



A SUSTAINABLE LIFESTYLE

WHAT DO SUSTAINABLE LIFESTYLE MEANS? SUSTAINABLE LIFESTYLES ARE CONSIDERED AS WAYS OF LIVING, SOCIAL BEHAVIORS AND CHOICES, THAT MINIMIZE ENVIRONMENTAL DEGRADATION (USE OF NATURAL RESOURCES, CO2 EMISSIONS, WASTE AND POLLUTION) WHILE SUPPORTING EQUITABLE SOCIO-ECONOMIC DEVELOPMENT AND BETTER QUALITY OF LIFE FOR ALL.

PROJECT OVERVIEW (01)

WHY DOES IT MATTER (02)

HOUSEHOLD (03)

GROCERY AND FOOD WASTE (04)

BEAUTY AND SELF CARE (05)

**UPCYCLING AND DAILY
SUSTAINABILITY (06)**

SOURCES (07)



SUSTAINABILITY STARTS FROM DAILY CHANGES



WITH THE GLOBAL POPULATION SURGING AND CLIMATE CHANGE POSING A SIGNIFICANT THREAT, ADOPTING A SUSTAINABLE LIFESTYLE IS CRUCIAL. MANY SOURCES AND ARTICLES EMPHASISE THAT EVEN SMALL CHANGES CAN MAKE BIG DIFFERENCE WHEN IT COMES TO SUSTAINABILITY. HENCE, THOSE DAILY PRODUCTS AND ACTIONS WE DO, CAN BE DONE DIFFERENTLY BY BEING MORE AWARE OF RESOURCES TO MAKE THEM LESS IMPACTFUL, BUT STILL MAINTAINING THE SAME LIFESTYLE.

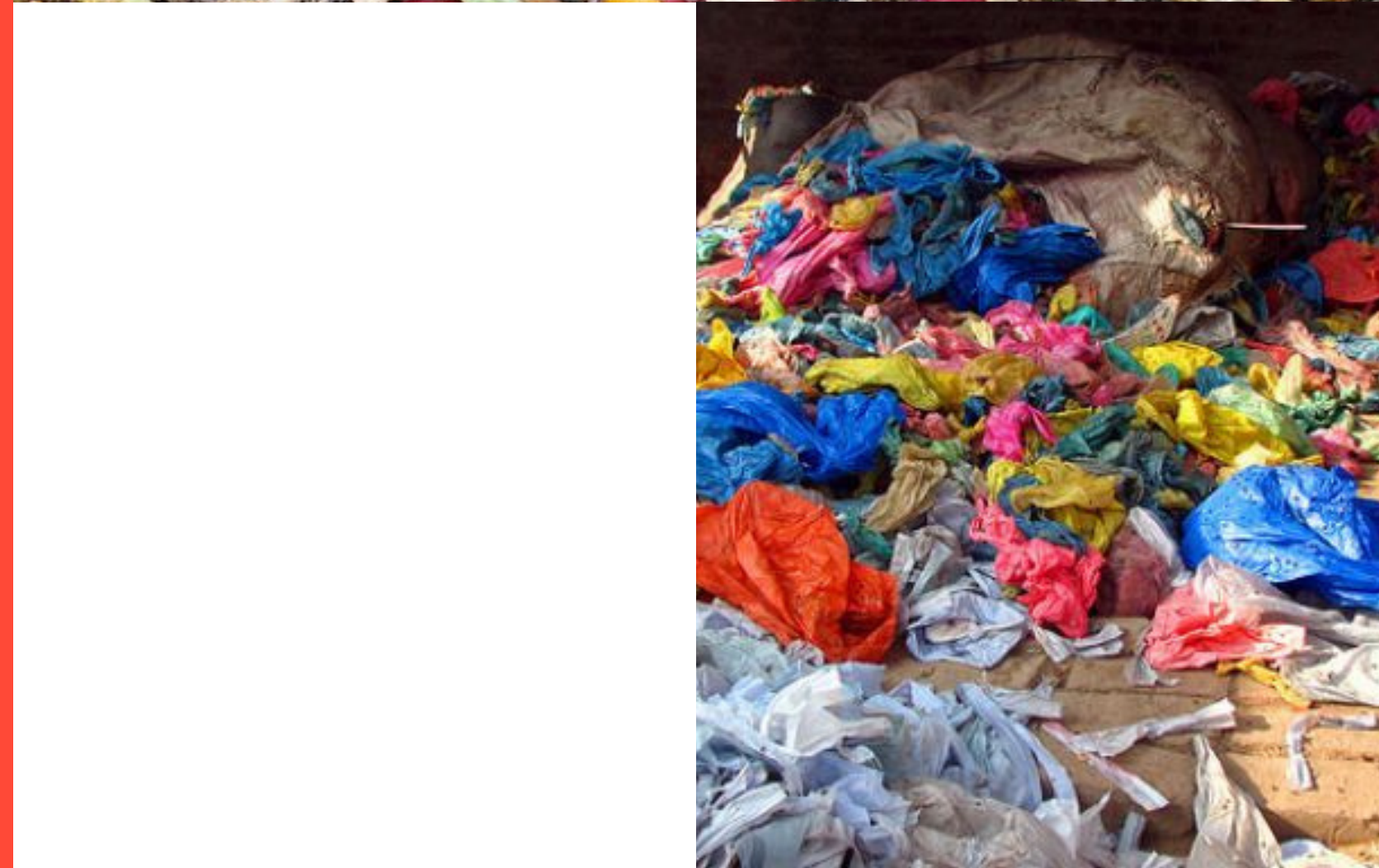
WHY DOES IT MATTER?

UNNECESSARY WASTE: **MORE 50% OF GLOBAL WASTE**

LIFESPAN OF UNNECESSARY WASTE: **AROUND 1 MONTH**

TIME FOR UNNECESSARY WASTE TO DECOMPOSE: **100 TO 500+ YEARS**

ADOPTING A SUSTAINABLE LIFESTYLE HELPS PROTECT THE ENVIRONMENT, REDUCE POLLUTION, AND CONSERVE RESOURCES. IT SAFEGUARDS HUMAN HEALTH AND ENSURES A LIVABLE FUTURE FOR THE NEXT GENERATIONS. EVEN SMALL DAILY CHANGES CAN MAKE A BIG COLLECTIVE IMPACT.





HOUSE HOLD

(03)





03

HOUSEHOLD

A SUSTAINABLE HOUSEHOLD MINIMIZES WASTE, CONSERVES ENERGY AND WATER, AND USES ECO-FRIENDLY PRODUCTS. IT FOCUSES ON REUSING, RECYCLING, AND REDUCING CONSUMPTION. FOOD WASTE IS LIMITED, AND LOCAL, ETHICAL GOODS ARE PRIORITIZED. THIS REDUCES POLLUTION, LOWERS CARBON FOOTPRINT, AND PROTECTS NATURAL RESOURCES. COLLECTIVELY, SUSTAINABLE HOUSEHOLDS HELP SLOW CLIMATE CHANGE AND SUPPORT A HEALTHIER PLANET.

CURRENT WASTE AMOUNTS TO 1.344 BILLION TONNES PER YEAR

A SUSTAINABLE LIFESTYLE



PRODUCT REPLACEMENT



INSTEAD OF BUYING PRODUCTS IN ONE-SINGLE USE PLASTIC BOTTLE, BUY A GLASS SPRAY CONTAINER AND MAKE YOUR OWN.

- **500 ML OF WATER**
- **100 ML OF WHITE VINEGAR** (NATURAL DISINFECTANT)
- **1 TEASPOON OF BAKING SODA** (DEGREASER AND DEODORIZER)
- **10–15 DROPS OF ESSENTIAL OIL** (LEMON, TEA TREE, OR LAVENDER — ANTIBACTERIAL AND FRAGRANT)

YOU CAN MAKE DIFFERENT VARIANTS.

INSTEAD OF USING LIQUID SOAPS CONTAINED IN PLASTIC BOTTLES, USE SOLID SOAPS. NOWADAYS THERE ARE A LOT OF FAMOUS BRANDS OFFERING SOLID OPTIONS.

THERE ARE SOAPS FOR EVERYTHING WITH MULTIPLE FRAGRANCES AND SPECIFICATIONS.

YOU CAN STORE THEM IN SUSTAINABLE PACKAGINGS THAT WILL LAST A LIFETIME.

THE LIFESPAN OF A BAR OF SOAP IS 5 TIMES LONGER THAN LIQUID SOAP.



FIND A REUSABLE OPTION WHEN IT COMES TO SINGLE-USE PRODUCTS.

INSTEAD OF USING PAPER TOWELS IN THE KITCHEN, USE KITCHEN CLOTHS - THEY LAST 10 TIMES MORE (YOU CAN ALWAYS WASH THEM TO MAKE THEM NEW)

INSTEAD OF BUYING SPONGES THAT ARE MADE OUT OF PLASTIC AND WILL GO BAD IN 1 WEEK (AND ARE SOURCE OF MILLIONS OF BACTERIAS) YOU CAN BUY LOOFAHS OR WOOD & NATURAL BRISTLE BRUSHES ETC

WHEN IT COMES TO PACKAGING ALWAYS CHOSE THE REUSABLE OPTIONS.

INSTEAD OF WRAPPING YOUR LEFTOVERS IN PLASTIC/ALUMINION FOIL - CHOSE REUSABLE CONTAINERS/ A PLATE ON PLATE OR BEE WAXED CLOTHS/ COTTON CLOTHS.

WHEN REORGANIZING THE PANTRY AND BUYING NEW PRODUCTS, INVEST IN GLASS JARS AND BUY REFILLING PRODUCTS INSTEAD OF THINGS IN NEW PACKAGES THAT WILL THEN NEED TO BE TROWN AWAY.



GROCERIES & FOOD WASTE



04

SUSTAINABLE GROCERY SHOPPING REDUCES WASTE, CONSERVES RESOURCES, AND LOWERS CARBON EMISSIONS. CHOOSING LOCAL, SEASONAL, AND UNPACKAGED FOOD HELPS CUT DOWN ON PLASTIC AND TRANSPORT POLLUTION. PEOPLE SHOULD SHIFT TO REUSABLE BAGS, BUY ONLY WHAT THEY NEED, AND SUPPORT ECO-CONSCIOUS BRANDS. PLANNING MEALS AND AVOIDING IMPULSE BUYS REDUCES FOOD WASTE. SMALL DAILY CHANGES CAN LEAD TO SIGNIFICANT ENVIRONMENTAL IMPACT.

CURRENTLY THE FOOD WASTE AMOUNTS TO 1.3 BILLION TONNES WHICH IS ROUGHLY 1/3 OF ALL FOOD PRODUCED GLOBALLY.

HOW TO SHOP MORE SUSTAINABLY?

MAKING A GROCERY LIST MORE SUSTAINABLE DOES NOT MEAN THAT THE MEAT CONSUMPTION/ ANIMAL RELATED FOOD NEEDS TO BE ZERO - HOWEVER THERE ARE VALID ALTERNATIVE TO MAKE SURE THAT THE IMPACT OF THE PRODUCTION OF THAT FOOD IS LOW AND CONTROLLED

TO HAVE A LOW ENVIRONMENTAL IMPACT WHEN GROCERY SHOPPING REMEMBER TO:

- **BUY LOCAL PRODUCTS** - THIS WILL MEAN THAT LESS CO2 EMISSIONS FROM TRANSPORTATION HAVE BEEN RELEASED
- **BUY SUSTAINABLY RAISED ANIMAL PRODUCTS** - CHOSE THOSE PRODUCTS THAT ARE NOT RESULT OF MASS PRODUCTION/ INTENSIVE FARMING,AND THAT RESPECT THE NATURAL GROWTH OF ANIMALS AND THEIR PRODUCTION.
- **BUY FOLLOWING THE SEASONS** - EACH FRUIT AND VEGETABLE HAS ITS NATURAL TIME TO GROW, TRY TO FOLLOW THE SEASONAL TIME (E.G. DO NOT BUY STRAWBERRIES IN JANUARY)
- **BUY PRODUCTS NOT WRAPPED IN PLASTIC** - TRY TO USE REUSABLE BAGS TO STORE YOUR FRUITS AND VEGGIES, AND CHOOSE PACKAGING THAT ARE NOT MADE OF PLASTIC (HOWEVER WHEN BUYING GLASS STORED PRODUCTS, TRY TO REUSE IT, OR IT WOULD BE THE SAME)



SPRING

asparagus	Radishes
Spinach	Lettuce
Arugula	Green onions
Rhubarb	Phubarb
Peas	Herbs



SUMMER

Sweet corn	Tomatoes
Cucumbers	Zucchini squash
Yellow squash	Bell peppers
Green beans	Blueberries
Blackberries	Peaches
Turnips	Pears



THE SEASONAL PRODUCE CALENDAR

FALL

Apples	Bumpkins
Butternut squash	Botterrut squash
Acorn squash	Acorn squash
Speggetti squash	Sweet potatoes
Carrots	Carrots
Beets	Kale



WINTER

Potatoes	Carrots
Carrots	Beets
Cabbage	Turnips
Rutabaga	Rutabaga





FOOD WASTE

YEARLY THE FOOD WASTE AMOUNTS TO 1.3 BILLION TONNES WHICH IS ROUGHLY $\frac{1}{3}$ OF ALL FOOD PRODUCED GLOBALLY.

TO MINIMIZE THIS NUMBERS AND NOT BE ACTIVE PARTICIPATORS TO THESE NUMBERS:

- **YOU SHOULD BUY PER CONSUMPTION** - WHICH DOES NOT MEANS GOING TO THE SUPERMARKET EVERYDAY FOR EACH MEAL, BUT **BUYING ONLY WHAT YOU NEED.**
- **TRY TO USE LEFTOVERS BY REPURPOSING THE FOOD FOR NEW RECIPIES OR NEW THINGS**
- **STORING FOOD IN THE CORRECT WAY CAN HELP PREVENTING FOOD WASTE**

FOOD WASTE IS NOT ONLY PRODUCED IN OUR HOUSES, YOU SHOULD KEEP THIS RULES ALSO WHEN EATING OUT BY ORDERING ONLY WHAT YOU NEED, AND BY BRINGING HOME EVENTUAL LEFTOVERS FOR FUTURE MEALS.

EGGS OF NEW FOOD FROM OLD FOOD

04

GROCERIES AND FOOD WASTE



INSTEAD OF THROWING AWAY OLD BREAD, WET IT UNDER TAP WATER, AND PUT IT IN THE OVEN FOR 10 MINUTES AT 200 DEGREES, YOU WILL HAVE CRUNCHY BREAD AGAIN



WHEN EATING APPLES, INSTEAD OF THROWING AWAY THE CORE YOU CAN PUT THEM INTO VINEGAR AND MAKE YOUR OWN APPLE CIDER VINEGAR

WHEN CUTTING VEGETABLES, INSTEAD OF THROWING AWAY THE SCRAPS, KEEP THEM IN A CONTAINER (YOU CAN ALSO FREEZE THEM) AND WHEN NEEDED YOU CAN MAKE VEGETABLE STOCK WITH THEM - SAME CAN BE DONE WITH CHICKEN BONES



INSTEAD OF THROWING AWAY OLD LEMONS YOU CAN USE THEM TO CLEAN PLATES AFTER EATING EGGS TO ELIMINATE THE SMELL, YOU CAN PUT THEM IN DISHWASHERS TO MAKE YOUR DISHES SHINE AND NOT SMELL, AND IMMERGE THEM IN VINEGAR TO MAKE A NATURAL CLEANSER



WHEN BUYING CARROTS OR CELERY, STORE THEM IN A JAR WITH WATER - THIS WAY THEY WILL LAST MORE THAN 3 WEEKS.



TO MAKE POTATOES LAST LONGER, SEPARATE THEM FROM ONIONS AND PLACE AN APPLE IN BETWEEN THEM, THIS WILL PREVENT THEM FROM SPROUTING

05

BEAUTY AND SELFCARE

SUSTAINABLE HYGIENE PRODUCTS REDUCE PLASTIC WASTE, TOXIC CHEMICALS, AND POLLUTION FROM PRODUCTION AND DISPOSAL. SWITCHING TO BIODEGRADABLE OR REUSABLE ITEMS (LIKE BAMBOO TOOTHBRUSHES OR MENSTRUAL CUPS) CUTS LANDFILL BUILDUP AND OCEAN POLLUTION. THEY OFTEN USE FEWER RESOURCES AND ENERGY TO PRODUCE. SUPPORTING ETHICAL BRANDS PROMOTES BETTER LABOR AND ENVIRONMENTAL PRACTICES. SMALL DAILY SWAPS CAN CREATE LONG-TERM GLOBAL IMPACT.



BEAUTY AND SKINCARE

EVEN IF SOME PRODUCTS ARE WRAPPED IN PLASTIC, YOU CAN STILL MAKE YOUR BEAUTY AND SKINCARE ROUTINE MORE SUSTAINABLE BY:

- **NOT BUYING SINGLE-USE FACE MASKS, BUT JARS CONTAINING THE PRODUCT THAT IS THEN WASHED OFF WITH WATER**
- **REPURPOSING OLD MAKE-UP FOR NEW USE (E.G. USING LIPSTICKS AS BLUSHES)**
- **NO MORE LIQUID SOAPS, BUT SOAPS BARS TO WASH HANDS, HAIRS AND BODY**
- **TO REMOVE MAKE UP INSTEAD OF USING SINGLE-USE ONE YOU CAN BUY PRODUCTS THAT CAN BE WASHED OFF WITH WATER, OR USE REUSABLE MAKE-UP REMOVER CLOTHS MADE OF COTTON.**
- **BUYING ONE PRODUCT AT A TIME, WAIT UNTIL IT IS COMPLETELY FINISH BEFORE BUYING THE SAME PRODUCT TWICE**
- **USE REFILLABLE PRODUCTS INSTEAD OF BUYING THE SAME PACKAGING AGAIN - THERE ARE A LOT OF ALTERNATIVES WITH POWDERED OR LIQUID REFILLS**
- **PRIORITIZE SUSTAINABLE AND DURABLE MATERIALS AS FIRST CHOICE - AVOID PLASTICS**



SUSTAINABLE PERIODS

05

MENSTRUAL PRODUCTS CREATE A LOT OF WASTE—ONE PERSON CAN GENERATE UP TO 150 KG OVER A LIFETIME. GLOBALLY, BILLIONS OF PADS AND TAMPONS ARE DISCARDED EACH YEAR, MANY CONTAINING PLASTIC THAT TAKES CENTURIES TO BREAK DOWN. MOST OF THIS WASTE ENDS UP IN LANDFILLS OR OCEANS.

TO REDUCE THE IMPACT, PEOPLE ARE SWITCHING TO REUSABLE OR BIODEGRADABLE OPTIONS LIKE MENSTRUAL CUPS, CLOTH PADS, OR PERIOD UNDERWEAR.

SWITCHING TO SUSTAINABLE OPTIONS ALSO HELPS REDUCING THE RISK TO CONTRACTING TSS (TOXIC SHOCK SYNDROME) BECAUSE THEY COLLECT RATHER THAN ABSORB FLUID AND DON'T DISRUPT VAGINAL BACTERIA



06

UPCYCLING AND DAILY SUSTAINABILITY



I BELIEVE EVERYONE SHOULD FIND TIME IN THEIR LIFETIME TO USE CREATIVITY, AND WHY NOT USE IT TO ALSO DECREASE THE AMOUNT OF WASTE WE CREATE IN OUR LIFETIME BY INVENTING LIFETIME ORIGINAL THINGS.

AMONG MY FAVORITE THINGS TO UPCYCLE WHAT IS DAILY AROUND ME I HAVE A RECCOMEND:



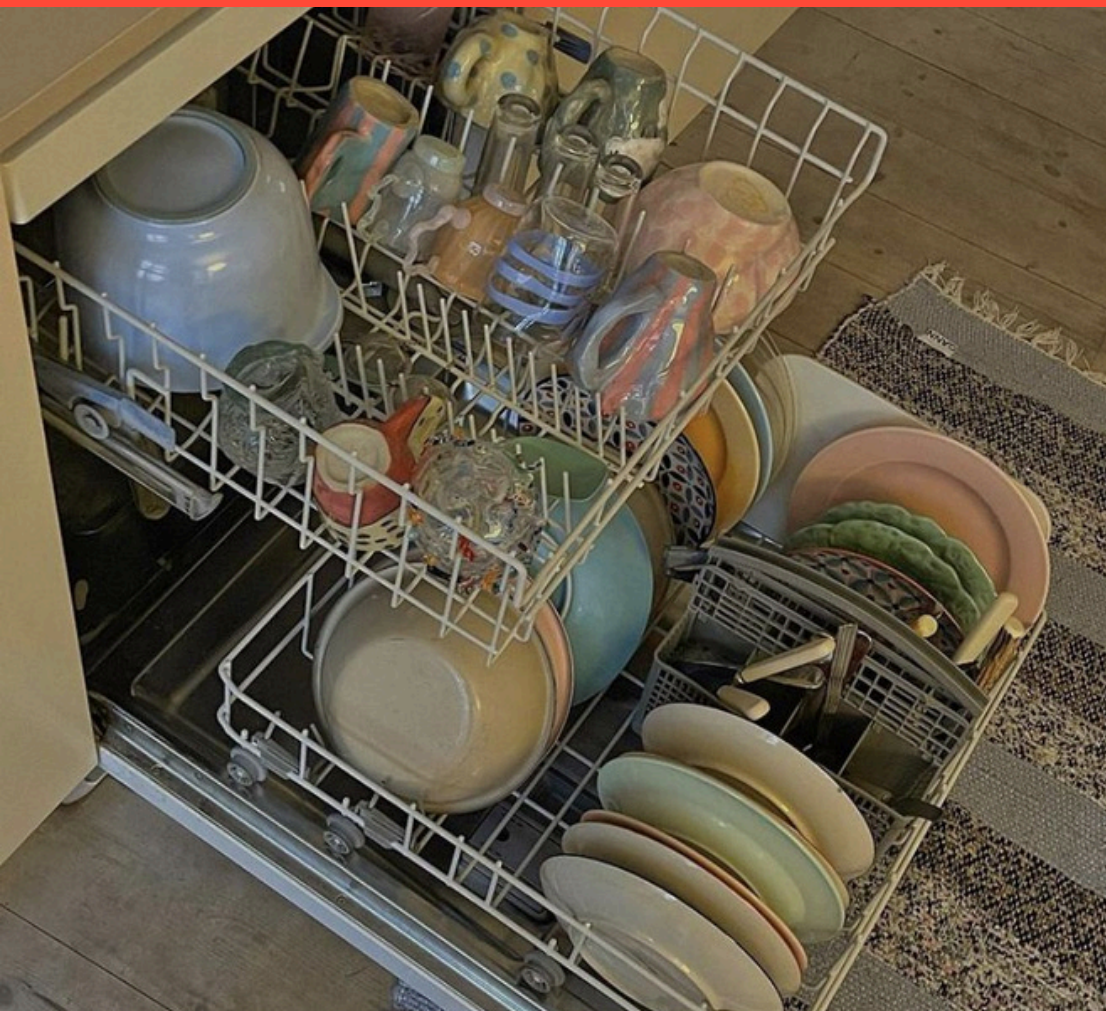
BUT USING YOUR UNIQUE CREATIVITY WILL ALWAYS BE A WINNER

06

DAILY ACTIONS FOR SUSTAINABLE ROUTINES

IF YOU HAVE IT, USE A DISHWASHER TO CLEAN YOUR PLATES.

A FULL LOAD OF A DISHWASHER CONSUMES LESS RESOURCES, LESS ENERGY AND LESS WATER.



AUTO-PRODUCE FOOD THAT YOU CAN COOK AT HOME INSTEAD OF BUYING IT (IN PARTICULARLY IF SOLD WRAPPED IN PLASTIC)

EVEN CONSIDERING THE COSTS OF COOKING YOU WILL SAVE A LOT OF MONEY BY MAKING IT YOURSELF



SWITCH YOUR LIGHT BULB TO LED LIGHTS AS THEY CONSUME LESS ENERGY

06

DAILY ACTIONS FOR SUSTAINABLE ROUTINES

SAVE THE WATER THAT YOU USE TO CLEAN YOUR VEGETABLES AND THE ONES IN THE SHOWER WHEN YOU WAIT FOR THE WATER TO GET INTO TEMPERATURE - AND USE IT TO WATER YOUR PLANTS

RECYCLE EVERYTHING - ALSO WATER



WHEN CLOTHES GET RUINED AND ARE IMPOSSIBLE TO WEAR, THEN REPURPOSE THEM. THERE ARE MILLIONS OF OPTIONS. MY MUMS FAVORITE IS TO MAKE THEM INTO DUST CLEANING CLOTHS/ MIRROR CLEANING CLOTHS.



IF YOU HAVE THE CHANCE TO, USE PUBLIC TRANSPORTS, BIKES OR WALK TO YOUR FINAL DESTINATIONS.

A SUSTAINABLE LIFESTYLE

**THANK
YOU :)**

sof.cerciello@gmail.com

sofia cerciello

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<https://nutritionsource.hsph.harvard.edu/sustainability/food-waste/>

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<https://www.bbc.com/future/article/20250305-what-is-the-most-sustainable-period-product>


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Comparing Cultures Workshop

How do we and our cultures differ from each other, and how can we navigate these differences?



Introduction

THE CULTURE MAP



**DECODING HOW PEOPLE THINK, LEAD,
AND GET THINGS DONE ACROSS CULTURES**

ERIN MEYER



Agenda

THE GOAL OF TODAY
3

THE EIGHT SCALES
5

HOW TO MAP
6

MAPPING
8

DISCUSSION &
CONCLUSION
16

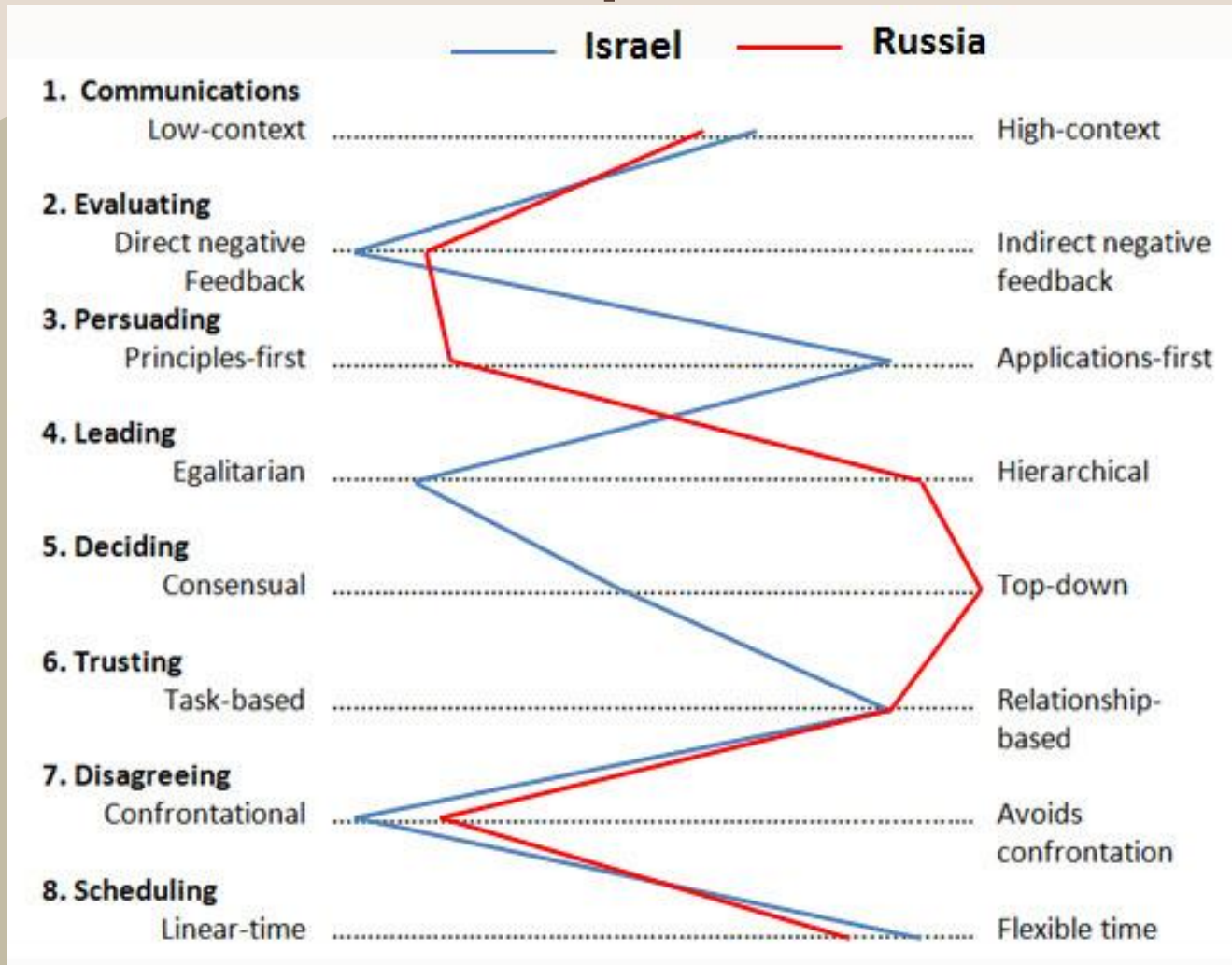
The Goal

- Getting insight into where (a part) of our behaviour comes from and how it is perceived by other cultures
- Preventing frustration from misunderstanding and miscommunication caused by cultural and/or personal differences
- Open the table to discuss past, current, or potential issues with the group

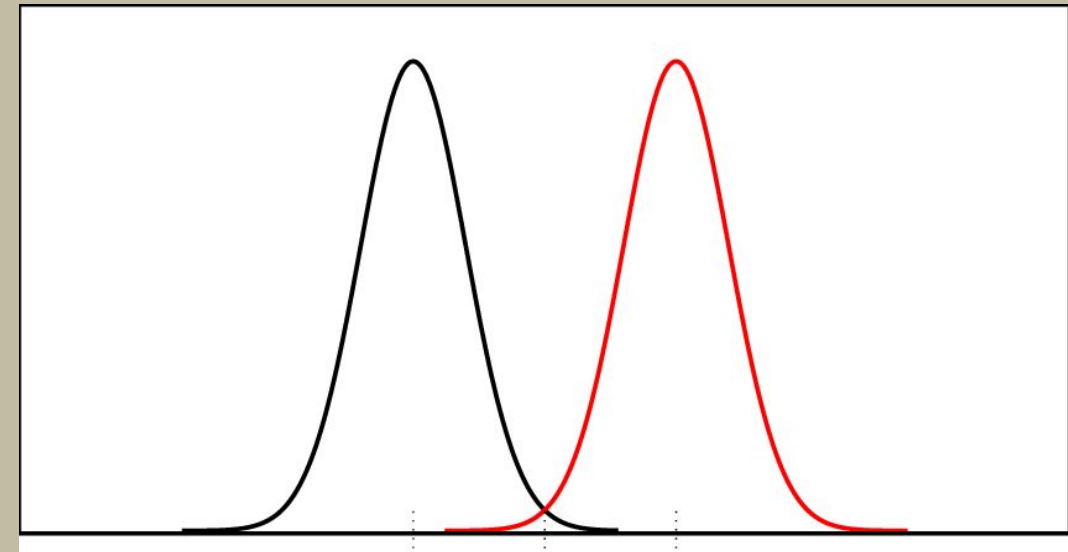
The Eight Scales



How to Map



4. Leading



Mapping our cultures and ourselves

NOW IT'S TIME TO MAP

- If you've lived for an extended period in multiple countries, perfect, do them both on the same paper!
- Don't forget to map yourself as well, would you say your personality is more to the left or the right of the cultural average?
- Try to keep discussion to a minimum, especially with others from the same region

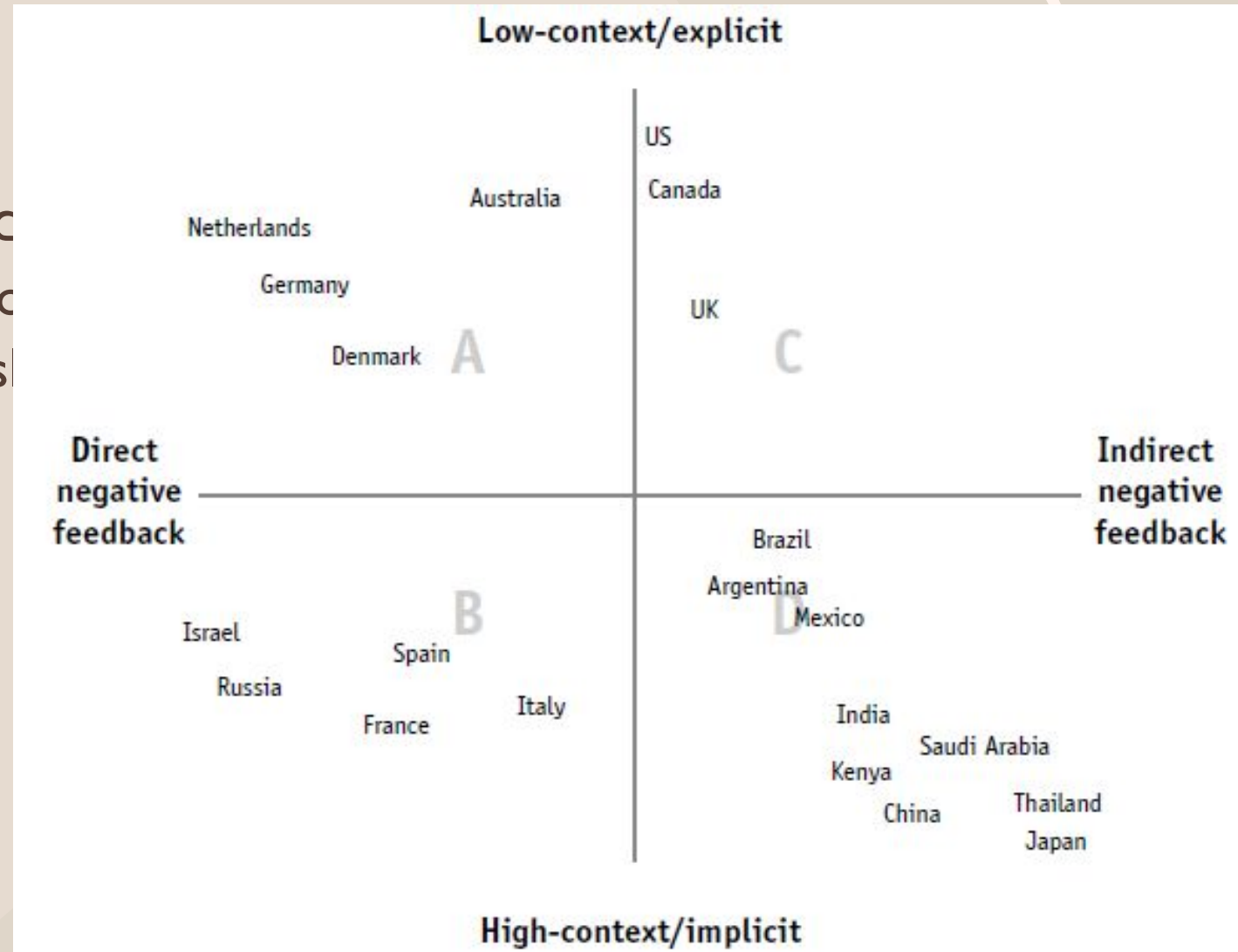
1. Communicating

- Low-context vs high-context



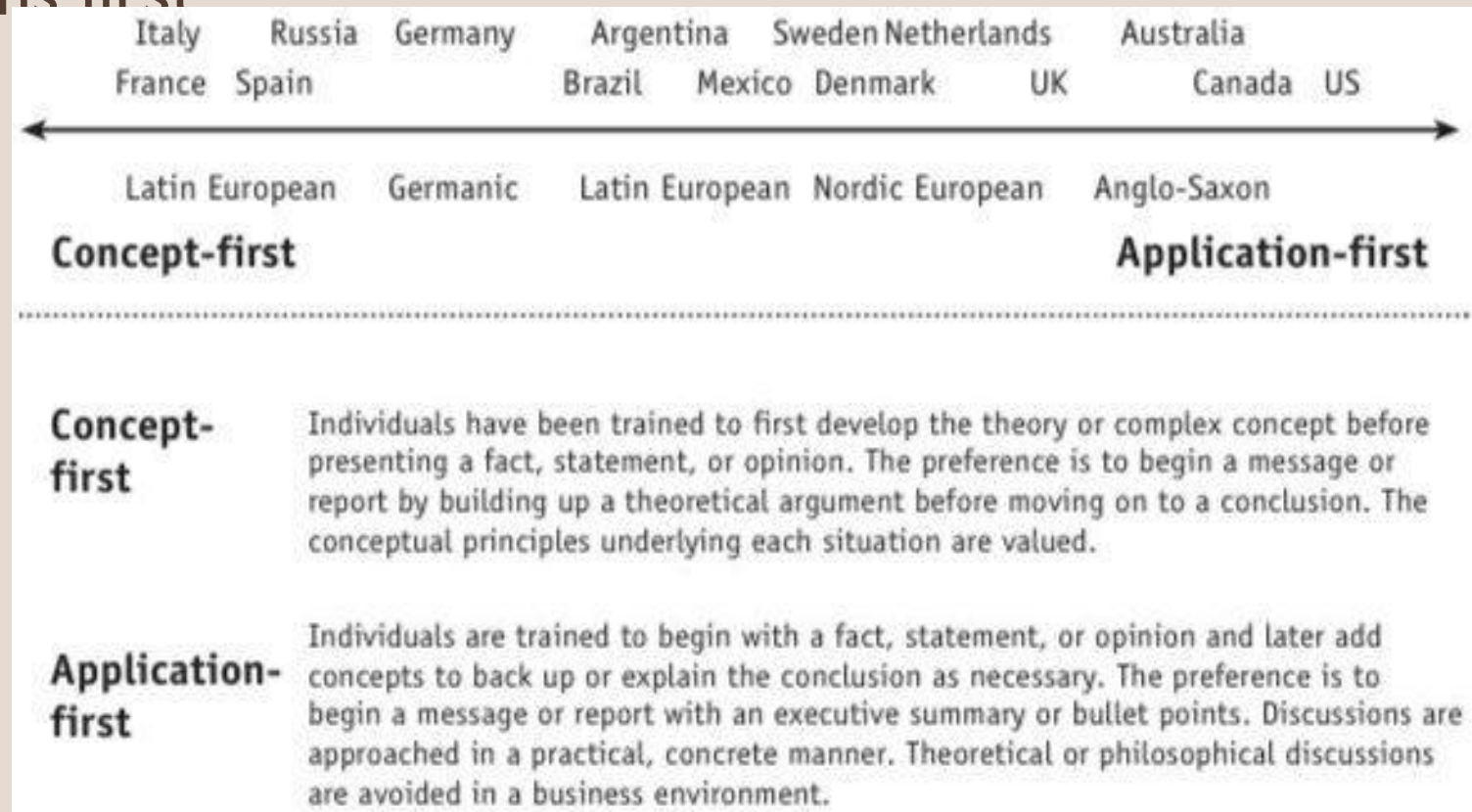
2. Evaluating

- Direct vs indirect negative feedback
 - Upgraders (Absolutely, totally, completely)
 - Downgraders (Sort of, kind of, somewhat)



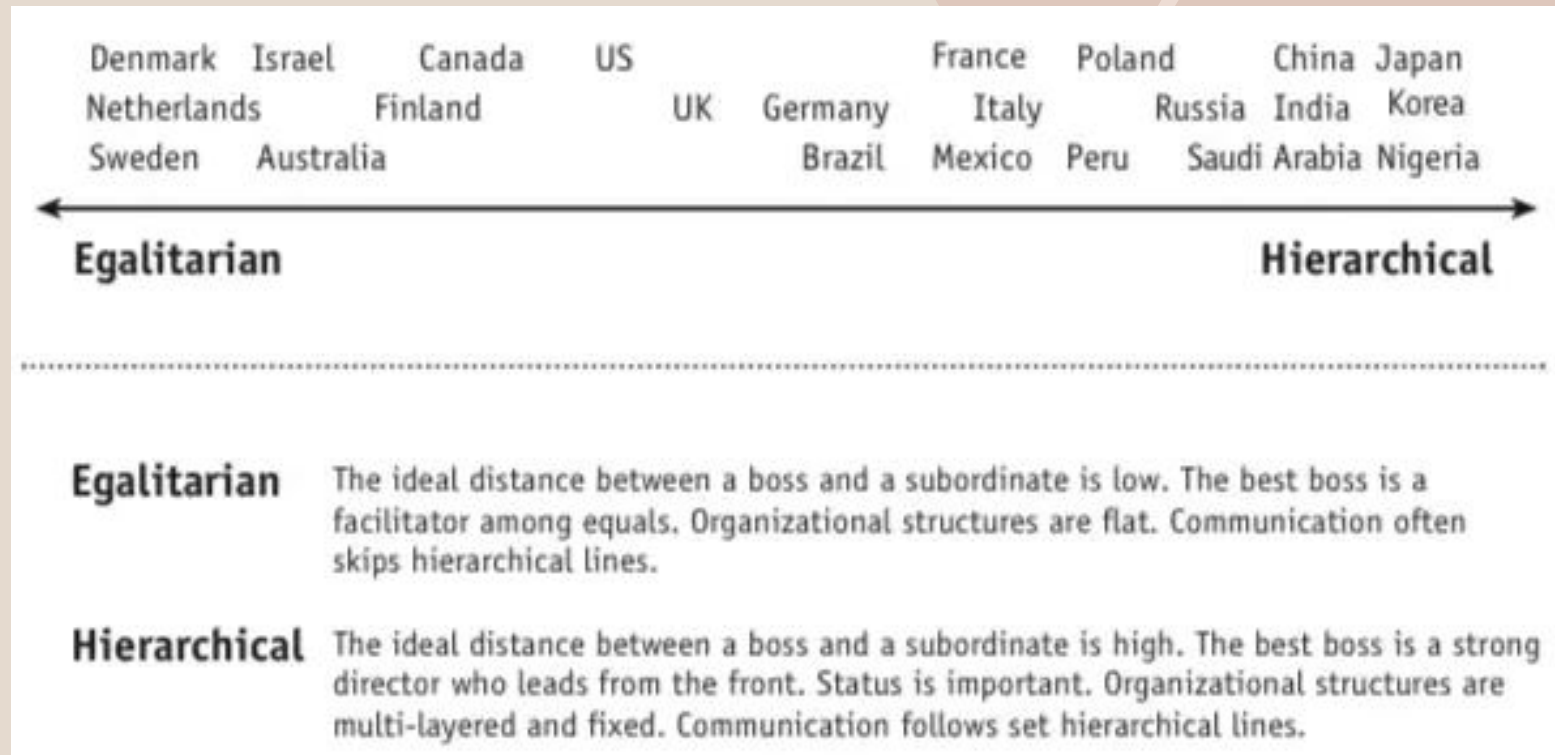
3. Persuading

- Principles first vs applications first
 - Deductive vs Empirical
- The holistic approach
 - From macro to micro



4. Leading

- Egalitarian vs hierarchical
- Showing power



5. Deciding

- Consensual vs top-down



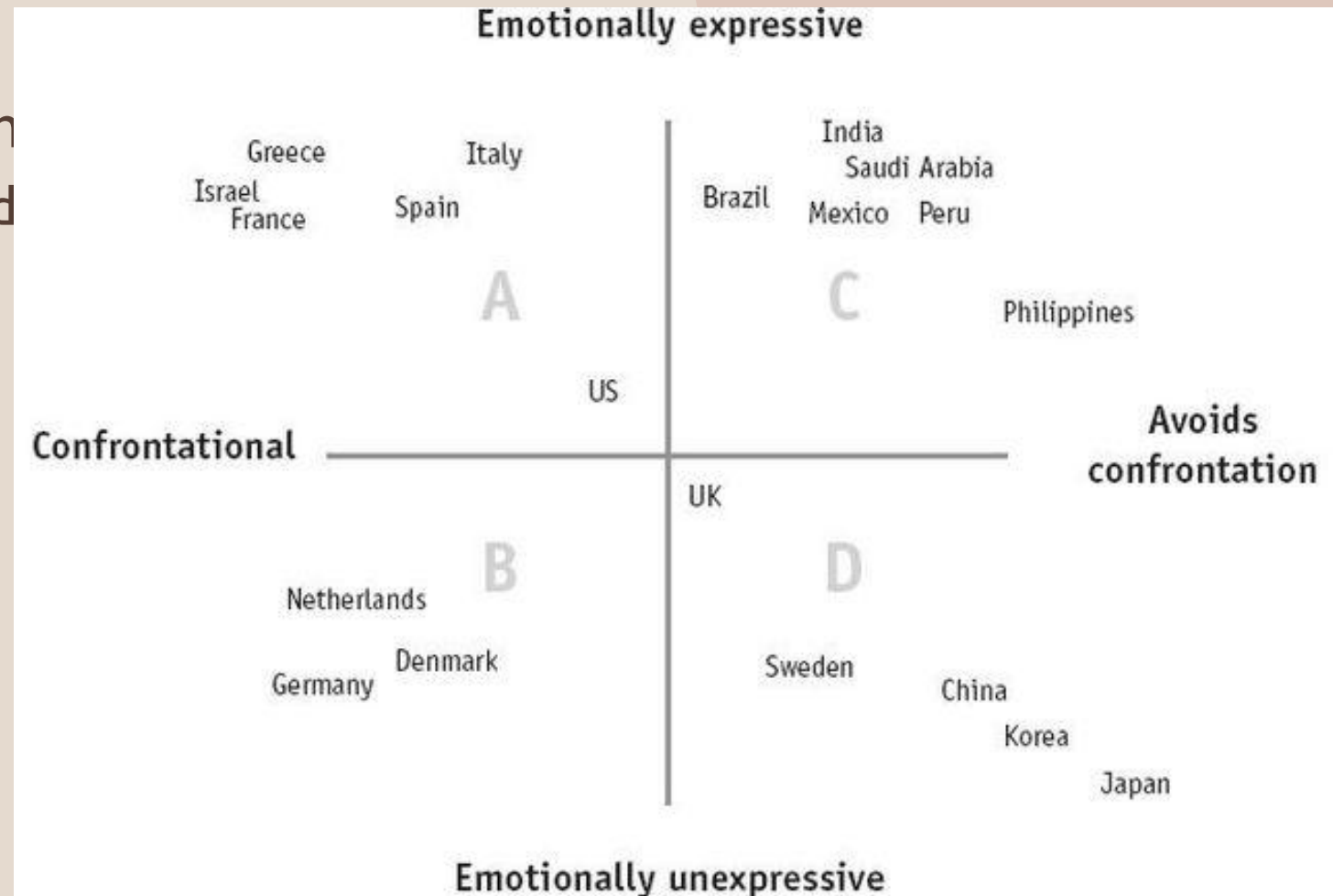
6. Trusting

- Task-based vs relationship-based
 - Peach or Coconut?



7. Disagreeing

- Confrontational vs avoids confrontation
 - Think about the upgraders and



8. Scheduling

- Linear-time vs flexible-time
 - Lateness
 - Waiting in line
 - Planning ahead



Discussion

- What did you notice?
- Anything you still want to elaborate on?
- Questions for others in the group?
- Don't focus only on the problems that arise from differences, also acknowledge the strength of a diverse group

Tips & Tricks

Concluding

- Knowledge vs practice & experience
- What did you think & learn?
- Any questions for me?



The background features a light gray base with large, soft-edged organic shapes in muted red and olive green. A thin white line outlines a shape on the right side. In the top left, there is a faint, sketchy outline of a leaf or branch.

Thank you for
participating!



TOO MANY *PEOPLE*, TOO LITTLE *PLANET*

The Environmental Toll of Overpopulation



**EUROPEAN
SOLIDARITY
CORPS**

A European Solidarity Corps Project
by Konstantinos Dimou



worldwidefriends
V E R A L D A R V I N I R

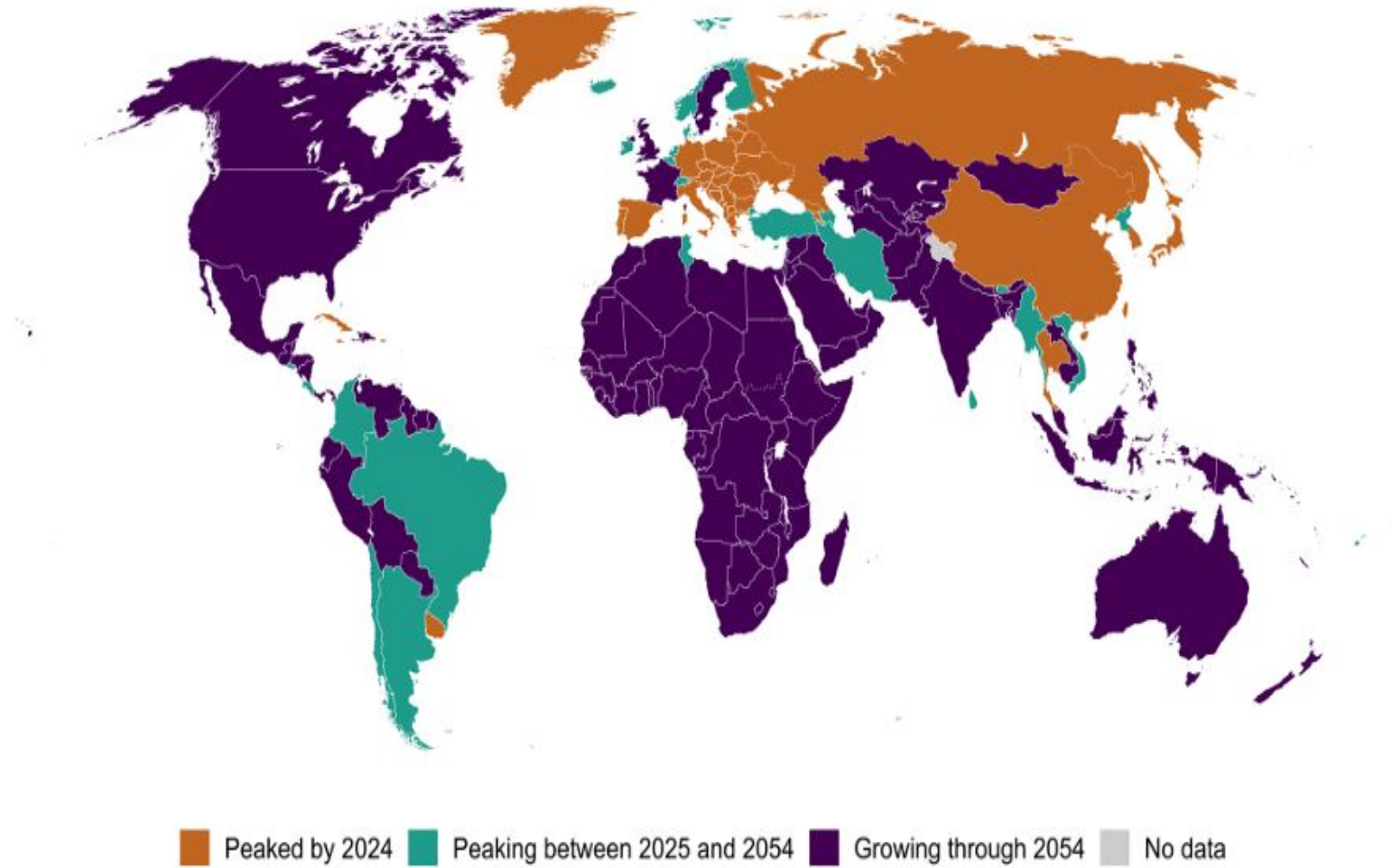
THE POPULATION PROBLEM

- Overpopulation
- Limitless human desires VS Limited planet resources- human societies are dependent on the natural environment and resource availability
- Garrett Hardin: Planet Earth has a “carrying capacity” for living beings
- 10 billion people by the end of the 21st century **BUT....**
- ...Biggest population increase in sub-Saharan Africa (Total Fertility Rate 5.10) vs a rapidly shrinking world with birth rates below replacement levels (2.1/woman).
- Extinction curve

KEY FACTS AND DATA (UN PROSPECTS 2024)

- 8.2 billion people (2024), with an 80% probability that it will peak mid-2080s (10.3 bn).
- 1 in 4 people globally lives in a country where population has already reached its peak size (63 in total)
- Global life expectancy from 73.3 to 77.4 years until 2054. By 2080, persons >65 will outnumber children (increased longevity, but in smaller families)
- Immigration in countries with low fertility rates will become the main drive for economic growth...but at what cost?
- Bill Gates: 51 bn tons of greenhouse gases (GHGs) added to the atmosphere every year (but how many are man-made or from natural causes?)
- As of now, the world is heading for a 2°C by 2036, and 3°C by 2100

Countries and areas by timing of the observed or projected population peak

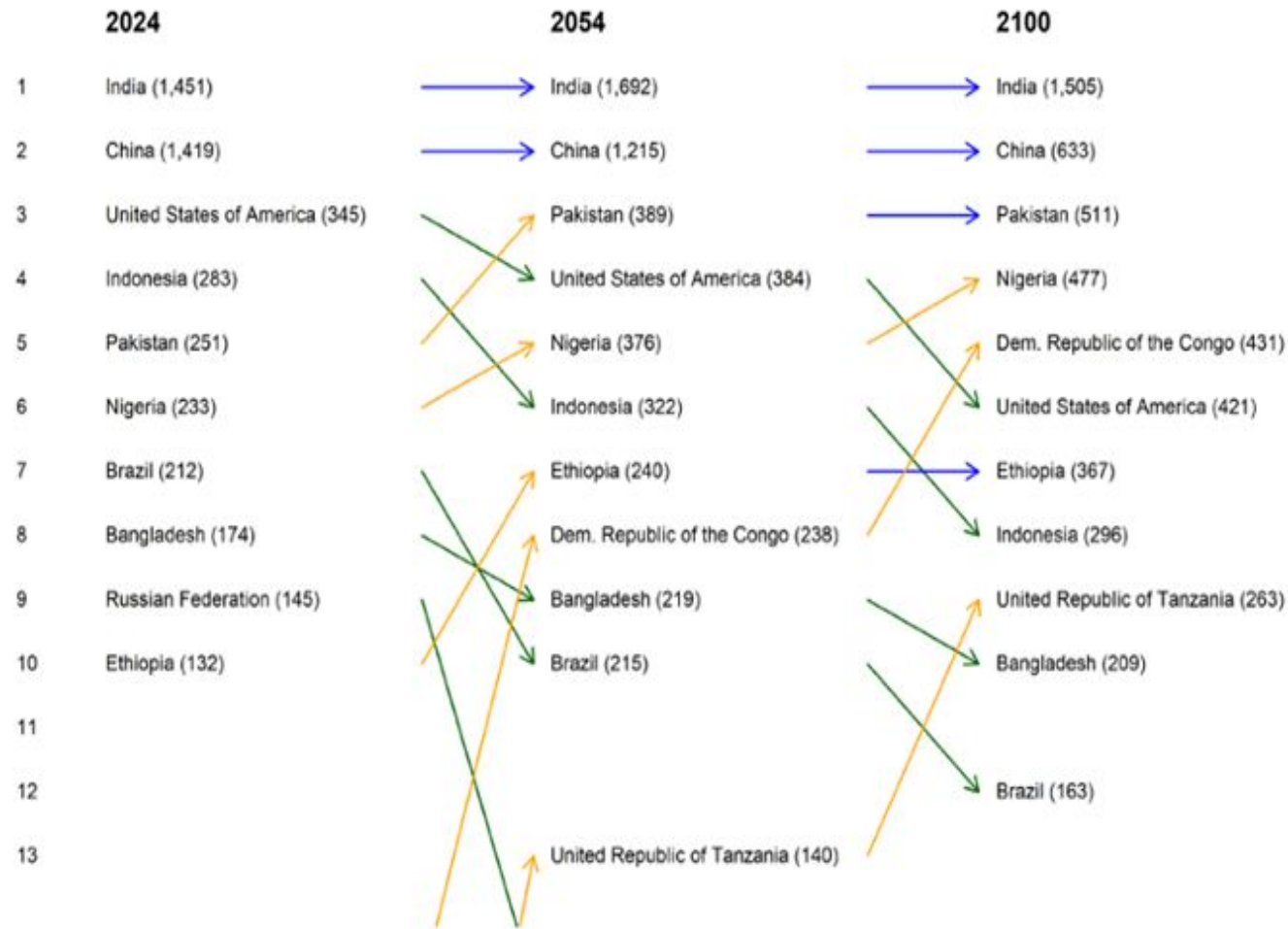


Source: United Nations (2024a).

Population Growth factors:

1. Fertility
2. Population age structure
3. Migration
4. Life expectancy
5. Marriage timing
6. Social production
7. Natural and social environment

Rankings of the world's ten most populous countries and total population (in parentheses), 2024, 2054 and 2100 (in millions)



IMPORTANT THINKERS



Tertullian (2nd century AD), "De Anima"

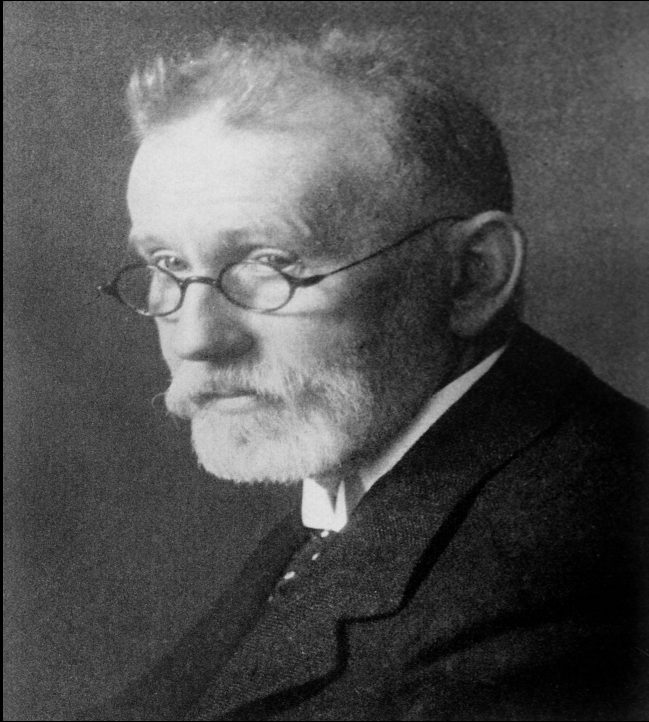
"As our demands grow greater, our complaints against nature's inadequacy are heard by all. The scourges of pestilence, famine, wars, and earthquake have come to be regarded as a blessing to overcrowded nations, since they serve to prune away the luxuriant growth of the human race".

The Malthusian trap:
Geometric/exponential population growth
(1,2,4,8,16...) > arithmetic food production
increase (1,2,3,4,5,6...)



Thomas Robert Malthus
(1766-1834), "Essay on the
Principle of Population", 6th ed.
(1826)

NEO-MALTHUSIANS



Paul Ehrlich (1854-1915),
"The Population Bomb"
(1968)

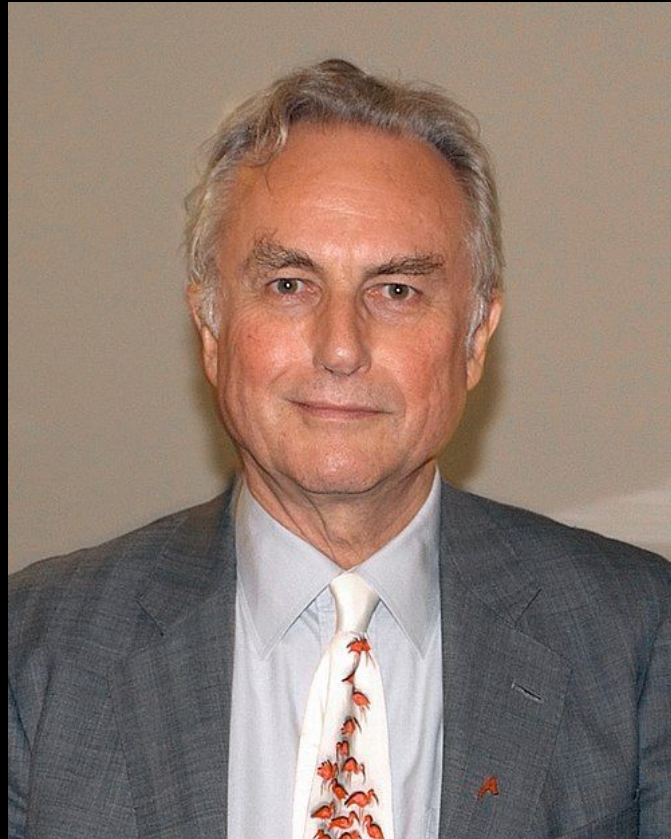


Psychologist Gustave Le Bon
(1841-1931), *"Psychology of the
Crowd"*, *"Psychology of the
Revolutions"*, *"Political Psychology"*

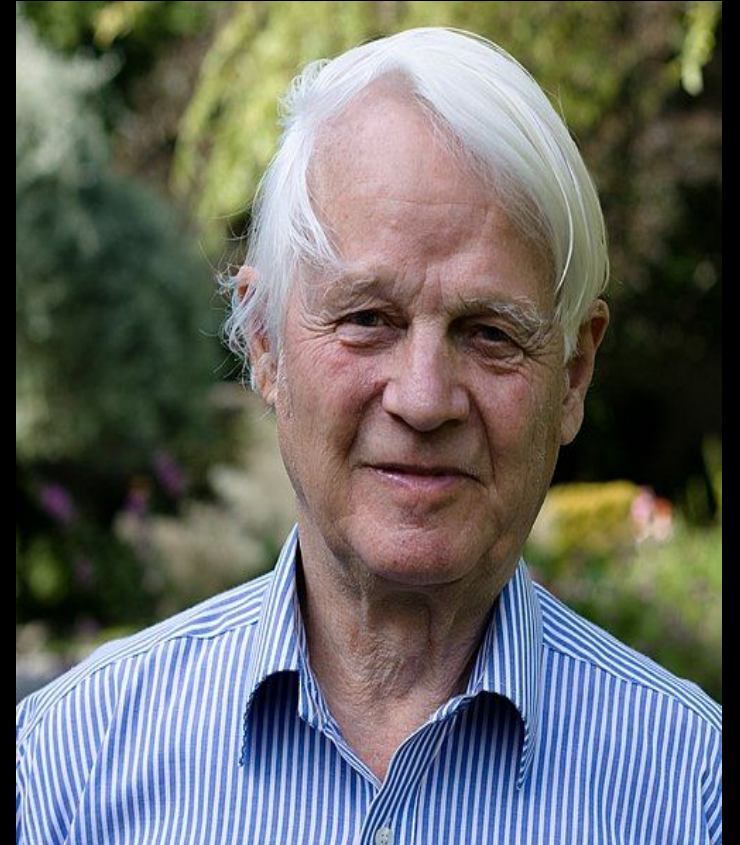
CONTEMPORARY SCIENTISTS



Historian Jared Diamond,
"Collapse" (2004)



Evolutionary biologist
Richard Dawkins, "The
Selfish Gene" (1976)



Psychologist Richard Lynn
(1930-2023), "Dysgenics:
Genetic Deterioration in
Modern Populations" (1996)

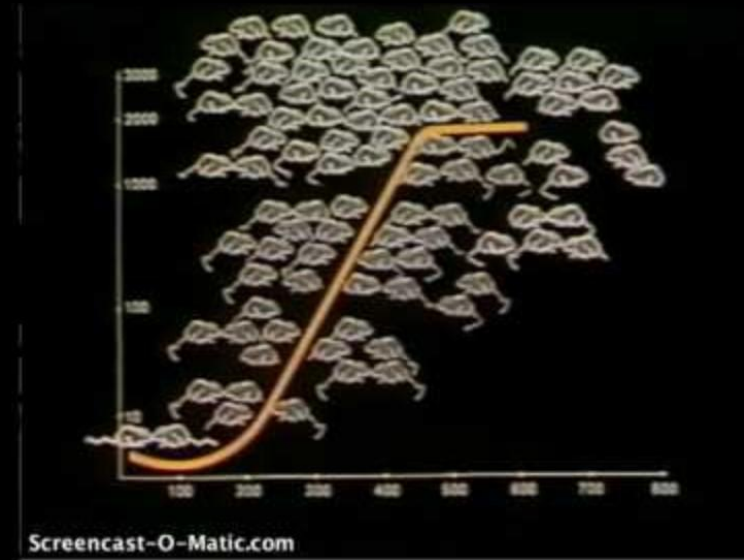
POPULATION PROBLEMS IN THE 21ST CENTURY

- ❖ Rapid urbanization (lack of space and clean air, noise pollution, increased stress levels, rising crime rates, overburdened public transport and other social services, discomfort-psychological distress)
- ❖ Deforestation (loss of land due to growing agricultural needs, leading to biodiversity loss/ species extinction, ecosystem and food chain collapse)
- ❖ People as pollutants (the more the people, the greater the environmental degradation due to mismanagement of resources and/or overconsumption)
- ❖ The denser the population, the more susceptible people are to starvation and pathogenic agents
- ❖ Scarcity or lack of natural and energy resources may trigger war and regional conflicts (intra- and inter-state, also polarization and destabilization)

UNIVERSE 25: AN OVERLOOKED SOCIAL EXPERIMENT?



- Take the **BLUE** Pill....



- ...or the **RED** pill

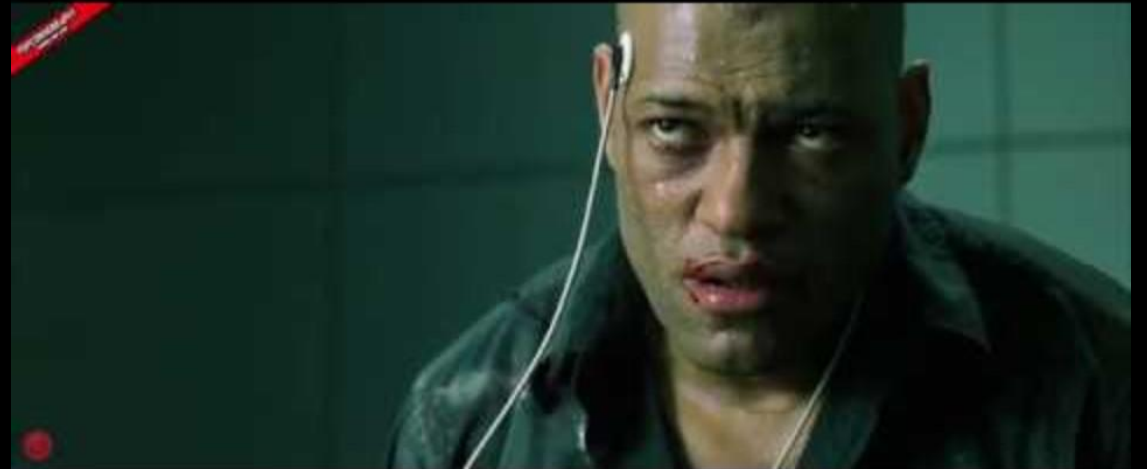
The **Choice** is **yours**

ACKNOWLEDGEMENT IN POP CULTURE

Westworld (2016-2024)



The Matrix (1999)



ACKNOWLEDGEMENT IN POP CULTURE

The Road (2009), book by Cormac McCarthy



Soylent Green (1973)

People never change.
They'll do anything to
get what they need.
And they need
SOYLENT GREEN.



SOYLENT GREEN

MGM Presents
CHARLTON HESTON · LEIGH TAYLOR-YOUNG · SOYLENT GREEN
Co-Starring
CHUCK CONNORS · JOSEPH COTTEN · BROCK PETERS · PAULA KELLY · EDWARD G. ROBINSON
Screenplay by STANLEY R. GREENBERG · Produced by HARRY HARRISON · Directed by WALTER SELTZER and RUSSELL THACHER · Edited by RICHARD FLEISCHER
METROCOLOR · PANAVISION®

"OZYMANDIAS" (1819), BY PERCY SHELLEY

I met a traveller from an antique land
Who said: Two vast and trunkless legs of stone
Stand in the desert. Near them, on the sand,
Half sunk, a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them and the heart that fed:
And on the pedestal these words appear:
**"My name is OZYMANDIAS, King of Kings:
Look on my works, ye Mighty, and despair!"**
No thing beside remains. Round the decay
Of that colossal wreck, boundless and bare
The lone and level sands stretch far away.

“FOOD” FOR THOUGHT

- Some intriguing questions to discuss about:
 - 1) In your opinion, what is the ideal population size and growth per year? Were Malthus' worries justified?
 - 2) How can we achieve having a sustainable population (above replacement threshold, but with zero growth rate)?
 - 3) What is the optimum number of human beings that our planet can support? Should we reach the planet's "carrying capacity", or must we keep the global population below that level?
 - 4) How many people should exist in each country? Criteria? Considerations?
 - 5) Should there be limitations on humanity's procreation? What criteria should be imposed to determine who reproduces and who does not? Financial and social incentives to encourage/discourage?
 - 6) Ethical considerations (human rights) vs the survivability of human species
 - 7) Should there be a "glass ceiling" on migration? How should each country-state handle it? Can there be "reciprocal migration", beneficial to both the migrant and the receiving country? Access to welfare benefits only if certain conditions are met
 - 8) Dysgenic Fertility: Nature fights back, or a blessing in disguise?

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**OUR SCIENTIFIC KNOWLEDGE IS NOTHING BUT A
DROP; OUR IGNORANCE IS AN ENTIRE OCEAN**

”

William James, *“The Will to Believe and Other Essays in Popular Philosophy”* (1907)

THANK YOU!

The background of the slide features abstract, flowing waves in vibrant red and blue colors, creating a dynamic and modern aesthetic. The waves appear to be made of a translucent, liquid-like material, with the red waves on the left and blue waves on the right, both curving and overlapping.