

**END
CLUTTER**

**A HOW-TO
GUIDE**

**TAKE
THE
JUMP**

THIS HOW-TO GUIDE

This guide offers all you need to know about trying the Take the Jump shift: END CLUTTER

If you have any thoughts or suggestions that you think would be great to add, please do let us know at team@takethejump.org.

Content:

- 1. What is END CLUTTER?**
- 2. Why END CLUTTER?**
- 3. Step by step guide to END CLUTTER**
 - a. Take it step by step
 - b. Having fun with END CLUTTER
 - c. Adopt a positive approach
 - d. Connect with others for support
- 4. Resources to help**



A STEP BY STEP GUIDE

If you think it may be hard to do this shift straight away, that's ok! It's enough to try what you can and just build from there. Here's a suggested approach for building up to END CLUTTER step by step:

1

Be open to the idea

Be open to keeping your electronic products for longer. Consider a SIM only deal for your phone. Enjoy extending the life of your electronic products and save money too.

2

Try alternatives to buying new

Here are some options for maintaining your electricals without buying new:

1. **Repair existing devices** - repairing may be possible so check with your manufacturer, vendor, a local repair specialist or a [Repair Cafe](#)
2. **Buy refurbished** - Many manufacturers sell refurbished devices and you will find shops like CeX in your High Street
3. **Avoid or rent a device** - Do you really need the device or can you borrow from a [Library of Things](#)

Check out the below **"Have fun with End Clutter"** section, and the **"Resources"** section for all sorts of useful material.

3

When you buy new electricals, buy for quality, durability and repairability

'If you buy cheap, you buy twice!' If you have to buy a new laptop then make sure it is the most advanced you can afford, it'll date less quickly. The most energy efficient machines carry an energy star or TCO label and make sure it can be easily upgraded and repaired

4

Once you're ready, commit to keeping products for 7 years

Once you've tried steps 1-3, maybe you're ready to go all the way and see if you can keep your devices for 7 years.

Check out the below **"Have fun with End Clutter"** section, and the **"Resources"** section for all sorts of useful material.

1. WHAT IS

**END
CLUTTER**

?

**TAKE
THE JUMP**

1. WHAT IS END CLUTTER?

Try to keep products for at least seven years



Every electronic product we buy has emissions associated with it. We need to reduce the amount we buy to help reduce these emissions. **The science shows we need to target keeping electronic products for at least 7 years.**

Apply this principle to other products in your life. Repairing rather than replacing, and not succumbing to adverts that make us think we need the next new thing now!

Many people replace items like phones with an upgraded model every couple of years. And this replacement rate extends to many more of the things we fill our lives and homes with.



We are talking especially about phones, tablets and laptops but also all household appliances.



While we're Taking the Jump

Given that your initial jump is less than seven years, why not just try to avoid buying any new electronics over that period? Instead try to repair products, borrow them, rent them, buy second hand, or if you really need something then keep new items to a minimum.

2. WHY

**END
CLUTTER**

?

2. WHY END CLUTTER?

The scale of electronic product use

Some of us have a smartphone and personal computer, and in some cases these are supplemented by a tablet, e-reader, smart-watch and other electronic items. We typically replace these products for an upgraded model at least every couple of years

The impact of electronic products

Our addiction to gadgets, and buying 'stuff' in general, is another contributor to carbon emissions. The process of extracting rare earth metals and producing huge volumes of products generates a significant amount of emissions - often more than the emissions associated with using the product itself. For example, only 13% of the Apple iPhone 11 Pro's lifetime emissions are actually to do with its use; the other 86% are associated with its production, transport and end-of-life processing.

Buying less is the best solution

By keeping electronic products and appliances for at least seven years will deliver 3% of our total savings needed.

3. HOW TO

**END
CLUTTER**

?

**TAKE
THE JUMP**

3. HOW TO END CLUTTER



A

Building up to it in a way that works for you! Try out our **'Step by step pathway to END CLUTTER'**



B

Be creative and have fun with END CLUTTER



C

Approach change in a **positive and helpful way**



D

Connect with others to get support and inspiration

See next pages for more information on each of these suggestions

**TAKE
THE
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A

A STEP BY STEP GUIDE

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B

Have fun with END CLUTTER

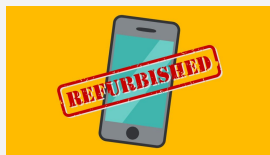


Join a Repair Cafe

Join or start going along to a local [Repair Cafe](#) and instead of throwing broken items away and buying new, see if it can be repaired and learn how to do it for the future.

Buy Refurbished

Buy Refurbished: Refurbished phones/laptops available online and in the high street (see resources for links and advice)



Library of Things

Find out if there's a [Library of Things](#) nearby. Be kinder to the planet by borrowing useful, affordable and convenient equipment for your home, projects and adventures instead of buying new.



Buy Repairable



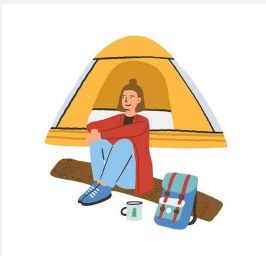
Buy Repairable: If you have to buy a new device then make sure it is the most advanced you can afford, it'll date less quickly. The most energy efficient laptops carry an energy star or TCO label and make sure it can be easily upgraded and repaired. [Fairphone](#)

Start and equipment share in your road

Why individually own stuff when you could easily share? Have fun sharing power tools, sewing machines or other occasional appliances and build community connections too



Try a live without a phone experiment



See if you miss being connected to the virtual world. Switch off all devices and give yourself half an hour to catch up on emails and texts. If you like it, make it a permanent routine. Or try [Living without a phone experiment](#)

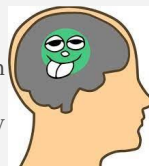
Recycle your Electricals



Donate your old computer to a school or send it to an accredited recycling or refurbishing company to make available to someone else [Recycle Your Electricals](#)

Discover the joy of the repair

Tap into that available dopamine hit you can get from repairing an item. Your trusty toaster, mover or phone will serve you a few more years and you save money too.



Right to Repair

Join a group such as [Right to Repair](#), a community of repairers, pushing for system change. They believe that products should be designed to be easily repaired and should last longer and support should be provided to skilled repairers.



"Check out Section 5 for resources to help with each of these suggestions"

TAKE THE JUMP



APPROACH CHANGE IN A POSITIVE WAY

1
TRYING IS ENOUGH, SO JUST START

Even if you can't keep to it 100% you can still take the JUMP & do your best. If it feels too much, start with what you can and keep building

'NO SHAMING! Change isn't easy so be kind. Talk about what makes it difficult. Build people up. Laugh at our flaws. Welcome all hypocrites'

2 **NO MORE 'US & THEM'**

Taking the jump doesn't mean going back to the stone age! Consuming less means more time and energy for...

3 **JUMP FOR JOY**

- COMMUNITY**
- COMEDY**
- CELEBRATION**
- CAMARADERIE**
- CARE**
- COLLABORATION**
- CRAFT**
- CULTURE**
- CREATIVITY**
- CONTENTMENT**
- CONNECTION**

TAKE THE JUMP



CONNECT WITH OTHERS FOR SUPPORT AND INSPIRATION

You are not alone in trying to End Clutter. Connecting with others is probably the best way to stay inspired, supported and learn new things. Here's a few options:

Local Groups

The are local Take the Jump groups forming all around the UK and beyond, where you can meet others in person. Check out the list of local groups [here](#).



Our social media

We have lots of great material shared by people taking the jump, and beyond, showing how they're approaching END CLUTTER.

[Instagram](#) - Videos and posts from people taking the jump, as well as announcements and updates from Take the Jump.

[TikTok](#) - All sorts of fun video content around the six shifts and 'less stuff more joy' lifestyles

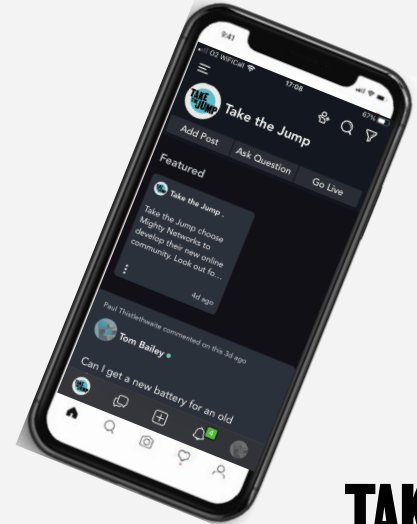
[Twitter](#) - News, commentary events and info from Take the Jump.

[Facebook group](#) - Discussion group



The HUB

The Take the Jump HUB is the online community space for everyone taking the jump. Here you can chat with others taking the jump, find out about regular meetups and drop-in calls, and access all our guidance material and training courses. Sign up to the HUB [here](#).



4. RESOURCES FOR

**END
CLUTTER**

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4. Resources List

R1. Useful Websites

R2. Great Talks and Podcasts

R3. Movies to Watch

R1 Useful websites

Join a [Repair Cafe](#)

Visit or start up a [Library of Things](#) (UK)

Refurbished phones/laptops: Vendors (UK) [CeX](#) [MyCheapLaptop](#) [CashConverters](#)

Independent advice on buying refurbished phones [Money Saving Expert \(Refurbished phones\)](#)

Repairable phones and laptops [Fairphone Laptops](#)

Reduce, Reuse, Recycling bodies: [WRAP](#) [Environcom](#)

If you need to replace an item why not check out charities or online [Preloved](#) shops instead of buying new

Join a Repair Association: For the EU ([repair.eu](#)) and free ICT europe ([freeict.eu](#)), for US ([repair.org](#)) for Canada ([canrepair.ca](#))

Repair Association useful [Step by step guide](#)

Policy change (EU): European Commission [circular economy action plan](#) including [right to repair](#) and the introduction of a [common charger](#)

[TCO Certified](#) is the world-leading sustainability certification for IT products.

Encourage [circular management](#) of IT products in your organisation

Reduce reliance on phone [Living without a phone experiment](#)

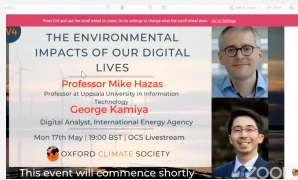
R2. Great talks and Podcasts



[A world without waste - Kate E. Brandt's](#) Every Google search or YouTube upload costs the global network both energy and resources. As Google's head of sustainability, it's Kate E. Brandt's job to strategize solutions that cut the cost on our environment and our economy. In an innovative talk, she dives into her plan to green up Google by creating a circular economy which reuses, recycles and eliminates waste altogether.



[You deserve the right to repair your stuff - Gay Gordone-Byrne](#) A self-declared "repair geek," Gay Gordon-Byrne is a driving force behind the right-to-repair movement, which aims to empower people to fix their stuff. She describes how the movement is gaining legislative momentum and breaks down how the global shift away from "throwaway society" can literally turn trash into treasure in a circular economy -- so we can all experience that "Yes! I fixed it!" feeling.



[The Environmental Impact of our Digital Lives](#) (1h12m) The Oxford Climate Society present a seminar by Professor Mike Hazas, Uppsala University and George Kamiya, Digital Analyst, International Energy Agency covering many aspects of the impact of our digital technology lifestyles including trends in usage, data centres energy use and mining for minerals used in devices.



[Dare to Repair BBC Podcast](#) Many electronics manufacturers are making it harder and harder for individuals and independent repairers to fix their broken kit. But people are starting to fight back. Mark Miodownik talks to the fixers and repairers who are heading up the Right to Repair movement which is forcing governments to act and making sustainability and value for money part of the consumer equation.

R3. Movies to Watch



The Real Price of your Cell Phone (56.30) Documentary from 2014. A mobile phone is sold every 57 seconds meaning that there are now more mobile phones on the planet than toothbrushes. It investigates the shameful secrets of the multinationals who produce our mobile phones. But what are the human and environmental costs in the production countries of China and the Congo? With exclusive footage from inside Chinese factories where scores of children are working long hours under arduous conditions. In Africa the mines that retrieve minerals essential to components in our smartphones are dangerous and unregulated. Injuries and deaths occur regularly amongst workers. It confronts the major names in the smartphone industry with the realities that they would like to keep hidden.



Blood in the Mobile (1h22m) Blood in the Mobile is a 2010 documentary film by Danish film director Frank Piasecki Poulsen. The film addresses the issue of conflict minerals by examining illegal cassiterite mining in the North-Kivu province in eastern DR Congo. In particular, it focuses on the cassiterite mine in Bisie. The movie tries to raise awareness of the issue of illegal mining and alleged lack of corporate social responsibility from the mobile phone industry.