

## Participant Stories of the Living Smart Course Experience

Ditte Eden (Participant)

My name is Ditte Eden and I moved to Perth from Copenhagen several years ago. Back when I worked at the Department of Planning, we were given the opportunity to join a Living Smart course. I've always cared for the environment and being new to Australia I was keen to learn more about being water wise, how to use less energy and how to recycle correctly here in Perth. The course helped me to understand how to live more sustainable in a climate very different to what I've been used to from northern Europe.

I've been working in the environmental field for many years and yes, it feels good to transform a section of a drain line into a living stream but what does it really help if we still clog up our waterways and oceans with plastic and use household toxins that pollute our water and land? I felt more had to be done and I think what we do on a micro scale (like reducing your waste and household toxins) is crucial for the health of our planet. Imagine the impact it would have if everybody on your street or town or country only produced one rubbish bag a week or even less.

This is why my family and I are trying to reduce our waste and now our family of three only sends one small rubbish bag of waste to landfill a week. Here I share some of the steps we took to reduce our waste. <http://ditteeden.com/how-we-send-so-little-waste-to-landfill-with-so-little-effort/>