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Formation of environmental awareness by calculation of ecological footprint. The level of ecological culture of freshmen students is shown.

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The growth of anthropogenic impact on the environment and a reduction in the world level of environmental safety lead to the need to understand environmental problems and form an ecological worldview. Ecological worldview is a system of views and values based on the idea of harmonious coexistence with nature. Solving the issues of forming an ecological outlook is a continuous process, requiring the comprehension of their actions and steps.

To assess the impact of consumption and lifestyle on the ecological state of the planet, an indicator such as the "ecological footprint" was introduced, which determines the size of the biologically productive area necessary for the production of the resources we consume and the storage of waste. We conducted a survey of first year students of the specialty "Medical Ecology" ISEI BSU, aimed at identifying the indicator of their ecological footprint. The calculation of the ecological trace was carried out using a questionnaire compiled using the materials of the Laboratory of Creative Youth Initiatives <https://vk.com/lateam>. This questionnaire includes six components: housing, energy use, transport, food, use of water and paper, household waste [1]. Answers to the questions posed make it possible to assess the contribution of each component to the formation of an ecological trace. The final result allows you to determine how many hectares of the earth's surface is needed to meet the needs of each and how many planets if all people lived just like you.

In the course of the study, 73 students were interviewed. As a result, the following is revealed:

- 37.0% of respondents always extinguish the light, leaving the room,
- 21.9% always turn off household appliances, not leaving them in standby mode,
- 53.4% prefer to cook their own meals from fresh food,
- 23.3% prefer ready-made or almost ready-made products that need only warm-up,
- 37.0% throw in a separate container waste paper,
- 35.6% throw plastic packaging in a separate container.

The study also showed that to meet the needs of the respondents, an average of 3.6 hectares of productive land is required, which is 2 planets. In order for all of us to have one planet, 1 person should have no more than 1.8 hectares of land.

The greatest burden on the condition of the environment comes from technogenic influence, in particular, on the use of non-environmental methods of social services.

The questionnaire helps to see which sphere of life contributes the most to the magnitude of the ecological footprint, and gives you the opportunity to reflect on what you are ready to change to reduce your own ecological footprint. Perhaps you have long dreamed of changing your way of life – to get on a bicycle, to switch to more healthy food, to optimize your home or country economy – an ecological footprint allows you not only to realize your dreams, but also to help the planet. On how much energy and water we expend, how much we throw garbage, what food (and in what packaging) we eat, what furniture and clothes we choose, the degree of human impact on the planet depends. Without changing the habits and behavior of people, no standards, prohibitions and laws will help people stop the destruction of the environment and achieve harmony with nature.

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