

# ECOFONTA

## The future gym now.

### WHAT IS SUSTAINABILITY?

Sustainability is a systemic concept, related with continuity of the economic aspect, social, cultural and environment of human society.

It aims to be a way of configuring civilization and human activities, in such a way that society, it's members and their economy can fill there needs and express their greatest potential now, while preserving the biological diversity and the natural ecosystem, acting and planning in a way to reach maximum efficiency in the undefined maintenance of these ideals.

Sustainability covers several levels of organization, from the local neighborhood to the whole planet.

Stating in simple terms, sustainability is providing the best for the people and for the environment both now and in the undefined future.

For a human development to be sustainable, there are 4 basic requirements. These development needs are:

- Greener;
- Ecologically viable;
- Socially just;
- Accepted culturalaly.

Our school fits in these topics, seeking preservation in the integrity of the students.

1. Maximize utilization of natural light.
2. Using economic light fixtures.
3. Rationing the use of electrical energy..
4. Maintaining the temperature of the pool by using a thermal blanket.
5. Faucets and water coolers are controlled by timers.
6. Environmental education in the preservation of the nature.
7. Using solar heating for the pool, expending 30% less electrical energy.
8. Alerting the public about sustainability and environmental education.
9. Investing in youth.



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## Follow the Fontanelli Swim Club tips and make your home ecologically friendly

1. Choose biodegradable detergents and cleaning products that do not harm the environment. Avoid aerosols with CFCs (chlorofluorocarbons), the gas responsible for the hole in the ozone layer.
2. Do not brush your teeth with the water running. This spends up to 12 liters of water each time you don't shut the faucet. In the kitchen, soap all of the dishes before opening the faucet to rinse.
3. Save paper. It is estimated that for every hundred pounds of paper recycled sixty trees are spared.
4. Baths that last fifteen minutes are ecologically incorrect: they spend on average 243 liters of water. The UNO says that each person needs for consumption and hygiene about 110 liters of water daily for consumption and hygiene.
5. Batteries and lamps contain substances that can contaminate land and underground water.
6. Take your own shopping bag to the supermarket. This decreases the consumption of plastic bags, reducing the volume of waste produced.
7. Separate trash for recycling. Only 5% of garbage is separated, although there is selective collection in forty neighborhoods.
8. Only use the washing machine when it is full. With a few pieces frequent washing takes more water and energy. Turning on your washing machine every other day, you'll save 9 kW per month in bills.
9. Do not buy or cook more food that you will consume. According to Comlurb, 61% of garbage in Rio de Janeiro is leftover food. The wet garbage (food scraps) must be separated from the dry (plastic, glass, cans, paper and metals). Recyclable material must be placed in transparent bags to facilitate identification.
10. The refrigerator and freezer can account for 30% of the energy consumption. Buy the ones that have the label "Procel" (Program to combat the waste of energy). Avoid leaving the fridge door open too long and do not refrigerate food that is still warm – let it cool to room temperature first.

