

## Unit 1

### Where I Am a Local

#### Where are you from?

**Person 1:** I'm from Paris.

**Person 2:** I am from Mexico City.

**Person 3:** I am from Porto, which is in the north of Portugal, and we are now in Lisbon.

**Person 4:** I am from Barcelona, but currently I am living in Paris.

I speak Spanish, French, Catalan, and English.

#### Where do you feel at home?

**Person 1:** I live in Lisbon.

**Person 2:** I'm from Italy and I think I'm a local in Lisbon because I've been living here a while. I think I'm a local here.

**Person 3:** Well, it's complicated because right now I feel at home in Paris. Because mostly my friends are there, my work is there, so I would say right now Paris is my home.

**Person 4:** I actually live in Lisbon for a long time, so I think I belong to Portugal, I love Portugal... So, I identify myself as from Portugal, not from a single city.

### Where I Am A Local

#### Taiye Selasi:

People often ask me this question: Where are you from?

It's a difficult question.

Am I from Ghana? My parents live there, but I do not.

Am I from the United Kingdom? I was born there, and I have a UK passport, but I didn't live there long.

Am I from the US? I lived in Boston for 12 years and New York for 6... and I have an American passport... but I do not live in the US.

Am I from Portugal? I live in Lisbon, but I am not Portuguese.

So the question "Where are you from" is very difficult to answer. Maybe a better question is "Where are you a local?" It's better because it's about me—a person—and not about a country—or a passport.

For example: I am a local in Accra, where my parents live. I go there every year with my twin sister, and we spend time with our mother in her garden.

I am local in New York, where my best friends live. I visit the city at least twice a year. I am also local in Rome and Berlin, where I lived for three years each. I am a local in Lisbon, where I live now. What makes these places "local" for me? It is the people I love who live there.

Let's try it with my friend, Olu. Olu is 35 years old. His parents are from Nigeria, but Olu was born in Germany. He studied in London and now he lives in Berlin. He speaks English with a German accent—and German with a Nigerian accent. So where is Olu from?

Maybe, the next time someone asks you, "Where are you from?" don't say the name of one country. Tell them where you are *really* from. Tell them about your family and friends. Tell them where you are a local.

## Unit 2

### Meet One of the Last Elevator Operators in Los Angeles

**Ruben:** I love classic movies... Humphrey Bogart, Gregory Peck... All those old-timers. In other words, my prime time was the '50s.

My mother used to take us to the shopping malls and the big stores. I saw these old-timers doing the elevators. I observed them, checking on them how they drive it and that's how I learned. I picked up the vibes.

My name is Ruben Pardo and I'm an elevator operator professional. My first day was August 14, 1976; forty years seniority inside this building.

**Ruben:** Hello!

**Woman:** Hey, Ruben!

**Ruben:** Here we go.

**Woman:** Mhmm.

**Ruben:** Second floor, Ace Gallery. Ace is the place. And you notice how I level it? Straight on the money? Professional!

**Ruben:** How's your day?

**Man:** Pretty good. Yours?

**Ruben:** Eh, up and down. Yeah. I was born to go up and down.

**Ruben:** I learned the hard punches of life real quickly. I became a paperboy at nine years old. I started with nickels, dimes, and quarters and I worked myself up.

I'm the oldest of the family and I was put on the streets to work. It was something that I had to do because they needed my help. You're not gonna question your parents.

I'm very proud of my brother and my two sisters. They graduated college and now they got the education that I did not have. I did not mind making the sacrifice. When it's your flesh and blood, you do anything.

Sundays I'm off and I take my family to restaurants in a new area. You have to look forward to something! I recommend that. Positive thinking, positive everything... a chance of living a little bit longer.

**Ruben:** Hi! Ready? Ok, ok.

**Ruben:** We're so many people. And yet, none of us have the same situation. Isn't that very powerful? I mean, everybody has a story. I'm watching the life, serving the public going up and down.

Oh, I don't feel bored. I'm here because I want to. As long as the elevator runs, I guarantee you that you will have me. I will be your number one to drive it.

I'm right here on the first floor. The doors are open. I'm ready for more!

## Unit 3

### The UK in 100 Seconds

**Daniel Raven Ellison:** What does the United Kingdom really look like? Let's walk across this country in one hundred seconds. Each second of the walk shows you 1 percent of the UK from above. Are you ready for the UK in 100 seconds? OK, let's go.

The UK has a population of about 66 million people. Their towns and cities, with houses and gardens, cover five percent of the country. That's five seconds of our walk.

We spend six seconds walking over grassland. Then we walk over moors and past sheep for seven seconds—that's seven percent.

These are peat bogs. They cover nine percent of the country. And don't they look beautiful?

Then, for ten seconds, we're in the forest. Trees cover about ten percent of the country. The forest is my favorite place!

For 27 seconds, we walk through fields with crops. Farm animals eat half of the crops. Farmers grow the crops that go into our food, like bread and oil. In June, they mostly grow wheat, barley, oil seeds, peas and beans, corn, oats, and vegetables.

For the last 28 seconds—that's 28 percent of the UK—we walked through fields with farm animals, like cows and sheep.

So now we're at the end of our walk. We saw cities with people, woodlands, fields of crops, and with the most space being given to fields of cows and sheep.

At a time when 1 in 10 British species are at risk of extinction, what do you think? Could the country make more space for nature?

## Unit 4

### A Guerrilla Gardener in South Central LA

**Narrator:** More than 26.5 million Americans live in “food deserts.” Food deserts are places with no access to fresh, healthy food. Instead of grocery stores and markets, these places only have fast food restaurants.

This is making a lot of people unhealthy. More than half of the people living in food deserts in the United States are from low-income families. In Ron Finley’s neighborhood of South Central Los Angeles, the problem is very bad, but he has an idea to fix it.

**Ron Finley:** So what I did, I planted a food forest in front of my house. It was on a strip of land that we call a parkway. It’s 150 feet by 10 feet. Thing is, it’s owned by the city. But you have to maintain it.

So me and my group, LA Green Grounds, we got together and we started planting my food forest, fruit trees, you know, the whole nine, vegetables. What we do, we’re a pay-it-forward kind of group, where it’s composed of like gardeners from all walks of life, from all over the city, and it’s completely volunteer, and everything we do is free. And the garden, it was beautiful.

Growing one plant will give you 1,000... 10,000 seeds. When one dollar’s worth of green beans will give you 75 dollars’ worth of produce. It’s my gospel, I’m telling people, “Grow your own food!” Growing your own food is like printing your own money.

See, I’m an artist. Gardening is my graffiti. I grow my art. Just like a graffiti artist, where they beautify walls, me, I beautify lawns, parkways. I use the garden, the soil, like it’s a piece of cloth, and the plants and the trees, that’s my embellishment for that cloth. You’d be surprised what the soil could do if you let it be your canvas. You just couldn’t imagine how amazing a sunflower is and how it affects people.

So what happened? I have witnessed my garden become a tool for the education, a tool for the transformation of my neighborhood. To change the community, you have to change the composition of the soil. We are the soil. You’d be surprised how kids are affected by this. Gardening is the most therapeutic and defiant act you can do, especially in the inner city. Plus you get strawberries.

I remember this time, there was this mother and a daughter came, it was, like, 10:30 at night, and they were in my yard, and I came out and they looked so ashamed. So I’m like, man, it made me feel bad that they were there, and I told them, you know, you don’t have to do this like this. This is on the street for a reason. It made me feel ashamed to see people that were this close to me that were hungry, and this only reinforced why I do this.

There’s another time when I put a garden in this homeless shelter in downtown Los Angeles. These are the guys, they helped me unload the truck. It was cool, and they just shared the stories about how this affected them and how they used to plant with their mother and their grandmother, and it was just cool to see how this changed them, if it was only for that one moment.

So Green Grounds has gone on to plant maybe 20 gardens. We’ve had, like, 50 people come to our dig-ins and participate, and it’s all volunteers. If kids grow kale, kids eat kale. If they grow tomatoes, they eat tomatoes.

I see young people and they want to work, but they’re in this thing where they’re caught up—I see kids of color and they’re just on this track that’s designed for them, that leads them to nowhere. So with gardening, I see an opportunity where we can train these kids to take over their communities, to have a sustainable life. And when we do this, who knows? We might produce the next George Washington Carver. But if we don’t change the composition of the soil, we will never do this.

What I’m talking about is putting people to work, and getting kids off the street, and letting them know the joy, the pride, and the honor in growing your own food, opening farmer’s markets.

I want us all to become eolutionary renegades, gangstas, gangsta gardeners. We gotta change, we gotta flip the script on what a gangsta is. If you ain’t a gardener, you ain’t gangsta. Get gangsta with your shovel, okay? And let that be your weapon of choice.

## Unit 5

### Free Soloing with Alex Honnold

**Narrator:** Free solo climbing, or free soloing, is when you climb a mountain without using ropes or safety equipment. It’s the most dangerous type of climbing. This is Alex Honnold.

**Alex:** Sure is a beautiful day to go out soloing.

**Narrator:** Alex is probably the world’s most famous free solo climber. Sometimes he climbs with ropes, but he prefers free soloing because he can move more quickly. But with free soloing, one wrong move, and you die!

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**Narrator:** Alex is driving to Yosemite Park for his next climb. Alex loves Yosemite Park and he climbs there a lot. Alex wants to climb up a vertical wall called Half Dome. Half Dome is over 8,800 feet high and it's a popular place for rock climbing with ropes. It's very challenging, but Alex wants to climb the wall *without* ropes.

**Narrator:** The next day, Alex gets up early. It's about five o'clock in the morning. He needs a good breakfast. He puts on special shoes and starts to climb. It's 5:32 in the morning. After two hours of climbing, he feels very tired, both physically and mentally. He finds a good place to stop and rest for a few minutes. It's a difficult moment and Alex asks himself, "Why am I doing this?"

**Narrator:** But Alex sometimes spends 12 months planning a climb like this. He plans every movement on the route. He knows every part of the wall and he continues to climb.

Until finally, he reaches the top of Half Dome at 9:28 in the morning. The climb takes three hours, 56 minutes in total.

## Unit 6

### Vietnam's Green Jewels

**NARRATOR:** This is Ha Long Bay in Vietnam. There are around 1,600 islands covering an area of 580 square miles. Thousands of tourists visit the region every day, so it's one of Vietnam's most popular destinations.

The bay is off the northeast coast of Vietnam, near China. Hundreds of boats sail around the islands every day, but most of the islands are uninhabited by humans. Instead, they are full of wildlife.

The name *Ha Long* means *descending dragon*. According to a legend from the past, an enemy attacked Vietnam, but a dragon flew down and defended the Vietnamese people. It breathed fire on the enemy and it also breathed green jewels. These green jewels became the islands of Ha Long Bay.

Science tells us a different story. The bay is full of these huge rocks called *karsts*. Created over millions of years, they are between 160 and 330 feet tall.

It's a fascinating place for tourists, with caves on many of the islands. There are fishing villages and the people live on floating houses.

There are two national parks. One is on an island, and the other is on the water.

Ha Long Bay has around 5.5 million visitors a year, and half of them are from overseas. Tourism is good for the local economy, but too many tourists is bad for the environment. To survive as a vacation destination, Ha Long Bay must control the number of visitors in the future.

## Unit 7

### A New View of the Moon

**Wylie:** One night, I was bored in my apartment and decided to take my telescope out to the sidewalk. The moon was out and I thought, *why not?* Within a few minutes, people started walking over and asking what this thing was.

**Man with bicycle:** What is that bro?

**Wylie:** It's a telescope. Do you want to check out the moon? Do you want to take a look at the moon?

**Woman:** What is it?

**Wylie:** It's the moon.

**Woman:** Where am I supposed to look?

**Wylie:** You are supposed to look right here.

**Woman:** Oh! In there.

**Wylie:** That's where it all started. It just sort of went from there.

**Woman:** Oh my gosh!

**Kid:** Whoa, that is... Tommy, check this out!

**Man:** Oh man!

**Woman:** Oh man!

**Kid:** Isn't that awesome?

**Girl:** That is pretty awesome.

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**Woman:** No way.

**Man:** No way.

**Man:** No way. That's the moon?

**Woman:** No way.

**Wylie:** Yeah way.

**Woman:** Whoa, you can see the craters! That is so cool!

**Wylie:** Get closer, closer, closer. It will get wider.

**Man:** Whoa!

**Man 2:** What?

**Man 3:** What?

**Woman:** What? Look at the edge. I want to see more of it.

**Friend:** I know, I know!

**Woman:** Is it for real?

**Various men:**

I've never seen this before.

Whoa, this is amazing!

Wow! That is intense right there boy.

Bro! That looks like that's right down the street, man. Man, what have you got here? That looks like that's right down the street.

**Wylie:** Yeah, Isn't that amazing?

**Man:** Is that an actual image of the moon? Is it like a live image?

**Wylie:** It's that right there.

To be able to see it up close and feel like you can almost reach out and touch it. That's what makes it real to us.

**Man:** That is incredible.

**Woman:** I kind of feel like I just landed on the moon.

**Wylie:** It makes you realize that we are all on a small little planet and we all have the same reaction to the universe we live in. I think there's something special about that. Something unifying. It's a great reminder that we should look up more often.

## Unit 8

### A Virtual Choir 2,000 Voices Strong

**Narrator:** This is Eric Whitacre, a composer and conductor. He has written over 50 pieces of music. He is interested in how music can connect people around the world. Eric launched a project to bring together a “virtual” choir of individual voices from across the globe.

**Eric Whitacre:** Well, a couple of years ago, a friend of mine emailed me a link, a YouTube link, and said, “You have got to see this.” And it was this young woman who had posted a fan video to me, singing the soprano line to a piece of mine called “Sleep.”

**Britlin Losee:** Hi Mr. Eric Whitacre. My name is Britlin Losee, and this is a video that I'd like to make for you. Here's me singing “Sleep.” I'm a little nervous, just to let you know. 🎵 If there are noises 🎵 🎵 in the night 🎵

**Eric Whitacre:** I was thunderstruck. Britlin was so innocent and so sweet, and her voice was so pure.

And I had this idea: if I could get 50 people to all do this same thing, sing their parts—soprano, alto, tenor, and bass—wherever they were in the world, post their videos to YouTube, we could cut it all together and create a virtual choir. So I wrote on my blog, “OMG OMG.” I actually wrote, “OMG,” hopefully for the last time in public ever. (Laughter) And I sent out this call to singers. And I made free the download of the music to a piece that I had written in the year 2000 called “Lux Aurumque,” which means “light and gold.” And lo and behold, people started uploading their videos.

Now I should say, before that, what I did is I posted a conductor track of myself conducting. And it's in complete silence when I filmed it, because I was only hearing the music in my head, imagining the choir that would one day

come to be. Afterwards, I played a piano track underneath so that the singers would have something to listen to. And then as the videos started to come in ...

(Singing) This is Cheryl Ang from Singapore.

(Singing) This is Evangelina Etienne

(Singing) from Massachusetts.

(Singing) Stephen Hanson from Sweden.

(Singing) This is Jamal Walker from Dallas, Texas.

There was even a little soprano solo in the piece, and so I had auditions. And a number of sopranos uploaded their parts. I was told later, and also by lots of singers who were involved in this, that they sometimes recorded 50 or 60 different takes until they got just the right take—they uploaded it. Here's our winner of the soprano solo. This is Melody Myers from Tennessee. I love the little smile she does right over the top of the note—like, “No problem, everything's fine.”

And from the crowd emerged this young man, Scott Haines. And he said, “Listen, this is the project I've been looking for my whole life. I'd like to be the person to edit this all together.” I said, “Thank you, Scott. I'm so glad that you found me.” And Scott aggregated all of the videos. He scrubbed the audio. He made sure that everything lined up. This is “Lux Aurumque” sung by the Virtual Choir.

I'll stop it there in the interest of time.

Thank you. Thank you.

Thank you. So there's more. There's more. Thank you so much.

And I had the same reaction you did. I actually was moved to tears when I first saw it. I just couldn't believe the poetry of all of it — these souls all on their own desert island, sending electronic messages in bottles to each other. And the video went viral. We had a million hits in the first month and got a lot of attention for it. And because of that, then a lot of singers started saying, “All right, what's Virtual Choir 2.0?” And so I decided for Virtual Choir 2.0 that I would choose the same piece that Britlin was singing, “Sleep,” which is another work that I wrote in the year 2000 — poetry by my dear friend Charles Anthony Silvestri. And again, I posted a conductor video, and we started accepting submissions. This time we got some more mature members. (Singing) And some younger members.

And we just closed submissions January 10th, and our final tally was 2,051 videos from 58 different countries. Thank you. (Applause) From Malta, Madagascar, Thailand, Vietnam, Jordan, Egypt, Israel, as far north as Alaska and as far south as New Zealand.

And we also put a page on Facebook for the singers to upload their testimonials, what it was like for them, their experience singing it. And I've just chosen a few of them here. “My sister and I used to sing in choirs together constantly. Now she's an airman in the air force constantly traveling. It's so wonderful to sing together again!” I love the idea that she's singing with her sister. “Aside from the beautiful music, it's great just to know I'm part of a worldwide community of people I never met before, but who are connected anyway.” And my personal favorite, “When I told my husband that I was going to be a part of this, he told me that I did not have the voice for it.” Yeah, I'm sure a lot of you have heard that too. Me too. “It hurt so much, and I shed some tears, but something inside of me wanted to do this despite his words. It is a dream come true to be part of this choir, as I've never been part of one. When I placed a marker on the Google Earth Map, I had to go with the nearest city, which is about 400 miles away from where I live. As I am in the Great Alaskan Bush, satellite is my connection to the world.”

So two things struck me deeply about this. The first is that human beings will go to any lengths necessary to find and connect with each other. It doesn't matter the technology. And the second is that people seem to be experiencing an actual connection. It wasn't a virtual choir. There are people now online that are friends; they've never met. But, I know myself too, I feel this virtual esprit de corps, if you will, with all of them. I feel a closeness to this choir — almost like a family.

What I'd like to close with then today is the first look at “Sleep” by Virtual Choir 2.0. This will be a premiere today. We're not finished with the video yet. But we do have the first three minutes. And it's a tremendous honor for me to be able to show it to you here first. You're the very first people to see this. This is “Sleep,” the Virtual Choir.

**Virtual Choir:** 🎵 The evening hangs 🎵 beneath the moon 🎵 A silver thread on darkened dune 🎵 With closing eyes and resting head 🎵 I know that sleep is coming soon 🎵 Upon my pillow, 🎵 safe in bed, 🎵 a thousand pictures fill my head 🎵 I cannot sleep 🎵 my mind's aflight 🎵 and yet my limbs seem made of lead 🎵 If there are noises in the night 🎵

**Eric Whitacre:** Thank you very, very much. Thank you. Thank you very much. Thank you. Thank you.

## Unit 9

### How Your T-Shirt Can Make a Difference

Cotton is everywhere: in your furniture, in your food, in your wallet, in your closet. Cotton has a major impact on the planet. Take your favorite cotton T-shirt: It takes 2,700 liters of water to make one T-shirt, enough for one person to drink for 900 days. It also takes a lot of energy: to grow, manufacture, and transport. Mostly, it needs energy to take care of it. One load of drying uses five times more energy than washing. One load of washing uses 40 gallons of water. Now, think how often you wash and dry your T-shirt. Don't we have plenty of resources? Plenty of water? Yes, but . . . 97% is salty, nearly 2% is locked in snow or ice. That leaves less than 1% that we can access and 70% of that grows our crops. Cotton is a very thirsty crop. Now, think how many T-shirts are in your closet/city/country/on the planet. How many T-shirts do you need? How often do you need to wash and dry them? There is a solution. We can use less water and less energy. Skip the drying and ironing and save 1/3 of your T-shirt's carbon footprint. Choices make a difference. Make each choice count.

## Unit 10

### Living Past 100

**Narrator:** Bama County is in the Guangxi Zhuang Autonomous Region of China. It's a beautiful region with trees, rivers, and mountains. And Bama County is also famous for its people. That's because the number of people over the age of 100 is nearly seven times that of the rest of China.

**Pan Qifang:** There's the hereditary factor, the cultural factor, but most important, it's the environment here that makes people generally live longer.

**Narrator:** Because of these centenarians, more and more tourists are visiting Bama County.

They want to learn about the lifestyle that helps the local people live so long.

**Huang Zhongkang:** For more than 30 years, I have gone fishing every day. This lifestyle is carefree. My son works in Nanning City. He asked me to go and live with him. But I'd rather live in the village than in the urban area.

**Narrator:** Tourists arrive every day to meet people over one hundred years old. They want to know the secret.

**Huang Yingchan:** The secret to our longevity is very simple. We eat what we plant. The meat, too, comes from what we raise ourselves.

**Narrator:** This man is 118 years old. His 87-year-old son explains the reason why.

**Huang Zhongshun:** My father eats corn, peas—all sorts of vegetables every day. He doesn't eat much meat.

**Narrator:** It's because of the long life of people like this man that a new type of tourist is visiting Bama county. They are health tourists. This man, Yao Xuchu, had a stroke four years ago.

**Yao Xuchu:** Every day I come here to sing very beautiful songs. Every day I come here to sing very beautiful songs. Four years ago, I can't say something but here, I can sing. I can sing aloud.

**Narrator:** Most local people are happy about the tourism, but not everyone is sure about the future of Bama County.

**Huang Zhongkang:** Some young people come here to take wedding photos, which is fine, because this village is very scenic. But there are tourists who come here to swim, or come here for picnics, leaving garbage behind. That's what we're afraid of.

Tourism will bring us more income and make our lives better. In that regard, it keeps us healthy. The village was so poor, and there wasn't even a proper road. The road was muddy and bumpy. People didn't have opportunities to go out to work. As long as tourists don't litter here, we welcome the development. If we have more income, we'll have better health.

**Narrator:** Next, this village is going to build a new eco-resort for tourists.

**Huang Zhongkang:** I just hope I live long enough to see the resort completed.

**Narrator:** In Bama County, that could be a very long time!

## Unit 11

### Wasfia's Journey

**Wasfia Nazreen:** Even as a child I had this really strong feeling that I need to set myself free. And that no one else could do it for me but myself.

Whenever I would say that I'm from Bangladesh, either people didn't even know where that was. Or, if they did know, the first thing would be like, "oh you guys get so much floods." And after 44 plus years of existing, that's kind of sad.

I wanted to highlight to the world how far women from Bangladesh have come despite all the obstacles that they have to constantly go through. So, I thought of walking to the highest mountain of every continent—take the flag up. Life is too short, and these are leaps of faith that, as human beings, it's essential to respond to.

When I first announced the campaign, no one really believed that I could do it. But I just wanted to listen to the call of my heart, and I pursued it without thinking logically. My training—first is obviously the cardio. Second, would be high altitude training. But third, and the most important part of training, is meditation and mindfulness. You can be the strongest athlete in the world, but if you can't have the clarity to take decisions in a fraction of a second, your life and your entire team's life depends on it. In my eye, climbing is more of a surrender, rather than conquering. If anything, nature conquers you.

When you climb the mountain with someone, that person is always with you. Ngima Grimen Sherpa, he is my climbing teacher. He's protected me and saved my life on and off the mountain. When I was going for my expedition in Antarctica, as I was going to board the flight, I got the news that Ngima passed in a terrible motorbike accident. I've walked to the top of the world with Ngima, and we've watched sunrises on top of the world together, and that's not an experience you can. You know. Sorry.

**Wasfia Nazreen:** What do you want to be when you grow up?

**Young Girl:** Doctor.

**Wasfia Nazreen:** Doctor?

**Wasfia Nazreen:** When I look at a girl, the first thing I see is hope and the power within herself to choose her own destiny. I feel very emotional right now because it's been quite a tough journey coming up here. Decide who she wants to be. And I'd like to dedicate this summit to the youth of my nation. She doesn't have to be a mountaineer.

**Wasfia Nazreen:** And what do you want to be?

**Young Girl:** Chocolate.

**Wasfia Nazreen:** Chocolate?

**Wasfia Nazreen:** Whatever the mountain is in her life, empower her to climb it. I love you all, and it's really cold up here.

**Narrator:** On November 18<sup>th</sup>, 2015, Wasfia summited Carstensz Pyramid. She is the first Bangladeshi to climb the seven summits.

## Unit 12

### How to Buy Happiness

**Michael Norton:** Hello, my name's Michael Norton, and today I'd like to talk about two important things in our lives: money and happiness.

To begin with, look at this phrase: *Money can't buy you happiness.*

**Words on screen:** If you think money can't buy happiness, you're not spending it right.

**Michael Norton:** People often say that you can't buy happiness. But I disagree. I think money *can* buy you happiness if you spend it correctly.

**Words on screen:** Money can buy you happiness, if you spend it correctly.

**Michael Norton:** Why do I think this? Well, I did an experiment with money and happiness.

I wanted to compare what happens when people spend money on themselves and when people give money away.

We took two groups of students. One group received money with a note. The note said: *By 5 pm today, spend this money on yourself.*

**Words on screen:** By 5 pm today, spend this money on yourself.

**Michael Norton:** And the other group received the same amount of money with a note, which said: *By 5 pm today, spend this money on somebody else.*

**Words on screen:** By 5 pm today, spend this money on somebody else.

**Michael Norton:** In the evening, we asked each student, "What did you spend the money on?" The first group spent it on things like earrings, makeup, or coffee. We also asked them if it made them happier. It didn't make them unhappy, but it didn't make them happier. The second group gave their money to other people; to homeless people, or they bought coffee to give to someone else. This group of students said they were happier.

#### T-216 Video Scripts



We also gave both groups of people different amounts of money; for example, \$5 or \$20. And we found that giving more or less money to someone else doesn't make you more or less happy. It just makes you happy.

The first experiment was with students in Canada, but we repeated the experiment in other countries. For example, we did it in Uganda and we found the same results. It's also interesting to read how people spent the money.

This person in Canada says: "I went with my sister to buy a birthday present for my mom. We went to a mall to buy her a purple scarf. It was about \$15."

**Words on screen:** "I went with my sister to buy a birthday present for my mom. We went to a mall to buy her a purple scarf. It was about \$15."

**Michael Norton:** And here's another person in Uganda. She said: "On Sunday the 9<sup>th</sup>, I met a friend. Her son was sick with malaria, so I gave her 10,000 Ugandan shillings for the medical bills and transport to the hospital."

So, these are two different stories, but they had the same result. These people are happier because they used their money for someone else.

We also looked at happiness in 136 countries. This Gallup world poll asked people around the world two questions: *Did you donate money to charity recently?* and *How happy are you with your life?*

On the map, green means when people give money to charity it makes them happier. In nearly all of these countries, it's true.

So to sum up, if you want to be happier, don't spend money on another product for yourself, spend it on someone else.

**Words on screen:** If you think money can't buy happiness, give some of it away!