

## Tourism

The aim of sustainable tourism is to have little impact on the environment while generating income and employment for the local economy. Sustainable tourism in practice involves many areas.

To begin with, visitors are encouraged to use public transport as well as clean forms of transport. Secondly, if an even spread of visitors throughout the year can be encouraged, the pressure on natural environments is reduced without affecting the local economy. Thirdly, it promotes a tourism industry in which all accommodation providers minimize their waste, energy and water use.



## Leisure

Leisure isn't the first thing that comes to mind when you think about the sustainability of lifestyles. However, according to a UK study 27% of the greenhouse gas emissions from the average household can be attributed to leisure practices.

The research involves discussions about how we could spend our time in meaningful ways without harming the environment. Would our well-being be increased if we had greater access to the countryside or if we spent less time in front of a screen? The study also covers the question of whether we should have shorter working hours and more leisure time in the future.

## Flooding

The Thames Barrier is the world's second biggest movable flood barrier. The barrier, built in 1982, was designed to protect central London from flooding. Since then, due to global warming, a greater rate of sea level rise has been identified.

Steps have to be taken now to develop defences that will protect London from flooding from 2030 up until the end of this century. This is needed to ensure that London and the Thames Estuary as a whole have a sustainable future.

## Health

Repetitive work without pauses and lack of variation in work posture can lead to persistent muscle pain and nerve related problems. At worst, it can result in conditions such as long term back pain. Against this background, the ergonomic risks in a number of factories have been studied and recommendations made.

Chairs which promote comfort and reduce fatigue should be installed, along with ergonomic tables to promote healthy work postures. Job rotation was also recommended to ensure that prolonged periods of repetitive and physically demanding activity were minimized.