

What You Can Do

Practical ways to live more sustainably.

A guide for Sustainable Living in Swansea is available which contains many useful tips and contact details of local organisations that can help you. Check out [On The Trail Guide \[1.7Mb\]](#) or [On the Trail Guide - Welsh Version \[1.7Mb\]](#) , or contact us for a free copy.

Here are ten easy and practicle ways to become more sustainable, with links to help you!

- Use Sustainable transport more often
- Why sit in stressful traffic jams, when you can zip past it in the bus lane or on the train! If everyone, just once a week made the effort to car share, walk, cycle, or use public transport, instead of using the car, it would greatly improve our local environment, and help towards the global challenge of climate change. Check out the [Swansea Bay Alternative Travel Map \[8.0Mb\]](#) to plan your journey.

- Recycle
- Use your green bags to recycle cans, glass and paper. The Council has also started to provide boxes for organic kitchen waste, which they collect on a fortnightly basis. Check the [Recycling Department Kitchen Waste website](#) to see if they are in your area yet or phone 01792 635600

- Be Thrifty - Instead of buying new things such as household appliances, check out websites like [Swansea Swap Shop](#) or [Freecycle](#) to find FREE good quality items, and to get rid of things that you don't want anymore, but may be useful to someone else! These networks promote waste reduction, re-use, and reduce the pressure on landfill sites. [Reuse recycle green map](#)

- Re-Use - Take your old clothes to the charity shop and have a hunt for some new bargains! Check out the [Green Map](#) for a directory of all the charity shops in Swansea.

- Reduce your food miles
- Think about what you are buying and where it has come from; where possible buy local produce and support your local producers in shops and at markets - Check out the Food section of the [Green Map](#). You could even get an organic box delivered to your house to make things easy for you.

- Find out about your impact on the Earth - Check out your ecological or carbon footprint, and find ways to reduce it.

- Volunteer or become part of a community group - get involved to help others and gain valuable new skills. Check out the Green Map to find Social Resources in your area, or contact Swansea Council for Voluntary Service (SCVS) to find out about all types of volunteer opportunities in Swansea.

- Try not to use the car for journeys less than 2 miles - 50% of all journeys made are less than 2 miles long! Check out the Swansea Bay Alternative Travel Map [8.0Mb] to plan your journey.

- Switch your energy supply to renewable sources - Uswitch.com offers an independent Green Energy Guide and Tariff Comparison Service to make switching easy.

- Reduce the amount of junk mail you receive - by registering with the Mailing Preference Service.