

Buy Nothing Day



Today is international Buy Nothing Day

Take a day off from shopping, let your shopping cart alone today.

Use this day to think, think if there is really a necessity to consume so many things. Happiness doesn't have to be that expensive.

Remember: The really important things in life are free.

Can we in Europe really keep this way?

If everyone in the world would consume as much a European does, we would need ten planets Earth to sustain them.

BUY ANOTHER DAY - use today for the really important things!

Don't buy now and the Earth won't have to pay later.

An action from **FYEG**

1

Buy Nothing Day (November 27th 2010 UK), is a great way of reminding yourself you don't need to go shopping. In today's world, most of us buy too much, too often. There is really no need for us to buy half the stuff we purchase.

What is so bad about shopping?

2

It's not shopping in itself that's so harmful, it's what we buy. The rich western countries - only 20% of the world population are consuming over 80% of the earth's natural resources, causing a disproportionate level of environmental damage and unfair distribution of wealth. As consumers, we should question the products we buy and the companies which produce them.



3

Supermarkets are the worst offenders offloading tonnes of pointless packaging onto consumers who are then trusted to recycle it. The challenge to supermarkets and big stores is to remove unnecessary packaging from their stores. The raw materials and production methods that are used to make so many of our goods have harmful side effects such as toxic waste, destruction of wild life, and wasted energy. The transport of food by air also contributes to pollution especially when much of the food can be produced here.

4

The supermarket or shopping mall might offer great choice, but this shouldn't be at the cost of the environment or developing countries. Increasingly large companies use labour in developing countries to produce goods because it's cheap and there aren't systems to protect workers.

Participate by not participating!

(Line numbers at the beginning)

1-Lots of ideas on how to spend this day are on the www.buynothingday.org website.
2-Here, you learn that you actually help save our planet by not going shopping. You
3-consume less and this means we use fewer of Earth's resources. We easily run out of
4-money when we go shopping, but we can also run out of our planet's animals, forests,
5-water and a lot more. The website suggests you lock your credit card away for the
6-day and keep your cash under the bed. You will not be alone. The website says: "Buy
7-Nothing Day is the biggest 24-hour campaign against consumerism.
8-People around the world will make a pact to take a break from shopping as a personal
9-experiment or public statement. And the best thing is that it's free."

10-Shopping has become an addiction for many people. Companies are experts at making
11-us buy stuff. TV and Internet ads can even make us buy things we don't really want.
12-There is a well-known expression that says: "When the going gets tough, the tough
13-go shopping." I would say only foolish people go shopping to reduce their stress.
14-Anyway, Buy Nothing Day is a fantastic way to avoid crowded stores, save some
15-money (for once) and spend time wisely.

1. Read paragraph 1 to 4:

- a. Why was "buy nothing day" created?
- b. Who are the worst consumers on Earth? And why?
- c. What does the following sentence mean? "We should question the products we buy ..."
- d. Why are supermarkets said to be responsible for harming the environment?

2. Read paragraph 5 to 6:

Quote the text lines to justify the following statements:

- a. When you buy less, you protect the environment. Lines no.
- b. We can easily run out of important things on our planet .Lines no.
- c. Buy nothing day is an international event. Lines no.
- d. 24 hours without shopping can be a good experiment. Lines no.
- e. Lots of people are shopaholics. Lines no.
- f. We are manipulated by advertisements. Lines no.
- g. People think that buying makes them relax. Lines no.