

1WORLDNEWS

BRINGING YOU ALL THE STORIES THAT MATTER!

FREE



27 MILLION AND COUNTING!

If you think slavery is yesterday's news think again...

There is nothing more precious than life. Yet today, almost 150 years after president Abraham Lincoln called for the abolishment of slavery, some 27 million people have no rights to freedom.

“Modern slavery may not hold people in chains, but it still binds them, robs them of their right to freedom, to an education and to a life that is free of fear.”

In 2013, American president Barack Obama spoke of the horrific injustice and his utter horror that today, when freedom is at the very heart of our lives, slavery not only exists but thrives.

But what is slavery? Modern slavery takes many forms and every form is wrong, yet the reality is, slavery is everywhere. To make matters worse, a quarter of all today's slaves are children and although slavery is illegal in every country, it's BIG business. In fact, it is estimated to generate 100 billion pounds every year.

According to the International Labour Organisation (ILO) over 130 products that we use in our day-to-day lives have actually been made or produced by forced labour or slavery. The great news is that we can help make slavery history. As consumers we can become smarter; we can question and think about what we buy, where we buy and who we buy from.

We can insist that the companies we buy from source their raw goods or products from corporations & companies that do not abuse the rights of others. Every company has a duty to supply goods and services free of slavery and to adhere to a better code of conduct throughout their supply chain to safeguard and protect people, no matter who they are or where they live.

Let's stop abusing the rights of the individual and start celebrating life and say NO to slavery, because together we can.

FIND OUT MORE IN THE NEXT ISSUE.

DISCOVER MORE ABOUT PEOPLE, PLACE AND PLANET.

IN THIS ISSUE

All life should have equal value, yet today there is an imbalance between the lives of those that live in the developed countries, like the UK, and the lives of those that live in the developing countries like Africa and countries across Asia and this 'imbalance' is growing ever wider.

What we need to recognise is that everything we do has consequences. From the plastic bag to the many products they contain, our shopping habits and consumer driven lifestyles are wreaking havoc upon the lives and livelihoods of the rest of the world.

Understanding that what we buy has a direct effect upon our planet will enable us to make informed choices and make sure that the companies we buy from are working in a way that protects people, place and planet.

In other words, we need to look at ways we can live our lives without damaging the rest of humanity and to do this we need to all work together.

1World News looks to help you discover ways to respect the environment, care for the oceans, protect the world's forests, conserve the world's freshwater and find ways that we can work together to end poverty, slavery and protect the rights and customs of all the world's people, because all life should have equal value.

We'd love to hear from you so why not become a 1World reporter?

⇒ Follow us on Instagram and send us your pics!

⇒ Let us know what you want to see in the next issue.



Waste not. Want not!

The truth is, man is responsible for all waste and the more we waste the more we accelerate the effects of Climate Change.

Everywhere we look we are surrounded by it. From the giant power plants and factories, to the world's mines and fields, to the supermarket, to the fast-food and from the take-away to the wrappers that litter our streets. Waste really is everywhere.

What we now need to recognise is that we cannot just throw things away, our landfills and dumps are full and not only are they full they are an environmental nightmare!

The amount of food the developed world wastes could go a long way to helping end world hunger. America for example, dumps enough food to feed 2 billion people for a year. In fact the developed world wastes almost 40% of all the food it produces, can you imagine the amount of money we could all save, if we just learnt to use what we buy and if we looked to compost what we didn't.

We need to consider the environmental impact of our lives and learn to reduce, reuse, recycle, upcycle, refurbish and donate. In other words we need to think about what we do so that our impact upon the world is reduced.



FOOD WASTE FACTS

- 1 Everyday in the UK we throw away 24 million slices of bread.
- 2 We also discard 1.6 million sausages and a whopping 6 million potatoes every day.
- 3 In fact the developed world dump, discard or throw away over a third of all the food they produce!
- 4 In the UK we throw away 15 million tonnes of food every year that costs an almighty 12.5 billion pounds.
- 5 And to make matters worse over half of all the food we dump could be eaten.
- 6 In the UK, every household throws away 24 meals a month!
- 7 A third of all vegetables that are grown in the UK are never harvested as they fail to meet the retailer's standards.
- 8 Don't forget that everyday over 1 billion people go to bed hungry.

So let's regain control of our diets, lives and health and say NO to food waste.

RAISE AWARENESS

If you are passionate about wildlife, love the sea, care about our oceans, dig the great outdoors...

Why not design a poster highlighting what you care about and why and ask your local library, school or favourite cafe to display it for you!

DON'T FORGET 1 WORLD NEWS IS YOUR NEWS - GET IN TOUCH WITH YOUR STORIES.



MAKE A DIFFERENCE

Before we embark on a journey to uncover mysteries of distant places, habitats, environments and more...

We need to focus our attention on the place we call 'home'. You may live in a house, a flat, on a farm or even live in a caravan.

In truth, the 'where' is irrelevant, it is the 'what' we call home that is important.

Looking after our 'place' in our own neighbourhoods, backyards, and streets will give each and every one of us the opportunity to shine.

Working with your friends, local organisations, charities or community leaders you can really start to make a difference to the lives of everyone who lives in your immediate area.



It's our world - let's look after it.

As words like climate change and global warming become part of our day-to-day vocabulary, we can be forgiven for feeling that we don't count and that our lives and actions have little bearing on the rest of the world. However the great news is, we all have an opportunity to be part of a solution that will make a difference not just to our lives and neighbourhoods but the world as a whole.

Little things really can be the catalyst for change. What will you do today?

Consider this, across the world we use an incredible 100 million plastic bottles a day, yes everyday that's 69,444 every single second and to make matters worse, the vast majority of these plastic bottles are simply dumped!

So, one thing we can all do is make a pledge to recycle more. Recycling our plastic water bottles for example may seem trivial, but this simple act can make a monumental (that's huge) difference ...

Find out more about our plastic lives in the next issue.

10 WAYS TO GET INVOLVED

It may sound obvious but if we want to make a difference we need to get involved.

Getting involved is one of the best things we can do to make a difference so no matter where we live or what we like, there really are lots of things we can do.

1. If you have time on your hands volunteer.
2. Wash cars and raise money for a local cause.
3. Help tidy the community gardens, parks or public spaces.
4. Create an awesome wildlife habitat in your garden or park.
5. Set up a recycling scheme for your home, street, school or neighbourhood.
6. Host a sponsored silence and raise funds for a local hospital or hospice.
7. Take time to visit an elderly neighbour.
8. Hold a clothes swap to raise money for toys for children who have nothing.
9. Why not get your class or school to sponsor a child and learn about how people live in other countries.
10. Swap, donate, bake, walk, cycle or draw.

But best of all do something brilliant today, to make you feel good...



Another thing that is key to our future and future generations is conservation.

Conservation requires us all to stop, think and consider people, place and planet before we act.

Remember - everything we do matters.

But what is conservation? Well the dictionary describes conservation as:

conservation noun (mass noun)

1. the action of conserving something, in particular:
2. preservation, protection, or restoration of the natural environment and of wildlife.

Discover what you can do to help on page 7

DICTIONARY CORNER

WATER, WATER EVERYWHERE BUT NOT A DROP TO DRINK...

When we turn on the tap to wash our hands, clean our teeth or take a shower we can be forgiven for thinking that water is everywhere...

Yet today, 780 million people around the world do not have access to clean water and 2.4 billion people or 1 in 3 have no access to proper sanitation. In fact more people have mobile phones than toilets...

Fresh water is the most precious resource on the planet and, in many countries water is more valuable than gold. Yet this precious resource is under increasing threat.

Although 71% of the earth's surface is covered by water only a mere 3% of it is fit to drink. However, two-thirds of this fresh water is ice, and that leaves only a tiny 1% that is actually fresh drinking water. To make matters worse, water is not distributed evenly across the globe and with a growing population, increasing global temperatures, more extreme weather patterns and a six fold increase in demand, we are putting an ever increasing strain on the world's available fresh water.

By 2025, experts predict that almost two-thirds of the world's population will experience extreme water shortages and drought whilst demand is expected to have grown by a further 40 percent...

"What we need is conservation on a global scale..."

It is time to get water wise, together we can make a big difference. Follow our top tips and become a water saving champion.



GET WATER WISE

- 1: Forget the bath: Make a pledge & switch to taking a 5 minute shower. Set the timer and help reduce the amount of water we waste in our homes.
- 2: Turning off the tap whilst brushing your teeth can save a whopping 5 litres of water a minute!!
- 3: If your parents like a clean car, then wash it by hand - not only will it save water it is also good exercise and an opportunity to earn some cash.
- 4: Why not collect the water that normally goes down the waste pipe and use it to water your plants.
- 5: Don't waste water waiting for water to run cold. Simply keep a jug in the fridge!



Remember: Stop buying bottled water it is bad news for people, place & planet... Be the change, buy a bottle for life.

Yes, as crazy as it may sound, simply opting to buy a reusable drinks bottle could actually be the start of something rather fabulous...

The thirstiest crop in the world...

Agriculture is the world's most water intensive activity and uses a staggering 70% of all the water that we consume.

However it is not just the amount of water used. It is also a question of how it is used and the problems that come as a result of overuse.

In other words every activity that requires water needs to be measured in terms of its sustainability and that requires better water management.

What may surprise you though, is that the thirstiest crop grown around the world is actually a non-food crop... it's cotton.

In fact it takes 2,720 litres of water to produce enough cotton for 1 t-shirt. Put another way, the average person drinks 2.2 litres of water a day or 803 litres a year so every t-shirt is the equivalent of over three years water consumption for 1 person...

In fact 1 kilo of cotton takes 20,000 litres of water. Just imagine how much water it takes to stock your favourite shop with t-shirts...

So... If you want to make a difference take time to check your labels because cheap cotton is not as cheap as you think.

Always look for responsibly sourced, ethical and fairtrade brands before you buy.



COTTON FACTS

IT'S A FACT: 2.5% of the world's land is used to grow cotton. Only 27% of the world's cotton is produced using the natural precipitation of rain...

70% of all the cotton produced uses irrigation methods and a third of all the water used comes from unsustainable sources...

COTTON'S UGLY SECRET...

What's on your back? Chances are if you are wearing a cotton t-shirt, it may well have come from Uzbekistan in Central Asia the world's sixth largest cotton producer.

The problem is that farming Uzbekistan's cotton places a huge amount of pressure on the country's available fresh water. As a result of poor and improper water management Uzbekistan has, almost destroyed one of the world's largest inland seas - the Aral sea.

Today, the Aral sea is almost invisible and what little water remains, is so salty that the many species of fish that once thrived there have died. In fact 95% of the surrounding areas wetlands and marshes have become barren; migratory birds have been lost and the vast swathes of Tugai forest have almost disappeared. The loss of this essential forest has seen as much as 80% of Uzbekistan's land degrade and turn to dust. This is the environmental damage that has resulted from its poor and unsustainable water management policies. However, Uzbekistan's cotton industry is also one that relies upon slavery and forced labour and in fact, according to a recent study by the International Labour Organisation (ILO), over 100 million people are forced to work in the cotton fields every year and 2 million of these are children.

So, lets ask companies where they source their cotton from so that we can say NO to slavery, because behind the labels of many of our high street brands millions of lives are destroyed.

Find out more about modern day slavery at www.freetheslaves.net



WORLD FACTS

You might think your parents are old, but planet Earth is approximately 4.6 billion years old and that is very old indeed. And, Earth would be as lifeless as the moon without the atmosphere.

The atmosphere is a blanket of gases that surrounds the entire world. We can't see it and the atmosphere is about 700km away from the Earth's surface.

- ⇒ Earth is the only planet that is not named after a Roman god or goddess.
- ⇒ The total surface area of Earth is 197 million square miles.
- ⇒ The sun is actually a star.
- ⇒ The sun is big in fact it is so big we could fit 1.3 million Earths inside of it...
- ⇒ Earth is the third planet from the Sun. It is the fifth-largest planet, of the eight planets that are in our Solar system.
- ⇒ Contrary to what we may believe, Earth is not a perfect sphere... And you may be surprised to learn that gravity changes across the Earth's surface. You will weigh about half a percent more at the poles!
- ⇒ The Earth's atmosphere (blanket of gases) is made up of five main layers & the higher you go the thinner the atmosphere gets.
- ⇒ The reason we have 'leap-years' is to do with the time it takes the Earth to orbit the Sun as it actually takes the earth 365 days and a 1/4...
- ⇒ The Earth's core is molten liquid and is as hot as the surface of the Sun which is a staggeringly hot 5500C or 9900F.
- ⇒ It takes 8 minutes and 17 seconds for light to travel from the Sun's surface to earth.



↓ **So let's regain control of our diets, lives and health and say NO to food waste.**

HELP SAVE THE ANIMALS

When we first think about endangered animals, we can be forgiven for thinking only about the exotic animals that live in far away places. However, many of our native species are also under threat and need our help. Loss of habitat, pollution and changes in farming practices are all factors that are putting many of our animals, birds and plants at risk.

For some great ideas on how to make your gardens and open spaces wildlife havens see page 7.



**SNOW LEOPARD
IVORY BILLED WOOD-
PECKER
MOUNTAIN GORILLA
CONDOR
SIBERIAN TIGER
ORANGUTAN
JAVAN RHINOCEROS
GIANT PANDA
MAKO SHARK
AFRICAN HUNTING
DOG**

Get Active

BE YOU!

As the world becomes ever more connected, we can all face the very real problem of feeling alone.

REMEMBER. BE HAPPY!

Sometimes we can feel as though we don't count, that our thoughts and feelings really don't matter, but the truth is we are all capable of great things and that we are all different and that is what makes us who we are.

BE YOU BE happy!

1. Learning to love ourselves - Learning to love ourselves for who we are is one of the most valuable lessons that any of us can learn. Don't forget no one is perfect, and remember we all make mistakes and it is our mistakes that help us to learn and grow.
2. Another thing we can do is ignore the negative. Filling our days with people who appreciate us and encourage us in everything we do can really help us focus and stay positive.
3. Get Involved - Giving our time to help others is a great thing we can do and it really does make a difference.
4. Be You - Remember, there really is no one else as special as you so enjoy being exactly who you are.
5. Learning to forgive - Learning to forgive is probably the hardest thing any of us will ever have to do, but forgiveness is one of the greatest gifts of all.
6. Learning to be positive - Being positive is not just good for us, it promotes well-being and when we learn to be positive we are able to live a more fulfilling life.
7. Be honest - We all have to learn the importance of truth and learn to be honest with ourselves.
8. Don't say things in anger - We all get angry, but when we are angry we say things in haste, things that hurt and things we really don't mean. So, whenever you feel angry take a deep breath, count to ten and whenever possible, walk away...
9. Learn to focus on what you do want- It is all too easy to focus on what you don't want, so make a pledge to focus on the things you do want. Let's be positive.
10. Remember to enjoy the moment - Worrying about yesterday or tomorrow stops us from enjoying the moment where we are now... So come on, let's enjoy it.



Why not Jump, Walk or Run your way to good health!
Sad but true, sitting down all day really isn't good for us so this year why not...

Walking a few thousand extra steps a day is one of the best things we can do to stay fit and healthy. On average, children walk about 3,000 steps every day however walking 10,000 steps (the equivalent to 4-5 miles) has huge health benefits so where will you walk today...

LET'S STOP A WHILE AND LOOK AT SOME WALKING FACTS:

If you love the great outdoors then why not grab your parents and head on out to the country, park, nature reserve, beach or forest.

Don't forget to take a packed lunch with you and plenty of water to keep you hydrated.

DID YOU KNOW? We can survive for about three weeks without food but only three days without water.

DID YOU KNOW? Walking is not just good for our bodies it is really great for our brains too. Walking, like other forms of exercise releases the 'feel good' chemical serotonin which is good for us.

Experts believe that a brisk walk is just as good for us as jogging and is kinder to our bones.

Walking helps us exercise the 50 muscles that are in our feet and boosts our circulation meaning that it is great news for our skin too.

EAT HEALTHY... BE HEALTHY

Contrary to popular belief, healthy eating is not a diet, nor is it just about salad and green stuff that we really don't want to eat.

Healthy eating is all about 'balance' and eating a balanced diet helps us maintain a healthy weight. When we eat a healthy diet our bodies get all the essential nutrients, minerals and vitamins that they need to work properly. A well balanced diet is also essential to our minds and well-being.

The problem is, many of us have become fast food junkies! Our day-to-day diets contain far too many foods that are high in sugar, fat and salt and unfortunately, these foods are normally high in calories and offer us little in terms of nutritional value.

Eating foods that are high in calories is not good for us as we put on weight and over time if we are not careful, we can become obese.

Obesity is one of the world's biggest health issues and obesity, is not just affecting people in the world's richest countries. It is affecting people all over the world.

The problem is that not only are we consuming far too many high calorie food stuffs, our lives and lifestyles have changed, we are living much more sedentary lifestyles and many of us have replaced our morning walk to school and exercise routines with the Ipad and the remote...

So, if you love fast food, try and limit it so that you only have a fast food meal or take away once a week.



1. **READ THE LABEL:** As boring as it may sound, always read the labels. Look out for hidden nasties like sugar, fat and salt.
2. **SAY YES 2 BREAKFAST:** Breakfast is good for us as it helps kick start our metabolism and that is good news, as our metabolism helps to keep us fit and healthy.
3. **AVOID THE E:** Try to avoid foods that are full of artificial colours and flavourings as these are really not good for any of us.
4. **RUNNING LATE:** Even if we are running late, don't try and save time by skipping meals. When we skip meals we quite often overeat and that is not good for us.
5. **BAN THE SNACK:** Yes, snacking in between meals is one sure way of overeating. If you get hungry between meals try and either snack on fruit, or why not put some chopped vegetables in your day.

IT'S OUR WORLD... LET'S PROTECT IT.



FACT 1

The Latin name for the song thrush is 'Turdus philomelos'.

FACT 2

Song thrushes tilt their heads when they are listening for worms.

FACT 3

A song thrush egg is always sky blue with black spots.

It's official: The UK is home to some 598 species of birds. You can find the complete list on the British Ornithologist Union website. <http://www.bou.org.uk/british-list/>

Did you know that 10 species of butterfly and moths are in danger, including the speckled wood butterfly, the small tortoiseshell butterfly and the v-moth.

POLLINATOR FACT FILE

1. Bees... like butterflies are insects as they have six legs.
2. Bees have 5 eyes!
3. Bees have two stomachs!
4. The honeybee's wings stroke or flap about 200 times per second.
5. There are over 24,000 species of butterfly.
6. Butterflies taste with their feet.
7. Butterflies can see the colours red, green and yellow!!
8. The smallest butterfly is just 2cm & the world's largest is the Queen Alexandra Birdwing which has a wingspan of 32cm!
9. The fastest butterfly can fly at 12 miles per hour.
10. The fastest moth can reach speeds of 25 miles per hour.



The Song Thrush

Across the world, the everyday and the ordinary are under threat, because our lives and lifestyles affect the lives and lifestyles of every living thing.

The song thrush, for example, was once a common sight all across England yet today, it is classified as 'at risk'. Changes in farming practices and changes in land use have destroyed much of the natural habitat of this wonderful song bird and now, the number of song thrushes recorded in the countryside has fallen by a massive 73%.

To make matters worse, the number of song thrushes recorded in our towns, cities and gardens has dropped by almost half. Our gardens that were once so welcoming have been transformed: lawns have been replaced, paved and decked and our borders, bushes and shrubs have been replaced with pots.

What can we do? Well one of the easiest things we can do, is to make our gardens bird-friendly. Simple things really can make a big difference. Song thrushes love to live in hedgerows and bushes. Planting climbing plants near a garden wall or shed is just one way of encouraging song thrushes back into our gardens and lives.

10 Ways to make your gardens and community spaces wildlife havens...

1. Plant shrubs and flowers that attract pollinators like bees.
Across the world bee numbers are in serious decline & we need bees to survive.
2. If you haven't got a garden, why not see if you can grow some plants or vegetables in a window box?
3. Get water wise and make sure you have a water butt in your garden.
4. Make a bug house

Make our simple bug box and make your garden a wildlife haven...

All you need is 15-20 pieces of bamboo or hollow cane about 15cm long and some garden twine or string. Tie them into a bunch and place it in a quiet corner of your garden. You will be amazed at just how many mini beasts come to stay!

5. Encourage birds into your gardens and lives by putting up a bird box or two.
6. Grow some climbing plants against a wall or shed.
7. Don't forget to compost - it's a great way to reduce your waste and it is good news for the environment too - why not start a community compost scheme. Look out for our jam-packed booklet on all things waste.
8. When planting avoid peat based compost as this is bad for wildlife & extracting peat releases huge volumes of CO₂ & that is not good for people, place or planet.
9. Use bird-friendly slug pellets.
10. Don't forget to add some water to your outside spaces as birds love to have a little dip and dive.

As we look to transform our outside spaces we will help protect the most vital of all insects the pollinators. We may not like to think about bees but without these incredible insects, our supermarket shelves and lives would be very different indeed.



ERADICATE

E	A	I
C	R	D
A	E	T

It might not be a word that we use everyday, but this nine letter word holds the key that can help us stand up and say no to poverty. How many words can you make from this incredible nine letter word?

Be the start of a new conversation.

It may seem like a tiny word that really doesn't merit much attention, but the word HELLO really can be the start of something really rather brilliant.



- Afrikaans** - haai (pronounced Ha-i)

Alabamian - tungjatjeta (pronounced toon-jat-yeta)

Bengali - namaskar

Burmese - mingalarbar

Catalan - hola (pronounced o-la)

Danish - hej (pronounced hey)

Estonian - tere (pronounced tereh)

Fijian - bula

French - bonjour or salut

German - guten tag or Tag (pronounced gooten taag)

Greek - yia sou (pronounced yah-soo)

Hawaiian - aloha

Hebrew - shalom
- Hindi** - namaste (pronounced na-mus-thei)

Icelandic - goon dag (pronounced gothan-dagg)

Italian - ciao (pronounced chow)

Japanese - konnichi wa (pronounced ko-nee-chee-wa)

Korean - ahn nyeong ha se yo (pronounced ahn-yan-ha-say-yo)

Lao - sabaidee (pronounced sa-bai-dee)

Punjabi - sat sri akal

Russian - zdravstvuyte (pronounced Zdra-stvooy-tyeh)

Say hello to somebody new today.

Did you know? Osiyo is Hello in Cherokee (Originally a language spoken by one of the largest Native American tribes. Today, however there are only 130 mono-lingual Cherokee speakers.

CAN YOU FIND THE HIDDEN WORDS?

P	O	T	P	R	O	M	E	N	A	D	E
A	R	S	T	B	J	A	U	N	T	M	A
S	L	E	R	I	C	I	R	C	U	I	T
S	W	A	L	E	K	I	H	S	E	G	P
A	U	B	M	M	S	P	E	U	N	A	E
G	B	M	P	O	B	I	A	W	O	I	T
E	L	A	S	E	C	L	L	O	R	T	S
P	A	R	A	D	E	U	E	G	U	S	M
W	S	P	P	L	D	R	S	O	S	O	N
I	K	L	A	W	I	E	P	N	R	U	T
S	N	R	U	T	R	P	I	E	C	A	P
M	A	R	C	H	T	R	A	I	P	S	E
W	A	U	H	C	S	A	R	E	U	A	S
F	L	N	S	A	U	N	T	E	R	O	P

AMBLE, RAMBLE, TRAMP, PASSAGE. PARADE, STROLL, TOUR, STEP, WALK, TRAIPE, PROMENADE, GAIT, HIKE, STRIDE, SAUNTER, JAUNT, TURN, PACE, MARCH

Have you got what it takes to design the 1 World T-Shirt?

Send us in your ideas and we will pick our favourite.

Mail us at hello@1world-news.com



Next Issue: Discover more about the Amazon... Deforestation... Child labour... The Orangutan... with great recipes and lots more stuff to read and do!



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