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## Conservation of sea ecosystems

### What can you do?

“My life amounts to no more than one drop in a limitless ocean.

Yet what is any ocean, but a multitude of drops?”

— David Mitchell, *Cloud Atlas*

Every morning we wake up, make a cup a coffee, wear our favorite clothes, drive out cars to work. However, we never think about how our actions change the world around us.

It takes about 150 litres of clean bland water to make one cup of black coffee. One cotton t-shirts take about 2,700 litres, the water footprint of a passenger car is 378 500 litres.

Now half a billion people are experiencing water shortages and only 3% of world water reserves useful for drinking. But not only people are suffering from poor quality water and from water depletion. Also, humanity is harming water flora and fauna.

According to a National Geographic researching, 88% of the world's oceans are polluted with plastic garbage and more than 260 animals species accidentally eat plastic or get entangled in it. 20% of coral reefs have already been destroyed and 24% are at risk.

Because of unconscious consuming, because of a misunderstanding of the real sizes of the problem, because people are afraid and don't want to know the truth, the world is destroying.

How did we come to this and what can we do to fix this situation? Global problems need global solutions: limiting the production of plastic goods, especially disposable plastic and replacing it with alternatives has to be forbidden, more tough punishments for poaching and much more. But what can one person do to improve this catastrophic situation?

Firstly, to consume more consciously what means to reconsider the view of our regular buys, to understand what is necessary and what we don't really need. Sometimes we spend most of our time, energy and money on things that do not make us happy and just give us pleasure for a short period of time; we make impulsive purchases and throw unnecessary clothes into the garbage, without worrying about its future fate. All of this is a part of our consciousness that needs to be gradually changed.

Secondly, don't leave trash behind, no matter where we are - on the beach, in the forest, by the lake - as it is most likely to be in the water, which will directly affect sea life.

Thirdly, you need to share your experience with other people, show them by your example of how to help save the sea ecosystem.

On March 27, 2019, the European Parliament approved a ban on the using of disposable plastic, which will come into force in 2021.

People around the world talk about the problem of pollution of the oceans with plastic garbage. In coffee houses refuse plastic tubes, replacing them with glass and metal. Instead of to-go cups, more often they are using their keep-cups of pressed coffee grounds, glass or bamboo. Reusable shopping bags are becoming more and more popular, in this way refusing plastic bags.

Separate collection is already an integral part of life in some European countries, but the question of the humanities predatory attitude to nature is still relevant.

To sum up, I want to say that every person is important, every person has an influence on the environment, including the World Ocean, but only a small part really thinks about its influence. A small contribution is a part of a big change.

If we don't start saving our planet, then who?