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TEXT 1**IMMIGRATION CONTROLS – VALUING MONEY MORE THAN PEOPLE***By Gary Younge**16 October 2017*

- 1 When I was a teenager, I went to West Berlin with my local youth orchestra on a cultural exchange. It was 1983 and the Berlin Wall¹ was up. As we toured the city, we would keep butting into this grotesque installation blocking our way. Clearly, built with the deliberate intention to trap people, the wall was heinous – not just a bad idea, but morally wrong.
- 2 The fact that governments would not allow residents to travel to the west was evidence of their lack of freedom: they were understood to be like open prisons. Not long after the wall came down, however, this entire logic went into reverse. In the west their "freedom" was welcomed; their presence was not. While they were demolishing the wall, we were building a fortress. Politics kept them in. Economics would keep them out.
- 3 Benedict Anderson once famously described nation states as "imagined communities". I'd like to imagine mine without border guards, barbed wire, passport control, walls, fences or barriers. This stems from personal history. I am from a travelling people. I have 14 aunts and uncles. Along with my parents, nine of them left Barbados for lives in Britain, the US and Canada. I have cousins scattered across the globe. Borders are no friends to migrations. They privilege form-filling over family.
- 4 "Do you plan to work while you are here?" the UK immigration officer asked my grandmother when she came to see us the one time. "You have cane here?" she asked wryly.
- 5 Like my granny, though for different reasons, borders have always been a tense issue for me. With those in uniform struggling to match the colour of my face to the crest on my passport, how could it be otherwise? To be black and on the move in the west is to be an object of suspicion.
- 6 Borders exist, by definition, to separate us from others. The primary two issues then become which "other" that will be, and on what basis we should be separated. As such they are both arbitrary and definite. Arbitrary because they could be anywhere and often move – just look at how Europe's borders have changed over the past century. Definite because wherever they are, we have to deal with them.
- 7 But while the "othering" changes with time – the shift from race to religion as grounds for suspicion over a generation has been breathtaking – the fact remains the same. Some people won't be welcome, not because of what they have done but because of who they are, even if the groups of people in question may change.
- 8 Recently, however, it has been compounded by the fact that even as borders have become tougher for people, they have all but been lifted for capital. Money can travel the globe virtually without restriction, in search of regulations that are weaker and labour that is cheaper.
- 9 When it does, it often displaces people: sucking investment and resources from one place at the flick of a switch, shuttling them to the other side of the world;

or introducing automation that renders some professions obsolete. But those who find their lives turned upside down by the free movement of capital are often prevented from moving to a new country and looking for work. People should have at least the same rights – or more, since humans are more valuable than money.

- 10 Sadly, that is not a principle that underpins the system in which we live. The rich can buy themselves citizenship in about 20 countries, cash down. Meanwhile, desperate people are turned away at borders all the time. Others are incarcerated for having the audacity to cross borders we have created, to escape wars we have started, environmental chaos we have contributed to, or poverty we have helped create. Others die trying.
- 11 It is rarely stated but generally acknowledged and accepted, that the global poor should not be allowed to travel. That's most of the world. As such, from the refugee camp in Calais to the rickety vessels on the Mediterranean, from Trump's wall to the Berlin wall, the border stands as an ultimate point of confrontation in the broader dystopia² we have made possible.
- 12 Nation states are a relatively new concept; migration is as old as humanity. Borders seek to regulate and restrict that basic human custom for the distinct purpose of excluding some and privileging others. They discriminate between all people with the express intention of then being able to discriminate against some people. They do not simply set boundaries for countries but are metaphors for the boundaries of how we might think about other human beings. Immigrants are not the problem. Borders are.

[Adapted from: <<https://www.theguardian.com/commentisfree/2017/oct/16/end-immigration-controls-money-people-barriers>>]

GLOSSARY:

¹Berlin Wall: The Berlin Wall was a guarded concrete barrier that physically and ideologically divided Berlin from 1961 until government officials opened it in November 1989. Its demolition officially began on 13 June 1990 and finished in 1992.

²dystopia: an imagined state or society in which there is great suffering or injustice.

TEXT 2

A study conducted by biologist Christoph Randler authenticated the age-old fact that early risers tend to be more proactive and productive than their evening counterparts. "When it comes to business success, morning people hold the important cards ... Morning people also anticipate problems and try to minimize them, my survey showed. They're proactive." said Randler.

The inspiration that early morning brings forth is unique, and in modern parlance, exceptionally personalised. Be it a writer, a musician, a teacher, or an entrepreneur, everyone stands to gain from the tenet of starting the day early with a fresh mind. So whether it is a morning run or meditation or just getting some fresh air, waking up early allows you the mental space to declutter your mind and provide a healthy dose of inspiration to see the day through.

[Adapted from: <<https://yourstory.com/2017/12/motivational-quotes-early-start-day>>]

TEXT 3

For most people, it's not easy to get up first thing in the morning, especially when it's still dark. But a lot of successful people say, "If you win the morning, you win the day."

People who wake up early tend to eat breakfast, while others are often rushing out the door and must grab something convenient, or they skip the meal altogether. This leads to poorer eating habits later in the day. If you're hungry because you missed a meal, the doughnut at break may be too tempting to resist.

People who get up later in the day tend to focus less on healthy morning habits like hydrating and exercise, which oxygenates your blood and promotes healthy lives.

In addition to being able to focus on goals and task lists without being interrupted by family members or fellow students, getting up early means that by the time you get to school, you've had hours to adjust to the day. You'll be more alert during peak hours as a result.

Keeping your body on a sleep routine will make it easier to go to sleep and wake up naturally at the same time. If you go to bed late and wake up late on the weekends, for example, it's harder for your body to adjust.

[Adapted from: <<https://www.sleepadvisor.org/benefits-of-waking-up-early/>>]

TEXT 4

[Source: <<https://9gag.com/gag/2189852/waking-up-early-on-weekend>>]

TEXT 5



[Source: <https://www.adsoftheworld.com/media/print/greenpeace_plastic_hand_grenade>]

TEXT 6



[Source: <https://www.adsoftheworld.com/media/digital/greenpeace_greenpeace_turns_instagram_stories_into_pocket_protest_against_plastic.>]

TEXT 7



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OUR PLANET
EVERY
YEAR**

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BAG FREE
WORLD**

AVOID FURTHER SUFFOCATION
KEEP PLASTIC BAGS AWAY FROM PEOPLE, ANIMALS AND THE PLANET.
CHOOSE A BAG FOR LIFE, NOT A BAG FOR DEATH

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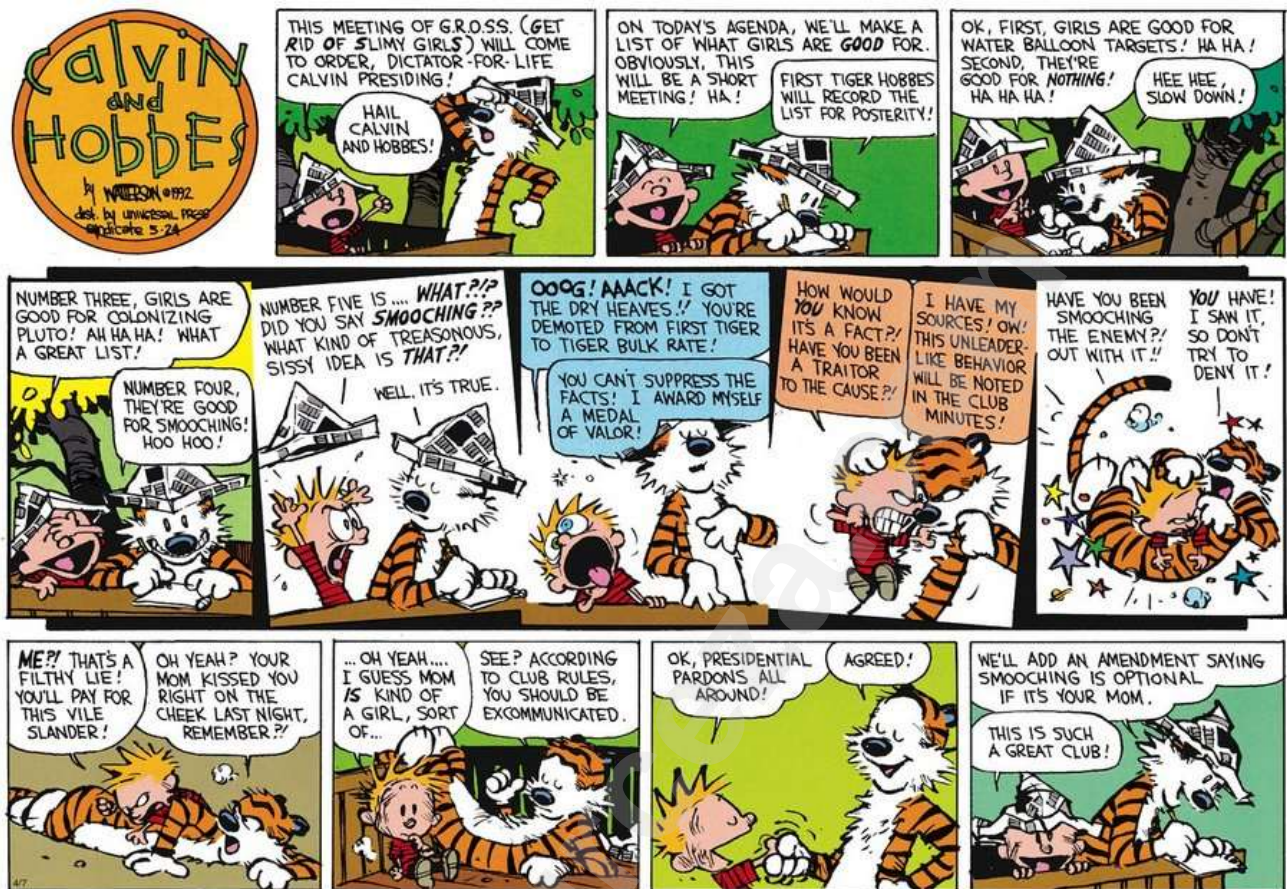
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TEXT 8



[Source: <https://www.adsoftheworld.com/media/print/angel_bins_just_donate_it_1>]

TEXT 9



[Source: <<https://calvinandhobbes.fandom.com/wiki/G.R.O.S.S.>>]