



NEWSLETTER

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Sustainable
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Office

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ISSUE TOPIC: **CLIMATE CHANGE AND THE CONDITION OF THE PLANET**

Sustainable Development Goal 13: Climate Action

On April 22nd, we celebrate Earth Day – a time to reflect on the condition of our planet. This year's April issue is dedicated to climate change and its real-life consequences for life on Earth. The increasing frequency of extreme weather events is already an undeniable reality, making it all the more important to take action to reduce the risks associated with them.

***“ We do not inherit the earth from our parents,
we borrow it from our children. “***

Antoine Marie Roger de Saint-Exupéry

STRAIGHT TO THE POINT

TADEUSZ POMIANEK, PHD. DSC, ENG, PROF. UITM

Discussions about climate, especially in the context of Earth Day, usually focus on visible consequences. However, we must remember that climate education begins beneath our feet – soil is the foundation of our existence and plays a significant role in shaping the climate.

The excessive exploitation of soil resources intensifies harmful environmental changes, creating a destructive feedback loop between global warming and monoculture farming. Given the complexity of this issue, improving the climate situation requires comprehensive and multidimensional action. Many such initiatives and recommendations have been presented in the publication **"Caring for the Planet, Caring for Your Future"** (PL) funded by UITM, as well as in expert articles published on the Green Blog and in previous editions of this newsletter. I strongly encourage you to follow these materials regularly.



CLIMATE – WHY IS IT IMPORTANT TO TALK ABOUT IT?

Talking about climate is neither a passing trend nor a media fad – it is a conversation about safety, health, the economy, and the future of generations to come. Earth Day serves as a reminder that our planet needs our attention every day, not just once a year.

**Climate change is happening, here and now:
it is not a distant vision of the future.**

We're not talking about end-of-the-century predictions. Heatwaves and droughts, sparking wildfires interspersed with torrential rains and floods, are phenomena we're witnessing today. When we don't talk about climate, it's easier to believe the problem is far away, that it affects someone else, that "we still have time." In reality, we don't have time – this is the final call to take action.



WHAT'S HAPPENING?



2024 was likely the first year in which the **global average temperature exceeded**

1.55°C

above pre-industrial levels,¹ making it the warmest year in the 175-year history of recorded observations since the beginning of the industrial era*

* The 1.5°C threshold established by the Paris Agreement refers to a long-term average rather than a single year – nevertheless, this serves as a serious warning sign.

Since the 1980s, Europe has been warming **twice as fast** as the global average, making it the fastest-warming continent on Earth²

The rate of **ocean warming** in the last two decades (2005–2024) is more than **twice as high** as in the period 1960–2005¹



The

5 years

with the largest **glacial mass losses** worldwide have occurred in the last **6 years**³,

and each of the last 8 years has set a

new record

for **ocean heat content**¹



The most dramatic changes are visible in the polar regions: **the Arctic** is warming

four times

faster than the rest of the world⁵

Since 1976, the world has lost about

9,200 km³

of glacier ice,

and in 2023, glaciers contributed a **record**

1.5 mm

to sea level rise³

Rising sea levels already threaten around

1 billion people worldwide,⁴

while **hurricanes, floods, droughts**, and other natural disasters in 2024 are expected to cause

the highest number

of **new displacements** recorded in the past 16 years¹



¹ https://www.cma.gov.cn/en/special/20250323/2025032301/202503/t20250319_6929367.html

² <https://climate.copernicus.eu/esotc/2024>

³ <https://climate.copernicus.eu/esotc/2024/trends-climate-indicators>

⁴ <https://www.weforum.org/stories/2025/03/rising-sea-levels-global-threat/>

⁵ <https://naukawpolsce.pl/aktualnosci/news%2C93333%2Cbadanie-arktyka-ociepla-sie-cztery-razy-szybciej-niz-reszta-ziemi.html>

In 2024, almost a third of Europe's river network exceeded high water levels, and **storms and floods** affected a total of around

413,000 people,

of whom at least **335**
lost their lives⁶

In 2024,

record **glacier mass losses**

were recorded in Scandinavia and Svalbard⁶

In July 2024, southeastern Europe experienced its longest heatwave, lasting

13 consecutive days

and covering **55% of the region**⁶



More than
42,000 people
were affected by wildfires⁶

POLAND IS NOT AN ISOLATED ISLAND UNAFFECTED BY CLIMATE CHANGE

The report on the review and update of the preliminary flood risk assessment, prepared by, among others, IMGW, indicates that the number of rainfall floods in Poland has

almost doubled⁷

in recent years



2024 was the warmest year in the history of Polish meteorology with an average annual temperature of

10.9°C, which is as much as 2.2°C above the 1991–2020 norm⁸

Since 1951, the average annual temperature in Poland has increased by **more than 2°C**⁹

Warsaw is one of the Polish cities most affected by

the urban heat island effect

, with temperatures in 2024 reaching deviations of up to **2.7°C**
above the long-term average¹⁰

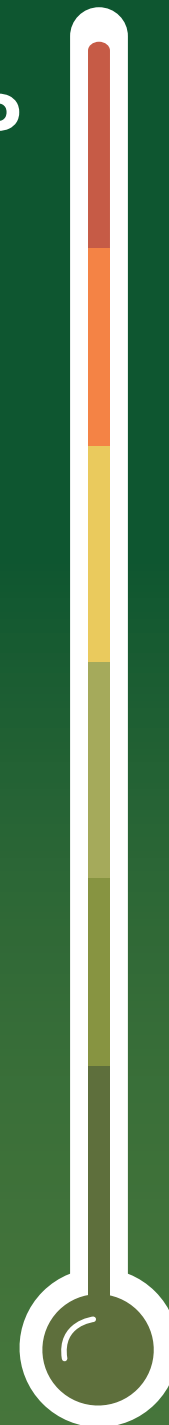
⁶ <https://www.rmets.org/metmatters/european-state-climate-2024>

⁷ <https://naukawpolsce.pl/aktualnosci/news%2C109530%2Craport-wzrasta-liczba-powodzi-opadowych-w-polsce.html>

⁸ <https://klimatycznabazawiedzy.org/raport/klimat-polski-2024/>

⁹ <https://imgw.pl/en/edukacja/raporty-klimatyczne-dla-polski/>

¹⁰ <https://www.teraz-srodowisko.pl/aktualnosci/Dane-globalne-ocieplenie-2024-rekord-temperatury-Polska-swiat-klimat-16129.html>



WHAT CAN WE DO?

Contrary to what it may seem, we can do quite a lot. The pace of change is influenced, among other things, by our everyday consumer decisions and choices. However, responsibility does not rest solely on individuals – political and economic decisions are equally crucial.

1.

Dietary changes and everyday habits

Changing your diet should primarily involve buying only what you need – less food waste means fewer emissions. It's also worth limiting your consumption of red meat in favor of plant-based products.



2.

Lead by example

Turning off unnecessary lights, saving energy in light bulbs, lowering the heating temperature in winter or avoiding standby mode are small actions that make a huge difference to millions of people.



3.

Transport with a smaller carbon footprint

Where possible, choose public transport, cycling, or walking. Limiting short car trips and flights reduces CO₂ emissions.



4.

Conscious consumption

Buy less, but choose higher-quality products. Repair instead of throwing things away, give items a second life, and support companies that are transparent about their environmental impact. In the previous issue, we discussed how to recognize greenwashing practices aimed at consumers.



5.

Reduce your water consumption and other resources

Saving water, avoiding disposable products and separating waste reduce environmental pressure and energy consumption in production processes.





CLIMATE CHANGE HAS REAL CONSEQUENCES – AND THE PLANET NEEDS OUR RESPONSE

Any suggestions regarding the Newsletter, including proposals for interesting topics and initiatives, to: bzr@wsiz.edu.pl

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