



Loop project - National research
INTERVIEWS: Entry # 55

BARTENDER



Pouring beer (cc)

I'm a student

who has a part time job as a bartender. I am 20 years old, and I live in Zagreb.

HOW did you discover the opportunities related to reuse?

Well, I think to keep our living more viable we should really consider recycling and reusing. Reusing would allow us to use old creations to make new ones. Reusing, except not wasting material, would also help us with cleaning the world from garbage such as plastic bottles, plastic bags or any other form of waste.

There are hundreds of ways on how to reuse materials, it goes as far as the human imagination. Reusing can be initiated by a lot of different reasons such as saving money, fun, exploring your abilities and much more. Basically, working as a bartender during corona is not financially sustainable so that made me realise the importance of saving money. Having a lot of free time and a need for money got me using shopping bags more than once because it's cheaper and it's better for preserving nature.



Recycle and reuse (cc)

Furthermore, I started fixing old furniture and making it useful again as that would prevent me from spending money on new furniture and wasting the old pieces.



Cotton bag (cc)

This type of reuse is not only nature friendly but also interesting and a money-making idea. It can be done by everyone at home on their own and I think that's the best part of it. Additionally, I think this kind of Reuse makes people motivated to contribute a little more to the planet and circular economy. This also raises awareness of the importance of recycling, reusing and basically living a nature friendlier life.

Working at a cafe also gave me lots of ideas on how to reuse and live an even healthier life, one of them being coffee waste reuse.

Some examples of reusing coffee waste would be composting coffee grounds in your garden, using coffee grounds as fertilizers, feeding plants nutrients (plants that like acidic soil, such as azaleas, can particularly benefit from used coffee), deterring pests, skincare, exfoliating (for a natural body scrub that leaves your skin smooth, soft, and slightly fragrant, try using used coffee grounds), cooking (coffee can enhance the flavours in chocolate cakes and brownies, too) and many more. Most of those tricks that involve reusing and recycling I learned from my boss and co-workers to which I am very thankful because they make my way of living this life much more interesting and in a tip-top condition.



Plastic bottles (cc)



WHAT DO YOU REUSE AND HOW:

can you give us some examples of reuse in your economic activity?

For the most part I use old shopping bags, glass jars, old pieces of clothing, tires and many more. For an example I like redecorating my backyard with used glass jars by stuffing the dirt and plants in them and then putting the colourful lid back on, so it brings a little spirit to my garden.

Same goes for the tires, as they can be used as pots and I find that very amusing. Besides pots I like to make furniture from old wooden plates such as coffee tables and dining chairs. This is much better than buying new furniture or using plastic ones that are most common these days.

Making your own furniture is much more fun and it gives off a more natural look to your garden and it is very much nature preserving. Except furniture I also like to buy clothing in second-hand shops as in that way I reuse old clothing and it doesn't go to waste. I also buy books that are reused or are pressed on reused paper as that gives me the opportunity to have a physical book in my hands but more cheaper and better for nature.



Glass jars (cc)

To put things all together everyone can do something like this at home and I would recommend it since it brings out the creativity in people, helps them improve their life and helps them learn about the importance of helping nature.

Additional info:

“Circular economy principles

There are ten principles that define how circular economy should work:

- 1)** Waste becomes a resource: it is the main feature. All the biodegradable material returns to nature and the not biodegradable is reused.
- 2)** Second use: reintroduce in the economic circuit those products that no longer correspond to the initial consumers' needs.
- 3)** Reuse: reuse certain products or parts of those products that still work to elaborate new artifacts.
- 4)** Reparation: find damaged products a second life.
- 5)** Recycle: make use of materials found in waste.
- 6)** Valorization: harness energy from waste that can't be recycled.
- 7)** Functionality economy: circular economy aims to eliminate the sale of products in many cases to establish a system of rental property. When the product completes its main function, it returns to the company, where it is dismantled for reusing the valid parts.
- 8)** Energy from renewable sources: elimination of fossil fuels to produce the product, reuse and recycle.



Used Clothes, Pixabay license

9) Eco-design: considers and integrates in its conception the environmental impacts throughout the life cycle of a product.

10) Industrial and territorial ecology: establishment of an industrial organizational method in a territory characterized by an optimized management of stocks and flows of materials, energy and services.



Home grown herbs (cc)

Do you think that the circular economy principles will change the current economic, social and environmental model? Join our poll and share your opinion. “

(https://www.activesustainability.com/sustainable-development/what-is-circular-economy/?_adin=02021864894)

LET'S TALK about the real impact of reuse on your turnover: economically speaking, what are these figures?

Reusing does not only bring financial benefits. It also significantly reduces waste and pollution because it reduces the need for raw materials, saving both forests and water supplies. Reusing actually has so many benefits that you would not even be able to name them all, but the most important ones would be realizing that we should appreciate our planet much more than we do and try to help it as much as we can.

For example, we can use textile bags instead of plastic ones or old metal cans and plant flowers or herbs in them. As a matter of fact, I made a pencil case for my niece from an old plastic bottle. Any kind of preserving is great for nature, but I would say probably the best one would be reusing as it does not need a lot of material and spending because the old and already used is needed.



Wood pallets (cc)

The benefit that is much more profitable for the earth would be reducing waste. Doing so would slowly but surely heal our planet from the problems we caused.



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It is not all about money, on the contrary, it is about doing something for the environment and the world that we are all a part of. Additionally, there is not a valid reason not to reuse as it teaches us what really matters and not to mention that it has a great impact on our life and our creativity. It is also fun and a great time spending idea. I think reusing really helped me in ways such as living a healthier life not just financially but also nature beneficially.

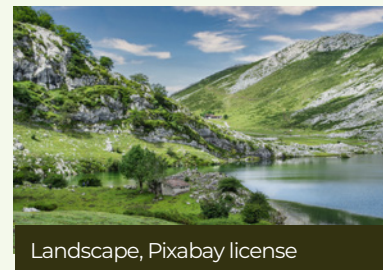


Paper straws (cc)

I am also very thankful my job has given me the opportunity to reuse and recycle as much as possible. For an example, my bar started using paper straws, stopped using plastic bottles, and on my request, we may even start using old wooden pallets to create chairs for the bar that look way better than usual metal and plastic ones.

I just love how it is not only me who is trying to spread awareness on real global issues, but also small bars like mine and other big companies.

I have an idea that we can use old wooden pallets to make lounge chairs and coffee tables in the future. We can also use old textile parts to make pillows and cushions. One day I would like to open my own coffee shop so I can only use products that are ecologically acceptable and environmentally friendly.



Landscape, Pixabay license

I will sell coffee to go but in reusable cardboard cups or people can bring their own cups or glasses from home. I believe that sooner or later I will have a bar made out of parts of old cars.

REUSE

QUESTIONNAIRE

1. What is the so-called “circular economy”?

A	B	C
13	16	1

2. Do you believe that a more sustainable economic system can be equally productive than the current one?

A	B	C
5	18	7

3. Which of these consumer choices have you decided to implement in the last 10 years to protect the environment?

A	B	C
11	12	7

4. How will the so-called “circular economy” affect the job market?

A	B	C
10	10	10

5. In your work, how many strategic choices related to sustainability have been made in the last 10 years?

A	B	C
9	7	14



6. Which of these 4 “Rs” is more important to ensure a better future for humanity?

A	B	C	D
6	7	13	4

7. Which of these 4 “Rs” is most present in your family’s daily life?

A	B	C	D
14	4	5	7

8. In your opinion, what link is there between technology and the “circular economy”?

A	B	C
14	12	4

9. Do you think we will be able to change the way we consume so as not to affect the environment and its limited resources?

A	B	C
9	18	3

10. Are you familiar with the UN 2030 Agenda or have you ever heard of SDGs?

A	B	C
20	5	5

QUESTIONNAIRE

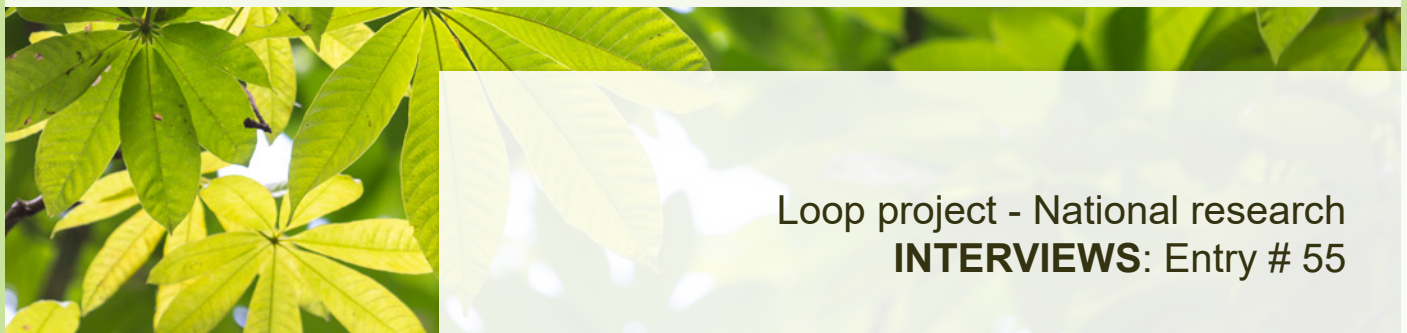
QUESTIONNAIRE

11. Do you think that the economy in the past was more sustainable than it is today?

A	B	C
17	7	6

12. Which of these 3 statements do you consider the most true and important?

A	B	C
13	11	6



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