



**carpool**

**produce**

**charger**

**garden**

**vampire appliance**

**mass transit**

## Sustainable Living: What Can **YOU** Do?

Climate change, overpopulation, pollution - the challenges facing the Earth today can seem almost impossible to overcome. But the contributions of every **individual** can lead to a sustainable living culture. In almost every aspect of your life, you can make choices to reduce your **carbon footprint**.

So, what can you do? First, use **mass transit** or **carpool**. Carbon dioxide emissions from cars count for over 30% of all carbon emissions.

Next, if you can, plant a **garden**. If you don't have space for one, make sure you buy **local produce**. Either way, you'll reduce the amount of fuel it takes to transport produce from far away.

You can also **conserve** water whenever possible, and small changes can lead to big savings. Grass lawns waste thousands of gallons of water. **Xeriscape** your yard to cut back on water usage. By purchasing **rain barrels**, you can water that yard without wasting a drop of water.

In your home, make sure that you unplug all **vampire appliances**. Simply unplugging your cell phone **charger** can reduce the amount of wasted electricity.

Above all else, avoid **apathy**! Get involved with the **political** process. Support **legislation** that promotes alternative energy sources, and **boycott** companies that aren't environmentally friendly.

**Ex 1. Read the pamphlet. Then, mark the following statements as *True* or *False*.**

- |                                                                                            |              |
|--------------------------------------------------------------------------------------------|--------------|
| 1. The author believes that each person's actions can affect sustainable living.           | <b>T / F</b> |
| 2. Using public transportation will help reduce carbon emissions from vehicles.            | <b>T / F</b> |
| 3. Planting a garden is the only way to support local produce.                             | <b>T / F</b> |
| 4. The author suggests that conserving water can lead to substantial savings.              | <b>T / F</b> |
| 5. Grass lawns are considered a good way to save water according to the author.            | <b>T / F</b> |
| 6. The pamphlet recommends replacing wasteful appliances.                                  | <b>T / F</b> |
| 7. The author encourages people to engage in political activities related to green issues. | <b>T / F</b> |

**Ex 2. Read the pamphlet again. Why is buying local produce important? Fill in the gaps.**

Buying local produce is important because it  the amount of  used to  the produce.

**Ex 3. Match the words or phrases with the definitions (A-I). One word is extra.**

*carbon footprint   barrel   sustainable   boycott   lawn   carpool  
vampire   mass transit   appliance   unplug*

- A. a decision to stop buying or using products or services from a company or country as a form of protest \_\_\_\_\_
- B. something such as electric device that drains energy \_\_\_\_\_
- C. machine or device designed to perform a specific household task, such as cooking or cleaning \_\_\_\_\_
- D. a system of public transportation that moves large numbers of people efficiently, like buses or trains \_\_\_\_\_
- E. able to be maintained over time without harming the environment or depleting resources \_\_\_\_\_
- F. to disconnect a device from an electrical socket to stop the flow of electricity \_\_\_\_\_
- G. the total amount of greenhouse gases produced by an individual, organization, or activity, usually measured in units of carbon dioxide. \_\_\_\_\_
- H. a group of people sharing a vehicle to travel together, usually to save money or reduce traffic \_\_\_\_\_
- I. a large, round container with a flat top and bottom, traditionally made of wood or metal, used for storing liquids \_\_\_\_\_

**Ex 4. Listen to a conversation between two co-workers. Choose the correct answers.**

1. What is the conversation mainly about?
  - A the woman's efforts at sustainability
  - B how the man can reduce his carbon footprint
  - C why a company should be boycotted
  - D upcoming legislation about conserving water
2. What does the man agree to do?
  - A support the legislation
  - B purchase a rain barrel
  - C boycott the company
  - D join a carpool

