

## Revise, reuse, recycle: how to be a sustainable student

### Level 1 • Pre-intermediate / Intermediate

#### 1 Warmer

Which of these activities will help the environment most? Put them in order from 1 (most helpful) to 6 (least helpful).

- |          |  |
|----------|--|
| 1. _____ | a. giving up air travel                    |
| 2. _____ | b. getting rid of petrol engines           |
| 3. _____ | c. stopping the destruction of rainforests |
| 4. _____ | d. eating less meat                        |
| 5. _____ | e. switching to nuclear energy             |
| 6. _____ | f. getting rid of plastic packaging        |

#### 2 Key words

Fill the gaps in the sentences using these key words from the text. The paragraph numbers will help you.

deforestation      demonstration      fresher      sustainable      methane

1. A \_\_\_\_\_ is when a large group of people appear on the streets to show they disagree strongly with something. (para 1)
2. A \_\_\_\_\_ is a student in their first year at university. (para 1)
3. \_\_\_\_\_ activities do not harm the environment. (para 1)
4. \_\_\_\_\_ is a gas with no colour or smell that is used as a fuel. (para 2)
5. \_\_\_\_\_ is when you remove trees from an area of land. (para 2)

fossil fuel      toiletries      leftovers      campus      impact

6. A \_\_\_\_\_ is an area of land containing all the main buildings of a university. (para 3)
7. \_\_\_\_\_ is the food that remains at the end of a meal after you have finished eating. (para 3)
8. The \_\_\_\_\_ of something is the effect or influence it has. (para 4)
9. \_\_\_\_\_ are things such as soap, deodorant and toothpaste that you use to keep yourself clean. (para 6)
10. A \_\_\_\_\_ is something such as coal or oil, made from decayed material from plants that lived thousands of years ago. (para 9)

#### 3 Find the information

Find the following information in the text as quickly as possible.

1. How many young people around the world demonstrated for climate action recently?
2. What is the 'single-biggest way' a person can reduce their impact on the planet?
3. When is Goldsmiths University in London planning to be carbon neutral?
4. In the UK, what four sectors have the largest environmental impact?
5. How much CO<sub>2</sub> per person does a return flight from Manchester to Berlin produce?
6. In how many countries does the average person produce less CO<sub>2</sub> than that flight?

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Naomi Larsson

16 October, 2019

- 1 As universities opened in September for a new year, six million young people around the world demonstrated on the streets for climate action. The power of these demonstrations showed the need for urgent action on the environment. So what now? For freshers just starting at university, deciding how to live your life is very important. Here are some ideas for how you can be sustainable as a student.

#### Eating

- 2 What you eat is important: nearly a quarter of all greenhouse gases come from agriculture, and most of those are from meat and dairy. Giving up meat is an easy way to reduce your carbon footprint, and you'll save money, too. A meat-free diet has been recommended as the "single-biggest way" an individual can help the planet. Eating meat and dairy creates excessive land and water use, industrial emissions, methane and deforestation.
- 3 Universities are now reacting to this: Goldsmiths in London has stopped the sale of all beef products on its campus and plans to become carbon neutral by 2025. Whatever you choose to eat, try to shop locally. You'll probably avoid the plastic packaging you find in supermarkets, and these products will have a lower carbon footprint. If you have the space, try growing some of your own herbs or vegetables. You can also reduce food waste by planning meals in advance, eating leftovers and sharing meals with friends.

#### Dressing

- 4 Forget fast fashion: keep your clothes for as long as possible. In the UK, clothing has the fourth-largest environmental impact after housing, transport and food. We throw away more than half of our fast-fashion items within less than a year.

- 5 So recycle your clothes or mend them. If you don't have those skills, go to a repair café where people mend clothes for free. Try clothes swaps with friends, and instead of buying new items, visit a charity shop or second-hand shop.

#### Living

- 6 For some freshers, this will be your first time living alone, which means doing your own washing, cooking and cleaning. There are simple ways you can change your habits to live more sustainably. Wash your clothes at a lower temperature, and choose a bamboo toothbrush. Buy a clothes horse so you stop using the tumble drier. When shopping, use a zero-waste shop – Sheffield University has a shop selling dried food, household products and toiletries with no plastic packaging. Just take your own container.
- 7 Of course, the easiest way to make a difference is to give up flying. A return trip from Manchester to Berlin produces about 214 kg of CO<sub>2</sub>; there are 15 countries where the average person produces less CO<sub>2</sub> in a year. If you're planning a weekend away with new friends, try to travel by train or bus instead.

#### Campaigning

- 8 Individual actions are important because they show that there is another way to live. But campaigning is important, too. University campuses can be the perfect place for this: 91% of students are now worried about climate change.
- 9 If you don't know where or how to start, see if there are any societies at your university like Extinction Rebellion or UK Student Climate Network. Students of the Fossil Free campaign, for example, have brought huge changes by telling their universities they should stop using fossil fuels – and 76 UK universities have now promised to do this.

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#### 4 Comprehension check

Complete the advice given in the sections of the article. More than one word can go in some of the gaps.

##### Eating

1. Give up \_\_\_\_\_
2. Shop \_\_\_\_\_
3. Avoid \_\_\_\_\_

##### Dressing

4. Recycle \_\_\_\_\_
5. Try \_\_\_\_\_

##### Living

6. Choose \_\_\_\_\_
7. Buy \_\_\_\_\_
8. Travel \_\_\_\_\_

#### 5 Chunks

Rearrange the words to make phrases from the text.

1. young the around million six world people
2. action environment need on for the urgent the
3. all of nearly gases a greenhouse quarter
4. long possible as for as
5. than year less within a
6. make the difference way a to easiest

#### 6 Two-word phrases

Match the words in the left-hand column with the words in the right-hand column to make expressions from the text.

- |               |              |
|---------------|--------------|
| 1. greenhouse | a. packaging |
| 2. climate    | b. drier     |
| 3. plastic    | c. change    |
| 4. carbon     | d. products  |
| 5. tumble     | e. gases     |
| 6. household  | f. footprint |

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#### 7 Word stress

Put these words from the text into two groups according to their stress.

excessive  
campaigning

leftovers  
packaging

vegetable  
produces

charity  
important

temperature  
demonstrate

container  
September

A 0 0 0	B 0 0 0

#### 8 Discussion

- Should everyone give up eating meat and flying? Why? Why not?

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#### KEY

#### 2 Key words

1. demonstration
2. fresher
3. sustainable
4. methane
5. deforestation
6. campus
7. leftovers
8. impact
9. toiletries
10. fossil fuel

#### 3 Find the information

1. six million
2. a meat-free diet
3. by 2025
4. housing, transport, food, clothing
5. about 214 kg
6. 15

#### 4 Comprehension check

1. meat
2. locally
3. plastic packaging
4. clothes
5. clothes swaps with friends
6. a bamboo toothbrush
7. a clothes horse
8. by train or bus

#### 5 Chunks

1. six million young people around the world
2. the need for urgent action on the environment
3. nearly a quarter of all greenhouse gases
4. for as long as possible
5. within less than a year
6. the easiest way to make a difference

#### 6 Two-word phrases

1. e
2. c
3. a
4. f
5. b
6. d

#### 7 Word stress

A 0 0 0	B 0 0 0
leftovers	excessive
vegetable	container
charity	campaigning
temperature	produces
packaging	important
demonstrate	September