

## PERSONAL HEALTHY AND CLIMATE-FRIENDLY ACTIONS

### FOOD

- Plant rich diet: eating plant-based foods (healthy choices for people and planet)
- Consuming locally, seasonally and organic
- Reducing food waste
- Composting: household and municipal

### TRANSPORT

- Public transit: cheaper and healthier option (less stress; read, relax, work)
- Telepresence (videoconferencing, webinars): from home or office = less travel
- Bicycles and Electric bikes: healthier and easier commutes
- Walk; enhanced walkable infrastructure in towns
- Ridesharing; Car sharing; Park-and-Ride (park + train)
- Electric vehicles (hybrid as second choice)
- Reduce air travel; offset unavoidable travel

### ENERGY/BUILDING

- Rooftop solar (photovoltaic; water heating)
- LED lighting
- Water-saving mechanisms/devices
- Smart thermostats and improved insulation
- Heat pumps (geothermal heating and cooling)
- Refrigerant management and new natural innovations
- Alternative cement and eco-based building
- Refuse single-use plastics and reduce purchases with plastic packaging
- Methane digesters (organic waste-to-biogas on farms, in towns)

### LAND USE

- Plant trees (in towns and suburbs); Afforestation
- Home garden: food, beneficial plants, etc.
- Ecosystem protections for biodiversity, carbon sequestration, etc.
- Regenerative agriculture, permaculture, soil restoration; soil carbon sinks
- Trees: silvopasture; intercropping; staple (food source) trees
- Refuse synthetic fertilizers & pesticides; use natural nutrient management & pest control
- Irrigation improvements
- Managed grazing for soil health; grow animal food onsite

### SOCIO-ECONOMIC

- Vote to protect our health and that of the planet!
- Educating girls (education enables more life choices)
- Circular economy (linear = wasteful). Refuse, Reduce, Reuse/repair, Recycle
- Use Drawdown solutions as an investment guide: if it's not in Drawdown, divest

### INFORMATION:

Drawdown Switzerland: [www.drawdown.ch](http://www.drawdown.ch)

Become a member: [www.drawdown.ch/membership](http://www.drawdown.ch/membership)

**FURTHER ACTION**



## ADDITIONAL RESOURCES

### FOOD

- Veggie Romandie: [veggieromandie.ch](http://veggieromandie.ch)
- Swiss Veg: [swissveg.ch](http://swissveg.ch)
- Blue Horizon Group: [bluehorizon.com](http://bluehorizon.com)

### TRANSPORT

- Mobilité Douce Urbaine: [mobilite-douce-urbaine.ch](http://mobilite-douce-urbaine.ch)
- Swiss Mobile: [schweizmobil.ch](http://schweizmobil.ch)
- Pro-velo Lausanne: [pro-velo-lausanne.ch](http://pro-velo-lausanne.ch)
- Publibike: [publibike.ch](http://publibike.ch)
- Mobility Car Sharing: [mobility.ch](http://mobility.ch)
- Softcar: [softcar.ch](http://softcar.ch)
- Urban Connect: [urban-connect.ch](http://urban-connect.ch)
- Park+Rail: [sbb.ch/en/station-services/auto-velo/parking](http://sbb.ch/en/station-services/auto-velo/parking)

### ENERGY/BUILDING

- Minergie (building): [minergie.ch](http://minergie.ch)
- Eco-Bau: [eco-bau.ch](http://eco-bau.ch)
- Swiss Solar: [swissolar.ch](http://swissolar.ch) Solaxess: [solaxess.ch](http://solaxess.ch)
- La Bonne Combine (réparer, à Prilly): [labonnecombine.ch](http://labonnecombine.ch) iFixit: [ifixit.com](http://ifixit.com)
- La Maison Nature: [lamaisonnature.ch](http://lamaisonnature.ch)
- Habitat Durable Suisse: [habitatdurable.ch](http://habitatdurable.ch)
- Swiss Cleantech: [swisscleantech.ch](http://swisscleantech.ch)
- The Solutions Project (100% renewable energy): [thesolutionsproject.org](http://thesolutionsproject.org)

### LAND USE

- Research Institute of Organic Agriculture (FiBL): [fibl.org](http://fibl.org)
- Biovision Foundation: [biovision.ch](http://biovision.ch)
- Agrarallianz: [agrarallianz.ch](http://agrarallianz.ch)
- Agriculture Without Borders: [agriwithoutborders.org](http://agriwithoutborders.org)
- Permaculture Romande: [permaculture.ch](http://permaculture.ch)
- Down to Earth (Permaculture) Foundation: [down-to-earth.ch/en](http://down-to-earth.ch/en)

### SOCIO-ECONOMIC

- Climate Alliance Switzerland: [climate-alliance.ch](http://climate-alliance.ch)
- Sustainable Development Solutions Network (SDSN): [sdsn.ch](http://sdsn.ch)
- Educate Global: [educateglobalinvest.com](http://educateglobalinvest.com)
- Swiss Sustainable Finance (SSF): [sustainablefinance.ch](http://sustainablefinance.ch). Sustainable Finance Geneva (SFG)
- Oebu: Swiss Business Council for Sustainable Development: [oebu.ch](http://oebu.ch)

### MORE SUSTAINABILITY AND CLIMATE-RELATED ORGANIZATIONS:

- Drawdown (overall Drawdown info): [www.drawdown.org](http://www.drawdown.org)
- Center for Behavior and Environment: [rare.org](http://rare.org)
- Swiss Youth for Climate: [syfc.ch](http://syfc.ch)
- La Durabilité à UNIL (UNILausanne students): [unil.ch/durable](http://unil.ch/durable)
- Energy BPT Group (EPFL students): [energybptgroup.com](http://energybptgroup.com)
- Univ. Geneva Institute of Environmental Science: [unige.ch/environnement](http://unige.ch/environnement)
- Swiss Proclim: [naturalsciences.ch/organisations/proclim](http://naturalsciences.ch/organisations/proclim)
- World Climate Research Programme: [wcrp-climate.org](http://wcrp-climate.org)
- Grand-parents Pour le Climat: [gpclimat.ch](http://gpclimat.ch)
- Green Growth Knowledge Platform: [greengrowthknowledge.org](http://greengrowthknowledge.org)
- Jeunes Objectif Smart Energie (J'OSE): [label-j-ose.com](http://label-j-ose.com)
- Artisans de la Transition: [artisansdelatransition.org](http://artisansdelatransition.org)