

# The eco-friendly resident guide



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This eco-responsible resident guide lists a number of simple and effective solutions for reducing the ecological impact of our daily activities.

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## **Mobility**



I prefer walking and cycling (using <u>Monabike</u>): it helps to stay in shape!



I favor local holiday destinations and taking the train to get around.



I choose <u>carpooling</u> or public transportation for long journeys.



If I really need a vehicle, I opt for shared mobility with <u>Mobee</u> and/or I choose an electric vehicle (and it's subsidised!).

More information about mobility



#### **Fun Facts:**

- On average, a French person on the Côte d'Azur spends 138 hours a year in traffic jams.
- Not only are buses more environmentally friendly, they are also a safer means of transport than cars.
  - The world's longest traffic iam was in China in 2010, lasting 12 days.

Source: https://www.roadxs.com/transport/transport-facts/

#### MISSION FOR ENERGY TRANSITION



### Waste



I sort my waste properly using the SMA's sorting instructions.



I take my unused clothes to a collection point or give them away.



I buy second-hand and repair what can be repaired rather than replacing it.



I drink water from the tap and carry my water bottle to replace plastic bottles.



I bring my own containers to my retailers (Bulk, meals, catering, shopping...) or use <u>MaConsigne</u> when available.



I buy from committed shops and restaurants.



I reduce waste thanks to recipes and waste prevention websites --> Ecoslowasting.

More information about waste

What is the difference between the Use-By Date (UBD) and the Best Before Date (BBD)?

The Use-By Date (UBD) is the date after which a product becomes hazardous to health. On the products concerned, it is indicated as "To be consumed by DD/MM/YYYY"; often seen on fresh products.

The Best Before Date (BBD) is the date after which the product may lose its taste and/or nutritional qualities. On the products concerned, you will read "Best before end of YYYY" or "Best before DD/MM/YYYY."

It is usually seen on dry products.

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# Energy



I turn off the lights and standby power on my electronic devices.



I switch off my heating/air conditioning systems when I'm away for a long time.



I set the temperature at minimum 25°C in summer and maximum 21°C in winter.



I fit my home with LED lighting.



I prefer laptops or tablets to desktop computers.



I sort my inbox by deleting unnecessary emails, emptying my recycle bin and avoiding sending heavy attachments.



I unsubscribe from newsletters I'm not interested in.



I use less energy in the kitchen by covering the saucepans.

More information about energy



#### **Fun Facts:**

- In a year, the console and TV together consume around 2x as much electricity as a fridge-freezer.
- The sunlight that reaches the Earth's surface every minute is enough to satisfy the world's energy consumption for an entire year.

Source: https://hydroottawa.com/fr/blog/six-faits-insolites-concernant-lelectricite

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## To go further



I subscribe to the <u>National Pact for Energy Transition</u>, which will support me in my choice of actions.



For my carpools, I use BlablaCar Daily.



I learn more about the services offered in the Principality (thanks to YourMonaco) and how to get there in an eco-responsible way



I reduce my consumption of disposable packaging by using MaConsigne (reusable conteners) when available.



I monitor my energy consumption with Mynexio.





To find out more, visit the website of the Mission for Energy Transition:

https://transition-energetique.gouv.mc/



