



FIJI NATIONAL  
UNIVERSITY

# INTERNATIONAL DAY for the Preservation of the Ozone Layer

## Greeting from the Sustainable Initiatives Committee

Fiji National University is committed to build a climate resilient environment through its Sustainable Initiatives Committee to sustain the ecosystem and protect the biodiversity and allow the coming generations to equally access the resources while also we must ensure that we are actively involved in nurturing our environment to serve as good stewards

We as individuals have a key role to play and the Sustainable Initiatives Committee would like to encourage everyone to do their part as we mark this international day for preservation of the ozone layer. Have you ever thought of the consequences of your actions? Most of us fail to realize the end impact which could affect us all on this planet earth. The environmental interconnectedness is such that even the smallest action could have a biggest reaction not just affecting one but chain of people and living things.

Everyone wants to live a healthy life but doesn't know where to begin. We must be cautious at this age and in this era. There's no need to begin large. Take a look around your surrounding and ask yourself, "What can I do?" Each of us has the ability to protect the ozone layer.

## DID YOU KNOW?

The ozone layer, protects the earth from the harmful portion of the rays of the sun, thus helping preserve life on the planet. The Ozone layer or also known as the Ozone shield, a delicate layer of gas, in the Earth's stratosphere absorbs most of the Sun's ultraviolet rays. These rays can cause numerous skin diseases. If this shield was to weaken, we would all be more susceptible to impaired immune systems, cataracts, and skin cancer.

Some of the things that we could practice are, but not limited to;

- **Buy local products** - In this way, you not only get fresh products, but you avoid consuming food that has traveled long distances hence, reducing carbon footprint. As we work from home during this pandemic, you can consider doing home gardening. Plant your own vegetables which will also help save money and keep you healthy.
- **Minimize the use of cars** - The best transport option is public transport, bicycle, or walking. Should the situations improve, carpool would be a better option too. Combining errands and reduce trips and walk to errands when possible.
- **Avoid the consumption of gases dangerous to the ozone layer**, due to their content or manufacturing process. Some of the most dangerous gases are CFCs (chlorofluorocarbons), halogenated hydrocarbon, methyl bromide and nitrous oxide
- **Energy Saving** - Turn off electricity when not in use, and use of energy efficient systems.

Are you ready to break your old habits and help make our world a better place to live?

Re-think our ozone and become the educator to assist others see what we're sacrificing with our self-centered perspective.

Happy International Ozone Layer Day from the Sustainable Initiatives Committee!



[www.fnu.ac.fj](http://www.fnu.ac.fj)  
Care | Honesty | Accountability  
Service | Excellence