

LIVE SUSTAINABLY

NEW

TAKE ACTION TODAY

SAVE THE WORLD

# Save THE World

WHAT CAN **YOU** DO TO FIGHT  
THE CLIMATE CRISIS?

AN INTERACTIVE JOURNAL

# GO GREEN, GO VEGAN

## Why switching to a healthy, plant-based diet could drastically reduce your carbon footprint

**V**egan. It's a word you've probably seen quite a lot of recently. But there's a good reason for that - if you want to cut down your emissions, going vegan is the single biggest change you can make. It's frequently been proven that a plant-based diet is far less damaging to the environment than a traditional, meaty one - and it can be much cheaper, too.

But before you decide to switch up your dinners completely, it's important to understand exactly what veganism is. Veganism means foregoing all animal products - so no more meat, dairy, fish, eggs, honey or any other animal derivatives. Instead, you'll be getting all the nutrients you need from a wide variety of fresh fruit, vegetables, nuts, seeds, grains and other plant-based products. It sounds complicated, but it's really not - a lot of the foods we consume every day (such as some breads) are naturally vegan anyway. Some foods, like dairy products and eggs, will need replacing, but never fear - thanks to the rapidly growing demand for vegan products, there are so many alternative options available to you in your local supermarket.

### ✦ GREAT FOR YOU, GREAT FOR MOTHER EARTH ✦

According to Greenpeace, livestock (that's mostly cattle, pork, sheep and chickens) generates as much carbon dioxide as all cars, trucks, and other vehicles on the road combined. In fact, animal agriculture makes up nearly 15% of all the world's emissions - even more than the entire transport industry. That's because, in addition to the vast amounts of methane famously produced by cows, a lot of fossil fuels are required to raise the millions of animals humans consume every year. They require feed to be produced, transportation and a huge amount of power to keep the farm systems running smoothly. There's a surprising amount of energy that goes into your beef burger.

Plus, there's the question of land use - more than three-quarters of the world's agricultural land is taken up by activities related to animal farming. Despite this, it provides less than 20% of the world's calorie consumption. If everyone switched to a vegan diet, we could reduce our land use by 75%, thereby cutting our carbon emissions dramatically. Think of how that land could be used instead - to reforest the Amazon, for wildlife conservation, to use for green energy, or to grow even more vegan crops. The possibilities are endless.



You may also be familiar with recurrent water shortages in certain parts of the world. Water is obviously a crucial resource, and using less of it is key to living a sustainable lifestyle. Animal agriculture, on the other hand, uses vast amounts of the stuff – 1 pound of beef uses more than 6,800 litres of water, which is enough to fill more than 30 bathtubs. Other meats aren't much better either – you need around 2,000 litres of water to produce 1 pound of chicken. By contrast, soybeans (the most common vegan protein) need only around 900 litres per pound. Switching to a plant-based diet could help to mitigate the effects of drought, and helps us to conserve water for generations to come.

It's not just meat that causes problems for the environment, either. As tasty as a cheesy pizza or creamy dessert is, the dairy they contain causes a number of problems for our planet. There are approximately 270 million dairy cows in the world today, and each one of those takes up significant amounts of land, water and food and



## GOOD FOR THE PLANET, GOOD FOR YOU

**Plant-based diets aren't just great for the environment – there are a number of reasons you should consider making the switch**

### IT'S HEALTHY

Done properly, a vegan diet will provide you with all the nutrients you need. If you reduce your consumption of meat and dairy, you'll have more room for healthier alternatives, and you might feel the difference very quickly.

### IT'S KINDER

One of the main reasons people go vegan is because they no longer wish to contribute to animal cruelty. By cutting out animal products, you will no longer be supporting the slaughter or ill treatment of farm animals.

### IT'S TASTIER

Changing up your diet means you will be thinking more creatively about what you eat. You can experiment with new dishes and flavours, and see it as a great opportunity to improve your culinary prowess.





produces emissions. For example, just one glass of milk (200ml) accounts for about 600g of carbon dioxide emissions. That's more than three times as much as oat, soya or almond milk - most of which are inexpensive, delicious and readily available in your local shop.

To be truly environmentally friendly, we must also watch out for what's going on in our oceans. It's a common misconception that fish farming isn't that bad for the environment - like land-based farms, fisheries destroy ecosystems and habitats, and produce emissions of their own. Waste from fish farms pollutes the ocean, and commercial fishing itself is highly controversial because overfishing depletes the supply of certain fish in the water, disrupting food chains and upsetting the natural underwater world.

While it is true that plant-based products aren't completely carbon-neutral, their impact on the environment is far less than their animal equivalents. At first, all this information might seem overwhelming, but fear not - you have the power to change things. In a world where capital is key, the money in your eco-friendly pocket drives companies to change. The simple choice of regularly buying vegan alternatives reduces the demand for animal farming. Little by little, global carbon emissions should decrease. You, meanwhile, will be safe in the knowledge that you are doing your best to live a fully sustainable lifestyle. The best part? You can start right here, right now.

## WHAT'S ON YOUR PLATE?

This striking bar chart shows the grams of CO<sub>2</sub> (and other harmful gases) emitted per gram of protein in different food types

### Food types

### Greenhouse gas emissions

Cattle, sheep and goats  
Fish tanks  
Fish trawling  
Fish farms  
Pork  
Poultry  
Dairy  
Fishery  
Eggs  
Root vegetables  
Wheat  
Maize  
Legumes



# SEASONAL SPECIALS

To make your plant-based diet even more environmentally friendly, be sure to eat seasonally and locally. There's plenty technology available to make it easier. Here are a few apps and websites that will help you to locate farmers' markets and work out what's in season:

## SEASONS

This app lists the natural growing seasons and import seasons of hundreds of different kinds of produce, as well as markets around the world.

## SEASONALFOODGUIDE.ORG

This website will tell you which produce is in season in every US state.

## EATSEASONABLY.CO.UK

This site locates markets, restaurants and cafés that sell or cook with seasonal produce.

### ✦ SPRING ✦

#### FRUIT

Blood oranges · Rhubarb  
Elderflower · Alphonse mango  
Gooseberries · Apricots

#### VEGETABLES

Artichokes · Cauliflower · Celery  
Asparagus · Wild leaf garlic · Radishes  
Chicory · Jersey Royal potatoes  
Purple sprouting broccoli · Rocket  
Spring onion · Broad beans · Leeks  
Morels · Hispi cabbage · Spinach  
Peas

#### HERBS

Rosemary · Oregano · Tarragon  
Chives · Basil · Chervil · Coriander  
Marjoram · Bay · Flat-leaf parsley  
Thyme · Dill

### ✦ SUMMER ✦

#### FRUIT

Strawberries · Cherries · Blackcurrants  
Peaches · Plums · Blackberries · Figs  
Rhubarb · Gooseberries · Melons  
Grapes · Raspberries · Pears · Damsons  
Greengages · Elderflower · Apricots  
Redcurrants · Nectarines · Blueberries

#### VEGETABLES

Broad beans · Courgettes · Chard  
Radishes · Runner beans · Peppers  
Cucumbers · Rocket · Aubergines  
Asparagus · Potatoes · Borlotti beans  
Peas · Fennel · Sweetcorn · Samphire  
Spring onions · Tomatoes

#### HERBS

Marjoram · Chives · Flat-leaf parsley  
Thyme · Basil · Bay · Chervil · Tarragon  
Mint · Sage · Coriander · Dill  
Oregano · Rosemary





✦ AUTUMN ✦

**FRUIT**

Apples · Blueberries · Blackberries  
Piel de sapo · Victoria plums  
Cranberries · Grapes · Quince  
Nectarines · Elderberries · Figs  
Pears · Clementines

**VEGETABLES**

Aubergines · Butternut squash · Leeks  
Swede · Carrots · Celeriac · Turnips  
Cavolo nero · Celery · Pumpkin  
Courgettes · Brussels sprouts · Fennel  
Jerusalem artichokes · Parsnips · Kale  
Tomatoes · Peppers · Cabbages  
Radishes · Rocket · Potatoes · Onions

**HERBS**

Basil · Chives · Flat-leaf parsley · Sage  
Mint · Marjoram · Thyme Bay  
Oregano · Rosemary

✦ WINTER ✦

**FRUIT**

Pomegranates · Clementines  
Blood oranges · Quince  
Cranberries · Rhubarb

**VEGETABLES**

Artichokes · Leeks · Potatoes  
Brussels sprouts · Butternut squash  
Cauliflower · Celeriac · Chicory  
Swedes · Cavolo nero · Cabbage  
Celery · Watercress · Spinach · Kale  
Broccoli · Turnips · Jerusalem  
artichokes · Parsnips · Onions

**HERBS**

Bay · Rosemary · Sage

\*Based on UK seasonality.  
Produce elsewhere will vary



# THE JOY OF STAYCATIONS

## Planning your next holiday? Sometimes you don't need to look much further than your own back yard

**A**s the dark nights draw in, it's tempting to dream of escaping to warmer climes... but making this dream a reality literally costs the earth. The airline industry dumps more carbon emissions into the air than any other form of transport. But that doesn't mean you have to forgo your holidays - far from it. Your passion for sustainability gives you an amazing chance to explore all the wonderful things your home country has to offer. Go on a 'staycation'! You'll become a local expert, knowing all the best places to go for food, photos and adventure. All while saving the planet. So, hop on a train and head to an exciting domestic destination.

There are so many benefits to a staycation. Forget stressing about baggage allowance, carry-on liquids and getting to faraway airports - say hello to a holiday that's no more than a few hours away and involves minimal preparation. You'll be able to take as much stuff as you can carry, then choose an eco-conscious mode of travel, be that a bus, train, or even a bike. If you've got a pet, you may even be able to bring them along with you!

It's also easier to be greener in your own country than it is abroad, as you know where to buy environmentally friendly food, products and souvenirs. You can shop from ethical companies, and you will instantly know how to recycle things once you've finished with them. Plus - and this is a big one - a staycation can be much cheaper than a big trip abroad. Think of all the money you'll save on airfares, visas and currency exchanges - use it to treat yourself to something instead.

A staycation can easily give you everything you're looking for in a holiday. How many close-to-home places have you seen, sworn you'd go to one day, and just never found the time? Now's your chance to tick those things off your bucket list. Head to that beautiful historic building, or do that awesome hike you saw on TV. Perhaps you know of a secluded spot the other tourists will find tricky to get to. There will always be places you've never been to, and new experiences to enjoy. The best thing is, they're easy and inexpensive to reach.

Domestic tourism will also allow you to appreciate your home so much more. You'll have the space to truly breathe and relax, and to observe all the good things around you. Imagine taking a walk in a quiet forest, or ziplining through a valley you didn't even know existed. There's so many adventures to be had just outside your back door - sometimes all you need to do is look for them.





## SIMPLE STAYCATIONS

### ADVENTURE HOLIDAY

Fancy a hike through deep forests, or trying out new watersports? Most countries have gorgeous natural surroundings that offer plenty of opportunities for adrenaline-pumping fun.

### BEACH

If you like nothing more than to chill out on the sand, a beach (or even a lake) is never too far away. Don your flip flops and your suncream, and take a trip to the beach with your friends.

### CITY BREAK

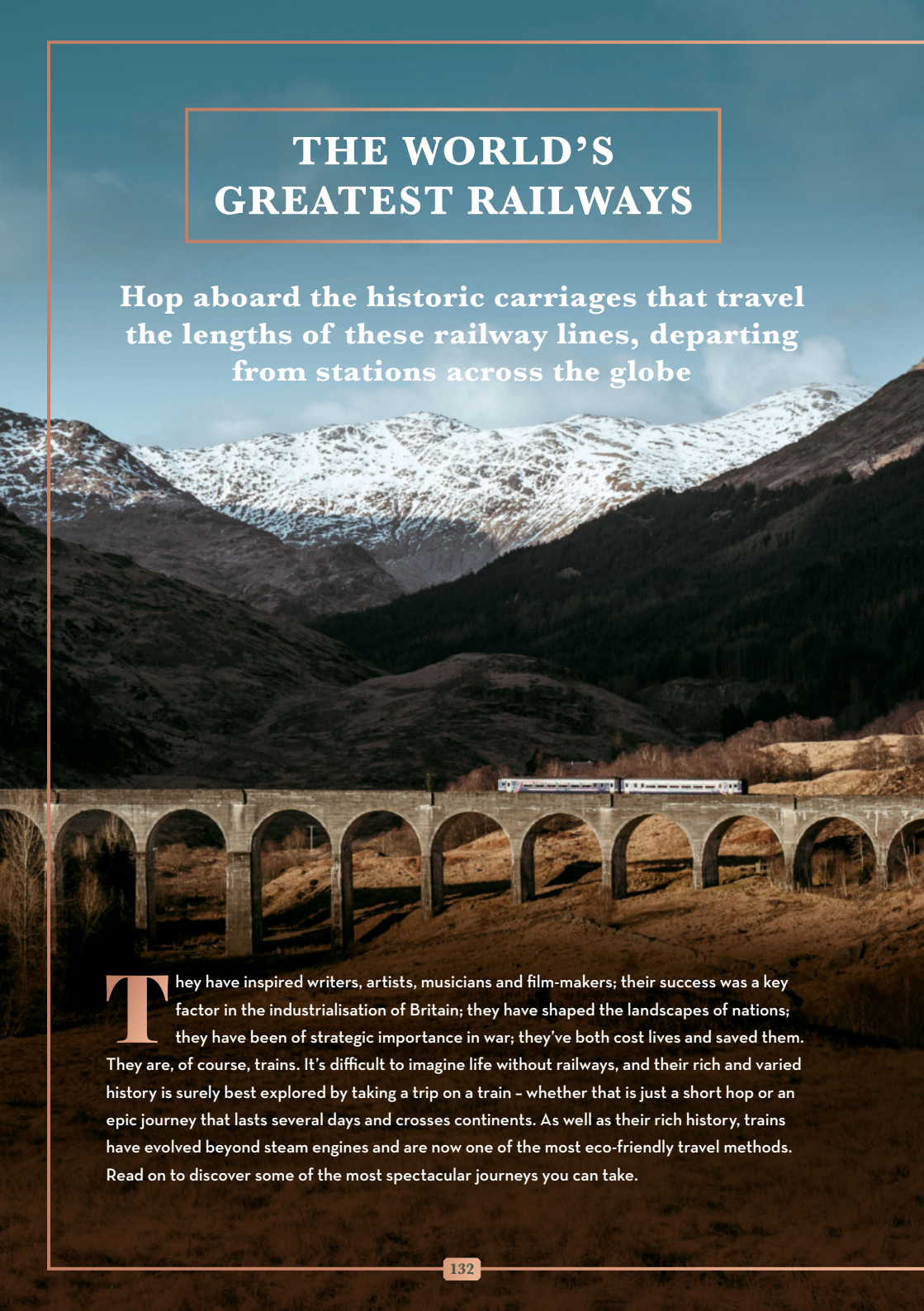
Your home country is probably full of cool towns and cities you've not visited. Think historic centres, cool music venues and swanky restaurants - they're just waiting for you.

### HOME TIME

Sometimes a staycation can be as simple as chilling out at home. You could read that book you've had on your shelf for ages, learn a new skill or just relax in your garden or the park.

# THE WORLD'S GREATEST RAILWAYS

Hop aboard the historic carriages that travel the lengths of these railway lines, departing from stations across the globe



**T**hey have inspired writers, artists, musicians and film-makers; their success was a key factor in the industrialisation of Britain; they have shaped the landscapes of nations; they have been of strategic importance in war; they've both cost lives and saved them. They are, of course, trains. It's difficult to imagine life without railways, and their rich and varied history is surely best explored by taking a trip on a train - whether that is just a short hop or an epic journey that lasts several days and crosses continents. As well as their rich history, trains have evolved beyond steam engines and are now one of the most eco-friendly travel methods. Read on to discover some of the most spectacular journeys you can take.



## ✦ WEST HIGHLAND LINE ✦ SCOTLAND, UK

**On this scenic railway journey, you can take in sites of key importance in Scottish history**

It's a trip of only five and a half hours, but this 264-kilometre-long journey from Glasgow to the fishing port of Mallaig is spectacular. Many even call it the most scenic rail journey in the world, as you'll pass mountains, lochs, heather moors and herds of red deer. Construction began in 1889, with the aim of linking Glasgow to Fort William, but the work was not without its challenges as it crossed remote parts of the Scottish Highlands, and the line was not completed until 1894. Conditions were harsh and 37 navvies died in just four years. The line was later extended to the coast, and the link to Mallaig opened in 1901.

After leaving behind the tenements of Glasgow, the train winds along the 'bonnie banks' of Loch Lomond - Britain's largest body of fresh water - then chugs on to Crianlarich, where a branch line runs to Oban. The scenery becomes increasingly rugged and further on, past Tyndrum (once the heart of the Scottish gold mining industry), a giant horseshoe curve winds through a glacial valley - a reminder that funds for the construction of tunnels and viaducts were limited, so obstacles (such as mountains) were skirted instead. After Bridge of Orchy, the train traverses Rannoch Moor and eventually reaches remote Corrour station, which featured in the film of Irvine Welsh's novel, *Trainspotting*.

After it leaves Fort William, the line passes an increasing number of sites of historic interest. At Banavie, suggested by some as the birthplace of Saint Patrick, the train crosses Thomas Telford's Caledonian Canal, characterised at this point by 'Neptune's Staircase', a series of eight locks designed by Telford in 1822. Then comes the glorious 21-arched Glenfinnan Viaduct, constructed in concrete by Robert McAlpine and opened in 1901. Today it's most famous for the starring role it plays in the Harry Potter films, but the viaduct also offers excellent views of the Glenfinnan Monument. This 18-metre-high tower designed by architect James Gillespie Grant commemorates the start of the Jacobite Rising in 1745, when Bonnie Prince Charlie raised his standard above Glenfinnan. His fight to claim the throne (supported by English, as well as Scottish Jacobites) ended at the Battle of Culloden the following year. A lone highlander stands atop the tower - a reminder that the defeat effectively ended the highland way of life. Further along the route, the train passes Loch nan Uamh, from where he escaped to France after Culloden.

If you want to make a long break of it, visit the Scottish tourism board's website at [visitscotland.com/see-do/tours/railway/west-highland-line-itinerary](https://www.visitscotland.com/see-do/tours/railway/west-highland-line-itinerary) for a more detailed four-day itinerary, including where to stop and what to do.

## ✦ THE TRANS-SIBERIAN RAILWAY ✦ MOSCOW, PERM, OMSK, LAKE BAILAK, VLADIVOSTOK

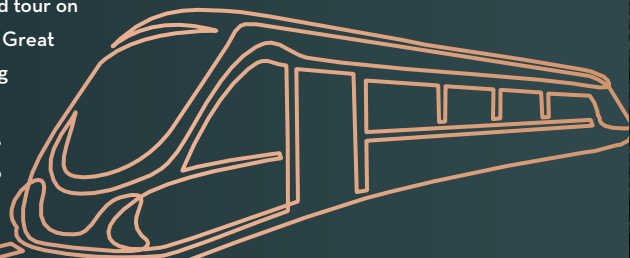
**One of the longest continuous railways in the world, at more than 9,200 kilometres long, this railway crosses several time zones as well as the wilds of Siberia**

The classic Trans-Siberian Railway journey takes seven days and goes from Moscow in the west to Vladivostok in the east. Construction of the line was inaugurated in 1891 by Tsar Nicholas II, and much of the work was carried out by convict labourers, as well as Russian soldiers. It is not considered one of the world's most scenic routes - being sent to Siberia was, after all, considered the ultimate punishment - but many of the route stops along the way are rich in fascinating Russian history, and there are some striking vistas to be seen over the course of your several-day trip.

Yekaterinburg, for instance, was where Tsar Nicholas II, his wife and five children were murdered in July 1918 by Bolsheviks. The site is now marked by a large Byzantine-style church. Then there's Perm, which was the childhood home of Sergei Diaghilev - founder of the Ballet Russes, and the place that inspired Boris Pasternak to write *Doctor Zhivago*. It was the railway line that facilitated the development and settlement of Siberia and allowed the Soviets to exploit its rich coal and metal deposits, turning it from a largely agricultural region to one that is now heavily industrialised.

The Trans-Siberian Railway is, however, not just one single line, but actually a network of interlinking railways - all full of interest and potential to the travelling history buff. There are two branch lines that can take the traveller into China: the first runs from Moscow to Beijing via Mongolia, crossing both Siberia and the Gobi desert on the way; the second links the same cities but goes via Manchuria. Alternatively, you can get off in Vladivostok, where you have the choice of catching a boat over to Japan.

This is the railway where East really does meet West. For information on booking tickets on the Trans-Siberian railway, check out [realrussia.co.uk](http://realrussia.co.uk). If you prefer something a little more luxurious, then you could join an escorted tour on the GoldenEagle, with operators such as Great Rail Journeys ([greatrail.com](http://greatrail.com)) or Festiniog Travel ([festiniogtravel.com](http://festiniogtravel.com)). The Trans-Siberian Railway might not be everyone's cup of tea, but it's a fascinating peek into the wilderness regions of Russia.









## ✦ GREAT AMERICAN RAIL JOURNEY ✦ USA

**Explore the underrated Pacific Northwest by train,  
visiting big cities, endless forests, mountains and more**

Begin your journey in the cosmopolitan city of San Francisco, where the Golden Gate Bridge can be seen forcing its way through the mist. Cross over it to explore the vast redwood forests at the other side of San Francisco Bay. When you return, the city is easy to explore by foot, tram or bus, and you can relax in one of the many green spaces. The Japanese Tea Garden inside Golden Gate Park is particularly spectacular – look out for the beautiful steep arched bridge. Then, if you feel up to it, wind your way up Lombard Street, the zigzag uphill pathway that's featured in many a movie. If you are interested in learning about Chinese culture, go to the famous Chinatown and maybe even visit a fortune cookie factory. Don't forget to check out San Francisco's incredible healthy, eco-conscious and vegan restaurants for a tasty dinner – Pier 39 is probably the best place to start.

The next leg of your journey takes you through one of the USA's most scenic rail routes. Board an overnight sleeper train to Portland, Oregon, and admire the woodland views en route. Portland is known as the 'Rose City' because its climate is ideal for growing the fragrant flowers, so visit a rose garden to take in the town's trademark scent. This quirky city has plenty to keep you entertained – from cable cars to eclectic donut shops (and yes, they do serve vegan options). Portland is a very eco-friendly place, as most landmarks are within walking distance, and the public transport system is excellent.

A quick rail hop takes you to Seattle, home of the Space Needle and Starbucks. Grab a hot cup of joe before the elevator in the Space Needle whizzes you up in just 43 seconds. From the charming Pioneer Square, take a tour of the fascinating Seattle Underground to explore a time capsule from the 19th century, where old buildings lie under the surface after the city's street levels were raised in the 1890s. Shop at the farm-fresh Pike Place Market, and in the evening catch a jazz performance. If that's not your cup of coffee, try a rock club.

You can finish your journey here, or take another overnight train (the Empire Builder, to be precise) from Seattle to Glacier National Park. This 14.5-hour journey is a complete steal, costing from just \$100 for a seat. You'll find a restaurant car to feed your hunger, and a lounge with curved glass windows so you can admire the picture-perfect panoramas. When you reach the Glacier Park stations (East is seasonal, West is all year round), you can start your journey into the wild. Hike for miles in Montana's incredible wilderness, or camp under the stars for a glimpse of the galaxy. This is the rail journey of a lifetime, and you won't want to miss all the Pacific Northwest has to offer.

# IT IS THAT EASY BEING GREEN

## Want to convince others to be more eco-friendly? Here's how...

**W**ith the new year, many of us may look to make an eco-friendly change to our lifestyles. Perhaps that's why you've picked up this book - in which case, go you! If you have been inspired to go green, that's fantastic. Maybe you would like to encourage others to do the same, but aren't quite sure how to go about it. It can be tricky to strike a balance between being keen and being too forceful, but don't worry, this guide is here to help you.


The first step you can take is to share information and resources - particularly the things that inspired you to change. After all, if they were powerful enough to convince you to rethink your habits, chances are they could do the same for others. Whether it's discussing a shocking documentary you saw, or posting a link to a news article with some hard facts, any information can really help your case.

Alongside those, you might also wish to send people some helpful tips on going green right away. Even small changes, such as buying less plastic, can go a long way. If the person you're thinking of is already reconsidering their carbon footprint, they're likely to be very receptive to any advice, and looking for new ways to be more sustainable. You can even show them just how easy it is by giving them some inspiration from your own life - whether you've switched to biodegradable bamboo cotton buds, or you use old plastic pots as handy storage containers, there are a million ways to make a change today.

With that in mind, it's also a good idea to show people how fun sustainability can be, as well as being necessary to the future of our planet. You could get outdoors and help plant trees, giving you and your friends a sense of achievement at the end of the day. Or, you could organise a clothing and accessory swap with them, to get the buzz of wearing new clothes without contributing to unethical garment industry practices. Meet new people by taking friends along to a community beach clean - the opportunities are endless.

One of the main reasons people struggle to change their lifestyle is because they feel they don't have time. But more often than not, that simply isn't true - they can simply replace the things they already do with environmentally friendly alternatives. Single-use plastic is a great example of this. Suggest they stop buying bottles of water when they're out and about. There are so many refillable options on the market now - it takes seconds to refill a bottle, plus it's so



A top-down photograph of a person in a garden. The person is wearing a light blue denim shirt and light blue jeans. They are reaching their right hand towards a large green cabbage growing in the soil. Their left hand is resting on the ground nearby. The garden is filled with various green plants, including leafy greens and small white flowers. The background is dark, suggesting a shaded or nighttime setting.

much cheaper. The same is true for most other packaging, too. When the topic arises, gently point this out - you might just change their mind.

Another effective strategy is to demonstrate that making sustainable choices doesn't have to be expensive. In fact, it can often save you money. Switching off things (from the socket) when you aren't using them saves a surprising amount of energy. Installing cavity wall insulation onto your home is relatively inexpensive, and can save you a lot on your heating bill. When it comes to your wardrobe, buy fewer clothes, and recycle your old ones when they become worn, and you'll save a significant amount of cash over the year.

There are so many other things you can do to encourage others to follow your eco-friendly lead - be the example for them to follow. The key thing to remember is to always be positive, encouraging and non-judgemental, and you'll soon become the eco warrior you were born to be.

Give your friends green gifts on their birthdays. Treating them to some lovely natural skin products or a funky stainless steel water bottle could jumpstart their journey to becoming green.



# SPREAD THE WORD

**M**ake a list of people in your life who might be receptive to embracing a more environmentally conscious lifestyle. What might be the most appropriate method of introducing them to greener ways of living?



**WHO IS IT?**

A large rectangular area with a decorative border, containing 15 horizontal dashed lines for writing.

**HOW WOULD  
YOU ENLIGHTEN  
THEM?**

A large rectangular area with a decorative border, containing 15 horizontal dashed lines for writing.

