

## 1.4. Environmental protection and the importance of ecological behaviour

### 1.4.1. What is important to know?

People seek to shape their environment according to their needs, which often has harmful consequences. Nowadays, we face the following problems:

- increasing energy demand;
- increasing population;
- atmospheric problems;
- soil problems;
- limited natural resources;
- water problems;
- recognition of environmental issues, environmental pollution;
- deforestation and its consequences;
- waste management.



Environmental protection is a social activity that prevents or mitigates these harmful impacts. It aims to protect the natural environment, such as rocks and soils, water, air and wildlife, and man-made structures, such as monuments, from harmful impacts.

**The task of environmental protection is:**



Protection of air purity  
Protection of the soil  
Protection of waters  
Protection against noise and vibration  
Protection against hazardous substances  
Protection against radiation  
Waste management  
Nature and landscape protection



Climate change has been triggered by human activity; therefore, we can control it as well. Harmful activities must be replaced by activities that protect the Earth from further damaging impacts. Therefore, in the future we need to pay more attention to sustainable farming and protecting our environment.

## Ten Commandments for the Environment

If you learn to put the "**Ten Commandments for the Environment**" into practice, you can do a lot to protect the environment:



### **1. Reduce unnecessary consumption!**

Don't buy food and other products unnecessarily! Don't use water and energy unnecessarily! Be aware, because if you reduce your consumption, you can even save money.



### **2. Don't use single-use products!**

Nowadays, there are many options to replace disposable packaging and shopping bags with reusable ones. This way you can reduce a lot of the waste that accumulates in your home.



### **3. Don't throw away your unnecessary items!**

Find new owners for your used and redundant items, for example on social networking sites. Find new owners for your used and redundant items, for example on social networking sites. You can upload your items, clothes, technical devices, etc. for free. You can also transform and repurpose your old objects.



### **4. Buy quality, repairable, products that can be used several times!**

Buy better quality, reusable items (such as technical goods). If they break down, they can be repaired and you don't have to buy new ones.



### **5. When shopping, look at the packaging, strive for a zero-waste life!**

Before you buy anything, check its label to make sure the packaging is recyclable! This will prevent packaging materials from going to landfill.



### **6. Make your household eco-friendly!**

Do not prepare more food than what you can eat. Sort waste in your home, use eco-friendly cleaning products. Choose household appliances that use less water and energy.



### **7. Produce at home in an eco-friendly way!**

You can also grow fruit and vegetables in the garden of your house, but also on the balcony, for example. For example, you can make your own compost from food waste. And for irrigation, use rainwater instead of tap water.



### **8. Think about the protection of animals and plants!**

Buy domestic flowers or grow them yourself! They can not only be the decoration of the garden, but they will attract bees and butterflies! Eat locally grown fruits and vegetables that are in season!



### **9. Travel eco-friendly!**

For smaller distances, instead of using the car, go by bicycle or on foot! If you have to cover a larger distance, then use public transport!



### **10. Keep your eyes open and look for green opportunities!**

Revise your daily life and habits, live in an environmentally responsible way. It's much easier to make new habits a natural part of your life if you gradually build them into your daily routine.