

Introduction

My name is Sana. Aside from this course, I am also pursuing the CFA designation. I currently live in Sweden and work at UPS as a team leader. I am married and the proud father of three handsome boys. My hobbies include exploring nature, reading, learning new skills, and continuing education. I recently completed some courses in data science and learned some IT skills and programming languages like Python, SQL, and R. I also hold an associate degree in commerce.

Why I Took This Course

I chose Introduction to Environmental Sciences because I want to learn more about the natural world and how human activity impacts it. I hope to gain a broad understanding of major environmental issues, their causes, and potential solutions. This knowledge can help me make more informed choices in my daily life to reduce my environmental footprint. I am excited to learn how environmental science, ecology, biology, chemistry, and other disciplines intersect.

Local Environmental Issues

Gothenburg, Sweden faces several environmental challenges. A major issue is water pollution in the Göta älv river from industrial effluent over many decades. The Göta River has long been used for drinking water but remains threatened by pollution, especially from sewage. Despite regulations, the ecological health of the heavily modified river is unsatisfactory due to changes in water flow (The Göta Älv Estuary, Interreg vb North Sea Region Programme, 2023). This has harmed wildlife habitats and made parts of the river unusable for recreation. There are ongoing cleanup efforts, but full remediation will take time. Air pollution is another concern, particularly particulate matter from road traffic. The city has worked to reduce emissions by promoting public transit, cycling, and electric vehicles. Noise pollution from vehicles and industry also

impacts quality of life. On a positive note, Sweden relies heavily on renewable energy like hydropower and has made strides in recycling. More progress could still be made on issues like reducing greenhouse gas emissions from transportation.

Simple Personal Environmental Project

One simple project I can undertake is to reduce waste from single-use plastics and food. I can commit to utilizing reusable shopping bags, food containers, and water bottles rather than disposable versions. Meal planning and proper food storage could cut down on spoilage and wasted food. Composting food scraps is another possibility. These small daily changes would lower my plastic waste and carbon footprint.

Personal Reflection

I was alarmed to learn this week just how rapidly species are going extinct worldwide. Mass extinctions can have devastating impacts on entire ecosystems. This underscores the urgent need for policies and actions to protect biodiversity globally. We have a responsibility to be stewards of the natural world for future generations. Safeguarding the diversity of life must become a top priority not just for scientists, but for everyone.

References:

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Word count: 463