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Keeping the air fresh

Air pollution is an invisible problem. However, the consequences for our daily health and comfort are serious. Good air quality is a prerequisite for health and prosperity.

Every day, each of us breathes between 15,000 and 20,000 liters of air - enough to fill in the volume of three hot air balloons in a year. A man can survive for more than 30 days without food, about two, three days without water, but without air he can not live for more than a few minutes.

Even though more and more people are paying attention to alimentation, by carefully choosing the food and water they consume, few of them think about the quality of the air they breathe.

Breaza is a city in Prahova county, located approximately 100 km from Bucharest. The locality is situated in the sub-Carpathian area, at an altitude of 380-450 m, on a terrace 50-60 m above the Prahova River bed. The climate is specific to Subcarpathian hills, with an average temperature of 19.6 ° C and about 129 shiny days over the year. The flora and fauna are diverse, the hydrograph being composed of the Prahova River and its tributaries.

Until now, **Breaza has been considered a balneoclimatic station since 1928**. Having an air rich in negative and well-ozonized ions, Breaza was often compared to the Swiss Alps, Davos. On the surrounding hills you can find orchards, forests, pastures and meadows, flora and fauna being richly represented. The benefit of fresh air and a stimulating bioclimate, characterized by low atmospheric pressure, the cure regime in the resort is recommended in asthenic neurosis, neuro-asthenic syndromes, endocrinometabolic diseases such as diabetes mellitus, hyperthyroidism and dyslipidemias, peripheral circulatory disorders, hypertension, airway disorders, anemia, and more.

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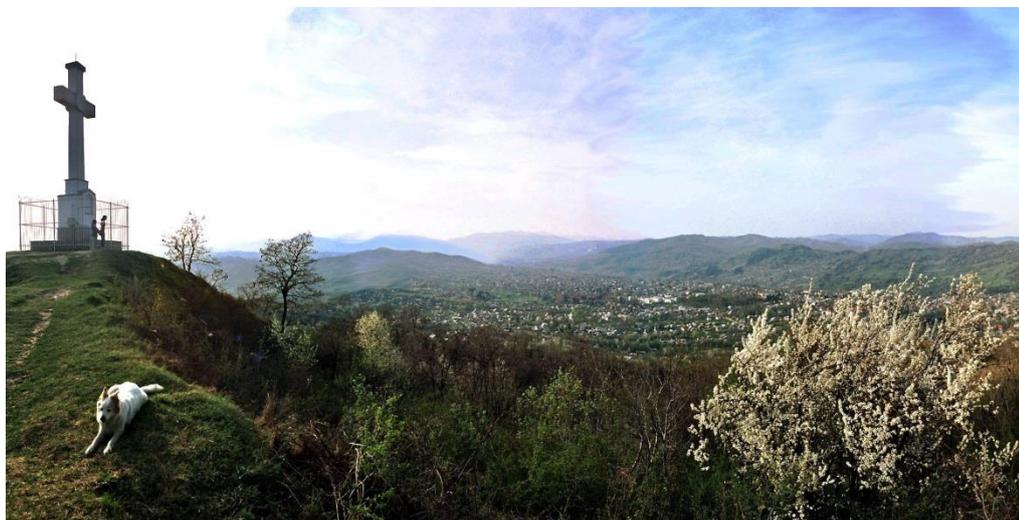


Eden Foundation-Balneoclimateric Resort

<https://www.facebook.com/122952584428506/photos>

The clean air in Breaza is due to the fact that the town hasn't developed any polluting industry, but lately, because the number of vehicles has increased and many of them are second-class and bad-maintained, the air purity is affected.

Lack of care of residents and even of tourists leads to the accumulation of waste, both unsightly and polluting, in some areas. Lately, trees in the public domain, as well as people in the courtyard of the people, have been cut, resulting in loss of air quality.



http://www.visitprahova.ro/img/slides/Crucea_Gurga%20mare.jpg

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Long-term damage of air quality can lead to more serious health consequences such as asthma, cardiovascular disease, lung cancer, diseases of the nervous and reproductive systems. According to a study by the World Health Organization (OMS) in 2016, **92% of the world's population is breathing polluted air.**

Ways of combating pollution:

- regular tree planting;
- reducing the use of motor vehicles;
- using bicycles more frequently;
- the calculated use of electricity, because its production pollutes different environments.

We are all responsible for the pollution and we can only help reduce the harmful emissions and improve the air quality that our lungs breathe!

Sources:

-<http://www.greenpeace.org/romania/ro/campanii/schimbari-climatice-energie/poluarea-aerului/>

-<https://www.libertatea.ro/stiri/stiri-interne/p-aer-elvetian-la-breaza-1004043>

The outcome of this project is going to be disseminated by means of local media:

<http://www.liceulteoreticaurelvlaicu.ro/>; <http://breaza-prahova.blogspot.ro/>;

<https://www.facebook.com/pages/Liceul-Teoretic-Aurel-Vlaicu-Breaza/255305377830993>