Fast Fashion Glossary & Examples (B1–B2)

1. Consumerism *[Noun]* — **Καταναλωτισμός**

B1: **Consumerism** makes people want to buy new clothes every week.

B2: Excessive **consumerism** drives people to buy cheap clothes they only wear once or twice.

2. Overproduction *[Noun]* — **Υπερπαραγωγή**

B1: **Overproduction** creates too many clothes that nobody buys.

B2: The **overproduction** of garments leads to massive amounts of unsold items ending up in landfills.

3. Landfill *[Noun]* — **Χωματερή / ΧΥΤΑ**

B1: Old and unwanted clothes often end up in a **landfill**.

B2: Millions of tons of textile waste are dumped into **landfills** every year, polluting the soil.

4. Supply chain *[Noun]* — **Εφοδιαστική αλυσίδα**

B1: A clothing brand's **supply chain** includes farms, factories, and shops.

B2: Fast fashion brands often lack transparency in their **supply chain**, making it hard to track where clothes are made.

5. Sweatshop *[Noun]* —a factory or workshop where employees work long hours for very low pay in poor, unsafe, or unhealthy conditions. **Εργασιακό κάτεργο**

B1: Workers in a **sweatshop** work long hours for very little money.

B2: Many low-cost garments are produced in **sweatshops** where workers face unsafe conditions and extremely low pay.

Key Characteristics of a sweatshop

- **Low Wages:** Workers are paid a fraction of a fair living wage, often violating local or international minimum wage laws.
- **Harsh Hours:** Employees regularly work 12 to 15 (or up to 16) hours a day, often with few or no breaks.
- **Unsafe Conditions:** Facilities frequently lack proper ventilation , temperature control, adequate lighting, and safety features (such as fire exits or guarded machinery).
- **Lack of Rights:** Workers are typically denied the right to unionize or collectively bargain for better conditions.
- **Vulnerable Workforce:** A large percentage of sweatshop workers are women and children

6. Exploitation *[Noun]* — **Εκμετάλλευση**

B1: We must stop the **exploitation** of poor workers in clothing factories.

B2: Ethical consumers are speaking out against the **exploitation** of garment workers in developing countries.

7. Carbon footprint *[Noun]* — **Αποτύπωμα άνθρακα (=** αφορά το συνολικό ποσό αερίων του θερμοκηπίου που εκπέμπεται από τις δραστηριότητες ενός ατόμου ή ενός οργανισμού)

B1: Buying fewer clothes helps reduce your **carbon footprint**.

B2: Shipping trendy clothes around the globe significantly increases the fashion industry's **carbon footprint**.

8. Microplastics *[Noun]* — **Μικροπλαστικά**

B1: Washing cheap clothes puts **microplastics** into the sea.

B2: Washing synthetic fabrics releases **microplastics** that eventually pollute our oceans and harm marine life.

9. Living wage *[Noun]* — **Μισθός αξιοπρεπούς διαβίωσης**

B1: Every factory worker deserves a **living wage** to feed their family.

B2: Many factory workers do not earn a **living wage** and struggle to afford basic necessities like food and housing.

10. Trend *[Noun]* — **Τάση (της μόδας)**

B1: Fast fashion copies the latest **trends** from social media very quickly.

B2: Fast fashion relies on rapidly changing **trends** to convince shoppers that their current wardrobe is outdated.

11. Manufacture *[Verb]* — **Κατασκευάζω, παράγω μαζικά**

B1: Big companies **manufacture** millions of T-shirts every month.

B2: Companies **manufacture** cheap clothing quickly to keep up with the latest social media styles.

12. Discard *[Verb]* — **Πετάω, απορρίπτω**

B1: Many people **discard** cheap jackets after just one winter.

B2: Because the quality is so poor, shoppers quickly **discard** fast fashion items after a few washes.

13. Exploit *[Verb]* — **Εκμεταλλεύομαι**

B1: Some fast fashion brands **exploit** workers in developing countries.

B2: Some corporations **exploit** vulnerable workers by forcing them to work overtime without extra pay.

14. Pollute *[Verb]* — **Μολύνω, ρυπαίνω**

B1: Dirty water from clothing factories can **pollute** nearby rivers.

B2: Toxic dyes used in textile factories **pollute** local rivers and damage nearby ecosystems.

15. Consume *[Verb]* — **Καταναλώνω**

B1: Today, people **consume** much more fashion than in the past.

B2: Today, the average person **consumes** far more clothing than they did twenty years ago.

16. Deplete *[Verb]* — **Εξαντλώ (φυσικούς πόρους)**

B1: Making thousands of jeans can **deplete** local water supplies.

B2: Growing cotton for mass production **depletes** vital water supplies in dry regions.

17. Promote *[Verb]* — **Προωθώ, διαφημίζω**

B1: Social media influencers often **promote** cheap online clothing shops.

B2: Influencers often **promote** massive clothing hauls, encouraging followers to buy unnecessary items.

18. Boycott *[Verb]* — **Μποϊκοτάρω, απέχω συνειδητά**

B1: Many shoppers **boycott** brands that hurt the environment.

B2: Some activists urge shoppers to **boycott** brands that refuse to improve factory safety.

19. Disposable *[Adjective]* — **Μιας χρήσης, αναλώσιμος**

B1: Fast fashion treats clothes like **disposable** plastic cups.

B2: Fast fashion treats clothing as **disposable** goods rather than items meant to last for years.

20. Sustainable *[Adjective]* — **Βιώσιμος, αειφόρος**

B1: Buying second-hand clothes is a **sustainable** way to shop.

B2: Many young people are looking for **sustainable** alternatives, such as buying second-hand or organic clothes.

21. Synthetic *[Adjective]* — **Συνθετικός**

B1: Polyester is a **synthetic** fabric that is bad for the planet.

B2: Cheap **synthetic** materials like polyester are made from fossil fuels and do not biodegrade.

22. Unethical *[Adjective]* — **Ανήθικος**

B1: It is **unethical** to pay workers only one dollar a day.

B2: Paying workers a few cents per hour to maximize profits is widely considered **unethical**.

23. Affordable *[Adjective]* — **Οικονομικά προσιτός**

B1: Fast fashion is popular because the clothes are very **affordable**.

B2: While fast fashion makes trendy outfits **affordable**, the hidden cost is paid by the environment and workers.

24. Harmful *[Adjective]* — **Επιβλαβής**

B1: Chemicals in cheap clothes can be **harmful** to our skin and nature.

B2: Chemicals used to treat fabrics can be **harmful** to both factory workers and the people wearing the clothes.

25. Transparent *[Adjective]* — **Διαφανής**

B1: Brands should be **transparent** about how they make their clothes.

B2: Consumers are demanding that clothing companies become more **transparent** about their environmental impact.

26. Mass-produced *[Adjective]* — **Μαζικής παραγωγής**

B1: **Mass-produced** clothes are usually low quality and break easily.

B2: Unlike handmade garments, **mass-produced** items often suffer from loose threads and weak seams.

Χρήσιμες Φράσεις / Εκφράσεις (Useful Phrases)

- **Throwaway culture:** Η κουλτούρα του «μιας χρήσης» (πετάω κάτι εύκολα για να πάρω καινούργιο).
- **Child labor:** Παιδική εργασία.
- **Eco-friendly alternatives:** Φιλικές προς το περιβάλλον εναλλακτικές.
- **To raise awareness:** Ευαισθητοποιώ / ενημερώνω το κοινό.