***BÀI SỐ 2***

**“Green for the Community - 1 for All”**

Would you consider if we collaborated in order to put the "Green for the Community" campaign into action? We will allocate 1% of our monthly revenue from the business activities of our green products to support children who lack access to education. Due to the fact that regardless of race or geography, children are humanity's future. Thus, when you purchase one of our "green" items, you're also supporting this important and meaningful initiative. We sincerely express our gratitude for such action!

\*Every piece of clothing you use has its own story.

You can let us know when you're positive that you truly like it!

If possible, please consider carefully before purchasing an item.

1. When you know how this garment is produced, will you wear it? (green fashion)
2. Will you wear this garment even knowing how it is produced? (harmful fashion)
3. **We aim for SUSTAINABLE FASHION (main story)**
4. The recycling process occurs just when you need it (call to action)
5. Don't destroy the world we live in! (op2)
6. How will using green products affect us? (environmental protection, health of the elderly, future of children, safe and friendly living environment, etc.)
7. Organic fabrics are gaining popularity in the "green" campaign
8. The "green" fabrics that ... are used and we think you might want them too
9. The environment is becoming more contaminated every day and we can change it
10. Why should we use natural fiber fabrics instead of synthetic fabrics?
11. We want you to gain better knowledge about SUSTAINABLE FASHION (concept)"

***BÀI SỐ 3***

**DO WE REALLY DESIRE TO LIVE IN FEAR?**

"The world will be more fragile when Mother Nature is angry." Hundreds of storms, floods, droughts, and tornadoes strike the planet each year, severely damaging individuals as well as property. Even the most sturdy structures, including humanity, eventually crumble under the force of nature. Recent climate change has made nature unpredictable, even though scientific and technological advancements have helped mankind predict when disasters will occur, reducing some of the damages caused to people and property.

**The earthquake in 526 AD in Antioch (Turkey)**

A catastrophic earthquake that struck the Byzantine city of Antioch, which is today Hatay - the province of Turkey, occurred at the end of May in the year 526 AD.

Antioch is perched on the African, Arabian, and Anatolian tectonic plates, which is why the earthquake happened. The earthquake in Hatay province on February 6th was caused by a similar collision.

In this historical natural disaster, an estimated 250,000 - 300,000 people were killed. At that time, the population was not as dense, so the number of deaths was truly horrific.

Illustration: Figure 3

     Caption, italicized: *At least 250,000 deaths have occurred after the disaster.*

**The 1556 Earthquake in Shaanxi Province (China)**

When recalling the earthquake of that year, everyone cannot help but shudder, filled with fear, one of the darkest milestones in human history - it leveled the "cradle of Chinese civilization," triggering a domino effect, along with subsequent hazards.

An enormous quake devastated the prosperous provinces of Shaanxi and Sichuan on January 23, 1556. Aftershocks from the late-night earthquake persisted until the next morning. Subsequent scientific analyses indicated that the earthquake's magnitude was between 8.3 and 8.3 on the Richter scale. In an instant, the ground cracked way, water erupted, buildings, mountains, and rivers switched into unexpected shapes, and communities and temples were demolished one after another. One description of the situation was that of "homeless and insufficient due to the disaster.

     Illustration: Figure 4

Caption, italicized: *A heap of ruins after the earthquake*

To this day, historians unanimously agree that the earthquake in China was not the strongest, but it was the earthquake with the death toll, claiming the lives of nearly 830,000 people - accounting for 60% of the combined population of the two provinces.

**The 1815 Eruption of Tambora Volcano (Indonesia)**

The Tambora volcano eruption in 1815 near Sumawa, Indonesia, is regarded as one of the most adverse natural disasters in history due to its tremendous destructiveness and the devastation it inflicted within its aftermath. Ten thousand individuals were speculated to have died beneath the burning lava flow. The disappearance of a minor civilization in the vicinity of the erupting volcano coincided with that.

Illustration: Figure 5

Caption, italicized: *The lava flow has swept away what existed before*

The ash columns of Tambora penetrated the atmosphere, increasing the reflection of sunlight from the Earth. This caused many places to not receive enough warmth, leading even Europe to be engulfed in a "volcanic winter.

In mid-August, the Pennsylvania River actually experienced freezing conditions. 1816 was therefore referred to as the "year without a summer.

After the disaster, crops and the environment were destroyed, and the death toll from famine rose to 82,000 people.

**The 1931 Yangtze River Flood (China)**

Snow started melting in the start of 1931 and flowed to the Yangtze River's lower reaches. The Yangtze River watershed witnessed rainfall much above usual by April 1931. Individuals who lived in low-lying areas eventually had to evacuate their houses. In June 1931, rainfall above 600 mm was recorded in areas adjacent to the Yangtze River. Therefore, the water level reached its peak on August 18, 1931.

Illustration: Figure 6

Caption, italicized: *The worst disaster of the 20th century in China*

Central and Eastern China were inundated, including densely populated cities such as Wuhan and Nanjing. Houses were destroyed, submerged, and streets inadvertently turned into channels. People had to move around in boats, even using makeshift coffins, wooden tubs, or... makeshift boats. The government at the time reported approximately 2 million deaths, but some other reports suggest the actual figure could be as high as 3.7 - 4 million.

This flood is still regarded as one of the most severe natural disasters in Chinese history and the greatest tragedy of the 20th century, even after 93 years has passed.

**The 2019 Amazon Rainforest Fires (Brazil)**

The Amazon Rainforest - with 60% of its area located within Brazil's territory - is the largest tropical rainforest in the world. It is considered a biodiversity hotspot with many unique animal and plant species.

With 72,843 flames recorded thus far in 2019, the total amount of forest fires in the Amazon has hit a record high, according to Brazil's National Institute for Space Research (INPE). Thick clouds of smoke billowed, as trees "fell over" and died, reducing vast tracts of verdant woodland to nothing but barren space. According to some academics, human activities including raising livestock and removing land for logging are partially responsible for the fires.

Trees in the Amazon help transport water from the soil into the atmosphere, generating the necessary rainfall for other areas. The forest can regrow after a fire, but what if there are repeated fires every few years, turning the forest into farmland? It would take centuries to restore the carbon sequestration capacity - the main cause of climate change. Ecological diversity will also be lost, resulting in severe damage to the planet. Tens of thousands of plant species, hundreds of thousands of insects, and other forms of wildlife in the Amazon will be affected. We will lose millions, millions of animals.

Illustration: Figure 7

Caption, italicized: *The Earth's green lungs cannot withstand human destruction.*

**The 2011 Devastating Tornado in Missouri (USA)**

A tornado swept through an area up to 3/4 mile wide (about 1.2 km) with winds exceeding 200 miles per hour (322 km/h), causing 161 fatalities and countless injuries on May 22, 2011, in the city of Joplin, Missouri, USA.

Illustration: Figure 8

Caption, italicized: *The ruins left behind after the tornado passed through*

Soon after, on May 23, the tornado proceeded with its deadly route through Joplin, destroying residences, smashing automobiles, and causing chaos over its 10 kilometer path across the city. About 1,150 more people in Joplin required treatment for injuries sustained in the tornado.

The tornado flattened much of the southern area of the city, turning many homes, hospitals, churches, and schools into piles of rubble. "After the second warning siren, suddenly everything came crashing down on us," said a witness named Tom Rogers, describing how his house "disappeared" - "When we looked up, everything was gone."

**Do we really desire to live in fear?**

Earth has given humans entrance to a flawless ecosystem. Unfortunately in response to this kindness, humanity has overused natural resources, causing contamination in the air, rivers, and land. Humankind begins experiencing the repercussions when Earth can no longer sustain it. One thing is evident from the startling numbers and growing frequency of catastrophic disasters: Mother Nature is sending out signs that she is overburdened, really enraged, and we are getting closer to the "red line." Our behaviors and mindset on the environment have led us into a "death gate." The frequency and severity of natural disasters such as earthquakes, floods, glacier melting, and unstable weather are rising. Numerous disasters have been triggered by them, including poor crop seasons, millions-killing diseases, homelessness, unemployment, ecological imbalance, and additional ones.

Have we come to realize how horrifying these things are so that we can begin to take action? Do we wish to condemn our offspring and subsequent generations to the wrath of the natural world? Moreover, we are the ones who are doing this. It's abundantly obvious that coexisting peacefully and amicably with the environment is the only viable option for us to live safely in nature. For the "lungs of the planet" to control the climate, overcome weather barriers, and shield the "next generation" from disasters, the forest needs to be applied to the reforestation process.

At this point is our last opportunity to respond to nature's cry for assistance, modify our negative habits, act, and take care of the environment before it's too late. Shall we prevent Earth from becoming into a hostile world where people will eventually must relocate in order to survive?

***BÀI SỐ 4***

**We want you to acknowledge this !**

As you can see, as civilization advances, so does the demand for exquisite cuisine and stylish attire. How to dress nicely, stylishly, and still save costs while protecting the environment is a challenging issue for many. Therefore, businesses in the fashion industry have launched the "Sustainable Fashion" trend to cater to these fundamental demands. These companies offer customers top-notch experiences by utilizing eco-friendly materials while maintaining a sense of style and functionality.

\*Illustration 14: Recycled knitted fabric material utilized in the limited collection for the Fall-Winter 2018 season by the Missoni brand.

The utilization of safe, recyclable, or biodegradable materials is a component of **Sustainable fashion**. The production process guarantees minimal costs for resources, lowers pollution to the environment, and respects social justice and ethical standards. As a result, the fashion industry's organizational structure has greatly improved due to this tendency. It has done away with persistent issues in our sector.

For example, in the production of synthetic textile products, factories and garment workshops release tons of pollutants into the environment every day, causing severe environmental pollution. The dyes used are mostly chemical, which, when absorbed into the skin over time, can affect the health of users. Excess products and inventory are also disposed of in an unorganized manner. It is noteworthy that these products take hundreds or millions of years to decompose. So what is the solution for us?

\*Illustration 15: *Viktor & Rolf - Haute Couture 2017 collection featuring recycled materials.*

The advent of **sustainable fashion served as a significant wake-up call for both the fashion industry as a whole and** consumers specifically. Sustainable fashion items have brought forth numerous positive outcomes that may not be widely recognized. They play a crucial role in mitigating the environmental impact of fashion by emphasizing recyclability, water conservation, and the preservation of natural resources. Utilizing fabrics and fibers derived from natural sources, readily available and biodegradable, serves to alleviate the environmental burden of fashion waste. Examples of such fabrics include organic cotton, linen, hemp, Tencel, Polyethylene Terephthalate, and even fabrics made from coffee grounds. Moreover, embracing this trend not only contributes to economic growth but also generates employment opportunities, particularly benefiting farmers in rural and mountainous regions who can cultivate crops for fiber production, thus addressing concerns regarding unemployment.

\*Illustration 16: *Clothing made from recycled plastic bottles by Vietnamese designers.*

In conclusion, we should all acknowledge that sustainable fashion is a trend that will inevitably catch on, regardless of whether it stems from individual aspirations or originates from working together to safeguard the environment for humanity's development.

***BÀI SỐ 5***

**WHY SHOULD WE AVOID SYNTHETIC FIBER FABRICS AND USE NATURAL ONES INSTEAD?**

*For centuries, the fashion industry has had a major adverse effect on the environment. It is noteworthy that this industry ranks among the top 7 in the world for contamination. The amount of greenhouse gas emissions produced by the fashion sector each year is an astounding 2.1 billion tons. Many apparel companies are progressively switching to sustainable fashion trends in response to these detrimental effects, which protect customer health and the environment. The usage of eco-friendly materials is one of the requirements for this transformation.*

*So what are these materials? Let's explore some exemplary candidates, shall we!*

**Coffee Fabric**

Coffee fabric is the first name we bring up. You're mistaken if you assume coffee grounds are a waste. They are a miraculous addition to the fashion sector in addition to aiding women in becoming more appealing. The ideal fusion of coffee grinds and recycled PET plastic bottles is called coffee fabric. Coffee grounds are ground into a fine powder after use, combined with additional components throughout the production process to turn the powder into fiber, and spun into the highest-grade coffee cloth.

\*illustration: Figure 9

Caption, italicized: *Lightweight, deodorizing fabric made from coffee grounds*

Even though the completed fabric is lightweight, it can block up to 98% of UV radiation and is very resilient and breathable. Coffee cloth is even rated by some consumers as having three times the ability to repel smells than other textiles. Currently, coffee fabric is being utilized to create bags, shoes, towels, clothing, and more, increasingly taking precedence of other "harmful" textiles.

**Tencel Fabric**

Tencel fabric, also known as Lyocell material, is considered one of the safest and most environmentally friendly fabrics available today. Tencel material is woven from fibers of trees such as eucalypti, eucalyptus, etc.

\*illustration: Figure10

Caption, italicized*: Soft, smooth Tencel fabric with good absorbency and attractive colors*

Common types of Tencel silk on the market include Tencel silk 60s, Tencel silk 80s, and Tencel silk 100s. Although each type has different characteristics, a piece of Tencel fabric typically has high durability and a soft, silky surface that feels comfortable to the touch. This fabric absorbs moisture quite well, with much fewer bacteria present compared to other fabrics, making it very safe for the skin, even sensitive skin.

Made from natural materials, Tencel fabric is very "green"; it can biodegrade in the soil, so it does not create industrial waste that pollutes the environment. Throughout the production process, no harmful chemicals or solvents are used. Tencel fabric also does not require bleaching agents; it is produced from natural wood pulp. The production process is closed-loop, and excess impurities can be reused.

**Hemp Fabric**

The fibers from the fiber of the stalks from the hemp plant, an eco-friendly plant that doesn't require pesticides to grow, are used to make hemp fabric. Fabric is woven using only the plant's outer bark as a raw material. Most temperate regions are capable of supporting hemp plants, and the fabric made from them is three times more durable than cotton. These qualities provide hemp fabric clothing the chance to reach its full potential as a material.

Hemp fabric has a very high durability, ensuring that clothing does not wrinkle or fade during use like other types of fabrics. This type of fabric is extremely suitable for those who do not have much time or budget to buy new clothes.

    \*llustration: Figure11

Caption, italicized: *High durability fabric, completely environmentally friendly*

If you are still concerned about whether this type of fabric is truly environmentally friendly, then don't worry because it is woven entirely from hemp plants, so hemp fabric has excellent biodegradability. Moreover, hemp plants do not need any growth hormones to grow well. Therefore, they do not affect the air or the soil on farms.

**Linen Fabric**

Since ancient times, humans have known how to use linen for making clothing, with linen fabrics entirely made from the Flax plant - a plant used extensively from its seeds to its stalks.

    \* illustration: Figure12

Caption, italicized*: Linen has the function of "adapting" to the weather and is quite gentle for user*

Setting aside the story of its origins and history, the biggest advantage of this type of fabric is that it has a 100% biodegradable mechanism, decomposing completely within 6 months, then transforming entirely into substances beneficial to the soil. Additionally, both growing flax and processing linen fabric require very little water, making the linen industry considered "gentle." Its insulating properties provide a characteristic comfortable feeling: warm in winter and cool in summer. Along with its miraculous absorbency, it prevents body odor from spreading.

**The environment is healthier when fabrics made of natural fibers are used**

Due to their inherent, compassionate, and environmentally friendly qualities, natural fiber fabrics—as opposed to synthetic ones—are pioneering the movement towards green living and environmental conservation. Natural fabric manufacture typically involves less chemical intervention, cheaper worker exploitation, and fewer fuel-burning machinery..

Choosing natural fiber fabrics not only lessens the impact on the environment and limits emissions from garment factories, nevertheless it also discontinues harmful chemicals from being unjustly released into the environment in the current situation where environmental pollution is negatively impacting human life and activities. It also ensures long-term wellness by giving your body and skin a "breathable" preference. We may accomplish miracles with each small deed that each person does.

***BÀI SỐ 6***

**The environment becomes more contaminated day by day and we can change this situation**

The fashion and textile industry is the second-largest polluting industry in the world, second only to the oil industry. As industries develop, ecological damage also increases. However, to minimize these issues, there are still alternative choices and solutions, with building awareness and readiness to change being the first steps to improvement.

*\*Figure 1 The percentage of pollution caused by different types of woven fabrics.*

Figure 1 depicts the percentage of pollution caused by different types of woven fabrics. The fashion and textile industry accounts for a high proportion of environmental resource depletion, particularly impacting land and water in various ways. Untreated dye wastewater used in garment production contains harmful substances such as mercury, arsenic, lead, and others, directly discharged into water bodies, endangering humans and aquatic life worldwide. Every time synthetic fiber clothing (polyester/nylon, etc.) is washed, about 1900 tiny fibers escape into the water, ultimately contributing to a significant amount of oceanic waste.

Textile waste in landfills worldwide is increasing annually (Figure 2). The waste generated by consumer purchases is a direct consequence of the global textile supply chain.

*\*Figure 2: The rate of clothing disposal after use.*

In the fashion and textile industry, waste disposal is a major concern due to the increasing annual waste volume. On average, there has been about a 60% increase in fashion purchases since 2000. These purchasing behaviors contribute to the creation of 39 million tons of post-consumer textile waste globally each year—mostly clothing. More than 57% of discarded clothing is sent to landfills, with only one-fifth being recycled, and the rest ending up in landfills or being incinerated. Today, with "green" and sustainable products becoming familiar terms, especially as environmental pollution becomes an alarming global issue garnering public attention, consecutive repercussions occur, global warming intensifies, environmental pollution of land and water worsens, respiratory diseases increase, and ecological imbalances persist. Faced with these significant impacts, alongside raising individual and community awareness or strengthening the regulatory role of the state, there are sanctions, regulations, and campaigns to spread the message to the public. Therefore, using and replenishing "green," clean resources in industries has become a new trend today.

*\*Figure 3: \A 'green' factory in Vietnam*

Source: A "green" supply of materials—a foundation for a green environment—demonstrates a business's responsibility to the community and society, aiming to collectively protect the environment and ecosystem. Today, products made from natural materials are increasingly popular in the market and enjoy very high consumer support. From straws made of rice flour, biodegradable plastic beads used for water cups, green packaging, and disposable items to bamboo sticks pressed into blocks used in the construction industry.

The trend of green materials is considered the future of the textile industry. This is also a time when fashion businesses have and are making transformative steps, using green materials readily available in nature such as coffee grounds, linen fibers, jute, and even recycled plastic instead of familiar synthetic materials, as chemicals can seep into the skin and bloodstream, affecting health over extended periods of use.

With innovations in sourcing materials, we increasingly see that green materials have proven their miraculous abilities, allowing consumers to see their excellent benefits for human health, especially for children. They can decompose naturally after a short period, thus minimizing environmental pollution of air, water, etc., while also helping economic growth by enabling us to reuse products made from natural materials. Living well with the environment is also living well with yourself—choose selective shopping, recycle whenever possible, and use green materials to make life "greener," for yourself !