

HOUSE

Sustainable
Homes



COCO
CONSCIOUS
CONSUMPTION



CONCIOUS CONSUMPTION

MODULE

www.coconsumption.org

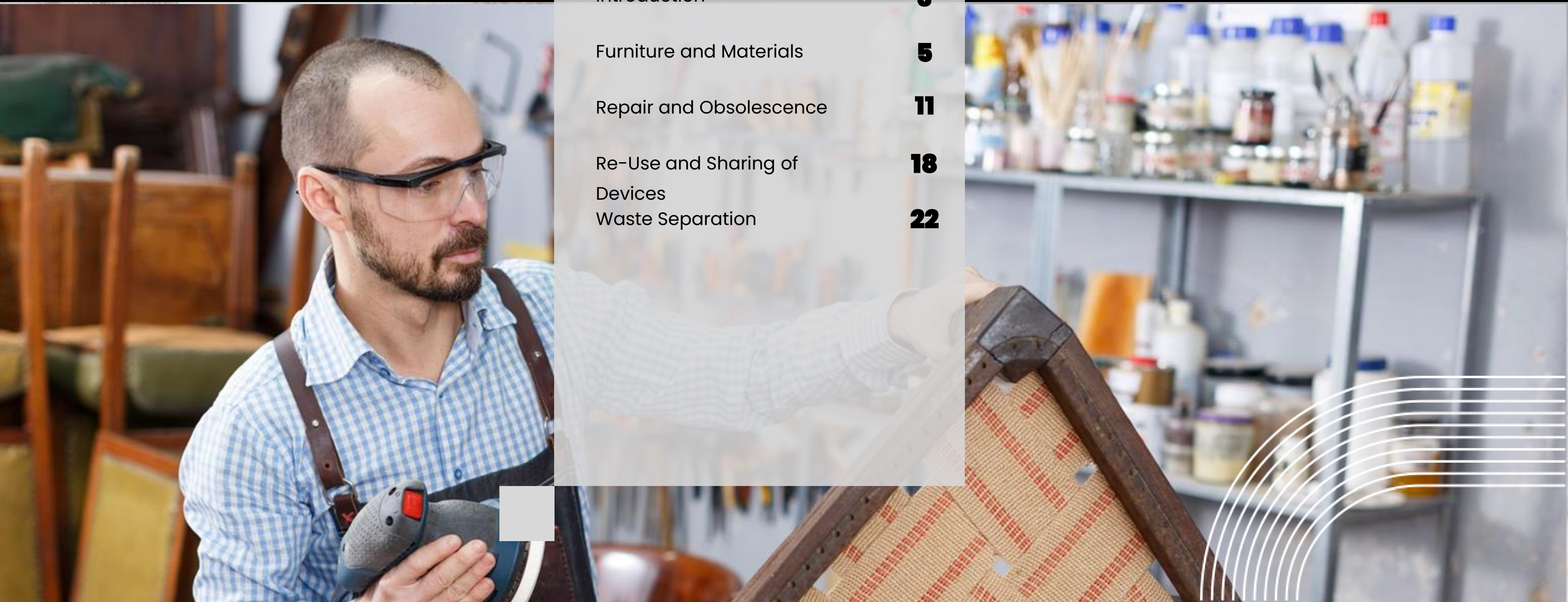


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STRUCTURE

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SUSTAINABLE FURNITURE

Introduction

Choosing sustainable furniture for housing is crucial in mitigating the climate change. By minimizing environmental impact throughout its lifecycle, sustainable furniture reduces carbon emissions and resource depletion. This promotes responsible consumption and supports eco-friendly manufacturing, contributing to a more sustainable future.

Say no to linear consumption of products

Sustainable furniture helps to tackle climate change and the current linear consumption of products. Linear consumption of products, characterized by the "take-make-dispose" model (United Nations Development Programme 2019), depletes natural resources, pollutes the environment through waste generation, consumes excessive energy, and undermines economic efficiency.

This approach perpetuates unsustainable practices, leading to environmental degradation and economic vulnerabilities. Transitioning to a circular economy is essential to mitigate these negative effects and promote sustainability.

Source: <https://www.undp.org/blog/no-more-make-take-and-dispose>



LEARN+REFLECT

Re-Thinking Progress





LESSON 2

Furniture and materials

What is sustainable furniture?

Sustainable furniture uses materials with a minimal negative impact on the environment.

Sustainable furniture is...

- recycled materials or materials from renewable sources
- materials with minimal chemicals – free from harmful substances
- local materials or local manufacturing – short transport routes
- durability: long-lasting materials with no planned obsolescence
- fair production and trade: sustainability also entails social responsibility
- energy efficient manufacturing

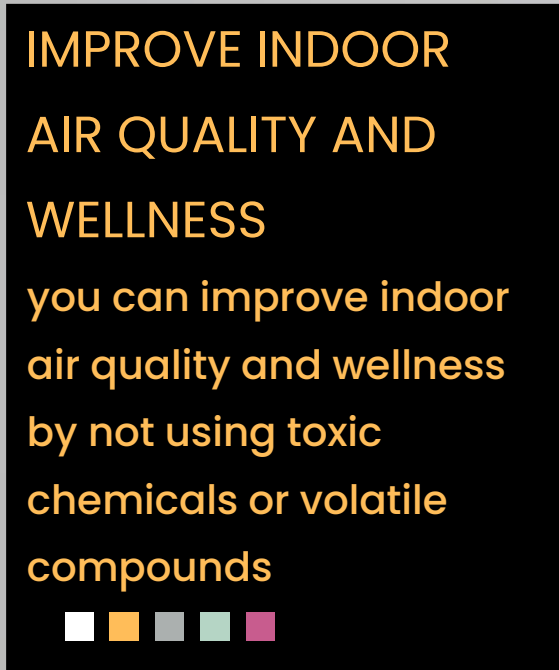
Why should we use sustainable furniture and materials?



REDUCE YOUR ECOLOGICAL FOOTPRINT
eco-friendly furniture generates less pollution and waste



IMPROVE INDOOR AIR QUALITY AND WELLNESS
you can improve indoor air quality and wellness by not using toxic chemicals or volatile compounds



REDUCED ENERGY CONSUMPTION
reduced energy consumption, extended product lifespans, and lower disposal costs, contribute to a healthier planet and a more resilient future.





BAMBOO

grows fast and you don't need to kill the plant to harvest it. It is strong, lightweight and malleable. many applications in furniture, durable, resistant and biodegradable



RECYCLED WOOD

Collected from old furniture, buildings or other structures. Wood is a long-lasting material which retains the natural beauty, reduces wood waste in landfills and saves trees from being cut down



INNOVATIVE MATERIALS

as manufacturers look for more sustainable ways to produce furniture, new material alternatives for example out of mushrooms are invented all the time

SUSTAINABLE WOOD

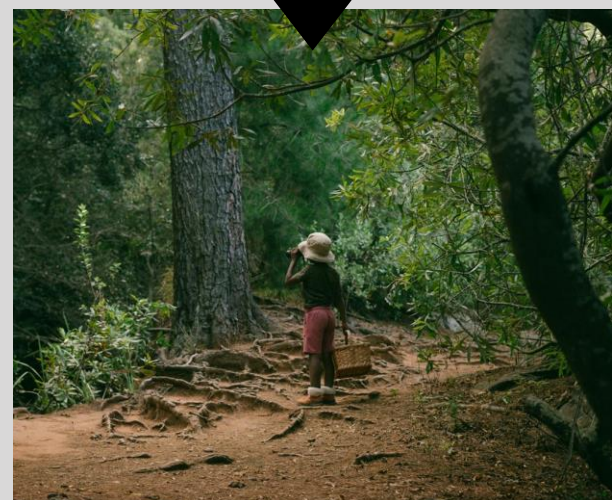
Pine grows fast, is widely available, regenerates and stores carbon quickly
Oak, responsibly sourced oak is deemed carbon
The volume of beech harvested is lower than new growth, and is sustainabler than most woods

NATURAL FABRICS

Wool, renewable, flame retardant & heat-regulating
Hemp:, undemanding to cultivate, natural heat-regulating
Leather, by-product of meat production. Very durable & long-lasting

RECYCLED PLASTIC

- good for tackling plastic issue and reducing plastic waste
- still e process of making a new product
- plastic is durable, resistant to weather and easy to clean



eco-friendly and sustainable materials



Cradle to Cradle focuses on the reduction of waste and the reuse of materials in the life cycle of furniture. With this certification, manufacturers demonstrate their commitment to the circular economy and sustainability.



Find Information on sustainable Furniture

Look for this label for sustainable furniture !



FSC® (forest stewardship council) stands for wood from responsibly managed forests.



PEFC (programme for the endorsement of forest certification)



BREEAM assesses the sustainability of buildings and, therefore, of the furniture used in them. The aim is to minimise the environmental impact of buildings at all stages, from design to construction and operation.



The Blue Angel (Der Blaue Engel) is perhaps the best-known eco-label in Germany and takes the complete life cycle of a product into account.

The DGM label awarded by the Deutsche Gütegemeinschaft Möbel e.V. (German Furniture Quality Assurance Association) is based on the product's carbon footprint and factors in both direct and indirect emissions.



Reflection

**Choose furniture
from your own life.
How sustainable
are they?**

- 1. Did you buy it new or was it recycled or donated?**
- 2. What is it made from?**
- 3. Does it have renewable materials?**
- 4. Is it made of recycled or virgin raw materials?**
- 5. How long will it last?**
- 6. Are you able to repair it?**
- 7. What happens when you're finished with it?**
- 8. Does it have resale value?**
- 9. Are the materials recyclable?**



GOOD RESOURCES



HOW TO SHOP FOR SUSTAINABLE FURNITURE

Shopping sustainably includes considering the entire life cycle of an item, from how it's made to how it arrives at your door. Find here a list of labels, tips and companies.

[Shopping Guide](#)



FURN 360 – CIRCULAR ECONOMY IN THE FURNITURE INDUSTRY

Furn 360” has developed a free and open e-learning course in circular economy for furniture and woodworking sectors

[FURN 360 Training Course](#)



HOW TO DECORATE YOUR HOME UNSUSTAINABLY 101

A video about the rise of fast furniture and home decor. Learn about the impacts and get to know how to decorate your home more sustainably.

[Watch Video](#)



THE ULTIMATE GUIDE TO SUSTAINABLE FURNITURE

It's important to know all the facts to avoid greenwashing. We've put together this eco furniture guide to help you make better-informed choices when shopping for eco-friendly furniture.

[Read the guide here](#)





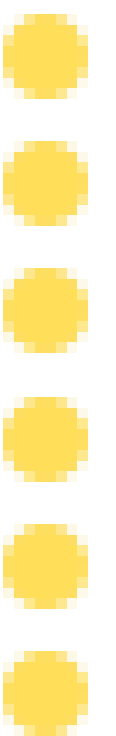
**REPAIR &
OBSOLESCENCE
AT HOME**

repair and
save up to

**99%
OFF**

INTRODUCTION

Repairing your furniture is a more sustainable and environmentally friendly option than buying new furniture. It reduces destructive waste, conserves nature and saves money. You'll find tips and instructions what you can do yourself. First buy items that are built to last. Purchase an item made from high quality, durable materials. Then you won't have to replace it for a very long time. And when it does start to break down, you'll be more likely to want to repair it because you love it and want to keep it as long as possible. The purpose of repair is to restore an item or device to proper functionality. Essentially, you're returning a broken item back to working condition.



● ● ● ● ● ● ● **PLANNED OBSOLESCENCE**

Planned obsolescence is a practice where modern corporations sell products that aren't built to last. In many cases, consumers can buy these products at relatively low cost but need to keep replacing them with newer ones often, typically spending more money over time.

Task: Check out: 7 Ways to Outfox Planned Obsolescence and Protect Your Wallet

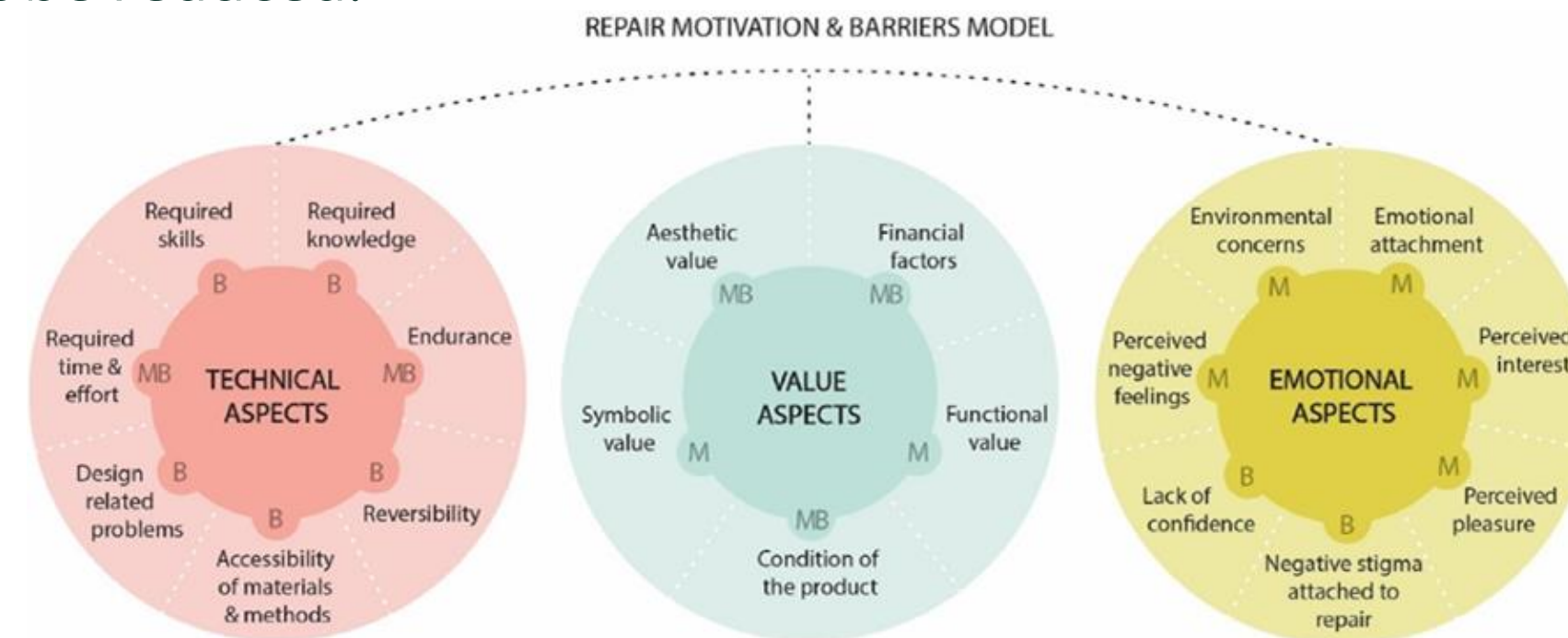
Please answer: Which way have you already used? Which of these tips would you try?

Which is the hardest for You?



MOTIVATION & BARRIERS TO REPAIR FURNITURE

Task: Motivation is one of the most important aspects of furniture repair and restoration. Independently assess which factors reduce your motivation or are an obstacle for you to undertake furniture repair and or renovation? Use the attached worksheet to help you make this assessment. Choose the three main reasons why you do not repair or refurbish furniture that is important to you. Discuss the results as a group and think about how these obstacles could or could not be reduced.



HOW DO I LEARN TO FIX

THINGS?

1. Start small steps: Learn simple tricks anyone can learn from different channels.
2. Have patience, get creative, but also know your limits and when it's safer to hire a repairman.
3. There are a lot of instructions in videos and materials. Do your research. Sometimes, you need to watch a video showing you what to do or read a step-by-step guide. You can typically find some good home repair channels to follow on YouTube. But there's also a lot of literature on repairing items available as well.
4. Try to learn from people who are more experienced to fix furniture.



TASK

1. Do some research Choose some furniture which you would like to repair. Try to find some video material and instructions how to repair item you have chosen. Evaluate how useful and easy to use this material is for you.

2. Share material to others in your group. Do you know any people who can teach you to repair furniture ?

3. Try to find nearest place where you can repair furniture together with other people or is there some premises where you are able to use tools or get instructions for repairing Furniture? Are you willing to participate to that kind of activities? Elaborate?



GOOD RESOURCES



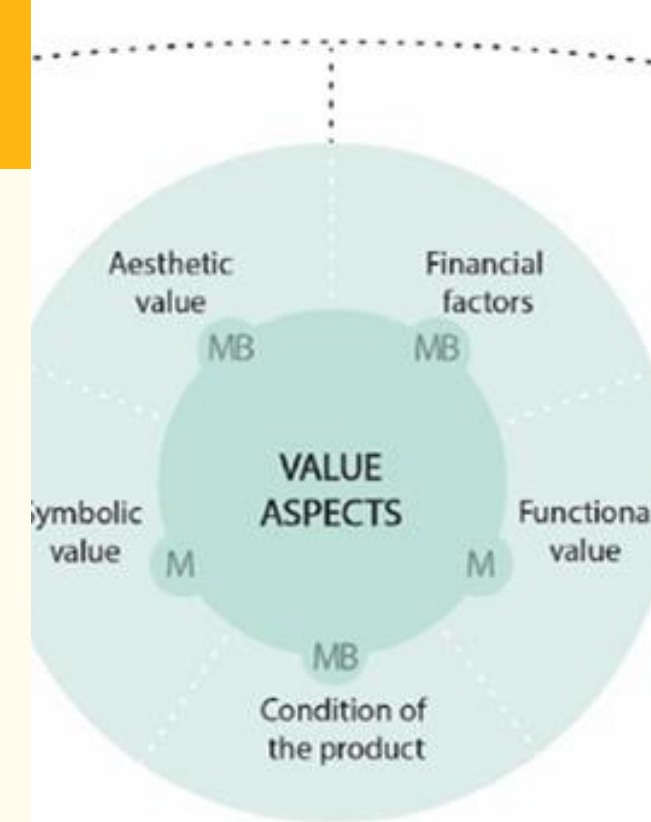
PLANNED OBSOLENCE

7 Ways to Outfox Planned Obsolescence and Protect Your Wallet

[READ MORE](#)



REPAIR MOTIVATION & BARRIERS MODEL



REPAIR MOTIVATION AND BARRIERS MODEL

It explains the key variables affecting people's repair behaviour, specifically the motivations and barriers related to product repair.

[READ MORE](#)



HOW TO FIX DAMAGED IKEA FURNITURE

If you have ever put together furniture, you know the project can be frustrating. If you are in this situation, this video will provide 3 easy fixes that will make sure you have a solid piece of furniture without much time or hassle.

[WATCH VIDEO](#)



100 THINGS TO REUSE IN YOUR HOUSE

Here are 100 things to reuse or repurpose at home, that are worth a try.

[WATCH VIDEO](#)





INTRODUCTION RE.USE AND SHARING @HOME

Recycling is one of the most important ways you can be environmentally friendly yet often people are unsure about how to recycle old furniture. There are loads of gorgeous pieces of wooden furniture just waiting to be rescued from charity shops, so keep an eye out next time you are browsing. And if you feel a bit overwhelmed by taking on a big project then why not try doing some smaller items first.

Familiarize 13 modern ways to recycle your old furniture from the webpage: [13+ Modern Ways to Recycle Your Old Furniture - Conserve Energy Future \(conserve-energy-future.com\)](https://www.conserve-energy-future.com/13-modern-ways-to-recycle-your-old-furniture)

Which of these ways you have used? Which would you like try? Which one is most complicated for You? Elaborate!

what is upcycling?



DESCRIPTION

Upcycling represents a variety of processes by which “old” products get to be modified and get a second life as they’re turned into a “new” product. In this way, thanks to the mix and aggregation of used materials, components and items, the end result is a “new product” with more value than the original value of the sum of all its components. In other others, upcycling is about materials or items that get to be re-adapted and/or re-purposed in a creative way, and whose lifespan is, therefore, expanded.

[LEARN MORE](#)

123-456-7890
www.consciousconsumption.eu

UPCYCLING furniture



ABOUT

Its about taking old, wasted or broken furniture and re-purposing it. From broken cabinets whose shelves can be screwed into an old door entry door that will work as a decoration piece, or putting some feet supports in a one-side opened bathtub and turning into a sofa: there are no limits to the power of creativity in upcycling furniture and other household items.

BEGINNERS GUIDE TO UPCYCLING FURNITURE

Task:

- 1- Check the material below.
2. What kind of tips you would like to give your friend who is beginning to upcycle furniture?
3. What do you think, which tips are most relevant?
4. Choose three important tips and present them to your group.

1. <https://recycleforgreatermanchester.com/blog/beginners-guide-to-upcycling-furniture/>
2. Upcycling For Beginners Tips – Upcycled Furniture (housebeautiful.com)
3. <https://www.cosmopolitan.com/uk/interiors/a34794357/upcycling-guide/>
4. <https://www.doup.com.au/blog/a-beginners-guide-to-upcycling-furniture-5-do-upper-tips/>



GOOD RESOURCES



13 WAYS TO RECYCLE YOUR FURNITURE

A list of 13+ Modern Ways to Recycle Your Old Furniture.

[Read More](#)



BEGINNERS GUIDE TO UPCYCLING FURNITURE

A short guide on how to upcycle furniture. It contains tips on first steps, how to become creative and what to do with which materials.

[Read More](#)



UPCYCLED FURNITURE

This page is full of tutorials and guides to show you how to upcycle old furniture. Lots of painted furniture, decoupage and staining ideas with step by step instructions.

[Read Tutorials](#)



A DIVE INTO THE WORLD OF FURNITURE UPCYCLING

Furniture upcycling is a great way to give a new life to your old belongings, save money, and make a gesture for the environment. Learn more in this guide.

[Read More](#)



What can we all do?

Waste Seperation



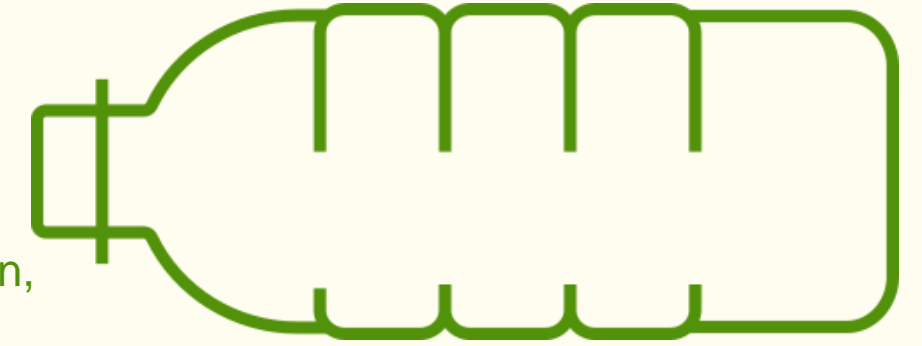
The Big Picture

Companies and governments should focus on waste prevention measures:

- Promoting sustainable production and consumption patterns,
- Reducing unnecessary packaging
- Encouraging product reuse

Governments can support these efforts by:

- Implementing policies that incentivize waste prevention,
- Promoting circular economy models, and
- Providing support for research and development of waste reduction technologies.



What is the EU Waste Framework Directive?

The Waste Framework Directive in the European Union guides waste and recycling management and emphasizes the waste hierarchy.



What can we all do?

- Identify the waste that you are commonly dealing with at the household and arrange recycling at the household where you separate waste and understand different kinds of waste categories.
- Prevent extra waste by thinking before investing household items: do you really need this? Is there alternative present at the household? How do I recycle this when I don't need it?
- Reduce Single-Use Items: Minimize the use of single-use items such as plastic bags, and disposable utensils by opting for reusable alternatives or environmentally friendly alternatives like biodegradable or compostable products.
- Donate or sell usable items or materials in flea markets or directly to individuals or organizations that utilize recycled goods or items, for example some artists use waste as their working material.

Excercise

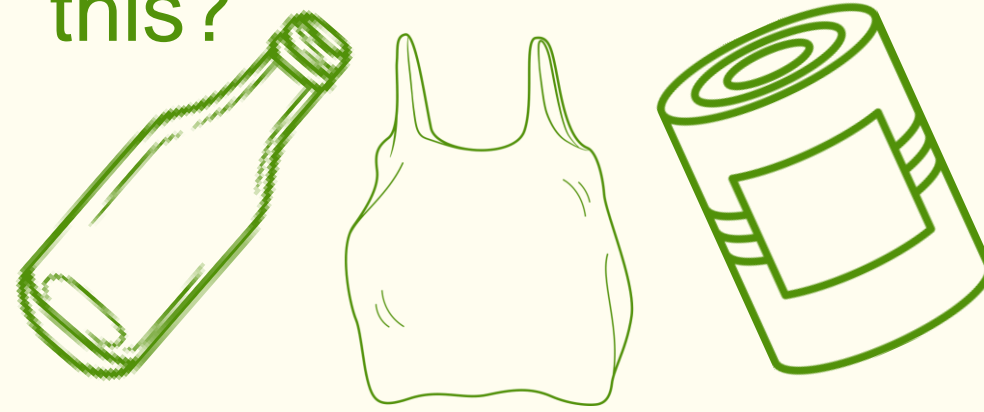
How do you recycle the items in these images? Look up the instruction from your local recycling center. Next time when you are about to trash something, try to be aware of different categories of these items and answer this questions:



Links:

[Waste Framework Directive](#)
[5 Simple Ways to Practise](#)
[Waste Segregation](#)

What kind of waste is this?



Can I still use this?



Are you recycling properly?
Why should you do it?



Thanks