

Sweden 🇸🇪 - A Model for Sustainable living: Green cities, clean energy and everyday eco-consciousness

Clean energy:



Sweden's the first country to actually pass an environmental protection act in 1967 and hosted the first UN conference in 1972. That was the first country to step foot on the ground and say yes to being a friend to the earth. Today 60 percent of Sweden's energy resources are renewable and has started a project that to have 100 percent of its energy resources renewable by 2045. Sweden relies on hydropower, nuclear power, wind, solar and biofuels as sources for energy. The majority of energy's sources come from hydropower with 38% of electricity generation in 2024. Not only that but since 2001 Sweden's electricity use declined and is now used mainly for the residential and service sector as well as the industrial sector and the transport sector. The country's coal consumption has also decreased by more than 5% since 2022. Most of the north parts are actually supplied by hydropower while the majority of the major urban regions in the south are supplied by nuclear power. To support renewable energy consumption the government gives green certificates and taxation of fossil fuels in heat production. Right now statistics



show that 68% of the energy sources are renewable. In 2022 the government actually banned extraction of oil, coal and gas because of the “fossil-free society” idea. Right now the country wants to close atomic power stations which is not surprising considering the fact that in the 80s they banned more atomic power stations to be built and not only that but they are planning to ban the biggest uranium deposits even though they have the biggest uranium deposits and 30% of their energy sources from atomic energy. The project is called Viken but in the eyes of many it looks unrealistic. One of Sweden's main steel production company SSAB also announced that they're building a new steel production factory that works without any emissions. In conclusion we all notice the fact that Sweden is a great example of how we can have energy for electricity so we won't be like in the Stone ages but also to not pollute the world and even though the plans that the country has are very ambitious they show how determinate and motivated they are to achieve this plans for the good of their population and the world overall.

Green cities:

Due to predictions that Sweden's population will be mainly living in the cities, the country took some things into their own hands. In 1995 the city of Stockholm found



the world's first urban national park because most homes were built on forest and farmland. One of the most ambitious projects is Stockholm Royal Seaport - using old gasworks to build new eco-friendly houses from biogas that is produced from food waste, is supplying the city with electric car chargers and is planning a new tram line. Well speaking of transportation around 850,000 people use public

transportation on a daily basis and most of the public transport has been running on renewable fuels. The title for the most sustainable city in Sweden holds Växjö, a city that has cut more than 70% CO₂ emissions since the 90s. One of the many reasons why cities in Sweden have cleaner air is because of the green spaces, lakes, parks and green corridors near the cities that are accessible for the citizens. Most homes are also promoting community connectivity and the buildings are energy-efficient with smart systems and renewable energy generation. Another proof of the fact that Sweden is living in the sustainable future is the fact that Stockholm in 2010 was the first city to win the European Green Capital Award because of the strong focus on sustainable transport and the big amount of green spaces around and in the city. Right now Sweden is also very supportive of a lot of startups that offer solutions and innovations for ecological problems. Example of this is in Stockholm researchers with the help of an app helped residents to understand how much energy they consume, how much they spend on energy and what's the impact of their consumption. Another very ambitious plan is the Wood city in Stockholm - the world's largest known construction in wood, buildings made out of wood with lots of green spaces - the future of sustainable architecture. Stockholm is also planning and going on it's way to have a park or green space within 300 meters of every resident, is encouraging urban farming and gardening as well as has a goal to become fossil fuel-free by 2040 and many cities are taking Stockholm's initiative to become more mindful of the Earth.

Eco-consciousness:

Sweden is also addressing the environmental impact of the textile industry by promoting more sustainable practices.

With the help of IKEA and H&M, Sweden has a project to turn trees into textile and is researching ways to make clothes from



bio-based and synthetic raw materials like cellulose, bioplastics and recycled fabrics. The project is called TreeToTextile and is using a technology from which Swedish forests provide raw materials. Recycling, demands for eco-friendly fashion and products, as well as renewable energy are just part of its population's lifestyle. Most of the people in Sweden have turned plant-based because the meat production industry is



causing the world a lot of pollution so most of the people that are under 30 are either vegans or vegetarians and choose better food choices which is not surprising considering the fact that this is the country in which kids only eat sweets on Sundays. Organic farming is encouraged and is focused on reducing chemicals and promoting more biodiversity. For tourism Sweden is on the eco-friendly tourism path and

is offering a lot of sustainable travel experiences such as sustainable hotels, timber-rafting, dog sledding and glamping. Right now researchers are also exploring a lot of innovative solutions such as the smart roads and urban economies to reduce emissions. The public transportation on the same side is eco-friendly and mainly uses



electricity from renewable sources as a source to function and despite the weather conditions many citizens also choose to ride bikes as their transport choice. Currently businesses in Sweden are 82% eco-mindful and around 75% of them are engaged with the rights of humans because of the law. Not only that but one of the greatest eco-activists is from Sweden - Greta Thunberg, a name you have definitely heard at least once in your life and a name that advocates for one of the biggest victims in human history - the Earth. Swedish young people are also taking Greta's example and are raising more and more awareness about serious problems like global warming. With its clear air and waters no wonder that it's in the top 10 of the respected Environmental Performance Index produced by the universities Yale and Columbia.

Well in conclusion many countries can just take Sweden as an excellent example for a country that cares about the Earth. I believe a lot more people in the world should use more bikes and public transportation as a way to get from point A to point B, should eat less processed meat as its production could cause a lot of emissions and should recycle. As for the governments there should be more countries with different Acts related to saving the Earth such as using more renewable energy, becoming more fossil-free and encouraging the eco-friendly lifestyle by actively promoting it and sponsoring it.

Thank you for your attention!

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