

**ECOLOGICAL MANIFESTO**

## List of Supporters:

### Regions of Climate Action (R20)

### Earth Charter International

**Raza Rumi** and **Erum Yawar** (Daily Times, Pakistan); **Emiliy Rushton** (director of Care About Climate); **Balkan Agency for Sustainable Development (BASD)**; **Selina Juul** (founder of StopSplidofMad.dk); **Jeni Miller** (Climate Health Alliance); Online Journal **Cyber Ecology**; Sofia Civic Association **Shtastlivetsa**; Educational Network **A Place for Future**; **The Human Library**

We live in time when most of humanity has accumulated enough intellectual capital in order to realize that greed and boundaries between people are absolutely useless for its further development. Charitable initiatives are currently in place to help a large number of people in need to achieve the minimum conditions for their survival and to contribute to their cultural, intellectual and technological development. Unfortunately, much more work is needed. It is extremely unfair for some to live in luxury, while others have no roof over their heads, drink dirty water, and eat scantily. We have been keeping our eyes closed for these people long enough and we continue to ignore their problems. The time has come for us to resolutely begin thinking and acting on all these issues. This means to self-educate ourselves, because such a way of thinking cannot come from the past, it is a product of the present. In such manner we should educate our children.

Often our personal problems turn out to be insignificant compared to the problems of people in need. How many material benefits do we need for living happily? And what makes us happier – the material or the spiritual?

Part of humanity has long ago entered a phase in which it is saturated with food and goods. The problem is that those goods are not spread evenly. Every day, food, clothing, and raw materials are thrown out while there are people who are still deprived of them. It is therefore extremely important that they are used in an optimal way saving some of the resources for their production. It is important for self-education to include new principles and methods for solving these problems because it is obvious that the momentary satisfaction of partial needs does not result in their full satisfaction. Let us note here that it is not a question of making some people living on the backs of others but to help those in need so that they will be able to support themselves independently in the future and rise their living standards. For

example, feeding a needy homeless person will save him for the day, but in no case will change his way of living.

Relying solely on the external assistance of the state and its institutions is not always the right solution of the problems because such organizations have no opportunity or means to respond to any locally-occurring problems to which we are the closest ones – we, the self-thinking, educated and humane people. People who do not think in terms of here and now and only for themselves but for the future generations that will live in several places in space – another side of the absurd situation in which we all will soon be. Would we have been valiant then if there are still in the world starving and warring people?

One of the global problems that already have come to mankind in the coming decades is the change of the climate which endangers many by natural anomalies and upheavals. As a consequence, a large number of people see themselves compelled to look for new homes. It is becoming increasingly clear how important it is action to be taken in this direction. Exploitation of natural resources is different aspect of the same topic. It seems that people are working towards solving these problems but their full elimination is still far away. It is therefore necessary new powers to be included in the struggle for preserving the natural world. We can be these powers that will radiate a new way of thinking about these problems, and with small personal examples, will trigger a wave of greater self-awareness and action.

*Self-education* is required, active follow-up and implementation of the ideas set out in the Ecological Manifesto the purpose of which is to show how we can optimize the use of energy and resources through small steps in our personal lives in order to save them and redirect them to people in need or to urge ourselves to work in this direction. This is the task, this is our task. Change can come from inside to outside, if the opposite happen we should be happy but experience is showing that this is highly unlikely to happen. Even the responsibilities of the institutions depend on the conscience of individuals working in them. Doing good is always good for someone. Caring for life, health, knowledge, and nature will always free up time and resources that can be harnessed more efficiently. We have to realize that saving our resources is aiming at the decrease of producing unneeded goods, process based on self-incurred immaturity greed and vanity on one hand, and *rethinking* of what humans are and where they are going on another. One more thing – in long term perspective nature doesn't need man to survive, but man needs nature.

Many efforts for changing people's attitude towards environmental issues were made in the future including Rachel Carson's book *Silent Spring*, Arne Naess and the *Deep Ecology Movement*, the *Earth Day Initiative*, the *UN Conference on Human Environment*, the birth of the *Greenpeace Foundation*, *Our Common Future* report of the UN, the *Rio Summit* and *Savern Cullis-Suzuki's* brave call for action, the *Earth Charter*, the *Kyoto Protocol*, the *Paris Agreement*,

and the Noble laureats' *Mainau Declaration on Climate Change*. Many efforts were stated but the results are still insufficient. Hopefully on the horizon we see another opportunity coming and we urge everyone to take part in it. Following the recent *Declaration of Ambition* this is the upcoming *Virtual Climate Summit* (22 November 2018), hosted by H.E. Dr. Hilda Heine where a call for achievement of every country's climate targets by 2020 will be made. We have to be optimistic and feel as winners because "together we succeed; everyone can contribute; join us"!

Therefore, it is time for a wave of young people and warm hearted leaders for whom living in peace is the basis for development, and ecology - a mandatory foundation for sustainable progress. It is time for *rethinking* the rapidly changing world. It is time to break the previous stereotypes. We must be creative and proactive on these issues!

Here is a possible start for the necessary change:

At **HOME:**

**OPTIMIZATION:**

- Thermo-insulation of the rooms (seal windows and doors during the winter months)
- Switch off electrical appliances with standby mode
- Optimize the work of the washing machine, dishwasher and other household appliances, i.e. use them only in their full capacity
- Decrease the degrees of your heating system. Do not place thermostats on heating appliances near windows. Do physical exercises, they will warm you up. Putting on another garment is also an option.
- Use fluorescent bulbs
- Turn off the lights in the rooms that are not in use
- Keep your heating appliances clean, you will increase their working capacity
- Replace old fridges. They are "energy hogs" and can cost you extra per year to run
- Use containers for separate waste collection
- Use vinegar and soda bicarbonate for cleaning instead of different types of chemical cleaners
- Forget coffee capsules - too much material is spent on their production and their use might harm your health. Try to avoid single-serve coffee creamers too by using milk
- Heat at home with alternative energy sources (mostly RES)
- Try to limit your garbage to only one jar per year

### **IN THE BATHROOM:**

- When brushing your teeth, stop running water (so you will save about 14 liters of water per year)
- make your own toothpaste/soap/deodorant or buy natural ones that do not come in plastic packaging. Try using bamboo toothbrushes
- use bar soap instead of the standard ones coming in plastic bottle
- purchase recycled/ethical toilet paper
- Do not give your clothes to dry cleaning before you are fully convinced of the need for this (use extremely environmentally friendly preparations; use al-fresco line drying when possible). When it is not necessary do not use dryer or the drying regime of your washing machine
- If possible, use rainwater for washing (balconies, staircases, etc.)
- Use electric shavers, they last longer and save the production materials for ordinary razors. You can try also to use zero waste safety razors

### **IN THE GARAGE, BASEMENT, ATTIC:**

- Almost everybody has boxes of used paints, old paints, chemical preparations, solvents, antifreezes, mercury thermometers, resins, tar, machine oils; Old TVs, washing machines, stoves, refrigerators, and so on. To get rid of them, use the services of specialized companies to collect, dispose and store hazardous waste (check this question on the internet)
- If you have old electrical appliances in these places, you can ask your acquaintances whether they need them and give them away

### **ADDITIONAL:**

- Drink tap water if possible instead of buying bottled mineral water
- Grow plants at home
- Instead of a room freshener, just open the windows and ventilate the room
- If you have the opportunity, grow your own vegetables and fruits
- Avoid ordering food at home – the footprint for delivery and packaging is huge
- Try to keep clean the pizza box for your delivery and reuse it and finally recycle it
- If possible compost your food waste (at home or in the neighborhood)
- Reduce your meal portions – most of the times we are not really hungry, we are misled by the size of the plates and rarely we need three meals at once
- After having a meal think if there is something that you can do instead of lying or having a rest. It will help your digestion and in the same time you will finish a delayed task
- Coffee and the tea from the tea bags can be used to fertilize your pots or patios – do not throw them away

- Bring a thermos cup in order to stop using the plastic cups from coffee machines. Or even better – just carry a thermos with already prepared coffee or tea
- Eat mainly chicken meat – birds are the animals that emit the least amount of methane in the air. If possible, eat smaller amounts of meat. If you do not want to eat meat, don't do it just because on specific feast people are supposed to eat such
- Eating only locally grown food for one year would save the greenhouse gas equivalent of driving 1,000 miles. Eating just one vegetarian meal a week for a year saves 160 miles more than that
- Donate the clothes you no longer wear. You can also turn your old garments can into: blankets, dolls, clothes, make up removal pads, panty liners, carrier bags etc. Internet is full of creative ideas. Some stores also take your old clothes and reward you with vouchers. As well, organize or attend a clothes swap event
- Buy books from second hand bookstores
- Manage the mail that you receive and if needed unsubscribe from the unnecessary editions. You can also place “No junk mail!” sign on your mailbox
- Shop in second-hand shops
- Use wind-up devices (such as flashlights, radio, etc.) that do not need batteries
- Make notes from the cash receipts. Keep track of your electricity, water and heating bills on a monthly basis – it will help you to have a clear idea of your costs and optimize them
- Use the smallest possible number of plastic products
- If you smoke buy bottle of gas and refill your lighter
- Remove the caps of the plastic bottles and transfer them to the points where they are collected - their plastic is of the highest quality and is the easiest to recycle. Recycle also your old paint tins, mobile phones, plastic bags and soft plastics, printer cartridges, batteries, blister packs, contact lenses, tooth pastes and tooth brushes, coffee pods, old towels and blankets, old bras (see what are all products that you can recycle and where: [https://www.globalcitizen.org/en/content/10-things-you-didnt-know-you-could-recycle/?utm\\_source=facebook&utm\\_medium=social&utm\\_content=global&utm\\_campaign=general-content&linkId=40546596](https://www.globalcitizen.org/en/content/10-things-you-didnt-know-you-could-recycle/?utm_source=facebook&utm_medium=social&utm_content=global&utm_campaign=general-content&linkId=40546596))
- Recycle the cups from your glass jars
- Avoid using wet tissues because they are not recyclable. Instead try making normal ones wet
- Instead of buying presents with the risk that they are not going to be liked or fit the person you are giving to you can give him a present. Buy experiences not items
- If you see interesting social media post about women's rights or climate change, etc., share it
- Support organizations that are engaged in global issues, including the pollution of the planet (below is a list of such)
- If you want to have a pet adopt one, this is how you can help for reducing homeless animals
- Last but not least address politicians, join a party, be active and vocal

### **IN THE STORE:**

- Use a cloth shopping bag instead of plastic bags - it will last much longer. But you can also use your plastic bags repeatedly until they are only suitable for garbage disposal bags
- Shop wholesale (once a week, monthly) – it saves your time and money. If you do not always have the opportunity, walk to the neighborhood shop
- Do not buy "2-for-1" promotions if you do not need the second product or find someone who needs it
- Buy products from recycled materials
- If possible get milk-delivery and shop locally
- Buy electric appliances with exchangeable individual parts and such on which it is written the materials index (showing how much materials are being used for its production)
- Buy coffee or tea that is sold in bulk
- Buy energy-efficient electrical appliances
- Eat fruits instead of buying factory-produced juices. If you drink juice - make it yourself. This will reduce packaging production and consumption of preservatives
- If you can fix something – fix it, do not buy new one
- Buy second hand
- When buying clothes, consider the fabric. Different materials have different environmental impacts, so that's something to take into consideration. Think wool over synthetics
- Use larger plastic bottles of some items like garbage bags. It is indeed not always necessary to use garbage bags for this purpose
- Demand your receipt in order not to be thrown away and use it or recycle it
- If you like ice-cream, buy handmade in a cone instead of the packed one
- Bring your own packages, jars etc. in order to use them instead of using new ones that you will throw away after consuming

### **IN THE OFFICE:**

- Make notes on used paper
- Write with pencil and use a rubber
- Always use the backs of the already printed pages for working variants of subsequent projects
- Collect the waste paper and transfer it for recycling
- Instead of using plastic cutlery, use traditional utensils
- Fertilize plants in the office with the used coffee and tea bags
- Bring your already prepared lunch or prepare on place if conditions permit it

- If you have to organize public event (e.g. conference, seminar, etc.) think of making it a green meeting or green event which incorporates environmental considerations into the entire planning process to minimize the event's negative impact on the environment
- Reconsider making and accepting business cards for official meetings and exchanges of contacts (it is totally normal to save new contacts on your smart phone, for example)

NOT LEAST, FOLLOWING ALL THESE PRACTICES WOULD SAVE YOU **OVER 13%** OF YOUR MONTHLY HOME AND OFFICE EXPENDITURE!

### **OUTSIDE:**

- Plant and care for as many plants as possible
- For short distances: walk, cycle, skate...
- For longer distances: use train, bus or shared travel. If you are traveling with others on the same route, offer to get together in one car instead of everyone traveling with theirs.
- If you can, buy an electric car or a hybrid one
- Stop eating "fast food"
- Bring with you pocket cutlery
- Avoid using automatic car washes – they are ineffective and uneconomical
- If you need to use a car during the winter or in cold days do not warm up it (nowadays the cars are modern enough and do not need warming up)
- Dispose waste only at designated locations
- Eat seasonal fruits and vegetables. Buy mostly locally produced goods or buy from markets
- Help in humanitarian causes as volunteers
- Beautify and renovate your living spaces, take care of the green areas around them
- Calculate your carbon footprint when traveling and plant the equivalent number of trees or make donation to organizations that are specialized in planting trees
- Report and fix any irregularities you notice in your daily life! Confront people who pollute or misbehave



This manifesto is just part of the self re-education that we need to self-enact in order to speed up the processes of improving the living conditions of all mankind. The Ecological Manifesto is showing you a number of activities you can make or skip doing if you want to help in protecting the nature. The modern man has to perform most of these activities even as unconscious habits for which it is time to become conscious.

Pay attention to your family, friends and colleagues - reorganize your home, the meeting and sports venues, at work and outdoors with a view to rational use of natural resources. Ask your loved ones if they see that they live in a way that is harmful to nature, others and themselves. The change will start with us!

Ecology first!

Thank you.

The Ecological Manifesto was written mostly during the months which I spent in Hue, Vietnam. But the desire for its writing had already begun from before. The first ideas about it were born in the home where I live in Sofia, Bulgaria. However, I had to think about the same issues in my life also when I was staying in a dormitory for nine months in Amiens, France, when I was walking along the corridors of the European Parliament in Strasbourg, shopping in modernized shops with recycling machines in Amsterdam and cycling on my route velo. But the time in Vietnam, the people I met there and the differences in cultures helped me somehow to clear my mind and to think of how to formulate the Manifesto. At first, it had to be only rules of everyday activities in favor of nature, but later it turned out that it included far more humane goals in itself, which, I believe, would help us to grow as people, on the one hand, and deal with most of the problems before us on the other.

Writing of the Ecological Manifesto included large number of people who contributed with their knowledge, experience, expertise and commitment to the green lifestyle and who constantly read the drafts of it. After it was finally ready it received a small number of highly valuable supporters which I will mention below.

### **The Ecological Manifesto was presented at:**

1. *EUROMEC Summer School for Doctoral Students* at Trinity College, Dublin, Ireland (<http://www.euomec.eu/euomec-summer-school-2017/>).
2. *United Nations Institute for Young Leaders* at the British Council, Iasi, Romania (<http://www.unyouth.ro/en/home-2/>).
3. *The Environmental and Cultural Optimism (ECO) Exchange* Erasmus+ Project in Sofia, Bulgaria (<https://foundationece.wordpress.com/>).
4. *Multiple Diplomacies*, International Conference at Matej Bel University, Banska Bystrica, Slovakia (<https://www.fpvmv.umb.sk/en/departments/department-of-international-relations-and-diplomacy-5153/>)
5. *Daily Times*, Newspaper (<https://dailytimes.com.pk/132899/ecological-manifesto/>)
6. *Earth Charter International - Leadership, Sustainability, and Ethics Program* (<http://earthcharter.org/>)
7. *The CONSCIOUSNESS VI*, Annual Conference at the Sofia University "St. Kliment Ohridski" (<https://consciousnessdebate.wordpress.com/2017/12/25/%D1%81%D1%8A%D0%B7%D0%BD%D0%B0%D0%BD%D0%B8%D0%B5%D1%82%D0%BE-vi-2018/>)
8. *HOPE Erasmus+ Project* (<https://www.facebook.com/groups/899272606892285/about/>)
9. *Eco Circle Erasmus+ Project* ([https://www.facebook.com/ProjectEcoCircle/?ref=br\\_rs](https://www.facebook.com/ProjectEcoCircle/?ref=br_rs))
10. *MUNESD 2018*, UN hq Vienna, Austria (<http://munesd-vienna.com/>)
11. (Austrian World Summit, R20, Hofburg Palace, Vienna, Austria)
12. *Eco Circle Erasmus+ Project*, Braila, Romania
13. ?

**List of organizations working for the benefit of humanity:**

1. 1% For the Planet - <a href="https://www.onepercentfortheplanet.org">https://www.onepercentfortheplanet.org</a>	2. Advanced Disaster Relief - <a href="http://www.advanceddisasterrelief.com/index.html">http://www.advanceddisasterrelief.com/index.html</a>
3. Bill and Melinda Gates Foundation - <a href="https://www.gatesfoundation.org">https://www.gatesfoundation.org</a>	4. BLOOM Association - <a href="http://www.bloomassociation.org">http://www.bloomassociation.org</a>
5. Care About Climate <a href="https://www.careaboutclimate.org/index.html">https://www.careaboutclimate.org/index.html</a>	6. Climate Action Network - <a href="http://www.climatenetwork.org">http://www.climatenetwork.org</a>
7. Climate Action Org - <a href="http://www.climateactionprogramme.org">www.climateactionprogramme.org</a>	8. Climate Forecast Applications Network - <a href="https://www.cfanclimate.net">https://www.cfanclimate.net</a>
9. David Suzuki Foundation - <a href="https://david Suzuki.org">https://david Suzuki.org</a>	10. Deep Ecology Movement - <a href="http://www.deepecology.org/deepecology.htm">http://www.deepecology.org/deepecology.htm</a>
11. Doctors Without Borders - <a href="https://www.doctorswithoutborders.org">https://www.doctorswithoutborders.org</a>	12. Earth Charter International - <a href="http://earthcharter.org">http://earthcharter.org</a>
13. Earth Day Network - <a href="https://www.earthday.org">https://www.earthday.org</a>	14. Earth Hour – <a href="http://www.earthhour.org">www.earthhour.org</a>
15. Food For the Hungry - <a href="https://www.fh.org">https://www.fh.org</a>	16. Foot Print Calculator - <a href="http://footprint.wwf.org.uk">http://footprint.wwf.org.uk</a>
17. Friends of the Earth - <a href="https://www.foei.org">https://www.foei.org</a>	18. Gapminder - <a href="http://www.gapminder.org">http://www.gapminder.org</a>
19. Gates Notes - <a href="https://www.gatesnotes.com">https://www.gatesnotes.com</a>	20. Global Citizen - <a href="https://www.globalcitizen.org/en">https://www.globalcitizen.org/en</a>
21. Global Climate Change - <a href="https://climate.nasa.gov">https://climate.nasa.gov</a>	22. Global Fishing Watch - <a href="http://globalfishingwatch.org">http://globalfishingwatch.org</a>
23. Go Eco - <a href="https://www.goeco.org">https://www.goeco.org</a>	24. Human Rights Watch - <a href="https://www.hrw.org">https://www.hrw.org</a>
25. International Committee of the Red Cross: <a href="https://www.icrc.org/en">https://www.icrc.org/en</a>	26. International Rescue Committee (IRC) - <a href="https://www.rescue.org">https://www.rescue.org</a>
27. International Volunteer Head Quarters - <a href="https://www.volunteerhq.org">https://www.volunteerhq.org</a>	28. Intergovernmental Panel on Climate Change - <a href="http://www.ipcc.ch">http://www.ipcc.ch</a>
29. National Wildlife – <a href="http://www.nwf.org">www.nwf.org</a>	30. Nature Conservancy – <a href="http://www.nature.org">www.nature.org</a>
31. ONE - <a href="https://www.one.org/us">https://www.one.org/us</a>	32. Our World in Data - <a href="https://ourworldindata.org">https://ourworldindata.org</a>
33. PAWS - <a href="https://www.paws.org">https://www.paws.org</a>	34. People for the Ethical Treatment of Animals - <a href="https://www.peta.org">https://www.peta.org</a>
35. Regions of Climate Action R20 - <a href="https://regions20.org">https://regions20.org</a>	36. Rainforest Alliance – <a href="http://www.rainforest-alliance.org">www.rainforest-alliance.org</a>

37.Rainforest Connection – <a href="http://www.rfcx.org">www.rfcx.org</a>	38.Seafood Watch - <a href="http://www.seafoodwatch.org">http://www.seafoodwatch.org</a>
39.Stop Wasting Food Movement - <a href="http://stopwastingfoodmovement.org">http://stopwastingfoodmovement.org</a>	40.Sustainable Development Goals: <a href="http://www.un.org/sustainabledevelopment/takeaction">http://www.un.org/sustainabledevelopment/takeaction</a>
41.TED Talks – <a href="http://www.ted.com">www.ted.com</a>	42.The Elders - <a href="http://www.theelders.org">http://www.theelders.org</a>
43.The Global Climate and Health Alliance - <a href="http://www.climateandhealthalliance.org">http://www.climateandhealthalliance.org</a>	44. The Ocean Cleanup - <a href="https://www.theoceancleanup.com">https://www.theoceancleanup.com</a>
45.The Venus Project - <a href="https://www.thevenusproject.com">https://www.thevenusproject.com</a>	46.UN Framework Convention on Climate Change - <a href="https://offset.climateneutralnow.org">https://offset.climateneutralnow.org</a>
47.UNICEF - <a href="https://www.unicef.org">https://www.unicef.org</a>	48.UN Development Programme - <a href="http://www.undp.org/content/undp/en/49.home.html">http://www.undp.org/content/undp/en/49.home.html</a>
50.UN Framework Convention on Climate Change - <a href="http://unfccc.int/2860.php">http://unfccc.int/2860.php</a>	50. UN Office for the Coordination of Humanitarian Affairs (OCHA) - <a href="http://www.unocha.org">http://www.unocha.org</a>
51.UN University - <a href="https://unu.edu">https://unu.edu</a>	52.UN Volunteers Programme - <a href="https://www.unv.org">https://www.unv.org</a>
53.United States Agency for International Development - <a href="https://www.usaid.gov">https://www.usaid.gov</a>	54.Wildlife Alliance - <a href="https://www.wildlifealliance.org">https://www.wildlifealliance.org</a>
55.Wildlife Conservation Society - <a href="http://www.wcs.org">http://www.wcs.org</a>	56.Woods Hole Research Center - <a href="http://whrc.org">http://whrc.org</a>
57.World Food Programme - <a href="http://www1.wfp.org">http://www1.wfp.org</a>	58.World Future Society - <a href="http://wfs.site-ym.com">http://wfs.site-ym.com</a>
59.World Health Organization - <a href="http://www.who.int/en">http://www.who.int/en</a>	60.World Wildlife Fund - <a href="http://wwf.to/1koXWzU">wwf.to/1koXWzU</a>
61.Zero Waste Home - <a href="https://zerowastehome.com">https://zerowastehome.com</a>	62.ManEco Foundation / Vihren Mitev - <a href="https://twitter.com/VihrenMitev">https://twitter.com/VihrenMitev</a> ; #mitevfuture (FB + Twitter)

Site: <https://vihrenmitev.wixsite.com/ecologicalmanifesto>

Facebook: Ecological Manifesto - <https://www.facebook.com/Ecological-Manifesto-1611041272293979/>

Climate Ambassador, E-mail: [vihrenmitev@gmail.com](mailto:vihrenmitev@gmail.com)