

KRAKÓW 2019

FOURTH EDITION

YEUROPE TIMES

A EUROPEAN STUDENT MAGAZINE

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DESIGNED IN KRAKÓW

Editorial

As a part of the EU, we have to take care of sustainable development and let each member state to grow itself. Sustainable development can be classified as development that meets the needs of the present without compromising the ability of future generations. The desired result of it is a state of society where living conditions and resource continue to meet human needs without undermining the integrity and stability of the natural system.

Pupils from Estonia (TALLINNA 21. KOOL), Germany (CARL-ZEISS-OBERSCHULE), Spain (INS JOAN BROSA), Italy (LICEO SCIENTIFICO STATALE CAMILLO CAVOUR) and Poland (XI LICEUM OGÓLNOKSZTAŁCĄCE IM. MARII DĄBROWSKIEJ) took part in the fifth international meeting in Kraków. This time we worked on several articles which the main topic was sustainable development. We participated in workshops during which we learnt how to influence society by changing our lifestyle. The workshops involved a first aid course, having a meeting with volunteers from „Stawiamy na łapy” - an animal shelter, and making homemade cosmetics. We learnt a lot about accessible ways of helping the environment. Besides, we visited museums, went on a city tour guided by polish students and we could also take a look at some of picturesque Kraków's districts.

We hope you will feel the vibe of our lively meeting.

Enjoy the magazine!

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The natural environment sustains the life of all beings universally.
Dalai Lama

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EARTHSHIP: A HOUSE BUILT WITH OLD CAR TIRES

WE ARE POISONED BY PLASTIC!

For the last years, the topic of sustainability is booming, because of the great havoc that is happening on the planet, such as climate change, economic instability, destruction of ecosystems resulting in the extinction of species and armed conflicts. The first part of this magazine is about sustainability, eco-friendly corporations and ways to prevent more natural disasters or socio-economic conflicts.

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This section is focused on issues concerning each nation. It includes articles about the newest changes and improvements made by countries who made sustainability of Europe their priority. One can read an interview with an Estonian politician as well as informational articles from other countries.

MADE IN KRAKÓW

Two articles inspired by workshops that took place during the Transnational Meeting in Cracow.

IT IS BETTER TO GIVE THAN TO TAKE

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Culture & Science

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Although topics chosen for this section are miscellaneous, they all can inspire us to change our way of life. Specifically, there are articles about a student company, a charity organization, a new approach to architecture, a review of a known documentary and about the immensity of plastic pollution.

Leisure & Entertainment

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The articles from the last section will give you ideas to fill your free time. In it one can find out about the citizen's initiative in Estonia, eco-friendly gardens in Spain, and festivals in Poland. For foodies, there is also a recipe for some vegan lemon cake from Germany. There is also a crossword.



Sustainable Development Goals 2030

The United Nations defined 17 sustainable development goals and 169 tasks related to goals to be completed by 2030. Objectives are major challenges for the world. The range includes challenges such as poverty, hunger, health, education, gender equality, climate change, sustainable development, peace and social justice.

Sustainable Development Goals:



Goal 1: Eliminate poverty in all its forms around the world - Every year, the poverty indicator decreases. This is amazing achievement. Poverty is not just a lack of resources for living. Poverty that famine, malnutrition, lack education, major service and social discrimination.



Goal 2: Eliminate hunger, achieve food security and better nutrition, and promote sustainable agriculture - Currently, soil, drinking water, oceans, forests they increase one risk in the event of natural disasters. Many people living in the countryside are no longer able to maintain their jobs in agriculture and are forced to move to the city in search of another job.



Goal 3: Provide a healthy life for all people of all ages and promote well-being - A big step has been taken in this direction, significant progress in increasing access to clean water and adequate sanitary conditions, reduction of malaria, tuberculosis, polio and spread of HIV / AIDS.



Goal 4: Provide high quality education for all and promote lifelong learning - Education is the basis for improving people's lives and sustainable development. Significant progress has been made in increasing access to education for all. The number of people who already have the ability to write and read has increased.



Goal 5: Achieve gender equality and empower women and girls - Gender equality is not only a universal human right, it is also the foundation of a sustainable world in which people will live in peace and prosperity. Ensuring women and girls equal access to education, health care and decent work and to participate in political and economic matters will strengthen sustainable economies and benefit societies and all mankind.



Goal 6: Provide all people with access to water and sanitation through sustainable water resource management - We have enough water in the world that everyone has access to it. However, due to poor economy and infrastructure. Every year, millions of people, especially children, die from diseases related to inadequate water resources, sanitation and lack of hygiene.



Goal 7: Provide everyone with access to stable, sustainable and modern energy at an affordable price - Balance energy is a chance for a better future, because it can transform human life, entire economies, and even our planet.



Goal 8: Promote stable, balanced and inclusive economic growth, full and subordinate employment and decent work for all people - About half of the world's population still lives on the equivalent of two US dollars a day. In too many places, having a job does not protect you from poverty.



Goal 9: Build stable infrastructure, promote sustainable industrialization and support innovation - About half of the world's population still lives on the equivalent of two US dollars a day. In too many places, having a job does not protect you from poverty.



Goal 10: Reduce inequalities in countries and between countries - Although we managed to reduce income inequality between countries, this inequality has intensified within individual countries. It is becoming increasingly clear that economic growth alone is not enough to reduce the scale of poverty. It is necessary for every human being to benefit from economic progress based on the three pillars of sustainable development - economic, social and environmental.



Goal 11: Make cities and human settlements safe, stable, sustainable and inclusive - Cities are centers of culture and science, industry and productivity as well as social development, and new ideas are born here. As the city flourishes, people benefit from social and economic development.



Goal 12: Ensure patterns of sustainable consumption and production - Sustainable consumption and production strive to "do something better and more with less." It leads to an increase in the net benefits of economic activity by reducing the consumption of funds and reducing the scale of degradation and pollution, while improving the quality of life.



Goal 13: Take urgent action to combat climate change and its consequences - Current climate change is felt in every country on all continents. People experience the serious effects of climate change, including changes in weather, water levels and extreme weather events.



Goal 14: Protect oceans, seas and marine resources and use them sustainably - Rainwater, drinking water, weather and climate, coastlines, a lot of our food, and even the oxygen we breathe, depend on the seas that act



as a regulator. For centuries, the sea and oceans have been leading important trade and transport routes.



Goal 15: Protect, restore and promote the sustainable use of terrestrial ecosystems, sustainable forest management, combat desertification, restrain and reverse the soil degradation process and halt the loss of biodiversity - Forests cover 30% of the Earth's surface. They provide food security and shelter for different animals, but they also play a key role in combating climate change among others.



Goal 16: Promote peaceful and inclusive societies, ensure access to justice for all people and build effective

and accountable, inclusive institutions at all levels - this objective is devoted to ensuring access to justice for all people and building effective and responsible institutions at all levels.



Goal 17: Strengthen implementation measures and revive the global partnership for sustainable development - Partnerships should be built on principles and values, a shared vision and common goals that put man and the planet at the center of action. We need such partnerships at global, regional, national and local levels.

The adoption by the UN General Assembly of the new development agenda and its seventeen sustainable

development goals is the first step to reach the world-wide goals in order to reach the situation of billions of people around the world in the coming years.

The new agenda for the development of the world is universal, and the responsibility for its implementation lies with us, the entire international community, both in developed and developing nations as well as in international organizations that connect them all together. An important role in achieving the goals for 2030 will also have a private sector and non-governmental organizations.

Ewelina Markowska



More information

Reet Aus - If you can't do it ethically, don't do it at all!

Reet Aus is a well-known fashion designer and the leader of upcycling fashion production in Estonia. She is the owner of one of the most environmentally friendly companies in Europe and considered to be one of the top European female entrepreneurs.

Her aim is to provide an alternative to major clothing brands, for people who want to dress ethically and be mindful about the aftermath of mass production.

She and her team have worked out a method based on the upcycling production, which makes the most of textile leftovers by redesigning the products and reshaping the production process. Each item they produce uses on average 70% less water and 88% less energy compared to regularly mass-produced items. The production line using the upcycling method was named Upmade® and certified in December 2014.



Her most famous designs are the Up-Shirts. One Up-Shirt saves on average 91% water, 87% energy and produces 80% less CO₂. Every Up-Shirt is produced out of textile leftovers in Bangladesh and in India helping to significantly reduce the amount of waste ending up in landfills and thus reduce the environmental foot-

print in the fashion industry.

She even designed a special Up-Shirt for the World Clean-Up Day and her goal was to salvage 5 tons of textile leftovers. If you can't do it ethically, don't do it at all!

Johanna Maria Randma



Can you be trendy and eco-friendly?

This article is about the consequences of being fashionable because the textile industry is the second most contaminant industry. This is due to the required amount of water needed by the textile industry (more than 93,000 million of cubic metres of water) and it is also due to the enormous amount of microfiber that is thrown away into the oceans (half a ton of microfibers is equivalent to 3 million barrels of petrol). In addition, the fashion industry produces more carbon dioxide than all the international flights and shipping. The so-called "fast fashion" has lots of negative effects (economical, environmental and also social).

Some fashion producers and consumers are trying to take initiatives to change the garment industry and implement a sustainable business model. They begin to integrate sustainability principles into their business strategies. For example, the global chain H&M has adopted a garment collection scheme, others use recycled materials such as tarpaulins and safety belts of trucks to make bags and backpacks. The founder of Novel Supply won the UN environmental prize "Champions of the Earth" in its youth category for designing a model with recyclable materials and finding solutions for the waste produced by the manufacturing process.

The UN wants to make the fashion industry more environmentally friendly because this industry relies



on non-renewable energies (such as coal and natural gas) to produce the electricity and the heat that it needs. The only way to make the retail trade sustainable is to eradicate over-purchases of clothes.

The UN considers that by promoting certain measures such as best care-taking of clothes and recycling them we could reduce the emissions of greenhouse gases as a consequence of overproduction of clothes. It'd be all about converting fashion retail economy into a circular economy.

We think that excessive consumerism is something that has been happening for a long time, and it's really affecting our planet. And this phenomena happens not only in the clothes industry, we don't use the

items we buy until they're broken or worn out, and if they do break up we don't try to fix them, we prefer to purchase a new one. This is leading to a bigger production of items and wasting. We need to promote the reuse of the items, in order to avoid the massive purchases.

In conclusion, we have to reschedule our lifestyle, how we consume and where we buy and we have to press the governments to pass laws against business that pollute the environment, and make them change to a renewable and non-contaminant workstyle.



David Ordóñez

More information

Earthship: A house built with old car tires

This article is about a life in an environmentally friendly house. But how does it work? Does it simplify living? How ecological is it? What else can you make of old car tires? And what is an Earthship?

First of all, Mike Reynolds is the inventor of this building idea. In 1970, the first Earthship was successfully built. Usually it costs between

2.000 and 8.000 US dollars, but if it is built by Mike Reynolds, it might cost between 200.000 and 500.000 US dollars. The Earthship mostly consists of waste materials. Three walls are completely built from car tires, so the house isolates itself. The southern side is almost completely made of glass. That is good for creating a greenhouse, where you can

plant vegetables, fruits, or herbs. Actually, the Earthship is like a real ship – independent from water and electricity because it has solar cells on its roof. Furthermore, you benefit from wind energy to power the Earthship. But on the roof, there is more than just the energy sources: it also transports the rainwater to a water filter. Then again, this water is used



to flush the toilet which is connected with a cesspit right behind the house. Plants are used to filter the water. So you can say the Earthship is pretty eco. Living in an Earthship might not be that simple, but it is also not much harder than living in a normal house. Obviously, it is easy to transform car tires into a whole new object, too. There are so many things you can do with car tires like bicycle

stands, armchairs, swings, flower boxes, and much more. In conclusion, I would like to answer the questions from above. The Earthship works mainly with waste materials like car tires or cans. That means for us: we have to start recycling our rubbish and stop polluting our homes. At the very beginning, it might not be too easy to live that way, but it is worth it. You have to inter-

pret "eco" for yourself and decide if that is the way you want to live. You can create everything with car tires because there are no limits for your creativity. Last but not least, an Earthship might be a big step towards a greener world. So let's start being ECO.

*Lilian Althaus,
Clea Koch*



More information

We are poisoned by plastic!



Nowadays, more than 80% of sea rubbish is made of plastic, the ratio between plastic and fishes is 3:1. Even if it doesn't seem, this material is very dangerous because it has a slow decomposition, it's needed about 450 years for the degradation of a plastic bottle. Nevertheless, this material is used for most of the single-use objects that we use and then we throw away every day. Plastic trash is eaten by fishes that after that arrived on our table and we eat them, with no worries.

Plastic is becoming a real poison and trouble for our future. It's started a fight against plastic that has the objective to use alternative material and that force the EU Parliament to ban single-use plastic. It's possible to

state: "Good-bye single-use plastic!". From 2021 there will be a European Directive which will permit us to reduce plastic pollution. The first point is to ban or reduce the production of ten single-use plastic products which represent 70% of rubbish in the sea: single-use plastic cutlery (forks, knives, spoons and chopsticks), single-use plastic plates, plastic straws, cotton bud sticks made of plastic, plastic balloon sticks, oxo-degradable plastics and food containers and expanded polystyrene cups. All these products need to be produced by ecological material. Talking about plastic bottles, the EU wants to collect 90% of them until 2029, meanwhile, they have to be produced by biodegradable materials.

Who pollutes will start paying. Indeed, all the producers need to contribute to cover the expense of management and waste recycling.

This UE direction can be considered as an antidote against this poison made by plastic, because its utilization took over, only in Italy 100 kg of plastic by each one has been produced every year. About 35 kg of these is packaging waste that we buy to throw away. In order to solve this problem, it's important to follow this UE directive which will bring environmental benefits, it will avoid the emission of 3,4 tonnes of CO₂ in the atmosphere, and also economic benefits, for example, the saving of 6,5 billion of euro for the consumers.

However, the most important thing to do is to buy as little as possible plastic, because it is going to finish in our stomach!

Michela Viele

HOW LONG DOES IT TAKE FOR YOUR TRASH TO BREAK DOWN IN THE OCEAN?

- FRUIT PEEL - 2 weeks**
- CIGARETTE BUTT - 1-5 years**
- PLASTIC BAG - 10-20 years**
- SODA CAN - 80-100 years**
- PLASTIC BOTTLE - 450 years**



Environmental protection in the Tatra Mountains

Tatra are the highest mountain range belonging to the Carpathians. They are located in the south of Poland and constitute the natural border of the state. The area has Tatra National Park. It is the only area in our country with unique alpine fauna and flora. This is one of the reasons why thousands of tourists visit this region every year. The National Park, in addition to learning about the natural and cultural heritage, enables summer and winter holidays in the mountains with the possibility of skiing, snowboarding, ski tourism, rock climbing, walking and cycling along dedicated routes. Unfortunately, the negative impact of tourism on the environment is also noticeable. The development of tourism in protected areas cannot proceed without problems. People not only make noise and scare animals, but they also litter the environment.

What factors affect environmental degradation?

This may seem obvious, but not everyone is aware that the development of tourism in protected areas is not



only a problem in the Polish mountains but also a global one. Excessive and bad industry expansion badly affects the environment. The degradation of the natural world is growing. Natural vegetation has been degraded, and many indigenous species have been replaced by introduced trees and plants. Some populations of mammals are at risk. Streams that once were crystal clear now are very polluted. Scientific research has shown that there are many bacteria in these waters, such as Salmonella. The air we breathe in the mountains is full of chemical

compounds from the industrial environments of Silesia, the Czech Republic, and Slovakia. The Office of the Tatra National Park is constantly looking for illegal dumps that are located in nearby cities. The terrible degradation of the mountain environment, which should be a health resort and an oasis of rest and peace, is anxiety. Therefore, every visitor should stop this process as soon as possible.

So how to deal with this problem?

Above all, we should raise the social awareness of this problem through



radio, television and the Internet. All precautions should be taken, such as high fines for destroying the natural ecosystem or planting air-filtering plants.

“Czyste Tatry”

It is the initiative organized every year in Poland, which aims to improve the situation in Tatry by collecting rubbish and leaving the

mountains thoroughly cleaned. This year, the 8th edition will be held. Before volunteers set off for the trails, they can enjoy the various events and workshops that take place there. This will certainly help promote the need to care for mountains and to think about the problem of anthropological environmental degradation. Fortunately, the initiative is relatively popular and many

people take part in cleaning the mountains. It is therefore important to pay attention to the sustainable development of tourism in protected areas to ensure the protection of ecosystems so that we will be able to enjoy this natural beauty for many years.



More information

*Adrian Wójcik,
Filip Konopka*

Interview with the Primer Minister of Economics of Estonia

Regarding the sustainability of the European and Estonian economy and environmental protection, I interviewed the former Minister of Environment of Estonia Siim Valmar Kiisler.

How have the economical decisions made by Estonian Government during the last two years affected the environment?

Decisions made by the government during the last two years that have had the biggest impact on the environment are the changes made in the fields of energy and transportation - the Electricity Market Act, the Liquid Fuel Act etc. Further benefits for the production of renewable energy (sun, wind, etc) have been established as well as the share of biofuels in transportation has become mandatory. Also, the system of environmental charges for oil shale was changed in the Environmental Charges Act. The amount of renewable energy usage is increasing and the amount of fossil fuels usage is decreasing in Estonia. 90 percent of renewable energy is still wood but the share of wind and sun is increasing. The main impact is cleaner air and lower emission of the greenhouse

gases.

How much and how should the Government intervene in the protection of the environment?

The Government should establish restrictions to avoid pollution but these restrictions must be reasonably proportionate. Direct pollution must be prohibited. At the same time, strict restrictions on the establishment of protected areas has to be fairly compensated for the landowners.

Do you think that the state should impose harsh sanctions on environmental sustainability or rather contribute to raising people's awareness?

Violating the law by polluting and destroying the nature must be strictly forbidden and in case of companies, the fines must be proportionate with the overall income of the company. Criminal punishment of serious infringements of the law must be strictly implemented. Usually, the question is not about the lack of awareness but rather about the companies' will to make money illegally. At the same time, it is necessary to raise people's awareness of the environmental impact of their daily

activities. A good example of this is sorting the garbage and recycling the plastic packages.

How high is the level of Estonia's environmental protection compared to other European countries?

Estonia's environmental protection is generally pretty good. As over half of the territory is woodland, we have many protected areas. Estonia has a large variety of species compared to other European countries, we have many species of animals and plants that are rare or absent elsewhere in the EU. Our air is one of the cleanest in the European Union.

What innovative solutions have been implemented in Estonia in the last two years?

We support environmental start-ups through incubators and support programs. We created a legislative option to produce oil from old tires in the shale oil production process.

And, of course, our entire e-government is very environmentally friendly. Also, the fact that 98% of social services can get done via Internet, greatly reduces the detrimental effect of transport on the environment.

Mona Maria Tammik



Acciona, a Spanish corporation pioneering in sustainable solutions

ACCIONA is a Spanish conglomerate group with a business model built around sustainability and the objective of responding successfully to the biggest global challenges, such as global warming, overpopulation and water scarcity. Challenges faced by those who design solutions in renewable energy, resilient infrastructure, management and treatment of water and services. With a presence in more than 40 countries of the 5 continents, it develops its business activity under the commitment of designing a better planet,

contributing in this way to the sustainable development of the communities where it operates through clean energies, infrastructures, water and services.

The viral and newest video they just released explains how Spain has changed and how it is going to change until the year 2100, when the climate change will be irreversible. The video shows that Spain is the country that will experience the worst problems of climate change due to the temperatures of our cities have increased the double compared to

the rest of countries in Europe. They also warn that if we do not make a change in 10 years, the problems won't decrease. Even so, in this video they propose lots of solutions for our country. They insist that Spain is one of the best countries that can take advantage of the renewable energies like windmills or solar panels because our climate is perfect for them, so the video encourages people to make an action: demand from their government laws that forces factories to switch to renewable energies.

We loved this video because of the message: they are direct, they show you how Spain is right now and how it can get worse, but the best of all is that they motivate you to do something to stop the climate change getting worse. We think that it is a video that every person in our country should see.

*Anna Garcia,
Alba Gimenez*



More information



Our Future in Europe?

From the 23rd until the 26th of May 2019, the elections to the EU-Parliament took place.

The political parties CDU/CSU (Germany), Lega (Italy), The Socialist (Spain), PiS (Poland), and the Estonian Liberals won most of the seats in the Parliament.

They have many new plans for the future of Europe.

They want to make the EU a better and safer place to live with new ru-

les about work, payment, trade, fight, learning, have a word, safety and prosecuting criminals.

The plans are to never ever have



a war with each other within the European countries.

To get a joint treasury secretary for the euro zone.

Freedom of establishment for every EU-citizen in the whole union, every citizen can work where he/she wants.

If one the the European counties gets in a economic crisis and troubles, the increasing rate of unemployment people can be decreased in a com-



munal way.

A common labor authority which provides fairness within the union.

The citizens are allowed to vote for transnational parties.

The euro zone gets the same currency (€) and through the ECB (European Central Bank) a common monetary policy.

They want the border controls to be completely abolished within the EU.

Our safety from international terrorist acts is a safe Europe, the European Counterterrorism center should be better required, to pursue better Terrorism across borders.

European asylum authority which process asylum applications faster and unified.

One of the most successfully European plan which got realized until now, is the Erasmus-exchange-program for students in the EU.

Victoria Adamietz

What do you mean that this isn't meat?

There is no planet B, but the Earth conditions are not the best in our days. Pollution, water shortage and species extinction are some of the problems at the moment. Those are caused, among many things, by animal breeding.

The meat consume has increased exponentially in the last fifty years and so have the environmental problems related to it. Even animal feeding causes disadvantages: in order to create cultivations for the animal feeding forest and woods are constantly cut down. In this way, the trees can not absorb and convert the CO₂ during the chlorophyll photosynthesis. In addition when they die they are burned and the carbon dioxide is released all at once in the atmosphere. In conclusion, we should decrease the meat consumption, but it is difficult for many people because they really like steak and sausages. So, how can we save the planet without sacrificing what we like?

Good news for you: a solution has been found! Beyond meat has invented a new kind of food which tastes exactly like animal meat. They started by thinking why can not you build meat from plants. It may so-

und crazy but as they found out, it is possible.

Beyond meat, it is not the classic vegan food company because their products have exactly the same taste and look of the real meat. The vegan meat substitutes are made from

However, these products are not a nutritionally healthier alternative, according to some experts from the University of Ottawa. A frequent consumer of this "meat" may cause several health-related problems as mood swings, depression and cancer.



a mixture of various proteins, coconut oil, potatoes starch, apple extract, sunflowers lecithin, pomegranate powder and some other ingredients including vitamins and minerals. All those are mixed and cooked in a food extrusion machine that uses steam, pressure and cold water to form the meat-like texture.

Even if this project has to be developed and further studies have to be done, it is still a start which creates a glimpse of hope forward a better planet.

*Sara Fabrizi,
Agnese Fachin*



It is better to give than to take

Homeless animals - especially cats and dogs are one of the biggest and most eye-catching problems in our society. They are looked after by non-profit organizations and volunteers, but their resources are unfortunately limited. There are too many irresponsible animal owners who one day decide to get rid of their pets. People are not aware of the importance of sterilization, which is why often unwanted animal babies are abandoned. Fortunately, there are organizations that work hard every day to help those who are unable to help themselves.



„Stawiamy na łapy”, which translates into „Get cats on their feet (paws)”, is a charity that focuses on helping cats. It was founded in 2006 and is based in Krakow. Their main goal is to provide shelter for abandoned and homeless cats. They place cats without an owner in temporary homes of volunteers after taking care of their health and well-being. The organization enjoys the presence of a professional photographer who helps them to take pictures of cats, then publish them on the official website to attract potential adopters. The context of the adoptive person is also very thoroughly checked to reduce the risk of the cats being left

again on the street. The organization has one intern, one employee and 120 volunteers, of whom twenty are professional photographers.

The interview with Ewa and Helena - volunteers from „Stawiamy na Łapy”

How does a typical day of a volunteer look like?

Being a volunteer is an extraordinary job. Each day is different from the previous one. There is no work schedule or fixed working days. Sometimes there is a need to take care of the sick, and on other days simply to feed them and clean up after them. It takes a lot of free time, but it has become an important part of our everyday life.

Do you check the background of potential adopters?

Yes, we have a very complex procedure. First of all, we meet a family who wants to adopt an animal. Then we check their house to make sure it is safe

for the animal. Finally, we check whether the family can provide an appropriate standard of living for the animals.

What about your plans for the future?

At the moment the most important goal for us is to open a new shelter and hospital for animals. We are also planning the development of our online store, which is the main source of revenue in our organization. We also try to cooperate with the state.

What are the main problems in your organization?

Lack of resources, like money and time, is our main problem. We do

not have enough time to help everyone.

How many cats are there in temporary homes at the moment?

In the organization, there are 144 inhabitants. It is the beginning of the kitten season which means that the number will be increasing soon.

Are there any similar groups to yours in Poland?

Yes, there are many organizations that work with abandoned animals, but Stawiamy na Łapy is by far the biggest in Krakow.

Do the cats have to be sterilized before adoption?

Most of the grown-up cats are sterilized immediately after they are brought to the shelter, but if a kitten is adopted before it turns five months, the adopter is obliged to sign a contract which makes them responsible for having the cat sterilized right before it becomes older than five months.

Being a volunteer is about giving, contributing, helping other individuals and the community. This act of service can change the lives of others and become an example for future generations of volunteers! It can also help you in many ways but mostly because the more you give the happier you feel. Volunteering is really beneficial because it makes you gain experience and increases self-satisfaction and at the same time reduces stress. Besides, you can connect with other people and learn a lot from different situations. Volunteering is a free way to feel good about yourself.

More information



“What can you do for me?” - Mother Earth

Shop in thrift shops.

Have you ever thought about how much your shirt or pants really cost? You may not know that some brands, even the popular ones, use



child labour to pay less for production. In the US, the cost of making a T-shirt is \$ 13.22, but the production of the same T-shirt in Bangladesh would cost only \$ 3.72. To avoid abusing employees, we can buy used clothes in stores instead of buying new ones. You can find good quality items for a lower price, and most of them are more unique.

Buy local food.

You probably go shopping in large supermarkets, because you can find everything in one place. You can buy both avocado and tent. But do you really know how harmful it is to the environment?

In the conducted research, it was found that chain supermarkets have a more efficient distribution chain than local stores. When we take into account the time of delivery, costs and quality of services, there is no doubt that this statement is true, but in terms of CO₂ emissions, the matter is not so simple. The distribution chain in which the recipients are local stores shows a lower level of carbon dioxide emissions, and this is mainly because they are locally sup-

plied, and yet, the shorter the transport time, the lower the emission. For this reason, the majority of activities are aimed at limiting the number of kilometres driven as part of the delivery of goods to stores through the better filling of trucks, and thus by limiting their number.

What's more, local stores create many workplaces. A supermarket employee does what 10 employees of local stores do. And finally, you are treated more personally than in the supermarket.

Use public transport.

You probably drive a car because it is the fastest and the most convenient means of transport. But how does this translate into the environment? One bus produces fumes which are equal to the number produced by 40 cars and one metro to 400 cars. You can save time in traffic when you cycle, park wherever you want and help improve air quality.

Watch out for plastic.

What can you do? First of all, when you go shopping - do not use plastic. It is better to choose paper that is environmentally friendly and in addition useful and synthetic. Secondly, support companies that protect your environment. One of the largest companies came up with the idea that if you buy 5 chocolates, you can plant one tree. This method is really functional. In addition to absorbing carbon dioxide from the air, it improves your mood.

Eat fewer animal products.

Consuming smaller amounts of animal products has a huge impact on environmental protection. You do not have to completely remove meat and dairy products from a diet but just eat less of them. This will reduce the amount of CO₂ emissions. It is also important to carefully check where the meat we buy is from. It is

better to get them from local farmers than from large mass companies. Meat production is also a waste: to produce 1 kg of beef, you need 15 litres of water, and on the other hand, you need only 250 ml of water to produce 1 kg of potatoes. The same problem applies to the amount of land used to produce meat: 44 million square kilometres are used to produce meat, but only 11 million for growing vegetables. For this reason, we are now facing a problem in which less and less agricultural land is used to feed people. Another problem is deforestation of rainforests, such as Amazonas and Luzon. Trees are cut there to make more space for animals. This leads to the extinction of animals, and even more CO₂ gets into the atmosphere. Also during the process of deforestation tons of carbon dioxide emissions get into the air. Meat can also be quite expensive: for example, third world countries face serious poverty, being unable to provide good quality meat to their families. Still, low-quality meat causes many health problems, such as cancer, heart disease, as well as heart attacks. It is important,



therefore, not to be vegan but to think about our only Earth when we do the shopping!



Architecture for a cleaner world

Here we'll explain the bases of a sustainable architecture.

The sustainable architecture searches to use only techniques and materials that respect the environment during the construction and the collection of materials, it also seeks to minimize the negative impact on the world, using different types of energy and the space of development.

The most common materials in this technique are:

- Wood
- Stone
- Concrete
- Steel
- Plywood
- Iron
- Bars

All these materials are recycled, usually the most used is wood. With this method the reduction of energy increases. Instead of making a whole new building, the architects renew old infrastructures adapting them to the modern requirements. In undeveloped countries, most construc-



tions uses debris from demolished buildings, or sometimes even from trash to build new ones.

This kind of buildings usually consume renewable energies like wind power or solar energy. Another way to decrease the energy used is by making the building more efficient with the materials used, for example using insulating materials to reduce the loss of heat, or working with the

location characteristics like natural light or air circulation.

Another important point is the water consumption. One way to have a better water-saving system is by reusing the water used by some devices in the house like the sink by straining it. It is also very common to use treated water or rain water.

The ECO architecture main goal is to reduce the energy waste and to create a self-sufficient building but all this increases the final price. On the other hand, the extra price paid is money invested in a more efficient and greener world.

*Òscar Muñoz,
Arnau Riera, Jan Núñez*



We cannot turn a blind eye to the truth

The movie 'An Inconvenient Truth' is a documentary film directed by Davis Guggenheim and addresses the problem of global warming. In the main role of the documentary, we can see former United States Vice President Al Gore. He guides us through the hard truth behind the global climate change and how the world has changed since the rise of carbon dioxide (CO₂) emissions. Al Gore clearly sees the danger behind this major problem. By showing his presentations worldwide, he tries to change the mindset of the people and is willing to make them recogni-

the world if we keep on watching? Not only do the people suffer under the consequences of climate change, also our animals and our planet have to endure the effects. But who is to blame for the global warming and the rise of CO₂ emissions? WE – the people. It is the fault of the whole population. We are unable to realise what we are about to destroy. Modern developments mean a growing global population and our ignorance of the problem will consequently make us dig our own grave. When we consider the development of our technologies through

lation seems to have a big influence on the global warming. Every hour, the world's population grows by 10.000 people and they all need food, water, clothes, a home, and much more for a normal life. So, we need to find a way to give everybody a chance to live a happy and carefree life. To give everybody the chance to work and own money, we have to build more and more buildings. To give everybody food, we kill more and more animals. To give everybody a home, we chop down our forests. And in the end, who suffers from our wasteful lifestyle? Correct: our planet. The worst aspect about all those reasons why we are the ones who destroy this planet is that we are uninformed. We all know there is a climate change and we all know that something like a global warming is real, but no one seems to be interested in solving the problem. A problem that can cost our lives.

In conclusion, I can say the only way to save our planet is to reconsider our way of life. We all know there is a major issue and we all know that it can only be solved by ourselves. If all the great powers of the world joined forces together and discussed the real problem, we could win the war against ourselves. But this will only happen when we are all ready to overthink our habits, to renounce our luxury to be prepared for changing the world into a place where no generation has to fear their future.

Janina Gutschmidt



ze how far we have already gone down the wrong road without thinking about any consequences.

After watching the whole documentary, I felt strange and disappointed about our society and about ourselves, especially because this movie is 15 years old!

How could we let the problem of global warming go that far without taking any actions? Why did I not notice earlier how serious it is and what consequences it could have for

time, we can clearly see that our guns, our nutrition, and our luxurious lifestyle have had a negative impact on our environment. All these new products and developments help us by simplifying our lives, but also destroy our planet.

New inventions cause increased CO₂ emissions and more pollutants which lead to global warming. But not only our progress through the centuries has changed our planet, also the growth of the world's popu-



More information



When hearts grow bigger



event called the WOŚP Finale. Music concerts, auctions, cultural and sports events take place all over Poland. Income from these events is allocated to the foundation's goals. More and more people are helping each year. In 2019 we gathered almost 190 million PLN.

All schools in Poland take part in GOCC. Also, our high school participated this year in the final of this event. All students and teachers gave some stuff to action and then were bought by our school community to support the GOCC.

Curiosity: This year, a pack of pasta went for PLN 300 (70,11 EUR)

Wiktoria Kasperczyk



More information

Wielka Orkiestra Świątecznej Pomocy (WOŚP) - The Great Orchestra of Christmas Charity (GOCC) is the biggest, non-governmental, non-profit, charity organization in Poland. This foundation was established on 2 March 1993 by Jerzy Owskiak and others, so in March 2019 we celebrated the 26th anniversary of founding the GOCC. The Foundation aims to support health care in Poland by the purchase of state of the art medical equipment for Polish hospitals and clinics and by establishing and running six medical programmes and one educational pro-

gramme. This GOCC supports pediatric and geriatric wards, furnishing them with both complex medical devices such as MRI scanners, and providing long-term care units with anti bedsores mattresses and beds.

It works throughout the year, however, the most known form of its activity is the annual, nationwide (and not only e.g. Georgia, China, and Australia, everywhere where the Poles live)



A sea of plastic

Summer is arriving and all of us are looking forward to swimming in a clear sparkling sea. But... be aware of...sharks? No, be aware of plastic!

In fact, nowadays, pollution is one of the most demanding issues, and overall the impact of plastic in oceans and seas. Water covers more than 70% of Mother Earth, and it is entirely polluted by nearly 250 thou-

sand tons of plastic.

So, researchers and scientists from all over the world are trying to find new and different ways to reduce the quantity of waste in waters.

Here are some of the possible ways that could help to clean the seas.

Bacterias. There are some kinds of bacterias (*Ideonella Sakaiensis* and

Galleria Mellonella) which eat microplastic in the sea. This is the most natural and direct solution, however, these bacterias can only eat a small amount of microplastic; moreover, the sea is polluted overall by bottles, plastic bags and fishing nets, which obviously bacterias are not able to eat.

System 001. This is a new techno-



logy invented by Boyan Slat, a 23 years old guy from the Netherlands, in order to accumulate plastic around the Great Pacific Garbage Patch, so that it can be easily removed. The idea consists in setting a huge horseshoe-shaped floating tube on the ocean, in order to collect the garbage. This project has been launched at the beginning of September 2018, but unfortunately the system has been damaged so at the moment it is still not working.

Plastic Sea Swiper. This Italian project proposes to fix a system of nylon nets at the rivers' mouth to collect plastic before it pollutes the sea.

Since none of these possible solu-



tions is not managing to reduce the amount of waste in the seas, many governments in Europe and all over the world are starting to reduce the use of plastic, by banning some objects, like bags, straws, cups, bottles

and so on.

Why is this material such a big problem for the environment? Well, first of all, because it is used in huge quantities. Moreover this material is indestructible; in fact, it can only be reduced in very little parts (microplastics), but these last will forever rest in the seas, where they are ingested by fishes, and consequently eaten by us. So, in the end, it is not a problem that concerns only the ocean and his ecosystem, but this directly affects also humans.

Petra Camilli

Student companies

A student company is an entrepreneurship study programme for upper-secondary school students, which promotes studying through active marketing, leadership and communication. Students get the opportunity to create a new product, service or improve a product that is already on the market. Every student company has the chance to participate in fairs and events where they can introduce and sell their product. Furthermore, lots of useful skills are adapted during this whole learning process. The programme operates for one academic year and it is coordinated by Junior Achievement Estonia.

In Form 11, we have a compulsory subject that involves either making a student company or a research paper. I had decided to make on a student company already in Form 10.

My team had come up with an idea to transform a known Estonian treat from a grocery store to a luxuries

dessert served in cafes and restaurants. Our product is a curd snack, known in Estonian as "kohuke". It is made out of organic curd, similar to cottage cheese, and covered with dark chocolate. My student company Glaze produces curd snacks with various and mouth-watering flavours: "Raspberry-marzipan", "Cookies & Cream", "Tiramisu",



"Vegan Snickers" and many more.

But the most important aspect of our product is biodegradability. Curd snacks are usually packaged into foil, which leaves a toxic mark in our environment. Our packaging is fully biodegradable: the pack is made out of cardboard, the spoon is wooden and the curd disappears without a trace... Ultimately, there is nothing left of it. We are proud to say that our product is environmentally friendly and sustainable.

Our company has now won multiple awards for best teamwork and best product. Moreover, a competition, called "Estonia's best student company" is held yearly and from over 400 different companies, my student company Glaze got an honourable third place. Due to our popularity and loyal customers, we are now known all around Estonia.

Mia Emilie Valtenberg



Interview with Ludovico Cantisani

„Ludovico Cantisani is a precocious independant scholar of comparative narrations and modern philosophy. He is currently working on several essays of movie criticism or psychoanalysis and has directed six short-running features. In the following months is scheduled the first ciak of his first movie feature, named "eros civilization dreams and nightmares", about the concept of female and the concept of sacrifice. Penelopes is a sort of reharsal before eros.”

(<https://it.ulule.com/penelopes-2/>)

Hi Ludovico! When did your passion for cinema start?

I've always watched many films since I was little. At the age of 3, I was really into the Aristocats, than it was the time of Jurassic Park, King Kong, and so on. I dreamed to become a filmmaker one day. While growing up I got to know the movies of Tarkovskij, Bergman, and Lars Von Trier, who undoubtedly are the directors I most admire.

When did you first realize you wanted to write a movie?

I wrote many scripts when I was 7 years old. They were all remakes of films such as Godzilla. My first worth screenplay belongs to my 13eens. I began to write "eros civilization nights and dreamers" script last July.

What about your interest in philosophy and psychoanalysis? How did they influence your works?

These two fields of knowledge really helped me. Reading Nietzsche and

Jung allowed me to overcome the hard moments of loneliness and isolation while giving me inspiration and many brilliant insights. The title itself comes from an essay of the German philosopher Herbert Marcuse, and the film could be devised as a tribute to Freud, 80 years after his death. Nevertheless, after the eleventh script drafting, I managed to avoid explicit references to these thinkers, for they would have undermined the authenticity and originality of my work.

Where did you find the energy to pursue your project? Which has been the hardest moment?

I've always had strong will power, that's part of my temper. In the beginning, it's been very hard for me trying to involve my peers in the project, without getting people to take me seriously. I was mocked by everyone because of my ideas and plans. As soon as I got to know many actors and adult professionals, the situation capsized... I'm really thankful to Giordano Petri, the actor who introduced me to the world of

filmmaking, presenting me many of his valiant colleagues. One of the most important Italian directors of photography has just joined the group: Luciano Tovoli will help me shooting "Penelopes", a short inspired from James Joyce, and "eros civilization nights and dreamers" teaser.

What's the aim of your work?

In my opinion, today's cinema fails to a psychological description of the characters, being unable to provide mimesis of the human mind. Stream of consciousness is a fundamental element of my works. In "eros civilization nights and dreamers" we will try to depict directly on the screen the protagonist Elettra mourning the loss of her daughter, entering her id. I simply want to launch the twenty-first century's cinematography in the best way.

Jacopo Pragliola

More about Ludovico's work



Vegan Lemon Cake

Being vegan has a major positive impact: it means doing something good for both, the animals and your own body, but also for the environment. A huge part of our rainforest been – and is still being – deforested to provide space for livestock farming and their food. More than 83% of the total agricultural area is used for this purpose. This is the greatest threat to the rest of the rainforest and the fact that so much forest is being cleared also harms the climate. But that is not all that contributes to climate change: 51% of greenhouse gases emitted worldwide come from livestock farming. This is more than what is caused by cars, airplanes, etc. all over the world.

And all of that for the sake of many selfish people who cannot do without their daily piece of sausage or who think that a single person cannot change anything anyway. However, this mindset will not change anything. Anybody can help by changing their lives: live more sustainably and vegan – or at least vegetarian – nutrition is one option. That does not mean that salad should be your only food. There are lots of things you can cook vegan with; many alternatives to cheese made from cow's milk or meat, and some you can hardly tell a difference. Even on the menu of McDonald's, there is a completely vegan burger now. Here is an example for a vegan alternative: a recipe for a vegan lemon cake (10 pieces):



Sponge mixture:

- 229 1/6 g of flour
- 166 2/3 g of sugar
- 1 2/3 teaspoon of baking powder
- 5/6 teaspoon of baking soda
- 5/6 tablespoon of lemon zest
- 50 g of lemon juice
- 83 1/3 g of tasteless vegetable oil
- 141 2/3 ml of cold water

Icing

- 100 g of icing sugar
- 16 2/3 ml of water or lemon juice or vegetable milk (e. g. oat, soy or rice milk)

Preparation

1. Preheat the oven to 200°C top and bottom heat and cover a baking tray with baking paper.
2. In a mixing bowl, mix the flour with the sugar, the baking powder, the baking soda, and the grated lemon peel.
3. In a measuring cup, mix the lemon juice with the oil and the water. Then pour the liquid ingredients into the mixing bowl to the dry ones and mix everything together to a soft dough.
4. Pour the dough onto the baking tray and smooth it down. Bake it in the preheated oven for about 20 minutes until it is golden brown.
5. Once it has cooled down, sieve the icing sugar and mix it with the water to form the icing.
6. Pour it over the cake and smooth it down.

Bon appétit!

Sarah Suliman



Ecological urban gardens



In large cities urban gardening is becoming a very popular activity. We are constantly seeing pictures of rooftops from New York full of greenery. But what is ecological urban gardening exactly? Well, it's all about trying to challenge what seems to be the impossible in an urban area such as green spaces and fresh veggies. In order to accomplish that, many citizens are starting to plant fruits and vegetables in their balconies, rooftops and, those who have a more limited space, alongside walls creating vertical gardens. The main goal is to do it in the most ecological possible way, trying to avoid chemicals and all the unhealthy stuff that most of the fruits and vegetables we consume contain.

Growing all types of fruits and veggies in the middle of a concrete jungle, where there aren't many green spaces nearby, has multiple advantages. It helps us to get in touch with nature again making us more relaxed and aware of the need to take care of the planet, however that's only the tip of the iceberg. Eco urban gardens prevent us from eating genetically modified food which is full

of pesticides and has a foreign origin. A great example of that are those bright red tomatoes we see at the supermarket big and flawless. They can't be natural, nature isn't perfect, and those tomatoes must have been the result of a tomato plant full of hormones, which isn't the best for our health. Besides the magnificent veggies we find at the supermarket usually come with lots of plastic

wrapping. Every year we produce 15 tons of plastic wrapping for the food we consume. Most of it ends up in the sea, causing the death of many marine living beings. On the bright side, urban gardens cut down the plastic waste to 0% because as we plant everything we need nearby, there's no need to use any plastics to transport the goods. But even if we want to share our crops with our friends and family, we can always opt for cloth bags or recycled cardboard boxes.

The thing is that if we only do it ourselves there's not a huge impact on the way we consume, however if all the neighbours of a building agreed on planting a different thing on their respective balconies or creating a huge urban garden on their rooftop each one of them would benefit from a huge variety of fresh fruits and vegetables that have been grown with a natural process.

Arnau Ramos, Laura Martínez



“Let’s do it”

“Let’s do it!” is an Estonian community activity day. It started in 2008 as people getting together and gathering up any garbage but now it is much more than that.

As it is stated on their own home page: “the main purpose of the day is to contribute to the civil society in Estonia by promoting an active attitude, strengthening local communities and supporting the development of local leaders”. The activity, which, for example, in 2017 consisted of 2130 different actions all around Estonia, with around 52 650 participants, is getting bigger every year. The activities are mainly about cleaning up garbage from the streets or from around forested areas, getting rid of fallen trees and can be as simple as weeding some town park. For the last few years, even our school



has participated in “Let’s do it!” activities. Every class is given a specific task they need to fulfill, for example, weeding the school ground, adding more dirt and soil and planting some flowers. Other tasks can be a little worse, like scraping gum off from beneath benches and tables, but it is all done to make the school cleaner for everyone.

I feel that the idea of “Let’s do it!” is amazing, and I am proud of the people who want to better the environment just because they care. “You do not need to invent a new high-tech tool to change the world. The expe-

rience of The Day of Civil Actions shows that there is also no need for tens of thousands of Euros to change Estonian living environment - it is enough to have tens of thousands of Estonians who care,” says the initiator of Estonian action, Tarmo Tüür.

It’s great that this kind of activity was founded, and I hope that it will continue to grow on as it has so far. As a matter of fact, “Let’s do it!” has now grown into the international event called World Cleanup Day. On the 15th of September 2018 people in 150 countries stood up against the global trash problem and clean up waste, making it the biggest positive civic action the world has seen.

Orm Tammemäe

Polish summer festivals

Summer is a time of freedom, holiday and fun. Festivals that usually take place at that time gather people from all over Poland and from abroad.

One of them, probably the most popular, is ‘Woodstock’ - also called “Pol’and’Rock” festival. It takes place in August and is known as the biggest open-air festival in Europe. The festival is associated with the foundation of the Great Orchestra of Christmas Charity, which mainly supports hospitals with medical equipment. The main musical theme is generally rock, but genres range from folk through experimental to metal and electronic music.

Another one, Opener Festival is the biggest and the most diverse festival

in the north of Poland. Several hundred Polish and foreign artists perform on it. Only this year, Lana del Rey, G-Eazy and many others will appear on the stage.



One which takes place in the capital city, ‘Orange Warsaw Festival’ lasts from 31 May to 2 of July. This festival is characterized by the fact that mainly foreign stars of different music styles appear on it. At pre-

sent, the main star is Miley Cyrus who is one of the most famous pop singer and icon of music. Apart from Miley, Rita Ora, Troye Sivan and The Raconteurs will perform.

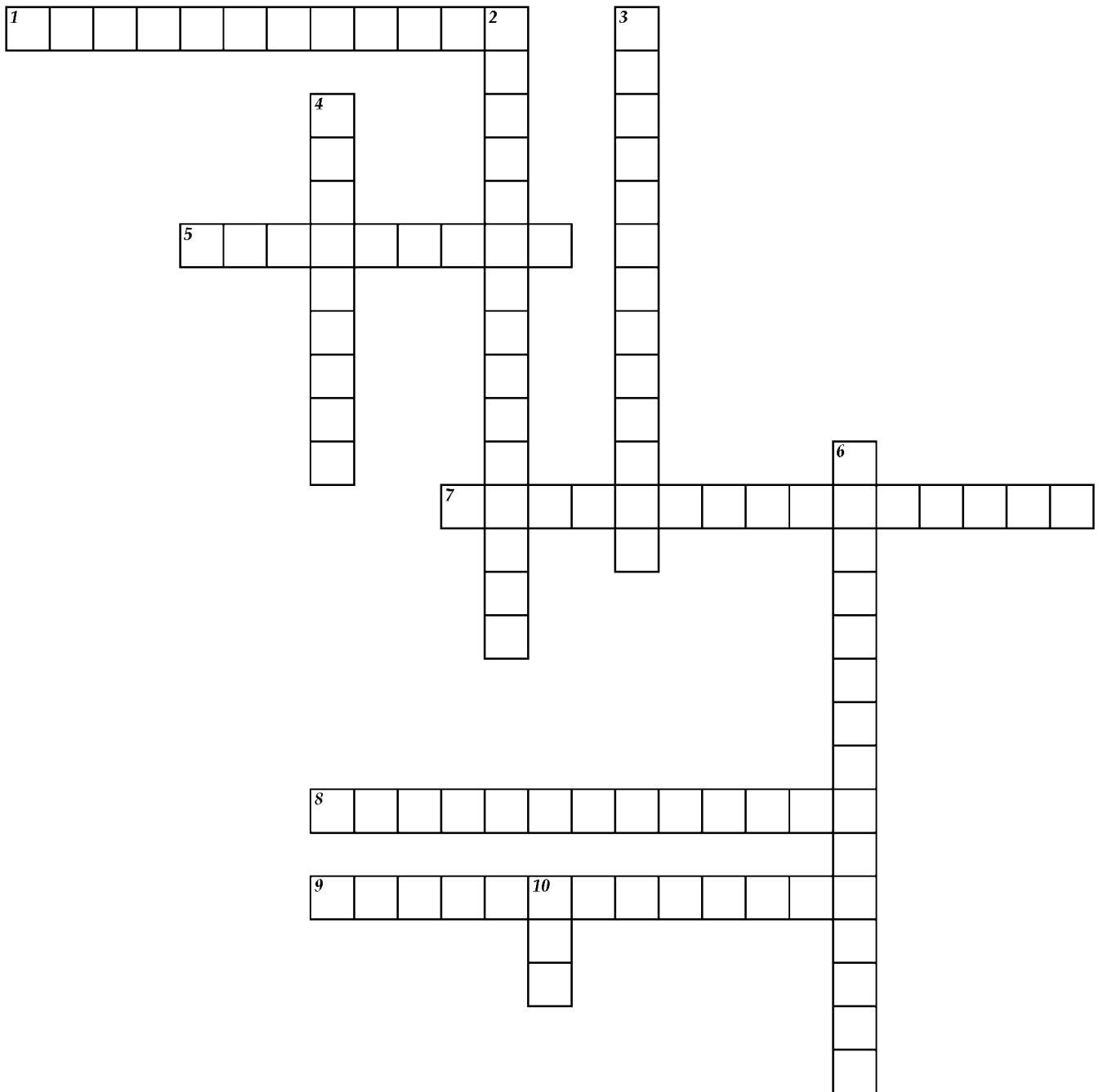
Another valuable festival that takes place in one of the major cities in Poland is Krakow Live Festival, previously known as the Coke Live Music Festival. This music event lasts two days and tends to feature hip hop artists with a bow to mainstream rock starts recently.

In addition to the above mentioned, there are smaller festivals of colours, cuisine, beers, city days and many others. That is why it is worth coming for summer holidays to Poland.

Stefiania Andrzejewska



Dictionary of sustainable development



horizontally

1. Small pieces of plastic that pollute the environment.
5. The reuse of old materials.
7. Gases that damage the ozone layer.
8. A long term change of atmospheric temperature.
9. The removal of trees.

perpendicularly

2. The release of greenhouse gases by an individual, event, organization, or product.
3. A state when the Earth is getting hotter and hotter.
4. The reuse of old materials into better things.
6. An energy obtained from inexhaustible natural sources.
10. Not harmful to the environment.







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