

# Maintain a sustainable lifestyle whilst working from home

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Residents can contribute to the city's sustainability efforts by introducing minor changes to their daily lives as they work from home

As the world experiences a shift in the way people are working, communicating and living in this new reality, it is important that communities work together to support one another to practice sustainable living whilst working from home. Building on the UAE's #StayHome initiative, residents across Dubai have adjusted their lifestyles, taking up the chance to learn new skills and hobbies and spend more time as a family as they adapt to a new daily routine. Staying healthy both mentally and physically is crucial to remain productive and engaged.

Working from home has many benefits for the environment, with its associated reduction in carbon emissions from petrol-powered engines of commuter cars and the conservation of energy consumed by large buildings. With residents now practicing social distancing and relying on home deliveries more than ever before, Dubai Sustainable Tourism (DST) an initiative of Dubai's Department of Tourism and Commerce Marketing (Dubai Tourism) outlines simple adjustments that residents can make to help keep the city operating as sustainably as possible during the period of lockdown:

- **Responsible consumption:** Purchase local produce to support local businesses and to minimise on the food miles each item has travelled to be delivered to your door
- **Meal Planning:** Think ahead to avoid over buying or bulk purchases, consider the delivery drivers, remain conscious of food waste and be supportive of the community by only buying what you need
- **Maximize Natural Light:** Turn the lights off in rooms that aren't being used and open your curtains and windows for additional daylight and fresh air
- **Energy Conservation:** Ensure that air conditioning units are only working in rooms that are being used, try to only run the dishwasher when it is full and only use one glass throughout the day, washing it once you've finished with it
- **Use water wisely:** Support Dubai and educate your family members on conscious water usage
- **Concentration:** Avoid distractions, set house rules for your family members to respect working time and don't have the television on in the background if not being watched
- **Health and wellbeing:** Remain active, and practice meditation to remain productive and to maintain a positive frame of mind, follow Yoga La Vie for live online sessions. Avoid sitting on the sofa whilst working, sitting upright at a desk will keep you engaged and in 'work mode'
- **Go paperless:** Avoid printing paper and adopt a digital filing and document review system

- **Virtual community service and volunteerism:** Use your free time to support and give back to the community using your expertise, register on <https://www.volunteers.ae> for virtual volunteerism opportunities
- **Plant Therapy:** Nurture the plants in your home and garden as they produce oxygen and can provide a sense of calm
- **Remain informed:** Learn about the UAE's unique environment and biodiversity by engaging with different virtual local platforms including Emirates Nature WWF - <https://connectwithnature.ae/>

For more information, please visit <https://dst.dubaitourism.ae/>