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**What brand is my t-shirt from?**

KTM CTY (A Nepali sportswear brand)

**What materials were used to make it?**

Polyester and Spandex (89% and 11% respectively)

**Where was it made?**

The shirt was made in Nepal

**What does this mean?**

The shirt cost me 1,100 Nepali rupees, which is roughly \$8.39. However, those \$8.39 does not encapsulate the real cost of that shirt. Each shirt that is made consumes approximately 2,700liters of water. Think about all the people who worked towards producing the t-shirt I am wearing right noe. The people who melted the PET fibers to produce the polyester in my shirt, the person who reacted polyester with diisocyanate to produce the spandex on my shirt, the person who produced the dye that colored it blue, the person who packaged it, the person who sent it to you to the store I bought it, the person at the store who sold it to me; realistically, how could all that work be reduced to \$8.39? Whenever you get a price that seems like a steal, it is a steal, however, who are you really stealing from? Besides the high monetary cost of producing the shirt which is not being paid for, the environment is also paying for my shirt. In the first place, polyesters are technically made up of fossil fuels which already tells you that simply t-shirt is contributing to your carbon dioxide footprint. Besides this, it is extremely hard to recycle. Only one factory in Japan has the capacity to recycle it which means the vast majority of polyester-made shirts end up in landfills. Even more, Polyester is not biodegradable which means it is either burned which contributes to the greenhouse effect or it can remain in a landfill as it continues to pollute the environment. What are the upsides to this t-shirt? Not much, besides you getting it for \$8.39

**Was anyone surprised to hear why I was wearing my shirt inside out?**

Some of the people in my school were not surprised since they were participating in the same challenge I was, however, most of the people who were not were really surprised.

**What were their reactions?**

Initially, they thought I had simply woken up on the wrong side of the bed, they initiated the conversation timidly informing me I had my t-shirt inside out. I would then proceed to look them straight in the eyes and says, "I know". At this point in the conversation their eyes would be filled with confusion, why was this crazy girl wearing a shirt inside out? I would stay in silence to see if they asked, which most did, and if they didn't I would still tell them. I would say I was participating in a 30-day challenge to raise awareness and inform myself and others about the

multiple ways we could help the environment. This was one of the challenges, of learning about fashion and how it was destroying the world.

**What information did I share?**

I would tell them how much my t-shirt had cost, and each person would answer I'd gotten the shirt for a reasonable price. However, I would then ask them who they thought had made the shirt. Who made the materials? Who had shipped it? Did they truly think the price encapsulated all the hard work that went into it being produced? They would think about it for a few seconds, and then a look close to that of shame would spread through their face. How could \$8.39 cents possibly be a reasonable price? Then I would tell them that the people who made the shirts weren't the only ones paying for their t-shirts, it was also the environment. I proceeded to tell them that each t-shirt took approximately 2,700 liters to make and that since polyester was not biodegradable and very hard to recycle it was pretty much destined to pollute the world. Most of them asked me if they should imply stop buying polyester shirts entirely to which I answers, they should not. However, they could be more conscious about their choices when shopping. Did the price truly reflect the hard work that went into its production? Where was it destined after they had no more use for it? Essentially I asked them to think about the past and the future of the shirt in order to know if it was truly worth it to buy the shirt in the present.



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**eco\_footprint\_club** This T-shirt was made in Nepal. It is made up of 89% Polyester and 11% spandex. It cost me 1,100 Nepali Rupees which is approximately \$8.39 cents. I know most of you are thinking I got a great deal right now, but who is paying for my "great deal"? There is no way that this t-shirt cost \$8.39 cents to produce. Someone had to melt the PET pellets to make the polyester, someone had to react polyester with diisocyanate, someone had to produce the blue dye, someone had to ship it, and someone had to sell it. What is the past of the t-shirt you are wearing right now? How much did it cost the people who made it? How many hours did they spend making it? How much did the environment pay? The average production of a t-shirt costs 2,700 liters of water. What is the future

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