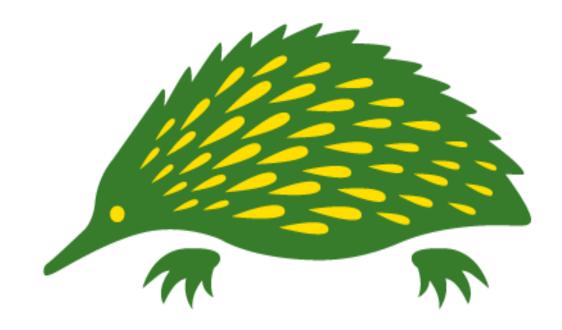
AUSTRALIAN WILDLIFE SOCIETY

Suzanne Medway AM PRESIDENT



Australian Wildlife Society

Conserving Australia's Wildlife since 1909



What is Sustainable Living?

SUSTAINABLE LIVING

To reduce our ecological footprint

Regenerate without overburdening the earth's living systems

Provide opportunities for future generations



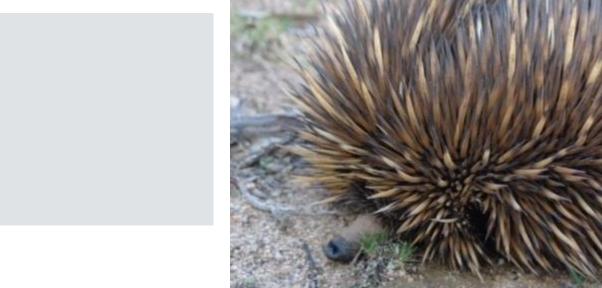
WHY LIVE SUSTAINABLY?

Not to damage the earth beyond repair

So we don't run out of resources:
 - clean air, water, food, energy

A future for the younger generation





FROM THE BEGINNING

Start with an open mind

Adopt a no-pressure philosophy

Start small

Adopt a positive mindset

MOVING FORWARD

We are trying to re-write a lifetime of learning

Any changes take time & practise

Try not to set unachievable goals

Do what feels right for you & your lifestyle

TRY NOT TO BE A SUPERHERO

Zero-waste
Vegan
Donor

Minimalist
Plastic-free
Zero emissions

An expert
Volunteer
Eco-warrior

Eco-products No GMOs Organic



Why all the pressure ?

- You will learn more overtime
- Small baby steps not to be overwhelmed
- Gradual intake of a new lifestyle change
- Adopt other lifestyle practices down the track

IF YOU FALL OFF THE WAGON

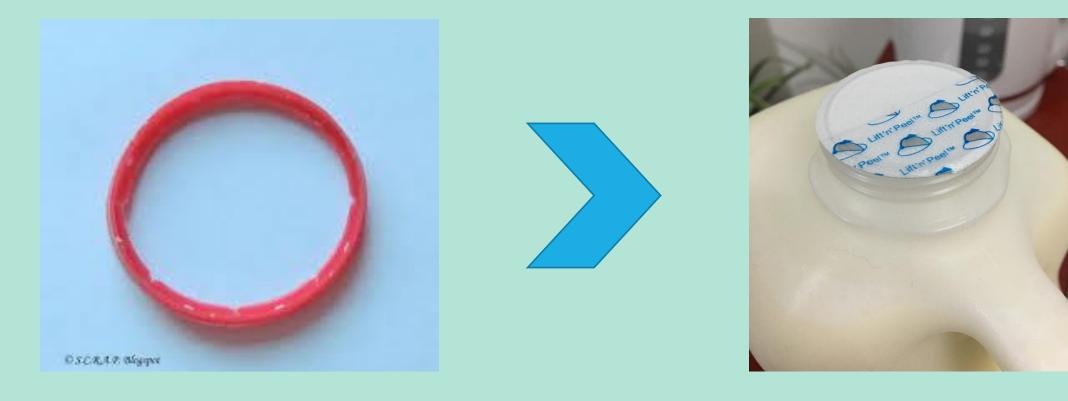
- Don't beat yourself up
- You're still in the learning phase
- Do your best & start again when you're ready
- Routine and confidence in-time

RESOURCES - TO HELP YOU GET STARTED

- Research
 Join a group
- Borrow a book
 Speak to council
- Utilise the internet
- Talk to friends

Learn a handful of things and do these well

MAKE USE OF ALTERNATIVES & SWAP:



Plastic rings

Peel & seel lids





Daily meat intake

Meat-free Monday's





Plastic

Decomposable





30-min shower

4-min shower





Pollution/emissions

Reduced-emissions





Development



HAVE FAITH IN THE PROCESS

- It takes time to learn something new
- Allow yourself time to adjust/transition
- Set short-term and long-term goals
- Celebrate milestones and remain positive

WHAT IS YOUR 'WHY' POWER?

Why are you wanting to adopt a sustainable lifestyle?

- To set an example for your children
- For the environment
- To create a sustainable future
- For the animals
- For yourself

WHAT ARE YOU GAINING?

- Improved health?
- Improved environmental footprint?
- Personal satisfaction & peace of mind?
- A sustainable future?



WE CAN IMPLEMENT AS A SOCIETY...



REDUCE GREENHOUSE GAS EMISSIONS (CO2, METHANE, NITROUS OXIDE)

IOO% renewable energy (solar / wind)

Reduce energy usage



Discontinue mining of fossil fuels

Support industries powered by renewable energy

Write to your local minister

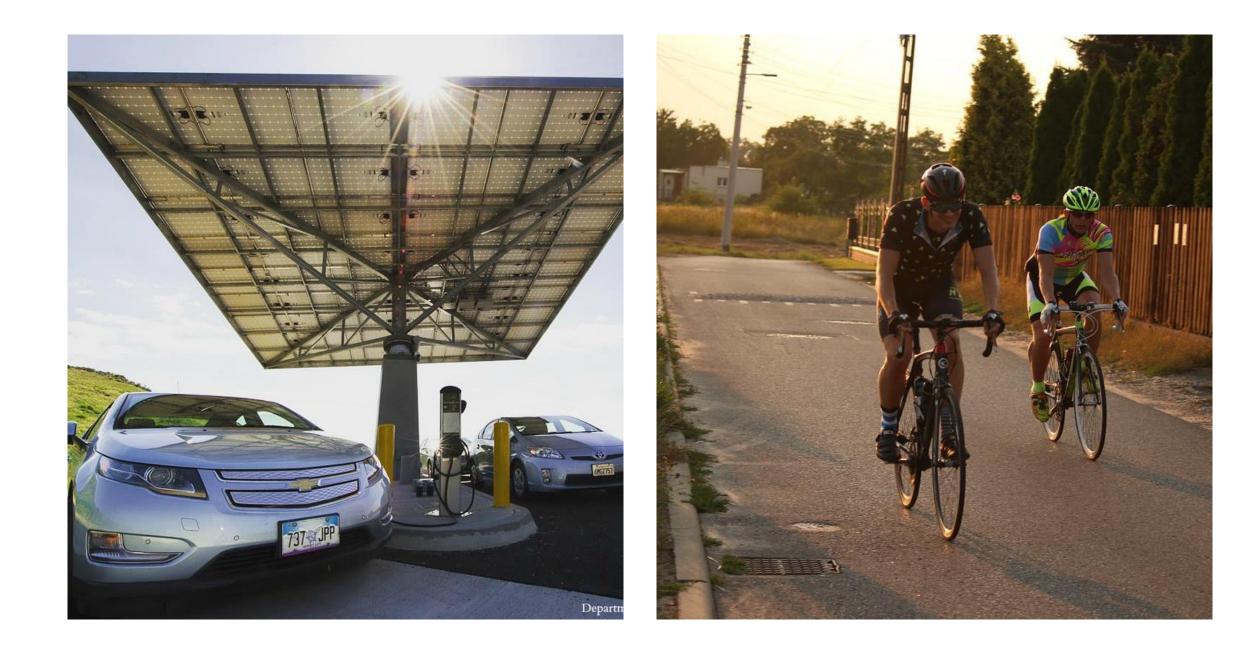


Image by Rolf Dobberstein - Pixabay

Reduce reliance on petrol-fuelled cars

Use hybrid or electric vehicles

Cycle, walk, use public transport, car-pool



 Reduce reliance on agriculture (meat, dairy, animal-fibres)

Buy organic food, clothing and cosmetics (no pesticides / herbicides)

Adopt a wholefood plant-based lifestyle



Grow native plants, herbs and trees:

- Capturing carbon

- Encourages native birds and wildlife

- Promotes healthy ecosystem functioning



Reduce waste:

- Don't waste food !

- Don't waste plastic !

- Don't waste power!





Use reusable alternatives





Only buy what you need

Go plastic-free

Stop supporting plastic producers / companies

Reduce destruction to oceans, environments & wildlife



THE DANGER OF PLASTIC

• Australian's generate 27kg of plastic waste each year

Between 2 – 5% of plastic ends up in the ocean

Plastic harms our wildlife and environment

Plastic is built to last forever & doesn't decompose

TAKE-HOME MESSAGE

- Start small: you're re-writing years of knowledge and teachings
- If you fall off the wagon IT'S OKAY, don't beat yourself up
- It takes time and practice to plan and adopt a new way of thinking
- 'Why' the change? What is your purpose/end goal?
- Drop the strict guidelines and just do your best
- Share your message with loved ones & never judge anyone else's experiences to yours

LINKS

How to live sustainably.pdf

<u>tsd06time-act.pdf</u>

Vegan starter kit.pdf



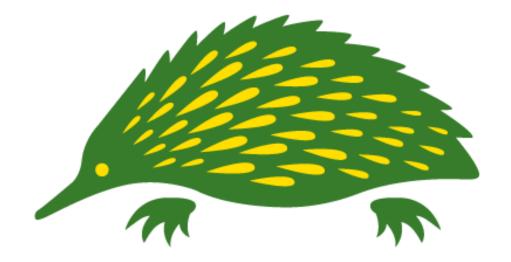


SUSTAINABLE LIVING



Simple living

Only use what you NEED



Australian Wildlife Society

Conserving Australia's Wildlife since 1909