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Human activity changes the nature of the environment, and in most cases (not always, but in most cases) these changes have a negative impact on the person. And it is not difficult to understand why: for millions of years, his body has adapted to quite certain conditions. But at the same time any activity - industrial, agricultural, recreational - is the source of human life, the basis of his existence. It means that man will inevitably continue to change the characteristics of the environment. And then - to look for ways to adapt to them.

Hence, one of the main modern practices of ecology: creation of technologies that have the least impact on the environment. The technologies with this property are called eco-friendly. The scientific (engineering) disciplines that deal with the principles of creation of such technologies have received a common name - engineering or industrial ecology.

It should be noted that the less waste that pollutes the environment, the better we learn to use waste from one production facility as a raw material for another.

Today, industrial ecology covers a very wide range of problems, and the problems are very different and no longer biological. It is more appropriate to speak about a number of engineering environmental disciplines: ecology of mining industry, ecology of energy, ecology of chemical industries, etc. It may seem that the use of the word "ecology" in combination with these disciplines is not quite legal. However, it is not. Such disciplines are very different in their specific content, but they are united by a common methodology and a common goal: to minimize the impact of industrial activity on the processes of circulation of substances in nature and environmental pollution.

I see several help options:

1. Become a volunteer. Working as a volunteer in a charity organization will make the world a better place. You will be able to do good deeds and see how it affects the people you help.
2. Reduce your impact on the world around you. To make the world a better place, you should limit your negative impact on the world. The right attitude to the environment will improve its condition and preserve nature for future generations.

Recycling garbage.

Reduce the amount of waste produced and turn organic waste into compost.

Save water and grow food.

3. Make informed decisions about what you buy. When you choose a product, you vote for it with money. Vote for something that fits your beliefs! Do not buy products that are harmful to animals, and do not buy products made by companies that abuse animals. If possible, buy local products that benefit the local community and local economy. If a producer makes bad decisions that negatively impact people, stop buying their goods.

4. Protect the environment. Do what helps the environment around the world. Try to reduce the use of natural fuels and other fuels that are harmful to nature. You can get into public transportation, a bicycle or an electric car. You can use solar energy, not gas (which is harmful to the environment), to heat your home. You can also eat local products and use goods produced in your area to reduce fuel consumption.