



## 10 Minutes For The Planet

### Earth Overshoot Day©

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Vocabulary & pronunciation study by Sue Thomas©

Words are explained alongside the text

Stressed syllables are underlined and in bold\*

Hi everyone! And welcome to this week's episode of Ten minutes for the Planet.

August 2nd was 2017's Earth Overshoot Day, for about a decade it has been 5 or 6 days earlier each year!

Earth **overshoot** Day is not the most fun day of all as it marks the day when we the Earth's **inhabitants** have used up more from nature than our planet can renew in a **whole** year. More **specifically** it is when we have used "more **ecological** resources and services than nature can **regenerate** through **overfishing**, **overharvesting** forests and **emitting** more carbon dioxide into the **atmosphere** than forests can **sequester**".

The earlier the Earth Overshoot Day falls, the more rapidly we've been **consuming** the Earth's natural resources generated during the year. If Earth Overshoot Day were to fall on December 31st, it would mean that we had **managed** to take exactly what the Earth had to offer all of us for the year, no more no less.

When it was first **conceived** by the UK-based New Economics Foundation, in partnership with the Global Footprint Network in 2006, Earth Overshoot Day fell in October. In only 10 years it has moved forward by 2 and a half months... however if we **calculate** the Earth Overshoot Day country by country the results are quite different.

The Global Footprint Network **estimates** how many Earths we would be needed if the global **population** lived like any given population.

Today we consume 1.6 times the Earth's capacity but if we all lived the same way as **Americans** or **Australians** we would

**whole** (adj.) complete

**overfishing** (n.) fishing in an unsustainable way

**overharvesting** (n.) farming in an unsustainable way

**to sequester** (vb.) to capture

**to manage** (vb.) to succeed in doing

**to estimate** (vb.) to calculate approximately

need about 5 planet Earths to **fulfill** our needs. Earth Overshoot Day would fall mid-March. If everyone lived as the French do, we would need 3 planet Earths. Earth Overshoot Day would fall **early** May.

Countries such as India are still under the consumption limit of what the Earth produces in a year - meaning that Earth Overshoot Day doesn't exist - but those countries are very few. **As a whole**, we are rapidly **draining** the Earth's resources and even entering a **vicious** circle as we are slowly **hindering** its **capacity** to renew and provide for us.

We need to make a **whole lot** of progress in terms of how we manage our resources if we want to move Earth Overshoot Day back towards New Year's Eve. And **unfortunately** it's going to take a **heck** of a lot more than recycling our Christmas champagne bottles.

Getting involved in the **environmental** debate in our daily lives can be quite difficult and sometimes **uncomfortable**, as we all know there are many **stereotypes** attached to the issues and those who fight them. There is also large-scale **disinformation** as a lot is **at stake** for various major industries, but also more **fundamentally** for the way we **conduct** our collective lives in the Western world.

For me the first step is to increase our own **awareness**; start noticing how we personally relate to what the Earth provides, namely 99% of what we eat, wear, build and use; to look at a specific habit we have that we may question and makes us uneasy at times and get informed on how it affects the Earth; and of course to continue listening to Ten minutes for the planet!

Bye everyone, see you next week!

**to fulfill** (vb.) to satisfy

**early** (adv.) near the beginning

**as a whole** (exp.) in general

**to drain** (vb.) to empty

**to hinder** (vb.) to cause delay or difficulty

**a whole lot** (exp.) a great deal

**heck** (intensifier) used to emphasize feelings about the amount

**disinformation** (n.) false information

**at stake** (idiom.) at risk

**to conduct** (vb.) to organise

**awareness** (n.) having knowledge

**\*Tip!** Syllable Stress can help us to understand spoken words, let's take the words 'calculate' and 'calculation' as an example.

First count the syllables: 'cal•cu•late' has 3 syllables, 'cal•cu•la•tion' has 4 syllables

Syllable Stress is when you say one of the syllables slightly louder and with more emphasis.

So in this example we say: **calculate** and **calculation**