



Sustainable Living Practices

- Background research and defined practices –

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Sustainable Living Practices (SLPs):

Introduction:

In order to support the importance of applying these Sustainable Living Practices in your everyday life, research was carried out, focusing on environmental issues in Bosnia and Herzegovina. The collected information is presented below, and referenced to the sources. The research has focused on 6 categories: a. waste management, b. transportation and traffic, c. energy sources, d. effect on citizens and the environment, e. biodiversity and f. government issues.

Background information:

a. Waste management:

- i. Plastic waste (Researched as a non-biodegradable type of waste, perceived as the most harmful to the environment and the least recycled. Plastic packaging does not have a return fee in Bosnia and Herzegovina. Seeming the most problematic, it was selected for this report):
 1. According to the United Nations Environmental Programme (hereinafter „UNEP“) plastic waste can alter habitats and natural processes, hindering the ability of the ecosystems to adapt, especially in relation to climate change, endangering people's livelihoods.¹ In addition, plastic waste is often mistaken for food by sea animals, harming them when ingested, as well as harming them through entanglement, hindering their ability to move and grow or suffocating them.
 2. The National Geographic reports that microplastics, broken down into nanoplastic fibres have been found in municipal drinking water systems.² Such plastic being ingested can accumulate in the body over time, causing a number of issues, such as triggering an immune response or causing

¹ <https://www.unep.org/plastic-pollution#:~:text=Plastic%20pollution%20can%20alter%20habitats,t%20exist%20in%20a%20vacuum>

² <https://www.nationalgeographic.com/environment/article/plastic-pollution>

partial toxicity. Different and more severe symptoms may appear through further accumulation.³

3. Bosnia and Herzegovina generates 150 000 tonnes of plastic waste annually, out of which only 2 % is recycled, while 98 % ends up in controlled, uncontrolled and illegal landfills, according to the data from the United Nations Development Programme (hereinafter „UNDP“) from a report in 2018.⁴ Recently, recycling bins for plastic and plastic packaging, as well as paper and glass have been installed in the area of Sarajevo, at a total of 275 locations known as „green islands“.⁵
4. According to the report carried out by Enoda d.o.o., funded by the UNDP Accelerator Lab, the following companies (taken as examples in Case studies) place large amounts of polyethylene terephthalate bottles (hereinafter „PET bottles“) are as follows:
 - 4.1. Sarajevski Kiseljak – 2.09 million kg of PET bottles annually (it is worth noting that the company also uses glass for primary packaging)
 - 4.2. Milkos – 144 tonnes of PET bottles annually (and 128 tonnes of tetrapacks)⁶

ii. Food waste (Researched for its high greenhouse gasses emissions.):

1. The Food and Agriculture Organisation of the United Nations (hereinafter „FAO“) has issued a report on the danger of greenhouse gasses (hereinafter „GHG“) emissions originating from food waste. The report has claimed that food waste emissions account for 8% of the total anthropogenic GHG emissions, which would put the amount of GHGs emitted from food waste between the total emissions of the USA and India. Moreover, food waste disposed of in landfills emits methane, estimated to be 25 times as potent as CO₂⁷. The half-life of methane in the atmosphere is about 10.5 years, while CO₂ has a half-life of up to 120 years. It is worth noting though that methane decomposes to CO₂ and water (CH₄ + O₂ → CO₂ + H₂O) in the atmosphere, ergo its contribution to

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10151227/#:~:text=Ingested%20or%20inhaled%20microplastics%20may,through%20accumulation%20in%20the%20body.>

⁴<https://www.undp.org/bosnia-herzegovina/news/undp-launches-report-impact-european-union%E2%80%99s-single-use-plastics-directive-economy-bosnia-and-herzegovina>

⁵<https://rad.com.ba/kjrp-rad/projekti>

⁶ SUP_ENG_FINAL.pdf

⁷https://www.fao.org/fileadmin/templates/nr/sustainability_pathways/docs/FWF_and_climate_change.pdf

global warming does not end with its decomposition. It is a much more harmful pollutant than CO₂.⁸

2. According to the UNDP, estimates show that about 500 tonnes of food waste are generated daily in Bosnia and Herzegovina.⁹ There was an attempt to gather ideas for a solution to this issue, as a partnership between the City of Sarajevo and UNDP Accelerator Lab, gathering 26 proposals, out of which 3 were selected as „winners“ and are now on the waiting list for implementation.
3. According to a USAID report on GHG emissions in Bosnia and Herzegovina, a total of 5% of emissions come from waste.¹⁰
4. It is important to note the different emissions of different types of food decomposing in composts and landfills, detailed data on which can be found in the research published in Volume 7 of the Energy Nexus, published in September 2022, under reference 100092.¹¹

b. Transportation and traffic:

- i. Emissions from passenger traffic:
 1. While conducting this research, we encountered a severe lack of data from Bosnia and Herzegovina.
 2. The most recent data suggests that 75.8% of vehicles use diesel, 20.4% use petrol and 3.8% use alternative fuels, out of over a million registered vehicles in Bosnia and Herzegovina.¹²
 3. Transportation accounts for 11% of the total emissions in Bosnia and Herzegovina.¹³ Out of the total 1 184 763 registered vehicles, about 1.006

⁸<https://meteor.geol.iastate.edu/gccourse/forcing/lifetimes.html#:~:text=Carbon%20dioxide%20has%20a%20half,s hown%20in%20the%20accompanying%20table>

⁹ <https://www.undp.org/bosnia-herzegovina/blog/food-waste-our-daily-dread>

¹⁰ https://www.climatelinks.org/sites/default/files/asset/document/GHG%20Emissions%20Factsheet%20Bosnia%20and%20Herzegovina_4-28-16_edited_rev08-18-2016.pdf

¹¹ https://www.sciencedirect.com/science/article/pii/S2772427122000547?ref=pdf_download&fr=RR-2&rr=7f30f55efe072482

¹² https://bhas.gov.ba/data/Publikacije/Saopštenja/2023/TRA_06_2022_Y1_1_BS.pdf

¹³ https://www.climatelinks.org/sites/default/files/asset/document/GHG%20Emissions%20Factsheet%20Bosnia%20and%20Herzegovina_4-28-16_edited_rev08-18-2016.pdf

million are passenger cars while only about 4.2 thousand are busses and almost 4 000 are fueled by diesel, leaving only about 200 powered by alternative fuels.¹⁴ Given the number of passenger cars compared to other vehicles in Bosnia and Herzegovina, it can be assumed that they account for most of the emissions.

ii. Public transport in Bosnia and Herzegovina:

1. In reference to b.i.3., according to a research by Lisa Hopkinson, depending on the fuel type, vehicle age, model, the length of the trip and the density of the traffic, buses and cars can have similar emissions per passenger kilometre, considering longer trips. But on average, considering the average occupancy of buses, per passenger kilometre, buses have much lower emissions than full four-person cars, especially for intra-city transport. It also shows that the trains have provided to have the smallest carbon dioxide emissions.¹⁵
2. Observing public transport in Bosnia and Herzegovina, diesel-fueled buses are the primary means of transporting passengers. In the area of Sarajevo Canton, two electric means of public transport are also offered – trams and trolleybuses. The tram rail reconstruction has just been completed, a 20 million EUR project that has been under implementation since September 2021.¹⁶ The rail has been partially functional as the reconstruction took place in phases. In addition, the rail extension's construction to Hrasnica began in August 2023, valued at 25 million EUR¹⁷. It is worth noting that these electric alternatives require an expensive infrastructure (though durable) and are only available in Sarajevo Canton.
3. The railways in Bosnia and Herzegovina are divided between the Railways of the Federation of Bosnia and Herzegovina (6 lines, 608.5 km of rail in total)¹⁸ and the Railways of the Republic of Srpska (5 lines, 318

¹⁴ [TRA_06_2022_Y1_1_BS.pdf \(bhas.gov.ba\)](#)

¹⁵ <https://www.smarttransport.org.uk/opinion/the-carbon-footprint-of-different-travel-options-is-a-misleading-guide-to-action#:~:text=This%20typically%20shows%20that%20a,national%20rail%20per%20passenger%20km>

¹⁶ <https://vlada.ks.gov.ba/aktuelnosti/novosti/vrijednost-20-miliona-eur-raspisan-medunarodni-tender-za-obnovu-tramvajske>

¹⁷ https://vijeceministara.gov.ba/Aktualnosti_zamjenika_predsjedavajuceg_VM/default.aspx?id=39498&langTag=hr-HR

¹⁸ <https://www.zfbh.ba/infrastruktura/#duzina-pruga>

km of rail in total)¹⁹. The total length of the rail in Bosnia and Herzegovina is almost four times shorter than the total rail length in Serbia, a country with a 42% greater area and only a marginally greater Human Development Index (hereinafter „HDI“), showing the underdevelopment of the Bosnian-Herzegovinian railways, the public transportation system with the lowest GHG emissions. This underdevelopment is substituted for majorly by diesel-fueled buses, with much higher GHG emissions.

c. Energy sources:

i. General information:

Energy production in Bosnia and Herzegovina accounts for the greatest part of the GHG emissions of the country, totalling 82% (this includes heat and electricity production-52% transportation – 11%, manufacturing, construction and other fuel consumption subsectors – 6% and fugitive emissions – 5%), followed by agriculture at only 8%, waste at 5%, and industrial processes at 5% of the total 30 million metric tons of CO₂ equivalent (MtCO₂e). This accounts for 0.06% of the world's total emissions²⁰, but per capita, Bosnia and Herzegovina ranks 42nd in the world, just behind China.²¹

ii. Total energy supply sources:

According to the International Energy Agency (hereinafter „IEA“) data from 2020, the Total Energy Supply (hereinafter „TES“) sources are as follows: coal – 53,81%, oil - 20,65%, biofuels and waste (primarily solid biofuels for heating) - 17,6%, hydropower – 5,29%, natural gas – 2,30% and wind, solar (etc.) 0,35%

iii. Electricity and heating:

1. According to the IEA data from 2020, Bosnia and Herzegovina has only used fossil fuels for heating, breaking down as follows: coal – 48,29%, gas – 29,54%, biofuels – 21,2% and oil – 0,97%.

¹⁹ <https://www.zrs-rs.com/putnicki-saobracaj/daljinar>

²⁰ https://www.climatelinks.org/sites/default/files/asset/document/GHG%20Emissions%20Factsheet%20Bosnia%20and%20Herzegovina_4-28-16_edited_rev08-18-2016.pdf

²¹ <https://www.worldometers.info/co2-emissions/co2-emissions-per-capita/>

2. In regards to the generation of electricity, Bosnia and Herzegovina has majorly used coal as a source of power, but also a significant portion of electricity comes from hydropower dams, which are considered a renewable source, but not a green one. In addition, the country is struggling with the small hydropower dams, endangering the local environment and people's livelihoods. The sources of electricity in Bosnia and Herzegovina break down as follows: coal – 70,2%, hydro – 27,63%, wind - 1,55%, solar photovoltaics (hereinafter „solar PV“ or „solar“) 0,27%, oil – 0,23%, biofuels – 0,08 %, gas 0,006%.²²

d. Effect on citizens and the environment:

i. Air:

1. Air quality in Bosnia and Herzegovina has historically been an issue, especially in Sarajevo, Zenica and Tuzla, more so in the winter months, with heavy fog appearing, providing to be harmful to the residents due to the high concentrations of particulate matter (hereinafter „PM“). The PM10 values in these areas have exceeded the legislation limit of the Federation of Bosnia and Herzegovina (hereinafter „FBiH“).
2. According to 2017 World Health Organisation (hereinafter „WHO“) statistics, Bosnia and Herzegovina has the highest European mortality rate attributed to air pollution.
3. Despite the legal framework for air quality, implementation is weak, according to the UNICEF Air Quality factsheet for Bosnia and Herzegovina²³. The factsheet also claims that the key measures for mitigating the impact of air pollution are all missing in the country.
4. Furthermore, the issue of air pollution in certain parts of Bosnia and Herzegovina, especially in the Sarajevo-Zenica valley, has reached dangerously high values in the previous years. At certain points, Sarajevo was the city with the worst air quality in the world.

²² <https://www.iea.org/countries/bosnia-and-herzegovina>

²³ <https://www.unicef.org/bih/sites/unicef.org/bih/files/2020-02/AQ%20in%20BiH%20Factsheet%201.pdf>

5. According to Human Rights Watch, every year, approximately 3 300 people die prematurely from the consequences of air pollution. This makes up for 9% of all annual deaths.²⁴

ii. Water:

1. Water has always been an important resource for Bosnia and Herzegovina and an abundant one
2. Organisation for Security and Co-Operation in Europe (hereinafter „OSCE“) issued a paper in 2007 claiming that 40% of the electricity supply in the Country comes from hydropower and that is less than 40% of potential being exploited. As seen in c.iii.2., this has changed today. The report has also noted concern about the rising use of coal. This advocates the fact that Bosnia and Herzegovina has not advanced in using renewable energy till today.
3. The previously mentioned report has also claimed that due to poor maintenance in the post-war period, along with the lack of legislative framework the water supply system has been slowly and steadily deteriorating.
4. The issues of poor infrastructure and planning, lack of public awareness, confusing and overlapping regulatory framework, lack of financial resources and neglect have yielded problematic water pollution.²⁵
5. There have been cases recorded in 2023. of algal bloom on the Bosna River and the Jablaničko Lake as well as cases of wastewater leaking into the river. In addition, citizens in Mostar have spoken about their concerns about water from the Uborak landfill leaking into the water system, suspecting it may be causing illnesses for the locals.
6. One of the richest freshwater sources in Sarajevo, the Bosna River spring, has been tested for faecal bacteria in 2016 and determined to be no longer drinkable by the Institute of Public Health of the Sarajevo Canton, due to irresponsible building and neglect towards the water protection zone.²⁶

²⁴ <https://www.hrw.org/news/2023/02/08/time-tackle-bosnia-and-herzegovinas-toxic-air#:~:text=The%20country%20has%20the%20fifth,9%20percent%20of%20all%20deaths>

²⁵ <https://www.osce.org/files/f/documents/a/6/24483.pdf>

²⁶ https://www.slobodnaevropa.org/a/vrelo_bosne_zagadjenje_vode/2062361.html

iii. Soil:

1. The main source of soil pollution in Bosnia and Herzegovina has been legal and illegal landfills. Waste management in the country is under the municipal domain.
2. In a report from December 2018, there has been an estimate of 10 000 legal and illegal landfills in Bosnia and Herzegovina. Over 14% of these were illegal or „wild“ landfills.²⁷
3. In a report by the European Environment Agency (hereinafter „EEA“), the coverage of the municipal waste management systems was up to 90% in urban areas and up to 45% in rural areas. The waste that is generated but not collected proceeds to contribute to the illegal dumpsites. The estimated number of illegal dumpsites at the time of this report (November 2021.) was 1400.²⁸
4. Legal landfills such as the Uborak landfill mentioned in d.ii.5., despite being government regulated still poses a site of great harm to the environment with a significant potential to endanger the nearby residents.
5. About 10 years after the war activities in Bosnia and Herzegovina, a study was carried out to determine the presence of heavy metals, metalloids, polycyclic aromatic hydrocarbons and polychlorinated biphenyls in the soil of certain playgrounds in Sarajevo. The study has concluded that the playgrounds are unpolluted with heavy metals, but that they are nevertheless present and cited motor vehicles, coal combustion and coal power plants and industry as the main emitters.²⁹

²⁷ <http://env-net.org/wp-content/uploads/2019/10/WASTE-MANAGEMENT.pdf>

²⁸ <https://www.eea.europa.eu/themes/waste/waste-management/municipal-waste-management-country-profiles/bosnia-and-herzegovina-municipal-waste>

²⁹ Sapcanin A, Cakal M, Jacimovic Z, Pehlic E, Jancan G. Soil pollution fingerprints of children playgrounds in Sarajevo city, Bosnia and Herzegovina. Environ Sci Pollut Res Int. 2017 Apr;24(12):10949-10954. doi: 10.1007/s11356-016-6301-5. Epub 2016 Feb 23. PMID: 26903126.

e. Biodiversity:

- i. According to the currently available data, Bosnia and Herzegovina is among the countries with the highest biodiversity in Europe. It is attributed to the presence of over 5000 described taxon (units of species of populations). An estimated 30% of all endemic flora in the Balkans can be found in Bosnia and Herzegovina – that is around 1800 species.
- ii. According to the Federal Ministry of Environment and Tourism in Bosnia and Herzegovina, the total percentage of the territory of Bosnia and Herzegovina that protected areas occupy is 0.6%.³⁰ A concerning low number compared to the EU's 20% with plans to increase it to 30% within the next 10 years.³¹
- iii. The Prokoško Lake is a high-altitude glacial lake in Bosnia and Herzegovina and presents a home to one of the greatest and most numerous subpopulations of the endangered Triturus amphibian. According to a UNDP report, due to issues with wastewater management, the Trituris niche has been occupied by a different species, which has led to the conclusion that the aforementioned subpopulation has extinct.³² Although there is a project to repopulate the lake with Triturus, about 350 illegal objects and the pollution they yield still pose a great obstacle to the specie's survival.³³

f. Government issues:

- i. Bosnia and Herzegovina lacks a national-level environmental protection and ecology Ministry.³⁴ This provides that the decisions made about actions regarding the environment are made on a lower administrative level, even though the negative effects might have a wider impact.
- ii. Green parties hold no seats in the Parliament of Bosnia and Herzegovina and the seat-holding parties in 2022.-2026. mandate are yet to put the green transition on their agenda.³⁵

³⁰ https://www.fmoit.gov.ba/upload/file/okolis/Hutovo_blatu_Blidinje.pdf

³¹ <https://esap.ba/biodiversity-a-cornerstone-of-our-life-on-earth/>

³² <https://www.undp.org/bs/bosnia-herzegovina/stories/triton-se-vraca-kuci>

³³ <https://radiosarajevo.ba/vijesti/lokalne-teme/kako-je-unisteno-prokosko-jezero/472653>

³⁴ <https://www.vijeceministara.gov.ba/ministarstva/default.aspx?langTag=bs-BA>

³⁵ <https://www.parlament.ba/Content/Read/26?title=StrankeikoalicijezastupljeneuPSBiH>

- iii. What could be concluded through analysing certain IGO reports referenced in this document is that there is a dangerous lack of implementation of legal framework, neglect by the authorities and a dangerous lack of public awareness. In addition, there are little to no mitigation measures in place, contributing to the further development of the aforementioned issues.
- iv. Furthermore, we have noticed the severe lack of government incentives for people to turn towards more ecologically and environmentally acceptable ways of living. The existing incentives can be obtained through a rather complex application process, after a request for proposals has been published by the Federal Fund for Environmental Protection, thus through competition for a grant incentive, hindering the essence of such an incentive. The monetary incentive cannot be awarded to individuals, but rather to organisations, societies, institutes, schools and universities, companies (private and public), agencies etc. ³⁶

Conclusion:

Through this research, it has become apparent that Bosnia and Herzegovina is in urgent need of collective action to tackle environmental issues. Not only in adjusting the living practices and consumption habits of the citizens but also in demanding a change. The lack of public awareness and the neglect of the government, combined with the lack of mitigative and preventive measures provides a fertile land for further and more severe environmental issues to develop. Only through collective action can these issues be tackled.

Sustainable Living Practices are meant to provide a starting point for willing individuals and preliminary guidelines for policymakers. Applying these practices is far from enough, but it will provide a subtle transition towards leading a more sustainable life, towards achieving the Sustainable Development Goals.

Sustainable Living Practices:

The list of Sustainable Development Practices is provided below along with a description of how they could be applied and through which activities, what impact applying each one has per day and how that can be helpful for the environment of Bosnia and Herzegovina, where applicable. The practices are joined with an individual pictogram and a collective logo which will be

³⁶ <https://fzofbih.org.ba/izvori-namjena-nacin-koristenja-sredstava-fonda/>

available for open use so long the user complies with the guidelines and requirements for using the logo.

1. Stop single-use plastic

Single-use plastic products (SUPs) are used once or for a short period of time before being disposed of. Such products are plastic bags, plastic straws, single-use plastic razors, plastic cutlery, cups and food containers, cotton bud sticks, plastic packaging, PET bottles etc. They are the main contributors to plastic waste. These products can all be substituted with multiple-use alternatives, which would significantly reduce the amount of plastic waste in Bosnia and Herzegovina. Biodegradable options made out of wood, paper or cardboard can also be a good alternative to single-use plastic goods.

2. Sort waste and recycle:

In your everyday life, you will undoubtedly have to use goods that are treated as single-use but can be recycled. In Bosnia and Herzegovina, for the purpose of recycling citizens in some parts are encouraged to sort the waste into three categories: glass, paper and cardboard and plastic bottles and packaging. By sorting waste you will ensure that it goes on to a recycling plant rather than a landfill. For example, at the moment Bosnia and Herzegovina recycles only 2% of its 150 000 tonnes of plastic waste, you can help increase that percentage. By applying this practice for a year, you can help recycle almost 46 kg of plastic waste. According to KJKP RAD's online campaign, by recycling a tonne of paper, you would help save 20 trees from being cut, 30 tonnes of water and significantly contribute to using less energy.

Waste management is under municipal jurisdiction, so if your community has no access to sorting and recycling infrastructure, you can demand that access through your municipal representatives.

3. Reduce food waste:

Bosnia and Herzegovina generates 500 tonnes of food waste daily. There is no specialized system for food waste in the country, so all of the generated food waste is sent to landfills, where it decomposes generating methane and CO₂. You can help reduce the amount of food you waste through responsible consumption, keeping track of the food you buy and prepare, and donating

leftover food through systems like the one of Pomozi.ba³⁷ etc. Applying this practice even for a day can help prevent about 155 g of food of going to waste, which adds up to almost 57 kg a year.

4. Use public transport:

Passenger cars are one of the greatest emitters of GHGs and when stuck in rush hour traffic, they use much more fuel, emitting more GHGs. By using public transport when possible and walking shorter distances, you can have a twofold positive impact on traffic emissions. You can help lower your carbon footprint yourself by taking a bus ride rather than driving alone and you would not contribute to the heavy traffic, which would through collective action significantly accelerate it, making the vehicles use less fuel and spend less time on the road. On average, your emissions per kilometre in a car driving alone are 680g of CO₂, while by taking a bus, you take them down to 96g of CO₂.

5. Innovate for sustainability:

The best way to contribute to making our collective existence more sustainable is through creative, realistic innovation. Work on your ideas, present them to your local community, and set the community in motion. Take part in workshops seeking solutions to different environmental issues organised by different local or international bodies. You never know if your idea may be the one that will set us on a better, more sustainable path.

6. Save resources:

Resources such as water, electricity, fuels etc. are often the ones you use carelessly, not thinking of your footprint for using them or exactly how they get to you. Even your water supply has some indirect emissions. By being mindful of the resources you use and not using more than necessary, you can help achieve sustainable development, cut emissions and reduce pollution.

7. Educate yourself and others:

Multiple reports indicate a chronic lack of public awareness in Bosnia and Herzegovina regarding different environmental and infrastructural issues. In order to combat the lack of public awareness, you should educate yourself on the aforementioned issues and help spread the

³⁷ <https://pomeziba.org/>

information to others. The lack of government action and neglect can be changed only if the public decides to hold the officials accountable. That can happen only with good public awareness and a well-informed public.

8. Speak up - be active:

Changes don't happen without incentive, ignorance towards the common issues is prevalent, and hope for the problems to go away without us introducing changes in our way of life are inducing inertia into the society. Through active citizenship, by raising your voice to speak about the crises that should concern all of us, and putting the issues in the spotlight, you will contribute to public awareness about the severity of the crises that are ahead. Insisting on the imperative of collective change publicly and prompting further activism, as well as demanding a green transition of the state infrastructure is incredibly valuable as an initiative of an individual or a small group.

9. Vote for green policies:

Exercise your rights. Voting for parties valuing and presenting green policies is your best chance to fundamentally change the system and have an influence on decision-making and policy-making. Having a green component in the national legislative branch can greatly contribute to the consideration of the environmental implications of different decisions as well as bringing forward initiatives in support of the green transition, convivial conservation and sustainable development.

10. Preserve biodiversity:

Biodiversity is nature's defence mechanism against mass extinction. You can directly contribute to preserving biodiversity in your garden or while farming by letting certain sections of land grow wild or creating small ponds, planting hedges etc. In addition, by being mindful of the local endemic and /or endangered species, especially when hiking, you can help prevent their eradication. Finally, by raising awareness of the importance of biodiversity and demanding the government to enter more areas under protection, you can contribute to protecting biodiversity.

11. Respect nature:

Being respectful towards nature can not be compendiously described through concrete practices, as it is a rather comprehensive living practice. By not littering, not damaging flora or disturbing the fauna, respecting the hunting laws and local rules, being mindful of the amount of the plants and mushrooms you collect and the way you collect them (so they can re-grow) as well as the number of animals you hunt, not lighting campfires carelessly, being mindful of nature in your business expansions, farming, etc. you will be a great contributor to the preservation of our natural riches. Nature belongs to us all and we all benefit from it, so it is imperative to respect it and not destroy it.

12. Demand/use renewable energy:

Renewable sources of energy include hydro, solar, wind, biomass, geothermal and marine energy. By investing in your own renewable energy source, you would decrease the demand for unclean energy which is currently over 70% of all electric energy in Bosnia and Herzegovina. In addition, by demanding that the energy sources be renewable, you can help shift the public preference and present a strong demand for an increased government investment in renewable energy. Apart from the environmental benefits, renewable energy is much cheaper to generate compared to energy generated through the use of fossil fuels.

13. Reduce your carbon footprint:

Your carbon footprint is generated through the consumption of goods and services that have direct or indirect emissions of CO₂, the most prevalent of the greenhouse gasses. By opting for goods and services with lesser emissions, you will reduce your carbon footprint and therefore have an impact on reducing emissions. Being aware that most, if not all of your actions have a certain footprint will help you make choices which reduce it, which will benefit us all.

14. Fight and reduce pollution:

Pollution is almost inevitable, but it is manageable and most importantly, it can be much less than what it is now. Through applying practices 1., 2., 3., 4., 10., and 11., you will already make a contribution to reducing pollution. By using energy sources that are lesser pollutants for heating or powering your vehicle or deciding to walk, not littering, being careful with the use of fertilizers and following safety protocols for environmental protection, you will help reduce pollution. Raising awareness and your voice against pollution and influencing public opinion is the best way to coerce the government into taking action against larger sources of pollution such as industry.