



SUSTAINABILITY GUIDE

How to master your exchange in
a sustainable manner?



Going on an exchange semester can cause



What can you do to help the environment?

See if it would be possible **to use buses and trains** instead of planes, even for only part of a journey.



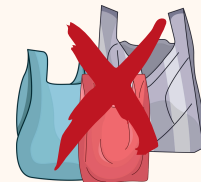
Instead of taxis, **use buses and trams.**



If there are things in goodie bags you don't need, **donate them.**



Instead of buying new things, **go to second hand stores.**



If you don't want to bring something back from your exchange semester, **donate it.**

If the food you bought is not for your taste, **give it to your friends/put it into community pantry.**



Sustainable life in Estonia

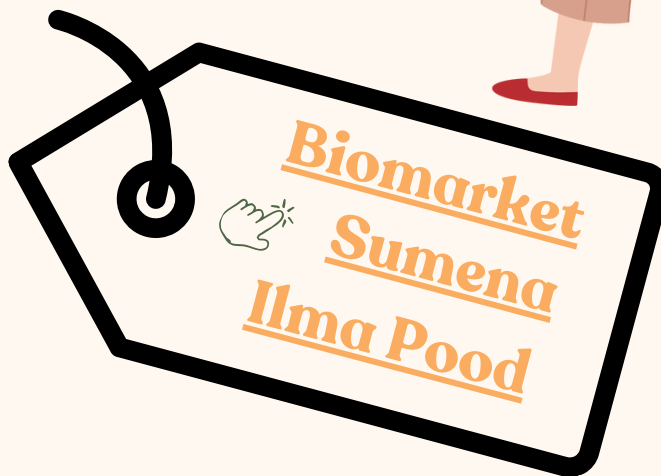
STORES TO CHECK OUT FOR

- clothes
- dishes
- home decor
- some electronics



STORES TO CHECK OUT FOR

- food
- personal hygiene
- cleaning supplies



ONLINE STORES

- clothes
- dishes
- home decor
- some electronics



Sustainable life in Estonia



Tips and tricks



Walk or cycle:

Tallinn is small and getting from A to B is not difficult. If possible, prefer walking or cycling, as this gives you the possibility for movement and also helps you get to know the city better.

Bring your own containers:

many stores are happy to put for example take-away food in your container and some even give you discounts!

Use libraries:

once you are registered, you can use their services for free. In addition to books, Tallinn libraries lend musical instruments, exercise equipment, various tools and more.

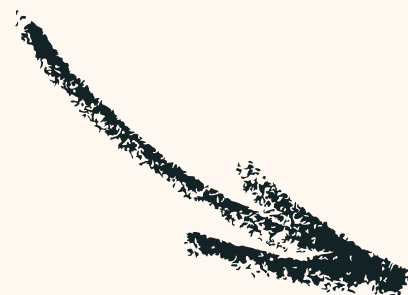
Use reusable water bottle:

tap water is safe in Estonia and you can fill the bottle anywhere. EBS has designated filling stations.





How does waste collection work in Tallinn?



DEPOSIT PACKAGING

Glass and plastic bottles, tin cans bearing the emblem of deposit-subject packaging.

Take these items to collection points, where the bottles can be returned to the retailer (via machine) and get the deposit back.

REUSABLE ITEMS

Clean and undamaged clothes, shoes, home textiles, toys, dishes, books, CDs, sports equipment, bicycles, etc.

Damaged, moisture-stained, musty, mouldy, moth-eaten and dirty items should be taken to a waste centre.

Take these items to reuse centres (Uuskasutuskeskus, Sõbralt Sõbrale, Aarete Laegas, etc.), clothing containers or reuse rooms at waste centres in Pääsküla and Paljassaare or give away at reusable items collection tour.

PACKAGING

Plastic and metal packaging, beverage packaging, glass packaging, cardboard and paper packaging.

Take these items to a public packaging collection site, waste centre or sign a contract for onsite collection.

CONSTRUCTION AND DEMOLITION WASTE (including renovation waste)

Collect by type: stones, building stones and bricks, plaster, concrete, gypsum, sheet glass, reinforced concrete and concrete parts, wood, wallpaper, sinks, toilet bowls, shower corners, grave curbstones, construction wool, pipes, plastic windows, construction plastic, ceramic tiles, etc.

Take these items to a waste centre or order a construction waste container from your waste carrier.



BULKY WASTE

Broken and unusable furniture and their parts (e.g., sofas, tables, shelves), carpets, other floor coverings, mattresses, curtains and curtain rails, large flowerpots, clothes racks, mirrors, sports equipment, bicycles, skis and sledges, baby prams, suitcases, toys, christmas trees, etc.

Take these items to a waste centre or order collection from your waste carrier.

HAZARDOUS WASTE

Energy-saving light bulbs and LED bulbs, mercury-containing waste (e.g., old thermometers), oils and oil filters, solvents, paints, varnishes, glue and sealant residues, acids, alkalis, photo chemicals, plant protection chemicals, household chemicals (e.g., detergents, cleaning products), batteries and accumulators, medical waste, etc.

Take these items to a waste centre, hazardous waste collection site or give away at hazardous waste collection tour.

Old medicines can also be taken to the pharmacy, batteries and accumulators to their points of sale.

TYRES

Take these items to the collection point designated by the manufacturer and the producer responsibility organisation, to a waste centre; if buying a new tyre, to the distributor's point of sale or to the tyre company.

ELECTRICAL AND ELECTRONIC EQUIPMENT AND THEIR PARTS

Refrigerators, stoves, washing machines, radios, hair dryers, curling irons, headphones, computers, printers, mobile phones, toys with batteries, e-cigarettes, etc.

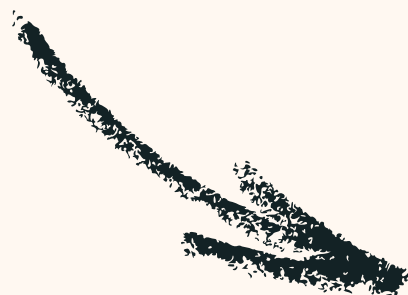
Take these items to a waste centre or return the old device to the point of sale when buying a new one. Take a small electrical appliance to a point of sale, even if you don't buy a new one.

Take your separately collected household waste to waste centres in Tallinn: in Pääsküla (Raba tn 40), Rahumäe (Rahumäe tee 5a), Pärnamäe (Ristaia tee 8), Paljassaare (Paljassaare põik 5) and Aegna (Tagamaa tee 1).

More information: tallinn.ee/jaatmed
tallinn.ee/jaatmekeskus



How can I act responsibly?



PACKAGING

GLASS PACKAGING

Rinse lightly (so as not to stain other packages and bags).
Remove caps and lids, labels may remain.

PLASTIC AND METAL PACKAGING, BEVERAGE CARTONS

If necessary, rinse gently (to avoid smearing other packets and bags).
Leave caps and lids on.

PAPER AND CARDBOARD PACKAGING

Fold large cardboard packages together or tear them to pieces, so they take up less space in the container.
Make sure the material is clean, free of dirt and dry.

BIOWASTE

Put bio-waste in a container in bulk, in a paper bag or completely biodegradable and compostable bag.

SCRAP PAPER

Put the waste paper in the container in bulk.

MIXED WASTE

Collect packaging and food waste separately and the amount of mixed waste will decrease drastically!

YES

- Bottles of soft drinks and alcoholic beverages
- Jars

- Plastic bags and packaging film
- Penoplast which has been around the product
- Packaging for cosmetics and care products
- Bread bags, ham and cheese packaging, salad boxes, yogurt cups, ketchup bottles
- Cans, aluminum cans
- Beverage cartons (eg packaging for milk and milk products, juice and wine)
- Metal stoppers and lids
- Packaging of other materials

- Cardboard boxes and cases
- Paper bags
- Wrapping paper
- Cardboard boxes with adhesive tapes

NO

Window glass, sheet glass and mirror glass
Light bulbs
Ceramics, crystal and porcelain (for example, tableware, vases, etc.)
Heat-resistant glass (eg oven-resistant foodware)

Baking paper, half-packed food
Plastic toys
Packaging containing dangerous substances (eg household chemicals, adhesives, paints and solvents)
Diapers, sanitary napkins, condoms
Pledge-marked bottles
Plastic and rubber products other than packaging
Building materials
Clothing and footwear
Packaging of products marked with a dangerous substance label

Dirty / wet paper and cardboard (eg pizza box)
Tissue paper (eg toilet paper)
Newspapers, magazines, books
Copy or drawing paper
Paper, cardboard, cardboard containing foil or film (eg juice packs, candy wrappers, book covers)
Egg containers
Wallpaper

Ordinary plastic bags, food packaging
Glass
Cat litter, ash, smoke cones, Liquid food residues, cooking oil
Large bones, baking paper
Paper bags with film or waxed surface or plastic window
Old medicines
Diapers, sanitary napkins
Vacuum cleaner bags
Artificial flowers, candles
Flower pots, salad pots

Dirty or waterlogged paper and cardboard
Household paper
Used paper containers
Copy paper
Stickers, tapes
Foil, butter paper
Candy papers, ice cream papers
Wallpaper
Laminated or film-coated paper
Tetrapacks, egg containers
All wastes containing materials other than paper and cardboard

Food waste, clean packaging
Hazardous waste, paint residues, medicines, accumulators, batteries, flammable and explosive wastes, household appliances, electronic waste, toys with batteries, e-cigarettes
Garden and construction waste
Liquid wastes (for example, used cooking oil)
Large waste, furniture, mirrors, carpets, mattresses
Substances and articles which, because of their weight, dimensions or shape, may endanger a waste container, waste truck or waste carrier

FIND THE NEAREST RECYCLING AND REUSE CENTER KUHVIIA.EE/EN

HANDED OVER TO A WASTE CARRIER WITHIN THE FRAMEWORK OF ORGANISED WASTE TRANSPORT

Sustainable life in Estonia is possible!

Be the changemaker, be the leader and be a
part of growth and innovation at

Estonian Business School!

