

1. VOCABULARY

Complete these sentences with words from the list.

priced out	transparent	prosperous	turbulent	cramped	wrap up
scale up	indignant	abrupt	roll out		

- 1 Thank you for being _____ with me.
- 2 This is a _____ city.
- 3 The _____ customer complained about the bad advice.
- 4 The stock market crash led to a very _____ reversal in fortunes for many people.
- 5 We plan to _____ the new software update next week.
- 6 We will _____ the meeting in a few minutes.
- 7 Our team is working to _____ the production of the app to meet increased demand.
- 8 This has been a _____ period involving a great deal of struggle and hardship.
- 9 If you don't buy now, we will be _____ of the market.
- 10 He doesn't like to be in a _____ elevator.

2. READING

Social media, magazines and shop windows bombard people daily with things to buy, and British consumers are buying more clothes and shoes than ever before. Online shopping means it is easy for customers to buy without thinking, while major brands offer such cheap clothes that they can be treated like disposable items – worn two or three times and then thrown away.

In Britain, the average person spends more than £1,000 on new clothes a year, which is around four per cent of their income. That might not sound like much, but that figure hides two far more worrying trends for society and for the environment. First, a lot of that consumer spending is via credit cards. British people currently owe approximately £670 per adult to credit card companies. That's 66 per cent of the average wardrobe budget. Also, not only are people spending money they don't have, they're using it to buy things they don't need. Britain throws away 300,000 tons of clothing a year, most of which goes into landfill sites.

People might not realise they are part of the disposable clothing problem because they donate their unwanted clothes to charities. But charity shops can't sell all those unwanted clothes. 'Fast fashion' goes out of fashion as quickly as it came in and is often too poor quality to recycle; people don't want to buy it second-hand. Huge quantities end up being thrown away, and a lot of clothes that charities can't sell are sent abroad, causing even more economic and environmental problems.

However, a different trend is springing up in opposition to consumerism – the 'buy nothing' trend. The idea originated in Canada in the early 1990s and then moved to the US, where it became a rejection of the overspending and overconsumption of Black Friday and Cyber Monday during Thanksgiving weekend. On Buy Nothing Day people organise various types of protests and cut up their credit cards. Throughout the year, Buy Nothing groups organise the exchange and repair of items they already own.

The trend has now reached influencers on social media who usually share posts of clothing and make-up that they recommend for people to buy. Some YouTube stars now encourage their viewers not to buy anything at all for periods as long as a year. Two friends in Canada spent a year working towards buying only food. For the first three months

they learned how to live without buying electrical goods, clothes or things for the house. For the next stage, they gave up services, for example haircuts, eating out at restaurants or buying petrol for their cars. In one year, they'd saved \$55,000.

The changes they made meant two fewer cars on the roads, a reduction in plastic and paper packaging and a positive impact on the environment from all the energy saved. If everyone followed a similar plan, the results would be impressive. But even if you can't manage a full year without going shopping, you can participate in the anti-consumerist movement by refusing to buy things you don't need. Buy Nothing groups send a clear message to companies that people are no longer willing to accept the environmental and human cost of overconsumption.

Are the sentences true or false?

1. People buy clothes because they want to throw them away.

True

False

2. The writer thinks it is worrying that people spend money on things they do not need.

True

False

3. The amount the average Briton owes on credit cards is one third of the amount they spend on clothes each year.

True

False

4. Only a very small proportion of unwanted clothes are thrown away.

True

False

5. Charities can find ways to use clothes even if they are not very good quality.

True

False

6. Buy Nothing Day is a protest against credit cards.

True

False

7. The two friends who did the 'buy nothing' experiment only bought food for 12 months.

True

False

8. If everyone followed the Buy Nothing idea, the environment would benefit.

True

False

3. LISTENING

1. The radio host says that a digital detox ...

means

- ☐ we are in front of screens all the time.
- ☐ is something younger people are trying more.
- ☐ is important for our health.

2. Which sentence is not true about Amanda Vince's job?

- ☐ She is online a lot of the time.
- ☐ She follows fashion on social media.
- ☐ She uploads her own videos to social media.

3. What is the name of the book that influenced Amanda?

- ☐ Log Off: How to Stay Connected After Disconnecting
- ☐ Log Off: How to Disconnect and Stay Disconnected
- ☐ Log Off: Advice for the Digital Detox

4. The first step in a digital detox is to get rid of distractions, such as ...

- ☐ noises the phone makes.
- ☐ screens in your home and workplace.
- ☐ the bright colours on your phone.

5. Amanda removed notifications from ...

- ☐ her close family and friends.
- ☐ everything except important people in her life.
- ☐ everything except very important work-related things.

6. The book also suggested that ...

- ☐ we replace digital distractions with real-world ones.
- ☐ we think about the reason we are looking at our phones so much.
- ☐ we try to be more polite with our phones around people.

7. Amanda and her partner ...

- ☐ tried a two-day digital detox first.
- ☐ found it impossible to completely disconnect.
- ☐ found it very easy to do a digital detox for a weekend.