

CENTRO STUDI ALPINO IS PLASIC FREE

WHAT ARE THE RULES THAT WE HAVE GIVEN OURSELVES

- Eliminate the use of disposable plastic plates, glasses, straws and rods
- Dispose of the plastic in the recycling bin (see instructions)
- Use a water bottle when out on a hike
- Use a jug of tap water when you are at the Study Center
- Avoid toothpastes and scrubs that may contain microplastics
- Use reusable envelopes for shopping
- Avoid buying food wrapped in plastic packaging
- Do not use plastic film to store food, prefer reusable containers
- Prioritize natural fibres over artificial ones
- Don't think that disposable plastic is necessary: it's not true!
- Read Paulo Coelho's "The Fire and the Drop" fairy tale

THE FIRE AND THE DROP

"One day, the forest catches fire and the animals flee in search of a safe place. As she escapes, the monkey notices a little bird flying in the direction of the flames: "What are you doing - the monkey asks, don't you

see that the forest has caught fire?" "Yes - the little bird answers - but I'm carrying a few drops of water in my beak, to extinguish the fire" The monkey laughs: "Stupid and conceited little bird. How can you extinguish that fire with a few drops of water?" "I know I can't. But, at least, I'm doing my part and I hope everyone else will feel my effort. If all the animals follow my example, we will be able to dominate the flames and save our forest.

(Paulo Coelho - Brazilian fairy tale)

Sometimes a seemingly useless gesture can change the world.

An action, however small, represents an example, an example creates an indelible shared consciousness, a shared consciousness feeds a change that can become unstoppable.

Do what you can do, you will have done what you have to do.



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