

Snagazin



snaga

A MAGAZINE FOR A BETTER LIFESTYLE
2018



INTERVIEW WITH SUNITA WILLIAMS:

If we saw Earth from space, we would take better care of it

MAIN
STORY:

Fools or visionaries?

HYGGE: ENJOYING EXPERIENCES RATHER THAN THINGS



History never says goodbye

Eduardo Hughes Galeano was a Uruguayan journalist and writer, considered one of the greatest in Latin America. One of his most subtle and unusual books is *Children of the Days*, a compilation of 366 snippets of human history, one fateful event for each calendar day of the year.

Children of the Days is a reminder of people's inhumanity to nature, vignettes of stupidity, a preserved memory of the darkest hours and victories, and the triumph of good over evil, and as a monument to heroes and heroines who have fallen off the historical map.

Galeano reminds us of the exception, of rebellion and uprisings, the pillaging of the continent, the dark side of Hollywood and the greed of multi-national companies.

In the book, he writes:

"Disasters are called natural, as if nature were the executioner and not the victim. Meanwhile, the climate goes haywire, and we do too." *

He goes on to say that, for the first time in history, the new Ecuadorian constitution of 2008 accorded rights to nature: "It seems strange, this notion that nature has rights as if it were a person. But in the United States, it seems perfectly normal that big companies have human rights. They do, ever since a Supreme Court decision in 1886. If nature were a bank, they would have already rescued it." *

History never really says goodbye, Galeano says. It is always "See you later."

Janko Kramžar, Director of Snaga at Cafe Čokl, which serves organically grown fair trade coffee.

* translated by Mark Fried, Penguin Books



We believe in science

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Sebastian Cavazza**

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Beautiful and responsible



BORROW ANYTHING EXCEPT BOOKS FROM THE REČI LIBRARY

Why buy something you need only once a year? In REČI, a library of things, you can borrow a projector, a sewing machine, a drill, chainsaw or wedding dress. The photograph features Marja, who borrowed a dress for her wedding with Daniel. Borrowing is based on traditional library schemes, while the loan period depends on the type of item.

GO TO A GARAGE SALE!

Every first Tuesday of the month, the Reuse Centre opens its door to offer potential buyers anything that can no longer fit on the store's shelves. The courtyard is transformed into themed sections, with electric and electronic goods, toys, clothing, furniture and seasonal offers. See you at Povšetova ulica 4 between 9 am and 5 pm.

KABINÉ ŠERINJON: BORROW, WEAR FOR TWO WEEKS AND LET SOMEONE ELSE ENJOY IT

Kabiné Šerinjon is the first e-library of fashionable and vintage clothing in Slovenia. Over 60 exquisite designs by Slovenian designers and vintage clothing from the Reuse Centre can be borrowed for free. Many designs are unisex and available in sizes that fit different body shapes. You can find more information about the clothing and borrowing at www.kabine-sherinjon.si.



A SANCTUARY FOR ABANDONED PLANTS

What should you do with plants that have either become overgrown or that you can no longer take care of? Give them up for adoption. Take them to the Abandoned Plants Sanctuary (Zavetišče za zavržene rastline), where Anamari Hrup and Eva Jera Hanžek take care of plants donated by the public or saved from the streets of Ljubljana or waste bins. Browse the plethora of discarded herbs, monstera, cacti, orchids and other plants waiting to find a new home or check them out in Tivoli Park and greenhouse or Pritličje bar in Ljubljana.



LJUBLJANA, THIRD CLEANEST EU CAPITAL AFTER LUXEMBOURG CITY AND VIENNA

According to a survey of 109 EU cities conducted by Eurostat, the European statistics office, the inhabitants of the Latvian city of Ventspils are the most satisfied with how clean their city is. Among the capitals, the top spot was taken by Luxembourg, followed by Vienna and Ljubljana. The respondents had to say whether they were very satisfied, rather satisfied, rather unsatisfied or not at all satisfied with the level of cleanliness in their city. Some 95 per cent were very satisfied or rather satisfied with the cleanliness in Luxembourg, followed by 90 per cent in Vienna, 88 per cent in Ljubljana, 81 per cent in Riga, and 80 per cent in Helsinki.

ROBIN FOOD, THE GROCERY SHOP WHERE EVERYTHING IS ON DISCOUNT

Robin Food is a shop in Šiška where all the food is discounted by 50 to 80 per cent. Is there something wrong with the food? Of course not. It is stacked on the shelves of Robin Food because wholesalers' or producers' warehouses are full, so they have to move it quickly, because the packaging has changed or is not good enough to be on the shelves of regular supermarkets. They also have food that will soon expire and discontinued products. The shop's offer changes from week to week, which means some products and produce are not always available. Robin Food, Celovška cesta 111b (by Kino Šiška) is open from Monday to Friday between 8 am and 8 pm. More information is available on Robin Food's Facebook page.



If we saw Earth from space, we would take better care of it

Sunita Williams, an American astronaut of Indo-Slovenian descent, is a veteran of two International Space Station expeditions. She first flew into space on board of space shuttle Discovery, and the second time on Soyuz. When flying with Discovery, she brought one of her favourite dishes – Kranjska sausage.

She spent 322 days in space, with over 50 hours of space walks. From the height of 400 kilometres, she could also see Slovenia.

Space discovery, where astronauts have limited space and resources, has triggered many innovative recycling methods and waste treatment. At the International Space Station, drinking water is produced from diverted urine, sweat and condensed water in the exhales using a special water recovery system. Their experience enables astronauts to provide advice on developing sustainable waste management practices to many countries. This is also one of the causes championed by Sunita.



Photo: NASA

SNAGAZIN

**“
In space, I missed
family, my dogs,
the weather and
showering
the most.”**



You are an American astronaut with Slovenian roots. What is your relationship to Slovenia?

My mother is Slovenian. Her parents were born to immigrants who had moved to the USA from Slovenia and settled in Ohio. Therefore, I had the luck to grow up surrounded by many Slovenian customs and the love of Slovenian food. During my first visit to Slovenia, I sought to trace down some relative with my mother and my sister, as we wanted to know more about our family's origins. Therefore, we were pleasantly surprised when we met the inhabitants of Leše, where our relatives came from and where my grandmother was born.

Astronauts can enjoy a unique view of the Earth. What, as a society, is our current attitude to the planet in your opinion?

I believe that everyone living on our planet should take good care of it. Earth has been taking care of us for so long; everyone should be aware of that and nurture it if we are to cohabit with it peacefully. Earth is our only home, which makes us responsible for its wellbeing. I believe people would take better care of our planet and be nicer to each other if they were able to see the planet from space. Looking at the mountains, rivers and lakes from space opens up a new perspective. Because there are no everyday worries or mundane chores at the space station, you realise what matters: we only have one known habitat - Earth!

What did you miss most in space?

My family and my dogs, of course! We have a Jack Russell Terrier called Gorby and a Labrador Bailey. I also missed the weather – the wind, the rain, the breeze. You can't experience that in space. Looking through the window, I could see dark clouds under me. I would have been more than happy to stand under them and enjoy the rain. Perhaps this was also because I missed showering.



What is the food like on the mission and what do you eat when you are not in space?

The food that we have available in space is tasty and diverse: from sweet and sour pork to tofu, and we can season it with ketchup, mustard, mayonnaise. Salt and pepper are also liquid. We can also have pastry and good coffee and we had the privilege to be able to take some of our favourite dishes prepared by our families. I was very happy to find sausages from the Cleveland butcher's where we had bought them from ever since I remember. They were so good that all were gone in a single meal – because I shared them with the crew, of course!

You said you wanted to inspire young Slovenes so that they would know they can become what they want. How would you encourage them to respect the environment and grow into responsible and ethical individuals?

Life offers many possibilities and opportunities. Along with them, we should think about the environment. How do our actions and decisions affect the environment? What should we change in order to protect and help the environment? We should be aware what we are doing every step of the way. We should take responsibility for our actions, be aware that we should manage the environment and make sure our activities are environment-friendly.

What does the humanity's future look from space?

It looks great, as our planet is resilient, but we can do more for it. Earth always balances everything out but we should make sure not to destroy the balance. While one cannot see people from space, their impact on the planet is visible, for example pollution, excessive amount of carbon dioxide and increasing population. All this has reshaped Earth. We should be aware of that and limit the use of energy and resources.

You were the first to complete a marathon on a treadmill in space. What will be your next adventure?

I was really lucky to have been part of the event and be able to do it. My next adventure? Who knows! There will always be new and innovative ways to live in space, and the flight alone, particularly the countdown just before take off is rather exciting.

Do you have any other message for Snagazin's readers?

Yes! Please be part of space exploration. You will be able to think beyond your limits, find new solutions and resolve problems innovatively. Such encouragement is invaluable to your mind! ■



LJUBLJANA REGIONAL WASTE MANAGEMENT CENTRE (RCERO LJUBLJANA)

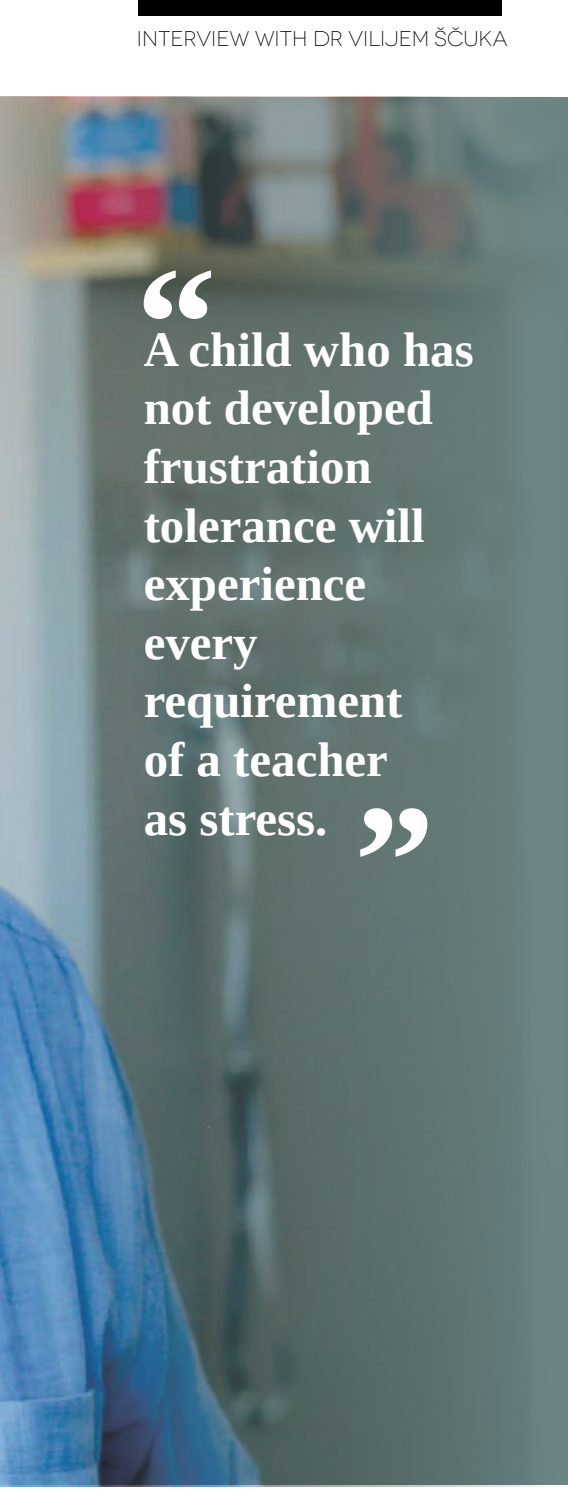
- WHERE WASTE IS TRANSFORMED INTO A RESOURCE

RCERO Ljubljana is the most modern waste treatment facility in Slovenia and in Europe. It is a unique example of good practice in terms of liaising and cooperation among local municipalities. RCERO Ljubljana processes mixed municipal and bio waste from 58 municipalities with over 800 thousand inhabitants in total. It is innovative and self-sufficient, generating its own energy. The efficient use of resources is vital to our well-being. Not only in the future, but right now.

Do not grant all your children's wishes

Dr Vilijem Ščuka is a physician who specialises in the medicine of school-age children, and a clinical therapist, who has worked on the physical and psychological issues of Slovenian children for several decades. Together with his colleagues, he has developed a personality formation model for school-age children based on the latest neurophysiological findings. He has been a passionate advocate of children's wellbeing, warning of the devastating consequences of permissive upbringing and consumer neoliberalism for children and society.





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Children who have a permissive upbringing and who are allowed to do anything they like will know no limits; the child leads the parents, who surrender and thereby create a democratic atmosphere, as it were. Experts have warned for a long time that such an upbringing is detrimental to the child. You are one of them.

That is correct. But I also do not support punishment or an upbringing relying on the use of force. I advocate upbringing based on frustration. Parents should prepare their children for discomfort; the correct professional term is frustration. If a child is always protected from unpleasant things, and all of their wishes are granted, they will be unable to develop ways to deal with stress and uncomfortable things. Only a person who loves a child can frustrate it. Only then will they understand: if a person they love denies a wish or a desire, that does not mean they are denying love. A child who has not developed frustration tolerance will experience every requirement of a teacher as stress, which will make the child ill, emotionally or behaviourally disturbed, or lead to replacement behaviour patterns, which over the years will make them neurotic. Love does not mean granting every wish, wrapping the child in wool or showering them with toys and sweets. Prove you love your child by giving them your free time and patience, by being a good role model, tolerant and, in particular, consistent.

How can we become better or adequate parents?

Good parents deal with their weaknesses and take advantage of the possibility to consciously correct the mistakes they make. We can only do that if we are in contact with ourselves. What does being in contact with oneself really mean? Training concentration and attention that is based on asking oneself questions: What is going on now? – How am I responding to what is going on? – How am I breathing? – What am I feeling? – What are my emotions? – What am I thinking about? – What are my intentions? Such training enables one a clear view within and a clear view of one's responses to what is going on. Looking within also means acknowledging weaknesses and finding possibilities to consciously correct them, seeking to eliminate them.

How can we form a good relationship with teenagers? What is your advice?

It is crucial to have a positive attitude to oneself, an immune system for the consciousness, as it were, that protects the teenager's personality from annihilation. In order to strengthen such an 'immune system', the teenager should believe in themselves and their own abilities, think independently, take responsibility for their decisions, manage changes, believe in their own right to success and have the ability to love and be loved. Encouragement from experienced adults, parents and teachers are very significant for a teenager's positive relationship to oneself. We should show them breadth and encourage them to think freely, as they do not feel safe enough in traditional views of the world. They become grumpy and judgemental; they cannot allow others to be different; they are afraid of people whose skin colour, religion, habits or language is different. If we do not show breadth to children and teenagers, they become rigid and narrow-minded as adults, and they end up having their greatest share of problems with themselves.

Freedom's just another word for nothing left to lose, sang Janis Joplin. What has happened to freedom in today's consumer-directed capitalism?

Anyone who fails to see freedom as the greatest endowment is caught in a net of endless teachings set by salespeople, politics, religion and other organisations responsible for brainwashing. Only by forming a consciousness about oneself does a human become a free being who can make independent and responsible decisions, who can enjoy wisely and form their own system of values, while allowing others their values. Awareness means the freedom and ability to experience oneself, to accept oneself as a personality that is not only the body and mind, but a whole that feels, has values and makes sense of their life. Thus, a person who is aware is neither a grateful consumer nor a faithful voter.

You said in an interview that Slovenes love material goods so much that they forget about the primary purpose of upbringing or family, which is not material, but love.

Consumer capitalism allows us to realise only one or two categories of personality: the physical and partly the rational or psychological one. But we neglect the third category, which is specifically human – an awareness of ourselves. We cannot measure it, as it is not a scientific category. But only awareness of ourselves allows us to think and act smartly, wisely. Something animals cannot do. Slovenes are still far behind in this respect, particularly compared to Scandinavians. We seek satisfaction in materialism – in luxurious and unnecessary things, with which we gratify our passion for shopping, on which we spend up to a quarter of our salary, compared to five per cent in Finland. We invest in cars, houses, clothing; like children we collect points at supermarkets and stickers at petrol stations. Scandinavians invest in themselves and those close to them: they spend money on recreation, dancing, cultural events.

What will happen to us if we do not introduce change, and continue finding comfort in material things without thinking about ourselves and our lives?

It is high time we opted for profound change in our relationship to ourselves, our families, children, fellow humans, work, lifestyle, nation and nature. We can raise fair and consistent children if we are willing to develop ourselves in terms of our personalities, if we make responsible decisions and are tolerant towards other people on this planet. Basic principles that apply in nature also apply to members of a community: cooperation, tolerance, good intentions, openness and humaneness. Until people follow these principles, there will be no progress, but only new wars, massacres, murders and jealousy. A system that is incompatible with the natural principles of life on this planet cannot survive. ■

SHOP AT THE REUSE CENTRE



Select things with long-lasting quality and design.
By buying second hand, you can get real value for money.
Preloved items allow you to make cheaper purchases that
are not based on exploiting labour.

Reuse Centre, Povšetova ulica 4, Ljubljana | Tel.: +386 82 054 363, +386 82 054 364
Working hours: from Tuesday to Saturday from 9.00 to 17.00, closed on Sundays,
Mondays and public holidays



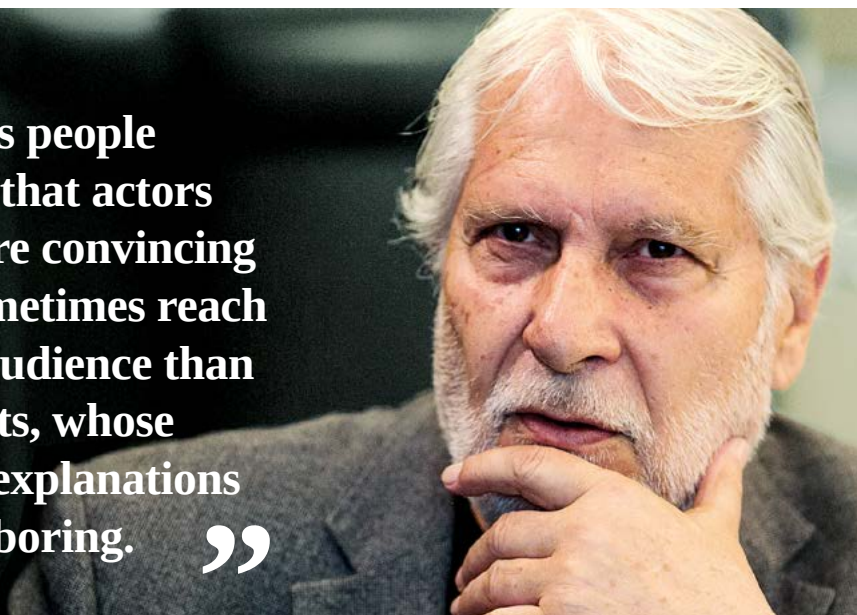
We believe in science

Boris and Sebastian Cavazza are among the most recognised Slovenian actors; they have travelled a large part of the world due to the nature of their work. A father and a son, who are both very straightforward in their replies. When fighting for a better future, they welcome scientific findings, which they think should be taken into account more, so they give concise answers. They say they like living in clean and lively Ljubljana, so they are quick to point out the good practices that have contributed to this.

Boris, you made a public appeal to have the right to water written into the Constitution, and campaigned for it, comparing disrespecting water with disrespecting one's mother. The right to water is now in the Constitution, its use remains non-exclusive and accessible to all, so we are also responsible for protecting it. How should we do that?

Boris: It is all very well and good that the right to water is in the Constitution. However, we should be aware that hyaenas, such as Coca Cola, Nestlé, Pepsi and some smaller companies, are always ready to get around the law so they can get hold of water resources. They are already putting pressure

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Perhaps people believe that actors are more convincing and sometimes reach wider audience than scientists, whose expert explanations can be boring.”



on all the 'right addresses' in the European Union: because money rules the word, they will 'legally' own the resources sooner rather than later. In Slovenia, there are always a few sell-outs who will take bribes and overturn what the legislation says about water. It is very clear that in the future, wars will be fought over water, not oil. So we should be very careful, this way we can recognise when someone tries to trick us, and defend our waters by any means if necessary.

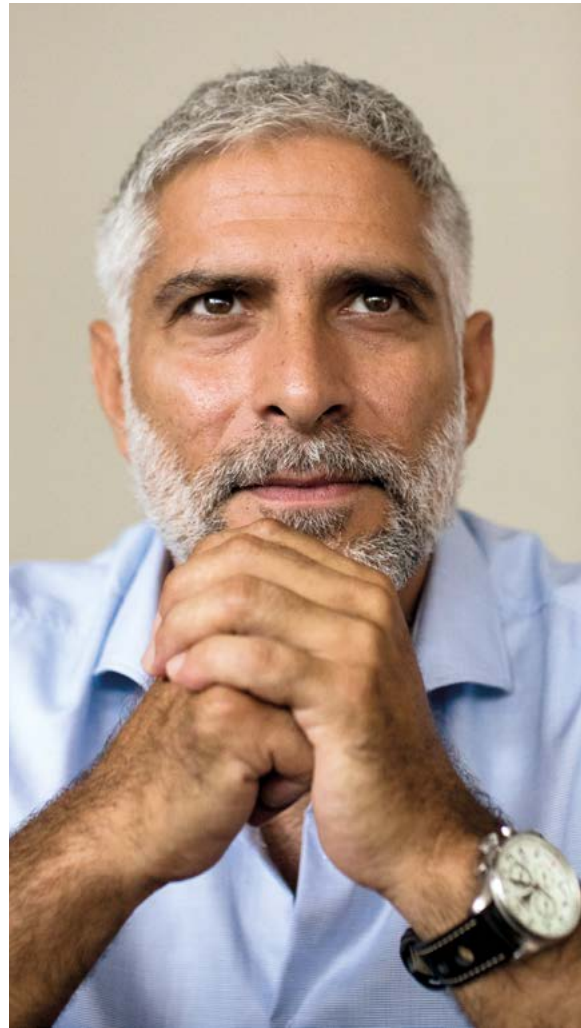
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**I would be happy
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Let's return to what your father said. So what should our relationship with our mothers be?

Sebastian: You only have one mother. I think all Slovenes, well, not only Slovenes, should respect and love their mothers and have an understanding relationship.

Discussing family and family values makes one think of your Italian roots. It is said that Italians know about good food. What about you two? Do you cook? Where do you buy the ingredients?

Sebastian: I really like cooking if I only have the time and am not cooking only for myself. While it often happens that I eat out due to a busy schedule, I am quite particular about the food I eat. I want it to be prepared fresh, and, if possible, using local ingredients. I go to the open market or local shops.



Boris: We both like eating well and both cook, but I think Seba is definitely a better cook.

Actors know how to make things interesting. If there were no restrictions, how would you use your knowledge and experience to warn about the problems of food waste, which is still produced by households in excessive quantities?

Sebastian: I would be happy to invite all the city folk to attend a course on how to survive in the wild. For example, Brane Červek, a wilderness survival instructor, runs very successful courses. Participants learn first-hand about the effort needed to find food, and preserve it correctly outdoors, where there are no refrigerators or supermarkets. There is also a shop called Robin Food in Ljubljana, where anyone can buy surplus food and ensure that less edible food ends up as waste, and the prices are also lower. If you know that you won't use your food before it expires, please find a shop like that.

Boris: We have very little food waste at home, because we eat all the food. I even like stale bread, the older and harder the better, but it should be mould-free. I have noticed that some restaurants take uneaten food – I am talking about untouched food – to homeless shelters. Nevertheless, huge quantities of food are wasted. The only solution is better planning: at home, catering events or black-tie dinners, smaller quantities of food should be served, so there are not so many leftovers.

Many famous international actors (Emma Watson, Angelina Jolie, Leonardo DiCaprio, for example) promote a cleaner environment and a better future. Do you think that artists can reach more people than scientists in this respect? Why? What is the role of culture in this respect?

Sebastian: Unfortunately, it is the case that the society we live in takes too little notice of the warnings issued by scientific institutions and their findings about the human impact on the environment. I welcome celebrities who promote environmental awareness, because they can significantly influence individuals.

Boris: I support scientists, because they can present the issue better and more clearly. Perhaps people find actors more convincing and informal, and therefore probably reach a wider audience than scientists, whose expert explanations can be boring.

You are both actors and have travelled a lot. How do you find Slovenia when you return from a longer trip? What do you miss most while you are away?

Sebastian: There is no place like home. If I missed anything on long journeys, I probably would not travel there. We live in a fairly clean and safe country. What I miss is more political support for organic farming and tourism.

Boris: I think Slovenia is the best. There is no other place where I would like to live, because our country is a gem and I am proud I chose to stay here.

You both live and work in Ljubljana now. What are your memories of Ljubljana? How has it changed in recent years?

Boris: It has changed a lot. I first moved to Ljubljana in 1963. It was very dark and not at all interesting then. I do miss the tram from those days. It was very short-sighted to shut it down. Now everyone would like to have it, but it cannot be done, so I doubt we will see it again. Today, particularly the old part of Ljubljana is very well managed and beautiful, and the credit goes to Mayor Janković, who dared to establish pedestrian zones on streets where cars and buses used to roam.

Sebastian: I remember that in the 1980s Ljubljana resembled a ghost town. There were very few people walking on the river banks during the day. I welcome connecting the city with bridges, restricting traffic in the old part, and BicikLJ bike-sharing and AvantGo electric car-sharing services. ■



Only for you...

Changing the world. I started with myself.



snaga

Hygge: enjoying experiences rather than things

Perhaps you have heard of surveys showing that, despite having the highest taxes in the world and bad weather, Danes are the happiest Europeans?

Out of all Europeans, Danes like spending time with family and friends the most and are definitely not known for spending their money (and time) on the latest cars, fashion trends and novelties. They are famous for hygge, a lifestyle focused on connecting with others, taking care of others and ourselves. Hygge focuses on people rather than material things. According to the latest research, people who are happy with their lives have healthy and good relationships.

Hygge means taking enough free time to focus on children, partners and friends, realising that we have someone to rely on when we need them. The essence of hygge is a feeling of belonging and connection that has nothing to do with likes under retouched photographs on social media.







WHAT IS HAPPINESS?

Meik Wiking is the CEO of the Happiness Institute in Copenhagen, which analyses the reasons for, and the impact of, human happiness. According to researchers, the possibilities enabling a hygge-focused lifestyle include high social security, feeling grateful and a balance between professional and private life. While Slovenes enjoy a relatively high level of social security and have a lot to be thankful for – high-quality drinking water, a diverse and clean environment, high-quality nurseries, free schools, public playgrounds and parks, libraries

and cultural institutions, retirement centres, volunteer firefighters, many excellent festivals and other cultural events – we do not top the happiness scale. Perhaps one of the reasons lies in connecting happiness too often with (expensive) material things and social standing, having too superficial and often insincere relationships, failing to recognise what is good, and not feeling grateful for everything we can access, but instead criticising and highlighting the negative.

Constant happiness is impossible. We feel happy when we fulfil a major wish. Perfect happiness that is the result of a harmonic balance between inner wishes and external reality can last for only a limited time. Above all, happiness means long-lasting and stable satisfaction with life. ■

Plastic is not fantastic

Because it is versatile, cheap and makes life simple, plastic is everywhere. We have been producing overwhelming quantities of this non-renewable product made of fossil resources (crude oil). Since nature cannot 'process' it, plastic is causing increasingly bigger problems, as plastic products end up in the air, the soil, oceans and food. We are to blame, not plastic itself, as we use it so irresponsibly. While the popularity of single-use plastic products has been waning, some will soon be banned: from 1 January 2019, free plastic carrier bags will be prohibited from all sales points in Slovenia, while the European Commission has announced single-use plastic items will be banned from the market where alternatives are readily available and affordable. The ban will apply to plastic cotton buds, utensils, plates, straws, drink stirrers, etc.



HOW CAN WE REPLACE 'INDISPENSABLE' PLASTIC ITEMS?

Tin foil and cling film, plastic food bags:

instead of using foil, cover pots with plates, wrap sandwiches in tea towels and keep them in metal containers and cloth bags (there are special cloth sandwich wrappers and other reusable food bags made of special grease- and water-proof cloth). Keep cheese or cold cuts in plastic or metal containers. Glass preserve jars also work very well, as they can be tightly sealed. At a supermarket, greengrocer's or market, put fruit and vegetables in bags made of cloth or old curtains. You attach the label indicating the weight and price to the bag.

Straws: used for a few minutes; time on planet 500 years. If you cannot do without straws, use metal ones.

Plastic plates, cups and utensils: real cutlery and utensils are much better choices. However, if you cannot use them, choose bio-degradable products (which can be disposed of in brown bins). ■

Don't waste waste

Bea Johnson, a French woman living in California, traded the life of a typical American family with an SUV, big house and a plethora of products for a zero-waste lifestyle. “When they hear about such a lifestyle, a lot of people think of hippies living in the woods. Our family proves that this is not at all the truth,” says Bea, the author of *Zero Waste Home*. With her help, we have prepared some advice on how you can simplify your life, produce less waste and save money.

Rate past purchases: think how much you have used all the products, tools and devices that you have at home (think of the electric drill, electric pump, etc.) and how much you need them. What about your holiday home or caravan? By borrowing and lending or renting out, you can ensure better use of objects, while saving or even earning money. Sell or donate things you do not use, or take them to the Reuse Centre.

Shop wisely and, if possible, buy preloved items: chemicals in plastic get into food and beverages, and a lot of (children's) clothing manufactured in Asia is also treated with harmful chemicals. Buying second-hand means buying clothes that have been washed several times, and are therefore safer.

Replace single-use items with those allowing multiple use: every single use item has a multi-use equivalent. Replace cotton cleansing pads with a microfibre



cloth or with reusable cotton pads that can be washed after use. Use tea towels or ultra-absorbent microfibre cloths instead of paper towels, and cloth napkins instead of paper napkins.

Take your own multi-use packaging to the shop: this will reduce or prevent the need for packaged products (you can use your own containers when buying meat, delicatessen items, cheese, nuts, dried fruit, olives, cottage cheese, coffee, tea, etc.). Buying in bulk is often cheaper than buying packaged foods. You can buy yoghurt or milk from dairy vending machines, where you can use your own bottle or glass jug. Buy wine from wholesale wine sellers or wineries where it can be poured into your own bottles.

SAVING MONEY

The most easily recognisable benefit of a simpler lifestyle is financial. You will save quite a bit if you buy less, avoid maintenance and repair costs and stop buying single-use products.

Taking your own containers and packaging to the shop is not common yet. Your request may be turned down, particularly at bigger supermarkets. Do not worry: according to experienced shoppers, retailers are too wary of inspectors, as there is no legislation forbidding retailers from using their customer's containers. If you are worried about what shop assistants may say, just act as if shopping with your own glass containers were something perfectly common and ask them nicely to put the items in your containers; some shops that sell in bulk by weight even offer a 5-per cent if you bring your own container.



Higher-quality products are cheaper in the long term – if the higher price is due to higher quality, that is – because we do not need to buy new ones all the time. You can also save on cleaning agents: you can replace most shop-bought cleaning supplies with vinegar, baking soda and citric acid, which is also beneficial to your health, as you will be exposed to less aggressive chemicals.

More:

- **Bea Johnson, Zero-waste Home**
- **‘Less is more’ web platform promotes reuse and zero-waste concept. They have made a map of handyworkers featuring 240 workers and organisations focusing on repairs, renewal, renting and sale of different second-hand items. You can also reduce waste by participating at different events, such as swaps of clothing, books or toys and garage sales.**
- **www.manjsmetimanjskrbi.si**
- **Zero-waste Home Facebook group**



Buy package- free from Bert

Ljubljana's Reuse Centre now features the Bert vending machine, which sells organic cleaning supplies, shampoos, several varieties of vinegar and oil to customers who bring their own (reuseable) packaging.

Even Bert's appearance promotes recycling and upcycling, letting everyone know that careful shopping will prevent new waste: all equipment at the waste-free shop is made of recycled plastic packaging, which is melted and recycled into plastic plates, which are used to make furniture.

Bert offers package-free, local, sustainable, high-quality products at competitive prices.





The bio washing detergent, bio dishwashing detergent, bio universal cleaning agent and bio liquid soap are hand made by Sivček brand, a family company using only organic ingredients.

The shampoos available from Bert are manufactured by Ilirija, a local company. Their children's shampoo contains wheat proteins and honey extract, and has no parabens, artificial colouring or formaldehyde.

Natural apple cider, grape and white vinegars from Renški hram are produced with natural processes in the village of Bukovica in the Primorska region.

The machine also sells 100% unrefined pumpkin seed oil made at the Banfi farm from *golica*, a Slovenian pumpkin variety, based on a traditional recipe which involves roasting and pressing the pumpkin seeds.

Snaga's Bert vending machine is in Ljubljana's Reuse Centre at Povšetova ulica 4, which is open from Tuesday to Saturday between 9.00 and 17.00. ■

Fools or visionaries?

KLEMEN MAVEC

Klemen Mavec has turned his love of bicycles into a job. He is a True Cyclist (Pravi Kolesar), who extends the life of bicycles, which he repairs at his client's home or in his workshop, and you can also turn to him if you have a puncture. You may have seen him at an event in Ljubljana, where he offers free basic servicing and repairs. He promotes sharing by offering bicycle loans. He believes that self-criticism, recognising and learning from mistakes and applying common sense to everything, except love, are essential for a happy life.

KUCHA

Kucha are all about responsible cooking – because they care for themselves, others, the environment and the universe. And out of fear that we may be headed for extinction in fifty years unless we become more responsible to our ‘all inclusive five-star’ biosphere. Their specialities are fermented seasonal creations and a poetic and humorous view of life. They believe that Ljubljana offers more responsible opportunities than we dare to develop, and that, at first, local residents are a bit suspicious of responsible practices, but embrace them rather quickly. The initial scepticism is an expected symptom of a society that measures success in numbers, which makes overcoming such an attitude and applying a more comprehensive measure of performance all the more challenging.

MATIC PRAZNIK

Matic Praznik, a teacher and artist, has embraced the same philosophy of life since secondary school, and came up with the motto 'discard nothing, buy the least and do-it-yourself'. He lives almost independently of manufacturing services and shops, and makes everything he needs out of waste material. His flat is equipped with interesting and useful objects, and he prefers to use his money on activities that replenish the spirit. Residents of Ljubljana love trends, he says, and responsible consumerism is a trend now. But we should internalise responsibility and make it common rather than a trend with a limited shelf life.

MOVINUN

Maša Černovšek Logar and Boštjan Bajec design sustainable clothing, creating beautiful high-quality pieces based on the principles of fair trade and responsibility to people and the environment. They enable people to become ethical consumers and raise awareness about human and environment issues. In life and work, Maša and Boštjan focus on things with a higher meaning: rather than being concerned only with profit, work should be fulfilling and have a positive effect on others. In Ljubljana, they miss a shop that would offer packaging-free shopping, and a wider selection of clothing for responsible consumers.



SMETUMET

Smetumet collective – Maja Rijavec and Alenka Kreč Bricelj – are daughters of fathers who used to make, repair and adapt useful things at home. They have combined the DIY family inheritance with sustainable design, making wallets, purses, bags and other useful products out of waste materials. Smetumet's most recognisable and popular items are bags made of tarpaulin, seat belts and retractable belt barriers. Smetumet's start-up capital are coffee and humour, while their final goals are empty bins and happy fish, i.e. a world where there is no waste in bins or the sea, as all material will circulate, just like in nature.

ZELEMENJAVA

Sara Čok is a landscape architect who rides around on a black retro bike, coordinating the Zelemenjava/crops2swap civil initiative and community for exchanging surplus seeds, seedlings and crops from home gardens. Zelemenjava promotes solidarity, charity and respect for menial labour. Sara strives to live a simple life focused on real needs. She believes that the number of opportunities to develop responsible consumer practices have been growing, particularly since Ljubljana was named the European Green Capital. Community initiatives are not only about the relationship between supply and demand: to be successful, they should offer different content and include it in everyday life.



A respite from city life

Tivoli is Ljubljana's main park, and its most beautiful. Together with Rožnik and Šiška Hill, it comprises a 459-hectare landscape park. A large part of it is woodland, making it the green heart of the city and an area of great biodiversity that is teeming with life: it is home to over 400 species of plants, 112 species of insects, 115 species of birds and 10 species of amphibians. Tivoli Park also has beehives with 10 bee colonies. Because bees fly up to three kilometres to pollinate, bees from Tivoli hives can enjoy the plants found in all of Tivoli, Rožnik and Šiška Hill.

Close to Tivoli Castle stands Tičistan (Birds' Home), a bird area with tall trees, shrubs and grass, where there are always many different songbirds, particularly in winter. Bring some sunflower or other seeds and the birds will come close, because they are used to people.

Extensive wetlands are home to toads, frogs, salamanders, other amphibians and pond terrapins, while there are stone crayfish in the woodland streams.

Since February 2018, Snaga's expert crew, in collaboration with land owners, has been responsible for the park and improving the habitat of endangered and protected species of plants and animals, educating visitors and managing the park.



The green oasis in the city welcomes over 5,000 visitors every day, over two million a year. As people visit the park for different reasons and with different expectations, we should treat other visitors, land owners and people living and working in the park with respect.



The landscape park is an area where humans and the wilderness meet. We want to preserve and protect it, preventing major interventions.



Photo: Karja Jemec

TAKING YOUR DOG TO THE PARK

When you take your dog to the park, you should follow several basic rules. In accordance with the law on animal protection and landscape parks, dogs should be kept on a lead. Letting dogs run free affects animals living in the forest, which run away when they see us and dogs, particularly in winter, using much needed energy.

Keeping a dog on a lead should not bother the owner or the dog. A dog can satisfy most of its needs in cooperation with its owner, and does not need uncontrolled exploration of the environment, or socialising with other dogs, and should not have a great effect on other park visitors. The bond between owner and dog is built gradually and is based on a consistent and systematic approach that can be learned on professional courses or during dog training.

Dog excrement should always be removed (not only on pavements, but also when walking across fields and in the woods), as it contains bacteria, parasites and viruses that can pose a threat to human health. ■

Less is more even when it comes to parenting

Freedom is invaluable. It is also essential for any parent to say in five or ten years' time that they have managed to raise an independent, responsible and satisfied child.

Today, most parents find it difficult to provide their children the freedom the latter need, as this does not fit into the (subconscious) model of raising children through a combination of control and high expectations.

We are helicopter and lawnmower parents, who, with our best intentions, fill our children's schedules with activities, give them too many instructions, lead, direct and control them too much. In addition, we are always a step ahead of our children so that we can pre-empt their possible problems.

If we manage all aspects of our children's lives and resolve all their problems, they will never learn to do that by themselves. At the end, we will have to find them a job.

Many parents have the feeling that they are only good or caring enough if they manage to act as their children's assistants, taxi drivers, afternoon teachers, animators, and detectives and lawyers if need be. We are convinced that children should be able to enjoy everything we missed out on as children. Many experts have warned about the damage this does to us, our partnerships and particularly to the children.

While there are many high-quality parenting books available, we have studied the Danish way. In the country with the happiest people, children learn to take care of and entertain themselves early on.



P-A-R-E-N-T GUIDELINES FOR A HAPPY CHILDHOOD

Jessica Joelle Alexander, an American columnist, and Iben Dissing Sandahl, a Danish therapist, have written *The Danish Way of Parenting*.

They found that Danish parents enable their children more freedom, promote empathy and are calmer.

The pillars of their philosophy form the PARENT acronym:

- **P** is for **play**, meaning free play when the kids do what they want, alone or with friends
- **A** is for **authenticity** and being honest with children, particularly by setting an example of acting in accordance with one's beliefs
- **R** is for **reframing** and an encouraging, forward-looking perspective
- **E** is for **empathy**, and developing methods for forgiveness and understanding
- **N** is for **no ultimatums**. Rather than making ultimatums, set guidelines and respond to children's questions. Do not forget that all emotions are fine.
- **T** is for **togetherness**, spending time together

4 RECOMMENDED BOOKS

The Dolphin Parent by Shimi K. Kang

The Competent Child by Jesper Juul

The Awakened Family by Shefali Tsabary

The Danish Way of Parenting by Jessica Joelle Alexander and Iben Dissing Sandahl



MORE FREE PLAY MEANS GREATER SELF-CONFIDENCE

Free play is one of the most important factors in a child's development. When a child sets their own rules or establishes them together with peers, and engages in role play, they learn social relations, respecting rules, overcoming defeats and engaging fears. They learn to take risks and rely on themselves. It is great that free play can take place anywhere: at home, on a hill or the closest playground (where parents should not interfere in the play). By playing on climbing nets, swings, merry-go-rounds, slides and water-based equipment children practice motor skills, balance, speed, risks, competition and overcoming fear of heights. In Ljubljana, visit the **Šmartinska park, the first water playground in Slovenia, Muste family park with playground equipment for different ages or the recently renovated playground in Kodeljjevo park**. All these playgrounds are also appropriate for disabled children. ■



Rastko, Slovenian compost

Rastko (the Growthy) is a brand of first quality Slovenian compost produced by RCERO Ljubljana from separately collected biological waste and cut greenery. It is 100% organic fertiliser without germinated seeds of weed, so it is very appropriate for pot plants, gardens and planting trees.

AVAILABLE IN 50-LITRE BAGS
FROM THE REUSE CENTRE AND
IN BULK FROM RCERO LJUBLJANA.



snaga

The magnificent 7 of waste collection

We have been pleased to work with you for many years and achieve excellent results in waste and environment management. We cannot do it without you, so please keep following the seven major guidelines of waste disposal, which will ensure a well-functioning, reliable and effective system.

1 SEPARATE CORRECTLY

Residents are obliged to separate waste correctly. Snaga has noticed that some separate waste incorrectly: biological waste is disposed of in plastic bags, cardboard is placed in bins for packaging, while plastic-coated carton is found in paper bins. Some leave hazardous or bulky waste, cut greenery etc. by the bins instead of taking it to waste collection centres or ordering removal.

If you do not know where to put a particular type of waste, take a look at the ABCs of waste disposal at www.mojiodpadki.si. If waste is disposed of improperly, Snaga will place a notification sticker on your bin. If irregularities continue, Snaga will notify the City of Ljubljana or intermunicipal inspectors who are responsible for oversight and issuing fines. Snaga does not have such authority.

2 PUT WASTE IN BINS AND COLLECTION UNITS, NOT AROUND THEM

Put waste in bins, not around them. Municipal legislation prohibits disposal of waste (in bags or boxes), bulky waste, branches, construction waste and other material by bins.



Municipal legislation also prohibits disposal of bulky waste and other types of waste that should be taken to a collection centre, around underground collection units. Standard rubbish bags, cardboard boxes, plastic crates with waste should not be placed outside underground collection units. Anyone who produces waste is responsible for duty of care, which includes proper separation and disposal. If you notice fly-tipping or other improper disposal*, contact municipal inspectors (T: +386 (0)1 306 16 00, E: glavna.pisarna@ljubljana.si).

3 SIZE MATTERS

Snaga is responsible for determining the size of bins. If Snaga's employees notice that additional bags are often placed by bins or the bin is overflowing, they assume that the size of the bin is not sufficient and can replace it with a bigger one without your prior consent, considering standard quantities of waste per person per month: 30 litres for residual waste, 60 litres for packaging, 20 litres for paper, 10 litres for glass and 15 litres for biological waste. In addition, the frequency of waste removal from a unit is taken into account.

SNAGA'S BAG – If you occasionally produce more residual or biological waste than usual, use Snaga's bags and place them by the bin, but no more than five. 50- and 100-litre bags can be bought online at www.vsezaodpadke.si/snaga-d.o.o.,

* Incorrect waste disposal can be reported to the City of Ljubljana inspectors (T: +386 (0)1 306 16 00, E: glavna.pisarna@ljubljana.si) or the relevant intermunicipal inspectors in your municipality. A report can be made anonymously by telephone, e-mail or ordinary mail. Oversight and fines are the responsibility of relevant municipal or intermunicipal inspectors. Snaga has no authority in this respect.

NOTE

Underground collection units often overflow or are untidy because restaurants, shops and other commercial entities dispose of their waste there, although this is prohibited. In accordance with legislation, legal entities must arrange removal of separately collected packaging (plastic, cardboard, paper and glass waste) differently (by concluding a special contract) and other packaging not considered household waste, such as packaging that is produced by manufacturing, trade and services sectors. Snaga offers such legal entities special services – their waste can be collected every day, including on Saturdays and Sundays.

in User Support and Assistance Centre at Povšetova 6 in Ljubljana, in larger Mercator shops or at Petrol petrol station, while bags for biological waste are also available from the Reuse Centre at Povšetova 4 in Ljubljana.

If your bin is overflowing, order bigger or additional bins. Bear in mind that the size of the black and brown bin affects the price of Snaga's services. Additional or bigger packaging and/or paper bins are free.



**NOTE**

Only ecological islands/collection sites can stand on public land. Snaga has been gradually removing bins for packaging and paper from the islands, as there are several pending issues: residents throw improper waste in them; residents take bulky, construction and other waste to the collection sites, which are all examples of fly-tipping, i.e. illegal waste disposal; some legal entities, local residents and residents of other municipalities 'abuse' public collection sites to dispose of packaging and mixed residual waste because they do not participate in the official scheme (they do not have bins, do not pay bills, etc.); some take packaging to other sites rather than dispose of it in their bins, which makes no sense as all residents received bins for packaging in order to make waste sorting easier.

4 MAKE SURE BINS ARE ON PRIVATE LAND

According to municipal legislation, all bins, including packaging and paper bins should stand on private land. The same rule applies to all Slovenian and European towns. If your bins are on public land, please place them on private land. Thereby, you will also prevent others from throwing rubbish in your bins and make sure no waste lies around. Users are responsible for keeping the disposal and collection sites, i.e. the surroundings of bins, tidy. Wheelie bins on sidewalks, roads and other public surfaces are dangerous to pedestrians, cyclist and drivers.

5 KEEP COLLECTION SITES ACCESSIBLE

In order for waste removal to proceed without delay, please place your bins on collection sites by 6 am. Bins are collected on the edge of public land where waste collection vehicles can stop and empty the bins. Snaga has neither the authority nor the responsibility to collect bins from private land.



Make sure your parked vehicle does not obstruct access to the bins. If necessary, trim trees and shrubbery that obstructs visibility of the road. Access to bins is important for your safety, the safety of pedestrians and waste operatives. Snaga's crews empty several thousand bins by busy streets and roads every day, so we kindly ask other road users for understanding and patience, while the operatives are performing their duties.

WASTE REMOVAL IN THE SUMMER

Most days of the year, crews begin to remove waste at 6 am. In the summer, when temperatures can reach over 30 °C, which makes their work more difficult, the shifts begin earlier, between 5 am and 5.30 am. We apologise for any inconvenience.

6 KNOW WHERE WASTE GOES

In addition to users knowing their responsibilities, it is crucial that after they properly separate their waste, they know what happens to it and that the process is clear and transparent.

In accordance with legislation, Snaga hands over separately collected packaging, paper and glass to companies specialised in managing waste packaging. Residual and biological waste is taken to the waste treatment plant in RCERO Ljubljana.

Waste recovery is needed in order to extract raw materials and reduce the quantity of disposed waste. In Ljubljana Regional Waste Management Centre (RCERO Ljubljana), biological waste is composted, while the greatest possible amount of usable material is extracted from residual waste.

Snaga makes very little profit from collected waste, as most of it (glass, plastic packaging and cardboard)

is handed over to specialised companies free of charge, while it pays to companies that collect hazardous and construction waste from collection centres. Only paper, metal and batteries can be sold according to market prices; profit from sales lowers the cost billed to users.

REPORT THEFT OF PAPER

Any suspected theft of paper from a bin can be reported by calling +386 (0)1 477 96 66. Please report the location of theft, and the make and registration number of the vehicle used to take the paper. Theft of paper causes harm to both Snaga and you, the residents. By selling paper, Snaga can partly offset its cost of waste handling, which is one of the reasons the bills are among the lowest in Slovenia.



7 STAY UP-TO-DATE

MOBILE APPLICATION

Use Snaga's app to check the opening hours of collection centres, the timetable for removal of all types of waste and Snaga's contact information. You can also use the app to set up free reminders for emptying of bins. Downloading the app is easy and free. It is available for smart phones using iOS (iPhone) and Android operating systems.

TEXT MESSAGE REMINDERS

You can be alerted to upcoming waste removal one day in advance by a free SMS text reminder. You can set the reminder at the website www.mojiodpadki.si using the Moji odvozi (My removals) application or at the User Support and Assistance Centre.

WEB SITE

Go to www.mojiodpadki.si to place orders, view and print the timetable for bin emptying, set free text message reminders, check the number of deposits in underground collection units or use the e-search system to check which waste goes into which bin.

If you have any questions, do not hesitate to contact us.

Send an e-mail to snagalj@snaga.si, call +386 (0)1 477 96 00 or visit our User Support and Assistance Centre at Povšetova 6 in Ljubljana. You can also contact us on Twitter @Snaga_reuse or Facebook @SnagaLjubljana.

Smart tips for paying services

Be smart and savvy when it comes to paying for Snaga's services. Check what you are paying for, report changes on time, calculate your costs and select a convenient payment method.



> DO YOU KNOW WHAT YOU ARE PAYING FOR?

The bill issued by Snaga does not only cover waste collection but also other services, including the replacement of damaged bins, cleaning of biological waste bins, disposal of over 40 types of waste in collection centres, collection of bulky items, recovery of residual municipal and biological waste, and collection of hazardous household waste.

> CHECK INFORMATION

Accurate information is vital for providing services and calculating their costs. Please report any changes of personal details, such as your address or surname, to Snaga in five days. Use the form available www.snaga.si/en and www.mojiodpadki.si.

Please check the information on your bill. If you find information or figures to be incorrect, please notify Snaga in eight days by writing to snagalj@snaga.si or calling the User Support and Assistance Centre (+386 (0)1 477 96 00).

> ESTIMATE YOUR COSTS

Average monthly cost per household is 8 euros. Compared to the costs billed by other waste management companies, it is among the lowest in Slovenia.

The cost of Snaga's services is based on the size of the bins for residual and biological waste (if you have one) and the frequency of bin collection.

For users of underground collection units, the actual number of disposals per month is billed, but no fewer than six for residual waste and four for biological waste. Every active card is billed. You can check the number of disposals via a special app (www.mojiodpadki.si/odpadki/uporaba-zbiralnic): all you need is the number of your card and

the user reference number, which is printed on your bill. Both numbers should be entered without the first zeros.

The cost for users living in multi-residential buildings or neighbourhoods depends on the size and the number of bins, the average number of monthly bin collections, the number of people sharing a household and the number of building tenants. In multi-residential buildings, the building's manager usually receives the bill, and then divides it in accordance with the legislation or agreement among tenants.

Exact costs can be calculated using formulas available at www.snaga.si/en.

NOTE

Since 2016, Snaga has been billing the costs of providing waste management services in empty buildings/buildings with no registered occupants.

WHY SHOULD EMPTY BUILDINGS BE BILLED FOR WASTE MANAGEMENT?

Providing public waste management services (the same applies to water and electricity supply services) is based on a two-tiered system. The fixed part includes infrastructure facilities, such as collection centres, sorting facilities and warehouses, where there are initial construction costs and maintenance costs. The fixed part is crucial for the operation and provision of public services.



While empty buildings do not have their own bins (any building equipped with its own bins is included in the regular waste removal scheme where costs are based on the size and the number of bins), future users/owner may use collection sites (eco islands) and collection centres, and are eligible to order free bulky waste removal once a year.

The relevant decree on waste management prices stipulates the calculation of costs for vacant buildings and commercial buildings with no registered occupants. At least a third of the quantity of waste in the smallest bin for residual waste and the least frequent removal set by the relevant municipal decree is charged in the municipalities of Ljubljana, Dobrova-Polhov Gradec and Vodice, while the smallest bin size and the least frequent removal costs apply to all other municipalities. The service is billed twice a year to the building's owner.

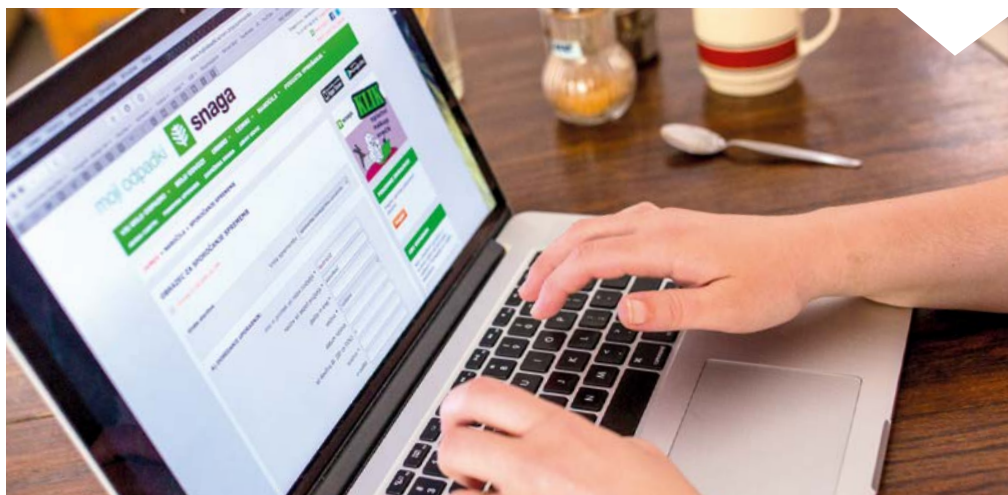
> SMART PAY

Some forms of payment will save time and money. Snaga's bills can be paid without a transaction fee at the City of Ljubljana office at Mačkova ulica 1.

You can also set up a standing order by sending a completed and signed form together with a copy of your ID and debit card to posta@jhl.si or via regular post to Javni holding Ljubljana, d. o. o., Verovškova ulica 70, 1000 Ljubljana.

A standing order can also be set up in person at JAVNI HOLDING Ljubljana office building at Verovškova ulica 70 in Ljubljana during opening hours for customers on Wednesday and Friday from 8.00 to 13.00.

You can choose to receive an e-invoice instead of a printed copy. The e-invoice will arrive in pdf-form in your inbox or your online banking system. Change to receiving e-invoices by completing the e-form available at www.snaga.si/en and www.mojiodpadki.si under 'Naročanje in obrazci' and 'Naročila'. Please enter your personal information, your e-mail, your bank account number and the payer's reference number. ■



5 facts about the collection centres

1 WASTE ELECTRONIC EQUIPMENT CAN BE TAKEN TO THE COLLECTION CENTRE OR MOBILE COLLECTION UNITS

Discarded mobile phones, smart pads and other waste electronic and electrical equipment should not be discarded of in black bins. Please bring them to the mobile collection unit (please check Snaga's website for locations and schedule) or the closest collection centre, where they can be discarded of in the appropriate bin. Snaga's operators are always near-by to help you with any queries.

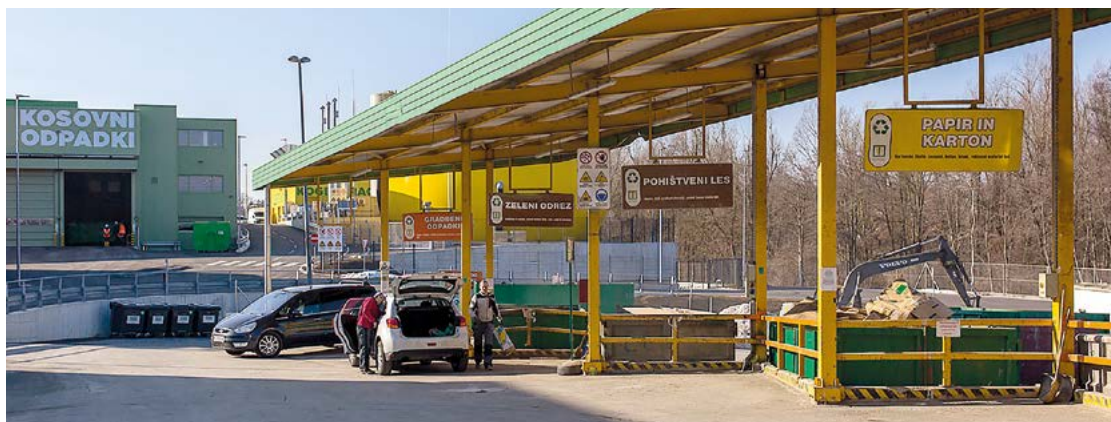
Mobile phones, tablets and other electronic gadgets run on Li-on batteries, which should not be discarded of with mixed residual waste in black bins. As waste from black bins is treated in RCERO Ljubljana, Li-on may disrupt the treatment process or even start fires.

2 SMALL QUANTITIES OF ASBESTOS WASTE CAN BE BROUGHT TO THE COLLECTION CENTRE

A small quantity of asbestos waste (Europallet to the height of 0.5 m) can be taken to Barje Collection Centre once a year in accordance with the guidelines stipulated in Waste Management Decree.

3 WHILE WASTE DISPOSAL AT COLLECTION CENTRES IS FREE, THERE ARE QUANTITY LIMITS

While waste disposal at collection centres is free, there are quantity and frequency limits that should be considered. Once a year, several types of waste can be taken to special bins at the collection centre free of charge: construction waste and insulation construction waste (0.5 m³), tyres (5 tyres),





bulky waste (3 m³), green waste (garden waste) (1.5 m³), asbestos insulating boards (Europallet to the height of 0.5 m) and furniture wood (2 m³). Construction waste is only accepted at Barje Collection Centre and in Cerklje na Gorenjskem (for residents of Cerklje).

4 WASTE CAN BE TAKEN TO THE COLLECTION CENTRES USING DIFFERENT VEHICLES

Waste can be taken to the collection centre by car, on a trailer or a delivery vehicle. If you do not own a vehicle, try to organise a transport together with family or friends.

5 BULKY WASTE REMOVAL HAS NOT BEEN CANCELLED – BUT IT SHOULD BE ORDERED

Bulky waste removal has not been cancelled, but it should be ordered. Place an order on Snaga's website and wait for us to call you so we can set a date. Bulky waste should be prepared a day ahead after 20.00 or early morning on the day of removal. One bulky waste removal a year is free of charge. Users in Ljubljana can schedule the removal when they need, while residents of suburban municipalities must choose a date between 1 October and 30 November 2018. ■

Project APPLAUSE: from harmful to useful invasive alien plant species (IAPS)

Invasive alien plant species are a globally growing challenge: they displace local species, damage ecosystems, destroy agricultural land and harm the local economy. Many of them are removed daily from public or private properties and, as in Slovenia, there are no special landfills for invasive alien plant species; nowadays all the biomass that is collected is taken to incinerators and treated linearly. The project's activities will demonstrate that IAPS may be approached in more circular manner.

Ljubljana, the first Zero Waste capital in Europe, recognised the potential of setting up a systematic participatory model which uses collected biomass to develop new sustainable products, promote eco design, reduce classical resource use and reduce waste production.

With the project APPLAUSE and by developing circular production processes Ljubljana started focusing on controlling the population of invasive alien plants and increasing the resilience of local economies and ecologies. The project is an ongoing and interdisciplinary process, bringing together scientists, specialists from various fields and, most importantly, residents of Ljubljana, who will be made aware of how to identify, collect and process invasive alien plants.

The project will have numerous benefits, from developing new, greener and non-conventional processes and techniques using invasive alien plants as raw material for wood and paper production and creating high-value products

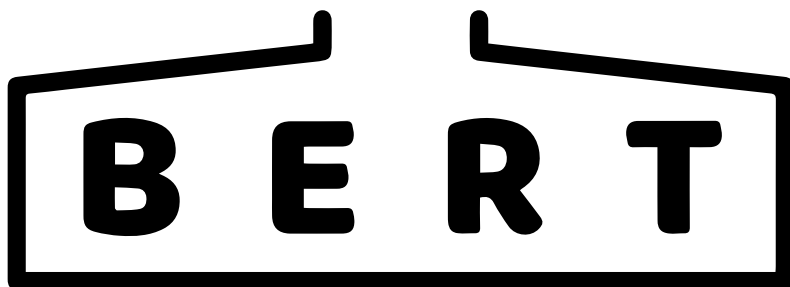


from this material, to using plants for food, dyes and home-made formulations against plant harmful organisms. And above all, a comprehensive set of actions ranging from investment, education, research, environmental improvement and social inclusion will be integrated into a new sustainable business model that will be systematically developed as a ready-to-use 'black box' solution also for other cities.

This project is co-financed by the European Regional Development Fund through the Urban Innovative Actions Initiative. More about the project at www.ljubljana.si/en/applause/.



There's a new kid in town.



Bert's home is at Povšetova 4, where his shop is open from Tuesday to Saturday between 9 am and 5 pm.



snaga

“

I learned that
courage was
not the absence
of fear, but the
triumph over it.
The brave man
is not he who
does not feel
afraid, but he
who conquers
that fear. ”

Nelson
Mandela

Colophon

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The cover features Snaga's employees Petra Hrnčič, Tanja Karner, Vera Horvat, Andrej Verlič, Nejc Praznik and Tomaž Bricelj, toddler Dora and dog Fija.

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www.mojiodpadki.si, www.ponovnauporaba.si,
www.rcero-ljubljana.eu or write to snagalj@snaga.si.

You can also contact us by telephone by calling
(+386) (0)1 477 96 00.

Follow our Facebook web site at www.facebook.com/SnagaLjubljana
and Twitter profile at https://twitter.com/Snaga_reuse.

Contact address:
Snaga, d. o. o.,
Povšetova ulica 6,
1000 Ljubljana.

Visit our User Support and Assistance Centre
every working day from 8.00 to 14.30,
or to 16.00 on Tuesdays
at Povšetova 6 in Ljubljana.



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City of
Ljubljana



An initiative of the
European Commission





THIS IS NO ORDINARY PAPER

By now you must have noticed the peculiar characteristics of the paper used for this magazine. What you may not know, however, is that this paper was made from Japanese knotweed, one of world's worst invasive plant species.

The City of Ljubljana has been implementing a campaign to eradicate all invasive alien species and from 2016 the City of Ljubljana has been successful in using Japanese knotweed as an alternative source of raw material in the papermaking process.

Snagazin is just one of many sustainable and innovative solutions to have emerged from Ljubljana's never-ending desire to continue improving the living environment for its residents and visitors. Instead of focusing on the consumption of natural resources, we support and encourage innovative solutions to be sought for a transition towards circular, resilient cities.



City of
Ljubljana

