



MISSION FOR ENERGY TRANSITION



Eco-friendly student guide



Table of contents

This eco-responsible student guide lists a number of simple and effective solutions for reducing the ecological impact of our daily activities in Monaco.

01

MOBILITY

02

WASTE

03

ENERGY

04

TO GO FURTHER





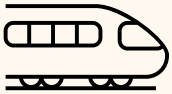
Mobility



I prefer walking and cycling (with Monabike): it keeps me slim and healthy!



I favor local holiday destinations and taking the train to get around.



I choose carpooling or public transportation for long journeys.



If I really need a vehicle, I opt for shared mobility with Mobee.

[More information about mobility](#)



Fun Facts :

- On average, a French person on the Côte d'Azur spends 138 hours a year in traffic jams.
- Not only are buses more environmentally friendly, they are also a safer means of transport than cars.
- The world's longest traffic jam was in China in 2010, lasting 12 days.

Source : <https://www.roadxs.com/transport/transport-facts/>



Waste



I sort my waste properly using the SMA's sorting instructions.



I repair what can be repaired rather than replace it.



I drink water from the tap and carry my water bottle to replace plastic bottles.



I take my box and cutlery with me for takeaway meals, and use [MaConsigne](#) when available.



I reduce waste thanks to recipes, apps and waste prevention websites --> [Ecoslowasting](#), [TooGoodToGo](#)...

[More information about waste](#)

What is the difference between the Use-By Date (UBD) and the Best Before Date (BBD)?

The Use-By Date (UBD) is the date after which a product becomes hazardous to health.

On the products concerned, it is indicated as "To be consumed by DD/MM/YYYY";
often seen on fresh products.

The Best Before Date (BBD) is the date after which the product may lose its taste and/or nutritional qualities. On the products concerned, you will read "Best before end of YYYY" or "Best before DD/MM/YYYY." It is usually seen on dry products.



Energy



I turn off the standby lights on my electronic devices.



I prefer laptops or tablets to desktop computers.



I sort my inbox by deleting unnecessary emails, emptying my recycle bin and avoiding sending heavy attachments.



I unsubscribe from newsletters I'm not interested in.



I limit my energy consumption in the kitchen by covering my saucepans.

[More information about energy.](#)



Fun Facts :

- In a year, the console and TV together consume around 2x as much electricity as a fridge-freezer.
- The sunlight that reaches the Earth's surface every minute is enough to satisfy the world's energy consumption for an entire year.

Source : <https://hydroottawa.com/fr/blog/six-faits-insolites-concernant-lelectricite>



To go further



I subscribe to the National Pact for Energy Transition, which will support me in my choice of actions.



For my carpools, I use BlablaCar Daily.



I learn more about the services offered in the Principality (thanks to YourMonaco) and how to get there in an eco-responsible way.



I reduce my consumption of disposable packaging by using MaConsigne.

To find out more, visit the website of the Mission for Energy Transition :

<https://transition-energetique.gouv.mc/>