

milano  
**cambia**  
aria

# 100 Tips for living in the city



Comune di  
Milano

milano  
**cambia**  
aria

**100 tips for  
living in the city**

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# Preface

There are various themes at the core of our commitment to the city of Milan: from preserving and making the most of our urban greenery to ecological connections, and from the fight against land consumption and pollution to getting people involved in civic and social projects.

More than anything, we have always supported the promotion of a better relationship between People and the Environment, based on knowledge of our impact on the world. Environmental education, an indispensable tool for enhancing this relationship, is now necessary: as a means to make all of us more attentive consumers and citizens, capable of making increasingly conscious choices.

This is why we have published this small guide you are about to read, a collection of good practices, tips and ideas to improve our daily behaviour. It is a matter of making changes that affect all levels of sustainability, since the environmental, social and economic aspects are closely related to one another. We all know by now that our lifestyles have a strong impact on the technological, human and financial resources available to individuals and to the community. The aim of this guide is therefore to raise awareness, motivate and empower the city of Milan so that everyone of us adopts virtuous behaviour, through practices related to sustainability, with 100 tips that you can start using right away. We believe that Milan can and must become a more sustainable and liveable city, a city capable of tackling the current climate emergency with courage, commitment and determination.

We are all aware that time is running out and that the time has really come for change, starting with the little things we do every day.

Now Milan is changing.

Milano Cambia Aria.

Elena Grandi  
Councillor for the Environment  
and Climate

15 September 2022



# Introduction

Milan, 2050.

Let's imagine for a moment that there is a time tunnel to take us straight to 2050; the world there is something that, at the beginning of this century seemed to be a pipe dream. A world where communities of human beings live in harmony with their surroundings, where technology is not at odds with the quality of life, where the air is pure, and there is no annoying background noise. But how did we get here? How did we avoid the socio-environmental disaster that seemed imminent in the early 2000s? How did we move towards a better world?

The first step was to imagine it. To imagine that the world we were living in was not the only world possible. We questioned it, and this triggered a shared path of transformation that allowed us to build a fairer world.

But what made it necessary to dream and design a different world, based on different social and productive ties?

Simply the fact that, for centuries, humanity had felt separate from its environment, acting as a mass of individuals disconnected from the surroundings, from life.

For a long time - although flawed - this model had been environmentally sustainable, but during the 20th century the system was taken to extremes of over-consumption and waste, to the point of collapse.

In fact, for many years we had taken advantage of lifestyles that were incompatible with ecological balance, deluding ourselves that resources and profits would never end. But as early as the 1970s, people had already started talking about Overshoot Day, a term denoting the exact day on which humankind, before the end of the year, consumed all the resources produced by the planet in the entire year, contracting a sort of debt with future generations from then on.

To give you an idea: in 2020 Overshoot Day fell on 29 July. Just think that even then, to be at least in balance with the biocapacity of our Earth, this day would have to be five months later, on 31 December!

Gradually, humanity began to witness the terrible effects of the polluting system in use, both in terms of consumption and in terms of social, economic and environmental inequalities. A paradoxical system, which every year generated an ecological backlash five times greater than the Earth can regenerate and therefore, tolerate.

At this rate, to support the consumption of the more affluent population, a debt equal to the resources of several planet-earths a year was being incurred ...

Effects such as: extreme weather events raging in places already inhabited by vulnerable populations; conflicts over access to and control over natural resources crucial for production; the presence of microplastics in our seas, which even threatened to outweigh the fish population; and the loss of biodiversity accelerating at an impressive rate.

These effects finally showed the limits of the then existing system and shook the consciences of the citizens and the powerful of the 21st century.

And this is a positive note, because the deepest crisis is what led to widespread and lasting change.

In fact, awareness of the environmental tragedy caused by that model of living made people raise their voices for more decision-making power on the climate and environmental issues, which allowed us to imagine a different, better planet again.

Here then was the change that made it possible to have the Milan of today, in 2050: the Milanese realised that they could change their city, their lifestyles, their environmental impact. An imaginable future - the new city in 2050 - became visible and possible. A healthier, more inclusive, conscious city, where human beings could live in greater balance with available resources and the pace of life. Guided, therefore, by the firm belief that a more balanced, healthy and peaceful future was necessary and still possible, people, organisations and institutions worked together to build it. By changing the basic logic with which they approach Life, they introduced changes in production and consumption patterns, informing themselves on the best choices on which to base their political decisions and their finally sustainable lifestyles.

But back to today, to us imagining that possible future: big changes demand small gestures and commitment on our part, but let us not underestimate the small everyday things either.

This is the purpose of the Guide you are reading: to give you some hints on lifestyle changes that will guide us towards a new way of life.

These are the first steps necessary for this good cause: the steps that will help us to get that better 2050 for everyone. We need to abandon what has turned out to be the real pipe dream, that we can continue to behave in an ecologically senseless and destructive manner.

You may discover things you did not know before or realise that those things usually considered difficult or impossible are instead quite easy and within everyone's reach. You could even share your motivation to try out actions that are more in line with a sustainable future with family and friends as well, because everyone will benefit.

Happy reading and... good practice!

# WHEN AT HOME

By changing some of our simple daily habits, together we can contribute to saving energy and also cut costs on our bills. Heating is usually what has the greatest impact on household energy costs.

Now, however, electricity bills are also weighing heavily on our budgets, as compared to a few years ago, we are using more and more devices (especially electronic and entertainment devices: computers, TV, telephones, games consoles,...).

With a little care, we can save up to €250 per year and reduce CO<sub>2</sub> emissions by at least 300 kg.

## When at home

- #1 We can turn off lights when we leave a room and no one is there.
- #2 We can unplug transformers and chargers from the socket; they consume power even when PCs and phones are not plugged in. Even better, we can connect the sockets to a power strip with a switch to make it quicker and easier to switch them all off. By switching off the stand-by function on electronic devices, we can save around 70 euro and 170 kg of carbon per year.



### More about CO<sub>2</sub>

It is estimated that the average annual carbon capture by a tree in the municipality (kg CO<sub>2</sub>/year) is 32 kg. This is the average value of individually surveyed public trees in Milan. However, we should be aware that a large, healthy tree can absorb much more carbon annually: for example, a 90-year-old Red Oak in Trotter Park is estimated to capture 262 kg CO<sub>2</sub> every year.

- #3 We can prefer a shower to a bath. A bathtub contains between 100 and 160 litres of water; taking a 4-minute shower will save up to 100 litres of water. Also, when showering or brushing our teeth, we should avoid leaving the tap to run unnecessarily. Water is a precious commodity, let's not waste it.

**#4** We can avoid rinsing dishes before putting them in the dishwasher. Fill the sink with water and let them soak. If possible, use pasta cooking water, which has a strong degreasing power.

**#5** If we decide to organise a party, we should use ceramic tableware. If we do not have enough for everyone, we can use compostable crockery (plates, cutlery and glasses) that can be thrown away in the organic bin.

**#6** We can buy, sell, exchange and donate items at flea markets or through social channels, which means extending the life of the products that we no longer need, but which are still in good condition and could be useful to others.



In Milan there are some places where you can give a second life to your abandoned objects or organize a flea market in front of the house. Visit the website for more information [www.comune.milano.it/servizi/mercatini-delle-pulci](http://www.comune.milano.it/servizi/mercatini-delle-pulci).

**#7** We can consider whether it is possible to repair an object we think is broken, or we can let our imaginations run riot and think of creative ways to reuse it.



**#8** We can replace electronic equipment only when we really need to, and then, with reconditioned devices. This will allow us to reduce our ecological footprint\*.

**\*Ecological footprint:**

a complex indicator used to assess the human consumption of natural resources against the Earth's capacity to regenerate them.



**#9** We can fill our bottles, preferably glass ones, with water from the tap at home and when we are out we can look for the nearest water dispenser for refills. Always remember to bring your Regional/National Services Card with you. Here [www.comune.milano.it/aree-tematiche/ambiente/acqua/case-dell-acqua](http://www.comune.milano.it/aree-tematiche/ambiente/acqua/case-dell-acqua) is where you can find the Water Dispensers.

## In winter

**#10** We can set the thermostat to a maximum of 19°C. For every degree less, we can save about 7 per cent in fuel costs. We can also set the thermostat to automatically lower the temperature in the house while we are at work or asleep, which makes it even easier to reduce energy consumption and save money. Thermostatic valves help us in this.

**#11** If we are cold when we are in front of the PC working or studying, rather than raising the temperature above 19°C, we can always wear an extra jumper. However, remember to check the thermostat not to go below 17°C, as staying in an environment that is too cold and damp can damage our health.

**#12** We can set the temperature of the electric water heater to a maximum of 50°C and not leave it on all the time: heaters can be switched on 2 hours before using hot water.





# In summer

**#13** We can set the air conditioning to a temperature of not less than 26°C and keep the windows and doors closed when the air conditioner is running.

Or when possible, we can create room ventilation, e.g. by draughts between opposite windows or windows in different rooms, in order to reduce the need for air conditioning.

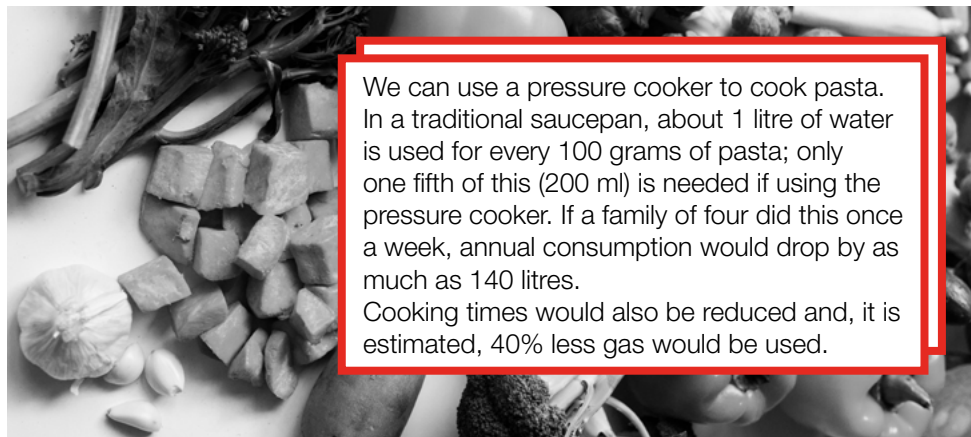
**#14** If possible, we can collect the water released by the air conditioner. It is clean and distilled and we can use it for ironing or for certain plants (make sure it is suitable for them first).

**#15** We can keep the blinds down where the sun shines and keep the windows closed during the hottest hours of the afternoon (typically from 3pm to 6pm in July and August). This will keep the house cooler. If we have a balcony, let's enrich it with plants! These will provide shade while preventing the sun from heating the walls.



# In the kitchen

- #16** When cooking, we should not leave the cooker on unnecessarily, e.g., put a lid on a pan to bring water to the boil in less time, avoiding heat loss and reducing cooker consumption.



We can use a pressure cooker to cook pasta. In a traditional saucepan, about 1 litre of water is used for every 100 grams of pasta; only one fifth of this (200 ml) is needed if using the pressure cooker. If a family of four did this once a week, annual consumption would drop by as much as 140 litres. Cooking times would also be reduced and, it is estimated, 40% less gas would be used.

- #17** We can try out new recipes by cooking what is left over from the night before. This not only avoids food waste, it also lets us get creative.

- #18** We should collect our used frying oil (or oil from cans of tuna and canned foods) by pouring it into plastic bottles, glass jars or special containers and take these to collection points or participating supermarkets. At [www.amsa.it/cittadini/milano/raccolta-oli-esausti](http://www.amsa.it/cittadini/milano/raccolta-oli-esausti), is a map of Amsa containers where we can dispose of our plastic bottles containing used oil.

## More info

Every time we throw cooking oil down the sink we endanger our rivers, lakes and seas! 1 kg of oil thrown down the drain costs the community €0.50 so 100,000 kg correctly disposed of will save us €50,000!



## The best way to store fruit and vegetables

As a rule, almost all fruit and vegetables should be stored in the bottom part of the refrigerator, or in the drawers, where the maximum temperature is 8-10°C and relative humidity is high (80-90%).

However, beware of exotic fruits such as bananas, avocados and papayas, which should never be stored in the fridge!

Vegetables that have a shorter shelf life are fresh pulses (beans, broad beans, green beans and peas), peppers, courgettes, aubergines and asparagus, which last up to a maximum of four days.

The others on average can last up to a week, while garlic and onions if stored in a cool, ventilated and dry environment can last up to 20 days.

Potatoes and pumpkins or squash?

Let's keep them out of the fridge!

These vegetables prefer to be stored in a dry place.



# In general, at home and in the garden, when we do maintenance

**#19** We can use energy-saving light bulbs: LED bulbs use up to 80 percent less energy than an incandescent bulb for the same amount of light produced. We can also improve the energy efficiency of our home by choosing light fittings with fewer lamps: for the same amount of lighting produced, light fittings with more lamps consume more energy than those with only one.

**#20** For all uses where batteries are required (e.g. programmable thermostats, wall clocks, etc.), we can choose rechargeable batteries: they are safe, durable, and pollute less than disposable batteries.

**#21** We should always remember to have our boiler inspected annually. We also need to maintain and clean the filters on the air conditioner; this will help us pollute and consume less.

**#22** When we change the arrangement of furniture and objects in the home, we should not place them in front of the radiators, as this would prevent the room from being adequately heated in winter.

**#23** If we have to change the boiler, we should consider installing an electric heat pump or hybrid appliance (electric heat pump together with gas condensing boiler) and take advantage of tax deductions to thermally insulate our building.

**#24** If we want to buy an air conditioner, we should check its energy label and prefer models equipped with inverters, which save up to 30 per cent in electricity consumption.

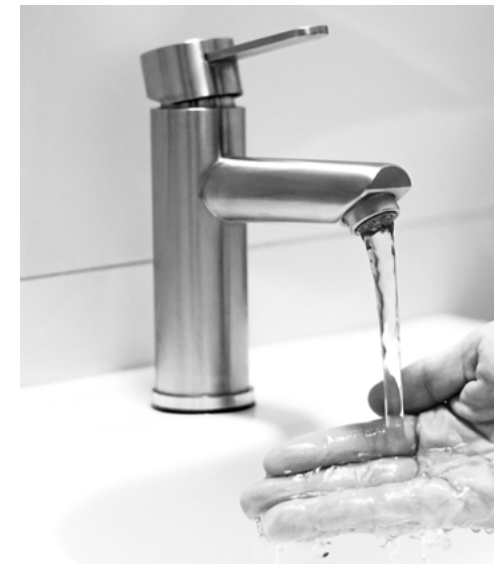
## Information box:

Efficiency bonuses and incentives: use the City of Milan's Energy Desk, they will give you information on how to save money.

**#25** We check and repair leaks from taps: constant maintenance of plumbing systems saves both money and water. We also fit flow reducers to taps to reduce water consumption.

## More info

A spray nozzle is a mixer that adds air to the water, increasing the jet and decreasing the water flow rate, allowing for faster washing at the same time. This is a simple operation; it is a small, easily installed device that can reduce water consumption by two thirds. Depending on the model, you can save between 30% and 70%, without reducing user comfort. Remember to keep it clean of limescale!



**#26** When changing or buying a household appliance, large or small, let's get it in a high energy class (A): the higher costs are recovered through lower electricity consumption.

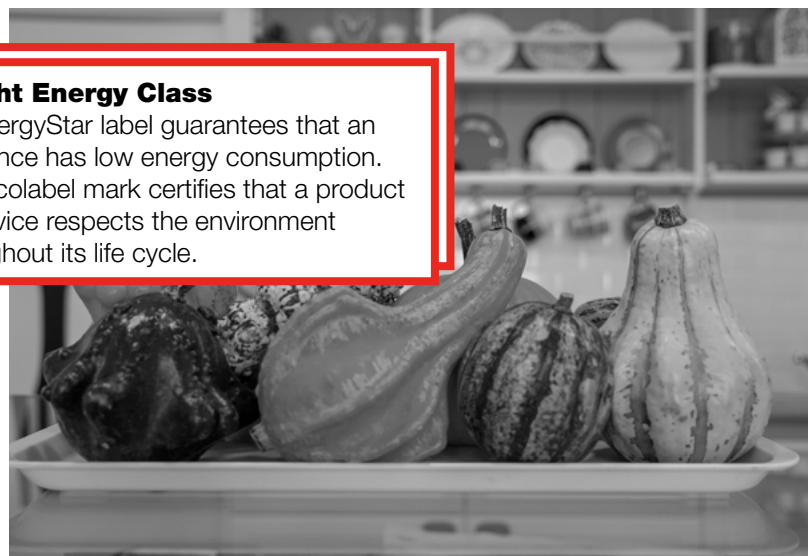
## FRIDGE AND FREEZER

**#27** We should regularly check the tightness of the rubber seals on the doors of our refrigerator and freezer to prevent the cold inside from escaping into the environment.

**#28** We can organise the fridge so that food can be stored properly: if it is too full, air will not be able to circulate between the products and this will consume more energy for cooling. Similarly, if the fridge is too empty, it will have to work twice as hard to maintain a stable temperature inside.

### Insight Energy Class

An EnergyStar label guarantees that an appliance has low energy consumption. The Ecolabel mark certifies that a product or service respects the environment throughout its life cycle.



**#29** Place the refrigerator or freezer in an airy place away from heat sources and keep it at least 10 cm away from the wall to avoid overheating.



### More info

A refrigerator consumes on average 100-240 W/h, but these values change depending on the energy class and age of the appliance.

Furthermore, it should neither be too full nor too empty as we would risk the food not cooling properly:

- if it is too full, little air will circulate inside and food could cover the air inlets inside and will have to work at higher power to ensure an even temperature.
- if it is too empty it will have to work twice as hard to maintain the required temperature because one of the elements contributing to cooling is also the low temperature of the food inside, which keeps the atmosphere stable.

So, in the case of a prolonged absence from home, we can switch off the refrigerator a day before departure to defrost and clean it; we can switch it on again when we return.



**#30** We should only open the fridge or freezer to take out what we need and then close them immediately to avoid wasting the cool air and reduce energy consumption.

**#31** Both fridge and freezer need regular defrosting; keeping the coils clean reduces consumption.

**#32** Do not put hot food in the refrigerator: this raises the overall temperature and will consume more energy to cool it down.

## WASHING MACHINE AND DISHWASHER

**#33** We should use both the washing machine and the dishwasher with a full load, as this saves water and energy.

**#34** If we have a dual rate tariff we should switch on the appliances in the evening and at weekends, we will also save on costs.



**#35** We should wash at low temperatures: modern washing machines and today's detergents will do the rest. This way, clothes will last longer, keeping their bright colours, the environmental benefits will be considerable. It is estimated that reducing the average washing temperature in European washing machines by just 3°C is equivalent to eliminating the emissions produced by 700,000 cars.

**#36** During the warmer months, if we can, we should dry laundry outside and avoid using electricity for the dryer.

**#37** We can dispense with hot air drying for the dishwasher if we just open the door and let the dishes dry themselves; this saves 45% energy on a full cycle.

### Did you know that...?

Did you know that many garments, especially synthetics, release countless microplastics during washing?

These go directly into rivers and seas through the washing machine drain. You can help reduce microplastic water pollution by using a washing machine bag during washing. This will allow you to do good for the environment and also extend the life of your clothes.



**#38** Keep filters, dishwasher rotor arms and detergent trays clean and use anti-limescale products (such as baking soda) to reduce consumption.

## OVEN AND MICROWAVE

- #39** If we use the oven to cook several dishes preferably together or one after the other, then we avoid having to heat it twice.



- #40** If we have a microwave available, let's use it to defrost or even cook. It consumes less energy than a conventional oven. There are many recipes suitable for microwave cooking, e.g. the vacuum-cooking technique. But if we don't have one to defrost food, just remember to take food out of the freezer in time.

## WATER USE

- #41** We could use the toilet flush responsibly: 30% of household water is consumed by the toilet flush. Every time the flush button is pressed, about 10-12 litres of water are directed into the sewer. Installing a flush cistern with a dual control, i.e. to flush different amounts of water according to needs, saves tens of thousands of litres of water in a year.
- #42** If we are planning to create a place to park our car, we should avoid paving and go for a type of paving that allows rainwater to drain off (e.g. reinforced driveway lawn, gravel, draining resin floor) so as not to clog city sewers.
- #43** If we sweep the pavement in front of our house, we should avoid throwing leaves onto the street; they will clog the drains and prevent water from draining away in heavy rain. We should also keep the gutters clean.
- #44** If we choose to renovate our garden, let's put in as much greenery as possible, it will help us shelter from urban heat islands. Let's just remember to take care of all this greenery! We need to avoid making drastic cuts that are harmful to trees (e.g. topping). Even for those living in apartment blocks, it is important to pay attention to the care of green areas: incorrect pruning, such as topping or drastically reducing the foliage, can cause irreversible damage, exposing the tree to serious health problems and increasing maintenance costs in subsequent years.





### **Insight: Topping**

A technique that consists of cutting the branches above the trunk or keeping the main branches and larger branches, but eliminating all or almost all buds. Topped trees are not only more fragile, but are also exposed to greater risk of disease and pest attacks. In fact, large wounds, caused by cuts, make it easier for various harmful organisms to enter the tree. In spring, in order to grow new leaves, the plant will activate “spare” placed along the remaining, large, old branches. This takes a lot of resources and will weaken the tree: the new branches, which grow after cutting, are weakly inserted and therefore more prone to drop off.

**#45** We can also evaluate the possibility of creating a rain garden.

Rain gardens are flowerbeds with an important technical function: their task is to manage the inflow of rainwater from heavy rainfall falling on impermeable city surfaces (roofs, roads). These gardens, specially designed with highly permeable soils and suitable plant species, promote water infiltration on site, recharging the water table; thanks to plant-mediated phyto-purification processes, they filter water that is polluted from contact with urban surfaces. In this way, less and cleaner rainwater is delivered to the sewer system, helping to alleviate the workload of the system itself, which in turn reduces flooding and overflowing of drains. Depending on the plant species used, they can also attract biodiversity and, in addition, provide a variety of other benefits specific to green areas.



**#46** We can also look at the possibility of building a green roof or green walls on our home.



**Insight: Green Wall**

A vertical green wall, on a conceptual level, is similar to a roof garden, because it allows for green surfaces on substrates other than the natural ground, integrated into buildings. In the case of vertical greenery, walls or vertical surfaces (interior or exterior) become planted surfaces through the use of modular containers, aggregate substrates and a fertirrigation system that allow plants to be planted. Alternatively, a green wall can be developed on a net (or other type of support) attached to the façade, which becomes a support for climbing species, rooted in containers (even on several floors of the building) or in the ground. The distance between the plants and the wall creates an 'air chamber' that isolates the building. The advantages of a planted façade include decreased energy consumption for the thermal regulation of the building, the positive influence on the microclimate of the surrounding area, increased sound insulation, removal of part of the air pollutants, increased biodiversity, and greater well-being.

# WHEN WE ARE AT SCHOOL AND AT WORK



# In the office and at school

**#47** We can adjust the brightness of artificial lighting according to the sun conditions outside and if possible, use a lamp for desk lighting in preference to fixed electric lights. In this way we will reduce our consumption.

**#48** We can use blackout curtains in summer, which helps to keep a bearable indoor temperature and reduce the use of air conditioning.

**#49** We should turn off the lights and the monitor when we leave our station.

**#50** We can check whether it is possible in the office to replace the plastic cups provided by the coffee machine with a cup brought from home.

**#51** We can use a water bottle and refill it regularly so that water is always available.



**#52** We can also try to use the back of discarded paper sheets to take notes.

**#53** We can use recyclable cartridges for printer toner.

**#54** We can only print and photocopy documents that are strictly necessary and use two-sided and black/white if possible.

**#55** We can report if there are any malfunctions either in IT devices or in the rooms or appliances in the common areas (water leaks, frequent blackouts, etc.). They could be the cause of wasted energy and thus additional costs.



## In stores

**#56** We can keep the doors closed if we are heating or cooling the room\*

### \*Local regulations

Milan's air quality regulations stipulate what is allowed for keeping air-conditioned rooms in commercial and public premises thermally insulated.

**#57** We can regulate the temperature inside the premises; customers and staff must be able to live in an environment with a temperature that is appropriate to the outside temperature: not too cold in summer due to air conditioning and not too hot in winter due to heating at high temperatures.

**#58** We can choose to light the premises using energy-saving devices.

**#59** We can turn off the signs and lights inside the premises after closing time. Milan is one of the cities with the highest level of light pollution, resulting in a waste of public resources that could be better used for other interventions.



## Also... in digital life

**#60** We can use digital communication tools (chat, email, messages, ...) consciously: we can reread texts, and remember to attach files if provided, as well as to reduce their size. We will also contribute in this way to limiting CO<sub>2</sub> emissions.

**#61** We should keep newsletter subscriptions in line with our interests, avoiding regular receipt of emails that we will not read. This also applies to keeping unused accounts.

**#62** We can avoid keeping web pages open if they are not useful for the activity we are performing at that moment. Always remember to save links to the most consulted web pages to reduce the use of search engines.



**#63** Only archive what we want to keep; use the available storage solutions (local and cloud-based) avoiding multiple copies of saved files and remembering to delete obsolete ones. Remember to pause computers and activate the available energy-saving options to reduce power consumption when not in use.

**#64** We can adjust the brightness of the screen according to the actual lighting level of the environment and switch off the webcam during video calls where it is not necessary to transmit the video, in order to reduce bandwidth occupation.

**#65** In case of repeatedly listening to the same piece of music or multiple viewing of the same video, where the service allows, we can reduce bandwidth consumption by downloading tracks and videos of interest locally.

# WHEN WE SHOP



**#66** When we go shopping, to avoid buying disposable bags every time, let's remember to take reusable bags with us. We can also use shops that sell loose products, remembering to bring a container from home: by doing so, we can save up to 50 euro and 10 kg of CO<sub>2</sub> per year.



**#67** We can choose to buy food with as little packaging as possible or to buy products with reusable packaging: this will reduce waste production.

**#68** We can choose seasonal products and prefer vegetables, trying to limit meat consumption once a week.

#### **More info**

The water consumed in meat production varies depending on the type of animal and the production system. To produce 1 kg of beef requires 15,400 litres of water, to produce 1 kg of pork 6,000 litres and chicken 4,300 litres.

Producing meat requires far more water than producing any type of vegetable, for which an average of 300 litres of water per kilo is needed.

**#69** Let's think of a weekly menu and organise our shopping, that way we will avoid buying too much food and risking letting it expire.

**#70** We can look for local producers' markets, this stimulates the local economy and means we can buy 0 km products, which offer greater guarantees of freshness precisely because of the lack - or almost total lack - of transport and transit.



**#71** We can choose organic produce, obtained without the use of chemical fertilisers, pesticides, herbicides or other synthetic products. These help to preserve the biodiversity and richness of the flora and fauna of the territories involved.

**#72** We should prefer environmentally friendly detergents and buy concentrated (slightly diluted) or even solid products whenever possible to reduce packaging.



#### **Did you know that...?**

Did you know that cider vinegar, alcohol and lemon are excellent allies when it comes to cleaning? Just as effective and also cheaper!

**#73** If possible, we should always prefer the environmentally friendly and less impactful version of the objects we use on a daily basis: to remove make-up we can use sponges or cloths that we can easily wash and reuse. In the kitchen, instead of oven liner, which is not recyclable because it is special paper, we can use reusable and washable silicone mats.

**#74** For our small pets we can choose to use sand of 100% vegetable origin.



# TRAVEL

## Cycling

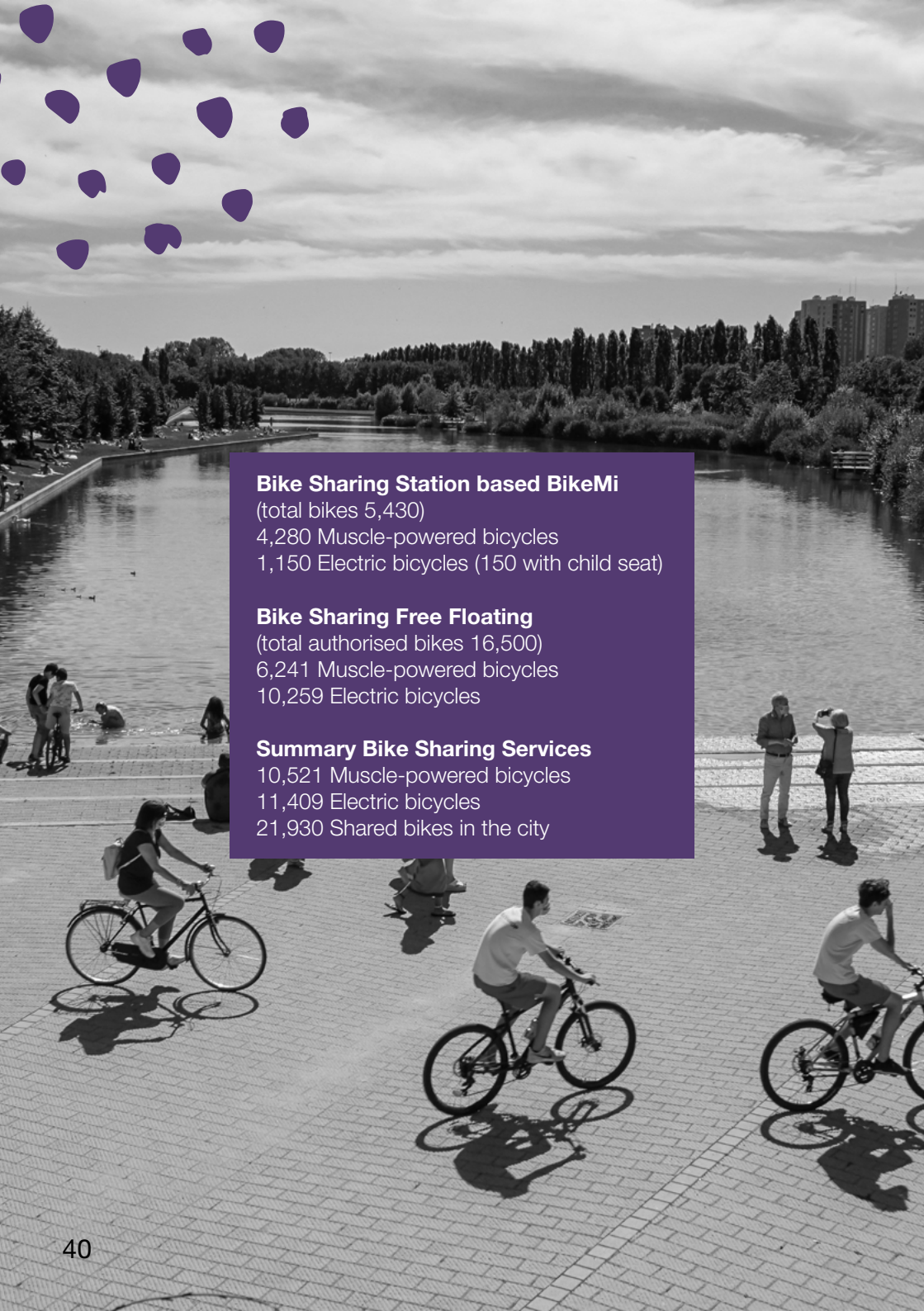
**#75** If possible, we can choose to cycle or walk, when doing errands to cut down on car use. It will save money, improve our health and, by using our legs, the air we breathe also gains!

**#76** Don't have a bicycle at your disposal? We can use one of the 21,930 bicycles made available to citizens with the Bike Sharing service: there are no purchase and maintenance costs, no chains or locks are needed, and we pay fares according to actual use! All the information you need is here: [www.comune.milano.it/servizi/bike-sharing](http://www.comune.milano.it/servizi/bike-sharing)

### More info

Approximately half of all urban trips in Italy are less than 5 km and therefore considered short trips. Avoiding two 2.5 km trips per day can save up to more than 100 kg per year in fuel and up to more than 200 euro per year.





### **Bike Sharing Station based BikeMi**

(total bikes 5,430)

4,280 Muscle-powered bicycles

1,150 Electric bicycles (150 with child seat)

### **Bike Sharing Free Floating**

(total authorised bikes 16,500)

6,241 Muscle-powered bicycles

10,259 Electric bicycles

### **Summary Bike Sharing Services**

10,521 Muscle-powered bicycles

11,409 Electric bicycles

21,930 Shared bikes in the city

## **By public transport**

**#77** We can choose to use the tram, bus, metro and train for our commute. This will reduce CO<sub>2</sub> emissions and have several advantages for ourselves: we can read, make calls without being distracted at the wheel, and avoid stressful traffic. Remember that sometimes it takes less time by public transport than by car.

## **Shared and rented**

**#78** If possible, we can carpool with friends, colleagues or neighbours. Both our pockets and the environment will thank us and we can improve our ability to relate to others.

**#79** Let's sign up for car sharing, perhaps even with fixed parking. If we choose to experience the benefits of car sharing: we will eliminate all the hassles and fixed costs of private cars, without having to give up our car when we need it. All the information you need is here: [www.comune.milano.it/servizi/car-sharing](http://www.comune.milano.it/servizi/car-sharing)

### **More info**

If we don't have to use a car every day, let's consider how much it costs us to maintain it: public transport, private transport, rental and sharing services could be a much more cost-effective alternative. For one less car we can save up to 2,000/2,500 euro and 1,600 kg CO<sub>2</sub> per year. Besides... it is estimated that for 90% of the time, a car sits idle, just taking up space!



# Also when we are behind the wheel

**#80** Let's curb waste when we are behind the wheel: we can adjust our speeds since nervous driving increases fuel consumption by up to 30%. We can learn to dose the accelerator and not to overdo it with unnecessary braking and gear changes. For 15,000 kilometres of eco-driving we can save up to 200 euros and 270 kg CO<sub>2</sub> per year. Moreover, the faster we go, the more we raise fine dust, which, if inhaled, cause potential health damage to pedestrians.

## More info

Driving at a moderate speed saves fuel and reduces the dust produced by brake friction on asphalt.



**#81** In the car as at home: when we travel by car and have the heating or air conditioning on, we need to keep the windows closed and we should turn off the engine when we are stopped in traffic or waiting for someone. Air conditioning can increase a car's fuel consumption and consequent emissions by up to 30%\*.

## \*Current legislation

Remember that, according to current legislation, it is forbidden to keep the engine running while a vehicle is parked in order to keep the air conditioning system running.



## More info

We should not use the air conditioning for short stretches, up to 10 minutes. Especially if the car has been in the sun. We would not even have time to cool the air and it would therefore only be a waste of energy. We should not immediately operate the system at maximum, but lower the temperature gradually. The impact on consumption will be less and the benefit for us and the passengers, without a real heat shock, will certainly be appreciated.

# WHEN WE ARE ON HOLIDAY, WITH FRIENDS AND IN OUR FREE TIME



- #82 We can consider packing our suitcase with environmentally friendly items and products such as multi-purpose soaps or solid shampoos; these will allow us to reduce our environmental impact.
- #83 We can prefer facilities that pay attention to the environmental aspect, that reduce energy consumption by using renewable sources, that fit in with their surroundings, and which preserve the land by using natural and recycled materials.
- #84 We should prefer public transport to get around the site and, if possible, to use trains rather than planes to reach the place we are visiting, thus helping to reduce CO<sub>2</sub> emissions.
- #85 We can avoid barbecuing outdoors with wood or charcoal because although it is considered low-fat cooking, in reality if the food is burnt too much it becomes carcinogenic... not to mention the formation of PM<sub>10</sub>!\*

#### **\*Current legislation**

For this very reason, current legislation can limit or prohibit open-air burning, including barbecues and fireworks (for Milan, see for example the Air Quality Regulations and the Regulations for the Use and Protection of Public and Private Green Areas).

- #86 If we are in a restaurant and we are full, we can ask to pack the food and/or wine not consumed. If we leave them at the venue they will surely be thrown away.
- #87 Even if we don't have a green thumb, we can try to enrich our home with flowers and indoor plants because, in addition to creating the right humidity and beautifying the rooms, they also purify the air.



#### More info

Plants absorb 50% sunlight and reflect 30% of it. The environmental benefits associated with the presence of greenery are the improvement of the microclimate, noise protection, thermal improvement, filtering of dust, and their positive influence on indoor environments.

**#88** Consider the possibility of growing a vegetable garden in the backyard or on the balcony: you do not need to have a garden or a large outdoor space to grow a vegetable garden at home. Even a terrace or a simple balcony in the city can become a source of great satisfaction as well as good food! Otherwise we could rent a community garden or participate in a shared garden [www.comune.milano.it/aree-tematiche/verde/verde-pubblico/orti-e-giardini](http://www.comune.milano.it/aree-tematiche/verde/verde-pubblico/orti-e-giardini)

**#89** Let's participate in the care of the public greenery: we can adopt a flowerbed! [www.comune.milano.it/aree-tematiche/verde/cura-e-adotta-il-verde-pubblico](http://www.comune.milano.it/aree-tematiche/verde/cura-e-adotta-il-verde-pubblico)

**#90** We can promote school gardens to educate children about respect for the environment, the importance and value of food, and the resources to produce and process it.



**#91** Let's consider collecting rainwater to water the plants so we can reduce our water use, especially in hot weather. If we have a garden we can choose to connect a barrel to the gutters; in the future it will be a choice we will not regret!\*

#### \*Order of the Mayor

We should respect the guidelines for combating the spread of mosquitoes: always cover water containers such as bins, cisterns, tanks and reservoirs hermetically or with tightly woven nets.

**#92** If we are keen on gardening, we can compost on the balcony.

#### More info

To make compost at home, all you need is a bucket with lots of small holes, including in the bottom, so that air can pass through; place the bucket on a raised surface and a plant pot saucer to collect any liquid that might leak out. We can collect green garden and vegetable scraps (chopped branches, dried flowers and leaves); fruit and vegetable peel and rinds (remember to chop up the larger ones - melon, watermelon - to speed up the process); egg shells, walnut shells; paper and cardboard pieces (uncoated or plasticised). If we have a large enough composter, we can also put in cat litter, but only if it is vegetable litter. Remember, however, that not everything is good for composting, e.g. shells of molluscs (mussels, clams); cooked food, meat and fish (to avoid unpleasant odours). After 5/6 months, the soil starts to form and, after one year, we will have mature compost to feed flowers and plants.

# WHEREVER WE ARE, THERE IS NO DIFFERENCE

Let's put everything in its right place: correctly separated waste can become a great resource.

- #93 We should remember that the less packaging we buy, the less we have to sort and recycle.
- #94 Many packages are composed of several materials. Before throwing away the packaging, check whether it is possible to separate the different components and throw them in the correct container, e.g. plastic snack packaging with cardboard tray or glass jars with metal cap.
- #95 Let's pay attention to compostable materials made of plant-based polymers (e.g. food trays or disposable plates): we can throw these in the organic compost bin together with food waste to be turned into compost.
- #96 Remember to remove food residues and other materials from empty containers for reasons of hygiene. This simple action also speeds up the recycling process and increases the amount of material recovered.

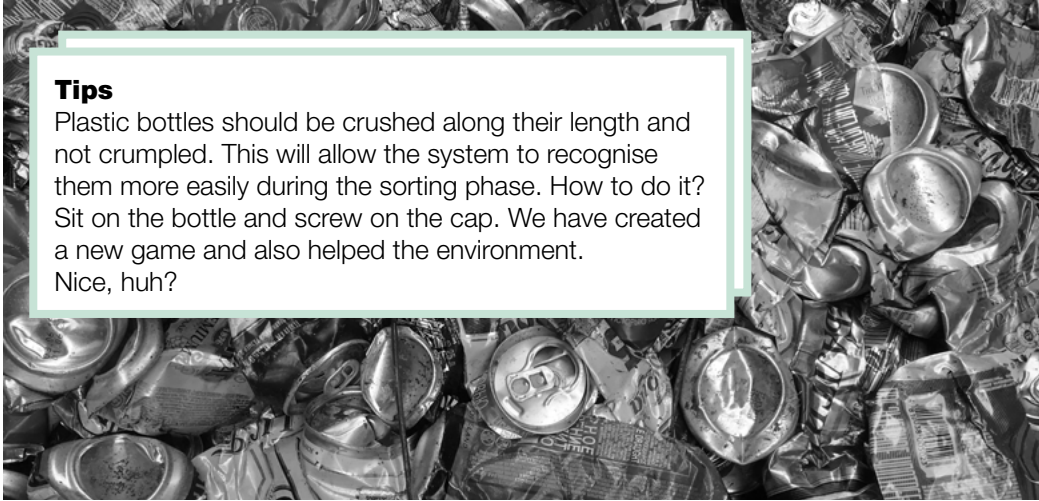




**#97** We can reduce the volume of packaging by crushing cans and plastic bottles, and folding and compact paper and cardboard. In this way we optimise the space in the waste container and help the waste collectors at collection time.

**Tips**

Plastic bottles should be crushed along their length and not crumpled. This will allow the system to recognise them more easily during the sorting phase. How to do it? Sit on the bottle and screw on the cap. We have created a new game and also helped the environment. Nice, huh?



**#98** If we are out and about, we must not throw litter on the ground. The city is equipped with litter bins: let's use them correctly by only putting in the small-sized waste we have produced during our travels. If we can take our litter home and divide it according to different materials, it is better.

**#99** If we can, let's stop smoking, but if we really can't, let's throw the cigarette butt in the recycling bins, making sure it is well extinguished, or we could always equip ourselves with pocket ashtrays\*

**\*Concurrent legislation**

We comply with the current rules on the prohibition of smoking (for Milan, in addition to state regulations, see the Air Quality Regulation and the Regulation on the Use and Protection of Public and Private Green Areas).



**Did you know that...?**

Did you know that more than five trillion cigarettes are sold worldwide every year and each cigarette butt takes up to 15 years to decompose? Let us be careful where we throw them.

**#100** Do we have any used clothing, shoes or accessories in good condition? We can use the yellow bins to dispose of them or ask for home collection. Garments in good condition are sold to external companies specialising in this field, which sort them for reuse or recycling to make yarn and other useful materials.

For more information on the service run by Amsa and the Municipality of Milan, working with the cooperatives Vesti Solidale and Città Salute, click here: [www.amsa.it/cittadini/milano/raccolta-indumenti-usati](http://www.amsa.it/cittadini/milano/raccolta-indumenti-usati)

To find out about collection days and waste display times in your area, visit [www.amsa.it/cittadini/milano/raccolta-differenziata](http://www.amsa.it/cittadini/milano/raccolta-differenziata) or download the PULIAMO app. If you are in any doubt, consult the symbols or indications on the packaging, but if these are not sufficient, look for the product in the WHERE TO PUT IT list. Remember that there is a right place for all waste.

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The energy-related advice in this document will be constantly updated and aligned in relation to regulatory and technological developments, also in correlation with developments in the energy emergency situation.

Milano Cambia Aria is an initiative of the Municipality of Milan aimed at involving citizens and stakeholders in the city to promote ecological transition and combat climate change.

