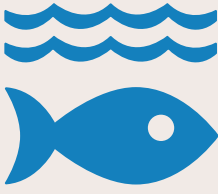


# 14 LIFE BELOW WATER



## HOW TO TAKE A STEP FOR LIFE BELOW WATER

### 1/ RIDE WITH OTHERS



Take public transport often or carpool with your co-workers to reduce carbon footprint and save money on fuel and parking.

### 2/ SOCIAL MEDIA FOR A GOOD CAUSE



Create awareness on environmental issues, highlighting marine and coastal areas in Lebanon, by sharing relevant information on social media.

### 3/ DITCH THAT PLASTIC BAG!

Pass on the plastic bags by carrying your own reusable bags or cardboard boxes on your shopping trips.



### 4/ AVOID PLASTIC!

Use refillable water bottles and coffee cups, as well as porcelain and metal eating utensils. When ordering food, request for no plastic.



لازم تفرق معنا  
TAKE A STEP

لأنو مجموع الأفعال الصغيرة  
بيعمل فرق كبير

5/  
**RESPECT**  
OVERFISHING  
LAWS



6/  
**DON'T BUY JEWELRY**  
MADE FROM MARINE LIFE



Don't buy jewelry and/or other items made from coral, tortoise shells or other marine life.

7/  
**GO FOR**  
FULL LOAD



Use the dishwasher and laundry machine only when they are full.

8/  
**BE MINDFUL OF WHAT**  
YOU THROW AWAY!



Monitor how much waste you produce as it may end up in the sea. On average, a person generates 1.2 kg of waste per day! How much waste do you generate?

9/  
**GLASS**  
VS PLASTIC



Buy glass instead of plastic. Throw your organic waste in your garden or start a compost pile rather than adding it to your garbage.

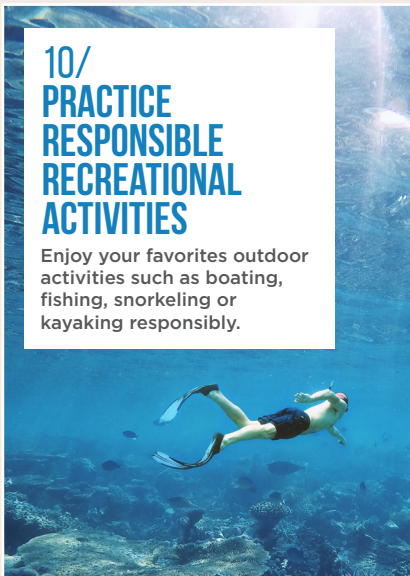
11/  
**BECOME**  
FAMILIAR WITH  
RECYCLING



Get in touch with NGOs that recycle plastic and other materials to familiarize yourself with the process and start recycling at home. Encourage your neighbors to start recycling as well.

10/  
**PRACTICE**  
RESPONSIBLE  
RECREATIONAL  
ACTIVITIES

Enjoy your favorites outdoor activities such as boating, fishing, snorkeling or kayaking responsibly.



13/  
**EAT LOCAL**  
SUSTAINABLE  
FOOD



12/  
**VOLUNTEER** TO PROTECT  
MARINE ENVIRONMENTS



Got some extra time on your hands? Volunteer at NGOs and specific organizations that work on protecting and conserving marine and coastal areas in Lebanon.

14/  
**SUPPORT**  
EACH OTHER!

Make a deal with a friend to do at least 3 good deeds to help make a difference.



UNITED NATIONS  
LEBANON



SUSTAINABLE  
DEVELOPMENT  
**GOALS**

FOR MORE INFORMATION, VISIT [WWW.UN.ORG.LB](http://WWW.UN.ORG.LB)

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