

an ebook on sustainability

NOVEMBER 2021

The world needs to change. For that, each of us has to change our habits first. Having a more sustainable planet takes teamwork. We all have to be agents of change.

Are we going to change the world together?

Now or Never

At EDP, we believe we have a role to play. We want to ensure sustainability, social responsibility, and environmental respect. Because together we are Changing Tomorrow Now.





Climate Change

Climate Change has been increasing dramatically, and globally, in recent decades. The effects themselves are quite local, translating into extreme events of cold and heat which unbalance ecosystems, and even threaten the survival of the human species in certain regions. All of this is interconnected with the thawing of the poles, the rise in sea level and the acidification of water caused by the increase in carbon dioxide (CO2) emissions. According to the UN World Meteorological Organization, the world's average temperature is 1°C above what was in the industrial era, late 19th century. According to a report by the International Panel on Climate Change, a 0.5° difference in temperature rise is sufficient to trigger the likelihood of catastrophic events. It is essential to reverse the current trend, drastically reducing polluting emissions and halting the increase in average temperature by 1.5°C.

5 tips

to fight Climate Change

- Reuse and recycle
- 🕑 Decrease meat consumption
- Think before printing
- Have a vegetable garden
- 🕗 Say no to plastic



Podcast Ep.01



What is Climate Change? How do they influence the way we live? Catarina Barreiros, Júlia Seixas and Sara Goulartt look for the answers in this episode of the EDP podcast... Now or Never.



Webseries Generation Zero Meet the **Cordoeiro Moreira**



Maria Cordoeiro was still a child when she began her fight against plastic. Today, married and mother of five children, she shares this urgency of saving the planet with the whole family.

Watch this episode



Circular

Circular Economy

According to the publication "Visão 2025," if we keep the same rate of population growth and consumption habits, in 2050 it will take 2.3 planets to meet the demands of production and consumption. Furthermore, according to the UN, more than 400 million tonnes of plastic are produced every year in the world and only 9% of the waste produced are recycled. The negative impacts are evident and, in some cases, irreversible. Circular Economy is on the front line as a solution to this problem, betting on a new economic model, which seeks to increase the value of natural resources, keeping them in use for as long as possible. Therefore, when talking about Circular Economy, we talk about 5 R's: Rethink, Reduce, Reuse, Repair and Recycle. Extending the life cycle of a product avoids excessive waste, with obvious burdens on families, businesses and countries. And no less important, for the sustainability of the planet.

5 tips

to promote a circular economy



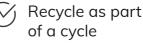
Rethink what you eat

) Reduce to avoid waste

Reuse until you can no longer



Repair instead of throwing away





Webseries Generation Zero

Meet the Vargas

Maria and Kiko Vargas crossed paths across the world. It was there that they began to feel increased concerns about the world around them.





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Circular Economy is the highlighted theme in the second episode. How can we change our consumption habits in order to protect the planet? Catarina Barreiros, Paulo Ferrão and Ana Júlia Pinto provide the answers.



Listen to this episode

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Energy Efficiency

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\sum_{n=1}^{n}
\sum_{n=1}^{n}$

5 tips

to improve energy efficiency

- Insulate the roof, the facade, and the windows
- Remove the plug and turn off the switch
- Invest in clean, efficient energy sources
- 3 Save water to save on electricity
 - j Prioritize smart, efficient household appliances

The increase in Greenhouse Gas (GHG) emissions, deforestation and pollution paved the way for Climate Change and imbalances in ecosystems. If we want a healthier world for future generations, and in order to comply with the Paris Agreement, Energy Efficiency must represent 37% of the reduction in CO2 emissions by 2040. Being efficient does not mean, necessarily, reducing consumption or production in general in order to pollute less. It means improving production and making consumption decisions in a more conscious way. Using natural resources sustainably and consuming energy more efficiently allows citizens and businesses to save and reduce GHG emissions while maintaining the same quality of life and economic growth. The path to Energy Efficiency is made of small and large measures, at the level of companies and industries, transport, housing, governments, and, of course, the energy industry itself. Measures such as reducing the use of fossil natural resources, reducing energy expenditure in general, implementing incentive systems, and investing in buildings, among others.



Podcast Ep.03

What is Energy Efficiency, what does the common citizen, business and industrial sector should take into account when talking about Energy Efficiency? Catarina Barreiros, João Pedro Gouveia and Jorge Leal respond.



Webseries Generation Zero Meet the **d'Avillez**

Watch

this episode



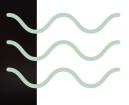
Vasco and Mary Anne d'Avillez are part of a generation for which the collapse of our planet still seemed a distant concern. Only recently, largely influenced by their grandchildren - but also by Pope Francis and his encyclical letter Laudato Si' - did they come to the conclusion that it was their turn to take care of this common home we call planet Earth.

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Access to Energy

It is practically impossible to imagine modern life without electricity. Just think about what we do and the appliances we use right from when we wake up, think about "giving up" on this exercise. However, according to the UN, there are still about 789 million people living without any access to electricity, about 10% of the world's population. More than the entire population of Europe. For hundreds of millions of people, especially in Sub-Saharan Africa, electricity is still a postponed dream. But access to clean energy and at affordable costs is one of the UN's Sustainable Development Goals (SDGs) for 2030, and the last decades have brought a significant qualitative leap in this area. If in 1990 almost 30% of the world's population had no electricity (about 1.5 billion people); by 2010 the number had already fallen to 1.2 billion, a percentage of about 16%, which continued to fall, to 10% today. According to a report by the International Energy Agency (IEA), "the most accessible way to achieve electrification in many areas is through renewable sources".



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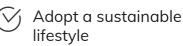
to drive access to energy



Choose renewable energies

Bet on energy efficiency





Support international projects





Podcast Ep.04

What is Access to Energy, what is the picture of this access around the world and how does renewable energy guarantees Access to Energy for all? The answers to these questions are given by Catarina Barreiros, Luís Matos Martins and Guilherme Collares Pereira.



Webseries Generation Zero Meet the Assunção

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Lisa Assunção was born in Gabon, but still a baby, she moved to São Tomé and Príncipe, where she lived until she was a teenager. It was the desire for a better life that brought her to Portugal.



Diversity and Inclusion

The fight for social rights has been made at different speeds around the world. However with an increasingly strong globalization and information easily reaching everywhere - themes such as **Diversity and Inclusion** mark the global agendas and dictate a constant action of civil society, companies and governments, in all continents. This urgency is clear in the UN Sustainable **Development Goals** (SDGs) for 2030, where ODS 5 is dedicated specifically to Gender Equality. Equal opportunities

and rights for men and women, as well as Diversity and Inclusion, are still present in the SDGs 8 (Decent Work and Economic Growth) and 10 (Reduce Inequalities). As a whole, the SDGs related to Diversity and Inclusion encompass 31 goals, covering issues as distinct - but all as important - as gender, age, minorities, disability, religions, sexual orientation or economic conditions.

5 advices

to promote diversity and inclusion

- Promote equality and inclusion in the workplace
- ✓ Respect the difference
- / Promote fair trade

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- Fight prejudices and speeches of hatred or prejudice
- Get involved in volunteering projects



Podcast Ep.05



What is Diversity and what is Inclusion? In what ways are both fundamental for a more sustainable planet? Discover the answers with Catarina Barreiros, Fernanda Barata de Carvalho and José Pedro Borges.



Webseries Generation Zero Meet the Martins dos Santos

The Martins dos Santos are a full house. Full, above all, of love. With a career in the area of Human Rights, Joana brings that look of a policy of affection to her own family.

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Sustaina

Cities

5 gestures

to help your city become more sustainable

- Join a community garden
- - Exercise your legs
 - Opt for an electric vehicle
- Become an active 'neighbour'

Fight urban waste

The world population continues to grow, especially in the cities, which represent only 3% of the continents' area. It is necessary to make cities greener and more sustainable, to ensure quality of life for people and the planet. In 2030, there will be 5 billion people living in cities, around 60% of the total population. These numbers show the need for urgent rethinking of cities in order to accommodate this population growth and its consequences. But there are other data that are even more worrying, such as the fact that more than 800 million people currently live in slums or degraded neighborhoods, mainly in Asia. And despite the fact that, according to the UN, cities occupy only 3% of the area of the continents, they consume between 60% and 80% of all energy and emit 70% of greenhouse gases. On the other hand, cities are also more vulnerable to the effect of climate change and rising water levels. It is with the improvement of the living conditions of the urban population in mind, and the effect this can have on the planet in general, that the UN dedicates one of the Sustainable Development Goals (SDG 11) to Sustainable Cities and Communities.

Now or Never





Podcast Ep.06

What is a Sustainable City? And how can we contribute to help cities be more respectful of the planet? With Catarina Barreiros, José Manuel Viegas and Paulo Líbano Monteiro.



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Meet the Lopes Gonçalves

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To Catarina and Rodolfo, driving a car is the last resort. They always ride their bikes, on a daily basis, be it for leisure trips or for their everyday needs. And riding a bike has led this couple to think about what the future of cities could and should be.

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Biodiversity

One million. An impressive figure, especially if we are talking about the number of plant and animal species that could vanish or become seriously threatened in the coming decades, according to the UN. And it is important to point out that this 'one million' accounts for 12.5% of all living species, which are estimated at eight million. Biodiversity is what best sustains the balance of ecosystems and the planet in general; it is a critical sustainability factor, which is why it is so important to strengthen it. We have been hearing warnings about the vanishing of species for several decades now, and the UN has included

5 steps

to help protecting nature

- Help with reforestation
- 💛 Fight against garbage
- 💛 Support wildlife institutions
 - Buy products with environmental certification
 - Protect the bees!

Biodiversity in its 17 Sustainable Development Goals for 2030. Protecting Terrestrial Life is the 15th SDG, the main mission of which is to "sustainably manage forests, combat desertification, halt and reverse land degradation, and halt biodiversity loss." To comply with this SDG, the UN summarizes several suggestions, in areas such as agriculture, marine environments, freshwater environments. urban areas and also other suggestions, more transversal to all these areas.



Podcast Ep.07



What is Biodiversity? What are its main threats? And what does this theme implies in the future of human beings and planet earth? Catarina Barreiros, Pedro Beja and Vítor Batista answer these and many other questions.





Webseries Generation Zero Meet **Marc Leiber**

Marc Leiber turns any piece of land he gets his hands on into a wide range of fruit and vegetable crops. That's what he did with five hectares of land at Freixo Estate, in Montemor-o-Novo, Alentejo, which laid completely waste. But not anymore.

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Air Quality

According to the World Health Organization (WHO), every year, 4.2 million people die as a result of continued exposure to air pollution. Another 3.8 million suffer the same from cooking or heating-related smoke. Lung, cardiovascular and stroke diseases, caused or aggravated by pollution, are the main causes of these numbers. 91% of people live in places with a concentration of pollutants in the air above that recommended by WHO. Air Quality is extremely important for a healthy life, but also for the sustainability of the entire planet. Atmospheric pollution can have natural causes, such as volcanoes, forest fires or even earthquakes, which release polluting particles, but it is people who most affect Air Quality, mainly through transportation and agricultural or industrial activities. On the other hand, rain and wind extend the effects of pollution, due to the greater dispersion of particles and through sunlight can accentuate its effects.

5 tips

to fight air pollution

) Open your windows

- Walk more and ride a bike
- Have plants and flowers at home



- Electrify your home
- Consider moving from the city to the countryside





Podcast Ep.08

What are the most polluting industries? What is the role of the electrification of the economy concerning Air Quality? With Catarina Barreiros, Francisco Ferreira and Ana Paula Mesquita.



Webseries Generation Zero

Meet the **Palrão**

Watch this episode

The Palrão family has always lived in the hustle and bustle of the big city. But then came the pandemic, and suddenly the big city felt small, suffocating. And they started fancying the idea of moving to the countryside.

Sustainable _____ Finance _____

With social, economic, and environmental development as a backdrop, Sustainable Finance comprises all services, products, and financial decisions which incorporate sustainability criteria in their design or execution. They are a crucial tool for meeting global innovation or infrastructure improvement needs, while promoting the efficient use of available resources. minimizing negative environmental impacts, and contributing to the stability of financial markets. So-called traditional banking and financial organizations already offer Sustainable Finance products, but there are several

startups focusing on this type of investment, which, like more classic investments, ranges from equity funds to securities and bonds. The difference is that they are driven by the wish not only to get a good return, but also to make a positive difference in the real world. In addition, companies around the world are increasingly concerned with obtaining the Environmental, Social and Governance (ESG) seal and, of course, keeping their practices away from greenwashing.

5 tips

for better planet-friendly investments

- 💛 Consult your bank or financial institution
 - Support sustainable projects
- Do positive screening
- 🕑 Choose a 'green credit'

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) Be an ESG (Environmental, Social, and Governance) activist



Podcast Ep.09



What are Sustainable Finance? What do concepts like ESG factors and impact investments mean? Catarina Barreiros, Nuno Brito Jorge and Gilda Caetano answer these and many other questions.



Webseries Generation Zero Know the story of **Roberto Marques**



It was in Serra da Estrela that Roberto Marques first thought about the world around him. It was the drive to reflect on the impact of his existence that eventually led him to the field of sustainable finance.

Watch this episode





Let's change, today, the future?

Now or Never.

