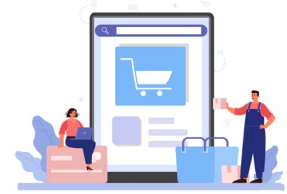


How to reduce consumption and improve shopping behaviour



Watch the video about shopping addiction and the need to find a solution to the problem of wasteful consumerism.

> https://www.youtube.com/watch?v=_qWHJ29-s4U



Now do the following tasks connected with the three parts of the clip. You might have to watch the video more than once:

1st part: Shopping online:

Why do we buy things without thinking twice?
Why does online shopping seem to be more fun than going to the shops?
What is the evolutionary aspect of our compulsion to shop?

2nd part: Do we need all the stuff we buy?

What usually happens to the goods we order online?	
1	
2	
3	

3rd part: Alternatives to excessive shopping

Which four alternatives to excessive online shopping are proposed?	
1	
2	
3	
4	

A.2

After having seen the video, take a minute and come up with at least 3 arguments why we should avoid excessive shopping to protect our environment:

e.g. If we ordered fewer things online, we could reduce the amount of packaging which produces a lot of waste and costs a lot of money ...

1	
2	
3	
...	

B

Discuss your ideas in your group. Come up with at least 3 measures you want to carry out in your school with your club.

The most important measures that we want to carry out are:	
1	
2	
3	



> **Additional online activity 5:** Go online and learn more about fast fashion.



C

In your group, create one page on which you provide background information on the topic and suggest solutions and ideas to carry out with your club.