



## 9. What can each one of us do?



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**The question of what each one of us can do to make the world a more sustainable place is not easy to answer.**

*Maybe* we individuals can make the greatest difference,

- if we take other people with us on the path to sustainable development,
- if we act together and network locally and globally,
- if we push for fundamental changes in politics, so that it listens again to the *voice of the people* and not only to the voice of the big companies and banks,
- if we reduce our collective consumption by just ten percent, because that would already have a major impact on many of the most polluting activities of our economy.

*Translated from Graeme Maxton. 2018. Change! Warum wir eine radikale Wende brauchen.*

It is important that now many people tackle *individual* behavioural changes. But these will only become effective together with *structural* changes in our society.

**» We need both *systemic transformation* and *individual behavioural changes*. One without the other will not get us to the necessary scale of change at the necessary pace.**

*Christiana Figueres and Tom Rivett-Carnac. 2020. The Future We Choose - Surviving the Climate Crisis.*

Each of us can *immediately* take 5 measures, making an *effective contribution* to the protection of the environment and climate.

### 1. Demand radical reforms from politics.

*Vote for politicians who are committed to an effective, sustainable climate and environmental protection.*



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### 2. Consume less.



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### 3. Less time sitting in the car and on the plane.



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#### 4. Eat less meat and dairy products.



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#### 5. Plant a tree.

*Or support one of the many projects that plant trees worldwide.*



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» In addressing climate change, few actions are as critical, as urgent, or as simple as planting trees.  
*Christiana Figueres and Tom Rivett-Carnac. 2020. The Future We Choose - Surviving the Climate Crisis.*

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The question is not *how*?

The question is, *when* do we start to live sustainably?