

Annotation

The brochure presents options for sustainable choices for society and solutions to issues related to minimizing the negative impact on the environment in various spheres of life.

The objectives of this information publication aim at:

- increasing the ecological culture of people, awakening the eco-consciousness of society;
- implementation of the principles of sustainability;
- dissemination of ideas to reduce the burden on the environment;
- educating the population about the need to reduce the amount of resources used and waste generation;
- popularizing the choice of environmentally friendly products.

This brochure provides ideas and tips to encourage sustainable living, reduce overconsumption, and use recycled materials.

The information provided will also be posted on our portal www.ecoprofi.info.

The brochure contains **sections**: health, apartment, home, work, travel, leisure time, minimum ecological footprint, new technologies and developments, Finnish experience in ecology and covers the following **topics**: safety of cosmetics, selection of eco-products and cultivation of eco-products, disposal and prevention of the formation of expired drugs, negative effects of aerosols, positive experience in greening roofs of houses, ways to save water in everyday life, building an eco-house and aspects that make a country house environmentally friendly, selecting eco-friendly materials for renovation, planting trees near a country house to reduce heating costs, choosing home plants that can purify the air from harmful substances, environmentally friendly work offices and organizations, eco-professions, minimal impact on the environment while traveling, the rating of eco-hotels in the world is presented separately, ecological routes (eco-trails) in St. Petersburg and the Leningrad region, the contribution of computers and mobile devices to climate change, eco-education of children (a selection of eco-friendly apps for kids is presented), the ecological footprint and eco-alternatives, the carbon footprint of residential buildings, waste sorting, the basics of Finnish sustainability in construction, geothermal heating.

The addresses of the websites of stores with eco-products in St. Petersburg, eco-hotels, eco-resorts and national parks are also presented, **links to videos** on how to clean your home so not to harm the planet, how to stay «green» during self-isolation, how to recycle organic waste at home

with the help of a disposer, how to minimize waste from keeping pets, how to understand eco-labeling, how to buy plastic-free products in stores, etc., **selection**: eco-applications for smartphones, shops without packaging in St. Petersburg, creative alternatives plastic, eco-initiatives, such as addresses of stationary waste collection points "Ecomobile", website addresses for eco-campaigns, **new developments** for growing mushrooms on coffee grounds, **information** about the first interactive museum PRO garbage in St. Petersburg, visiting the incineration plant «Vantaan Energia», HSY waste collection point and Metropolia and LUT Universities in Finland.