

Snap Shot ✨ [O]

1 The “no-buy challenge”



Source: Adobe Stock/Mihail

1 a Warm-up: talking about shopping habits

Speaking

Get into small groups and talk about the following:

- » What (items / services) do you spend money on?
- » What was the last item you bought? When and how?
- » What might make you spend less? Why?
- » Why would you take on a “no-buy challenge”? Why not?
- » Why do you think many people like shopping so much?



Source: Adobe Stock/antto

1 b Getting familiar with idioms and collocations

Vocabulary

1. Before you are going to listen to someone talking about their no-buy experience, look at the words from the VocabBooster below. Check the meaning in a dictionary if you don't know a word. Then use the words from the VocabBooster to complete the idioms and collocations below.
2. Then either explain the phrase, find a synonym for the word or use the phrase in a short sentence.

VocabBooster

junk • rethink • random • accumulate • consumption • indispensable • feel • sense • ship • downsize • go • entertainment • delivery • declutter • develop • glance • value • truly

1. the mad circle of _____	
2. to _____ boxes across Europe	
3. things that _____ matter	
4. to _____ stuff	
5. to _____ one's place	
6. to add _____ to one's life	
7. to _____ relieved	
8. to have a _____ at	
9. to give something a _____	
10. shopping as a means of _____	
11. _____ service	
12. _____ drawer	a place for unused or broken things like cables / headphones, old mobiles etc.
13. _____ objects	
14. _____ items	

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15. to	new skills
16. a	of community
17. to	one's behaviour
18. to	one's belongings

1c

Listening



Putting the “no-buy challenge” into practice

You are going to listen to Lucia Gonzalez Schuett talking about her year without buying. First, you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the beginnings of the sentences (1–8) with the sentence endings (A–K). There are two sentence endings that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you.



Source: Adobe Stock/Macrovector

A year without buying

0	According to Lucia, unused things normally ...
1	She thinks such spaces are a result of ...
2	While growing up Lucia ...
3	As a young adult she took on a job which ...
4	Eventually, she amassed ...
5	Gradually, she became aware that she ...
6	Initially, giving up shopping caused ...
7	Over the months, she ...
8	Quitting her shopping habits gave her ...
A	eventually gave up
B	developed a new way of living
C	a lot of satisfaction
D	the overconsumption in the global north
E	had to change something
F	end up in junk spaces
G	tons of clothes
H	could afford everything she wanted
I	more and more stuff
J	boosted her shopping habits
K	emotional stress

0	1	2	3	4	5	6	7	8
F								

Test format
Multiple matching

1 d **Speaking** **How to make the “no-buy challenge” a success**

Watch the talk again and take notes of the hardships and the benefits of a no-buy experience. Then prepare a short talk about the following items:

- » items that have amassed in your junk drawer but you could do without
- » potential reasons / motives for taking on a “no-buy challenge”
- » rewards one might expect
- » your opinion on this trend



Source: Adobe Stock/Avra

1 e **Reading** **A trend going viral**

Read the text about the growing Buy Nothing movement. Some parts are missing. Choose the correct part (A–I) for each gap (1–6). There are two extra parts that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you.

BE

The Buy Nothing movement

Social media, magazines and shop windows bombard people daily with things to buy, and British consumers are buying more clothes and shoes than ever before. Online shopping



in Canada in the early 1990s and then moved to the US, where it became a rejection of the overspending and overconsumption of Black Friday and Cyber Monday during

means it is easy for customers to buy without thinking, (0) ___ that they can be treated like disposable items – worn two or three times and then thrown away.

Thanksgiving weekend. On Buy Nothing Day, people organise various types of protests and cut up their credit cards. Throughout the year, Buy Nothing groups organise the exchange and repair of items (4) ___.

In Britain, the average person spends more than £ 1,000 on new clothes a year, (1) ___. That might not sound like much, but that figure hides two far more worrying trends for society and for the environment. First, a lot of that consumer spending is via credit cards. British people currently owe approximately £ 670 per adult to credit card companies. That’s 66 percent of the average wardrobe budget. Also, not only are people spending money they don’t have, (2) ___ they don’t need. Britain throws away 300,000 tons of clothing a year, most of which goes into landfill sites.

The movement has now reached influencers on social media who usually share posts of clothing and make-up that they recommend for people to buy. Some YouTube stars now encourage their viewers not to buy anything at all – for periods as long as a year. Two friends in Canada spent a year working towards buying only food. For the first three months, they learned how to live without buying electrical goods, clothes or things for the house. For the next stage, they gave up services, for example haircuts, eating out at restaurants or (5) ___. In one year, they’d saved \$ 5,000.

People might not realise they are part of the disposable clothing problem because they donate their unwanted clothes to charities. But charity shops can’t sell all those unwanted clothes. ‘Fast fashion’ goes out of fashion as quickly as it came in and is often of too poor quality to recycle; so people don’t want to buy it second-hand either. In the end, huge quantities end up being thrown away, and a lot of clothes that charities can’t sell are sent abroad, (3) ___.

The changes they made meant two fewer cars on the roads, a reduction in plastic and paper packaging and a positive impact on the environment from all the energy saved. If everyone followed a similar plan, the results would be impressive. But even if you can’t manage a full year without going shopping, you can participate in the anti-consumerist movement by (6) ___. Buy Nothing groups send a clear message to companies that people are no longer willing to accept the environmental and human cost of overconsumption.

However, a different movement is regaining momentum in opposition to consumerism – the Buy Nothing movement. The idea orig-

Source: Adobe Stock/ricka_kinamoto

Source: learnenglish.britishcouncil.org/skills/reading/b2-reading/buy-nothing-movement

Test format
Multiple matching

- A they're using it to buy things
- B many of which are sold at a profit
- ~~C~~ while major brands offer such cheap clothes
- D they already own
- E refusing to buy things you don't need
- F which is around four per cent of their income
- G they can borrow
- H causing even more economic and environmental problems
- I buying petrol for their cars

0	1	2	3	4	5	6
C						

1 f

Language in use

Becoming minimalist

Read the guide to a no-buy year. Some words are missing. Use the words in brackets to form the missing word for each gap (1–15). Write your answers in the spaces provided. The first one (0) has been done for you.

AE

The ultimate guide to a no-buy year

It's easy to get caught up in a cycle of consumerism. Shopping and errands lead to more shopping and errands. Before you know it, your quest to live a more (0) ___ (**intend**) life is drowned out by stuff. One possible (1) ___ (**solve**) is the no-buy year, also known as a no-spend year: a whole year dedicated to cutting out extraneous purchases in order to (2) ___ (**build**) your spending habits. With the new year approaching, it's the perfect time to think about (3) ___ (**adopt**) a no-buy year challenge.

Limiting purchases saves money

By spending less on nonessential items, you will save money. Whether your (4) ___ (**save**) go into a bank or a (5) ___ (**retire**) account, or you choose to re-allocate money for a (6) ___ (**meaning**) vacation, charity, or experience, the money saved on smaller purchases will accumulate quickly.

A no-buy year is environmentally friendly

When we consume products, we place a higher demand on manufacturing and logistics. Reduce the amount of things you purchase, and your household will (7) ___ (**automatic**) live a life better for the environment. A limit on (8) ___ (**person**) care products, for example, may persuade you to use up what you already have before you're "allowed" to buy another item. This results in (9) ___ (**little**) waste and fewer trips to the store.

Reset consumerist tendencies during a no-buy year

Much like a digital detox (taking a break from screens for a (10) ___ (**specify**) duration), a no-buy year will help to clear your mind from impulse purchases and the automatic (11) ___ (**tend**) to shop or browse.

More time for other endeavors

As a result of a no-buy year, you'll lighten (12) ___ (**emotion**) burdens and you will have more time and energy to focus on other things. If you're looking to tackle a no-buy year to support your journey towards minimalism, you'll be able to spend more time decluttering instead of shopping. You will spend more time thinking carefully about purchases, which may then lead you to re-evaluate the items you already own. Also, living with less (13) ___ (**able**) an energy shift so you can contribute to your (14) ___ (**choose**) mission: the thing that provides us with the most (15) ___ (**fulfil**) and happiness. The benefits of a no-buy year are obviously significant.

errand: Besorgung

extraneous:
not necessary,
unimportant

to re-allocate: neu
zuteilen

endeavo(u)r:
Bemühung, hier:
Aktivitäten
to lighten: to make
easier

Source: www.becomingminimalist.com/no-buy-year/ – Joshua Becker

Snap Shot ✨ [O]

Write your answers here:

0	intentional	8
1		9
2		10
3		11
4		12
5		13
6		14
7		15



Test format
Word formation