

Environmental protection:

No impact man

New York City–based writer Colin Beavan was casting around for a new book idea a few years ago — and fretting over the state of the planet — when he had an epiphany. He and his family — wife Michelle and baby daughter Isabella — would live for an entire year while making as little impact on the environment as possible.

For your year of living with no impact on the environment, what was the hardest thing to give up ?

Michelle: For me the hardest thing was giving up the caffeine. The brutal and ugly and murderous caffeine withdrawal — that was tough. And I wasn't able to see my family because they don't live locally, so it was great on day 366 to be able to get on a plane with my daughter Isabella and go see my parents.

Are we ultimately going to have to redesign our lives, make do with less, if we want to combat climate change?

Colin: The simple answer is yes. Even the Intergovernmental Panel on Climate Change report says that developed nations are going to have to change the way they live. But maybe there's a chance that we could actually gain something — a different kind of life that we might like more.

Here are principles they carried on when they were experiencing this kind of life:

- 1: Only eat food produced by local farms.
- 2: Going out anywhere only by walking or bicycle
- 3: Don't use any ingredients that contain chemicals or can't be recycled.
- 4: Use energy only from clean resource, such as solar power or wind.
- 5: Produce as little garbage as possible.

Questions for discussion

- 1: What things do you think will bother you the most when you live like this ?

2:" No impact life " may change you in what way?

3:Do you have any methods to reduce carbon production ?

4:How do you define organic food ? How can you make sure ?

5:What kind of action do you think the governments should take to face climate change ?

6:What things are you willing to give up to save our planet ?

7:They face doubts from everywhere, can you imagine what caused that ?

8:Technologies make our lives convenient but caused many pollutions. Do you think giving up these will be better ?

9:According to the former question, what kind of benefit will it brings when giving up technology life ?

10:Education to the future generations is helpful to environmental protection. How would you teach your kids?