Caring for our water cycle

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For years now I have listened to the news, read in journals, and followed conferences about the phenomenon of climate change. We all know that water is a crucial component of our climate. Water moves between atmosphere, soil water, surface water, groundwater, and plants due to transfer processes such as evaporation, transpiration, precipitation, and run-off to complete its cycle. The water cycle is the continuous movement of water in the regions that are the focus of this volume. So, if water cannot circulate and complete its cycle correctly, there will be several side effects in these areas, and the climate

will be subject to continuous change.

Unfortunately, we are facing this situation not only in Spain, where I have been studying and living for five years, but also in my home country, Albania. This leads me to believe that the climate is changing ever more rapidly, a direct result of human behaviour. Climate change is easily noticed in the seasons, as we experience shorter periods of autumn and spring weather. This is causing the ice in the polar regions to melt, thus increasing the oceans' water levels. Today, there are more natural disasters such as floods, scarcity of potable water, and even earthquakes. We are neglecting our care of the water cycle. We are not even conserving and saving water, as we cause continuous damage to our oceans, seas, lakes, rivers and every possible water source. I have witnessed the frequent unnecessary overuse of water. People leaving taps open, watering their gardens frequently, and letting water run for a long time. The result is that we are faced with water scarcity in many countries. It is now urgent to deal with this huge and worrisome problem. In my opinion, we are not doing enough to save the

water and our planet from climate change. There is so much more to be done.

It is not easy to talk about water, although from my background, as a junior researcher in environmental economics and the economics of water, there is always a lot to say. All human and animal bodies are composed of a high percentage of water, making it the most important component of our life. Water also plays a central role in the world's economy. It is used in many industries, especially food production, agriculture, fishing, and others. It is used for washing, cooling, or heating different environments. Water allows for transportation by ships, while also serving as a means of entertainment. Hence, water is central to life, but also closely related to climate. All these benefits of water confirm the statement that: 'If there is no water, there is no life.'

Firstly, I would suggest to the youth of my home country, of Spain, indeed of all countries on the planet, that we must start solving this problem ourselves. Each of us is forms part of a future generation. Hence, we should all be held responsible for our actions. By reminding ourselves about the importance of water and climate, we can help prevent the overuse of water and the polluting of the environment. We should conserve and clean water, share our knowledge about water and environmental protection with the communities we live in, and also volunteer in climate and environment organisations to help our planet. Secondly, I call on media and environmental organisations to increase awareness of such problems. Finally, I am asking government authorities to contribute by engaging with different policies and investments. They should listen to the voice of active people, researchers, leaders of environmental organisations, etc. Through all these steps, I hope and believe that all of us can contribute to preserving water, improving the climate, and enjoying the valuable gifts that God has given to us through mother nature.