

#2 no.1/2015
Newsletter of the project
3x Environment

A dynamic splash of blue water against a light blue background, with many small bubbles and droplets scattered throughout. A large white circle is superimposed over the center of the splash.

„Our planet consists
mostly of oceans and seas
but only small percent
of water -0,007%
is drinkable.”

DEAR SIRs/MADAMS,

environment protection is gaining more and more importance and prominence. Over the recent months a lot of attention was paid to renewable sources of energy and environmental pollution. We understand more clearly that pro-environmental attitude is not only a fashion but a necessity. The depletion of natural resources through their overexploitation becomes the real problem. We can limit the immoderate consumption of resources such as water and electricity starting from [elimination of improper habits](#) both at work and at home.

Through "3x Environment" project, carried out since October 2013, [we show how to save natural resources in small and medium enterprises](#). We've approached the subject comprehensively. In the first stage our priority was to develop basic materials and tools: the portal, branch manuals, eco-guide and training materials. We organized 19 information meetings gathering 525 participants, 4 webinars dedicated to limitations in resource consumptions as well as 6 benchmarking study visits in other EU countries. As their result [we worked out the first set of 18 examples of good practice demonstrating specific pro-ecological measures](#) focused on savings in SME sector. Three consultation meetings with 95 entrepreneurs were held in order to collect suggestions for necessary changes in the legal regulations concerning environment. On the basis of those suggestions [we developed recommendations for four state institutions](#).

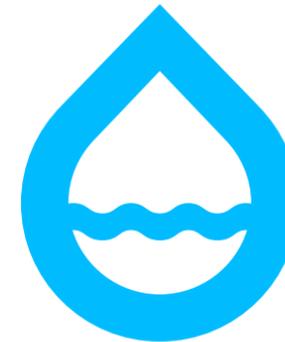
As a part of promotional activities and the cooperation concluded with media over 60 articles devoted to 3x Environment were published in magazines and internet. [A well known journalist Radek Brzózka has become our eco – ambassador](#) and supports our activities intensively, among the others, conducting the press conference and the meeting organised on the World Water Day. The latter was a good opportunity to meet SME and show how to convince employees to save water in everyday day life. The World Water Day was established by UN in 1992 in order to encourage people to promote the idea of water saving or, in other words, rational use of water resources.

Why should we save water?

Our planet consists mostly of oceans and seas but [only small percent of water -0,007% is drinkable](#). Water resources remain unchanged but the population of the Earth is growing and the demand for water is increasing since it is not only the basis of our diet but also of agriculture and the whole industry. Only in twentieth century the population tripled and the water usage rose six times!

During the next 20 years the average amount of water per one inhabitant of our globe will be reduced by 1/3. So the rational use of water is a necessity.

„Our planet consists mostly of oceans and seas but only **small percent of water -0,007% is drinkable.**”



Saving water is often associated with a lowering of hygiene. But we do not persuade to do that! [Without changing our everyday comfort, we can significantly reduce water consumption](#). It's enough to make small changes, take a look at own habits and make employees aware why the rational management of natural resources is so important.

Pro-ecological measures do not have to incur additional costs. Saving we protect the environment!

"3 x Environment" project encourages entrepreneurs to save. The proposed solutions are effective. And additionally, when we think that the companies in the SME sector employ more than 9 million people, and if each person saves just 1 liter of water a day, how much water will we save per year? [More than 3 billion liters!](#)

The „3 x Environment" has been designed specifically for small and medium-sized companies. Our primary goal is to support entrepreneurs in introducing modifications to make their businesses ecological. The SME sector constitutes 99% of all enterprises in Poland, so promoting pro-environmental actions in this circle, through economies of scale, can bring tangible results. We encourage you to start saving the energy, water and raw materials. Such actions contribute to environmental protection.

What changes should you bring in your company – that you can learn from the materials prepared by the "3x Environment" project experts and from the [project Fanpage on Facebook: Ekologia w firmie](#).

We invite you to celebrate the **World Water Day** by implementing environmentally friendly solutions. More information on water preservation can be found in the further part of the newsletter. We also invite you to visit the project website : www.3xsrodowisko.pl where you can find more clues and a database of best practices - environmentally friendly solutions, which yielded positive results in other companies.

We invite everybody to follow our **Fanpage on Facebook: facebook.com/Ekologiawfirmie**

“YOU PROTECT ENVIRONMENT BY SAVING”

Very few companies are aware that **consuming water affect the environment.**

GOING GREEN STARTS FROM SAVING AND THUS FROM REDUCING WATER BILLS, ELECTRICITY, GAS, ETC. CONSUMING LESS WE CARE ABOUT THE ENVIRONMENT.

Thinking about ecology we often draw attention to the industry and the pollution while the equally important problem is the excessive, inefficient use of resources such as water and electricity. And everyone, even the smallest companies, benefit from these resources. **Very few companies are aware that consuming water affect the environment.** Of course, a big industrial enterprise has a much greater impact on the environment than a small firm, but when we realize that **the SME sector is 99% of all companies in Poland**, we agree that as a whole the sector has a very large impact on the environment. Very few people realize that performing daily activities in the workplace they waste both water and energy. This can be done differently. And what may be the most important from the business perspective -preserving the environment can mean financial savings.

Here are several tips how to contribute to environment protection and save money at the same time by introducing really small changes:

1

Check whether the taps and flush are tight. ore than **30 liters** per day can leak out of leaking taps what makes approx. **11,000 liters** per year. A leaky flush wastes **50 liters** per day -so each year more than **18,000 liters** of water!

2

Replace the conventional taps with the water-saving ones. **12-16 liters** of water per minute comes out of the conventional tap whereas only **5-8 liters** from the ones with one holder regulating the flow. Washing hands under the lower stream we would consume less water without feeling it as reducing our hygiene level.

3

Install aerators - cost 18 - 30 zł and savings in water consumption can rise up to **40%**

4

In the bathrooms of your office **install the batteries with the motion sensor**, the water is then turned on at the moment when it is actually needed. This saves **more than 20%** of water

5

Do not wash the dishes under running water. Dishwasher consumes less - **7-15 liters vs. 70 liters** when you wash them under a stream of water.

6

Use flush cistern with division into economical and complete flushing. Modern flush fittings use less water **(4/2) than the older ones (6/3)**.

7

Buy energy efficient equipment

8

Plug out the equipment you do not use constantly

9

In places where you switch on the light for a while, install **halogen light**, and in places where the light is needed for a longer period -modern **compact lamps or LED lighting**

10

In passageways, staircases, **install motion detectors** so the light will turn on only for a moment while someone is passing.

11

Lower the temperature in the room just by 1° C to reduce CO² emissions by up to **300 kg** per year.

12

Program the thermostat so that at night or in the absence of workers the temperature is lower and thus limit energy consumption and CO² emissions by **440 kg** per year.

13

When you buy a new refrigerator, **choose models only of European Grade A +** (with automatic defrost cycle) which will reduce CO² emissions by about **210 kg** per year.

14

In summertime turn off the air conditioner for four hours a day when there is no one in the office, and reduce CO² emissions by approx. **300 kg** per year.

15

Install special, fine-hand shower (aerator, eco-button) and limit CO² emissions up to approx. **230 kg** per person per year.

16

When you buy bottled water, **choose a bottle with a capacity of 1.5 liters**, instead of buying the same amount of water in three bottles of 0.5 liters. In this way you will reduce CO² emissions by approx. **9 kg** per year.

17

Before printing a document or an e-mail **think twice if you really need the paper version**. Resigning from printing can save water and reduce CO² emissions by approx. **7 kg** per year.

18

Run an energy audit (installing electricity meters or hiring a special company) to see the real power consumption of individual devices and the presence of so-called phantom load, i.e. if there is power consumption when all appliances are turned off

The “3x Environment” project helps SME entrepreneurs make environmental changes, allowing for saving resources such as water, wood or electricity. Such practices are possible in each sector and industry, and what’s important, do not affect the quality of services or products. More information on: www.3xsrodowisko.pl.

Join us on Facebook : www.facebook.com/Ekologiawfirmie



Join us on:
facebook.com/Ekologiwfirmie

3xsrodowisko.pl

Project partners

REFA



Polish Craft
Association



The “Three campaigns integrating the SMEs sector and their surroundings in the efforts to protect the environment” is co-financed by the financial instrument of the European Union LIFE+ and the National Fund for Environmental Protection and Water Management.

