



သန့်မြန်မာ
THANT MYANMAR



WORLD ENVIRONMENT DAY 2018

BEAT PLASTIC POLLUTION

WORKPLACE ENGAGEMENT KIT

Plastic pollution is a defining issue of our time. It affects each and every one of us but we can all do something about it. The overuse of single use plastic, improper disposal and management of it and its impacts on people and the environment is a topic we can no longer ignore.

The theme of World Environment Day 2018 is 'Beat Plastic Pollution', calling on all of us to commit to tackle this issue. It is an opportunity to take action and reduce single use plastic towards a cleaner Myanmar.

WHAT ABOUT YOU?

Be part of the solution! Join Thant Myanmar in celebrating World Environment Day on June 5th 2018 by initiating new practices that reduce the use of single use plastic at your workplace, support awareness raising on the impacts of plastic pollution and on how we can live with less plastic.



Declare June 5th a single use plastic free day.

Invite all staff to join the challenge to live a day without single use plastic! Share your experience on your social media channels and encourage your colleagues to do the same on their personal accounts using the hashtags #ThantMyanmar #BeatPlasticPollution #DayWithoutPlastic



Undertake a plastic waste audit.

Take a closer look at the waste produced at your workplace to estimate how much single use plastic your work place is using and which parts of it can be easily avoided.



Draw up commitments to reduce the use of single use plastic during 2018.

This can include targets around no more plastic bottles during meetings and events, reducing the use of plastic bags by providing reusable bags for staff to borrow or replacing plastic soap dispensers with soap bars. Invite your staff for a brainstorm: what else can you come up with?



Put a recycling system in place at the office.

Start separating plastic waste and discuss with your cleaning services to take it to recyclers in your neighborhood.



Provide water refill stations.

Inside your workplace: Offer drinking water in refillable 20l containers to your staff and encourage them to use alternatives to single use plastic, i.e. by providing them with a safe reusable stainless steel bottle.

Outside your office: Support the RefillNotLandfill scheme we are bringing to Myanmar by providing a water refill station outside your office. Request all your staff to use the refill stations whenever possible.

Contact refillmyanmar@gmail.com for ordering bottles with your organization's logo (<100pcs) and information about hosting a refill station.

SUPPORT AWARENESS RAISING



Put up awareness raising material in your offices for staff to learn more about the topic and what they can do to reduce plastic waste.



Organize or join a clean-up event on June 2-3 2018 with your colleagues and help raise awareness about the need for a cleaner Myanmar!



Visit and share about the plastic art installation *A Wave of Pollution* and other events taking place around World Environment Day.



Talk about plastic pollution with your partners: Encourage them to join plastic free initiatives and be part of the solution!



Use your social media channels to share information about the impacts of plastic pollution and what we can do about it.

SHARE YOUR COMMITMENT

Let us know what you are planning to reduce single use plastic at your workplace! Send us an email at ThantMyanmarMovement@gmail.com so we can keep track and communicate about workplace initiatives and show that, collectively, Myanmar is coming together to #BeatPlasticPollution!

RESOURCES – click the icon to view the resource!



Follow us on facebook @ThantMM to receive information and updates about World Environment Day events and useful tips for plastic free living



Learn more information about RefillNotLandfill and how to engage.



Review this resource guide for more information related to conducting a waste audit.



UN Environment Toolkit for Organizations and Companies

http://worldenvironmentday.global/sites/default/files/toolkit_organizations/WED2018_Org_Business_Kit_06042018.pdf



Awareness Raising Materials

Thant Myanmar is creating a repository of resources to help reach your plastic free initiatives and raise awareness about these issues. You can find and download our free posters, information sheets, videos (coming soon), and more!

Watch this space as we will upload more tools in the lead up to WED.

Resources for download with Engagement Kit; all materials are available in Myanmar and English language versions.

9 TIPS FOR LIVING WITH LESS PLASTIC

- 1 Bring your own shopping bag
- 2 Carry a reusable water bottle
- 3 Bring your own cup
- 4 Pack your lunch in reusable containers
- 5 Say no to disposable straws & cutlery
- 6 Skip the plastic produce bags
- 7 Slow down and dine in
- 8 Store leftovers in glass jars
- 9 Share these tips with your friends

LESS PLASTIC.

WWW.LESSPLASTIC.CO.UK

POSTER: 9 Tips to Live with Less Plastic

Practical advice for reducing use of plastic, ideal for sharing on social media or as a print out for your wall or notice board at your office, gym, local supermarket, etc.

Poster: Straws Suck! Say No to Straws!

Statement poster to be used on social media or in any place serving straw free drinks.

#BEAT PLASTIC POLLUTION IN MYANMAR

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Plastic pollution is one of the biggest environmental challenges of our time, with statistics showing that there will be more plastic in the oceans than fish by 2050. If we continue using plastics the way we do now, Plastic pollution will ruin our planet for a generation and beyond.

BE PART OF THE SOLUTION

Refill your water bottle!

Carry your own shopping bag!

Refuse plastic straws!

Spread the word! Share your concerns about plastic waste in Myanmar on take a photo with your reusable bag or bottle and post on your Facebook/Instagram.

#BEATPLASTIC #BEATPLASTICMYANMAR #BEATPLASTICMYANMAR

သန့်မြန်မာ
THANT MYANMAR

STRAWS SUCK!

မသုံးဘူး

Thant Myanmar Flyer: #BeatPlastic Pollution

Flyer that introduces our organization Thant Myanmar. Highlighting the nationwide plastic pollution problem and providing practical advice for using less plastic, this flyer can be displayed to share general information.

#BEATPLASTICPOLLUTION

သင်ပြန်မသုံးနိုင်ပါက ငြင်းပါ

UN Environment

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#BEATPLASTICPOLLUTION

WWW.CLEANSSEA.ORG • WWW.WORLDENVIRONMENTDAY.ORG

Infographic: If You Can't Reuse it, Refuse it

Facts about plastic pollution and ways to avoid it by UNEP for sharing on social media or as a print out for your wall or notice board at your office, gym, local supermarket, etc. (MM/EN)

Infographic: Straws Suck! What happens to straws when we are done with them?

Illustration of facts to be shared on social media or put up in any places serving drinks explaining their reason for going straw-free (MM/EN)

SO WHAT HAPPENS TO STRAWS WHEN WE'RE DONE WITH THEM?

SOME ARE INCINERATED
This generates toxic emissions which pollute the atmosphere and contribute to climate change.

MOST GO TO LANDFILLS
There they're buried in the ground and leach harmful chemicals into the soil and groundwater.

THE REST END UP IN THE OCEAN
Because straws are tiny, lightweight and buoyant they have the ability to travel great distances. They float down rivers and sewers and into the sea. Eventually they join great garbage patches that choke and poison the food chain.

IT IS BELIEVED THAT THERE ARE OVER 10,000 PIECES OF PLASTIC LITTER FLOATING IN EVERY SQUARE KILOMETER OF OCEAN.

HARMFUL CHEMICALS, LEACHED BY PLASTICS, ARE PRESENT IN ALMOST EVERY PERSON'S BLOODSTREAM AND TISSUE - EVEN NEWBORNS.

60 TO 80% OF MARINE DEBRIS IS PLASTIC.

86% OF ALL TURTLE SPECIES ARE AFFECTED BY PLASTIC.

IT IS ESTIMATED THAT 1 MILLION SEA BIRDS, 100,000 MARINE MAMMALS AND COUNTLESS FISH ARE KILLED BY PLASTIC POLLUTION EACH YEAR.

OVER 1000 INDIVIDUAL PIECES OF PLASTIC
A dead turtle found off Hawaii, had injected

STRAWS ARE 1 OF THE TOP 10 ITEMS FOUND IN BEACH CLEANUPS.

567,633 volunteers from around the globe picked up

10 MILLION POUNDS of marine debris

41 BLUE WHALES

REDUCE, RE-USE, RECYCLE REFUSE
DON'T BE A SUCKER Say NO to straws!