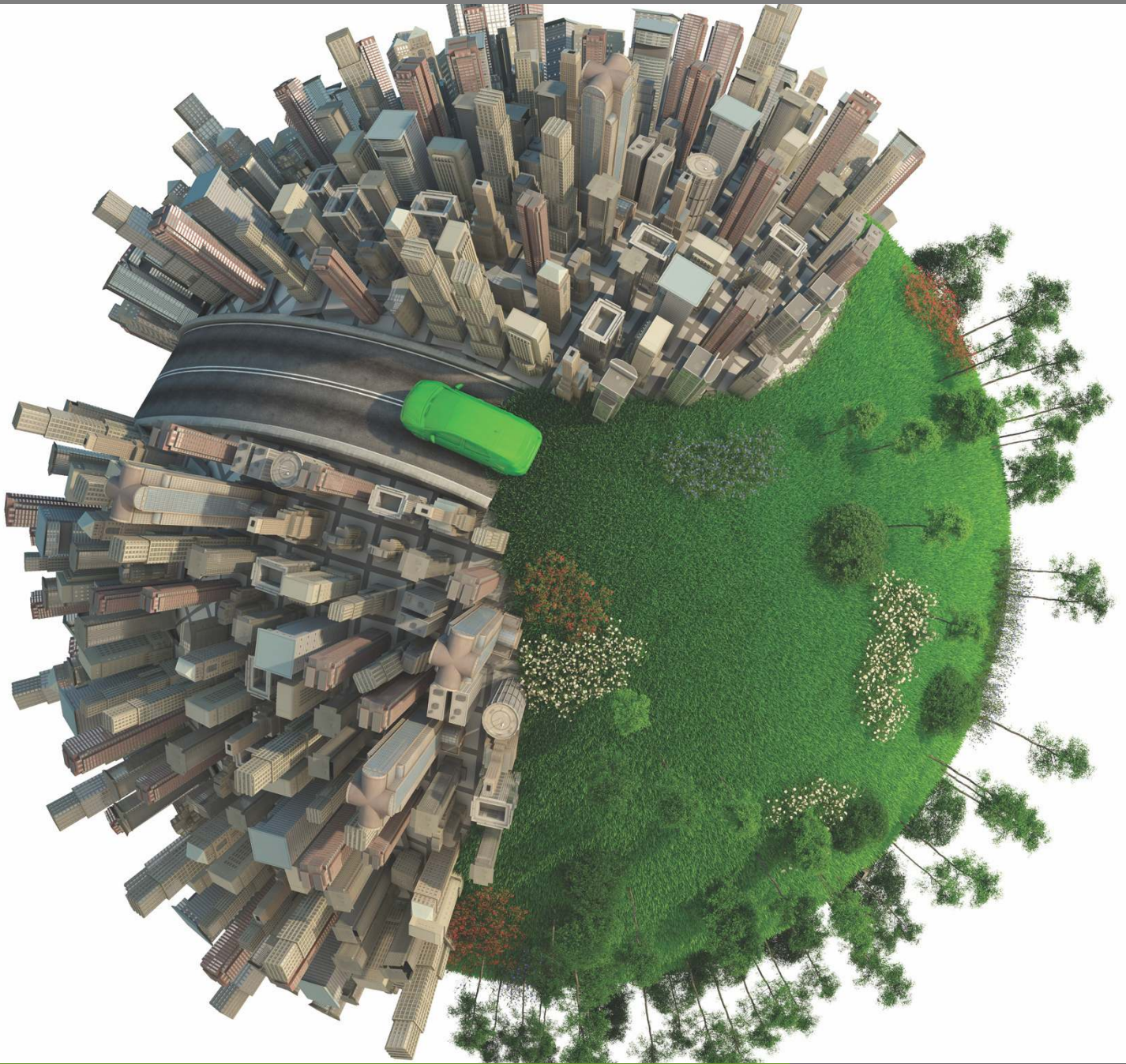


UNIT 4



**VOLUNTEER FOR
YOUR WORLD**





In this unit, you will:

- learn the cruciality of the carbon footprint
- get some practical suggestions about how to lead an environmentally-friendly life
- watch a video on adopting sustainable lifestyle habits
- learn and practice vocabulary related to the topic
- do some practice on reporting others' opinions and elaborating on quotes

Warm-up

Think about the questions below and then read the short information about the carbon footprint.

- Have you ever heard about the term “carbon footprint”?
- What activities do you think affect a person’s carbon footprint?
- Do you think people in different countries/continents produce different amounts of carbon footprint? Why?

The Carbon Footprint

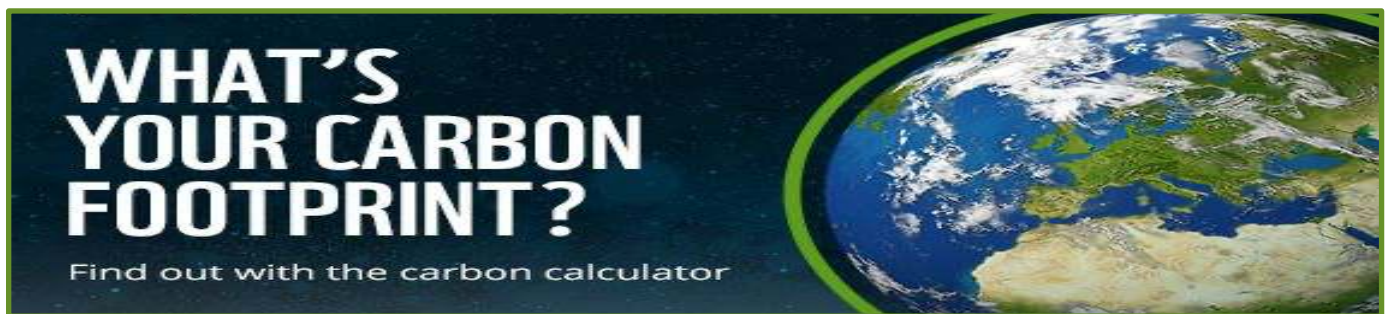


A carbon footprint is the total amount of greenhouse gas emissions that come from the production, use and end-of-life of a product or service. It includes carbon dioxide – the gas most commonly emitted by humans – and others, including methane, nitrous oxide, and fluorinated gases, which trap heat in the atmosphere, causing global warming.

The carbon footprint has global, national, societal and individual contributors. The size of a person's carbon footprint depends on lifestyle choices, such as transportation, diet and purchases. When thinking about your own carbon footprint, you need to consider how many miles you travel by car, bus, train and plane, the energy usage in your home, how much you shop, and the composition of your diet.

The Carbon Footprint Questionnaire

Think about your daily routines, lifestyle and consumption habits and take the questionnaire below to tally your carbon footprint. After completing the questionnaire and finding out your result, compare your score with that of your friends and check who scored the highest/lowest in class.



1. How do you get to school?

- a. walk/bike (0)
- b. car (1115)
- c. bus (131)
- d. carpool (459)

3. Do you eat mostly...

- a. vegetables/fruits (153)
- b. meat (644)
- c. bread, rice, pasta, potatoes (364)

5. Do you unplug appliances/chargers when they are not in use?

- a. yes (9)
- b. no (18)

2. Do you eat mostly...

- a. fast food (4818)
- b. home-cooked food (62)

4. Do you turn off lights when you leave a room?

- a. yes (133)
- b. no (268)

6. How do you dry clothes?

- a. hang to dry (0)
- b. use a dryer (750)
- c. both (375)

7. Do you turn off the water when brushing your teeth?

- a. yes (34)
- b. no (274)

9. Do you turn off your video game system when you're not using it?

- a. yes (29)
- b. no (90)
- c. don't have/use one (0)

8. Do you turn off the TV when you're not watching it?

- a. yes (47)
- b. no (140)

10. Do you recycle? Select all that apply.

- a. magazines (-15)
- b. newspaper (-90)
- c. glass (-7)
- d. plastic (-19)
- e. aluminium and steel cans (-89)

The total is an estimate of your carbon footprint and shows the number of pounds of carbon dioxide you produce annually. The lower the number is, the fewer greenhouse gasses are emitted into the atmosphere.

Your total score: _____



Reading

Feeling guilty because you have scored high on the questionnaire? Below are the 7 basic suggestions you – as an individual – can adopt to lower your carbon footprint and help save our planet.

Read the text and think about how you would complete the sentences below.

Of the 7 suggestions I have read for a better world,

- ***these are the things I have already been doing:***

- ***these are the things I haven't done (yet):***

- ***the ones that seem very easy to do are:***

- ***the ones that seem very difficult to do are:***



7 THINGS YOU CAN DO TO HELP SAVE OUR PLANET

#1 Use your voice

We are not the first generation to know we're destroying the world, but we could be the last that can do anything about it. Speaking up is one of the most powerful things you can do especially if it's to the right people. Contact the brands you buy from and get them to tell you how their products are sourced. For instance, use social media, which is one of the most effective ways to get brands to listen to you, and tell them that you want a change. It's not just about speaking to the people in charge. Talk to your friends, neighbors and colleagues and get them to make positive changes, too. Speak up, speak to everyone, and make your voice heard.

#2 Be Informed

One of the best things you can do is to keep yourself informed because the more you know, the better it is. It leaves you better equipped to have those conversations with your friends and family, and the people you want to influence. Get yourself clued up on the facts, stay up to date with recent news on the state of our natural world and work out what you can do. We have the world at our fingertips, so learn from influential people, keep up with the news and research organisations that are working to make our planet a better place.

#3 Travel Responsibly

One of the most efficient ways of lowering your environmental impact is by travelling responsibly. This means, whenever you can, choosing a more sustainable way to get from A to B - walk or cycle when you can. Transport is one of the most polluting services in the world. However, holidaying closer to home may make a big impact on your carbon footprint. One short-haul return flight can account for 10% of your yearly carbon emissions, and long-haul flights can severely affect your carbon impact. If you have the time, you can usually get trains to certain destinations to cut your carbon footprint. Get creative and try to find alternative ways to travel. If you are looking to see the local wildlife, consider going about it ethically. Attractions involving petting, holding or feeding animals for money are generally a no-go. As a rule: observe or watch animals from afar in their natural habitat and look for ways to support local conservation projects.

#4 Eat sustainably

Food production is a major driver of wildlife extinction. What we eat contributes around a quarter of global greenhouse gas emissions and is responsible for almost 60% of global biodiversity loss. Farming animals for meat and dairy requires space and huge inputs of water and feed. Today, one of the biggest causes of forest loss is the expansion of agricultural land for animal feed production such as soy, and producing meat creates vastly more carbon dioxide than plants such as vegetables, grains and legumes. Moving away from a meat-dominated diet towards a more plant-based diet can lower your impact on the environment. Vegetarian and vegan foods are massively on the rise and becoming far more common in restaurants, cafes and supermarkets, so you'll rarely struggle. Not only that, but also cutting down on meat and dairy products can reduce your weekly food bills.



#5 Reduce your waste

Wasting our resources should be considered unacceptable in all aspects of our life. Every product we buy has an environmental footprint and could end up in landfill. The impact of plastic pollution on our oceans is becoming increasingly clear, having drastic impacts on marine life. Recycling what we can reduces the number of new materials we are making, and upcycling is a creative way to make old items into something more valuable. This could be reusing a jam jar as a candle holder, or using old tins as plant pots – the possibilities are endless! It's not just the products we buy. It's estimated that a third of all food produced in the world is lost or wasted. Do your bit by eating up leftovers and use any ingredients you have spare to make interesting meals. Try to waste as little food as possible, and compost the organic waste you can't eat.

#6 Watch what you buy

We can all do more to be more conscious about what we buy, and where we buy from. Buying less will save you money, reduce waste and improve your environmental footprint. Leading a less consumerist lifestyle can benefit you and our planet. Use your purchasing power and make sure your money is going towards positive change. By supporting eco-friendly products which are less damaging to the environment, you're encouraging companies to source and produce their products in a sustainable way.

#7 Volunteer for your world

Volunteering can be daunting, and confusing if you don't know where to look. Yet it doesn't need to be this hard to lend a hand. Often local nature reserves or parks are looking for regular volunteers, which can give you practical conservation experience as well as helping to restore nature your local area. There are networks of youth internship schemes across the world where you can work on a placement with a non-governmental organization such as WWF or Greenpeace. Supporters worldwide are helping non-governmental organizations to restore nature and tackle the main causes of nature's decline. These organizations rely on generous donations to carry out our projects all around the world. There are lots of ways to give. Become a member of those, adopt an animal, take on a challenge or encourage your family and friends to donate. It's an exciting opportunity to be able to work in the front line of nature conservation.

Vocabulary Part: Multi-word verbs

A multi-word verb is a group of words used together, which is usually in the form of a combination with a verb and a noun/adjective/prepositional phrase. Phrasal verbs (verb+ one/two preposition(s), and idiomatic expressions (verb + a noun/adjective phrase with a preposition) are the common examples of multi-word phrases.

Go through the text and check the underlined multi-word verbs in each paragraph and then look for contextual clues to guess their meaning. When you are done, discuss your ideas with your classmates.

multi-word verbs

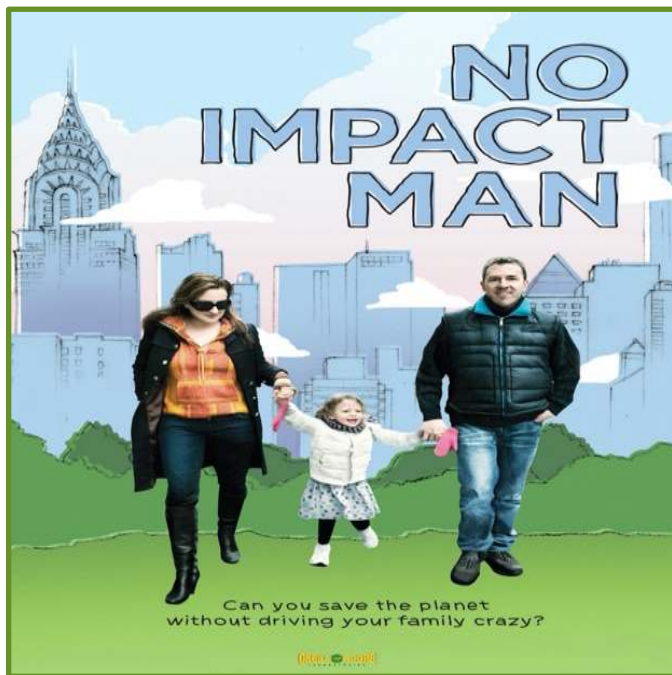
1. speak up
2. be/get clued up
3. stay up to date
4. work out
5. keep up with
6. go about
7. move away from
8. cut down on
9. end up
10. eat up
11. lend a hand
12. take on

synonyms/definitions

- state your beliefs and ideas openly and bravely
 - be well-informed about a topic
 - have the most recent information
 - plan something carefully
 - move or progress in the same direction
 - begin an activity
 - avoid due to caution
 - decrease in amount
 - reach or come to a place, condition, etc.
 - consume, eat all of something
 - help, assist
 - engage in an activity
-

Exercise 2: Video - No Impact Man

You will watch the trailer of the documentary *No Impact Man*. It tells the story of the author Colin Beavan, who went completely "green," giving up virtually all of the comforts of modern living -- electricity, gas-powered transportation, shipped food and public waste disposal -- in a drastic effort to curb his environmental impact. The cameras capture the toll as this well-intentioned, year-long project takes on Beavan's wife and baby daughter, as well as the ways it brings this family closer together.



Watch and discuss:

- What kind of changes has the family made to have “no impact” on the environment?
- Do you think you can adopt those changes in your own lifestyle? Which lifestyle changes are more difficult/easier for you?
- What would happen if people all around the world adopted such a lifestyle? What would the world/life be like?
- Do you think the “no impact” lifestyle is a sustainable one? Explain why.



- Colin Beavan asks a probing question in the trailer:

Is it possible to have a good life without wasting so much?

What do you think? Do you think it is possible?

Speaking Practice 4: Reporting Other People's Opinions

In some speaking tasks, you will be asked to report what other people say in the texts you read, audio tracks you listen to or videos you watch. To fulfil such a task, you need to convey the person's message (to your audience) thoroughly in an objective manner, paying extra attention to include the main points he/she makes. Then, you may agree or disagree with the person, telling the reasons why you think so.

Sample task and planning your response:

"Grades do not encourage students to learn" said *the protagonist in the book The Little Prince*.

Report the quote by paraphrasing the original statement and state if you agree or disagree. Support your explanation with details and examples.

Step 1: Report the quote in your own words (by paraphrasing the main points in the statement)

Step 2: Explain what the statement means or what you understand from the statement.

Step 3: Tell whether you agree or disagree with the idea

Step 4: Present your first reason and expand it with some support (i.e. relevant examples and details)

Step 5: Present your second reason and explain it with some support (i.e. relevant examples and details)

Step 6: Conclude your speech restating your own point of view (optional)

Sample speech:

In the quotation, it is suggested that the grades we get do not have an effect on our learning. Personally, though, I believe that grades encourage students to study and boost learning. I feel this way for two reasons. For one thing, grades motivate students to take their studies seriously. For example, during my sophomore year, I had to complete a major assignment in a political science class. The assignment would make up about half of my total grade in the class, so I approached my work with diligence and care. I wrote a compelling speech and spent hours preparing for every possible question my classmates could think of. If the presentation had not been graded, I would not have prepared so much for it. Secondly, grades motivate students because they clearly demonstrate which students in a class are the best and brightest. When I took a graded class in my junior year, I spent hours in the library researching my papers so that I could show my professors that I was intellectually superior to my classmates. Well, this may appear somewhat shallow, but in today's competitive academic environment, it is absolutely necessary for students to distinguish themselves.

Speaking Task 4: Reporting Other People's Opinions

Now think about the three quotations below and choose one of them. Report the quote by paraphrasing the original statement and state if you agree or disagree. Support your explanation with details and examples.

Quote 1: "Be the change you wish to see in the world." *Mahatma Gandhi*

Quote 2: "We can change the world and make it a better place. It is in your hands to make a difference." *Nelson Mandela*

Quote 3: "The Earth is a fine place and is worth fighting for." *Ernest Hemingway*

Do not forget to make use of the useful structures and upgrade your speech with new vocabulary you learned in this unit. Below you can find the list of vocabulary items introduced in this unit and an additional list of more words and phrases that you may wish to use in your speech.

Vocabulary items in the exercises	More vocabulary items/phrases
speak up	volunteering
be/get clued up	carbon footprint
stay up to date	greenhouse effect
work out	contributor/contributing agent/contributing factor
keep up with	consume/consumer/consumption
go about	consumption habits
move away from	lifestyle choices
cut down on	sustainable lifestyle
end up	leading/adopting a sustainable/green lifestyle
eat up	lowering/increasing one's environmental impact
lend a hand	biodiversity loss
take on	wildlife extinction
	meat-dominated/plant-based diet
	eco-friendly products

Recycling Vocabulary 4

Read the sentences and rewrite them using appropriate multi-word verbs in the list below. The underlined parts of the sentences will help you decide which multi-word verb should be used in each sentence.

a. stay up to date	b. go about	c. end up	d. be/get clued up	e. eat up	f. lend a hand
g. move away from	h. speak up	i. work out	j. cut down on	k. take on	l. keep up with

1. The investments we have made in the post sales department are paying off. We have had 60% less customer complaints so far.

... **have cut down on customer complaints** by 60% so far.

2. She is the one who has a lot of information about the latest developments in computer technology. I ask for her assistance whenever I need it.

... **is clued up** about the latest developments in computer technology.

3. Studying at graduate programs is a tough decision to make. You should know that you need to invest a lot of time and effort into this process.

... **it may eat up your time and energy.**

4. Using a credit card is easy and comfortable but you may eventually get into trouble if you do not watch your spending carefully.

... but you may **end up in trouble** if you...

5. Young people have to make their voices heard if they want real change. Otherwise, nobody will care about what they are struggling with.

... **speak up** if they want real change.

6. People are becoming more conscious about how they live. They are trying to do more of what makes them happy and relaxed and less of what causes stress in their lives.

... **move away from stress /what causes stress in their lives**.

7. The board of directors are holding a meeting at the moment in order to come up with a solution to the crisis which broke out in the corporation. It is hoped that they will come up with a brilliant plan.

... **work out a solution** to the crisis...

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