



AWARENESS

YOU AND THE ENVIRONMENT

The United Nations founded World Environment Day on 05 June to raise global awareness of the necessary action to protect and sustain the natural environment.

Everything we need to survive comes from the earth, and if we work alongside it through respectful interactions, we can ensure a thriving planet.

In celebration of our earth, there are various ways that you can sustainably act today to protect the earth

The climate crisis

According to the UN, “Human activity is producing greenhouse gas emissions at a record high, with no signs of slowing down.” Our industrial-driven and technological urban lifestyles have caused billions of tons of carbon dioxide (CO₂) trapped in our earth’s atmosphere.

This has caused climate change, such as global warming, which threatens our earth’s ecosystems and our food and water security, warns the UN.

Ways to protect the earth

We have all heard the slogan “reduce, reuse, and recycle”, which is an integral part of living a more sustainable lifestyle that protects the earth. Still, other ways can drastically impact our individual carbon footprints.

1. Reduce fast fashion. According to the United Nations Economic Commission for Europe, clothing accounts for about eight to ten percent of our global CO₂ emissions and 20% of water waste.

How long we wear that clothing can reduce the overall carbon footprints of our wardrobes. Invest in new or secondhand clothing that will last.

2. Food awareness. Eat locally, which slightly reduces your carbon footprint. The specific foods you eat also contribute to your carbon footprint.

According to The World in Data, beef and other livestock have the highest carbon footprint compared to fruits and vegetables. Explore meat-free meals to incorporate food with lower CO₂ emissions.

3. Technological sustainability. Mike Berners-Lee, a researcher and writer on carbon footprinting, reported that global smartphones accounted for 1% of all global emissions in 2020.

Initiatives like Fairphone take old smartphones and refurbish them for repurchasing. Why not recycle your old smartphones and purchase a refurbished one.