

ALBERTO, BARCELONA, 24. XR SPAIN.



“I’m in the office of the University I work in. It feels strange while all the other researchers are going to the cafeteria, to be the only one still in front of the computer.

I work in the Energy field and I’m terrified by this idea: the fossil fuel’s lobby would rather starve next generations, than loosing trillions of dollars they have secured in their oil&gas fields.

I have a niece of 4 years old, she lives in South-Italy: maybe she’s not going to experience starvation, or maybe yes. There’s a chance she’s going to live a world in which food insecurity, carbon emissions and ecological breakdown will trigger fear.

I’m seeing right now rising extreme-right populism, I see predictions of hundreds of millions of migrants due to climate emergency, and I see more walls and deaths in the Mediterrenan and all over the world.. I fear what humans can do to each others in times of low resources and fears. My view is limited, I’m white and European but I’m scared.

Whole species are going extinct. People all over the world are going through the crysis and dying right now. It's only getting worse. No technology, no green-growth policy, nobody’s coming to save us. The time to act is now. Everyone.”

ANNA-DORTHEA SVENDSEN, 22. XR SPAIN.



“I am striking in hunger, not only to show solidarity with the 820 million people that are already starving every single day, some of them to death.

I am also striking in hunger today to remind the people who pass by, the people who see our actions all over the world, that I might have chosen to go hungry today, but I will soon be one of those millions, one of those billions that will within my lifetime no longer have the choice, they will soon be one of those millions, who does not have the choice to hungry or not.

If we do not force our governments to take action now, we will all be forced to be part of this mass starvation, this mass extinction of our own species that our governments have failed to protect us from. That is why I am hunger striking today.

I cannot keep living in a world that drives our species to extinction. Knowing that my friends, my family and most of all, my small nieces and nephews will grow up in a world like this. A world with even more suffering, starvation, environmental refugees and wars than I already had to witness through my childhood. It breaks my heart to think of their future and I have found no other way to express my disappointment and frustration with our governments letting that world become a reality.”

ILARIA, BARCELONA, 21. XR SPAIN.



**extinction
rebellion**

“I am now realizing how easy today it’s going to be for me, even with no food. I woke up this morning, took a shower, went to university.

I made some posters for a presentation on climate refugees I’ll be doing on thursday for my Global Change class.

I was drawing a map with the biggest internal displacements due to environmental disasters of 2018, which were in China, India and the Philippines; I barely know about them, I only informed myself a bit more because of my university deadline.

I am sick of being so selfish and keep living my life as usual, and I am sick that my government is okay with it.

We need to take action here and now, there is already too many people feeling the climate emergency consequences and we barely know about it.

I am sick of learning and reading that we don’t have time and that we need to do something - we need to take action and stop only saying we must do.”



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COLÍN, 22. XR SPAIN.



“The 18 of November 2019, with many other rebels of the world we start a hunger strike.

They will tell us that it is an extremist attitude, and that the extremes are never good... but are we not living in an extreme situation?

My eyes found a line: "Will we be extremists for hatred or love? Will we be extremists for the maintenance of injustice or for the expression of justice? It may be that the world has a tragic need for extremist creators" (M. Luther King)

I will continue to live normal life as long as I have strength. Truth, action and democracy, NOW”



**extinction
rebellion**

LINA, 51. XR SPAIN.



“Today in a hunger strike I have chosen to renounce to my daily share of the Planet. My well-fed body in the affluent side of the world can take it.

I give it for the generation of nature, I give it so it serves to feed other bodies, heirs of old hunger and beneficiaries of new toxicities, victims, as we all are of the greed of the powerful and the induced blindness of the commons.

I know that the contribution is not huge, but is bigger the hope of making governments reflect over the urgency of acting, together to save life, all lives, in the earth.

PS: You that is looking at us, it is also affecting you!”



CHELO, 61. XR SPAIN.



I have a quite a calm and comfortable life, I could say. A 21-year-old son and the pleasure of working in something I enjoy, which I am just as passionate about as life.

Today I started a hunger strike. Why am I doing it? Because I can do it, hence I feel the moral obligation of doing something, I feel in debt with the Planet and I owe it to today's youth.

I profoundly feel the pain that we are suffering as humanity. The pain of so many doomed to hunger. I have striked for 24h and I feel that it doesn't mean anything. I have gotten here well-fed, I have lived on the exploiting and abusive side of the world and I do not have the uncertainty of not knowing when will it be the next time that I eat, as many others do.

People that not long ago had a dignified life perhaps even more than ours. People, families, like mine that had to leave or are leaving their homes, which perhaps with luck will become abused migrants which, will reach to other cities or will die in the attempt.

I can recognize, as well as anyone which wants to see, that the deserts and the seas are rising, leaving us with no farming lands, that we desperately try to conquer with fire in the mountains and the jungles. And with the deserts, the disequilibrium keeps growing, together with hunger.

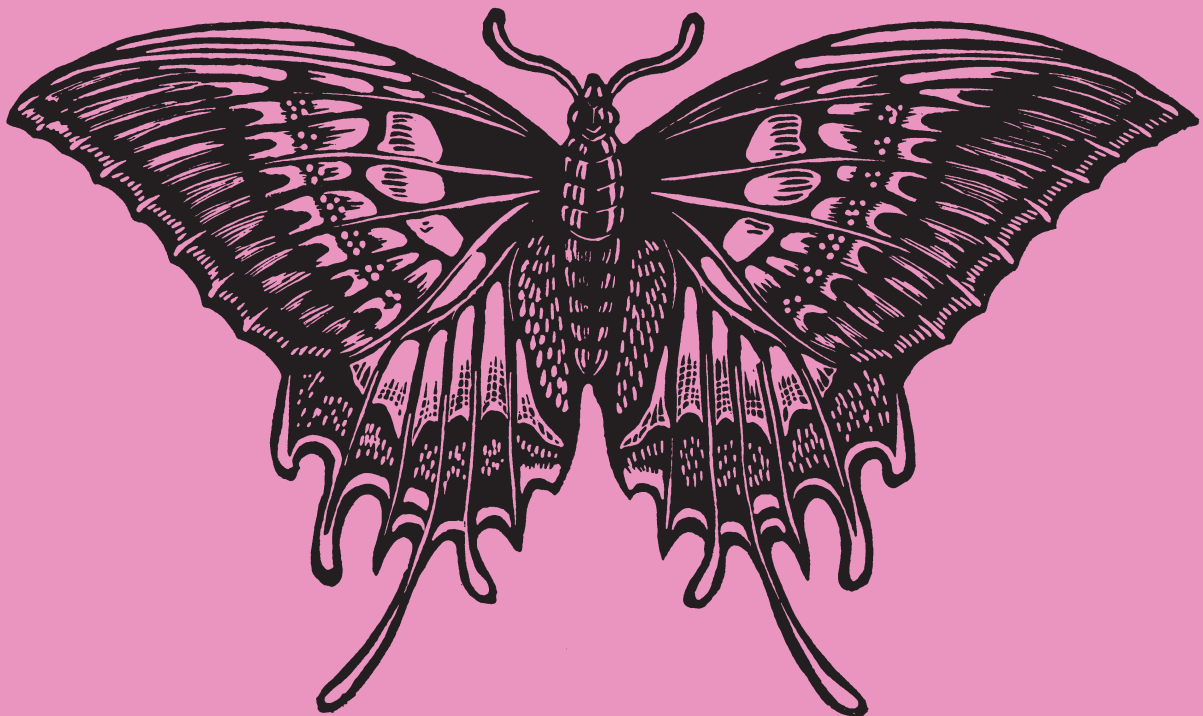
In those countries where the desertification of the land is not happening its reaching the desertification of the markets, due to a lack of supplies, hence the collapse will reach us all. We have built cities, megacities, countries with no food sovereignty, which are dependent on other countries, and these we are exploiting until the depletion and death of their lands. Even the industry of fast food needs a minimum of raw materials. We are still living in the unconsciousness and craziness of a system of unlimited growth of absurd waste. We are burning the ships. Without even mentioning the wars that we are embedded to. I can see the human suffering that we are experiencing and that the whole world will suffer at some point.

It is not my intention to give a catastrophic view. It is just how it is, and I know it since a long time ago, perhaps I have always known it.

Do we really not want to see it? It is evident and we cannot deny it any longer.

We have to immediately change our lifestyle, in order to try to mitigate the suffering that is yet to come, and to be able to share, in a more balanced way, this beautiful cake, this wonderful planet, in which, many of us still have the pleasure to live in.

My personal goal is not for governments to act, they are not conditioned to do that, due to pressures and interests, my goal is for all of us to awaken, all of us that can, you that is reading this and that somehow deep inside knows what we are talking about, all of us that still can choose. That we allow ourselves to truly breathe, even if it means to feel the pain in our hearts, and that this leads us to mobilize us together to put the pressure to make the change that needs to happen to live in peace.



JENIFFER, 45. XR SPAIN.



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