

RICHER

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WASTE

How to live sustainable life



richerwithoutwaste

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Introduction

'Scientia potentia est' - 'Knowledge is power' - Sir Francis Bacon¹

Many people do not even realize how much money they can save by reducing their costs and expenses, and even those who are aware of it often cannot decide how to begin. However, by reading this book, it is not so difficult, anyone can easily learn how to save money, i.e. how to be better-off living without waste.

When the news was released in the media why rich people, such as Steve Jobs, the founder of giant corporation Apple, or Facebook founder Mark Zuckerberg, as well as Tom Szaky², who is less familiar compared to them, were dressed in the same clothes every day, especially the latter went to work wearing the same outfit, everyone's eyes were on stalks.

Steve and Mark did so in order to avoid having to worry on a daily basis about what clothes to put on, as 'everyday thinking' consumes a lot of energy, taking time away from creative design, while dealing with waste recycling, Tom chose to ignore fashion trends not to produce unnecessary waste.

Of course, Tom Szaky did not get rich from ignoring fashion and buying fewer clothes, but he began to think differently about waste. His company, TerraCycle, bombed multinational companies with newer and newer ideas on how to recycle waste others had not attempted to do up until then, and after a while, these companies bought his ideas. Tom was on the up and up, although he did not do anything other than make money from stuff nobody needed anymore.

Although anyone can become a millionaire from waste, the purpose of this book is not to present business people like Tom, who have become quite rich owing to their revolutionary ideas in waste management, but rather to provide a recipe for average people about how to thicken their bank accounts by reducing waste at their workplaces, homes and other places, by saving energy or water, by using cheap or cheaper means of transport, by spending less on food yet eating properly and well while staying healthy; briefly, living well on little.

When reading these lines, many of you will raise the question spontaneously: 'How is it possible to live well on little?' For this, we need to acquire quite a lot of knowledge from this book, of which the most important piece is to understand what waste or rather the everyday waste production process is, what their synonyms are, and how we need to live to be able to economize a lot by producing less waste.

What is waste and waste production?

If we are asked the question what waste is, many of us only think of the waste bin in our home, although waste is much more than that. It has its negative and positive aspects at the same time, however, obviously it is rather a negative thing, which, if we want to reduce or exclude it from our lives, teaches us to think wisely, which will positively influence our way of life, and change it fundamentally. Before replying the question of what waste really is in an entire book, we will ask six more questions in order to illustrate the widened concept of ordinary waste today in a consumer society:

If you do not use your smart phone, what will it produce? Waste? What is excess fat on obese people? Waste?

What is our piece of clothing stashed away unworn in the wardrobe for years? Waste?

When we pee in the shower, can we reduce waste and save the Earth?

In fact, what is the rubbish we scatter the sky with every day?

The digital revolution

By the turn of the century it became clear that not only a millennium or the 20th century ended, but it was also the end of an era. The digital revolution is starting to play an increasingly important role in our lives, which has serious implications on our way of life and doing our job, thus our waste production. For instance, an IT professional or graphic designer, whose employer lives in the city, however they live close to the city, or work in the countryside, hardly keep contact with their bosses³. They do not need an office as before, and they do not need a car to commute to the city, and there is no need for a restaurant or bar to eat during the day, there is no need for a toilet to use, but they live and work at home, so they not only save a lot of money for the employer, but also for themselves.

How is it possible? It is enough to formulate three observations of the many.

Housing is much cheaper in the countryside, there are no high rents or property prices, and from the viewpoint of people working from the countryside, the expenses occurred from living in the city would be considered unnecessary expenses, ultimately waste.

Those who produce some of their foods themselves, typically they neither pay the price of production costs of fruit and vegetable growing, nor the trading profit, which would have to be paid in a city, constituting nothing more than unnecessary expenses that would be waste after all.

People living in rural areas, where living permanently in one place, they can do without a car, and if they still need to commute typically to a city, it is enough to ask for a car from a car-sharing portal - even without a driver in the future, a self-driving one - or they can use public transport, that means it is not necessary to buy a car and maintain it, which would result in unnecessary expenses, ultimately waste. Such people practically do not consume, they do not buy at supermarkets or just very little, so they do not produce as much waste as urban people do. If we really simplify the issue and presuppose earning equal salaries, rural people are able to save more money than their urban colleagues.

Actually, we will have more and more people like this, as an EU survey⁴ has shown that half of the workers today would like to work from home, even on the condition that they would receive lower monthly wages compared to their present salary, a 20 percent reduced amount. It should naturally be added straight away that even if the survey did not assess how many percent of workers would move out from increasingly expensive cities to the countryside, it dealt with the number of people, who would like to work from home and statistically it demonstrates the trend that can be expected in the future.

However, not only those can live cheaper who move to the countryside as a consequence of the digital revolution, but those who settle certain living conditions in the countryside, such as food production, while they continue living in the city, or those who consciously transform their daily living conditions as city dwellers, namely they properly manage their electricity, heating and water consumption. At the first reading, all this might seem difficult or even unbelievable, though there is no wizardry in it, and you will find more about it in the corresponding parts of the book.

Waste is a global problem

Waste and waste production have become global problems today. For instance, New York⁵ produces such large amounts of waste that the garbage mountains next to the city are almost visible from space. The megalopolis does not intend to compete with the Pyramids or the Great Wall of China, however, due to its waste production, it has 'caught up' with the world-famous buildings. I wonder what will once happen to the large amounts of waste. How will waste be neutralized? And what about the ever-expanding refills? No proper solutions have been found so far, however, hope is occasionally raised by some ideas. Just to give an example, due to the fact that Singapore⁶ possesses little space for constructions, waste is incinerated, and an island is being built out of ashes, which serve as ground for mainly sea creatures and a mangrove forest. It is a temporary solution, as the ash island will once have to be neutralized in order not to pollute the environment. What will then happen to the wildlife settled there in the meantime?

Reading these lines, we cannot help but ask ourselves what can be done against the ever-regenerating mountains of waste. The answer is simple. Besides the government, local authorities and companies entitled to deal with this problem; we ourselves can have a key role in doing against the accumulation of waste. Does it sound interesting? We may have our doubts or we may not understand.

Still it is so: we are also responsible for our waste production. According to statistical data, exclusively consumers can do about one third⁵ of food waste production, as consumer society is

about nothing else, but permanent and partly unnecessary shopping, whilst simultaneously keeping this example in mind, throwing one third of the food into trash.

How should we start reducing waste? Why is it worth doing so?

Well, not only unnecessary shopping should be given up, but we rather need to understand how waste production works in our living space, and how we can reduce it significantly.

According to our calculations, in the case of people becoming conscious in the meantime, monthly expenses of living style can be reduced by 30-40 percent, depending on how far you go with transforming your behavioral patterns, habits, i.e. changing your way of thinking. The basis of waste reduction is none other but the acquisition and continuous development of appropriate knowledge. Knowledge is power or the best investment, so we do not have to do anything just expediently use and utilize it.

Lots of good ideas, less waste, more money saved!

We might as well sum it up like this. **Let's see how all this can be applied in practice.**

Notes:

1. https://en.wikipedia.org/wiki/Scientia_potentia_est
2. <http://24.hu/elet-stilus/2015/04/05/egyetlen-nadragja-van-a-milliomos-magyar-sracnak/> - https://en.wikipedia.org/wiki/Tom_Szaky
3. http://www.bbc.com/news/uk-england-norfolk-29552557?_ga=1.113905615.916690107.1407856939
4. http://hvg.hu/vallalat_vezeto/20160906_tavmunka_home_office
5. <https://www.slideshare.net/ecovainc/ies-webinar-feeding-the-bottom-line-food-waste-101>
6. <http://www.nea.gov.sg/energy-waste/waste-management/semakau-landfill>

Chapter 1 - What is waste?

'The best is waste not produced.'

Instead of dull conceptual definitions

Cycle as a Pattern - Nature does not produce waste at all

School or university textbooks dealing with environmental protection and waste management use several conceptual determinations for waste.

Even if we find these books very useful, we will not follow them, but we will try to convey what waste is and how we can manage it at home by providing practical examples and a list of principles that can be attached to them instead. However, definitions will also be given where necessary. Let's take the first example, even if it is not primarily related to our household, but the operation of a company, as the example vividly demonstrates how we should approach the issue of waste that can be allied even in our home later.

Why is it worth for a company to produce without waste?

Before answering the question, we should consider a model. Nature has the property of not producing waste, to which perhaps the most beautiful example is a forest. In a forest, or biomass association, everything heads somewhere; every tiny building block has a role in the permanent and always restarting cycle. The leaves of trees fall at fall, out of which the destined organisms,

especially fungi and bacteria produce humus, which will be utilized not only by trees, but by other plants, as trees will leaf again later in spring, so everything will restart from the beginning.

Here is a company which operates just like nature!

In his Ted lecture, architect **Michael Pawlyn**, holding the view of the cycle principle, spoke about an entrepreneurship, which practically excluded producing waste from its production. According to his narration, the Graham-Wilson company does not do more than buying cartons from some food manufacturers, which would otherwise be thrown away as waste, for example caviar distributor firms (Caviar Project out of carton)¹, and then after chopping the cartons, the company sells the product as litter for horses. When the horses have used it and got the litter 'soiled', it will be bought again and be given to worms or maggots as food, which may later become food for caviar spawning fish. As the result of abundant food, the fish can produce spawn again, which is further processed and the producers may deliver caviar to the shops, so the circle will be closed. More precisely, it will start again, while all waste is recycled.

There is no doubt that the company, which does not produce waste, can save a lot of costs, since a lot of expenses are consumed up by storing or neutralizing waste in the case of a company, as we referred to in the preface in connection with Tom Szaky.

However, this is not only true for companies, but, for instance, also for the operation of our households. We will write more about this in the respective chapters of the book. For the time being, it is enough to mention two everyday examples to properly illustrate that the majority of companies brush aside the cycle and create waste every day, although it could be otherwise. Of course, we will also talk about what we, ordinary people can do against the lavishness of companies.

Most of us take milk in cartons, and after consumption the cartons will be thrown into waste. Even if there are some known technologies by which beverage cartons can be recycled, we have to think over what would happen if we used a bottle at the same primary producer every time when we buy milk. Presumably we would get fresh (and real) milk at a cheaper price, while not polluting the environment with cartons, so more money would remain in our purse. Especially, when bearing in mind the maintenance of our health, we will learn to make kefir, yoghurt, different kinds of cheese, and other dairy products at home. Some dairy products like yoghurt are really beneficial for a healthy intestinal flora, which is the primary defense line of the entire immune system. In some remote Asian countries, where people live to the very ripe old age, the secret lies in their daily consumption of own-produced raw yoghurt.²

Nonetheless, it might be easier and more convenient to pop down to the shop and lift down the product from the shelf; however, in the meantime of doing so, we should always keep in mind how much extra money we pay for this, that would be unnecessary.

Having coffee produces huge mountains of waste

Having coffee and visiting the coffeehouse has been a popular for a long time. It would not be a problem in itself if it did not go hand in hand with producing mountains of waste recently, as our consumption habits seem to change related to having this black drink. The process is well-illustrated

by this one-minute video³, which has been uploaded on the Internet recently. We used to drink coffee from a cup, but nowadays this is not an 'accepted' way in our fast-paced world, coffee cups made of plastic have appeared instead, from which the bittersweet liquid can be drunk on the street or at our workplace.

According to the film, our changed habit leads into 58.000.000.000 waste glasses every year, thereby increasing our huge mountains of waste. What can we do against this? We can carry a cup with us or ask for one, so the plastic cup will become unnecessary, without any function, or we can select a coffeehouse in advance, where coffee is served in cups or mugs. But is there one like this at all?

With our proper approach and behavior, we can influence the market, and if it becomes a mass behavior, the chains will also consider whether the elimination of waste and re-adding the functions to ceramic cups, or the deployment of some technologies would be worth, e.g. for the production of plantable coffee cups⁴, by which cups are degradable, and thus return to nature. However, all this is a longer process, and while it is cheaper to offer coffee in plastic cups than in degradable ones, companies will not switch to the latter solution.

This trend is clearly shown by the figures. In Great-Britain⁵, 8 million cups are thrown into trash every day, which comes to approximately 3 billion annually, and only every 400th is recycled. However, legislative activity may curb this process. That is what happened in France, as not only the use of plastic cutlery and cups was banned, but the use of disposable plastic bags and tote bags as well. You can read more about this later, in the Housekeeping chapter.

So what can we do then?

It is not only worth considering what we can do for the environment, but we also have to consider how much we can save by not having our favorite drink in a coffeehouse, but at our workplace, or at home and we would take it with us. It is not only interesting because we can make it the way we like, but for other reasons as well. If you think about it, you can quickly calculate how much coffee you should drink at a coffeehouse to be worth making an investment into a coffee-maker (a long-lasting one, the production of which excludes the intention of planned obsolescence), which after some time would provide the possibility to have coffee for free compared to the quantity consumed at coffeehouses. Our calculations show that with the price of 30-40 coffees you can buy a mediocre, filter coffee-maker operating with ground coffee that is able to make even 5-10 cups of high-quality coffee at once. Can we economize with this? Obviously, yes.

If we are talking about saving, it really matters what kind of coffee-maker we use at home or at the workplace.

The terror of the coffee capsules

Naturally, a traditional coffee maker is apparently suitable for making ordinary coffee, unlike the more complicated machines, such as the fashionable capsule machines that appeared a few years ago, and which have started to spread all over the world. In addition, these expensive machines make coffee in various flavors, which have different names, give vent to spent capsule waste, which, of course, is not needed for the Earth and environment. Already in 2013, when the product appeared

in mass production, more than 8 billion capsules were sold, enough to reach around the Equator ten times. Unfortunately, only five percent of these widgets are made of recycled materials, the rest is nothing else, but a mountain of waste growing higher year by year. Of course, if people only bought simple coffee machines, there would be no need for the otherwise quite costly super machines using capsules, or the plastic widgets. The creators of the film *Kill the K-Cup*⁶ also share this opinion, and uploaded a funny, yet thought-provoking video on YouTube. The two-minute spot shows that once all the capsules we have produced and used so far fall onto our heads and cause our death.

The video, although it does not go into details, may provoke further thoughts. We have to decide whether we need this super machine in our home or not. There is a coffee machine in every household, but if we buy the new machine, it becomes useless, a waste. The question is which one, because after a while we may get tired of the new machine and return to the old one, if we still have it.

This example shows that everything is decided in the mind, and we need to purchase and live according to a strict plan, never whimsically so that our home does not become a waste depot, while we do not wish to waste money unnecessarily to this or that. This of course does not mean we could not buy a newer or better machine to fulfil a function in our home if we want to. However, we should try to sell, give away or exchange the old one; this is not as bothersome as someone might think. We should try to find a new owner, otherwise it becomes waste. A home appliance not used is like money on a bank account, if it does not work, it does not make profit.

Hopefully, a time will come when coffee-drinking is not accompanied by building mountains of waste, however this is far, as chains are not concerned by this question yet. The news that Starbucks will get a rival as Nespresso also selling capsules will open a chain, the first coffeehouse in Vienna, then in London and other metropolises in the world, appeared in the beginning of 2015. This is not only because Nespresso wants to increase its profit this way, but other, smaller companies⁷ started to appear and develop, companies, which have started to sell their own branded machines using capsules compatible with Nespresso. Would this be the end of the success of Starbucks?

So far it does not seem likely. The corporation makes its profit every year, and to achieve this, they use any solution which might increase their sales. Although it does not work and cannot work like a bank, yet they manage 1.2 billion USD only in their loyalty program⁸, as all over the world 12 million members pay for their coffee with a loyalty card, probably at least once a day. Apparently, consumers save money by using this card, however, they do nothing else but increase the wealth of the company and decrease theirs. Would not it be cheaper if these consumers made their own coffee at home, and not produce waste consequently?

Of course, there are smart entrepreneurs, who see opportunity in waste, and also in the capsules. The American company TerraCycle⁹, mentioned in the introduction, collects these capsules all over the world, so far 100 million. Their activities are heroic, yet it is only one drop in the ocean.

Planned obsolescence, planned waste

A bulb has been lighting in California, the garage of a fire department depot since 1901¹⁰. This might be interesting in itself, however not only this raises one's attention but also the fact that the performance of this bulb, which has been lighting continuously with small interruptions for over 100

years, over one million hours, also in the Guinness Book of Records, has been unmatched ever since. Why not? Because it is not worth to produce it, especially since 1920, when the concept of Planned Obsolescence¹¹ was invented, and this idea producing much profit was built into production cycles. Staying with the example above, today only those bulbs are designed and produced, which have an operation life of only 1000 hours. From these data one can easily calculate how many bulbs can be sold with planned obsolescence, and how many without it.

Critiques of Planned Obsolescence often refer to the example of the bulb, also the makers of the 2010 film, which, depicting the problem in detail was put on screen with the title *The light bulb conspiracy*¹². The film starts with an interesting scene, when the service does not want to repair a printer, which can be repaired otherwise, for 110-120 EUR, as it is more worth to buy a new one for 39, which is quite strange when we consider the sums.

What are the conclusions?

We should not become victims of planned obsolescence. The consequences are double. If we want to have the printer repaired, we lose money, and not only once, as the machine designed with planned obsolescence in mind will break again, and we can waste money again on its repair. If we want to avoid this, we have to buy products, which were designed for lasting use, however this is not always easy, but nearly impossible in global capitalism struggling in the net of permanent economic growth.

If we manage to buy a printer, which survived the number of hours dictated by planned obsolescence for some reason, we can sit back. Or not?

When we shop, repair shops using their old, but good trick, put us in a dilemma. It also happened to us, when we wanted to have our four printer cartridges refilled. Although we had had the same cartridges refilled for years, and they knew us to some extent, a new colleague told us it might happen the cartridge cannot be refilled for some technical reason. Of course, he said this would not be a problem, if they cannot refill the cartridges for 4 dollars each, we can buy the new ones for 6. So we can decide to buy them now, and we do not have to wait 2-3 hours for the refill. When we answered firmly that we had not heard of any technical problem yet and we had had our cartridges filled there for years, the staff member was astonished and got red in the face, and stammered that they might be able to do this difficult job. However, we should consider how many decide to buy the new product, as they even gain time that they do not have to return for the new cartridges.

The story does not only teach us the lesson that we should not let ourselves be manipulated, but also to shop in a planned manner. We should not be deceived by advertisements, but take well-informed decisions. When we look around on the internet, or inquire in dedicated Facebook groups about the experiences on a given product, it soon becomes apparent whether it is worth spending our money on it, or not.

Therefore we should have our cartridges refilled again as long as we can, as it does not produce waste, and we will have more money in our purse. In this case, 8 dollars.

Unfortunately, we cannot always avoid buying a product, this was shown by the example of the printer or the cartridge, however, there are products, which can be produced on your own. No printers of course, but typically food, or everyday objects.

Self-sufficiency

Now, reading these lines we cannot even imagine how much food we can produce ourselves, either we live in the countryside and we have a little parcel of land, or if we live in the city, but we can produce part of our food supply, even a significant part of it, somewhere in the countryside, or as city-dwellers, we have an urban community garden.

This is really important, and not only because this way we produce little waste and can save a lot of money, but for other reasons as well. This is our health. Today it is a good project to stay healthy, not only because it is good to avoid painful diseases, but because we do not have to spend on the treatment of diseases and drugs. In addition, a person producing their own food can belong to a real community, and can be really happy.

In our welfare society the number of obese people is high, including children and young adults, and this has become a real global epidemic, there are many people suffering from diabetes, cancer, struggling after infarction or stroke, who become self-aware too late, and need permanent medical attention, although this should not be so in a health-conscious, well-bred society. The reasons are varied; one of them is outdated and unhealthy diet. Unfortunately, many buy unhealthy food in supermarkets and fast food restaurants, and consume these every day, every week. Thus they can get into a spiral, which can result in the so-called civilization diseases mentioned above. However, when someone starts to produce their own food and plan their weekly diet, and take their food to their workplace, can eat their own, cheaply produced food 24 hours a day, doing a lot for their health and weight.

How it is possible. It is enough to see the video¹³, which shows how some young people left the treadmill of the city and started to produce their own vegetables and fruits, i.e. how they created their own agriculture. The recipe is given, anybody can do it, together with their friends and acquaintances. Community agriculture has many types all over the world, we do not even have to participate actively, only take over the delivery from the farmer employed by the community, usually in the city, for a given sum of money.

In the meantime, small farms can even be operated in the city, and some foods can be produced in urban community gardens. Such a community garden is the VICTORY GARDEN INITIATIVE¹⁴ (VGI) in Milwaukee, which does not only operate an urban farm, but also organize various programs. They create high beds in smaller yards and back gardens behind the houses, and provide counselling for beginners, how they can start gardening on a small plot of land, even a few square meters. A few years ago a film was made of urban gardens with the title Growing Cities¹⁵, which answers quite a few questions why it is worth producing vegetables even on a small parcel of land.

However, the emphasis is not on vegetable production, but the planning of our weekly or monthly diet, quite a few websites and applications can help in this process. They mostly assist us in monitoring, testing how much money we spend or save, while others help in how much weight we can lose, or how we can keep our weight. These are useful tools in the forming and developing of our conscious thinking, and we will present them later.

Food self-sustainability has many benefits:

1. We stay healthy.
2. We do not pay the profit of merchants from whom we bought healthy or unhealthy food, so more money remains on our bank account. So we do not produce loss, i.e. waste for ourselves, and profit for others, i.e. the merchants.
3. We can get rid of the fat on our body, which is waste causing diseases, as medicine regards obesity as a disease in itself.
4. Self-sufficient people do not or scarcely produce waste, which is beneficial for the environment.

Concerning point 4., it is enough to refer to one of the biggest problems of our times, namely free plastic bags available in the majority of supermarkets. As self-sustaining people do not or rarely go shopping to the supermarket, they do not accumulate plastic bags and do not pollute the environment, however strangely it may seem, does a lot for nature and the fauna, mostly sea animals. Plastic bags reach the sea and get as far as Antarctica, and as they degrade in about 500 years, and still pollute the environment when the buyer and their offspring are long dead. Many do not even know that there are two artificial islands in the seas consisting of plastic bags and other plastics, e.g. plastic bottles, one is the Eastern Garbage Pile near Japan, while the other, the Western Garbage Pile is near Hawaii. Both of them are famous for integrating our own waste as well. Hopefully, this global problem is solved by the market entry of the startup company **ByFusion**, which is able to transform unwanted sea waste into building materials¹⁶, in addition on the site, establishing an environmentally friendly production process.

However, today there are only few conscious people, so, in order to have a more efficient solution for an environmental problem, sometimes we must help. This has happened lately in England¹⁷, where since a new regulation was introduced in 2015 plastic bags were only available for money in supermarket chains, and in a year 85 percent less bags were taken away than before. It seemed it was too expensive, therefore it was not bought, however every product was taken home. This is really thought-provoking and highlights how egoist people are, and how indifferent they are, when there is no profit in it for them.

Self-sufficiency does not only include food production. Many would not think how many everyday objects we could make ourselves, ordinary people. For instance, detergents and wash-up liquids, personal hygiene items, e.g. our deodorant, toothpaste or soap, the latter even from used cooking oil.

Many people, not thinking about a better solution pour used oil in the sink or the toilet, although in many countries used oil can be collected. However, in our devil-may-care world 'there is no time for that', so the waste flows into the drain. The concentrated waste may even develop into a fat mountain underground, as it happened in London a few years ago¹⁸, causing quite a few environmental concerns for the city and taxpayers, as the costs of disposal has to be paid by taxpayer money. Meanwhile, conscious people recycle oil at home, and they can even make scented home-made soap with herbs¹⁹. In this case we have done nothing else, but recycled waste. Unfortunately, not everybody recycles, so obviously there will be fat mountains in the gutter for a long time.

Of course, critiques can note that when the soap is used, the original cooking oil will flow into the gutter anyway, where is the solution? Of course, they are in part right, and that drains are unsustainable, other solutions would be needed, e.g. residential houses, which operate compost

toilets, but this is a different story.

In the appropriate parts of our book we give you tips how you can save your household expenditures by self-sufficiency, and how we can live better and more meaningfully. However, we cannot provide exact calculations, how much one can save a month, but we can show you the proportions, and we reckon for a person becoming self-aware it is enough. And those, who take it up, can invent many things themselves, find tricks on the internet, and applying new ideas, besides resulting in huge savings, can also give us a feeling of success.

Reforming our train of thoughts and applying appropriate behavioral patterns - the significance of resources

If we place light switches low in our flat, our three-year-old child can reach it, and we can teach them to switch off the light when they leave their room. We can save some electricity, but not only this is important. It is also important that the child learns what waste is, what appropriate resource management is already when they are three. Lightning without function is no other but wasted energy, or waste. For the child to be able to reach the switch, we need to be conscious too, so as to form or transform our personal space that the child can have access to energy use. For this, it is necessary to reform our own thinking and behavior, not only to raise the child appropriately, but also to be able to exploit this knowledge in other areas of life as well. For instance, we can collect rainwater and water our high flowerbed, so the rainwater does not become 'waste', but a power giving life and it is for free. Meanwhile, in the majority of households it flows away, as we do not build tools to collect them. Eventually, by saving electricity and using rainwater we do nothing else but manage our resources appropriately, as we have to preserve them for future generations, this is the only way of sustainable development.