Two seconds. That is all it takes to make a decision about buying a plastic grocery bag for your shopping in the store. 10 – 20 years. That is how much time it will take for this bag to decompose after you go home, take out the products and decide that there is no good use of this plastic bag anymore and throw it away.

Ask yourself – would you rather like to live in a green, clean environment or would you prefer spending holidays on a polluted beach or in a forest where the main attention would be to look for a safe step to take and not to the beautiful scenery and singing birds around you? For me the answer is easy.

I grew up in a small village, in the countryside and since an early age my parents taught me that it is forbidden to throw any garbage on the ground. I spent my childhood chasing butterflies in the meadow and making cupcakes from the sand in my backyard. I grew up admiring the nature that was surrounding me.

I think that joining global movement ″Let's do it!" is my duty as a citizen of this planet, at least that is how I feel about it. In the previous years I have participated in the World Cleanup action in my home country – Latvia. During past 8 years the number of participants for this action has grown from 50 000 to 14,5 million people worldwide. I feel proud that I helped my country to be cleaner and more pleasant place to live. If you want to make a change, first of all you need to start with yourself and with your own recycle bin, your own backyard. By inviting your friends and family to recycle and clean up with you, you will not only help the environment but also you will be able to spend some valuable time with the closest people and educate your children. When you do good things, you also feel good and it just might remind others of what joy feels like and inspire them to do the same!

This year I have a great opportunity to help in cleaning up Croatia together with two other EVS volunteers from Poland and Spain who have came here to join the world biggest cleanup action and fight for cleaner environment. If we can do it – so can you! Join us on the 23rd of April 2016!

Guna Ludborža, 25, Baltinava, Latvia

EVS volunteer in Association Žmergo, Opatija, Croatia