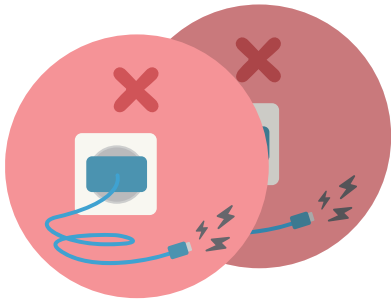


CHANGING BAD HABITS AT HOME

All of our actions have repercussions on the environment, even the ones that seem the most ordinary. Do you also know that you can change things at your level at home? Behaving like an eco-citizen at home is easy! Simply changing your daily bad habits and learn eco-friendly practices Heat up the tokens to discover them and become an « **ECOHERO** »!



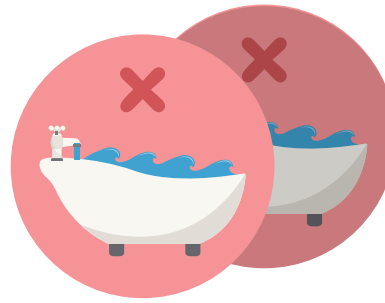
LEAVE APPLIANCES PLUGGED IN

A simple reflex to save energy? Unplug telephone and tablet chargers once the battery has been charged. Otherwise they continue to consume energy, and this electricity is lost and wasted. Even though you can't see it, a charger consumes energy even when it isn't connected to a device, so be careful!



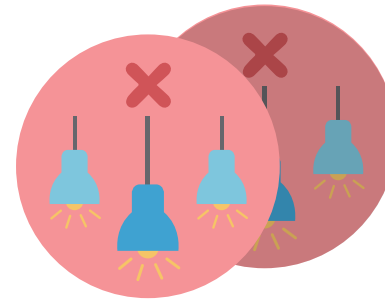
WASTING FOOD

Food that isn't eaten is wasted energy, especially the water used to make it or the electricity used to transport and store this food. Finishing your meal is therefore an "eco-friendly practice" as well as a great source of pleasure! Ready, set, eat!



HAVING A BATH TOO OFTEN

A bath is the equivalent in water of 5 to 7 showers... There's no doubt that an ECOHERO will prefer showers to baths, as water is a resource that shouldn't be wasted, in certain countries it can be very difficult to access water. Do you have any other ideas to reduce your daily consumption of water?



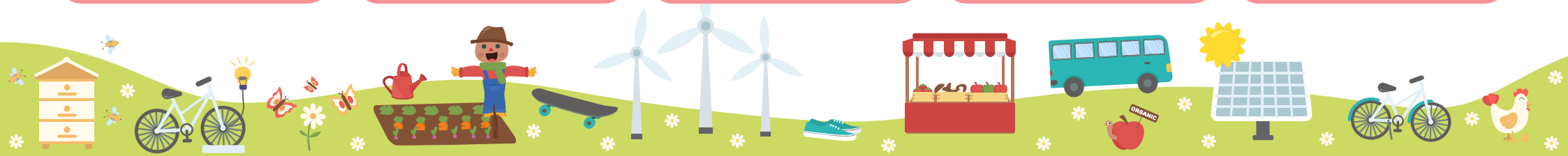
LEAVING LIGHTS SWITCHED ON

Switching off the light when you leave a room is a simple eco-friendly practice that saves energy. It is also a habit that allows you to save a lot of money. Do you think to switch off the light when you leave the room?



NOT SORTING YOUR WASTE

Nature cannot destroy certain types of waste. Sorting your waste consequently allows the raw materials to be collected and transformed in an environmentally friendly way. For example, pens can be made from recycled plastic bottles. However this needs a bit of organisation... What is the solution? You need one bin for glass, one for plastic and paper and one for household waste. How do you sort your waste?



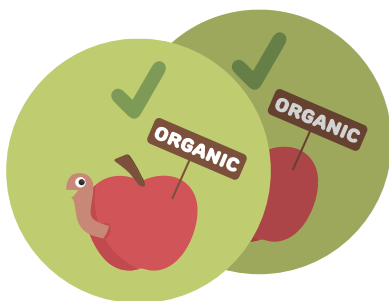
CONSUME RESPONSIBLY

Respecting the environment is not necessarily “consuming less” but mainly “consuming better” and “buying better” And more good news: adopting responsible consumption is also good for your health as it is for the planet. Certain foods and consumption habits respect the environment more than others. Heat up the tokens to discover them and become an « **ECO'HERO** » !



GROWING YOUR VEGETABLES

By growing your own fruit and vegetables, we can limit the volumes of processed products bought, as well as their packaging and transport. Imagine the pleasure of picking the ingredients for your lunch in the full knowledge of where it was grown and how fresh it was! And what if you were the chef tonight?



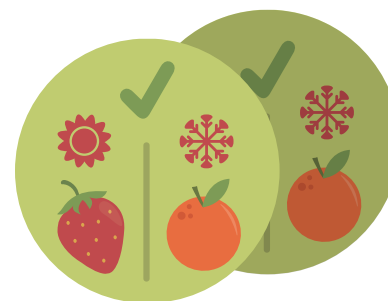
EATING ORGANIC

Organic Farming is an agricultural technique that favours the preservation of natural balances of the land, the plants and the biodiversity. It does not use pesticides, synthetic chemical fertilizers or GMOs (Genetically Modified Organisms). In this way the Earth's resources are not used up but you still have all the food you need



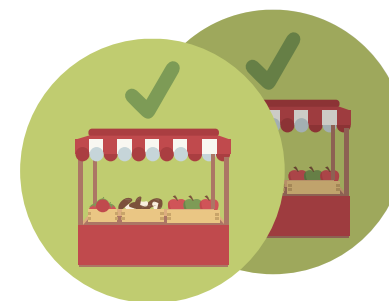
REPLACING PLASTIC PACKAGING

Most of the time, items made of plastic can be recycled, but a lot of them end up being discarded in nature. Do you know how long it takes for a plastic bag to decompose in nature ? 400 years! So prefer items that can be reused rather than disposable ones and adopt the ECO'HERO approach: bamboo straws, stainless steel bottles, etc...



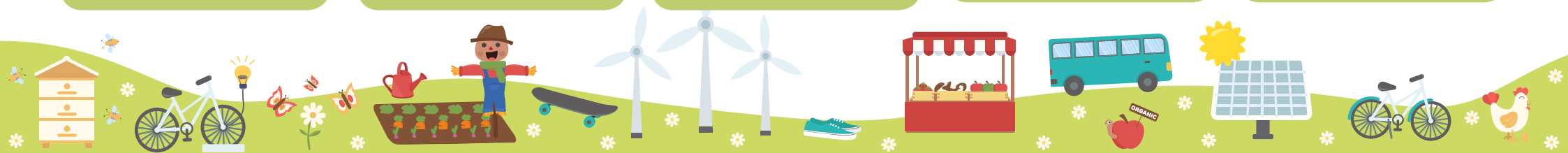
FOLLOWING THE SEASONS

If you have items in your shop that are not seasonal, often it is because they have been imported from another country and transported there. Or if they have been produced in your country, their production has certainly required a large amount of energy to develop the products out of season... Nature has its rhythm, and the best solution for your taste buds and the planet is to follow it. For example at the moment, which fruits do you think are in season?



PREFERRING SHORT CIRCUITS

Maybe on the way to school, you can see fields where crops or fruit are growing? There are lots of tasty foods near where you live and you can certainly buy them on a market or directly from the producer. Eating locally grown food is the best way to eat seasonally and reduce the transport involved and the impact on the environment. So get your basket and go to market!



TAKING CARE OF OUR FRIENDS THE ANIMALS

Being an « **ECO'HERO** » is watching over the planet to conserve its rich and balanced biodiversity. And beyond the protection of plant species, it is also the protection of wildlife that is the focus of eco-citizen attentions. The protection of our animal friends can take the form of many different actions and you will no doubt have the opportunity personally to assist in one of these small actions to help animals... Heat up the tokens to discover them and become an « **ECO'HERO** » !



PREFER FREE RANGE FARMING

Free range chickens can eat and sleep peacefully, go outside and lay their eggs in a nest. Do you know how to recognise a free range egg? Simply read the number that is on the egg: If it is 0 or 1, it is a free range egg, if it is 2 or 3 they have not been able to go outside. So for happier animals, choose your eggs wisely!



PRESERVING BEES AND THEIR HIVES

Bees are very important for our environment because while they make good honey, most especially they participate in the life of nature by an essential mission: pollination. When they land on flowers, they transport pollen and allow the plants to reproduce and give life to other plants. Creating more hives helps to protect the bees and their essential work, as without them, there would not be as much fruit or plants.



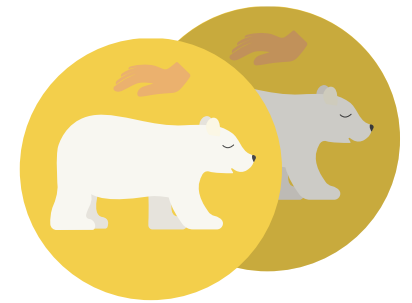
SAVING INSECTS

The insect population (butterflies, ladybirds, ants, etc...) is falling everywhere, yet they are vital to maintain a rich and balanced biodiversity. They pollinate plants and are an integral part of the food chain. Indeed, even if they are small, their role is immense. To help protect them, why not could provide a habitat for them by planting flowers in your garden or on your balcony? Or by installing an insect hotel?



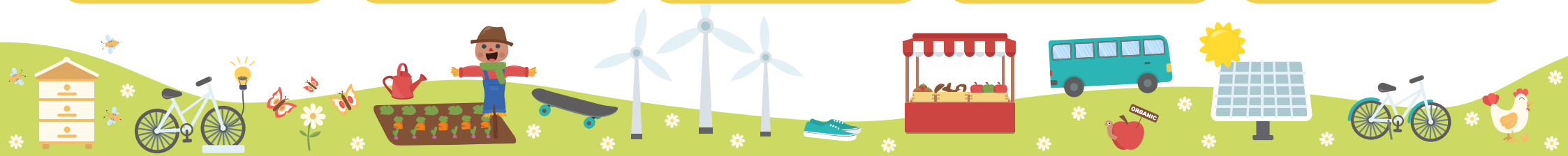
PROTECTING OUR AQUATIC FRIENDS

Pollution in aquatic environments can lead to species disappearing. Certain toxic substances discarded by Man into the oceans can have serious effects. Waste can also harm the biodiversity as the fish can confuse it with prey and eat it. Turtles sometimes choke on plastic bags thrown into the oceans. Have you ever thought of helping to clean the beaches?



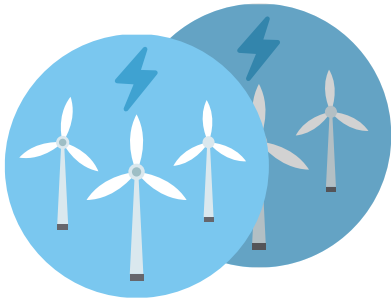
SAVING ENDANGERED SPECIES

An endangered species is an animal (or a plant) that needs to be protected as it is in danger of extinction due to human action on its environment (deforestation, pollution, poaching, etc...). This is the case for example of polar bears, giant pandas or gorillas. Natural parks have been set up to protect some species, have you ever visited one?



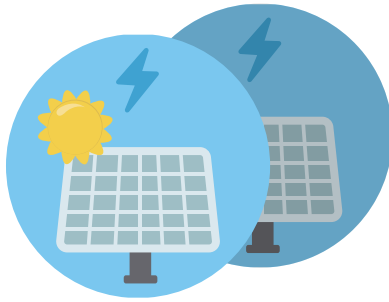
GIVE PREFERENCE TO RENEWABLE ENERGIES

Even though energy isn't really visible, be aware that it is with us every day. We need it daily to provide light, heat, transport, etc... Energy consumption is a key environmental issue and certain energy sources are clean and renewable and are to be given preference. On the contrary to non-renewable energies whose stocks are being depleted, "renewable energies" come from sources that nature renews all the time. Heat up the tokens to discover them and become an « **ECOHERO** ».



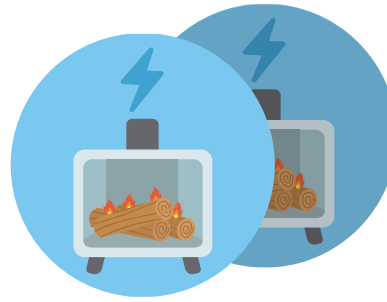
WIND TURBINE ENERGY

Have you ever flown a kite? If you have, you have certainly felt the force of the wind. It's also the wind that powers sailboats on the beaches. A powerful source of energy, wind energy is transformed into electricity by wind turbines that tower in the most exposed places.



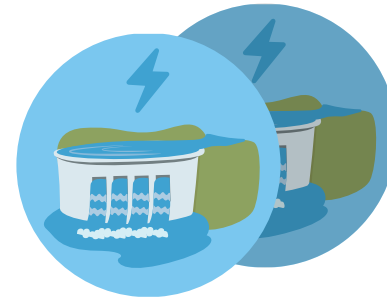
SOLAR ENERGY

The sun produces heat and light that are essential for life on Earth. However, only a very small part of its radiation is collected and transformed to permit us to heat or produce electricity. Can you name an installation that operates using solar power?



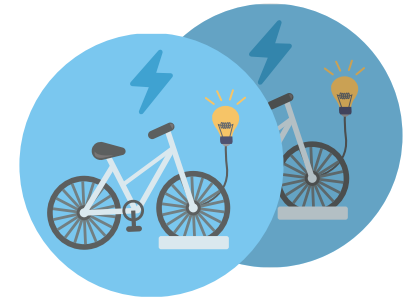
BIOMASS

Biomass is the term used to designate all of the vegetable matter that can be transformed into energy such as wood or leaves. Do you think that this clean energy can heat your home in the winter if you have a fireplace or a stove?



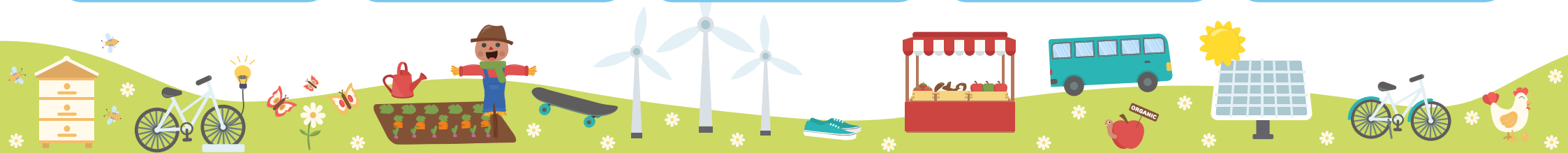
HYDROELECTRIC ENERGY

Hydro-electric energy is the energy generated by the movement of water. It is a renewable energy and its production does not generate any toxic emissions. It used to be used for water mills, today it is mainly dams that transform the hydro energy into electricity.



MUSCULAR ENERGY

Being a live wire is not just an expression. The human body is a real source of energy and the force of your muscles can be transformed into electricity. Have you seen the bicycles in stations that enable you to recharge your telephone? Connected to a sort of giant dynamo, these bicycles produce energy that is used to recharge a telephone.



TRAVELLING INTELLIGENTLY

Because of harmful gases emitted by the engines of cars and other machines, means of transport are a major factor of atmospheric pollution (air pollution). Travelling is therefore not just a question of choosing the simple solution, it can also be an environmentally responsible choice as some vehicles are more environmentally friendly than others. Heat up the tokens to discover them and become an « **ECO'HERO** ».



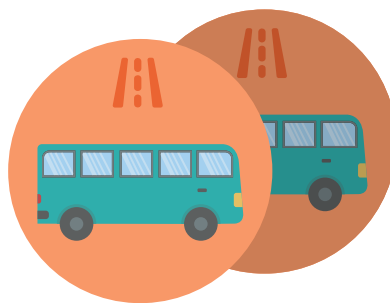
BICYCLES

As well as being good for the planet, because they do not give off exhaust fumes, bicycles are also good for your health. On a same journey, you will breathe in less polluted air on a bicycle than in a car, strange isn't it? And on top of that, it is physical exercise that is good for your body! Do you ever ride a bike? Have you already tried a bike share service? It is partially thanks to them that there are more and more cyclists in town.



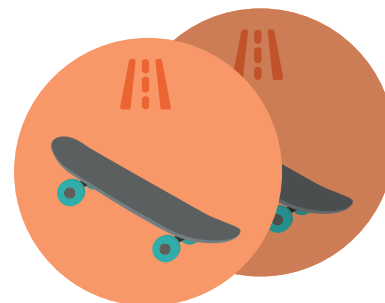
WALKING

You should make walking your preferred choice! For short distances, this is the best way to avoid traffic jams, breathe in the air and reduce the pollution you create significantly. In addition, it is important for an adult to walk 10 000 steps a day to stay in good health. What journeys do you think you could walk on a regular basis?



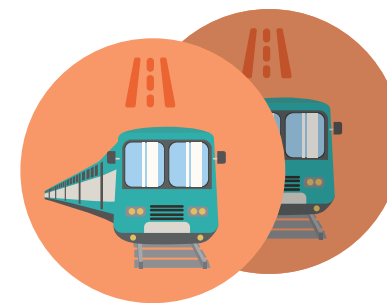
THE BUS

Do you know that a bus or a coach is the equivalent of around 30 cars in terms of capacity? Travelling by bus therefore reduces the number of cars on the roads, the noise, the traffic jams and above all the atmospheric pollution, which is to say air pollution. You can be sure you will bump into other ECO'HEROES on buses, and more generally on all public transport.



SKATEBOARDS

Scooters and skateboards are as fun and practical as they are friendly to the environment. Have you already tried a skateboard? Give it a go, you will have fun and rediscover your daily journeys, the planet will thank you for it. Be safety conscious however, and like when cycling, wear a helmet.



THE TRAIN

An ECO'HERO does not stop travelling because even on long journeys, it is possible to find more environmentally solutions. For example, the train is a more sustainable means of transport than cars or aeroplanes in terms of CO2 emissions and energy consumption. Do you usually travel by train?

