



### **“Fashion shouldn’t come at the cost of destroying the Earth”**

Today I am here to deliver a short speech on how fashion affects our environment. We are all aware of that producing clothes is costly to our environment. The fashion industry is the second-largest polluter in the world just after the oil industry. And the environmental damage is increasing as the industry grows.

One of the drawbacks of fashion is the problem of waste. For example, synthetic fibers, such as polyester, are plastic fibers, therefore non-biodegradable and can take up to 200 years to decompose. That's an absurd amount of time during which clothes decompose. We all should think before throwing old clothes away, an average lifetime of a garment is only 3 years, so buy less and wear more.

However, there are a lot of solutions that can help to reduce this problem. First of all, you should try buying second-hand clothes. Also, think twice before throwing your old clothes away because they still might be used for different purposes. If you decided to get rid of your old clothes eventually, try putting them in the textile recycling bin, that way it will be easily recyclable. Buy better quality clothing that will last longer. When you are choosing an item to buy, look for sustainable brands and choose organic fabrics, these qualities will make our clothing last longer.

Another great way to reduce clothing waste is donating your old clothes to charity. Clothing donation even becomes more energy efficient action because it ensures that no energy is wasted in the creation of new garments. The longer clothes are worn and used, the fewer clothes are produced and ditched into landfills. It also means that less water is wasted. That's another issue of the fashion industry as making new clothes results in massive water usage. Up to 20,000 liters of water are needed to produce just 1kg of cotton. This generates tremendous pressure on this precious resource. We can all contribute to this problem by choosing fibers with low water consumption such as linen and other recycled fibers.

Personally, I try to buy as little new clothing as I can. I think there are a lot of different alternatives like going to second-hand and vintage shops which offer a great variety of clothes that are not only good-looking, but also good quality clothing. In a modern society it even becomes trendy and stylish to visit vintage, second-hand clothes shops and I have no shame going to second-hand clothes shops and buying old clothes, and I suggest you to do the same because it is a great way to contribute to the waste problem of the fashion industry.

To sum up, at the moment modern equipment is evolved and capable of recycling massive amounts of clothes and turning them into new pieces of clothing. I would adore seeing more fashion brands being more sustainable and producing eco-friendly clothing. Reusing old clothes can reduce all these environmental issues. Sometimes less is more. Stay green!

Presented by

Justinas Liktaravičius