



NATIONAL

PSYCHOLOGICAL  
ASSOCIATION OF

**UKRAINE**

**GUIDELINES FOR CREATING  
ECO FRIENDLY OFFICES, CENTERS,  
CONFERENCE HALLS**

In 2019 National Psychological Association of Ukraine, along with over 50 world's professional associations signed the proclamation of collaborating efforts to fight climate changes supporting the United Nations Sustainable Development Goals. Current recommendations were created by the NPA's working group on climate change prevention and mental health preservation.

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Find out more about us: <https://npa-ua.org/climate/>



**Dear friends and colleagues, we care about our environment. It affects our mental health, so let us take care of and respect nature together. It is easier than you might think. New habits determine a new lifestyle. We encourage you to look at 6 ways of sustaining conscious consuming and rational use of resources that can help our venue or event be more eco-friendly.**

*Keep in mind that individual packaging may be required under special circumstances (i.e. state of preventing the spread of epidemics). In such cases we must choose the lesser of two evils and compromise, e.g.: replace plastic with more natural or recycled materials where possible, practice conscious consuming, etc.*

# 1 SAVE RESOURCES

Water and electricity provide our basic level of comfort. And often we use them unreasonably. If lots of people usually visit your venue it is rather problematic to control their behaviour. However, it is possible to create conditions which foster saving the resources.

**INSTALL WATER-  
SAVING  
FAUCET AERATORS**



**USE ENERGY-  
SAVING  
LIGHT BULBS**



**USE PHOTSENSITIVE  
DEVICES FOR LIGHT  
AND WATER USE**



*Cost reduction is an obvious benefit you can get in here, but there is much more to it! We hope that soon Ukraine will be getting the majority of its energy from renewable resources through wind and solar power stations. However, nowadays we get our energy supply mainly from thermal (coal-burning) and nuclear plants. Besides being one of the most air-polluting industries, thermal power plants are also engaged in coal mining, which is a tremendously harmful process for people and the environment. So every kilowatt has its price, and it is much higher than your utility bills.*

# 2 CHOOSE LOCAL GOODS

First of all by doing so you support local businesses and probably even save some money. It also enables you to reduce your carbon footprint (harmful substances released into the atmosphere as a result of a particular human activity).

How? Before reaching us, the goods from overseas travel huge distances. Transportation and warehousing produce the additional emissions of carbon dioxide and other greenhouse gases. Some food products acquire up to 90% of their carbon footprint while being packed and transported.

**BUY LOCAL GOODS AND PRODUCTS AT FARM MARKETS, CHOOSE SEASONAL FRUIT AND VEGETABLES**



**CHOOSE LOCALLY MADE CONFECTIONERY AND PASTRY, PERSONAL HYGIENE PRODUCTS, AND KITCHENWARE.**

*Your avocados traveled by plane and bananas crossed the sea to reach you. Before appearing on your plate they were transported from the gardens to the warehouses by air and water, and from ports and airports - by motor vehicles. During these trips people prevent fruit and vegetables from getting overripe or rotten, keep them refrigerated and packed. Then the produce is being stored in the supermarkets, and finally - you meet these goods on the shelf. Transportation, refrigerating, unloading, storing - we are looking at several tons of carbon footprint here. Now imagine an apple from the southern gardens of the Kherson region. It jumped into a truck and got to you right away. This sort of apples is well-adapted to our temperature, can be stored for a long time and does not require special adjustments for that. Its carbon footprint is smaller. Of course, we don't want to completely refuse our "guest foods" or other products from overseas, but it is worth substituting them with the local alternatives when possible.*

# 3 AVOID SINGLE USE PLASTIC UTENSILS AND OTHER EXPENDABLE MATERIALS

Washing a mug every time after use might be bothersome, but paper cups are made of not just paper. In fact they are covered with a layer of polyethylene, which apart from being not eco-friendly on its own also complicates the recycling a lot. Getting a set of branded ceramic mugs may be a good solution for your office, centre or conference-hall. Maybe some of your guests already have an eco-friendly cup. It will be a great opportunity for them and show it to their colleagues. In case you do not have a mug or a glass around - use your plastic cup twice or even more. It's possible, we checked ;)

## USE NON-DISPOSABLE DISHWARE

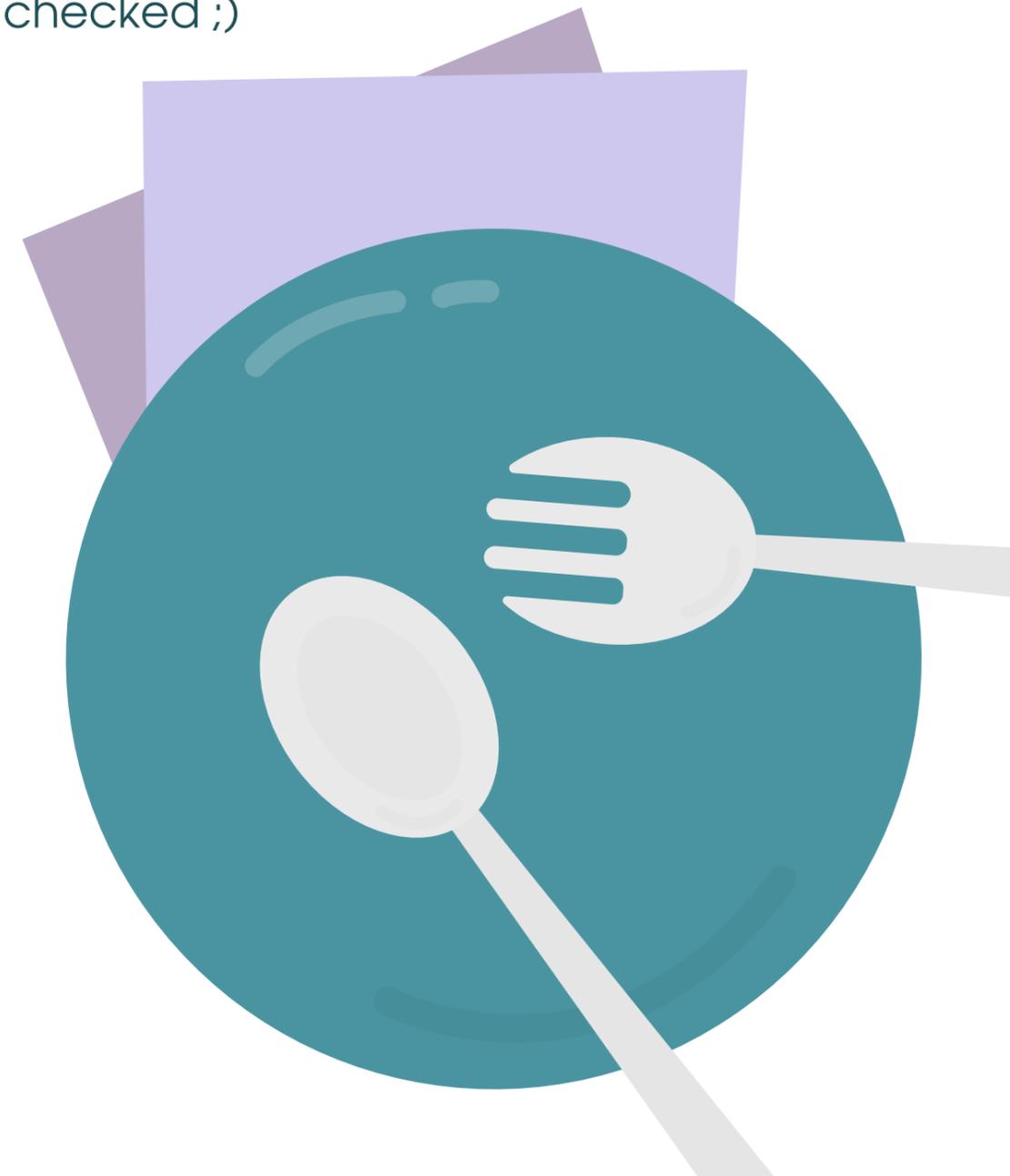
*"Paper" cups used in Ukraine are mainly made of fresh raw materials (wood), on rare occasions - of paper stock. Trees on average grow in about 50 years, but when turned to paper cups are being wasted in 10 minutes.*

*A bit of sad maths:*

*1 tree = 2,5 thousand of paper cups*

*Production of 1 cup = 1 liter of water*

*Carbon footprint of production and recycling of 1000 cups = 63 grams of CO<sub>2</sub> = amount of emissions produced by a car after a 350 km trip*



# 4 CHOOSE PRODUCTS WITH MINIMAL PACKAGING

An individually wrapped teabag? No, thank you. Less packaging - less waste. Choose goods in paper/carton wrap instead of the ones wrapped in plastic. Bring reusable shoppers with you to the grocery shops.

**REPLACE SUGAR PACKETS WITH REFINED SUGAR CUBES. YOU WILL NEED TO PROVIDE A PAIR OF TWEEZERS AND A BOWL FOR THAT.**



**INSTEAD OF BUYING PRE-PACKAGED SWEETS AND FRUIT, USE YOUR OWN ECO-BAGS AND CONTAINERS TO MEASURE THE AMOUNT OF GOODS YOU NEED.**



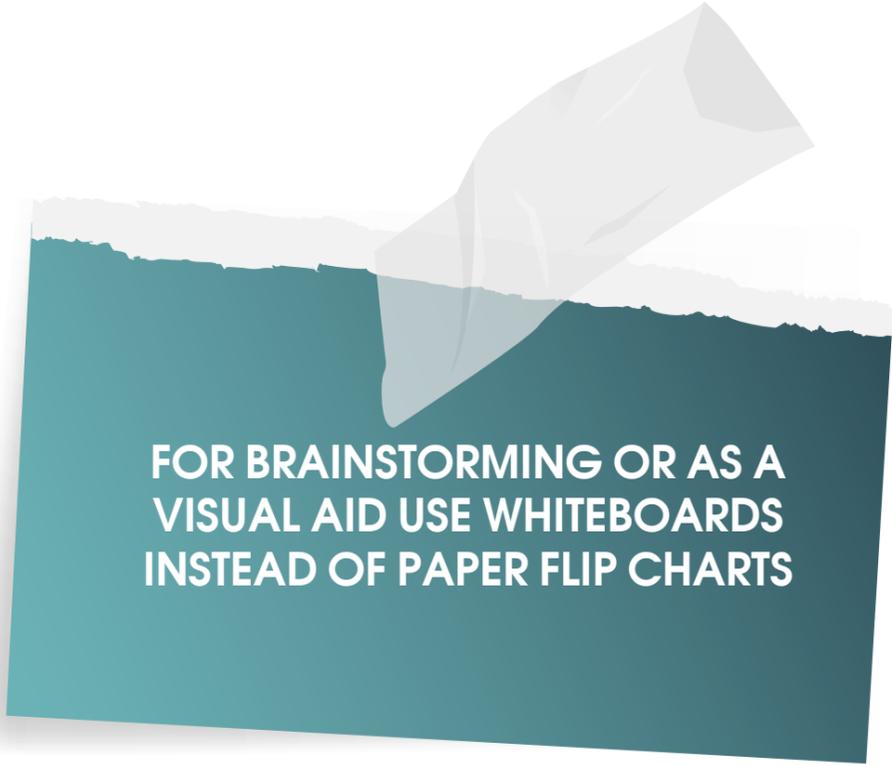
**REPLACE TEABAGS WITH LOOSE LEAF TEA. PROVIDE A SIEVE OR FRENCH-PRESS FOR CONVENIENCE.**



*The most popular material for making tea bags is filter paper, made from raw pulp (a tree which has been cut down :O). "Silk pyramid" teabags are not made of silk at all, but of food grade nylon and polyethylene terephthalate or plastic. That is why it takes dozens of years for some tea bags to break down to microplastic. So, your cup of "pyramid" tea can literally turn into an unforgettable experience because it is practically impossible for it to decompose. Candy wraps on average require around 5 years, and plastic bags from the grocery store - 15 years to decompose. This trash does not disappear from our life after dumping it into the bin. We will meet it again on our streets, in our forests and our seas.*

# 5 AVOID USING PAPER

Replace posters, flyers, business cards, and other brand advertising products with digital analogues where possible. The development of technology gave us QR-codes, newsletters in messengers, calendar reminders, and digital documents. In cases where you cannot avoid paper products choose recycled materials. It will not hurt your image, but will eventually save your health.



FOR BRAINSTORMING OR AS A  
VISUAL AID USE WHITEBOARDS  
INSTEAD OF PAPER FLIP CHARTS



CHOOSE DIGITAL DOCUMENTS  
INSTEAD OF PRINTED ONES  
(HANDOUTS, PRESENTATIONS OR  
EVEN GIFT CERTIFICATES)

*An average-size oak tree can provide us with about 17 packs of 500 sheets of A4 offset paper. Just imagine a beautiful green oak tree when thinking of printing something.*

# 6 RECYCLE

Trash produced by psychological centres, conference-halls, and educational facilities can easily be recycled. Usually it is dry enough, so you can install several sorting bins: for plastic, paper, a separate one for paper cups, and a reservoir for organic waste. You can arrange a pick-up of this trash for further recycling by one of the following initiatives:

**IF YOU ARE LOCATED IN KYIV,  
YOU MAY TAKE THE  
RECYCLABLE MATERIALS BY  
YOURSELF, OR SEND WITH A  
COURIER OR BY MAIL TO THE  
BIGGEST SORTING STATION  
#NOWASTEUKRAINE  
[HTTPS://NOWASTE.COM.UA/](https://nowaste.com.ua/)**

**FOLLOW THE LINK AND FIND THE  
CLOSEST TO YOU PICK-UP  
LOCATION OR ORGANIZATION  
THAT CAN HELP WITH COLLECTING  
RECYCLABLE MATERIALS:  
[HTTPS://RECYCLEMAP.ORG/](https://recyclemap.org/)**

**IF YOU LIVE IN KYIV AND  
WISH SORTING CONTAINERS  
TO BE PLACED NEAR YOUR  
PLACE, LEAVE YOUR REQUEST  
AT  
[HTTPS://KKS.KIEV.UA/](https://kks.kiev.ua/)**

*A person in Ukraine produces about 250-300 kg of waste annually. Less than 6% of this amount gets recycled, around 1% gets burnt, the rest is buried at the disposal sites or transported to the illegal waste dumping grounds.*

*The biggest disposal site in Ukraine is situated only 24 km (!) away from the city centre of Kyiv. Total area of this site is 63,7 ha. It already contains over 10 million tons of residential waste. After all these years of exploitation the waste layer got 90 m higher, which is the size of a 27-storey building.*

# DOWNLOAD THE APP “СОПТУЙ” (*TRANSL. “DO THE SORTING”*)

There you can not only easily find the closest to you sorting station, but also get many tips on sorting:



FOR IOS



FOR ANDROID

Changing one's habits is a very complicated task sometimes, but we do not have another Planet.

If you want to share your experience and tell how these guidelines helped making your office, centre, conference hall more eco-friendly, let us know at [office@npa-ua.org](mailto:office@npa-ua.org)

