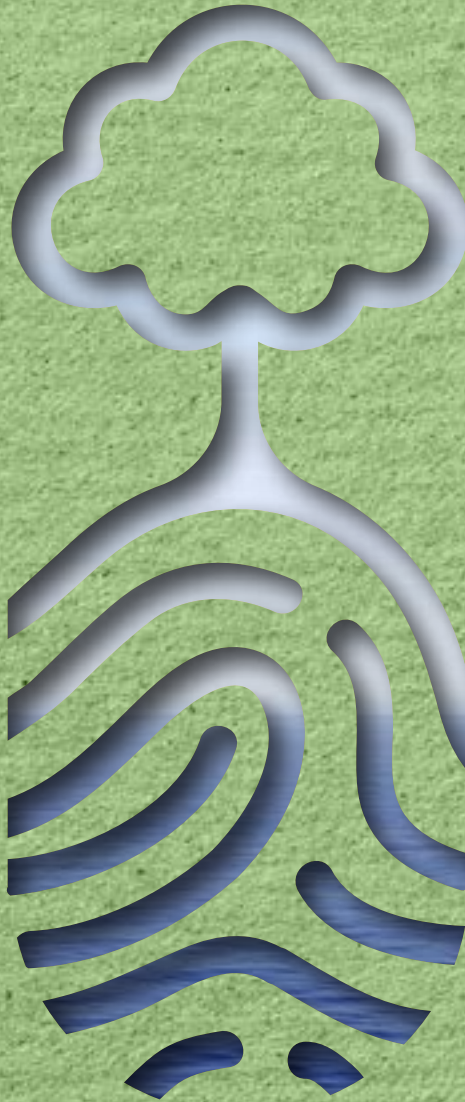


LEARN EVERYTHING ABOUT
RECYCLING AND EMBRACE IT.



Sailing Together



TABLE OF CONTENTS

1. WHAT IS RECYCLING?	3
2. WHICH MATERIALS CAN BE RECYCLED?	10
3. RECYCLING SYMBOLS	20
4. THE IMPORTANCE AND THE BENEFITS OF RECYCLING	25
5. OTHER WASTE MATERIALS	28
6. WHAT GOES IN THE BLUE RECYCLING BINS? ALPHABETICAL LIST	36
7. RECYCLING TIPS	43

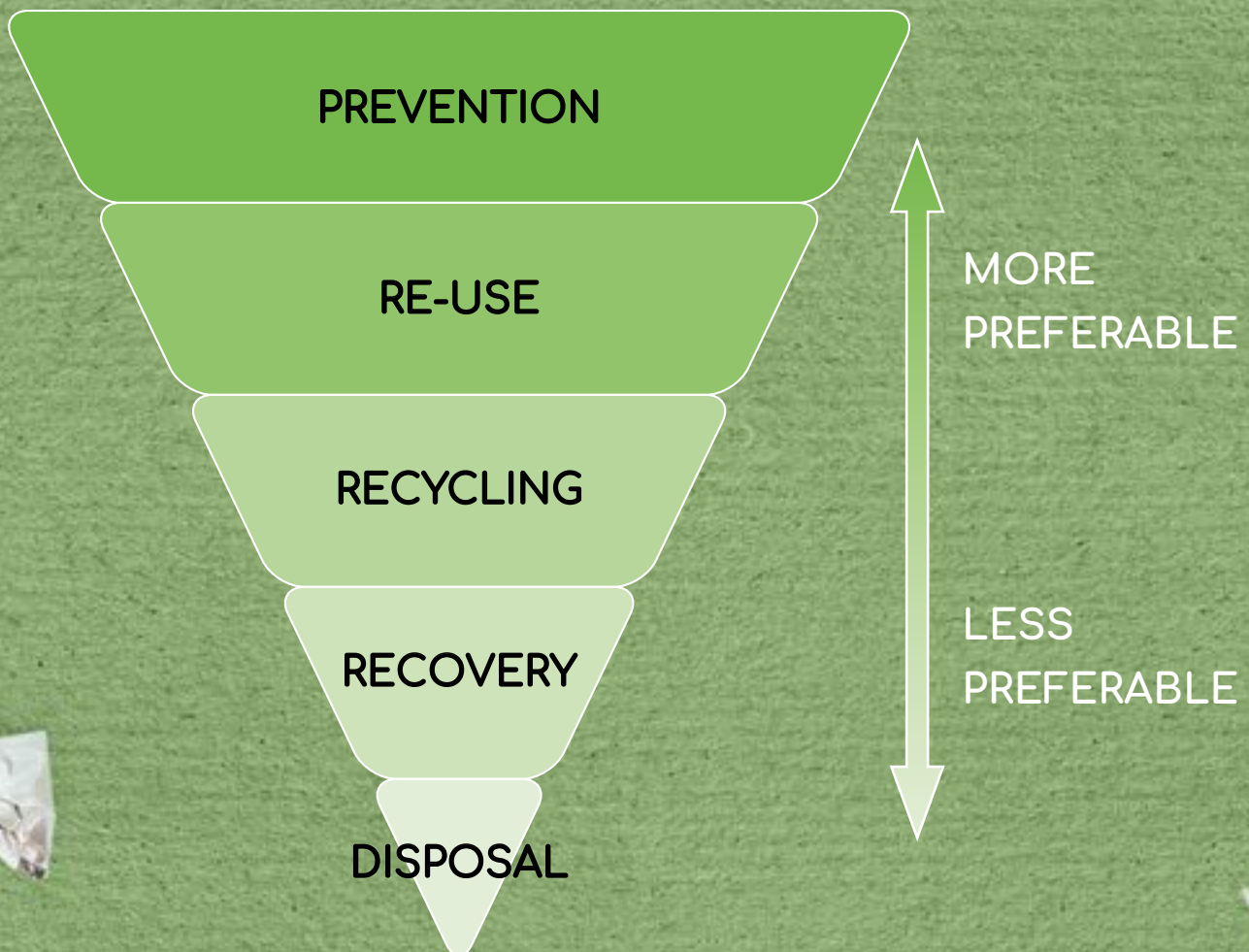
1. WHAT IS RECYCLING?

Recycling is defined as the reprocessing of materials or materials classified as waste and their conversion into new-to-use-products. Recycling is part of **alternative waste management** as shown in the pyramid below.

The higher a waste management option is located on the pyramid the more desirable it is. The waste management hierarchy is reflected in the **Thematic Strategy of the E.U. on the Prevention and Recycling of Waste** that has been transposed into national legislation by Law **4042/2012**.

The basic rationale behind the strategy lies in the fact that waste is not an unwanted burden but a **valued resource** which can, if it is properly harnessed, bring multiple benefits. This is the reason why waste disposal in landfills shall be considered as the last resort. Moreover waste treatment, however environmentally friendly it may be, consumes energy and resources, concluding that prevention offers the most advantages in comparison to generation of waste.

THE BEST WASTE IS THE ONE THAT
IS NEVER GENERATED!



PREVENTION

Waste prevention is becoming more and more important in the design of the waste management policy. One of the key tools is the **eco-design** of the products made by recycled raw materials and the education of the consumers so that they buy products using less packaging. Examples of prevention measures are the compost of kitchen waste, the prevention of receiving unwanted mail, etc.



RE-USE

Re-use involves the repeated use of products and components.

The re-use of products or materials such as clothes and furniture that would otherwise become waste has

economic and social benefits

(in addition to the environmental ones), creating jobs and making products available to consumers who could not necessarily afford to buy them new. Examples of re-use are the refilling of ink cartridges of printers, the repair of electrical appliances, the transformation of old clothing, the renovation of furniture, etc.



RECYCLING

Much of the waste we throw away can be recycled. Recycling reduces the amount of valuable raw materials that are otherwise imported at a high financial and environmental cost.

Recycling demands the **responsibility of the producer** for the product he is producing as well as the **responsibility of the citizen** regarding the separation of the waste and the disposal thereof in the corresponding dustbins/containers according to their type.



RECOVERY

Recovery refers mainly to the **waste incineration** to produce electricity, steam and heating for household use. This procedure if not executed correctly can result in environmental and health damage. For this reason specific safety standards must be met.

Waste incineration for energy recovery is a low priority in waste management. For this reason the Members States of the EU are encouraged to use practices that are higher in the waste hierarchy.



DISPOSAL

The **disposal** of waste in landfills is the last resort in the waste management hierarchy. Burying waste produces **methane**, a powerful greenhouse gas. The breakdown of waste may release chemicals that can contaminate soil and water. It is estimated that an average landfill site can contaminate per day the quantity of fresh water that an average household consumes in a year. In economic terms, the materials sent to landfills in Europe could have an **annual** commercial value of **€5.25 billion**.

(Source: European Commission).



2. WHICH MATERIALS CAN BE RECYCLED?

RECYCLING PROVIDERS



Blue bins



Paper
recycling
bins



Contributory
recycling
centers



Fotokyklosi S.A.
www.fotokiklosi.gr



AFIS S.A.
www.afis.gr



Anakyklosi
Syskevion S.A.
www.electrocycle.gr



SY.DE.SYS S.A.
www.sydesys.gr



Re-Battery
www.rebattery.gr



Eco-elastika A.E.
www.ecoelastika.gr



COMBATT
www.combat.eu



ENDIALE
www.endiale.gr



EODE
www.eode.gr

GROUP OF MATERIALS

MATERIAL

WHERE IS IT RECYCLED?



Blue bins



Paper
recycling
bins



Contributory
recycling
centers

PAPER

Books

✓

✓

✓

Printed publications

✓

✓

✓

Newspapers

✓

✓

✓

Magazines

✓

✓

✓

Tetra Pak from milk

✓

✓

Wrapping paper

✓

✓

Paper bags

✓

✓

WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?		
		 Blue bins	 Paper recycling bins	 Contributory recycling centers
GLASS	Food glass jars	✓		✓
	Oil bottles	✓		✓
	Alcoholic drinks bottles	✓		✓
	Wine bottles	✓		✓
	Water bottles	✓		✓



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?		
		 Blue bins	 Paper recycling bins	 Contributory recycling centers
PLASTIC	Yoghurt tubs, butter tubs	✓		✓
	Soft drinks bottles	✓		✓
	Alcoholic drinks bottles	✓		✓
	Water bottles	✓		✓
	Bottles of shampoo	✓		✓
	Milk bottles	✓		✓
	Plastic cups/plates	✓		✓
	Plastic bags	✓		✓
	Tetra Pak from milk	✓		
	Plastic food containers	✓		
	Wrapping transparent film	✓		
	CD/DVD plastic cases	✓		
	Lubricating oils packages	ENDIALE		



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?		
		 Blue bins	 Paper recycling bins	 Contributory recycling centers
CARDBOARD	Cereals, cookies boxes	✓		✓
	Detergent boxes	✓		✓
	Pizza boxes	✓		✓
	Cardboard boxes for electrical appliances	✓		✓



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?	
		 Anakyklosi Syskevon S.A.	 Fotokyklosi S.A.
ELECTRICAL AND ELECTRONIC EQUIPMENT WASTE (WEEE)	Big household appliances	✓	partially ⁽¹⁾
	Small household appliances	✓	✓
	IT and telecommunication equipment	✓	partially ⁽²⁾
	Consumer goods	✓	partially ⁽³⁾
	Lighting equipment (lamps)	✓	✓

⁽¹⁾ Only for electric stoves, electric heating appliances, electric radiators, electric fans.

⁽²⁾ Only for pocket and desk calculators, telephones, cordless telephones.

⁽³⁾ Only for radios, videocameras, HiFi sound recorders.



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?	
		 Anakyklosi Syskevon S.A.	 Fotokyklosi S.A.
LIGHTING EQUIPMENT	Lighting equipment (lighting projectors, luminaires in households)	✓	✓
	Lamps (fluorescent, discharge, sodium)	✓	✓
	Filament lamps		✓



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?			
		 SY.DE.SYS S.A.	 Re-Battery	 COMBATT	 AFIS S.A.
BATTERIES	Lead-sulphuric acid batteries (industrial, car batteries)	✓	✓	✓	
	Portable (single-use batteries, alkaline, lithium, rechargeable, button cells)				✓



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?		
		 Blue bins	 Paper recycling bins	 Contributory recycling centers
ALUMINIUM	Aluminium foil	✓		
	Aluminium food containers	✓		
	Beer, soft drinks cans	✓		✓



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?		
		 Blue bins	 Paper recycling bins	 Contributory recycling centers
TINPLATE	Oil containers	✓		✓
	Feta cheese zinc container	✓		✓
	Evaporated milk	✓		✓
	Packaging of tomato concentrate, tuna, animal feed	✓		✓



WHICH MATERIALS CAN BE RECYCLED?

GROUP OF MATERIALS	MATERIAL	WHERE IS IT RECYCLED?		
		 EODE	 Eco-elastika A.E.	 ENDIAAE
CARS	Old cars	✓		
	Car tyres		✓	
	Lubricating oils waste			✓

Source: Hellenic Recycling Organization. eoan.gr



3. RECYCLING SYMBOLS



Known as “Green Dot”. This symbol does not necessarily mean that the packaging is recyclable. It is a symbol used on packaging and signifies that the producer participates in an alternative waste management system and has made a financial contribution towards the recycling of the product.



This symbol (mobius loop) is used on products that are capable of being recycled. It does not mean that the packaging is made of recycled materials.



This symbol, as the above one, indicates that the product is capable of being recycled. The percentage indicated inside the symbol is the percentage of recycled material contained in the product.

RECYCLING SYMBOLS



Indicates the type of plastic that can be recycled. Bottles made out of polyethylene that are also known as PET are often used for water and soft drinks, and are easily recycled.



The HDPE symbol indicating a high-density polyethylene plastic can be found in detergent bottles, trash bags, juice bottles and indicates that the plastic can be recycled.



PVC (polyvinyl chloride) has been replaced by PET in the food industry and is usually used in cables and piping. It is more difficult to recycle it than the other type of plastics and its combustion releases toxins.



It refers to a low density polyethylene plastic such as food bags and plastic shopping bags. This material is difficult to recycle.

RECYCLING SYMBOLS



It is often found in straws, bottles' lids, sauce bottles and some syrups and medicine bottles. PP (polypropylene) can be recycled.



PS (polystyrene) is the material used in single-use plastic articles (cups, plates, etc.) in CD-DVD cases, and it can be recycled.



It refers to a category of plastics that do not fit in any of the previous categories. They are usually used in sunglasses, laptop cases and big drinking water containers. These materials are difficult to recycle and it is recommended to avoid choosing them for use.

RECYCLING SYMBOLS



This symbol is found on glass containers (bottles, jars, etc.) and encourages their recycling.



This symbol is not linked to recycling but is a request to responsible citizens to dispose of the item in the most appropriate manner. This symbol can be placed in locations where litter bins can be found.



This symbol on a product indicates that it is made from recyclable aluminium and can be recycled again.



This symbol means that the product is made of recyclable steel that can be recycled again.



This symbol is found on paper or wood-based products and indicates that the wood / paper is coming from forests that are managed in a sustainable manner in accordance with the rules of the FSC*.

*International, independent, non-profit, non-governmental organization that promotes environmentally sound, socially beneficial and economically sustainable forest management worldwide.

RECYCLING SYMBOLS



This symbol is used for electric and electronic devices and indicates that they have been manufactured after 13 August 2005 and that they should not be placed in the same bins as household waste but should be disposed of separately in order to be recycled.



The blue-green flower is the Ecolabel of the EU. It is a voluntary scheme, which certifies the improved environmental performance of certain products and / or services amongst other products of the same category and is awarded by an independent third-party body on the basis of multiple criteria resulting from the life cycle assessment.



The Blue Angel is the German ecolabel and is governed by the same principles applicable to the ecolabel of the EU. It is one of the first national ecolabels having the possibility to be awarded to a large number of products.

4. THE IMPORTANCE AND THE BENEFITS OF RECYCLING

The **benefits** of recycling or more extensively of the alternative waste management are known and fully documented.

Recycling contributes to the **sustainable development** from an economic, environmental and social perspective. It represents the most **integrated approach** for the waste management because it achieves economic benefit, contributes to dealing with environmental problems and creates new jobs.



THE IMPORTANCE AND THE BENEFITS OF RECYCLING

Environmental aspect: The uncontrolled disposal of waste in the environment entails many risks that are often not immediately perceived. Waste such as batteries and electrical and electronic items contain **dangerous substances** like lead, mercury, cadmium etc. whose dissemination into the environment has harmful effects on soil, water, organisms, and even on human beings. Lubricating oil wastes are especially considered hazardous for public health. Plastic needs centuries to dismantle and its presence may cause even death in aquatic and non-aquatic organisms. Disposal of glass in landfills located next to forests often causes fires.

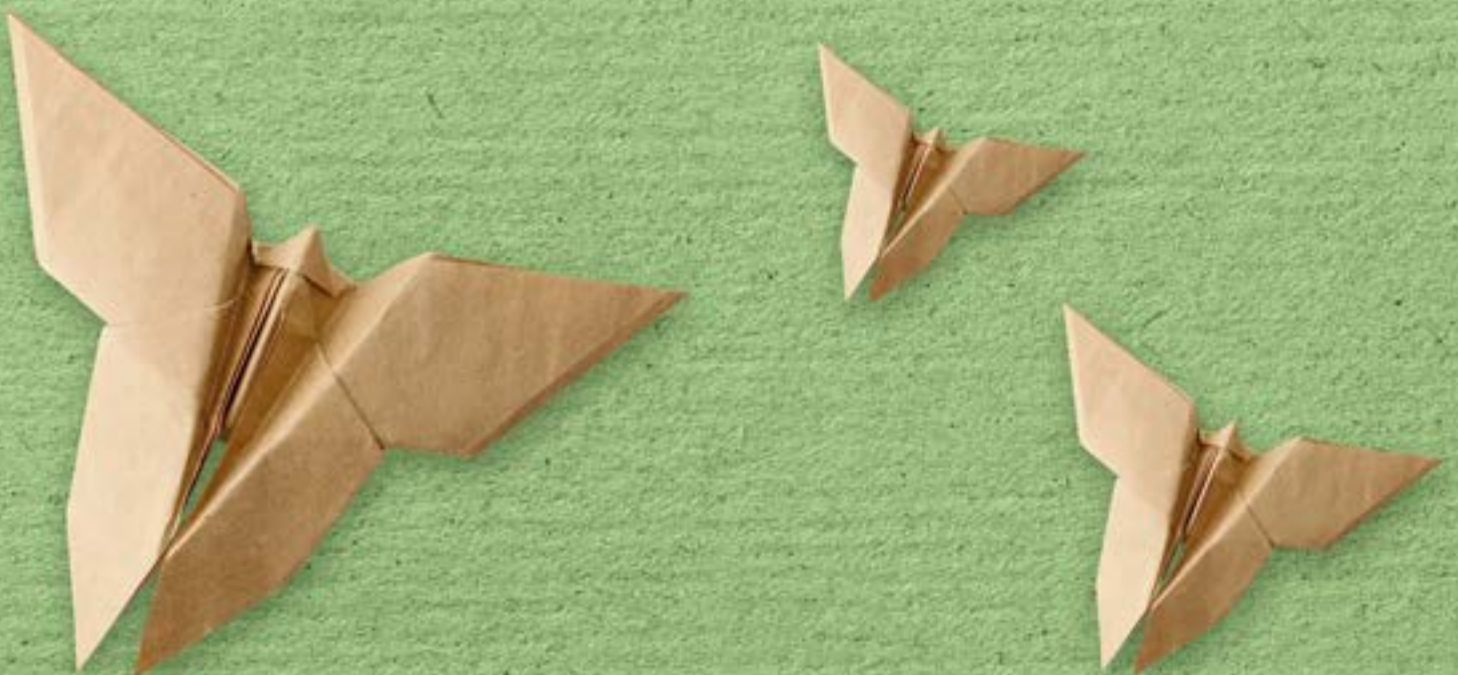


THE IMPORTANCE AND THE BENEFITS OF RECYCLING

Social aspect: Recycling plays a decisive role in the **creation of new jobs**. The works related to collection, selection, treatment, dismantling etc. employ more employees than the landfilling of waste. Depending on the material and the country it is estimated that the same quantity of waste creates 6 to 10 times more jobs than the landfilling or burning of waste.

An additional benefit is linked to the **prevention of waste stream* in the landfills**. Greece especially faces a saturation problem with the existing landfills and social tension during the design and the identification of the location of new landfills. Recycling increases the lifespan of the existing landfills and shares the cost of waste selection equally on all inhabitants.

*Flow of waste from the source to its final disposal.



5. OTHER WASTE MATERIALS

In addition to the recycling of packaging and other products through the officially approved systems, there are also **other waste materials**. These materials are **fabrics**, **frying oil**, **soaps** and **biodegradable** or **compostable** material.



OTHER WASTE MATERIALS

Fabrics: Old clothes, shoes and any other fabric that can be re-used. Good quality, clean clothes can be given to numerous charities, non-profit organisations, homeless foundations, etc. Instead of discarding these products as waste it is a way to help **vulnerable groups of the population**. Another option is to **sell** these products in second-hand shops, which have been significantly increasing in recent times. However bad quality, worn out clothes can also be collected and **recycled**. Padding material for car seats, work overalls and soundproofing and heat insulation materials can be manufactured from their recycling. The recycling of old jeans for example provides raw material for insulation material in home constructions abroad. You can also ask your **municipality** if they organize some clothes collection events or you may propose a relevant action to take place. By making a simple search on the internet you can also find weekly actions, which are organized by NGOs and offer clothing products and basic necessities to vulnerable groups of the population.

OTHER WASTE MATERIALS

Frying oil: Fat that has been used for cooking is often disposed in the sink, which leads to the gradual accumulation of grease inside drain pipes. Used frying oils can be recycled into biofuels and be used as an alternative to fossil fuels, reducing thus the environmental impacts resulting from their production and reducing fuel imports. **Thereby, the benefit is double** for households and the environment. There are different companies in Greece that are active in the recycling of frying oils. The collected frying oils are sent to fuel industries for further processing into biodiesel.



OTHER WASTE MATERIALS

Soaps: Another case of informal recycling is the recycling of used soaps. For example A.mK.E. “CLEAN HANDS” (<http://www.cleanhands.gr/>) is a Civil law non-profit making company aiming at fighting against the lack of basic goods for personal hygiene and protecting the environment. In cooperation with hotels and enterprises, the company collects soap residues, which, further to appropriate treatment and provided that they comply with all the specifications, are processed into recycled goods of personal hygiene ready for use and are distributed to vulnerable groups of the population.



OTHER WASTE MATERIALS

Biodegradable material: These are organic materials, which gradually degrade by the micro-organisms that are found in nature.

The EU obliges the Member States to reduce the amount of biodegradable waste they landfill - for Greece this obligation concerns the reduction of these materials - to 35% of the 1995 levels by 2020.



OTHER WASTE MATERIALS

Medicines: Within the framework of the operation of the programme according to the Hygiene Provision of the Ministry of Health and Social Solidarity with regard to the collection, transportation, intermediate storage and destruction of household pharmaceutical preparations and residues of household medicines, it is **MANDATORY** to place **special containers** in all pharmacies. In addition, the disposal of all expired or non-expired medicines, as well as of all residues of household medicines as brought by the citizens with or without their packaging is possible under the supervision of the pharmacist.



OTHER WASTE MATERIALS

Foodstuffs: For food there is no recycling but **prevention**, which means that in the actions taken for the reduction of food waste, foodstuffs are not characterized as waste but there is an effort to consume them prior to their disposal. In most developed countries food waste phenomenon is usually addressed from the point of view of the important environmental impacts. As an indication according to a European Commission study, if the necessary measures are not taken immediately, food waste in the EU will increase to **120 metric tons per 1000 inhabitants** in 2020 from 89 metric tons in 2006, due to the increase in population and disposable income.



OTHER WASTE MATERIALS

Furniture: Old furniture shall not be disposed in containers. However the citizens may contact the cleaning services of their municipality and make an appointment for these to be removed from the street. Instead there is also the solution of recycling or re-use of furniture, by donating it to one of the organisations, associations or foundations that collect and offer it to people in need, offering often at the same time jobs to socially marginalized people who repair it.



6. WHAT GOES IN THE BLUE RECYCLING BINS?

MATERIAL		YES	NO
A	Abrasive paper		X
	Adhesive tape		X
	Advertising material (offices and agencies, etc.)	✓ *only if our Municipality does not have a separate paper bin	
	Alcoholic drinks bottles (plastic/glass)	✓	
	Aluminium foil	✓	
	Aluminium food containers	✓	
B	Bags (plastic, paper)	✓	
	Balls (soccer etc.)		X
	Batteries		X
	Beer cans	✓	
	Bottles of cleaning products (plastic/glass)	✓	
	Bottles of shampoo (plastic/glass)	✓	
	Bottles of water (plastic/glass)	✓	
	Bottles of wine (glass, Tetra Paks)	✓	

WHAT GOES IN THE BLUE RECYCLING BINS?

MATERIAL		YES	NO
B	Books	✓ *only if our Municipality does not have a separate paper bin	
	Bottles/box of milk (glass, Tetra Pak, plastic)	✓	
	Boxes/bottles of detergents	✓	
	Boxes/bottles of oil	✓	
	Branches, plant debris		X
	Building materials		X
	Butter cases	✓	
C	Cans (e.g. of oil)	✓	
	Car bumpers		X
	Cardboard boxes for electrical appliances (e.g. televisions, fridges)	✓	
	CDs/DVDs		X
	Cereal boxes	✓	
	Clothes/garments		X
	Cookies boxes	✓	

WHAT GOES IN THE BLUE RECYCLING BINS?

MATERIAL		YES	NO
D	Disposable diapers		X
	Dolls, toys		X
E	Electric and electronic equipment		X
	Electrical household articles (Hairdryers, hairstraighteners, etc.)		X
	Engine oil containers		X
F	Fabric		X
	Flares/fireworks		X
	Food glass jars	✓	
	Food packaging	✓	
	Food waste		X
	Furniture (chairs, tables)		X
G	Gas cartridges (empty)	✓ (empty & screwed)	
	Gloves, Plant pots		X
	Grass		X

WHAT GOES IN THE BLUE RECYCLING BINS?

MATERIAL		YES	NO
H	Helmet		X
I	Ink (toner, inject, printing houses waste)		X
K	Kitchen or toilet paper roll	✓	
	Kitchen paper		X
	Knives		X
L	Lamps/bulbs		X
	Leather goods		X
M	Mattresses		X

WHAT GOES IN THE BLUE RECYCLING BINS?

MATERIAL		YES	NO
P	Package transparent foil	✓	
	Paint boxes	✓	
	Paramedical hospital supplies		X
	Pen		X
	Phone cards		X
	Photographic film		X
	Photos		X
	Pizza box	✓	
	Plants		X
	Plastic bottle lids	✓	
	Plastic brushes		X
	Plastic cutlery		X
	Plastic fruit containers (e.g. strawberries)	✓	
	Plastic glasses/plates	✓	
	Plastic pot plants		X
	Pots (e.g. yoghurt)	✓	

WHAT GOES IN THE BLUE RECYCLING BINS?

MATERIAL		YES	NO
R	Razors		X
S	Shoes		X
	Soft drinks cans/ bottles (Aluminium, plastic)	✓	
	Soil		X
	Sprays (the packaging)	✓	
	Straws		X
	Straws (outside packaging)	✓	
	Styrofoam	✓	
	Syringes and needles - Medical waste		X
T	Toilet paper		X
	Tooth brushes		X
	Toys		X
V	Videotapes		X

WHAT GOES IN THE BLUE RECYCLING BINS?

MATERIAL		YES	NO
W	Watches and accessories		X
	Windows		X
	Wooden objects		X
	Wrapping paper	✓	
X	X-rays		X

Source: Hellenic Recycling Organization. eoan.gr

WE DO NOT FORGET:

All PACKAGING goes in the **BLUE CONTAINER**, namely: out of aluminium, tinplate, plastic, glass and paper.

1. **We separate** on a daily basis the packaging materials from the remaining waste in the household.
2. **We completely empty** the packaging from any residues.
3. **We fold** the cardboard boxes.
4. **We do not throw** the packaging materials in the container inside closed bags but in bulk.
5. **We never throw common waste** in the blue recycling bins.
6. **We pass on** the message related to packaging recycling to our friends and acquaintances.

7. RECYCLING TIPS

- **In order to recycle** a large household appliance, contact your Municipality and leave it on the pavement on the day and time that has been agreed for its collection.
- **When receiving** a new household appliance at home, the shop shall take the old appliance in order to recycle it.
- **Did you know that** the computer boards contain heavy metals, which, when buried in landfills and penetrating into the subsoil, are harmful for the environment and our health?
- **In order to recycle** your small electrical household appliances, place them in the special plexiglass containers that are located in more than 2,500 shops in Greece.
- **In order to recycle** your lamps, place them in the special containers that are located in more than 2,000 shops in Greece.
- **In order to achieve** a real benefit for the environment, you should recycle your lamps with caution and make sure that they do not break.
- **By recycling** our electrical appliances we reduce the volume of waste and the needs for new landfills.
- **By recycling** electrical and electronic equipment we reduce the risk of pollution of the environment from harmful substances that are contained in the component parts of the appliances.

RECYCLING TIPS

- **By recycling** we contribute to reducing the extraction and treatment of raw materials and thus to the saving of non-renewable natural resources.
- **Did you know that by recycling** one single refrigerator you save 37 kilos of iron from being disposed in the nature?
- **If all Greeks were recycling** their useless electrical appliances, we would save the planet every year from the extraction of tens of thousands of tons of iron and other minerals.
- **Through recycling** the risks of pollution of soil, water and air generated by the productive processes are reduced and at the same time the greenhouse gas emissions are limited.
- **Donate your old electrical equipment**, for example to top schools or municipal centres so that it may be reused by others.
- **Buy rechargeable batteries**, which have multiple stress cycles. Do not forget to recycle your batteries when they reach the end of their life.
- **Exchange, sell or donate** clothes, furniture and household articles that you don't need anymore.

CORPORATE RESPONSIBILITY PROGRAM ATTICA GROUP

With **you** as our destination



Sailing Together

www.attica-group.com