

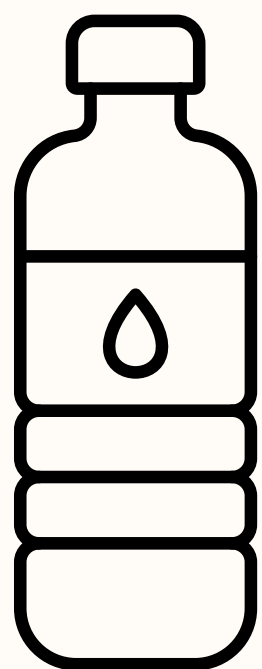
Did you know you can...

RECYCLE ALL THESE MATERIALS AT JINONICE

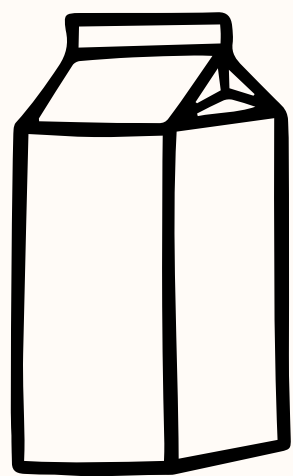
V JINONICÍCH MŮŽEŠ TŘÍDIT VŠECHNY
TYTO MATERIÁLY

IN THE CORRIDORS

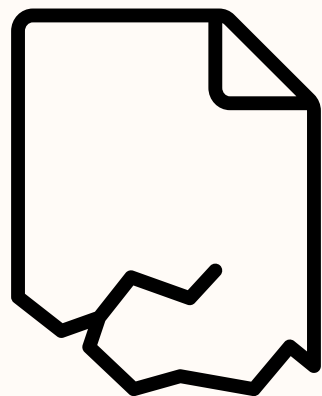
na chodbách



PLASTICS



CARTONS



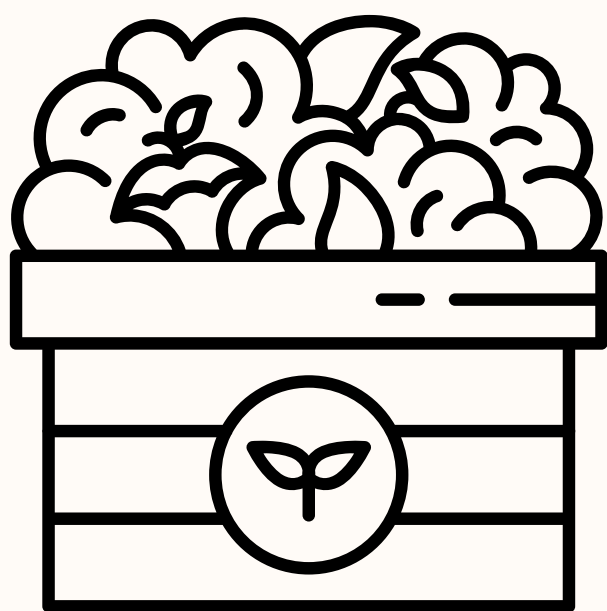
PAPER



METAL

ON THE TERRACE

na terase



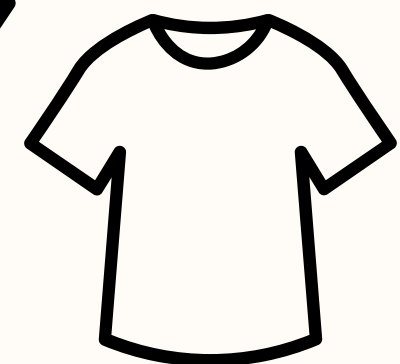
ORGANIC WASTE



GLASS



E-WASTE



TEXTILES

PUBLIC BINS OUTSIDE

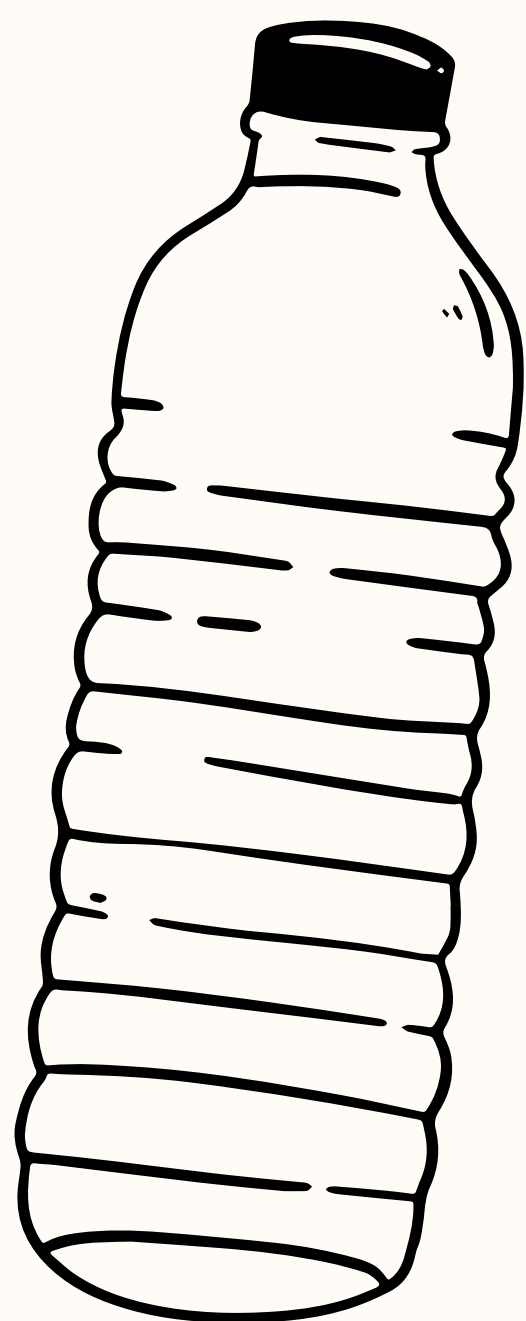
veřejné kontejnery na ulici

FSV UK

Did you know that...

PLASTIC BOTTLES CONTRIBUTE TO WATER POLLUTION BY MICROPLASTICS

PLASTOVÉ LÁHVE PŘISPÍVAJÍ KE ZNEČIŠTĚNÍ VODY MIKROPLASTY



**THERE ARE ABOUT 240,000 MICROPLASTIC
PARTICLES IN 1 LITRE OF BOTTLED WATER¹**

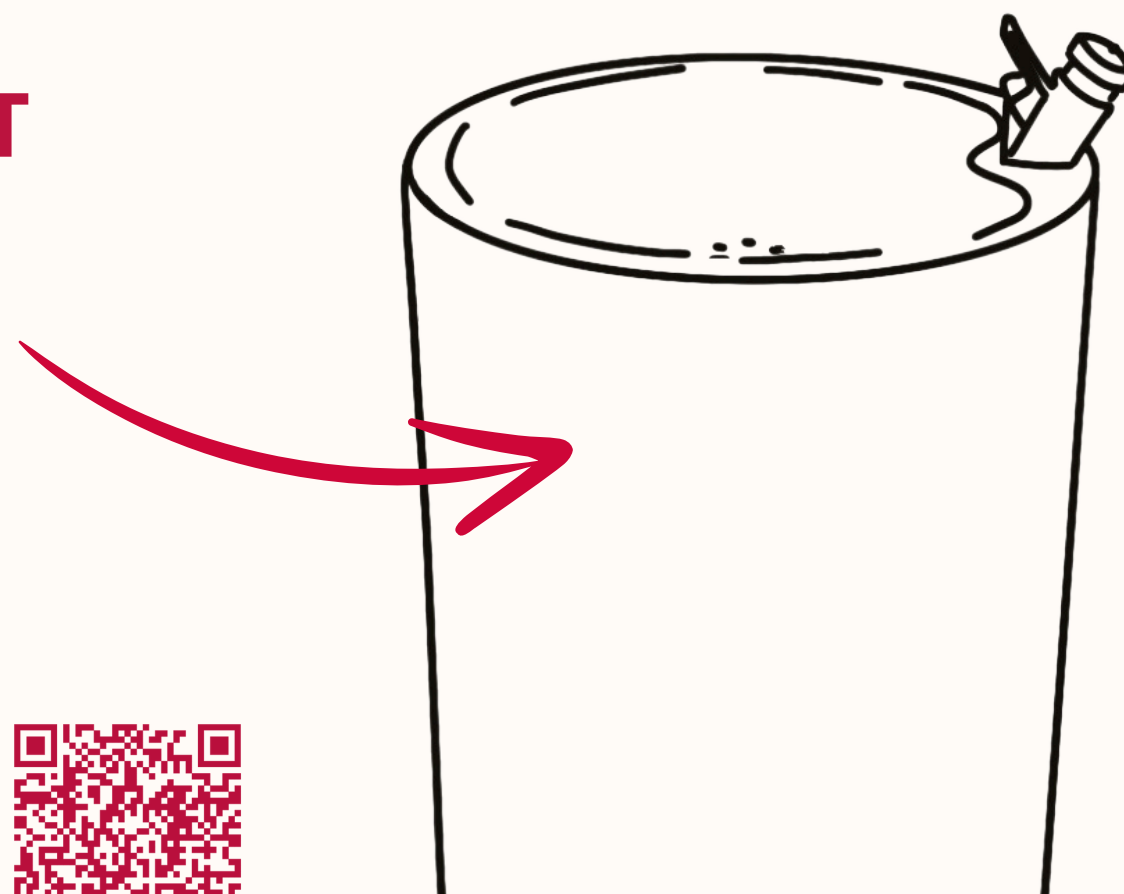
V JEDNOM LITRU BALENÉ VODY JE ASI
240 000 ČÁSTIC MIKROPLASTŮ¹

**JINONICE HAS SOME OF THE HIGHEST
QUALITY TAP WATER IN PRAGUE!²**

JINONICE MAJÍ JEDNU Z NEJKVALITNĚJŠÍCH
KOHOUTKOVÝCH VOD V PRAZE!²

**WATER FOUNTAIN IS JUST
AROUND THE CORNER ;)**

PÍTKO JE HNED ZA ROHEM ;)



1) National Institutes of
Health (NIH). (n.d.). Plastic
particles in bottled water.



2) Pražské vodovody
a kanalizace. (n.d.).
Pitná voda



FSV UK

Did you know you can...

USE A REUSABLE CUP FOR YOUR COFFEE

POUŽÍVEJ NA KÁVU A ČAJ VLASTNÍ KELÍMEK

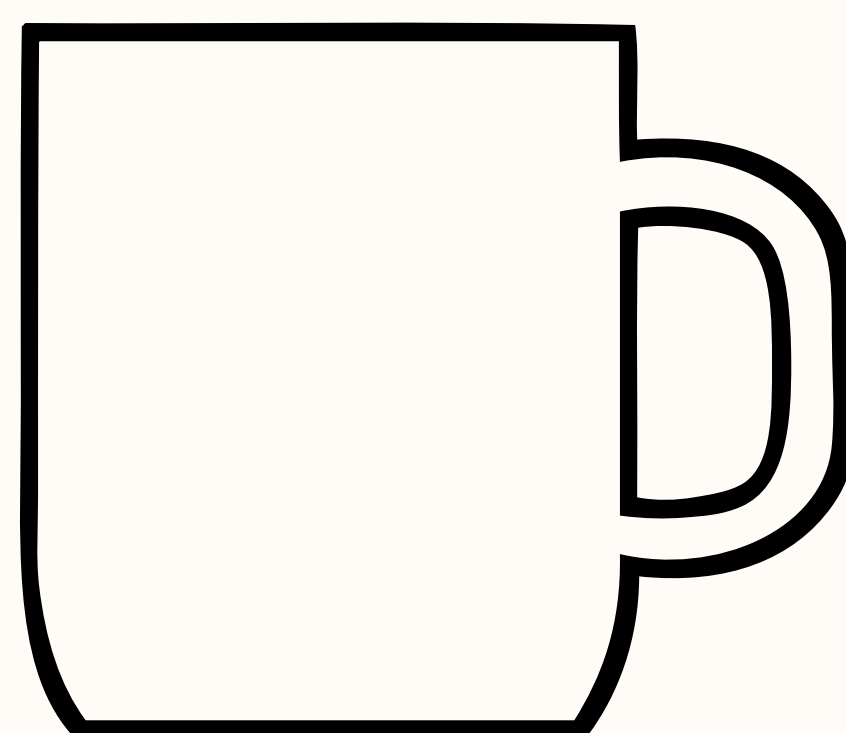


**YOU CAN BRING YOUR OWN CUP OR
BORROW *REKELÍMEK* AT THE CAFÉ**

MŮŽEŠ SI PŘINÉST VLASTNÍ HRNEK
NEBO SI PŮJČIT *REKELÍMEK* V BISTRU

**SIMPLY PLACE YOUR CUP INTO THE
VENDING MACHINE, IT DETECTS IT
AUTOMATICALLY**

STAČÍ JEN VLOŽIT KELÍMEK DO OTVORU,
AUTOMAT ROZPOZNÁ, ŽE UŽ TAM JE



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Did you know you can...

SAVE WATER

ŠETŘI VODOU A ENERGÍÍ

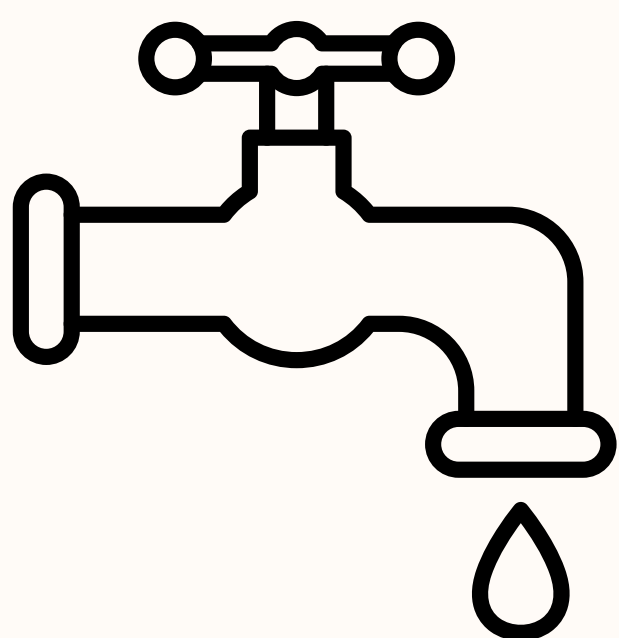


**USE COLD WATER WHENEVER
POSSIBLE (AVAILABLE IN THE
SINKS ON THE LEFT SIDE)**

POUŽÍVEJ STUDENOU VODU
KDYKOLIV JE TO MOŽNÉ (DOSTUPNÁ
V UMYVADLECH VLEVO)

**SAVE 3L (DAILY WATER
INTAKE) BY USING A
SMALL FLUSH**

UŠETŘÍ TŘI LITRY (DOPORUČENÝ
PITNÝ REŽIM NA DEN) KAŽDÝM
ÚSPORNÝM SPLÁCHNUTÍM



**REPORT ANY WATER LEAKS
CALL 607 042 825**

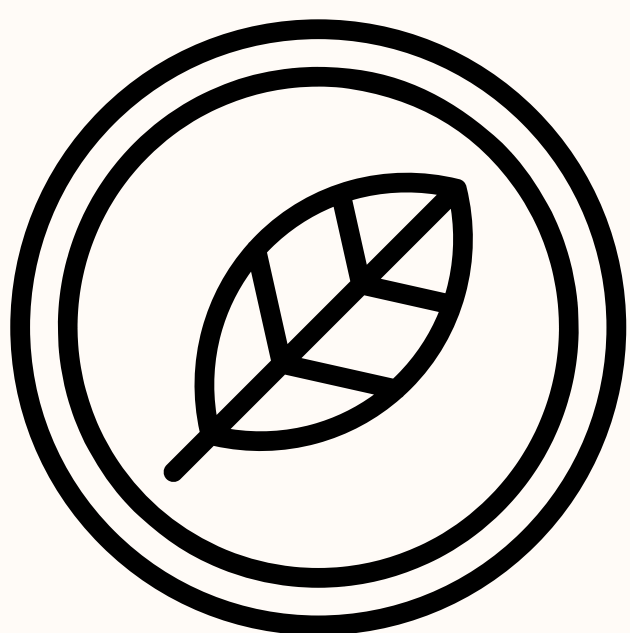
NAHLAŠ JAKÝKOLIV ÚNIK VODY
VOLEJ 607 042 825

FSV UK

Did you know you can...

HELP THE ENVIRONMENT BY EATING MORE PLANT BASED

POMOZ ŽIVOTNÍMU PROSTŘEDÍ TÍM, ŽE
UPŘEDNOSTÍŠ ROSTLINNOU STRAVU



**PLANT-BASED FOOD, COMPARED TO
ANIMAL PRODUCTS, PRODUCES LESS
GREENHOUSE EMISSIONS AND
SAVES WATER AND LAND¹**

ROSTLINNÉ JÍDLO PRODUKUJE V
POROVNÁNÍ SE ŽIVOČIŠNÝMI PRODUKTY
MÉNĚ EMISÍ SKLENÍKOVÝCH PLYNŮ A ŠETŘÍ
VODU A ZEMĚDĚLSKOU PŮDU¹

**YOU CAN FIND VEGAN AND VEGETARIAN
OPTIONS AT THE CAFE, SUCH AS VEGAN
YOGURT OR WRAPS**

V BISTRU MŮŽEŠ NAJÍT VEGANSKÉ
A VEGETARIÁNSKÉ MOŽNOSTI. ZKUS VEGANSKÉ
JOGURTY NEBO WRAPY



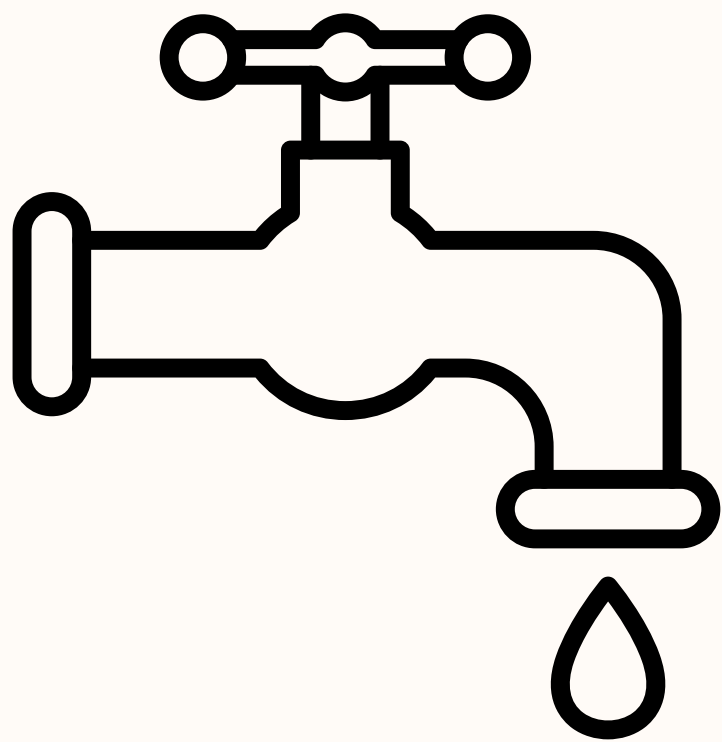
1) Scarborough, P., Clark, M., Cobiac, L. et al. Vegans, vegetarians, fish-eaters and meat-eaters in the UK show discrepant environmental impacts. *Nat Food* 4, 565–574 (2023).

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Did you know you can...

SAVE WATER

ŠETŘI VODOU A ENERGÍÍ

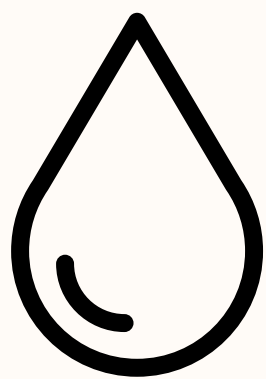
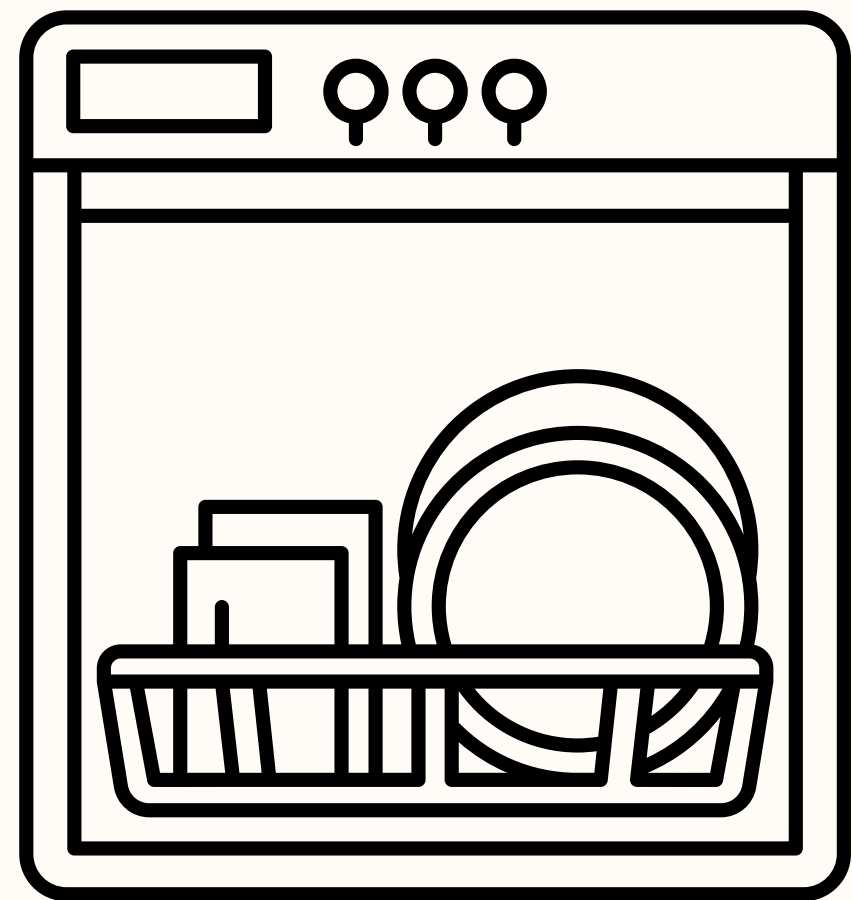


**DON'T LEAVE THE WATER
RUNNING WHEN NOT NEEDED**

NENECHÁVEJ ZBYTEČNĚ TĚCT VODU

**USE THE DISHWASHER ONLY
FOR FULL LOADS**

ZAPÍNEJ MYČKU, JEN POKUD JE PLNÁ



REPORT ANY WATER LEAKS: 607 042 825

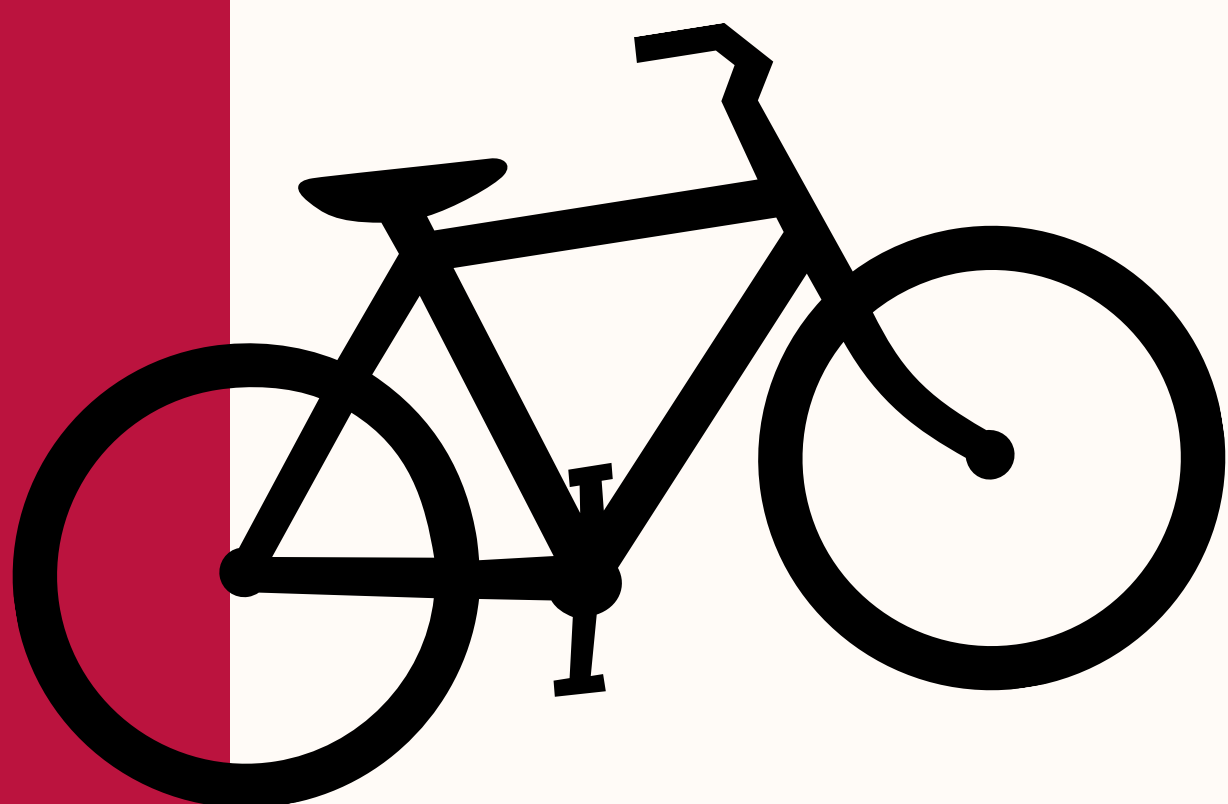
NAHLAŠ JAKÝKOLIV ÚNIK VODY: 607 042 825

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Did you know you can...

CYCLE TO SCHOOL

VYRAZ DO ŠKOLY NA KOLE

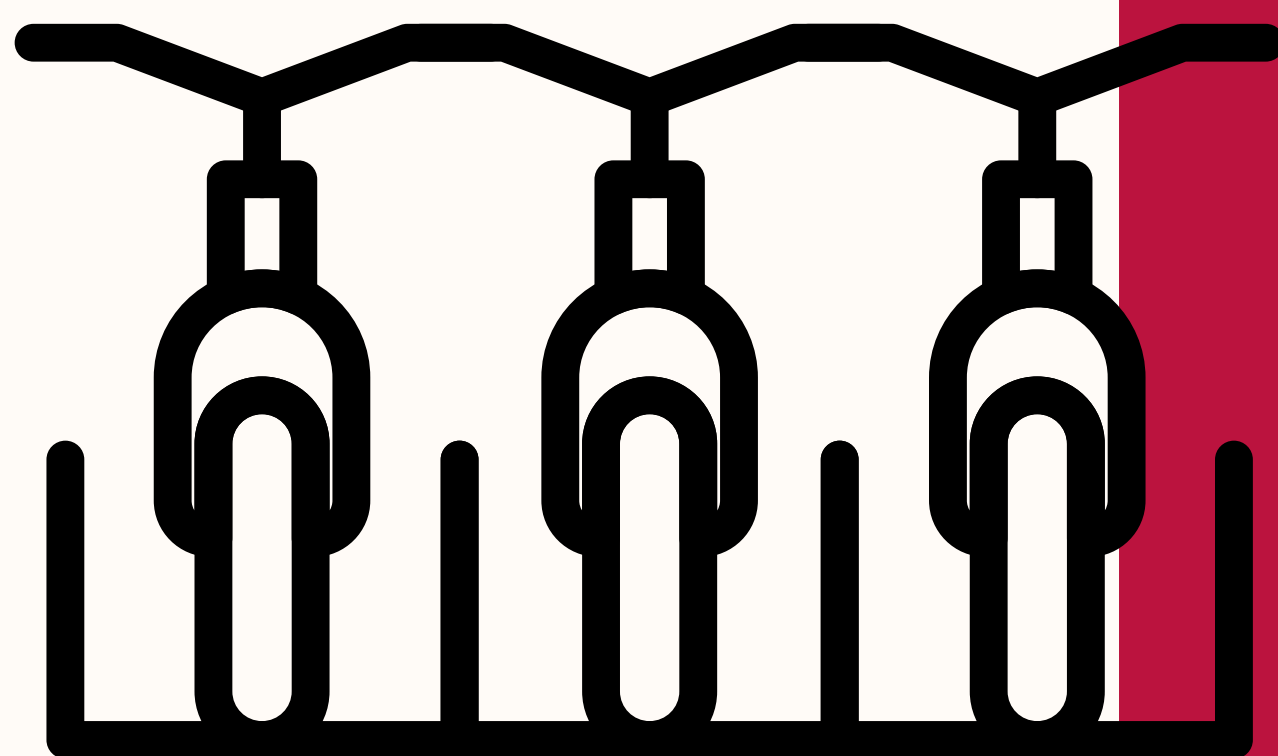


**CHALLENGE YOUR PHYSICAL
ABILITIES AND COME BY BIKE**

OTESTUJ SVÉ FYZICKÉ SCHOPNOSTI
A PŘIJEĎ NA PŘEDNÁŠKU NA KOLE

**BIKE STANDS ARE LOCATED ON THE
LEFT SIDE OF THE MAIN ENTRANCE**

STOJANY NA KOLA NAJDEŠ VLEVO OD
HLAVNÍHO VCHODU (U VJEZDU DO
GARÁŽÍ)



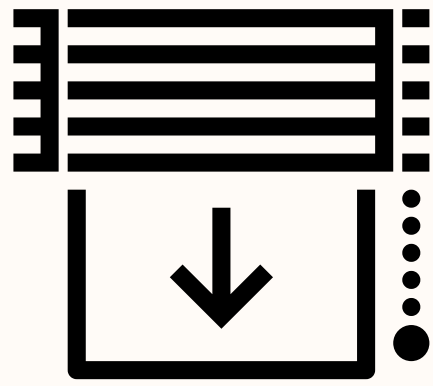
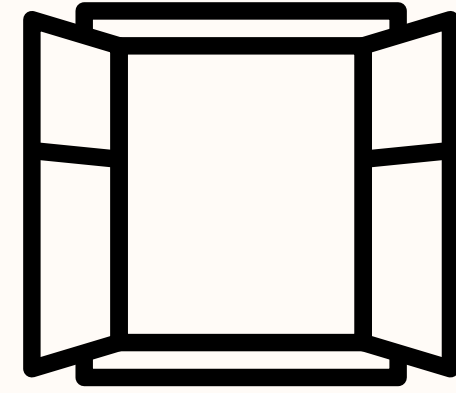
FSV UK

Did you know you can...

make this classroom more sustainable if you

VENTILATE QUICKLY, WITH MULTIPLE WINDOWS OPEN

- LENGTHY VENTILATION MAKES THE HEATING/AC INEFFECTIVE
- THE ROOMS ARE EQUIPPED WITH AIR RECIRCULATION; IF NOT NECESSARY, DO NOT OPEN THE WINDOWS AT ALL

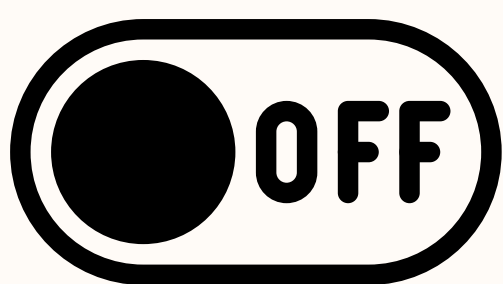
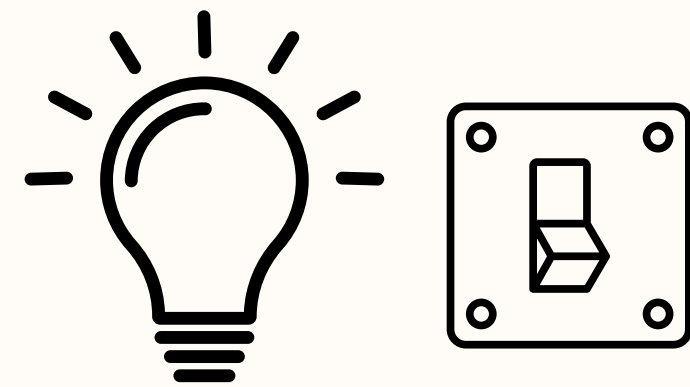


USE SHADES TO BLOCK DIRECT SUNLIGHT

- ON HOT DAYS, SHADES PREVENT OVERHEATING, AND THE AC WILL NOT TURN ON

ONLY USE THE LIGHTS YOU ACTUALLY NEED

- IN MANY ROOMS, YOU CAN SWITCH ON ONLY HALF THE LIGHTS



SWITCH OFF DEVICES YOU DO NOT USE

- MAKE THE MOST OF THE CLASS BY STAYING OFFLINE
- MAKE SURE THE BEAMER AND LIGHTS ARE SWITCHED OFF WHEN NO CLASS FOLLOWS (ESPECIALLY AFTER THE LAST CLASS)

RECYCLE ALL WASTE

- LIMIT THE USE OF THE GENERAL WASTE BIN IN THE ROOM
- RECYCLING BINS ARE AVAILABLE FOR **PAPER, PLASTIC, BEVERAGE CARTONS** (IN THE CORRIDORS), **METAL** (ON THE ENTRANCE FLOOR), AND **ORGANIC WASTE** (ON THE TERRACE BETWEEN THE BUILDINGS)

