

## ASSIGNMENT 1: REDUCE YOUR CARBON FOOTPRINT

Here's how:

Set up a car pool with your neighbours for the journey to work or to send the children to school or for other errands that can involve the community.

Draw up a schedule for drivers containing a list of contact details.

Identify pick up and drop off points within the neighbourhood.

Draw up a reimbursement plan for drivers so all share the costs of carpooling such as fuel money, toll, parking and others.



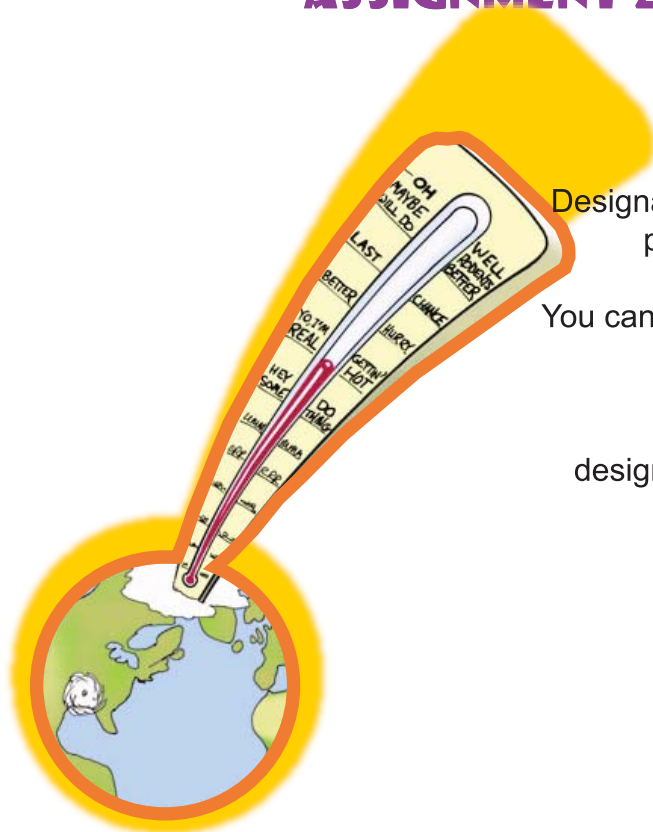
## ASSIGNMENT 2: USE PUBLIC TRANSPORT

Here's how:

Designate a day in a week to start your quest to use public transport and help stop global warming

You can either walk or use a bicycle to get to work or a desired destination

Once you are comfortable with this routine, designate two or three days in a week for travel by public transport



## ASSIGNMENT 3: THE PROBLEM WITH **pollution**

\_conduct a  
pollution  
audit in your  
home\_

Here's how: Checklist for pollutants

If you ticked more than 10 items on the list then you are definitely a big contributor to land and water pollution.

Instead of using chemical ridden products at home you can use natural alternatives such as biodegradable environment friendly detergent for washing dishes, and clothes.

Many such products are already on sale at major supermarkets. For more tips on natural ways to keep your home clean, check out websites like [www.ecolivingcenter.com/solutions](http://www.ecolivingcenter.com/solutions) and [www.geocities.com/Heartland/Prairie](http://www.geocities.com/Heartland/Prairie) for the Clean and Green : Natural Homemade Household Cleaners page.

Composting is also good for healthy plants so instead of using chemical fertilizers, try making your own compost for the garden.

Make good use of the tried and proven tips above for a healthier life!

Area in the home	Pollutants	Tick if yes
Kitchen	<ul style="list-style-type: none"> <li>Dish washing detergent</li> <li>Leftover food waste</li> <li>Food waste that can be composted</li> <li>Cooking oil, especially from deep frying</li> <li>Chlorox, bleach and whiteners</li> </ul>	
Bathroom	<ul style="list-style-type: none"> <li>Chemical based vs natural soap</li> <li>Chlorox, bleach and whiteners</li> <li>Products containing acid for getting rid of stains on walls and floors</li> <li>Laundry detergent</li> <li>Chemical fertiliser vs Organic fertilizer or compost</li> </ul>	
Garden	<ul style="list-style-type: none"> <li>Garden waste that can be composted</li> <li>Herbicide</li> <li>Pesticide</li> <li>Weedkiller</li> </ul>	
Garage	<ul style="list-style-type: none"> <li>Engine oil</li> <li>Lubricants</li> <li>Polish</li> <li>Old tyres</li> <li>Old car battery</li> </ul>	
Miscellaneous	<ul style="list-style-type: none"> <li>Old batteries</li> <li>Old handphone batteries</li> </ul>	