 3 reduce your car use

Walking, riding a bike and taking a bus are all more sustainable than driving a car and have the added benefit of encouraging you to look around at your environment and interact with people. Plus you'll save money. And get some exercise.

### 4 save water

It takes a lot of energy to treat and distribute treated water, so anything you can do to reduce your use helps. Turn off taps when not in use, take short showers, fix leaks, and collect rainwater.

### 5 practise the 3 R's

Reduce. Re-use. Recycle. In that order. Reduce unnecessary purchases, and buying things that are overpackaged. Try to re-use any waste you produce like jam jars, organic waste (make compost). And participate in local recycling programs for PET bottles, metals, etc.

### 6 green your house

Use natural ventilation, and avoid polluting chemicals to clean your house where soap and scrubbing will do. Decorate with local furniture and crafts. Plant native plants in your garden, and trees for shade.

### 7 be a good neighbour

Being a good neighbour is part of sustainable living too. Say hello, exchange a few words, share extra fruits or seeds from your garden, help each other with child care, get involved in community events, volunteer some of your time. And remember, not everyone wants to hear your loud music.

### 8 respect life

We share our homes and gardens with diverse plants and animals, many of whom were here before us! Take time to observe them, enjoy them—none are dangerous! Plant native trees and flowers, and protect the ones you have. Avoid using pesticides and other chemicals. And don't just kill things for no reason!



**sustainability  
for seychelles**

