



CLIMATE CALENDAR

September 2010 – August 2011

A calendar of green days and climate-friendly living

gr^{EE}Independent
Fenntartható Megoldások Egyesülete





Turn it off!

The summer and beach parties are over. School is starting. The little ones and big ones spend the greatest part of the day inside – but we still need fresh air! The more time we spend outside, the better! However, before you close the door behind you, please make sure that:








- the lights have been switched off (even in the toilet!),
- the computer and monitor have been switched off,
- not even the television, radio or microwave have been left in stand-by mode.

To make it easier to switch off the stand-by mode you could use an extension cable with a switch!

I choose the garden rather than the television!

Emese Orbán, 9

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 School starts 	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Small Footprint Newsletter 	16 World Ozone Day	17	18 International Cleaning Day	19
20 International Children's Day 	21 European Car Free Day 	22	23 Autumnal Equinox	24 Climate Coordinator Training 	25 Earth Overshoot Day in 2009	26 Clean Mountains Day 
27	28	29	30 Small Footprint Newsletter 			



Cycle and use public transport!

- If you're going somewhere close by, take a bicycle or walk. This way 240 kgs of CO₂ emissions are avoided every year.
- If you can, choose to take public transport rather than your car. By not taking your car (without passengers) but instead travelling 1000 kms by train, you avoid emitting 130 kgs of CO₂.



I go to school by bicycle so I don't pollute the environment.

Tibor Zsigmond, 11

October 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 International Day of Older Persons 1-3. Oct. — Don't forget to read your meters! 000245	2 2-3. Oct. International Bird Watching Day Oct. 2-3. World Walking Day	3 2-3. Oct. International Bird Watching Day Oct. 2-3. World Walking Day
4 World Habitat Day World Animal Day	5	6	7	8	9	10
11	12	13 International Day for Natural Disaster Reduction	14	15 Small Footprint Newsletter 	16	17
18	19	20	21	22	23	24 International Day of Climate Action
25 World Library Day	26	27	28	29 World Savings Day How to save at home? Examine the household! (Climate Audit) Small Footprint Newsletter	30	31 End of Summertime







Climate-friendly washing

- Buy an **A** or **A+** energy rated washing machine.
- Pack the machine full when you use it (but don't overfill it!).
- Wash at no more than 30 degrees unless your clothes are very dirty.
- Put clothes into the laundry basket only if they are really dirty to avoid unnecessary washing.
- Remove the scale that builds up on the heating elements of the machine regularly.
- Use the sun and the wind to dry your clothes! Machine drying adds 80-100 euros to your electricity bill even if you use the best energy saving machine.

***The fruit of the Indian 'soap nut' tree can be used for many things.
We use it for washing.***

Ábel Bede, 8

November 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 All Saints Day Public Holiday 1-3. Nov. – Don't forget to read your meters! 	2 All Souls' Day	3	4	5	6 International Day for Preventing the Exploitation of the Environment in War and Armed Conflicts	7
8	9	10	11	12 Small Footprint Newsletter 	13	14
15 International Recycling Day	16 International Tolerance Day	17	18 Do not smoke! Smoke Free Day 	19	20 International Children's Rights Day	21
22	23	24	25	26 International Buy Nothing Day	27	28 1st Sunday of Advent
29 Small Footprint Newsletter 	30					



Climate-friendly kitchen

How can we save energy when we cook and bake?

- Choose a pan that fits the size of the ring.
- Cover the pan.
- Use a pressure cooker: this way you can save up to 40% of the energy used for cooking.
- Do not boil more water than you need! (If every European only boiled the amount of water they needed, daily consumption would go down by 1 liter per person! The energy saved this way could cover a third of the energy costs of European street lighting!)



We never let the water run while we wash up.

Sára Rebeka Kovács, 12

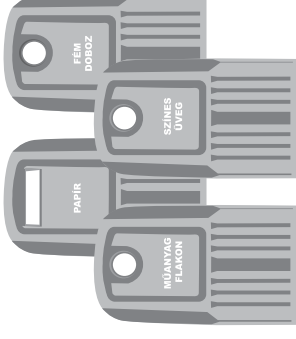
December 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 1-3. Dec. – Don't forget to read your meters! 000249	2	3	4	5 2nd Sunday of Advent
6 Saint Nicholas Santa Claus Day 	7	8	9	10 Human Rights Day 	11 International Mountain Day	12 3rd Sunday of Advent
13	14	15	16	17	18	19 4th Sunday of Advent
20 Christmas fair trade market (www.fairvilag.hu) 	21 Winter solstice, astronomical winter starts	22 Small Footprint Newsletter 	23	24 Christmas Eve Holiday 	25 Christmas Day 	26 Boxing Day 
27	28 Little Saints Day	29	30	31 New Year's Eve		



Towards zero waste





- Avoid waste when shopping: buy only what you really need. Do not take packaging materials home. Always take your own shopping bags or containers when you go shopping.
- Collect waste selectively at home! This way CO₂ emissions can be decreased by 500 to 1000 kgs.



We collect waste selectively. Our bin is never full!

Máté Harsányi, 9

January 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 New Year's Day International Day of Peace 1-3. Jan. — Don't forget to read your meters! 	2
3	4	5	6 Twelfth Night Carnival starts 	7	8	9
10	11	12	13	14 Small Footprint Newsletter 	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Small Footprint Newsletter 	29	30
31						



Energy-saving tips


- If you replace 5 traditional bulbs with energy saving ones, you can reduce your annual CO₂ emissions by about 250 kgs.
- Filling gaps in doors and windows is relatively cheap and you can do it yourself. You can save an annual 15 to 20 per cent of energy costs.
- Reducing the temperature by 1 °C decreases heating costs by 6 per cent.
- External insulation of buildings results in 15 to 25 percent energy saving.
- If you heat water in your water heater to only 50 degrees, you can save a significant amount of energy.

These energy tips were put together with the use of background materials and the publications of Energia Klub (Energy Club), Energia Központ Nonprofit Kft. (Energy Centre Nonprofit Ltd.), E-misszió Egyesület (E-mission Association) and the National Development Ministry and its predecessor.

Be economical with energy!

Réka Fialowski, 11

February 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Memorial day for Life in the Tisza River Hungarian Civilian Day 1-3. Feb. – Don't forget to read your meters!	2 International Day of Water Habitats	3	4	5	6
7	8	9	10	11 Small Footprint Newsletter 	12 World Marriage Day	13
14	15	16	17	18	19	20
21	22	23	24	25 Small Footprint Newsletter 	26	27
28						



***I walk to school and my parents also walk to work.
They take the car only if it is really necessary.***

Emilia Keller, 9







40-day Easter carbon fast

The Carbon Fast, which starts on 9th March, can be found on the website of www.kislabyom.hu (Small Footprint). The programme has a climate-friendly tip for each day that saves Earth's resources! For example, walking – if you can, use public transport rather than your car for 40 days, walk as much as you can and take your bike to the shops.

The Carbon Fast includes six vegetarian days – that is, meat free Fridays – because vegetarianism is good for the environment, the climate, your health, saves agricultural land from being destroyed and avoids the killing of animals. At the same time it can be a gastronomic adventure. Some delicious vegetarian recipes can be found on the website! 😊

If you have one vegetarian day per week, you can save the lives of 250 animals during your lifetime!

March 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 1-3. – March Don't forget to read your meters! 	2	3	4	5	6 International Energy Saving Day Grandmothers' Day
7	8 International Women's Day Shrove Tuesday last day of the carnival period	9 Ash Wednesday Beginning of Carbon Fast	10	11 Meat Free Friday 	12	13
14 International Day Against Dams for Rivers, Water and Life	15 World Consumer Protection Day	16	17	18 Meat Free Friday	19	20
21 Astronomical spring begins	22 World Water Day 	23 World Meteorology Day 	24	25 Meat Free Friday	26 Earth Hour 8:30 pm	27 Summertime begins 
28 Small Footprint Newsletter 	29	30	31			

Climate-friendly gardening

- You can do garden work even if you do not have your own garden. You can make the balcony, corridor, window or courtyard beautiful: create as much green space as you can – plant flowers. You can grow herbs, vegetables and even fruit in pots and boxes as well.
- Selectively-collected kitchen waste, leaves and green waste should be composted. You can reduce the amount of waste you dispose of by 30 per cent and you benefit from making your very own soil improver.



Trees and flowers appear wherever I put my hands.

Levente Szilágyi, 1

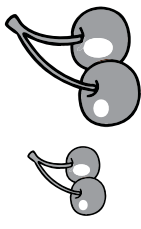
April 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 April Fool's Day Meat Free Friday 1-3. Apr. – Don't forget to read your meters! 000249	2	3
4	5	6	7 World Health Day 	8 World Human Love Day Meat Free Friday	9	10
11	12	13	14	15 Meat Free Friday Small Footprint Newsletter 	16	17 Palm Sunday
18	19	20	21 Holy Thursday	22 Earth Day Good Friday – Meat Free Friday	23 Holy Saturday	24 Easter Sunday World Day for Animals in Laboratories
25 Easter Monday Public holiday	26	27	28	29 Small Footprint Newsletter 	30	



Climate-friendly eating




- Choose fresh, locally-grown seasonal products. Contact local producers and do your shopping at the market from the producer directly.
- If you can, choose local organic products.
- Eat fresh foods prepared at home as often as possible.
- Reduce your meat consumption. One meat free day per week reduces your annual CO₂ emissions by about 320 kgs.



We don't use any chemicals in our garden and we cook what we grow!

Péter Mohácsi, 7

May 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Labour Day Public holiday 1-3. May – Don't forget to read your meters! 000249
2	3	4	5	6	7	8 Mother's Day 
9	10 Day of Birds and Trees 	11	12	13	14	15 World Family Day Global Climate Action Day
16	17	18	19	20	21	22 International Day for Biological Diversity
23	24 European National Park Day	25	26	27	28	29 International Children's Day 
30	31					



Climate-friendly communities

- Make your environment green: plant trees, bushes and flowers. This way you improve your quality of life, create habitat for birds, and contribute to capturing emitted CO₂.
- Always choose local species for which your area is a natural habitat.
- Join the local climate club or climate group. If it doesn't exist, establish one with your friends. 😊



Our little town is beautiful.

Anna Kőházy, 9

June 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 1-3. June -- Don't forget to read your meters! 000249	2	3	4	5 World Environment Day Teachers' Day
6	7	8 World Oceans Day	9	10	11	12 Whitsun
13 Whitsun Public Holiday	14	15	16	17 World Day to Combat Desertification and Drought	18	19 Fathers' Day 
20	21 Day of the Sun 	22	23	24	25	26
27	28	29 International Danube Day 	30			



Climate-friendly holiday

Summer is the time for long-awaited family holidays. Enjoy being together – relatives, friends, old and new acquaintances. Finally it is not only at the dinner table and on the internet where you can meet! ☺

You do not need to go to the end of the world to relax: you can enjoy your holidays in your own garden, at granny's place or at a camp, in the hills or highlands, at the seaside, or at festivals... This is the time for campfires, playing music together, counting falling stars, playing cards, badminton, football, doing brainteasers, darts, or sailing toy boats on the water, doing DIY or cooking together! Good bye television, computer, DVD and stationary bicycle!

I prefer walking with my friend to just chatting with her online.

Kitti Szathmári, 11

July 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 1-3. July – Don't forget to read your meters! 000249	2	3
4	5	6	7	8	9	10 Railway Day 
11 World Population Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Climate-friendly cooling

Avoid using air-conditioners:

- They have a negative effect on indoor air quality and health (dry eyes, cold, noise pollution).
- they use a large amount of energy.

Artificial cooling of a flat uses up about four times as much energy as heating it!

Instead of air conditioning, make your room dark during the day, open the windows wide in the evening, meet friends in a cellar room, have a shower more often, enjoy the benefits of fans and wet clothes. 😊

May the Sun shine and the wind blow!

Dorottya Bencze, 12

August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 World Breastfeeding Day 1-3. Aug. – Don't forget to read your meters! 	2	3	4	5 International Youth Day	6 International Day Against Nuclear Arms 	7
8	9	10	11	12 International Youth Day	13	14
15	16	17	18	19	20 Szent István Day for the Foundation of the State 	21
22	23	24	25	26	27	28
29	30	31				

A climate-friendly start to school

Swallows are slowly leaving and children are going to school again. Consider:




- Is it really necessary to buy a new bag and a new pencil case? If the old one is still good, do not throw it away – use it a bit more, or if you don't like it any more, swap it with someone!
- Students in different school years can hand down their books to each other, in some places you can also borrow them from the library – so you don't need to buy new ones! Try to protect your books so that others can use them next year!
- You can make your own covers for your exercise books using e.g. used packaging materials, paper you have decorated, etc!
- Use exercise books, pens from recycled paper (or plastic, maybe wood) and environmentally-friendly school equipment (e.g. solvent-free glues, pens with refills).



***In the village many people destroy swallows' nests.
That is why some swallow pairs have moved to our place!***

Róbert Csébi, 14

September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 School starts 1-3. Sept.—Don't forget to read your meters! 	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 World Ozone Day	17 International Cleaning Day	18
19	20 World Children's Day 	21	22 European Car Free Day 	23 Autumnal Equinox	24	25
26 Clean Mountains Day 	27	28	29	30		

About the programme

On 1st May 2010 the "Large Family – Small Footprint" campaign (supported by the Environment and Energy Operative Programme and organized by GreenDependent Sustainable Solutions Association and by the Large Families' National Association) started. The overall aim of the programme is to raise the climate and energy awareness of families and big families, as well as to propagate and promote a low-carbon, climate-friendly way of life which results in lower levels of carbon dioxide emissions.

During the programme between July and October 2010 we organized „Climate-friendly Household" training events were held in ten towns in Hungary. Following this we have launched a six-month-long family competition! As part of the competition families measure their consumption and their related carbon-footprints, put their energy-saving ideas into practice and do some other, creative exercises. At the end of the six-month competition there will be prizes of course: not only in energy saved thanks to the ideas put into practice but also some climate-friendly gifts. ☺



About the Calendar

As part of the programme – among other useful publications – we produced a Climate Calendar, which can be used from September 2010 to August 2011. It is a 'Climate Calendar' since it shows not only holidays, programmes for big families and important dates of the „Large Family – Small Footprint" programme and competition but also notable days for Hungarian and international green programmes and climate protection. 5000 families will receive the Calendar, which is illustrated by colourful children's drawings each month. The drawings, which also provide important messages, were selected in a drawing competition – thank you for the nice work! We hope they will make everybody as happy as they made us.

You can find a lot of useful information and downloadable materials and publications on the following websites:
www.kislabnyom.hu and www.karbonkalkulator.hu

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