

The discourse markers are For me (introduces an opinion), and In other words (introduces an explanation).

1 idea = an example to support the idea of getting value from limited resources and finding creative ways to reuse what you already have

words = Take Mansukh Prajapati, a potter in India. He has created a fridge made entirely of clay that consumes no electricity.

2 idea = a contradiction, i.e. he will say what the building actually is

words = It's a small manufacturing plant set up by Grameen Danone.