



How  
sustainable is  
your lifestyle?

**NEVER**

**SOMETIMES**

**OFTEN**

**ALWAYS**

**1 Do you ever take an advice (from friends or family) before buying a product, to better understand if you really need this product?**

**2**

**Do you ever use  
products that are  
already available  
instead of buying  
new ones?**

**3**

**Do you share with  
others products  
that you don't use  
anymore?**

**4**

**Do you have a list of  
the things you  
have, so you could  
share it with others  
and see if  
someone needs it?**

**5**

**Do you buy  
branded products  
just so others may  
notice you?**

**6**

**Do you buy  
products in eco  
packing to avoid  
usage of plastic,  
nylon, etc.?**



**7**

**When you buy a product, do you ever think if the product can be repaired or recycled?**

8

**Do you ever buy  
used or recycled  
products?**

9

Do you ever buy  
tech products that  
employ options and  
functions which  
you will never use?

**10**

**How many times  
did you change  
your smartphone?**

**Do you buy  
products that are  
produced in your  
city or nearby?**

**12**

**Do you eat fresh  
vegetables  
and fruits?**

**13**

**Do you know the  
principles of the  
Fair Trade?**

**14**

**How often do you  
buy from small  
local farmers  
instead of the big  
supermarkets?**



**15**

**Do you buy  
products  
advertised on  
mass media?**

**16**

**Do you read  
magazines or  
websites that  
write about  
responsible  
consumption?**

**Do you separate  
the trash?**

**18**

**Do you turn  
off electronic  
devices when you  
don't use them?**

**19**

**Do you walk, ride a bike or use the city transport instead of using your car every time?**

**20**

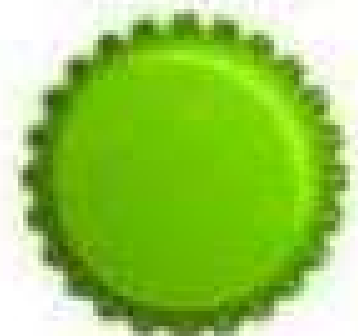
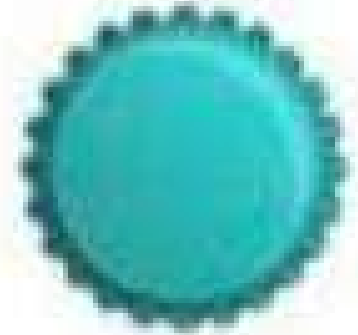
**Do you ever share  
your income with  
less fortunate  
people?**

**NEVER - PURPLE**

**SOMETIMES - BLUE**

**OFTEN - RED**

**ALWAYS - GREEN**



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Purple	0	0	0	0	5	0	0	0	5	5	0	0	0	0	5	0	0	0	0	0
Teal	1	1	1	1	3	1	1	1	3	3	1	1	1	1	3	1	1	1	1	1
Red	3	3	3	3	1	3	3	3	1	1	3	3	3	3	1	3	3	3	3	3
Green	5	5	5	5	0	5	5	5	0	0	5	5	5	5	0	5	5	5	5	3



**0 - 25 points** – start moving, you are under the big influence of consumer mentality, find out how to change it, start with your everyday decisions

**26 – 51 points** – don't slow down, you started to think about sustainable world, but you are still under the influence of consumer mentality, find out about alternative ways of living and start sharing with others

**52 - 77 points** - one more sprint and  
you are there, you are free from  
consumer mentality, you are  
building sustainable economy,  
keep going, and tell your friends  
about your lifestyle

**78 – 100 points** – keep going,  
stay true to your choices,  
try to publicly involve and  
change the lifestyle of your city

**Fairtrade Standards** are designed to support the **sustainable development** of small producer organizations and agricultural workers in developing countries. The Fairtrade Standards incorporate a holistic blend of **social, economic and environmental** criteria

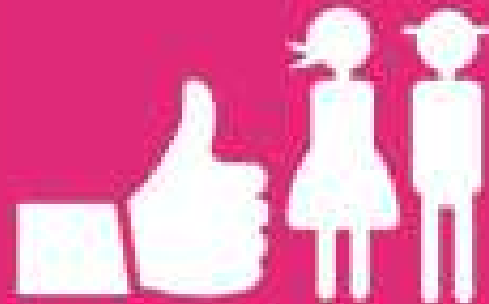
**1** OPPORTUNITIES FOR  
DISADVANTAGED  
PRODUCERS



**2** TRANSPARENCY &  
ACCOUNTABILITY



**3** FAIR TRADE  
PRACTICES



**4** FAIR PAYMENT



**5** NO CHILD LABOUR,  
NO FORCED LABOUR

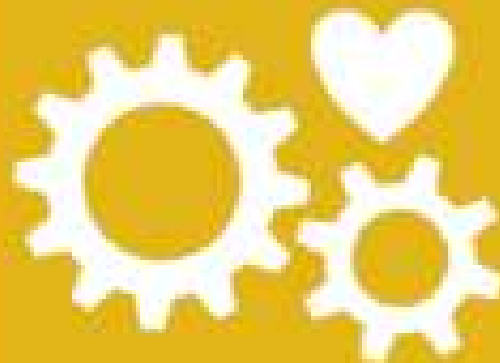


**TEN  
PRINCIPLES  
OF  
FAIR TRADE**

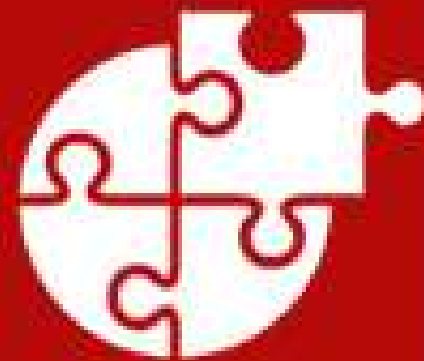
**6** NO DISCRIMINATION,  
GENDER EQUITY,  
FREEDOM OF ASSOCIATION



**7** GOOD WORKING  
CONDITIONS



**8** CAPACITY BUILDING



**9** PROMOTE  
FAIR TRADE



**10** RESPECT FOR THE  
ENVIRONMENT

