

NO IMPACT MAN

Title: No impact man

Gender: documentary

Duration: 1 hour and 30 minutes

Cast: Colin Beavan, Michelle Conlin, Isabella Beavan

Director: Laura Gabbert, Justin Schein

Year of realization: 2009



The Beavan family is engaged in an experiment that lasts a year. The purpose of the experiment is not to bring any damage to the environment. The Family, who lives in New York, consists of parents and their daughter. The father is a reporter with the Esquire and the New York Times and he is an expert of environmental issues. The mother is a secretary and works in an office. The child is 2 years old. They are all involved in this test. Initially they save by not going to the restaurant, they eat only food of which they know the origin, no GMO food. They don't use public transport, they go to work or to other places on foot, by bicycle or by scooter. They don't use appliances or technologies, they just use the notebook using the energy from the sun, and only exceptionally, to write in their blog and to inform interested people of the experiment and the sequence of the events.

They use only what is necessary for their sustenance, not wasting anything and everything use is produced by themselves or people that they know.

After the sixth month, they also decide to remove the electricity. They don't have any light: to see they use candles and instead of the fridge they try in various ways to keep food fresh. In this way they live a year without harming the environment. For example to wash clothes they stop using the washing machine and they use only water, to light the room they use only candles, but sometimes, Michelle Conlin, the wife and mother, doesn't follow the rules indulging herself, for example, with coffee.

The experiment goes well. They are satisfied with their test which they have completed, they have decided to return to their normal life but they will continue to use some proven methods.

They conclude that the world is very polluted and that if each of us makes the minimum effort to respect the environment it would be much cleaner than it is now.

Also, the experiment has made them understand that with simple actions it is possible to reduce air pollution.

I think that this film helps to make people understand that we are ruining and destroying the world and the environment around us and induces people to do everything possible to reduce this damage. This film is an encouragement to make us understand that it is possible to maintain our way of life even if we reduce waste and unnecessary consumption.