

## READING

# A year without spending

- 1 In 2012, British writer Samantha Weinberg was worried about the environment, so she decided to do something to help. She decided to stop shopping for one year. She only bought products she really needed, such as food, toiletries and petrol for her car. She recycled or bought everything else second-hand. This meant that she couldn't buy things like magazines, books or toys for her children.
- 2 At first, Weinberg stopped shopping because she wanted to help the environment. However, as she started looking for things to recycle, she discovered her house was full of stuff she had bought long ago but never used. She decided to donate these things to charity or swap them for more useful things. It also made her realize that she shopped out of habit, rather than because she needed something.
- 3 Weinberg faced many challenges during that year. For example, she couldn't buy birthday gifts for her family or friends. Instead of not giving gifts, she made them herself, or gave away old presents that her family never used.
- 4 Weinberg managed to save £5,000 at the end of that year. She also realized that not shopping meant she had more free time. She could now spend more time with the people who mattered most to her – her friends and family.

1 Read the article. Circle the correct options to complete the summary.

The article is about a woman who <sup>1</sup>gave up shopping / <sup>2</sup>worked for a charity for one <sup>3</sup>year / month because she wanted to <sup>4</sup>help the environment / <sup>5</sup>save money.

2 Complete the word map using information from the text.

