

4.4. Motivation for a sustainable lifestyle with the help of social activities



4.4.1. What is important to know?

Pollution of our environment is a big problem. There is less of the raw material. People live a wasteful life, they don't save. The population is growing rapidly and the climate has changed.

If we want to continue to live a good life, we have to change our lifestyle. We must live an environmentally conscious life. We have a responsibility to the future generation. Protecting and developing our environment is a social task. It affects all people.

We must protect our environment. We must save water, electricity and fuel. The amount of waste must be reduced. Sort and recycle the waste! In all areas of our lives, let's take care to protect nature. We call this "green motivation".

Environmentalists often found organizations. The volunteers participate together in various events and activities. They collect garbage and plant trees together. Volunteers help at animal shelters. They make feeders for the birds. Those who are active in these voluntary organizations can learn many new things. It is important that people recognize the work of volunteers. The volunteers deserve praise. The one who is praised, does his work with even more joy afterwards.

Every person's behavior affects their environment. We are all responsible for our planet and humanity. Everyone should start living a new environmentally conscious life in their own lives. We must protect our environment. The raw material must be used sparingly. Basic needs must be provided for all people.

Volunteers realized that they can work together with others more successfully for common goals. Working together brings more joy.

In schools and universities, students participate in many activities. They collect garbage together in their surroundings or in parks and forests. Some of them participate in social work, helping the people or nature in need. During volunteer work, they learn many things that will be useful to them later on.

In the workplace, it is also important that employees take care of their environment. Develop environmentally friendly habits at your workplace as well.

Our biggest task is to set a good example. Let's show that we protect and protect our environment ourselves. Our goal is to create a good relationship between nature and people.

Everyone can do something useful for the environment. Children should be taught, for example, how to make bird feeders. In such cases, we explain to them how useful it is to feed the birds in winter. How many endangered birds can be saved. A lot of small things go a long way even in good deeds.

Visiting national parks is important. Here, animals and plants feel safe in their natural habitats. People visiting here get closer to nature.

Visiting nature trails, zoos, botanical gardens, arboretums and walking in nature has a good effect on people. At this time, people become aware of how beautiful nature is and that it is worth protecting.

Our common interest is the protection of nature and our environment.

On environmental protection days we raise awareness of:

- to protect the soil
- to water purity
- to protect plants
- to protect animals
- to protect the landscape
- to protect monuments
- to nature reserves.

Environmental protection days are celebrated almost everywhere in the world. These days mostly draw attention to environmental protection. We can find out how much we can do to make our environment more beautiful.

Various organizations organize events on these days.

Some notable environmental days:

March 6.	World Energy Saving Day
April 22.	We celebrate Earth Day with a joint effort to protect our environment. In such cases, members of civil organizations plant trees in parks and squares.
March 22.	It is World Water Day, the purpose of which is to direct attention to the importance of clean water and the threat to fresh water resources.
May 10.	Day of birds and trees. This day is the day of nature and wildlife.
May 20.	World Bee Day
June 5.	World Environment Day
June 8.	World Oceans Day
September 22.	World Car Free Day
September 27.	World Tourism Day
October 4.	World Animal Day - on this day, activists of civil organizations act for the rights and welfare of animals.

We must do everything we can to protect our environment!