

mentally friendly lifestyle

Eight environmentally friendly actions for us to put into practice.

In the spirit of protecting the **eight environmentally friendly** help domestic and corporate

1 Reduce daily CO₂ emissions by 10% (1.1kg per person)

The daily domestic CO₂ emissions in Hokkaido are currently 11kg per person. If each of us reduces that amount by 10%, approximately 30% of the targeted figure for the reduction of CO₂ emissions set in Hokkaido's global warming prevention program will be accomplished.

- Use less electricity, gas and kerosene (e.g., lower the temperature setting of heating appliances by at least 1° C).
- Try not to use cars when possible, and practice eco-driving through the reduction of engine idling, etc.
- Choose low-emission vehicles and energy-saving electrical appliances when buying new products, etc.

2 Promote energy and resource saving at offices or workplaces

- Lower the temperature setting of air-conditioning and heating equipment and practice "Cool Biz" and "Warm Biz" etc. to save electricity.
- When buying office equipment etc., choose eco-friendly electrical appliances and products that use fewer resources and less energy.
- Promote 'zero emission' by recycling waste in the production process, etc.

5 Promote local production for local consumption in order to circulate resources within the region.

- Promote efforts for community-wide resource circulation to revitalize local industries and make the most of local features and characteristics.
- Promote city planning using local biomass and other energy resources, etc.

6 Join cleanup activities to make Hokkaido more beautiful.

- Join cleanup activities organized by neighborhood associations, municipalities, NPOs, etc.
- Refrain from littering with cans and cigarettes, etc.

les suited to Hokkaido

Earth, observing Mottainai, and coexisting with nature, let's today take the first step in putting the following **actions** into practice, both for ourselves and for future generations, Such environmentally conscious actions will economies, as well as revitalize local economies.

For details and expected outcomes of these eight environmentally friendly actions, please see the **Guide for Environmental Actions by Hokkaido Citizens and Businesses**.
http://www.pref.hokkaido.lg.jp/ks/kss/top_page/declaration.htm

3 Participate in tree-planting campaigns to plant 30 trees in your lifetime.

In our lifetime, each of us emits 6.4 tons of CO₂ just by breathing. To offset this amount, it is necessary for one person to plant 30 trees in his or her lifetime.

- Participate in tree-planting activities at various occasions in your life, such as marriage and childbirth.
- Plant trees in your garden and properties, organize tree-planting events, etc.

4 Reduce daily garbage by 10% (80g per person)

In Hokkaido, each of us produces about 800g of household garbage per day. By reducing this amount by 10%, we can accomplish the reduction target of the Hokkaido Waste Management Plan.

- Try to avoid having leftovers, and recycle raw garbage through composting at home, etc.
- Refuse excess packaging at stores and carry your own shopping bags.
- Thoroughly separate garbage and recycle resources, such as paper and plastic, etc.

7 Come into contact with the magnificence of nature and join conservation activities to protect the immediate natural environment, such as rivers and lakes.

- Become familiar with nature through nature walks, bird watching, etc.
- When enjoying outdoor activities observe rules and behave appropriately (e.g., do not pick alpine plants).
- Join environmental monitoring, seminars on aquatic environment conservation, and other events that encourage residents' participation, etc.

8 Promote agriculture, forestry, fishery and tourism in a manner harmonious with nature.

- Promote organic agriculture and clean agriculture with minimal use of agricultural chemicals and fertilizers.
- Restore forests through replanting in logged areas, and conserve indigenous fish species through release of fry, etc.
- Promote ecotourism and energy reduction at hotels and inns, etc.