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Listen to an interview with Marta. Which activities does she talk about?

a. You can start saving water by:	b. You can start saving energy by:	c. You can reduce waste by:
1. taking shorter showers.	1. disconnecting from all devices.	1. throwing away things you don't need.
2. recycling water from the washing machine.	2. talking to your friends about saving energy.	2. organizing your rubbish into two bins.