



Waste for Dummies in Bratislava

Instructions on how to manage and sort waste
for family, friends and everyone,
who is so perplexed as we were.

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Waste for Dummies in Bratislava

The first basic rule is the **waste prevention**.
If we don't create waste, we don't have to be bothered by sorting it.

In waste prevention as well as waste management,
we follow the waste management hierarchy:



Waste for Dummies in Bratislava

The first rule is to prevent waste and only then **to sort and recycle**.
The creation of mixed municipal waste is the last step.

In order to achieve this, we follow these 5 rules - 5R:

REFUSE

If I really need to buy something new, first I consider the packaging, locality, quality, fairness and the way of production and processing (the less things, the less problems with repairs, cleaning, forgetting what I have or if I have it ...) and I refuse packaging, and products I don't really need or don't know how to reuse, sort or compost. I refuse leaflets and free promotional items.

REDUCE

Reducing the amount of things I buy. With every new item I buy, I produce waste - whether it's during the manufacture, packaging, or transport. Finally, the item itself becomes waste. That is why every purchase needs to be well-considered and especially I try to avoid impulsive shopping and purchasing purposeless things (eg, the apple pitter ...).

REUSE

It is important to re-use things. If I've finished to use something, I think of another way of using it, before throwing it away. E.g., a glass jar from yoghurt can be offered to someone as a jam-jar, or a storage for small things. A torn shirt can serve as a pillow stuffing or a swab. Also I keep in mind that every single-use item has its durable alternative (straw, lunch-box, water bottle, ...).

RECYCLE

When I get to the point of throwing something away, I try to sort it out properly so it can be recycled. This is, of course, preceded by a well-thought purchase, in which I consider whether all parts of the goods and its packaging can be discarded with the smallest ecological footprint. We want to avoid the mixed municipal waste as it ends in a landfill or incinerator. Both options pollute the nature and endanger our health.

ROT

Composting is a controlled process of decomposing biodegradable waste and the best way to use that waste, i.e., not only (plant-based) waste from the kitchen, but also old furniture or clothing made of natural materials (wood, hemp, flax, cotton, silk, wool). When composting, the waste becomes food for other organisms that turn it into a quality fertilizer, which can be used to grow our food.



Glass

In Bratislava we throw
glass waste into **green**
containers



Here belongs



- **clear, green and brown glass** (rinsed, clean from rough dirt or chemicals) - remove tops and lids from other materials first - mostly metal and plastic | paper labels don't have to be removed, they burn when the glass melts or remain on the surface of the melted glass, from where they are removed after | the glass should be rinsed mainly out of solidarity with the people working on the sorting line, so they don't work with molds etc., and to avoid the reproduction of insects and rodents in the collecting containers
- **bottles, glasses, glass containers, shards, sheet glass** (in small quantity)
- **greasy bottles of kitchen oil** (don't wash the oil out!!! oil drained into water is problematic in the process of sewage treatment and for the sewer network itself; excess cooking oil is collected into a PET bottle through a sieve and taken to collection points for recycling - e.g. selected Slovnaft gas stations, or every Saturday in the Old Market Hall or other places in Bratislava; greasy pan should be wiped out with paper, which then belongs to the mixed municipal waste)
- **products and packaging marked with codes:** GL (no. 70 - clear, 71 - green, 72 - brown glass)



Here doesn't belong



- **mirror** (because of the undetachable thin metal layer which makes it reflective -> MIXED WASTE, or WASTE COLLECTION / RECYCLING CENTER (if larger quantity))
- **safety glass, car glass** (because the car glass contains chemical admixtures that make it possible to break into small particles that are not sharp and dangerous) -> MIXED WASTE, or WASTE COLLECTION CENTER (if larger quantity)
- **wire glass** -> MIXED WASTE, or WASTE COLLECTION CENTER (if larger quantity)
- **glued glass** -> MIXED WASTE, or WASTE COLLECTION CENTER (if larger quantity)
- **plexiglass** -> MIXED WASTE, or WASTE COLLECTION CENTER (if larger quantity)
- **technical glass** -> MIXED WASTE, or WASTE COLLECTION CENTER (if larger quantity)
- **glass containing chemicals** (e.g. from varnish, fuel oil, dilutents,..) -> WASTE COLLECTION CENTER
- **sheet glass from windows and doors** in larger quantity -> WASTE COLLECTION CENTER
- **ceramics, porcelain, tiles** -> MIXED WASTE, or WASTE COLLECTION CENTER (if larger quantity), ceramics can't be recycled, we prefer other materials
- **TV screens** -> WASTE COLLECTION CENTER
- **gold-plated, plated glass** -> MIXED WASTE, or WASTE COLLECTION CENTER (if larger quantity)
- **borosilicate glass** (Retap bottles), **cooking glass** (due to higher melting point) -> return to the manufacturer, or WASTE COLLECTION CENTER
- **bulbs, fluorescent lamps, LEDs, halogen bulbs** -> PLACE OF RETURN (e.g. lighting shop)
- **returnable glass bottles and and packaging** -> bring back to the SHOP
- **plastic, metal, paper, bio waste, ..** -> TO THE RELEVANT WASTE CONTAINERS

More info & tips



- in nature, glass naturally decomposes in about 4000 years, but at least it is not toxic as a decomposing plastic
- glass is infinitely recyclable, but its recycling is energy-intensive, so it is preferable to re-use glassware over and over and to choose the sorted waste as the last option
- sorting saves money - we only pay for the disposal of the residual municipal waste, the disposal of sorted waste is for citizens free! it is paid by the importers and manufacturers of the packaging (actually, it is included in the price of packaging when we buy a packaged product)
- beverages (beer, milk, ...) can be bought in returnable bottles and returned for further use (the need for recycling will be postponed)
- milk can be re-filled into your own bottle in dairy vending machines
- kitchen oil can be re-filled into your own bottle (e.g. in Paleo ako Životný štýl in Freshmarket, U Dobrožrúta, U Vážky, ...)
- glass jars from olives, preserves, honey, etc. can be re-used, or donated to market vendors, or to acquaintances for preserving or any other purpose
- check with the Slovak manufacturers and retailers whether it is possible to return their glass packaging for further use (e.g. glass jars from M-Factory soy candles can be returned for further refill, as well as packaging from Ľuli and Ľuli cosmetics, Berchtesgardener milk bottles to YEME grocery store, ecoheart mouthwashes to U Dobrožrúta, ... there are more and more options every day :))

Recycled glass requires a lower heating temperature than glass from raw materials, thus requiring 40% less energy. Also, it reduces related air pollution by 20%, and water pollution by 50%.

Glass can be recycled indefinitely.

www.bottlesupglass.com/wp-content/uploads/2011/08/Facts-About-Glass.pdf
www.conserve-energy-future.com/various-pollution-facts.php



Plastics

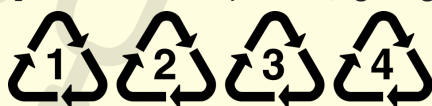


In Bratislava we throw plastics with metals and combined materials packaging into **yellow** containers

Here belongs



- **plastic bottles from beverages**(clean from rough dirt! compressed!) - before discarding, ideally separate the label, since the label is a different type of plastic than a PET bottle
- **plastic cups**from yogurt, cream, bryndza - sheep cheese, and other foods (rinsed)
- **foils**(bubble wrap, stretch foil, ..), **plastic bags** and **micro-pocket bags**
- **plastic packaging from food and drugs**(clean! compressed! rinsed with water) **WARNING!** foils and polystyrene trays from ham, cheese or meat belong to the MIXED WASTE BIN - their grease gets into the plastic structure and prevents recycling, washing it doesn't help
- **plastic packaging of laundry detergents and cosmetics**(compressed!, rinsed)
- **tetrapak** = **beverage carton** = **multilayer composite material** (rinsed, compressed!), if it contains a plastic cap, it is good to close it so that the contents don't leak out
- **aluminum cans**(compressed!) (they are made of non-magnetic metal so they belong to a yellow container, otherwise they won't be sorted out and recycled! they can also be taken to the WASTE COLLECTION CENTER or to a METAL WASTE BIN outside Bratislava - see "Metals" section)
- **packaging of thin-walled aluminum** - aluminium foil from chocolates, aluminium yogurt lids, thin aluminum packaging from pates, ... (belongs also to METAL WASTE BIN outside Bratislava - see "Metals" section)
- **packaging polystyrene** (only clean, it must not be dirty!) - in large quantities it belongs to the WASTE COLLECTION CENTER so the containers aren't unnecessary overfilled
- **thermal covers for food** from restaurants (only clean!) - **WARNING!** only those from dry food are suitable - those from e.g. soup, meat, etc. belong to the MIXED WASTE, washing it wouldn't help, as the fat gets into the structure of the material, making it non-recyclable
- **plastic adhesive tape**
- **credit cards, loyalty plastic cards** - cut the chip off (it belongs to the MIXED WASTE)
- **plastic caps from "coffee-to-go" cups**, the cup itself, however, belongs to the MIXED WASTE, as it is a composite: paper coated with plastic
- **all metals** (according to the General binding regulations of the city Bratislava) - magnetic metals are separated from the rest of the waste by a magnet or by hand, even though many end up in the mixed waste = incineration plant
- **products and packaging marked with codes:** PET (1) - good recyclable, HDPE (2), PVC (3) - we recommend not to use - it's harmful, LDPE (4), PP (5), PS (6) - we recommend not to use polystyrene - it contains toxic substances, Other (7) - avoid category "Other" as much as possible, as it is often a mix of multiple plastics or even materials, making the product non-recyclable (e.g. single-use plastic dishes or straws)



PETE HDPE PVC LDPE



PP PS INÉ

Here doesn't belong



- **greasy plastic bottles** from kitchen oil -> MIXED WASTE (due to the fact that oil residues could potentially degrade the other plastic waste in the container.. greasy PET bottle itself, well closed, doesn't have any problem with recycling, but other types of plastic might if it leaked.. oil in glass bottles is therefore preferred) (don't clean the oil bottles!!! oil doesn't belong to the water - used or old cooking oil is being collected through a sieve into one such PET bottle and brought to the COLLECTION POINTS - e.g. selected Sovnaft gas stations, or every Saturday in the Old Market Hall)
- **plastics contaminated with chemicals** (varnish, engine oils, diluents, etc ..) -> WASTE COLLECTION CENTER
- **plastics contaminated by food remains, bio-waste** (polystyrene packaging from restaurants, plastic foils from ham, cheese, meat, ..) -> MIXED WASTE
- **drugs and medication in plastic wrapping coated with aluminum foil** -> if it still contains medicaments -> PHARMACY, if not -> MIXED WASTE (the materials can't be separated from each other, so medicines in pure plastic packaging, or home remedies, herbs, ... are preferred)
- **toothpaste tubes** (due to paste residues and composite material) -> MIXED WASTE
- **toothbrushes** -> ideally to Curaprox (they recycle it into waste bins for schools), otherwise MIXED WASTE (not only it has bristles of other material than its body, it is often also rubbered)
- **"coffee-to-go" cups** -> MIXED WASTE (it's a composite: paper coated with plastic) - WARNING: plastic cap belongs to PLASTICS!
- **paper-/plastic-aluminum bags from spices, animal food, ...** -> MIXED WASTE
- **compostable / biodegradable "plastics", bioplastics (made from biomass rather than oil), PLA, cellophane (transparent cellulose foil)** -> COMPOST, at worst MIXED WASTE
- **rubber** -> MIXED WASTE
- **cables** -> WASTE COLLECTION CENTER
- **plastic foam** -> WASTE COLLECTION CENTER or when collecting bulk waste 2x/year
- **floor coverings** -> WASTE COLLECTION CENTER
- **TV screens** -> provide for parts, or WASTE COLLECTION CENTER
- **bubble-gums** -> MIXED WASTE (neither to nature, nor sewer!)

More info & tips



- recycling of plastics is limited, in nature they would decompose in 100-1000 years
- plastics have a negative impact on the environment from the actual extraction of crude oil, which is a non-renewable natural resource, through processing and usage to recycling, burning or landfilling - harmful substances enter air, soil and water
- don't buy unnecessary things, only what you really need
- avoid plastic clothing (polyester, acrylic, polyacrylate, elastane, lycra, artificial viscose, silon, ...), they release microplastics during washing, not filtered by the water purifiers
- don't use and refuse single-use plastic plates, glasses, straws and cutlery in restaurants - party tableware. It is the cheapest kind of plastic, composed of different types of plastics and contains a lot of chemicals. Therefore, it is not recyclable and from the sorting line it goes straight into the mixed waste - it is then burned and we breathe this cocktail
- for shopping always take your own canvas bags, sachets for bread, nets for fruit and vegetable, bags for food sold in bulk, re-usable containers for meat, sausages, ham, cheese .. (a great offer is e.g. on prijemneveci.sk, menejodpadu.shop, ...)
- food without packaging can be bought even online (e.g. bezodpadu.sk, ...)
- it is recommended to always carry at least 1 bag, 1 sachet or 1 lunch container in case of unplanned purchases (for unfinished remnants if a person eats outside)
- carry your own water bottle, or (stainless or glass) thermo cup for tea, coffee
- carry your own cutlery (in case of eating in the markets), or chopsticks (in case of eating in Asian restaurants), or a compostable camping fork/spoon (spork), ...
- instead of plastic sponges and washcloths for dishes, use compostable natural sponges (e.g. luffa) or at least sponges out of recycled material and washable cotton washcloths (luffa can be grown at home or bought for example on prijemneveci.sk, ...)

- instead of a plastic foil for food storage, use cloth or bags made of natural fabrics (cotton, linen, hemp), or food containers, or a pot covered with a lid or plate, or buy/make waxed cotton napkins (bio cotton fabric + natural beeswax)
- carry your own metal or glass straw (there are also cleaning brushes for it) and ask the waiters to serve drinks without straws (available here: U Dobrožrúta, prijemneveci.sk, ...)
- choose products 1. without packaging or 2. in glass or metal (not aluminum!) packaging (metals and glass are infinitely recyclable) or 3. in paper packaging (ideally recycled, but beware - paper can only be recycled 5-7x and because of it we deforest the Earth) or 4. in compostable bioplastic packaging (sugar cane, corn starch, etc., but take care of their proper composting) or 5. at worst, at least in a recycled plastic packaging or 6. from 100% recyclable plastic (no composite of materials - marking 7 in a triangle and PLA) and take care of proper sorting
- avoid chewing gums and don't throw them into nature (it decomposes in 5 years)
- re-fill your packaging with the cleaning and laundry detergents sold in bulk (e.g. in: Mydlinka, Zelený obchod, Ecoterra - Laundromat laundry, YEME, Slnečnica, Bioraj, U Dobrožrúta, METRO Cash and Carry, ...), or make your own natural detergents at home
- instead of liquid soaps, shampoos and conditioners in plastic packaging use natural solid, with no packaging or in recycled paper packaging or natural liquid in glass packaging (ideally returnable), ideally from Slovak manufacturers (e.g. Ponio, MusK, 2Sis, Ľuli a Ľuli, Mylo, Soaphoria, ...), or re-fill those sold in bulk (Mydlinka, Ecoterra, Chistee, ...)
- choose natural, organic cosmetics in glass, metal or e.g. in bamboo refillable packaging (ZAO Cosmetics, Híling Zdravá krása, 100% pure ...) or make your own (or don't use :))
- instead of skin and body creams in plastic, oils or ointments in glass can be used, or solid massage cubes of vegetable oils and butters (e.g. Ponio, 2sis, ...)
- instead of sunscreen lotions in plastic, try sunscreen natural oils in glass (raspberry seed oil, avellana oil, ... for example from Dr. Feelgood, MusK, ...)
- plastic toothbrushes can be replaced for compostable bamboo ones (Curanatura, Ecoheart), or choose Curaprox plastic (without packaging can be bought in the Mydlinka in Freshmarket or U Dobrožrúta, for example) and return the used to Curaprox for recycling: curaprox.com/sk-sk/kam-mozete-priniest-pouzitu-kefku
- avoid teflon pans - excellent and durable are, for example, cast iron pans or those with ceramic bottom (a large selection of cast iron pans: prijemneveci.sk, ...)
- choose beverages in glass (ideally in returnable bottles), or at least in a one-kind-plastic bottle (it is easier recycled than tetrapak, which consists of paper, aluminum and plastic). Ideally, however, carry and re-fill your own bottle (tap water, syrups, milk ...)
- extra tip: carry a bag for any garbage found on the street :)

50% of plastics we use only 1x, and then dispose of it.

One million sea birds and 100,000 marine mammals are killed annually from plastic in our oceans.

www.ecowatch.com/22-facts-about-plastic-pollution-and-10-things-we-can-do-about-it-1881885971.html

In the middle of the North Pacific ocean is an island 'Great Pacific garbage patch'. The island is bigger than France, Germany and Spain combined and consists mostly of plastic waste.

www.thesun.co.uk/news/5878949/great-pacific-garbage-patch-plastic-dump-growing/



Paper



In Bratislava we throw
paper waste
into **blue** containers

Here belongs



- **paper, magazines, newspaper, notebooks, office paper, leaflets, paper** (not gift, waxed) **bags** (compressed!)
- **fiberboard, cardboard and carton** (compressed!)
- **shredded paper** (difficult to recycle, avoid shredding or shred to large pieces)
- **cardboard boxes** (paper adhesive tapes are OK, remove the plastic ones)
- **envelopes with a plastic window** (the windows are OK, but they can also be detached and put into plastic)
- **stapled sheets of paper** in a small amount (a small amount of metal staples is OK, but they can also be detached and sorted with other metals)
- **products and packaging marked with codes: PAP** (no. 20 - corrugated fiberboard, 21 - paperboard, 22 - paper)



Here doesn't belong



- **books** -> lend / donate / sell: BAZAAR, YARDSALE, LITTLE FREE LIBRARIES, LIBRARY, ANTIQUARIANS, ... in the final phase of its lifecycle: textbooks to SCHOOL PAPER COLLECTION and unusable books to WASTE COLLECTION CENTER
- **wet paper** (because it tends to mold) -> COMPOST or FIREPLACE or MIXED WASTE or let it dry and if it's not moldy -> to PAPER WASTE
- **greasy and dirty paper** -> MIXED WASTE, sometimes COMPOST or FIREPLACE
- **self-copying paper** -> MIXED WASTE
- **waxed paper** (gift wrapping paper, gift bags, ...) -> MIXED WASTE
- **asphalt paper and tar paper** -> MIXED WASTE
- **thermal paper** (paper used for example on receipts, is smooth and the font often fades out + when scratched by nail, it looks like written with a pencil) -> MIXED WASTE
- **toilet paper- and paper kitchen towel-rolls** -> RE-USE (toys for children) or COMPOST or burn in FIREPLACE, at worst MIXED WASTE
- **paper egg carton** -> RE-USE (bring to the market) or COMPOST or burn in FIREPLACE, at worst MIXED WASTE
- **snotty, greasy or dirty paper towels, handkerchiefs and napkins** -> COMPOST, FIREPLACE, MIXED WASTE
- **polystyrene** -> PLASTIC WASTE
- **tetrapak = beverage carton = multilayer composite material** -> PLASTIC WASTE
- **aluminium kitchen foil** -> PLASTIC WASTE (even better to take it to the METAL WASTE outside Bratislava - see "Metals" section)
- **paper-/plastic-aluminum bags** from spices, animal food, ... -> MIXED WASTE, it is a composite
- **menstrual pads, tampons, diapers** (it is composite paper and plastic + highly polluted!) -> MIXED WASTE
- **compostable sugar cane "paper" and similar** - it could damage the recycling! -> COMPOST or at worst MIXED WASTE
- **plastic, metal, glass, bio waste, ..** -> TO THE RELEVANT WASTE CONTAINERS

More info & tips



- paper is recyclable only 5-7x, increased paper consumption equals the increased need for cutting down trees
- instead of paper towels, use washable cotton ones
- instead of kitchen paper napkins ditto
- instead of paper napkins for the table setting ditto
- carry a small cotton towel to avoid the need to use paper towels on toilets outside home (common practice in Japan) or let your hands dry in the air..
- choose a 100% recycled unbleached toilet paper packed in paper or without packaging (white fragrant toilet paper may not be of recycled paper and environmental polluting chemicals are used during the whitening process, also the perfumes used may potentially harm our health) (can be bought in Mydlinka, Kaufland, Billa, ...)
- print two-sided, on a 100% recycled paper, but if it isn't necessary - don't print at all - according to the law electronic invoices can also be archived electronically
- don't throw away scratch papers and write on them
- write down shopping lists to your mobile phone (there are also great apps to sync with your computer or share with your family, such as Remeber the milk, Evernote, ...)
- write down and store recipes electronically ditto
- put a label "No Junk Mail!" on your post-box (usually it really works)
- don't buy printed newspapers and magazines, read electronically
- restrict the purchase of physical books, use electronic readers (and buy books that are worth it, ideally from a bazaar or antiquarian bookshop) or borrow from the library
- bring the unnecessary books to the library, antiquarian bookshop, or on special events such as 'Zóna bez peňazí' (Zone without money)
- keep the cardboard boxes from shipments for eventual use, or donate them to e-shops (e.g. JRK Slovensko) or shipping companies
- return the unused product boxes (from vacuum cleaner, hair dryer, ...) to the manufacturer for further use (if applicable) or see above
- shredded paper may be used as a filler for the shipping boxes (instead of polystyrene or other air-blown plastic)
- for gift wrapping choose recycled paper, or e.g. a pillowcase, ... (for creative ideas see Google), or present experiences without packaging :)
- use reusable diapers
- use menstrual cup or washable cotton pads (e.g. prijemneveci.sk, ...)

Almost half (42%) of global wood harvest (globally) becomes paper.

www.signtechforms.com/blog/10-interesting-facts-about-paper

Recycling 1 ton of paper saves around 682.5 gallons of oil, 26,500 liters of water and 17 trees.

www.theworldcounts.com



Metal



In Bratislava we throw metal waste into **yellow** containers (in Slovakia mostly into red)

Bratislava did not set up separate collecting containers for metals like other cities. According to the General binding regulations of the city Bratislava, all metals belong to yellow containers (intended primarily for plastics), from where they are further sorted out magnetically or manually and mechanically.

Here belongs

- **non-magnetic metals: thin-walled aluminum, aluminium kitchen foil, soda cans (compressed)** -> PLASTIC WASTE, WASTE COLLECTION CENTER
- **magnetic metals: other metals, metal packaging, metal products and parts, cans** -> MIXED WASTE, WASTE COLLECTION CENTER, PLASTIC WASTE or METAL WASTE outside Bratislava
- **products and packaging marked with codes: FE (40 - steel), ALU (41 - aluminium)**



Here doesn't belong

- **metal packaging combined with other material**, e.g. tubes from creams and toothpastes, bags from animal food, aluminium-paper packaging from cheese, butter, instant soups, ... -> MIXED WASTE
- **soft metal sachets**, e.g. from coffee, potato chips, some sort of wafers, ... -> MIXED WASTE
- **metal packaging containing residues of dangerous substances**-> WASTE COLLECTION CENTER
- **oversized metal waste**-> WASTE COLLECTION CENTER

More info & tips

- in Bratislava, the magnetic metals (cans, etc.) are burned in the waste incinerator together with other mixed waste - after the incinerating process the metal parts are sorted out of the ashes by strong magnets
- all metals, including aluminum, can also be thrown into metal waste containers outside Bratislava (e.g. in Ivanka pri Dunaji, Nitra, Piešťany, Austria, ...)
- some scrap metals can also be sold in the metal collection points - Google it
- choose other metals than aluminum - its mining and processing are toxic and ecologically burdensome, and as a soft metal it releases small parts which easily get into the body. Aluminium is perfectly recyclable, but there is a problem in Bratislava - there is no buyer
- most metals are infinitely recyclable



Bio waste



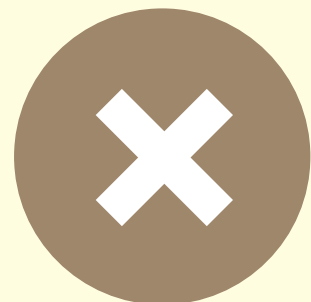
In Bratislava we throw bio waste into **brown bins**, or to home or **community composters**

Here belongs



- **remains, peels and cuttings from raw fruit and vegetables**
- **egg shells**
- **paper tea bags** (without staples and plastic-coated parts, also infused)
- **loose tea** (also infused)
- **coffee-grounds**
- **paper towels, handkerchiefs and napkins**
- **paper egg carton**
- **toilet paper- and paper kitchen towel-rolls**, non-perfumed
- **remains of cooked meals** only in very small quantities (but not greasy, cooked with meat or dairy products!)
- **uncoloured hair, unpainted nails**
- **compostable bio "plastics"** (in small pieces)
- **compostable paper, cutlery, cotton buds, diapers** (rather only the peed ones),...
- **compostable bamboo toothbrushes** (make sure the bristles are also non-plastic and compostable; if they are not compostable, they must be removed)
- **natural sponges** (for dishwashing and bodywashing) - sea mushrooms, lufa, cellulose
- **plant residues**
- **grass, leaves, hay, straw, weed**
- **sawdust, wood chips**
- **earth dirt**
- **cooled ash and charcoal made of wood**
- **smaller twigs, vines cuttings**
- **bread, pastry, flour** (ordinary, non-flavoured, better only in a small amounts - attracting rodents...)
- **rotting fruit and vegetables**, but NOT moldy (or only in a very small quantity)
- **really natural 100% organic cotton and other fabric**, unbleached, unwhitened, not sewn with polyester yarn
- **beeswax cotton food wraps**
- **crushed nut shells, pits**
- **droppings of herbivorous animals**
- **shredded cardboard**, unpainted, without adhesive tape
- **citrus peels** only in small quantity (lemon, orange, grapefruit, ginger, banana,...)

Here doesn't belong



- **meat, fish, bones and dairy products** (butter, milk, kefir, cheese,...) -> HOME or FARM ANIMALS, HENS or at worst MIXED WASTE
- **oil, ointment, grease and greasy food** -> MIXED WASTE; greasy pan from oil should be wiped out with paper which is then thrown to the MIXED WASTE; vegetable oils (e.g. from frying, or used as infusions of food: dried tomatoes, fish, etc.) in larger quantities should be collected through a sieve into a PET bottle and brought for recycling to the COLLECTION POINTS - e.g. selected Sovnaft gas stations, or every Saturday in the Old Market Hall, ...
- **very moldy food** -> MIXED WASTE

- **droppings of carnivorous animals, dog and cat feces** -> MIXED WASTE
- **glass, plastic, metal, textile** -> TO THE RELEVANT WASTE CONTAINERS
- **sawdust from chipboard** (due to adhesives) -> MIXED WASTE
- **dead animals** -> RENDERING PLANT
- **nylon tea bags or glued tea bags** (thin polypropylene layer is used for gluing) -> MIXED WASTE
- **drugs and medicine** -> unused donate to HOSPITAL, after expiration to PHARMACY
- **stones** -> NATURE (if natural)
- **the contents of the vacuum cleaner bag** -> MIXED WASTE
- **cigarettes** -> MIXED WASTE
- **anything contrary to the rules of the composting group**, if we are involved in community composting (e.g. no dry or moldy pastry, due to rodents)

HOME VERMICOMPOST NO:

- **onion, garlic, ginger** - distinct flavors
- **citrus peels and remains** - only a small amount cut into small pieces
- **pits**
- **compostable bio "plastics"**

More info & tips



- bio-waste ending in the landfill is a major environmental problem -> when compressed by other waste, there is no supply of oxygen for the so-called aerobic decomposition of organic material and the resulting rotting processes release harmful gases into the air - such as methane, one of the most aggressive glass gases. These gases then pollute groundwater and increase the risk of transmissible viruses and diseases that enter the food chain through wildlife, birds and rodents
- in Bratislava the bio waste ends in the incineration plant, which reduces the possibility of spreading the diseases but also contributes to the production of harmful and dangerous gases - such as dioxin
- composting is very simple even in an apartment - just throw the kitchen bio waste into the home vermicomposter, sometimes mix the upper contents a little bit or check the moisture. In fact, it's just another trash can that you get used to very quickly
- the smaller the pieces (about the size of the thumb), the faster they are turned into compost
- it is important to mix = aerate the compost regularly (excluding the vermicompost - the earthworms aerate it themselves)
- the compost should always be damp - neither too dry nor too wet -> if too dry: add wet paper or spray with water; if too wet: mix in dry leaves, straw, torn paper/cardboard or wood chips
- you can always ask experts how to compost properly, e.g.: priateliazeme.sk/spz, kompostuj.me, menejodpadu.sk, ...

Up to 45% of household waste is bio waste.

By composting, we can therefore reduce the amount of waste we produce by almost half.

By the same amount we reduce our expenses for the waste disposal.



Clothes

We don't throw clothes and fabric into the waste containers



Wearable



- **sell or donate in the bazaar**, for example on bazoš.sk, letgo app, online bazaar Vinted, clothing exchanges (e.g. annual exchange of Priatel'ia zeme SPZ) etc...
- **donate to friends or family**
- **donate to charity** (ask about the ongoing collections in VAGUS - Domec na Mýtnej, Domov pre každého, Night house Depaul, OZ Proti prúdu - NOTA BENE, Mareena, Community center Bystro, Kalab, ECAV Senec, Zóna bez peňazí), or to secondhands (TEXTIL HOUSE, NOSENE, ...)
- **take to Slovak Red Cross**: Miletičova 59 – there is a container for clothes next to their building, from which the clothes are redistributed and offered to the socially weaker
- **throw to a container intended for textile: EKOCHARITA (or HUMANA)**
- unwearable or wearable, clean, bound in a bag (it will either be used for charity, secondhands or recycled to another product - e.g. insulation, etc.)
- **upcycling** - worn jeans, flannel shirts and other specific pieces of clothing are gathered by smaller local producers and upcycled to new products (such as backpacks of flannel shirts - COSI, handbags of jeans, ..) - Google it
- **children's bazaar** - e.g. unnecessary children's clothing (such as the bazaar Modrý koník, babybazar.sk, deti.bazos.sk, babyburza.sk, ... - Google it)
- **go to a SWAP event** and exchange your clothes for another piece

Unwearable



- **repair** - e.g. worn vibram sole can be repaired very well - just send it to Restday, they also have a SK address - no need to throw the shoes away, nor to buy a new pair
- **upcycling** - even a part of the clothing can be used to make a new piece
- **use for rags, filling for toys for kids, dogs, etc.**
- **throw to a container intended for textile HUMANA** - clean, bound in a bag (it will be recycled to another product - e.g. insulation, etc.)
- **bring the underwear back to the store with underwear** which has a collection basket for it (e.g. INTIMIŠIMI)
- **make beeswax food wraps** from 100% natural cotton fabrics (compostable alternative to a plastic kitchen foil, for multiple use - at least for a year)
- **old nylon stockings serve as excellent rags**, e.g. to clean bikes, to remove nail polish, to polish shoes, or a net that holds soap or solid shampoo, filling for toys, pillows, ... (Google more ideas)
- **outdoor Patagonia brand clothes** can be brought back to the Patagonia store for recycling

More info & tips



- reduce the wardrobe and consider every other purchase thoroughly
- don't throw away what can be fixed and have it fixed
- ideally, learn how to sew, crochet, knit and produce your own pieces - you'll learn what it means to sew a piece of clothing and you'll be able to respect the work of others more
- wear and buy clothes and shoes in high quality, durable, made of natural materials (fairtrade! 100% bio cotton or organic cotton, flax, silk, hemp, wool, jute, bamboo, cashmere)
- choose both functional and ordinary clothing from responsible manufacturers who care for it's recycling or proper disposal (for example, Patagonia has a whole recycling program, Swedish Swedish Stockings has a recycling program for nylon stockings, ...)
- when buying new clothes, choose local manufacturers with verification, where the materials comes from
- avoid synthetic materials (acrylic, polyacrylic, polyester (fleece), lycra, elastane), even when combined with natural materials. It is a composite that is hardly or not at all recyclable. Also, by washing synthetic materials, microplastics are released in large quantities. They are so small the water purifiers are unable to filter them and so they get into the rivers and seas, into the soil and thus into the food chain. During the manufacture and coloring of synthetic materials, dangerous chemicals are released into the water, which at the same time directly harm the health of the workers themselves.
- non-organic growing of cotton and other garment materials contributes to soil contamination and degradation due to used pesticides and contributes to the extinction of insects and other animals that feed on insects. The same applies to non-organic food production.
- take an interest and ask producers where the materials come from and whether the employees work in decent conditions and are adequately paid
- life cycle of a T-shirt: ed.ted.com/lessons/the-life-cycle-of-a-t-shirt-angel-chang
- follow #slowfashion #fashionrevolution, #whomademyclothes, #whomademyshoes

Tips for slow fashion



- mishoes.sk, tikoki.sk - custom shoes and natural sneakers from Slovakia
- pohan.sk - linen clothes from Slovakia, linen woven in the EU
- miestni.sk - a portal associating various Slovak designers
- nosene.sk, bagbet.sk, frl.sk, bartinki.com, waki-vaky.com, sobi.eco, ... - upcycled clothing, accessories, etc.
- sashe.sk and similar portals of local producers - verify the origin of used materials first
- [cush.sk](https://facebook.com/cushgreenwear) - facebook.com/cushgreenwear - comfortable women's sportswear for yoga and similar indoor activities (also custom-made)
- creeme.eu - underwear for ladies made from 100% natural, unbleached cotton
- nosha.sk - ecological, biodegradable backpacks
- torteelas.sk, piskacie.com, primat.me, ... - T-shirts of 100% organic cotton
- blackhilloutdoor.sk, froggywear.sk - sportswear of 100% merino wool
- restday.sk - repair of trekking shoes and climbing shoes
- and other such as Cila, Nila, Etik butik, ferovamoda.cz, lull.sk ...

Global clothing production has doubled between 2000 and 2014.

On average, one person buys 60% more items every year and keeps half less than 15 years ago, generating huge amounts of waste ending mostly in landfills.

www.thebalancesmb.com



Electronics &

In Bratislava we bring electrical waste to collection points or waste collection center



Electronics

Electronics and appliances

- first step is repair, refurbishing, re-sell (bazoš.sk etc.); repairably.com
- notebooks, monitors, etc. (also non-functional) can be brought to refurbished.sk
- COLLECTION POINTS for electronics are all the shops that sell electrical appliances (you can bring back your old appliances)
- unusable, unrepairable electrical appliances, toners, CDs and DVDs, and cables can also be brought to WASTE COLLECTION CENTER, or some can be sold to specialized companies (Google it and call first)
- functional electrical appliances can also be brought to so-called 'Library of Things' (a place where other people can borrow it): bystro.org/en/library-of-things/ | goethe.de/ins/sk/sk/kul/sup/ajn.html

Batteries

- small exhausted accumulators / batteries -> COLLECTION POINTS (stores with electronics, batteries, supermarkets)
- big batteries, car batteries -> COLLECTION POINTS (stores with such batteries) or sold to specialized companies (in nature it takes 200-500 years for a battery to decompose)

Fluorescent lamps, discharge lamps, LEDs

-> COLLECTION POINTS (lighting shops) or WASTE COLLECTION CENTER

Light bulbs, car light bulbs and halogen lights

-> MIXED WASTE or WASTE COLLECTION CENTER

Other

Rubber and silicone

- tires -> COLLECTION POINTS: tire repair shops, tire dealers (no matter if you bought or changed a tire there) or to WASTE COLLECTION CENTER (in nature it would take 200-300 years for the tires to decompose!)
- rubber products -> WASTE COLLECTION CENTER
- silicone -> WASTE COLLECTION CENTER

Wood and wooden products

- natural, unpainted, unvarnished wood from the garden -> COMPOST
- wood from furniture and furniture in general -> WASTE COLLECTION CENTER
- cork -> WASTE COLLECTION CENTER or COMPOST (if really natural)
- IKEA furniture -> IKEA buys it back

Medicines, cosmetics and cleaning products, chemicals, wax

- unused medicines are returned to the pharmacy, ideally in the original packaging
- cosmetics and cleaning products: always try to use all of it, donate the unused and unneeded, don't buy too much, don't flush down the toilet!, after expiration -> MIXED WASTE (doesn't apply to purely natural products)
- chemicals (varnish, diluents, paint colors, engine oils, ...) and their residues - don't wash them out!, bring them to WASTE COLLECTION CENTER in their original packaging
- wax (e.g. from candles): paraffin (from oil) -> e.g. melt and make a new candle, in the end of its life cycle MIXED WASTE | soybean wax -> COMPOST | beeswax -> use for e.g. beeswax food wraps, in the end of its life cycle COMPOST



Conclusion

Basic rule and
useful information sources



When still perplexed

- if uncertain, it is better to throw the item into the sorted waste than to the mixed -> it will be sorted properly on the sorting line (people at the sorting line know best what buyers they have for what material)

however, don't "abuse" this procedure and don't throw too much inappropriate waste into the sorted one, it might cause the entire container ending up in the incinerator

WARNING! the packaging/product in question must not potentially degrade or pollute the rest of the sorted waste (e.g. by containing chemicals, etc. as stated above)

- things still usable but unused, such as clothes, toys, dishes, books, and more:
 - donate to friends and family
 - donate to charity
 - offer on bazoš.sk, bazar.sk, ... Zóna bez peňazí
 - bring to the Library of Things, where other people can borrow it
 - exchange for other pieces.. (e.g. Priatel'ia zeme SPZ, SWAP events)
 - offer to manufacturers for upcycling

Links & infosources

- **Waste collection centers:**
www.bratislava.sk/sk/zberne-miesta-odpadu
- **Environmental Intelligence Test - do we sort waste correctly?:**
tei.triedime.sk/web/site and
www.triedime.sk/frontend/web/test-ekologickej-inteligencie/web/site/hra
- **Nezmar - zero waste blog:** nezmarto.wordpress.com
- **Zero waste blog:** www.zerowasteslovakia.sk
- **OZ Priatel'ia Zeme:** www.priateliazeme.sk/spz
- **About recycling:** www.separujodpad.sk
- **About recycling:** www.triedime.sk
- **Game about waste sorting:** www.triedime.sk/digitalny-pracovny-zosit
- **OLO:** www.olo.sk/separacia-odpadov
- **Recycling codes:** en.wikipedia.org/wiki/Recycling_codes

"Each Slovak produces on average 359 kg of municipal waste per year,
and sorts only 12%."

www.pravda.sk

"Up to ~ 40% of municipal waste is waste that could be sorted out and utilized.
A further 45% could be composted."

www.triedenieodpadu.sk