

PODCAST 1

CREATIVITY IN GREEN STYLE – HOW TO CONSCIOUSLY SHAPE OUR ENVIRONMENT



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CREATIVITY IN GREEN STYLE – HOW TO CONSCIOUSLY SHAPE OUR ENVIRONMENT



Jan Zieliński (host):

Hello everyone!

Today we have a special episode about ecology and a creative approach to daily life. We have a young person with us who will talk about how they are making changes in their environment, and our special guest, an ecology innovator, who will present specific solutions on how to live more sustainably. Let's start with you, Iza. What do you think about ecology? Are there things you would like to change in your life?



Iza:

Hey, thanks for having me! I'm starting to pay more attention to what I do on a daily basis.

For example, I've been trying to better sort my trash and use reusable materials, like a water bottle or a shopping bag.

But honestly, I don't always know what else I can do.



Jan:

That's great that you're already starting!

Ecological awareness is crucial these days. Maybe our guest, Mateusz – an ecologist and innovator – can explain why these small steps matter so much.



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Mateusz:

Exactly, Iza, your small actions have a big impact!

Ecological awareness is about understanding how our daily choices affect the environment.

Every choice – from what you eat to how you travel – has its carbon footprint. Did you know that the average t-shirt can require as much as 2,700 liters of water to produce?

That's why it's important for us to think about what we buy and how we use things around us.



Iza:

Wow, I had no idea that such a small thing as a t-shirt consumes so many resources!



Mateusz:

Yes, so it's worth asking yourself how I can reduce my impact on the planet – even with daily choices.



Jan:

That's right!

Creativity plays a key role in finding ecological solutions.

Mateusz, can you tell us how creativity can help reduce our impact on the environment?





Mateusz:

Of course!

Creativity is not just about making art – it's a way to solve problems. Let's take upcycling as an example, which means creating something new from materials we would normally throw away.

You can turn old bottles into flower pots, furniture from pallets, or refurbish old clothes. Creativity allows us to use what we already have instead of buying new things that require resources to produce.



Iza:

That sounds great! I have a lot of things in my room that could get a new life. I was even thinking about refurbishing an old desk.



Mateusz:

That's a fantastic idea! This way, you not only save money but also help the environment.



Jan:

Speaking of the things around us – what else can we do regarding the products we use?







Do our everyday choices really have that much of an impact, Mateusz?



Mateusz:

Definitely. Every product we buy has its life cycle – from production, through use, to its end.

Choosing clothes made from recycled materials, like plastic from oceans, or opting for reusable products, like bottles and bags, can significantly reduce our impact on the environment.

-  **Iza:**
So if I replace disposable items, like plastic cups, with reusable bottles, I'm really making a big difference?
-  **Mateusz:**
Exactly! By choosing products with a longer life cycle, you eliminate the need to produce new items, which greatly saves resources and energy.
-  **Jan:**
Now it's time for a challenge – your room! What would you change to make your room more eco-friendly, Iza?
-  **Iza:**
I'd like to start by adding more plants – I've heard that some plants purify the air.
Maybe I'll also think about making new shelves from recycled materials. I'd also like to replace the lighting with more energy-efficient options.
-  **Mateusz:**
Plants are a great idea! They not only improve air quality but also bring nature indoors. Regarding lighting, energy-efficient LED bulbs can significantly reduce energy consumption. Instead of buying new furniture, try refurbishing what you already have – it's not just eco-friendly but also creative!
-  **Jan:**
In summary, small changes in our environment can have a huge impact. Each of us can contribute to a sustainable future, starting from our room, home, or even school.



Iza:

Yes, I feel motivated to make these changes!



Mateusz:

And that's what it's all about. Every step towards a sustainable life is a step in the right direction. With your creativity, you can implement changes that have a real impact on the future.



Jan:

Thank you for being with us in today's episode. I hope we've inspired you to make ecological changes in your environment. If you have your own ideas about what can be changed, let us know! See you in the next episode!



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