

ГЕРЦЕНОВСКАЯ ОЛИМПИАДА ШКОЛЬНИКОВ ПО АНГЛИЙСКОМУ ЯЗЫКУ
Конкурс понимания устной речи (Аудирование)
Скрипт аудиозаписи

Варианты № 3-4

Длительность звучания – 10 мин. 49 (с учетом 2-х кратного звучания и пауз)

Interviewer: Today we are talking about trash. The average American household produces about 1600 pounds of garbage per year. That's about 726 kilos; 29 pounds per week per person. That's about the size of an average two-year-old. A two-year-old worth the trash per person per week. It's totally mind-boggling. But today's guest is an exception. I'm thrilled to welcome Lauren Singer who is living a trash-free life in New York City. Well, almost trash-free. She can fit all the trash she's made in the last four years into a mason jar. Lauren's the founder of 'Trash is for Tossers', a blog dedicated to showing that leading a zero-waste lifestyle is simple. And she is also the CEO of the The Simply Co., making organic cleaning products that are safe for your home, your body, and the environment. Lauren, welcome!

Lauren: Thanks so much for having me on!

Interviewer: I'm thrilled! So, can you tell me this mason jar life adventure, when and how did it start?

Lauren: Everything kind of started for me when I was in college. I went to NYU and I studied Environmental Science. In my senior year when I was finishing up my studies, I was in the Environmental Studies Capstone course, which is the last course that you have to take as an Environmental Studies major. There was a girl in this class that every day would bring this big plastic bag full of her dinner, so, it'd have a clamshell made of plastic, full of food, it would have a plastic fork and knife, a plastic drink, and then a bag of chips, obviously packaged in plastic. And she would eat everything and just throw it away. And I thought that it was really weird that someone studying Environmental Science, someone that had pursued that topic of studies for the past four years was being so wasteful. And I would kind of get mad at her and stare at her, and think mean things about her, but I never really did anything. And then one day after class I went home to make dinner and I opened up my refrigerator and I saw for the first time that every single thing in there was packaged in plastic with zero exception: everything from my eggs to, you know, my milk, to my lettuce that I was buying pre-washed and packaged. Everything was packaged in plastic. And I started looking around my apartment and I noticed that all of my beauty products were packaged in plastic, all of my cleaning products were packaged in plastic, and most of my clothing was actually made of synthetic fabric, so made of plastic. And I had this moment when I was like "Oh my gosh! I've been so hypocritical from judging this girl when I am just as bad if not worse. And on top of that I've been protesting oil and gas industry for two years and I am actively consuming one of their biggest products on a multi-time daily basis". So, there was such a disconnect, so I made a decision to stop using plastic. And from there I realized that I couldn't just buy my way out of using plastic, I couldn't go to a pharmacy and buy plastic-free products. It's a function of our society; everything is packaged in plastic. So, I had to make a lot of my own products, and that's kind of how I found out about the zero-waste lifestyle through learning how to make products myself. And what I learned about a zero-waste lifestyle, it was the most empowering thing I've ever learnt in my life because I thought lessening my environmental impact meant not using plastic, but realizing that I didn't have to make any trash at all. To me there was no better way that I

could find to align my day-to-day life with my values for environmental sustainability.

Interviewer: I can think already, if I had tried to go zero-waste all the obstacles I'd have, starting with getting out of bed, so toothpaste. You can't find a zero-waste toothpaste but you found a solution.

Lauren: I make my own toothpaste. And that was actually the first thing that I started making. So, when I started transitioning to a zero-waste lifestyle, I was like "Okay, let me try this". And I tried baking soda and I was actually like "Wow, this kind of works, but it's really salty. So, is there anything that I can do?" So, I started adding coconut oil, a little bit of Stevia, which is a natural sweetener to sweeten it up, and essential oils of peppermint or cinnamon which are naturally antibacterial. And I realized that with four simple ingredients I can change one major contributor to trash in my life which was toothpaste tubes. And it was a lot less expensive and just as affective and totally organic, and no synthetic ingredients, and I had control for the first time of what I was using as a toothpaste. And it felt really good, so that's kind of what helped to motivate me to make more products of my own.

Interviewer: And do you think it translates because I grew up in a relatively small town. I spent most of my time in Toronto, but I grew up in a small town. Do you think it's different living in a big town like New York City versus somewhere in middle America? Do you think that this is applicable across the country?

Lauren: I've travelled extensively across United States in the past four years. I had to apply the way that I was living to different places, whether San Francisco or LA, or when we were travelling back and forth, and I found that every single place that I've been, I've been able to easily live this lifestyle. It's just about having the resources to do so and the motivation to be consistent no matter where you are.

Interviewer: That's amazing!