

ESCUELA SUPERIOR POLITÉCNICA DEL LITORAL

CIENCIAS DE LA SOSTENIBILIDAD

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Paralelo 2

Sustainability Google

The theme I decided on was energy. I believe that energy is one of the most powerful resources mankind has ever discovered. The energy we produce allows most of the things we use every day to work. For example, the mobile phones we use fill up their batteries with energy, the computer we use every day also runs on energy, we can watch the news on TV because our TV is connected, light bulbs also use energy, it is easier for us to wash our clothes because of energy, and we can even take a bath in hot water because of energy.

All the typical activities we do today, such as the ones I mentioned earlier, are mostly related to the use of energy. There is no harm in taking advantage of it, it is important that we use it responsibly in order to make our lives sustainable.

Depending on the activity, the website has given us some tips that can change the way we use our electrical appliances at home. Generating a big impact, not only economically, but also ecologically and even socially. One of the recommendations it gave us, for example, was to unplug the television when it is not in use, because it is possible to save 104 kWh of energy per year, which is the same amount of energy that produces the same amount of CO₂ as driving your car. for 2 hours $\frac{1}{2}$. This means that if we follow this advice, we respect the environment and care about future generations to create a better world by not causing unnecessary CO₂ pollution. By doing so, we save money. And the same goes for almost all devices, such as laptops, game consoles, etc.

Another thing people often do is leave light bulbs on, even in areas of the house where they are not even present. And here in my country, Ecuador, many people use light bulbs because they are slightly cheaper than LEDs or compact fluorescent bulbs. But the truth is that by using the last one I mentioned, people will be able to use 75% less energy and will last 8 times longer than incandescent bulbs. By replacing the bulbs, people extend the life of the bulbs, contribute to the circular economy and save energy.

In order to live sustainably, it is important to save energy. In Ecuador, at least most of the energy we produce comes from hydropower. We have many hydroelectric centres such as the Coca Codo Sinclair Dam located on the Coca River in the province of Napo, or the Mazar Dam located in the province of Páute Cañar River or the Páute Dam located on the Páute River and it is important to use the energy we produce efficiently. Because they depend on the flow of the rivers that serve these dams. The current can dry up due to global warming or the scarcity of rainfall (Association, 2017).

Sustainability

Sustainability does not require that nature and the environment be an inexhaustible resource, but rather that it be protected and used rationally. As stated by Kuhlman, sustainability is the pursuit of cohesion between communities and cultures to achieve a satisfactory quality of life, health and education, and to promote social development. Finally, Cates and others argue that sustainability is about promoting economic growth that brings equal prosperity to all without harming the environment.

Thus, environmental sustainability, social sustainability and economic sustainability are closely linked. Therefore, many of the challenges faced by the people ECLAC mentions in its book, such as climate change and water scarcity, can only be solved by taking a global perspective and promoting sustainable development.

References

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