

CONCLUSIONS OF THE MICRO-TRAINING AT NAUTICAL CLUB OF LEMNOS



Raise awareness about cigarette butt pollution:

10 to 15 years

Cigarette butts can take to decompose completely in the environment, depending on conditions.



They contain harmful chemicals like nicotine, arsenic, and lead, which leach into the environment and cause damage to ecosystems.

Relate to everyday life

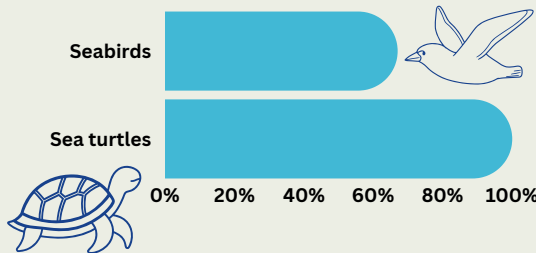
Through the simulation activity, children witness firsthand how cigarette butts pollute water. Studies show that one cigarette butt can **contaminate up to 500 liters of water**, affecting water quality and potentially harming marine life.

One cigarette butt can contaminate up to

500 liters of water

Develop environmental awareness:

Cigarette butts are often mistaken for food by wildlife. Marine animals, such as fish and birds, consume them, leading to blockages in their digestive systems and poisoning due to the toxins they contain. In fact, research shows that about **67% of seabirds and 100% of sea turtles are affected by plastic and other harmful waste**, including cigarette butts.



Empower through action:

Children are inspired to promote a cleaner environment by painting posters and creating slogans. Creative initiatives have been shown to drive behavior change. For example, campaigns like **“CigaretCycle” have recycled over 8.000.000 cigarette butts in Greece**. These small actions, when scaled, can lead to large impacts.

#gopafree

“CigaretCycle” have recycled over

8.000.000

cigarette butts

in Greece

Cultivate responsible behavior:

The program emphasizes the importance of individual responsibility in keeping the environment clean. It is estimated that around **4.5 trillion cigarette butts are littered each year worldwide**. Encouraging responsible behavior through education and awareness can help reduce this number and contribute to a more sustainable future.

4.5 trillion

cigarette butts are littered each year worldwide.



NOL is leading the way, and beyond the cleanup, it is installing a wall-mounted bin for collecting and recycling cigarette butts, as part of the Cigaret Cycle #gopafree program. The cigarette butts will undergo a process of separation and detoxification, turning them into new recycled materials and fertilizers.

