



The English Companion

ザ・イングリッシュ・コンパニオン - 無料月刊英語新聞

The Climate Change Edition



doing enough. In heatwaves, everyone talks about how to stay cool... but never how to reduce our carbon footprint...

In this time, I feel like I am going crazy... so this month's paper will be a little different. We need our conversations to

change.

Humans are changing the Earth... we *know* we are changing it. We *know* we are causing disasters, bigger storms, more dangerous wildfires, wilder winters... we know but *we don't stop... We don't change* our lives... When we see the evidence, we *make excuses...*

We *need* to change the way we live. *No excuses!*

The world is heating and disasters are more common. This is happening slowly and we aren't

Many More Floods Could Hit The Himalayas

The recent big flood in Nepal-Tibet killed more than 1000 people. Many more people are missing.

The disaster was caused by the collapse of a glacier at the top of a valley. This sent large amounts of water, ice and mud downstream and destroyed many many buildings and homes.

Climate change



almost certainly caused this. Glaciers all over the world are shrinking. Many more

towns, villages and valleys are at risk in these areas from other glaciers collapsing...

Ideas For Reducing Your Carbon Footprint! You can do it!

Some simple changes everyone can make that will help:

- Drive less! Ride your bike or walk to places when you can.
- Eat less meat and dairy products. Soy milk is a good substitute for milk and easy to buy! Raising animals requires *more energy* than growing plants.
- Buy local fruits and vegetables in season. Japan is pretty good at doing this already!
- Take short showers instead of a bath. This saves water, gas and/or electricity!
- Use the A/C less! Air conditioning uses lots of electricity! Or change the temperature up 1 or 2 degrees in summer and down 1 or 2 degrees in winter.
- Fly less! Take trains more!
- Compost! Put your food scraps in a composter. Garbage trucks carry rubbish away to be burnt. That releases more CO2 into the air...
- Turn things off when you are not using them. Disconnect them too!
- Donate old clothes and buy secondhand clothes. Only buy new if you *really* have to!
- Buy better things that will last longer. Cheap stuff breaks easily and needs to be replaced sooner.
- Donate to a tree-planting charity! onetreepanted.org is my recommendation but there are many many more!
- Use AI less. A ChatGPT enquiry causes 340x more CO2 emissions (68g*) than an internet search (0.2g). It adds up! Estimates say that AI datacentres will use as much energy as the whole of Japan by the year 2030...

- Reduce your food waste.
 - Buy from and support companies that are making changes.
 - Change your search engine to ecosia.org. Google makes money from your information. Ecosia uses the money it makes to plant trees.
 - Talk to friends and family about what you are doing. Share ideas!
 - Vote and campaign for politicians who will change things. Contact your local politician to ask them to do more or give them ideas!
 - Start a climate action group in your area or with your friends.
 - Plant trees!
 - Work together to help others!
- *about the same as driving for a minute

Fortune Telling (星占い) – Check your birthday!

Aries (March 21 – April 19) <i>Watching the rugby??</i>	Taurus (April 20 – May 20) <i>Soft approach...</i>	Gemini (May 21 – June 21) <i>Watch the flick!</i>	Cancer (June 22 – July 22) <i>Kiwi is lucky, but banana not.</i>
Leo (July 23 – August 22) <i>You are you.</i>	Virgo (August 23 – September 22) <i>Your mood matches the weather...</i>	Libra (September 23 – October 23) <i>Be careful in the afternoons...</i>	Scorpius (October 24 – November 21) <i>Lively music, lifts the atmosphere.</i>
Sagittarius (November 22 – December 21) <i>Relax. Breathe. Be calm. Then BAM!</i>	Capricorn (December 22 – January 19) <i>You might have a bad month...</i>	Aquarius (January 20 – February 18) <i>September will be nice, I think...</i>	Pisces (February 19 – March 20) <i>Stay away from Taurus!</i>

Word of the Month – *climate crisis*

climate crisis / disaster
Global warming caused by human activity.

*From May – June, 2026



2,877* people have died in heatwaves in the UK this year....

Yeah, the climate disaster is making it worse *for sure*...

