

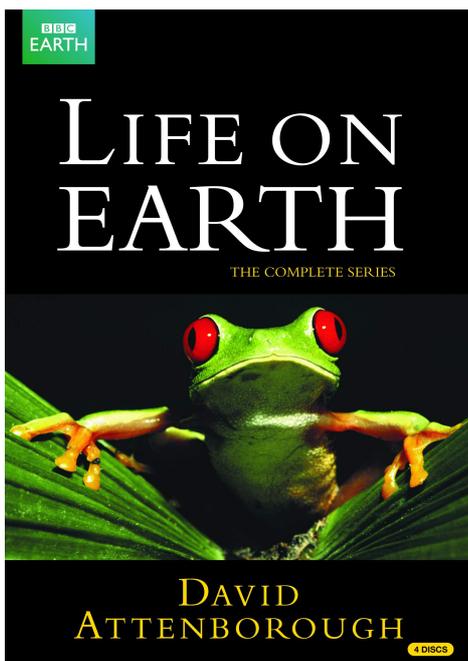
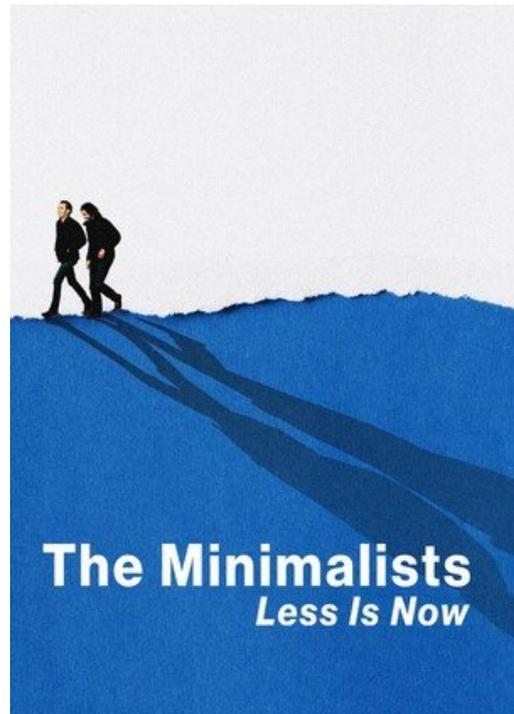
# Documentaries that you need to watch

By Pola Janowska

There are many great documentaries about Climate Change, Plastic Pollution, Social Issues and Healthy Lifestyle. Here are some of which really spoke to me. All of the documentaries mentioned are available on Netflix.

## Less is now

This documentary is about having a minimalistic life. I think that minimalism and sustainability are deeply connected. This documentary shows how many things we have that we don't need or want. It tells us to keep the items that make us happy or that fulfill us somehow. It is not very long so I would recommend watching it.



Source: amazon.com

## „Life on Earth” series

Source: Upflix.pl

„Life on Earth” is a series of short documentaries by the one and only, David Attenborough. I love this series because it talks about climate change and that it shows ecosystems and how the global climate crisis impacted them. I think that it's important to see this series as it shows the impact of our actions.

## The Game Changer

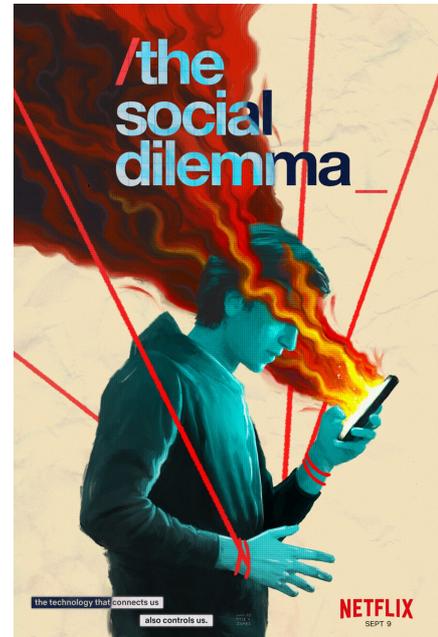
This documentary doesn't talk about climate but is a must-watch. Our diet is strongly related to climate change, and this

documentary shows the impact of a vegan diet on our health and performance. It focuses on sports and the diets of the best athletes, and It turns out that a vegan diet boosts their performance. It is such an eye-opening and inspiring documentary.

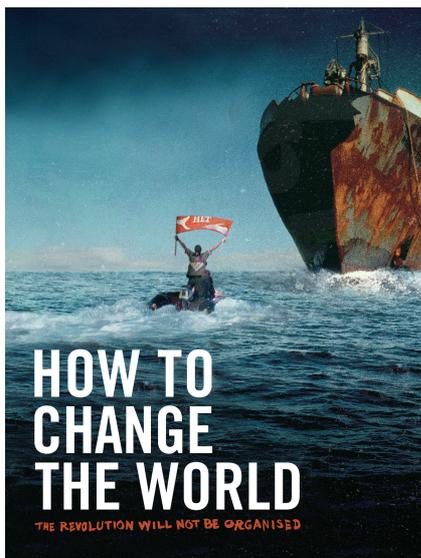
## „The Social Dilemma”

Source: gamzealuc.medium.com

It talks about social media. It shows how our every searched is tracked, and every bit of information that we put online is used to propose to us the most suitable adverts (and make us buy more). It is essential to learn how big of an impact social media has on our lives.

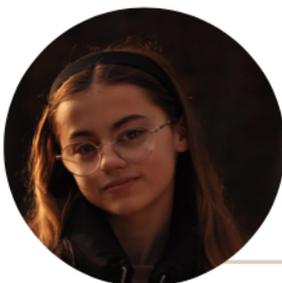


Source: amazon.com



## „How to Change the world.”

This documentary shows how the organisation Greenpeace started and how it became the global movement it is now. I didn't find this documentary as impressive as the ones above, but I think it is still worth watching. It shows how the smallest organization can become a huge movement and change the world, which is super inspiring.



### Pola Janowksa

I am 15 years old, leader of GAM Junior as well as a Climate Activist. I take part in many environmental projects. My goal is to educate youth about global problems.

