

**CEP SPEAKING
PRACTICE**

Ecological Waste: Reducing Clothing Waste

**CEP Set 1 • Lesson 2 • Speaking
Practice**



Warm-up

QUESTION 1 (Student A)

Do you like shopping for new clothes?

QUESTION 2 (Student B)

What do you do with the new clothes you no longer want?

What are some examples of fast fashion and second-hand shopping?

- cheap prices, new styles every week
- trendy “wear-once” items
- global brands, huge scale

FAST FASHION

SHEIN

Zara

H&M

Uniqlo

TEMU

- charity & thrift shops
- buy and sell online (Carousell)
- swaps, hand-me-downs, upcycling

SECOND-HAND & REUSE

Carousell

Thrift shops

Clothing swap

Upcycling

What is the current situation of clothing waste?

92

million tonnes of textile waste

are produced worldwide every year.

Source: UNEP, March 2025

- production doubled from 2000 to 2015
- garment wear time fell by 36%

8% of textile fibres are recycled (2023) – 11% of plastic waste is clothing

2026 EU bans companies from destroying unsold clothes (EU Parliament)

HK 'Green in, Green out' EPD clothing bins + charity collection points

Skill: Connecting and **building on ideas**

A: I think buying cheap clothes is a good idea because students don't have much pocket money.

B: I agree with Candidate A that buying cheap clothes is a good idea for students.

B*: Candidate A made a good point about students' budgets. However, I think cheap clothes come with a hidden cost. For instance, the UN reported that the world produces 92 million tonnes of textile waste every year, and much of it ends up in landfills. So for students like us, buying fewer, better-made clothes is smarter – they last longer and save money in the long run. Any other thoughts?

Part A: Group Interaction

Environment Club task: a presentation on reducing clothing waste among students

- how fast fashion & wasteful habits impact the environment
- how to reduce clothing waste for enhanced ecological security
- how to promote reducing clothing waste at school
- anything else you think is important

PART A Group Interaction

This article appeared in an online newspaper:

How our shopping habits are hurting the planet

Nowadays many people buy cheap, stylish clothing to keep up with the latest fashion trends. However, some of these clothes are only worn a couple of times or are even never worn before they are thrown out and replaced with the newest trends. These shopping habits are taking a huge toll on the environment since our unwanted clothes end up in landfills. So how can we be eco-friendly while still looking fashionable?

Besides recycling clothes, you can also restyle them to create new outfits. Organising a swap party is another way to add new items to your wardrobe without hurting your wallet or the planet.

Since fashion is one of the most polluting industries in the world, the most important change you can make is to shop less. Not only are harmful greenhouse gases released into the air when making and transporting clothes, but also a lot of water and toxic chemicals are needed to produce clothing.

So the next time you are tempted to shop for new clothes, think about whether you could reuse something you already have or buy clothes from a second-hand shop instead.

Did you know?

Every second, one rubbish truck of clothes is burnt or dumped in a landfill.



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About 2,700 litres of water is used to produce one cotton T-shirt.



Producing a pair of jeans creates as much greenhouse gases as driving a car 130 km.



Source: World Resources Institute

As members of your school's Environment Club, your group has been asked to make a presentation on how to reduce clothing waste among students, with a focus on protecting ecological security¹. You are meeting to discuss what to include in the presentation. You may want to talk about:

- how fast fashion and wasteful shopping habits impact the environment
- how to reduce clothing waste² for enhanced ecological security
- how to promote the idea of reducing clothing waste at school
- anything else you think is important

Turn-taking: invite others • build on ideas • stay on topic

Part B: Individual Response practice

What are some of the pros and cons of buying cheap clothes?

Pros: affordable, trendy, more variety for the same budget

Cons: poor quality, more waste, hidden environmental cost

Do you think quality or quantity of clothes is more important?

Quality: lasts longer, better value per wear, less waste

Quantity: more variety, self-expression, practical for teens