

Before you read

How often do you	Never	Rarely	Quite Often	Often	Always
1. buy a lot of clothes that you don't really need					
2. buy a lot of food that you don't eat them all					
3. Celebrate parties with wrapping paper and disposable bags					

Read the text and answer these questions:

1. Who is a minimalist?
2. What are the benefits of simple living lifestyle?
3. What are sustainable habits do some young people in Ho Chi Minh City practise?
4. How do minimalists 'reuse instead of having new'?
5. Why do we need to celebrate parties which are more 'green'?

Simple living that can help save the environment: How young people in HCMC do.

By Le Vo

A. Simple living is a manner of living in which a person does not own many things or get rid of everything he or she does not need. This person is called a minimalist. This lifestyle not only helps us happier and healthier, but also saves the environment. In the context of the pollution problems are becoming more and more serious nowadays, minimalists are doing a great job to help protect the environment. This reading text tells you how a number of young people in HCMC are doing this.

B. Practice sustainable habits. Minimalists focus on important things, so they form sustainable habits such as reducing consumption, the use of plastic bags for shopping and transportation. Some young people in the city now no longer follow the trend of fast consumption. Instead, they ask themselves the question 'Do I really need it?' and care for the quality and durability of the products to make a decision to buy just the items they need. They also go to the local markets or shops nearby to reduce transportation. This also helps to reduce the use of bags to carry things. Minh Le, a young person working in Sales in Ho Chi Minh city said 'I often walk when I travel for a short distance. There are a local market and some shops for groceries near my house, so I walk there for shopping. I think it is not only good for minimize the fuel used for commuting, but also very good for my health. I can also listen to podcasts to learn English or update the news every day'.

C. Reuse instead of having new. Minimalists do not buying new if they can reuse the old ones. No need to wait for an environmental campaign, minimalists have reused in their ways. Diep (Thu Duc, Ho Chi Minh City) loves reading books but she has decided not to buy more books to avoid waste. She posted on a Zalo simple living group to exchange books with her friends. Hanh Tran (District 10, Ho Chi Minh City) had an idea of exchanging clothes with her friends. She said she never buys some items which she knows she is unlikely to wear more than once or twice. She often borrows them from her friends. Ha Nguyen (Binh Thanh District, Ho Chi Minh City) says she often uses reuseable bags for shopping. At home, she also practises habits such as making fruit skins as ferlitizer for plants or waterring the plants with the water she used to wash vegetables or fruit.

D. Less wasteful and 'green' festivals. Young people love festivals and parties. However, the streets with mountain of garbage are easily seen in the festival seasons. It includes a lot of disposable plastic bag or pakaging. Some young people do the difference. They follow tips to celebrate party or festival more 'green' such as:

- Bring a garbage bag and personal bottle to contain water
- Try to cook instead of ordering food with wrapping paper and disposable bags
- Say no to straws or plastic cups
- Share food together instead of bringing gifts to limit wrapping paper
- Avoid colorful decorations

As you can see, simple living can help the environment by reducing the demand for manufacture and landfill. Are you ready for simple living lifestyle?

A. Decide whether the following sentences are true (T) or false (F)

1. Simple living lifestyle can help save the environment.
2. Mininalists buy whatever they like.
3. When traveling for a short distance, Minh Le often rides his motorbike.
4. Minimalists reuse the items insteads of buying new ones.
5. Exchanging books or clothes are examples of reuse
6. 'Green parties' includes ordering food with wrapping paper
7. A lot of disposable plastic bag or pakaging can be seen in the streets in the festival seasons.

1. T, 2. F, 3.F, 4. T, 5.T, 6. F, 7.T

B. Word search

Find words or phrases in the article which fit these meanings.

1. able to continue over a period of time _____ (paragraph B)
2. the amount used or eaten _____ (paragraph B)
3. reduce to the smallest possible amount _____ (paragraph B)
4. use again or more than once _____ (paragraph C)
5. the act of giving one thing and receiving another in return _____ (paragraph C)
6. a place where garbage is burried _____ (paragraph D)

1. Sustainable
2. Consumption
3. Minimize
4. Reuse
5. Exchange
6. Landfill

C. Complete these sentences with appropriate words.

1. Going to the shops nearby can help to _____ the use of bags to carry things.
2. A minimalist will not buy items which s/he knows s/he is _____ to wear more than once or twice.
3. We can _____ the water by watering the plants by the water we used to wash vegetebles or fruit.

reduce, unlikely, reuse

D. Discussion

Discuss in your group to tell three things you can do to have a simple living lifestyle.

E. Writing

Do you agree with the author's view that simple living lifestyle not only helps us happier and healthier, but also saves the environment? Write a short paragraph for your answer.