

# Raising awareness of plastic pollution at the Tokyo Olympics



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THE BIG PLASTIC PLEDGE  
CALLS ON ALL ATHLETES  
TO PLEDGE  
**3 ACTIONS**  
TO REDUCE THE USE  
OF SINGLE-USE PLASTIC



1. Elaborate on the terms “sustainable materials” with a few examples with pictures.

Sustainable materials are materials used throughout our consumer and industrial economy that can be produced in required volumes without depleting non-renewable resources and without disrupting the established steady-state equilibrium of the environment and key natural resource systems. Example of sustainable materials are **bamboo; wood; hemp; wool; linen; straw; clay, stone, sand; beeswax; and coconut.**



# USE OF SUSTAINABLE MATERIALS IN TOKYO OLYMPICS

The Tokyo Olympics are also using sustainable materials in just about every facet of the event: athletes sleep on recyclable cardboard beds, podiums have been made from recycled plastic and medals have been made with metals obtained from recycled phones and other electric devices.



**Medals made of recycled phones**

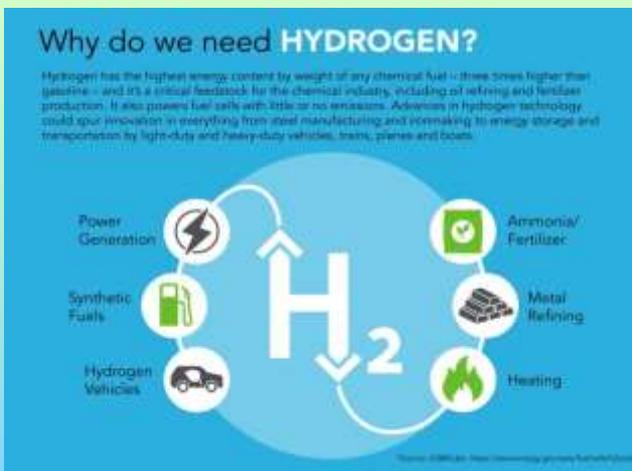


**Podiums out of recyclable plastic**

2. "Energy analysts believe hydrogen offers some of the best potential to reduce or eliminate emissions from airlines, shipping and industry," – Elaborate [1]

The Games are also sending a strong signal about energy usage, relying as they do on hydrogen produced sustainably through solar energy to power the Olympic flame, cars and buses shuttling between venues, and the Olympic Village itself as part of the first phase of Japan's planned full-scale hydrogen-powered infrastructure. Seen as a green fuel of the future, hydrogen produces no CO<sub>2</sub> emissions and can be generated via renewable sources. "Energy analysts believe hydrogen offers some of the best potential to reduce or eliminate emissions from airlines, shipping and industry," Euronews notes.

The use of green energy, along with the long-term impact of the projects which will be funded by its carbon credits, will go a long way towards reducing the carbon footprint of the Tokyo Olympics, whose motto ("Be better, together, for the planet and the people") refers back the event's focus for a sustainable and ecofriendly Games. The Olympic planners have consciously carried out their preparations in line with the United Nations' 17 Sustainable Development Goals (SDGs), which aim to create a more equitable planet along sustainable lines.



3. One of the biggest initiatives till date has been its 'Pick a Pledge' campaign, which encourages members of the public to make some small changes in their everyday habits, that together can make a huge difference for tackling plastic pollution. Write about your preventing plastic pollution support, and prepare a write up on what can be your pledge on this issue. Use flyers, slogans or posters (any one) to support your answer. [3]

Plastic is polluting oceans, impacting biodiversity, and affecting human health. I believe that we all can work together to discover solutions to the massive problem of plastic pollution. While plastic is durable, this also means plastic waste can be trapped in our environment for centuries, if not managed well. However, today only 15% of plastic waste is recycled.

We all can follow the 3 R's-

- **Reduce** our overall consumption is about respecting our natural resources, only using what we need, and refusing unnecessary excess.
- **Reuse** to increase the lifespan of the things we use. This includes repairing or upcycling our items to give them a new lease on life.
- **Recycle** the waste we eventually generate to close the loop in a circular economic model.

# PLEDGE WE SHOULD TAKE ON THIS ISSUE

As a responsible citizen of our country and a resident of Mother Earth  
I pledge to Refuse, Reduce, Recycle, Reuse, Repair, Re-gift, Recover and Rethink plastic  
I shall say no to single use plastic items such as straws, carry bags and cutlery  
I shall always carry a cloth bag for buying grocery items to avoid plastic bags  
I shall carry my own water bottle and avoid buying plastic bottles  
And Sort my waste for recycling and disposal  
I will buy more bulk food and fewer packaged products  
I will spread awareness among people on this issue  
We all join our hands and come together to say no to plastic  
Save our mother earth and make it a plastic free planet



# POSTER



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