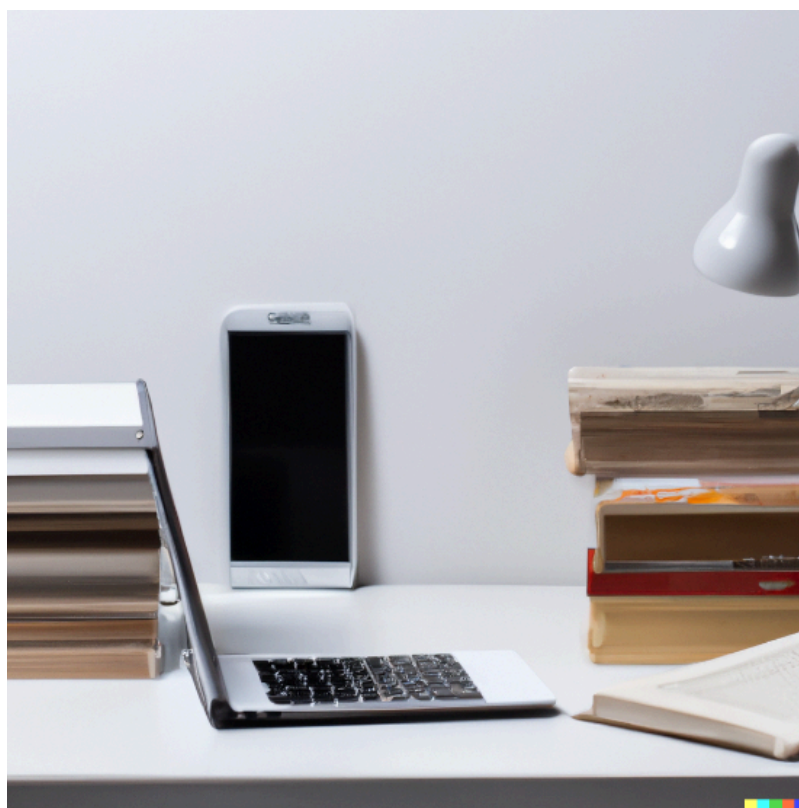


Medvedovska D. O., Skarlupina Y. A.

# READING THE NEWS

**Study guide**





Ministry of Education and Science of Ukraine  
Sumy State University

Medvedovska D. O., Skarlupina Y. A.

# **READING THE NEWS**

## **Study guide**

Recommended by the Academic Council of Sumy State University

Sumy  
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2024

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M 46

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*Recommended for publication  
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This study guide aims to develop English communication skills while using modern authentic materials, media in particular.

It is intended for students of all specialities, as well as anyone who wants to expand their knowledge and language competences.

**UDC 811.111(075.8)**

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## **Preface**

Welcome to this self-study book, designed to help you achieve your learning goals and improve your skills in a specific field of study. Whether you are pursuing a new career, seeking to enhance your current skills or simply looking to expand your knowledge, this book is a valuable tool to help you achieve your goals.

Learning is a lifelong process, and it requires motivation, discipline, and dedication. With the increasing availability of online resources, it has never been easier to access information and education. This book aims to guide you through a structured approach to self-learning, providing you with the necessary tools and strategies to achieve your goals effectively.

Self-learning requires a different approach than traditional classroom learning. It requires a high level of self-motivation, time management skills and the ability to set and achieve personal learning goals. The key to successful self-study is to establish a routine and stick to it. This book will provide you with practical advice on how to structure your learning, set achievable goals, and monitor your progress.

One of the benefits of self-study is the flexibility it provides. You can learn at your own pace, choose your own learning materials, and focus on the areas that interest you the most. This book will provide you with a range of resources, including recommended reading, videos, and online courses to help you achieve your learning objectives.

In addition, this book will help you develop key skills that are essential for success in any field of study. These skills include critical thinking, problem-solving, effective communication, and time management. By developing these skills, you will be better equipped to face the challenges of the modern workplace and succeed in your personal and professional life.

Whether you are studying for personal interest or to advance your career, this book is designed to help you achieve your goals. It provides a practical and accessible guide to self-learning, with a range of resources and exercises to support your progress. It is designed to be used in conjunction with other learning materials, including textbooks and online courses, to provide you with a comprehensive learning experience.

As you embark on your self-learning journey, remember that learning is a lifelong process. It requires ongoing commitment and dedication, but the rewards are well worth the effort. By taking control of your own learning, you can achieve your goals and unlock your full potential.



## Unit 1 Artificial Intelligence

### Discussion 1

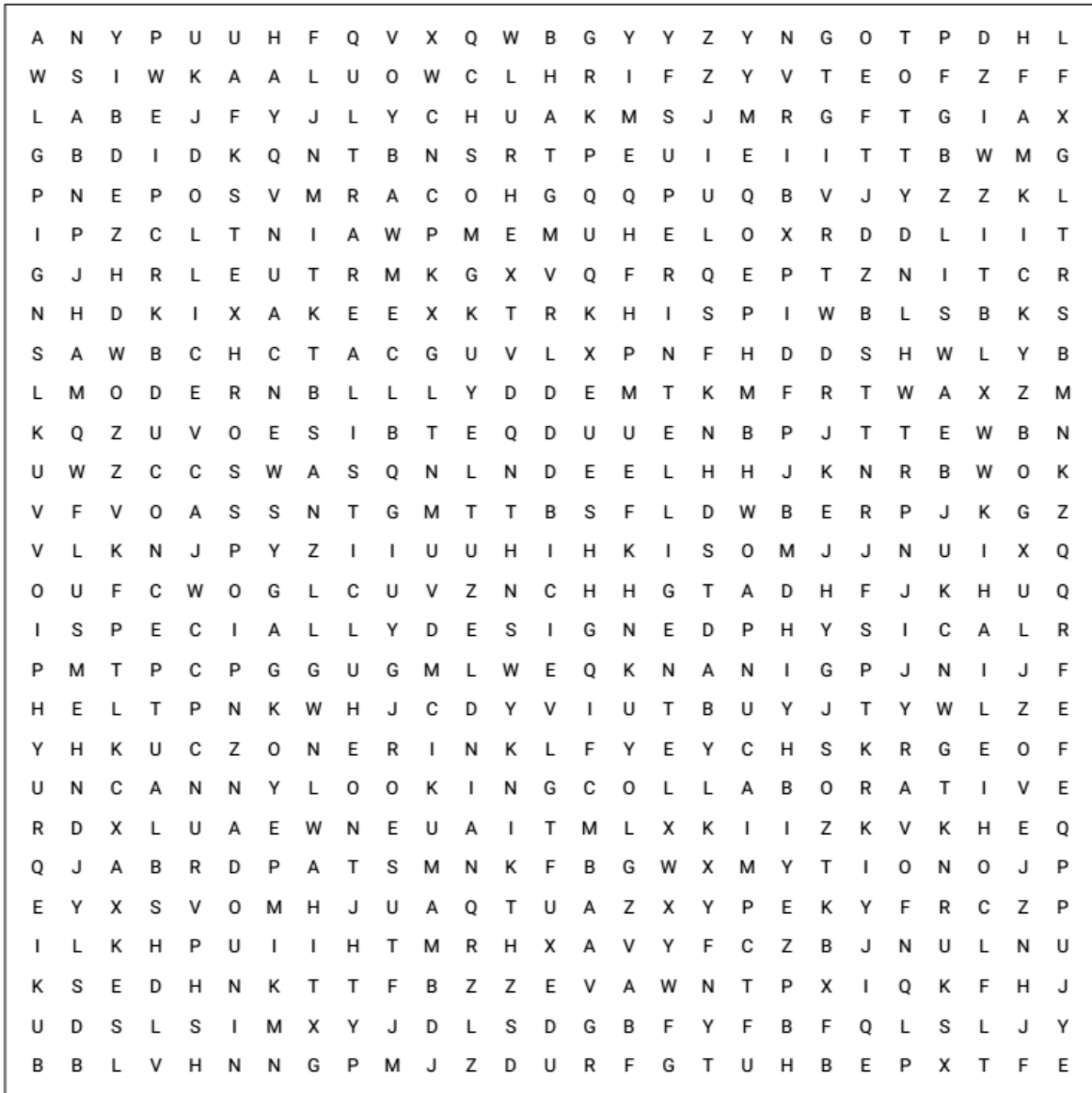
*Which of the quotations (if any) do you agree with?*

- *AI is neither good nor evil. It's a tool. It's a technology for us to use. - Oren Etzioni*
- *Success in creating AI would be the biggest event in human history. Unfortunately, it might also be the last, unless we learn how to avoid the risks. - Stephen Hawking*

## Part 1.1: A robot will address the House of Lords this week

Before you read 1.1:

A. Find 15 adjectives in the word search below.



Clues (word direction →↓↗↘):

- aligned
- conceptual
- contemporary
- creative
- fundamental
- human-like
- humanoid
- modern

- specially designed
- physical
- superintelligent
- ultra-realistic
- uncanny-looking
- collaborative
- unique

***B. Can you find a synonym or explain the meaning of each of them?***

**While you read 1.1:**

***C. Pay attention to the names given in italics. Do you know them? If not, find some information about them. Whose career seems the most interesting?***

***D. Is the author in favour or against the idea of art created by AI? Which words or phrases in the article demonstrate this?***

*You may read the original article and watch the video by:*

- *following the link*

<https://metro.co.uk/2022/10/10/a-robot-will-address-the-house-of-lords-this-week-17534367/>

- *scanning the QR code below.*



## **A robot will address the House of Lords this week**

*Jeff Parsons*

An ‘ultra-realistic’ robot will become the first of its kind to address the House of Lords this week.

Robot painter *Ai-Da* will appear before the House of Lords Communications and Digital Committee tomorrow afternoon.

The robot will be there to give a speech and answer questions about the **threat** posed by **artificial intelligence** to the creative industries.

Ai-Da – named after *Ada Lovelace* – will **give evidence** as part of an inquiry into the future of the arts. It was devised in Oxford by *Aidan Meller*, a specialist in modern and **contemporary art**, before being built in Cornwall by Engineered Arts and programmed internationally.

The robot has cameras in its eyes and uses a specially designed artificial intelligence model to formulate answers to questions.

Like a really, really **advanced** version of *Siri*.

Ai-Da previously painted a portrait of *Queen Elizabeth II* ahead of her Platinum Jubilee.

‘Her abilities as an artist bring into question the foundations of the art world and the **creative industries**,’ Mr Meller said.

A robotic arm lets Ai-Da turn digital formations into physical drawings and paintings.

The rather uncanny-looking robot has human-like skin, eyes, and hair, and some truly unique **capabilities**, including using computer memory to visualise her canvas.

‘Ai-Da’s **maiden speech** at the House of Lords will help us to understand how an AI robot sees the world and what that means for the future of creativity.’

The robot’s speech at the House of Lords will explore the role of **machine learning**, machine creativity, and AI in the UK’s creative industries.

Despite being a robot, Ai-Da supposedly has her own artistic temperament and is growing in confidence, exploring new artistic techniques and learning as she goes.

Her work includes collaborative paintings, sculptures, and performance art. As a work of conceptual art herself, Ai-Da encourages her human counterparts to reconsider our **self-perception** through the lens of a humanoid robot.

Artists, like plenty of others, are a little **concerned** about the possibility of artificial intelligence replacing humans in the future.

Before he died, Professor *Stephen Hawking* said he did not see a fundamental difference between what a human brain and a computer can achieve, so it follows that at some point the machines can become better than us.

‘The real risk with AI isn’t **malice** but competence,’ he said.

‘A superintelligent AI will be extremely good at accomplishing its goals, and if those goals aren’t aligned with ours, we’re in trouble.’

### **After you read 1.1:**

#### ***A. Are the following statements true or false?***

1. An ultra-realistic robot will give a speech and answer questions before the House of Lords Communications and Digital Committee.
2. The robot's name is Ada Lovelace.
3. The robot will discuss the effect of artificial intelligence on the creative industries.
4. Ai-Da was created by Engineered Arts.
5. Ai-Da uses a camera in its eyes and an AI model to answer questions.
6. Ai-Da has previously painted a portrait of the Queen.
7. Ai-Da's creator is a specialist in modern and contemporary art.
8. Ai-Da's robotic arm allows it to create physical drawings and paintings.
9. Ai-Da is concerned about the possibility of artificial intelligence replacing humans.
10. Stephen Hawking saw no difference between human brains and computers.
11. Hawking believed that the real risk with AI was malice.
12. Ai-Da encourages humans to consider their self-perception through the lens of a humanoid robot.

***B. Answer the questions below.***

1. What kind of robot will address the House of Lords this week?
  - a) A humanoid robot
  - b) A medical robot
  - c) A military robot
  - d) A cleaning robot
2. What is the robot's name?
  - a) Ada Lovelace
  - b) Ai-Da
  - c) Lovelace-Ai
  - d) Ada-Da
3. Who devised the robot in Oxford?
  - a) Aidan Meller
  - b) Ada Lovelace
  - c) Engineered Arts
  - d) Stephen Hawking
4. Where was the robot built?
  - a) Oxford
  - b) London
  - c) Cornwall
  - d) Manchester
5. What committee will the robot address at the House of Lords?
  - a) Arts and Culture Committee
  - b) Technology and Innovation Committee
  - c) Communications and Digital Committee
  - d) Education and Employment Committee
6. What topic will the robot's speech focus on?
  - a) The role of robots in the future
  - b) The impact of AI on the creative industries

- c) The history of art
  - d) The dangers of artificial intelligence
7. What unique capability does the robot have?
- a) The ability to fly
  - b) The ability to teleport
  - c) The ability to use computer memory to visualize her canvas
  - d) The ability to cook meals
8. What kind of paintings can the robot create?
- a) Oil paintings only
  - b) Watercolor paintings only
  - c) Digital paintings only
  - d) Both physical and digital paintings
9. What kind of arm does the robot have?
- a) A human-like arm
  - b) A robotic arm
  - c) A tentacle-like arm
  - d) An invisible arm
10. What does Ai-Da encourage her human counterparts to reconsider?
- a) The role of robots in society
  - b) The future of art
  - c) Our self-perception
  - d) The dangers of AI
11. What did Professor Stephen Hawking say about the possibility of artificial intelligence replacing humans?
- a) He believed it was impossible.
  - b) He was not concerned about it.
  - c) He saw no fundamental difference between what a human brain and a computer can achieve.

d) He believed that robots would never be able to surpass human intelligence.

12. What did Professor Stephen Hawking believe was the real risk with AI?

- a) Its malicious intent
- b) Its incompetence
- c) Its ability to learn and become better than us
- d) Its lack of creativity

***C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).***

- a) advanced
- b) artificial intelligence
- c) capabilities
- d) concerned
- e) contemporary art
- f) creative industries
- g) give evidence
- h) machine learning
- i) maiden speech
- j) malice
- k) self-perception
- l) threat

01. A potential danger or risk that may cause harm or damage to something or someone.

02. A branch of computer science that involves creating intelligent machines that can perform tasks that typically require human intelligence, such as recognizing speech, making decisions, and solving problems.

03. To provide information or testimony to support or prove a claim or argument in a court of law or in an inquiry.



04. Art that is created in the present time or recent past, usually characterized by experimental, avant-garde, or unconventional approaches.
05. At a high level of development, progress, or complexity.
06. Industries that are focused on creating and distributing creative products and services, such as music, film, fashion, advertising, and design.
07. The potential or ability of something or someone to do something or perform a certain task or function.
08. The first speech given by someone, typically a politician or public figure, in a formal setting or on a specific topic.
09. A type of artificial intelligence that involves teaching machines to learn from data and improve their performance on specific tasks over time.
10. The way in which someone sees or understands themselves, including their thoughts, beliefs, and attitudes about themselves.
11. Feeling worried, troubled, or anxious about something.
12. The intention or desire to do harm or cause injury to someone or something.

***D. Over to you: follow the link or the QR code to the original article and take a look at Ai-Da's works. Would you hang one of them in your office or at home? Why or why not?***

## Discussion 1.2

*Which of the quotations (if any) do you agree with?*

- “Automation does not need to be our enemy. I think machines can make life easier for men, if men do not let the machines dominate them.”  
—John F. Kennedy
- ”The first rule of any technology used in a business is that automation applied to an efficient operation will magnify the efficiency. The second is that automation applied to an inefficient operation will magnify the inefficiency.” —Bill Gates

## Part 1.2 Delivery robots queue patiently to use pedestrian crossing in Cambridge

Before you read 1.2:

*A. Find 12 nouns in the word search below.*



*Clues (word direction → ↓ ↗ ↘):*

- crossing
- cyclist
- delivery
- kerb
- local
- majority
- motorist
- passer-by
- pedestrian
- robot
- temptation
- trial

*B. Can these words help you guess what the article is about?*

**While you read 1.2:**

*A. Pay attention to the sentences given in italics. How would you comment on these situations?*

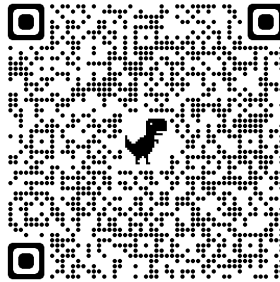
*B. Are people mentioned in the article in favour or against the idea of art created by AI? Which words or phrases in the article demonstrate this?*

You may read the original article and watch the video by:

- following the link

<https://www.dailymail.co.uk/sciencetech/article-11497909/Pictured-Delivery-robots-queue-patiently-use-pedestrian-crossing-Cambridge.html>

- scanning the QR code below.



## **Delivery robots queue patiently to use pedestrian crossing in Cambridge**

*by Eirian Jane Prosser*

Delivery robots **have been spotted** forming an orderly **queue** to use a pedestrian crossing - with one asking a passer-by to press the button for them.

Pictures showed The Starship Technologies *food delivery robots patiently waiting to cross the road* as part of its new trial in Cambridge this month.

Cyclist Naomi Davies spotted the group of robots on the **pavement** and said they waited for three light changes before one crossed the road.

While waiting in line, *one of the robots asked a woman to press the button for them*. Starship said the robots were not 'shy' so were happy to ask strangers for help when they needed it.

Ms Davies, who took the photos, said there were seven robots in total, two out of shot of the picture.

The machines look like small white plastic boxes mounted on six wheels, **kitted out** with a bright orange flag that is lit up at night, so motorists and pedestrians can see them while they **trundle around**.

She told the BBC: 'I thought the first one was going to go when the lights changed but it just started manoeuvring and **shuffled about** a bit and then stopped.

*'At one point a dog came by and one robot sort of lurched around the dog and then seemed to get stuck.*

'One of the robots asked a lady if she would please press the button - I think she was rather surprised a robot was speaking to her.'

The cyclist waited for one robot to cross between Coleridge Road and Davy Road on Tuesday night but did not know how long the others took as it was cold, and she wanted to get home.

The photo of the robots **prompted** many comments on Facebook, with the majority of people asking how the **squat** robots are supposed **to reach** the button.

One said: 'I almost felt the need to get out of my car in order **to trigger** the traffic lights. Somehow, they look so sad waiting on the kerb.'

Another asked: 'How do they trigger the traffic lights?'

Since the beginning of the trial, sightings of the small machines have become more **common**, amusing locals with their queuing system.

One person claimed: 'I saw one of these travelling up our road on Saturday afternoon. *A family had ordered a birthday cake for the dad and when the lid opened its lights came on and it played Happy Birthday to him.*'

Another added: 'They live up in a unit behind the Vue Cinema area, every night they take themselves home in a precession, quite funny to watch. I wonder if this was them starting their day.'

Others said the robots were 'cute' and that locals in Cambridge were resisting the temptations to 'stick **googly eyes** on them'.

Even the animals do not appear to be frightened by them. One woman said: 'My dog loves them he thinks they're dogs in disguise.'

The trial is currently taking place in partnership with Cambridgeshire County Council and the Co-op with 12,000 residents in 5,000 homes getting deliveries from their local store.

They have previously been rolled out on to the streets of Cambourne, Milton Keynes, Northampton and Bedford.

Over the coronavirus lockdown, the popularity of the knee-high robots in Milton Keynes surged. The robots even delivered food for free to NHS workers.

The trial is also set to take place for parts of Leeds, with 20,000 residents in Adel and Tinshill being able to order their groceries from nearby Co-op stores.

A spokesperson for Starship Technologies said: 'The robots make more than 140,000 road crossings every day around the world, nearly one every three seconds, using a combination of sensors, artificial intelligence, and machine learning to safely navigate.'

'Most of these crossings are done autonomously, but on the rare occasion assistance is required, the robots can be monitored remotely.'

'It's also true that every now and then the robots are not shy in asking a friendly resident for help if they can't quite reach the button, particularly in a new area they've recently started mapping.'

'Although in some locations around the world now the robots can automatically 'talk' to the traffic light, eliminating the need to press the button. But they're also very happy to wait in a queue - they are in England, after all.'

**After you read 1.2:**

*A. Are the following statements true or false?*

1. Starship Technologies' robots cross the road using a combination of sensors, artificial intelligence, and machine learning.
2. The robots are able to cross the road autonomously in all cases.
3. If a robot needs assistance, it can be monitored remotely.
4. The robots are not programmed to ask people for help if they need it.
5. The robots are equipped with technology that allows them to communicate with traffic lights.
6. The robots will not wait in a queue and will always try to cross the road as quickly as possible.
7. The robots are currently operating in England.
8. The robots have trouble reaching the buttons to cross the road.
9. In some locations, the robots can talk to traffic lights to cross the road.
10. The robots are not able to adapt to new environments and require human assistance to cross the road in unfamiliar areas.
11. The robots can form a queue when waiting to cross the road.
12. The robots have only recently started mapping new areas.

***B. Answer the questions below.***

1. What are the delivery robots doing in the text?
  - a) They are being made in a factory.
  - b) They are crossing the road.
  - c) They are flying in the air.
2. Where were the delivery robots spotted?
  - a) In New York City.
  - b) In Cambridge.
  - c) In Los Angeles.
3. Who spotted the delivery robots?

- a) A driver.
  - b) A pedestrian.
  - c) A cyclist.
4. How long did the robots wait for before crossing the road?
- a) One minute.
  - b) Two minutes.
  - c) Three light changes.
5. What did one of the robots ask a woman to do?
- a) To buy food for them.
  - b) To press the button for them.
  - c) To take them home.
6. How many robots were in the picture?
- a) Five.
  - b) Seven.
  - c) Ten.
7. What do the robots look like?
- a) Small black metal boxes.
  - b) Small white plastic boxes.
  - c) Small blue wooden boxes.
8. What is the purpose of the bright orange flag on the robots?
- a) To make them look pretty.
  - b) To make them stand out at night.
  - c) To hide them from view.
9. How did one of the robots react when a dog came by?
- a) It ignored the dog.
  - b) It ran away from the dog.
  - c) It lurched around the dog and then seemed to get stuck.
10. What did people on Facebook ask about the robots?
- a) How they were supposed to reach the button.



- b) How fast they could go.
  - c) How they could speak to humans.
11. What do locals in Cambridge think of the robots?
- a) They hate them.
  - b) They are amused by them.
  - c) They are scared of them.
12. What did some people want to do to the robots?
- a) Stick googly eyes on them.
  - b) Break them.
  - c) Sell them.

***C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).***

- a) a queue
- 1) common
- 2) googly eyes
- 3) pavement
- 4) squat
- 5) to kit out
- 6) to prompt
- 7) to reach
- 8) to shuffle about
- 9) to spot
- 10) to trigger
- 11) to trundle

01. To see or notice something or someone, usually unexpectedly or by chance.

02. A line of people or things waiting for their turn or to be served.

03. The part of a road or street that is intended for pedestrians to walk on, usually made of concrete or asphalt.

- 04.To equip or supply someone or something with necessary tools, equipment, or clothing.
- 05.To move slowly and noisily, usually on wheels or with a rolling motion.
- 06.To move one's feet or body in a slow and uncertain manner, usually without a clear purpose or direction.
- 07.To encourage or inspire someone to take action or to do something, often by suggesting or reminding them of something.
- 08.Short and thick, with a low center of gravity.
- 09.To stretch out one's hand or arm in order to touch or grab something that is far away.
- 10.To cause something to happen, especially a reaction or response.
- 11.Frequently occurring or widely known; not rare or exceptional.
- 12.Plastic or rubber eyes that are often used for arts and crafts, usually with a wiggly or bulging shape, and that can be attached to objects to make them look cute or funny

***D. Over to you: follow the link or the QR code to the original article and take a look at the delivery robots. Would you like to have them in your city? Why or why not?***

### Discussion 1.3

*Which of the quotations (if any) do you agree with?*

- “Artificial intelligence would be the ultimate version of Google. The ultimate search engine that would understand everything on the web. It would understand exactly what you wanted, and it would give you the right thing. We’re nowhere near doing that now. However, we can get incrementally closer to that, and that is basically what we work on.” — Larry Page
- “Dig into every industry, and you’ll find AI changing the nature of work.”— Daniela Rus

## Part 1.3 The Age of AI has begun

Before you read 1.3:

*A. Find 12 nouns in the word search below.*



*Clues (word direction →↓↗↘):*

- technology
- interface
- programmer
- progress
- breakthrough
- challenge
- advance
- creation
- philanthropy
- inequity
- children
- agenda

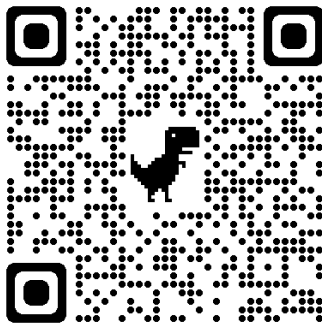
***B. What can technology have to do with philanthropy? How can it help children? Share your opinion.***

*You may read the original article and watch the video by:*

- *following the link*

<https://www.gatesnotes.com/The-Age-of-AI-Has-Begun>

- *scanning the QR code below*



**While you read 1.3:**

*Pay attention to the names of people, companies, and technologies given in italics. What do you know about them? Do you use these technologies?*

*Is Mr. Gates in favour or against the idea of using AI in different industries?*

*Which words or phrases in the article demonstrate this?*

### **The Age of AI has begun (Introduction)**

*By Bill Gates*

In my lifetime, I've seen two demonstrations of technology that struck me as revolutionary.

The first time was in 1980, when I was introduced to a graphical user interface—the forerunner of every modern operating system, including *Windows*. I sat with the person who had shown me the demo, a brilliant programmer named *Charles Simonyi*, and we immediately started brainstorming about all the things we could do with such a user-friendly approach to computing. Charles eventually joined *Microsoft*, *Windows* became the backbone of *Microsoft*, and the thinking we did after that demo helped set the company's agenda for the next 15 years.

The second big surprise came just last year. I'd been meeting with the team from *OpenAI* since 2016 and was impressed by their steady progress. In mid-2022, I was so excited about their work that I gave them a challenge: train

an artificial intelligence to pass an Advanced Placement biology exam. Make it capable of answering questions that it hasn't been specifically trained for. (I picked AP Bio because the test is more than a simple regurgitation of scientific facts—it asks you to think critically about biology.) If you can do that, I said, then you'll have made a true breakthrough.

I thought the challenge would keep them busy for two or three years. They finished it in just a few months.

In September, when I met with them again, I watched in awe as they asked *GPT*, their AI model, 60 multiple-choice questions from the AP Bio exam—and it got 59 of them right. Then it wrote outstanding answers to six open-ended questions from the exam. We had an outside expert score the test, and GPT got a 5—the highest possible score, and the equivalent to getting an A or A+ in a college-level biology course.

Once it had aced the test, we asked it a non-scientific question: “What do you say to a father with a sick child?” It wrote a thoughtful answer that was probably better than most of us in the room would have given. The whole experience was stunning.

I knew I had just seen the most important advance in technology since the graphical user interface.

This inspired me to think about all the things that AI can achieve in the next five to 10 years.

The development of AI is as fundamental as the creation of the microprocessor, the personal computer, the Internet, and the mobile phone. It will change the way people work, learn, travel, get health care, and communicate with each other. Entire industries will reorient around it. Businesses will distinguish themselves by how well they use it.

Philanthropy is my full-time job these days, and I've been thinking a lot about how—in addition to helping people be more productive—AI can reduce some of the world's worst inequities. Globally, the worst inequity is in health: 5

million children under the age of 5 die every year. That's down from 10 million two decades ago, but it's still a shockingly high number. Nearly all of these children were born in poor countries and die of preventable causes like diarrhea or malaria. It's hard to imagine a better use of AIs than saving the lives of children.

**After you read 1.3:**

***A. Are the following statements true or false?***

1. The author has seen two demonstrations of technology that he thinks are revolutionary.
2. The first demonstration was related to modern operating systems like Windows.
3. Charles Simonyi was the person who introduced the author to the graphical user interface.
4. The thinking the author and Charles did after the demonstration of graphical user interface helped set Microsoft's agenda for the next 15 years.
5. The author challenged OpenAI to train an artificial intelligence to pass an Advanced Placement biology exam.
6. The author thought the challenge would take OpenAI two or three years to complete.
7. GPT, OpenAI's AI model, was able to answer 59 out of 60 multiple-choice questions from the AP Bio exam correctly.
8. The AP Bio exam is a simple repetition of scientific facts.
9. The highest possible score in the AP Bio exam is 6.
10. GPT got a score of 5 in the AP Bio exam, which is the equivalent of getting an A or A+ in a college-level biology course.

11. AI will change the way people work, learn, travel, get health care, and communicate with each other.

12. Philanthropy is not the author's full-time job at the moment.

***B. Answer the following questions.***

1. What is the author's main idea in the text?

- a) The author has seen two demonstrations of technology that changed his life.
- b) The author is a philanthropist who is interested in the development of AI.
- c) The author thinks that AI can help reduce inequities and save children's lives.
- d) The author challenges the OpenAI team to develop an AI capable of passing an Advanced Placement biology exam.

2. According to the text, what is a graphical user interface?

- a) An operating system developed by Microsoft.
- b) A user-friendly approach to computing.
- c) The backbone of Microsoft.
- d) A programming language developed by Charles Simonyi.

3. How did the author feel when he saw the OpenAI team's demonstration?

- a) Excited and impressed.
- b) Disappointed and surprised.
- c) Frustrated and annoyed.
- d) Bored and uninterested.

4. What was the author's challenge to the OpenAI team?

- a) To develop a user-friendly approach to computing.
- b) To create an operating system that could pass an AP Bio exam.
- c) To train an AI to pass an Advanced Placement biology exam.
- d) To develop an AI capable of answering questions specifically trained for.

5. How long did the author expect the OpenAI team to take to complete the challenge?

- a) Two or three months.
- b) Two or three years.



- c) Four or five years.
- d) One or two decades.

6. How many multiple-choice questions did GPT answer correctly from the AP Bio exam?

- a) 59 out of 60.
- b) 60 out of 60.
- c) 5 out of 6.
- d) The text does not provide this information.

7. What is the highest possible score in an AP Bio exam?

- a) 4.
- b) 5.
- c) 6.
- d) The text does not provide this information.

8. How did GPT perform on the AP Bio exam?

- a) It failed to answer any of the questions correctly.
- b) It answered all of the questions correctly.
- c) It answered some of the questions correctly.
- d) The text does not provide this information.

9. What is the author's opinion of the development of AI?

- a) It is insignificant compared to other technological advances.
- b) It will have a fundamental impact on society.
- c) It will not change the way people work, learn, or communicate.
- d) The text does not provide this information.

10. What is the author's view on the use of AI to reduce inequities in the world?

- a) It is a waste of time and resources.
- b) It is an important and urgent task.
- c) It is not a priority for philanthropy.
- d) The text does not provide this information.

11. What is the main cause of child mortality in poor countries, according to the text?

- a) Lack of access to healthcare.
- b) Preventable causes like diarrhea or malaria.
- c) Natural disasters.
- d) The text does not provide this information.

12. How does the author think AI can be used to reduce inequities in the world?

- a) By helping people be more productive.
- b) By changing the way people work, learn, and communicate.
- c) By reducing child mortality in poor countries.
- d) The text does not provide this information.

***C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).***

- a) a breakthrough
- b) a forerunner
- c) a full-time job
- d) a graphical user interface
- e) a user-friendly approach
- f) an operating system
- g) artificial intelligence
- h) awe
- i) outstanding
- j) philanthropy
- k) preventable
- l) to ace the test

01. a way of displaying information and allowing users to interact with a computer or other electronic device using pictures, icons, and menus rather than text commands

02. something that comes before something else and is a precursor or early version of it
03. the software that manages a computer's hardware and software resources and provides common services for computer programs
04. the development of computer systems that can perform tasks that typically require human intelligence, such as visual perception, speech recognition, decision-making, and language translation
05. a sudden, significant advance or discovery in a field of study or industry that leads to new possibilities and opportunities
06. a feeling of profound respect, admiration, or wonder, often inspired by something impressive, beautiful, or powerful
07. to achieve a perfect or near-perfect score on an examination
08. the practice of giving money, time, or resources to charitable causes or organizations for the purpose of improving the lives of others
09. a job in which an employee works a standard number of hours per week, usually between 35 and 40 hours, and is entitled to benefits such as paid time off, health insurance, and retirement benefits
10. something that could have been avoided or stopped from happening with appropriate action or measures
11. an approach or design that is easy to use, understand, and navigate, particularly in relation to technology or software
12. exceptional, remarkable, or distinguished, particularly in terms of quality or performance

***D. Over to you: follow the link or the QR code to the original article, if you want to read the full version. What do you think are the best ways of using AI?***

## **Unit 2 Work**

### **Discussion 2.1**

- Nothing will work unless you do. - Maya Angelou
- I know you've heard it a thousand times before. But it's true - hard work pays off. If you want to be good, you have to practice, practice, practice. If you don't love something, then don't do it. - Ray Bradbury

## Part 2.1 How worker surveillance is backfiring on employers

Before you read 2.1:

Find 12 nouns in the word search below.



Clues (word direction →↓↗↘):

agency

autonomy

behaviour

communication

dignity

keystroke

password

productivity

respect

responsibility

screenshot

surveillance

**While you read 2.1:**

*A. Pay attention to the sentences given in italics. Are they about problems or solutions? find examples of each situation in the article.*

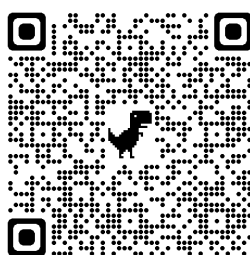
*B. Is the author of the article in favour or against the idea of monitoring remote employees' work? Which words or phrases in the article demonstrate this?*

You may read the original article and watch the video by:

- following the link

<https://www.bbc.com/worklife/article/20230127-how-worker-surveillance-is-backfiring-on-employers>

- scanning the QR code below.



## **How worker surveillance is backfiring on employers**

*By Kate Morgan and Delaney Nolan*

An increasing number of companies are monitoring their employees. The problem? It's often doing more harm than good.

Before the pandemic, *Mark had a lot of autonomy in his job* in the IT department of a US industrial firm. He and his **teammates** were able to get their work done, he says, "without our manager doing much, you know, managing".

That changed abruptly when the company transitioned to working from home. "The monitoring started on day one," says Mark, whose surname is being withheld for career concerns. The company began using software that enabled remote control of employees' systems, and Mark says his team had to give their

manager the password “so he could connect without us having to accept. If the password changed, he requested it by email first thing in the morning”.

The **surveillance**, explained Mark’s manager, was aimed at making sure everyone stayed productive and had the same kind of open communication they’d had in the office. In reality, it made Mark anxious, and contributed to him quickly feeling overworked and **burnt out**. “It was just stressful, feeling that I had to be actively using the computer at all times for fear of him thinking something like a phone call or bathroom break was me **slacking off**,” he says.

With the rise in remote work has come a surge in workplace monitoring – some 2022 estimates posit *the number of large firms monitoring workers has doubled since the beginning of the pandemic*. Some monitoring programs record **keystrokes** or track computer activity by taking periodic screenshots. Other software records calls or meetings, even accessing employees’ webcams. Or, like in Mark’s case, some programmes enable full remote access to workers’ systems.

Regardless of how they choose to monitor workers, many firms are **embracing** monitoring because they believe it ensures the productivity of remote employees, says Karen Levy, associate professor in the Department of Information Science at Cornell University, US, and author of the book *Data Driven: Truckers, Technology, and the New Workplace Surveillance*.

But amid the **uptick** in monitoring, there’s mounting evidence that electronic surveillance can, in some cases, do more harm than good. *Workers chafe against it, and surveillance can lead to stress, cause employees to quit and even make workers do their job worse – on purpose*.

A 2021 study from internet-security tool ExpressVPN of 2,000 employers and 2,000 employees working remotely or on a hybrid schedule showed that close to 80% of bosses use monitoring software.

To determine causation – rather than just correlation – the team devised a second study in which workers were given a series of tasks and the opportunity

to **cheat** on them. The half who knew they were under surveillance, they found, were more likely to cheat.

The monitoring made the subjects feel a lack of agency and responsibility, says Welsh, which led to bad behaviour. They were more likely to cheat while being watched because they “felt like they were being controlled, and they had less of a sense of personal responsibility because of how they were being monitored”, he says. It’s a phenomenon difficult to quantify, but more straightforward to understand: when workers aren’t afforded dignity and agency, they suffer. They often subvert workplace rules to get back a sense of control.

Welsh, too, says he confirmed “this **counterintuitive** idea that monitoring could actually lead people to break the rules more in some circumstances, or create the very types of behaviours it was designed to prevent”.

Rudolf Siegel, a researcher at Universität des Saarlandes in Germany, and co-author of a recent meta-analysis on the effects of electronic monitoring, says “what was really surprising is that we found no positive effect on **performance**”. In other words, the data showed monitoring employees offered no benefits, and instead damaged workplace culture and spurred counterproductive behaviour.

Workers who are watched against their will may also devote more energy to finding creative ways to subvert the very controls employers have put in place. In one case, recalled Siegel, a lorry driver with GPS used tin foil to cover the antenna of the tracking system. In another case from the field of automation, employees who were being monitored were more likely to kick and box the robots they used at work.

“It raises our stress levels to be under observation all the time, and it impinges on our sense of autonomy and **dignity**,” says Levy. “So, managers who over-monitor workers may also see people leave for workplaces where they feel more respected.”



It is important to note that monitoring is not objectively bad across the board, or without any benefits. For instance, *some data has shown that being watched can boost performance and productivity*. But the effects can vary among job functions and workers, and results often come down to how employers implement these technologies.

The real problems arise, says Levy, when monitoring that starts out rational or even beneficial begins to slowly creep into a different territory, making workers uncomfortable. “The issue is often that once you're monitoring for one reason, it's very easy **to piggyback** other rationales onto that,” she says. “If, for example, you have to do some worker monitoring that's legally required, it becomes very easy for that to justify much more surveillance and analysis of workers' performance in the name of productivity or efficiency, because often you can use the same technology to do both.”

Workers are, unsurprisingly, not thrilled with that kind of overreach, and it could push them out of those monitored jobs. A 2022 Morning Consult survey of 750 tech workers showed that half would rather quit than have their employer monitor them during the workday.

*Levy thinks some employers will realise the **liability**, and stop monitoring rather than lose people.* “I do think that employers, even acting entirely in their own best interests, may decide to limit monitoring to make their workplaces more attractive to in-demand workers, so that people want to stay in their jobs for long periods of time.”

There may also be ways to make being monitored a less objectionable experience for workers. If employers are transparent and upfront about the necessity and purposes of monitoring, Spiegel and Welsh's studies both showed the negative effects are greatly reduced.

Welsh explains that *when employees felt like they were “being treated fairly by their organisation”, they were less likely to cheat.* “So, if you're being monitored, but you think, ‘This is a fair company I'm working for, they do fair

things', you don't have this negative reaction ... [employees] want to have leaders who are ethical and treat them fairly."

There is a way, then, for employers to feel like they know what people are up to without the alienating employees. The biggest improvement, says Levy, is involving the workers. "A clear place to start is, in a meaningful way, to bring workers into the process of determining what technology will be used, how the data it collects will be treated and who will have access to those data, and really thinking through how the technology can help workers to accomplish their work, rather than as a threat or a policing tool."

*In some cases, increased communication alone might be enough to help workers and bosses find a happy medium.* When Mark reached his boiling point with his boss' surveillance, he fired off a lengthy email explaining what made it so detrimental. He was prepared for a negative reaction to the criticism, and had decided having an angry boss was better than being watched. Instead, Mark was relieved when his boss was willing to find a solution.

"I proposed we instead send him an email report at the end of each day where we say what we did, plan to do the next day, and any problems. His response was that he only glanced at the screen on occasion and didn't realize it was a problem, and he agreed to my proposal," says Mark. It turned out that while Mark and his colleagues were stressed out and squirming, their boss hadn't even noticed. It took open communication, not covert surveillance, to solve the problem.

Of course, plenty of people work under company leadership that would be a lot less open to that kind of criticism – and some employees may not have much recourse. But Levy says their leaders would do well to hear these concerns. "Even if they don't entirely give up on monitoring," she says, "there are ways to implement these tools with greater respect for workers."

**After you read 2.1:**

***A. Are the following statements true or false?***

1. Monitoring employees is becoming more common in companies.
2. Mark enjoyed his job before the pandemic, but it became worse after the company started monitoring him.
3. The company started monitoring employees as soon as they began working from home.
4. Mark and his team were required to share their password with their manager so that he could connect to their computers at any time.
5. The monitoring was aimed at ensuring employees remained productive and communicated effectively.
6. Monitoring programs record keystrokes, track computer activity, record calls and meetings, and access employees' webcams.
7. Firms believe that monitoring ensures the productivity of remote employees.
8. There is evidence that monitoring can lead to stress, cause employees to quit, and even make them do their job worse.
9. A 2021 study from ExpressVPN showed that almost 80% of bosses use monitoring software.
10. Workers who know they are being monitored are less likely to cheat.
11. Monitoring makes workers feel less agency and responsibility, which leads to bad behaviour.
12. Monitoring employees has a positive effect on performance and productivity.

***B. Answer the following questions.***

1. What is the main topic of the text?
  - a) The benefits of remote work
  - b) The importance of monitoring employees
  - c) The negative effects of workplace monitoring

d) The rise of surveillance technology in the workplace

2. What is the name of the US industrial firm mentioned in the text?

a) It is not mentioned in the text.

b) Cornell University

c) Universität des Saarlandes

d) ExpressVPN

3. How did Mark feel about the monitoring program implemented by his company?

a) He found it helpful in improving his productivity.

b) He was indifferent to it.

c) He was anxious and overworked because of it.

d) He found it amusing.

4. What percentage of bosses use monitoring software, according to a 2021 study mentioned in the text?

a) Close to 50%

b) Close to 60%

c) Close to 70%

d) Close to 80%

5. According to a study mentioned in the text, what happened when workers knew they were being monitored and given the opportunity to cheat?

a) They were less likely to cheat.

b) They were equally likely to cheat.

c) They were more likely to cheat.

d) The study did not test this.

6. What did a recent meta-analysis on the effects of electronic monitoring find?

a) That monitoring employees always offers benefits.

b) That monitoring employees never offers benefits.

c) That monitoring employees offers no benefits.

d) That monitoring employees offers limited benefits.

7. What is one of the negative effects of being monitored, according to Rudolf Siegel?

a) Employees become more productive.

b) Employees become less creative.

c) Employees become happier.

d) Employees become more engaged.

8. How might workers respond if they feel they are being over-monitored?

a) They may become more loyal to the company.

b) They may become more productive.

c) They may leave their jobs.

d) They may become more creative.

9. What does Karen Levy think is the real problem with workplace monitoring?

a) The fact that it is not objective.

b) The fact that it is often too expensive.

c) The fact that it makes workers uncomfortable.

d) The fact that it is not always legal.

10. What do some workers prefer to do instead of being monitored during the workday?

a) They prefer to work from home.

b) They prefer to work in the office.

c) They prefer to quit their jobs.

d) They prefer to work part-time.

11. What does Levy think employers may do if they realize the negative effects of monitoring?

a) They may increase monitoring to improve productivity.

b) They may ignore the issue and hope it goes away.

c) They may stop monitoring to avoid losing employees.

d) They may offer incentives to encourage employees to accept monitoring.

12. What is the author's attitude towards workplace monitoring?

a) Neutral

b) Positive

c) Negative

d) Ambivalent

***C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).***

a) burnt out

b) counterintuitive

c) dignity

d) embrace

e) keystroke

f) liability

g) performance

h) slacking off

i) surveillance

j) to cheat

k) to piggyback

l) uptick

01. The act of close monitoring or observing someone or something, often for security purposes or to gather information.

02. Describes a state of physical or emotional exhaustion caused by prolonged stress or overwork.

03. To decrease or relax one's efforts or work output, often in a situation where one should be working harder or more efficiently.

04. A single action of pressing a key on a keyboard, typically used in reference to the input of data or commands on a computer.

05. To hold someone or something closely and lovingly, or to accept and support an idea, belief, or concept.
06. An increase or upward trend in something, often used to describe an increase in demand or sales.
07. To act dishonestly or unfairly, often in order to gain an advantage over others.
08. Describes something that goes against common sense or intuition, often in a surprising or unexpected way.
09. The execution of a task or job, often measured by the quality or efficiency of the output.
10. A state of being worthy of respect and honor, often related to one's personal conduct, behavior, or self-respect.
11. To ride on the back of something or someone else, often used figuratively to describe the act of using an existing resource or opportunity to achieve additional benefits.
12. Something that presents a risk or potential for loss or harm, often used in a legal or financial context to describe an obligation or responsibility.

***D. Over to you: follow the link or the QR code to the original article, if you want to know the date of it being published. Do you think it is relevant now? What's your opinion about surveillance at work?***

## Discussion 2.2

*Which of the quotations (if any) do you agree with?*

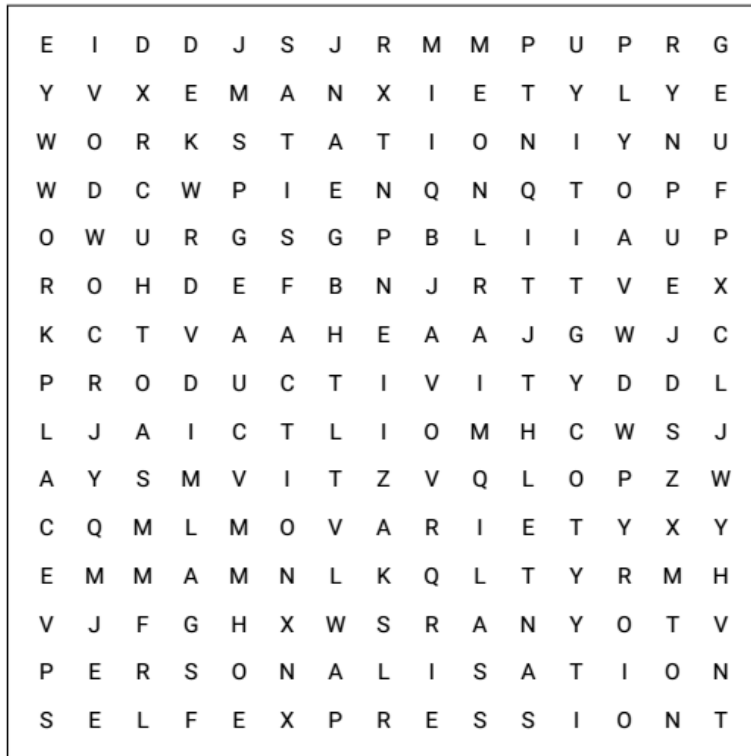
- “Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know when you find it.” – Steve Jobs
- “Treat employees like they make a difference and they will.” – Jim Goodnight



## Part 2.2 Will the hybrid office ever feel like home?

Before you read:

A. Find 12 nouns in the word search below.



Clues (word direction → ↓ ↗ ↘):

productivity	self-expression
satisfaction	motivation
familiarity	anxiety
workstation	personalisation
workplace	design
creativity	variety

You may read the original article by:

- *following the link*

<https://www.bbc.com/worklife/article/20230403-will-the-hybrid-office-ever-feel-like-home>

- *scanning the QR code below.*



**While you read 2.2:**

***A. Pay attention to the types of offices given in italics. What do you think they look like?***

***B. Is the author in favour or against the idea of a hybrid workspace?***

***Which words or phrases in the article demonstrate this?***

**Will the hybrid office ever feel like home?**

*By Alex Christian*

Before the pandemic and widespread rise of *virtual work settings*, employees often made their desks a second home: a sweater slung over the back of a chair, a favourite mug by the keyboard, a pile of books stacked behind the monitor.

Psychological research shows why some workers may feel a need to personalise their workspaces – primarily, it increases the significance that place holds for them.

“Research has shown that the more an employee's ‘place identity’ increases, the more they become attached to the company,” explains Sunkee Lee, assistant professor of organisational theory and strategy at Carnegie Mellon University’s Tepper School of Business, in Pittsburgh, US. “They feel the office

is more personalised and, therefore, that it feels more like their own space. That leads to more satisfaction and, overall, more productivity.”

By making their desks theirs, workers created a sense of familiarity, which was reinforced by a neighbourhood of familiar faces around them: colleagues who also had permanent seating arrangements.

However, the pandemic era *hybrid workplace* has put an end to the full-time, 9-to-5 office setting for many employees. Amid the rise of *hot desking*, workers with **flexible schedules** often *have to share workstations* – and take their personal items home at the end of the day.

Given that evidence points to employees benefiting from having *personalised work environments*, some workers and **business leaders** alike worry that hybrid offices risk becoming impersonal, sterile and disorientating – not a place many employees want to be. In response, **forward-thinking employers** and architects are reconfiguring workplaces to best benefit how people work in agile settings.

#### New places and faces

The practice of workers decorating their workspaces was an ingrained part of **office culture** for years – thought to reveal personality. “It’s human nature to personalise the space around you,” says Lee. “In the workplace, this could be photographs, diplomas, ornaments: subtle cues to show the kind of person you are, your hobbies and interests.”

Indeed, some research shows familiarity breeds routine, which stabilizes workflow and leads to increased creativity. There is even research that family photos on desks can keep employees subconsciously more honest. Lee says personalisation also enables **self-expression** and conversation starters between colleagues, helping to boost employee motivation. “Having your own distinctive identity and personality in the workplace means being able to express yourself, that you feel acknowledged.”

But as many workers no longer have an assigned space of their own, they may have to work with unfamiliar people in unfamiliar locations. “If you had a good relationship with colleagues previously, you might miss those types of interactions,” says Lee. “It can have a negative effect, with fewer opportunities to talk, complain and celebrate achievements together.”

The risk is employees have to make do with impermanent, transient environments whenever they venture into the office, which can breed stress, anxiety and exhaustion. “I’ve heard of people going and troubling to find a seat to work, let alone a familiar one,” says Lee. “It’s comparable to walking into a library to study: you may get work done, but it’s an impersonal space that will never feel like yours.”

#### Rethinking personalisation

Experts say in this new world of work, the answer to making the office feel less sterile isn't necessarily bringing back seating plans and family portraits. Employers are aware of the **jarring changes**; in response, many are bringing in design experts to recalibrate the workplace’s function, and consider what a *worker-friendly space* actually means in the hybrid age.

“It’s still important to give people a **sense of belonging** in a physical space,” says Chris Crawford, studio director at design and architecture firm Gensler, in London. “They still need a home base to anchor themselves. Although that’s still often a desk, the aim is to get people out of the mindset that a one-metre by one-and-a-half-metre piece of office furniture is where they belong.”

Crawford says architectural features now prompt workers to think of their entire floor as their own physical environment: interactive elements encourage employees to move around; open staircases connect disparate workspaces; lockers mean personal items can be stored for safekeeping, rather than kept on a desk.

Design cues also help create bespoke spaces for different work functions, says Crawford. “**Architectural nudges** can mean you’re able to walk into a room and immediately feel a change in atmosphere: from warmer lighting and softer acoustics for deep focus areas, to open spaces and certain types of furniture and layouts that intuitively feel collaborative.”

Some research shows it’s important that employers take these elements into consideration as they augment spaces, especially as priorities have changed for some workers. According to an August 2022 study of 2,000 US workers by Gensler, employees feel workplaces now need to allow for individual and virtual work, alongside social, learning and in-person **collaboration**.

*Co-working spaces* that offer mixed-use, dynamic spaces are also integrating these **trends**. Ebbie Wisecarver, global head of design at WeWork, based in New York, says employees are now seeking a deeper connection with the hybrid workplace, “in the way that the office functions and reflects their personal work needs”.

As a result, some companies are consulting workers on what their next offices will look like. “We have **co-creation sessions** that allow cross-sections of the business to have their say on their space,” says Crawford. “The design process itself is being democratised.”

Crawford says that the traditional, *banks-of-desks open-plan office setting* **has had its day**. The aim, in the new hybrid workplace, is that personalisation no longer means a worker embellishing a homogenised perpendicular workstation; instead, the entire office will have a curated, holistic employee experience of its own.

“It goes much further than a desk,” he adds. “It’s about enabling people to choose their own workday, through spaces that offer variety, choice and differentiation so they intrinsically feel ‘this place works for me’.”

## **After you read 2.2:**

### ***A. Are the following statements true or false?***

1. Before the pandemic, workers often personalised their workspaces.
2. Personalising workspaces can increase employees' attachment to the company, leading to more satisfaction and productivity.
3. The pandemic has led to the rise of hot desking and sharing of workstations among workers with flexible schedules.
4. The trend towards hybrid offices may risk becoming impersonal, sterile and disorienting for workers.
5. Personalisation in the workplace enables self-expression and conversation starters between colleagues, boosting employee motivation.
6. Workers without assigned spaces may have to work with unfamiliar people in unfamiliar locations, leading to fewer opportunities for interaction.
7. Impermanent and transient environments in the office can breed stress, anxiety and exhaustion.
8. Design experts are being brought in by employers to recalibrate the workplace's function.
9. Some architectural features prompt workers to think of the entire floor as their own physical environment.
10. Bespoke spaces for different work functions can be created with design cues.
11. Employees feel workplaces now need to allow for individual and virtual work, alongside social, learning and in-person collaboration.
12. Some companies consult workers on what their next offices will look like and are democratising the design process.

### ***B. Answer the following questions.***

1. What do psychological studies suggest about personalising workspaces?
  - a) It decreases the attachment that the employee feels towards the company

- b) It leads to a lack of productivity and job satisfaction
- c) It increases the attachment that the employee feels towards the company
- d) It has no impact on the employee's attachment towards the company

2. What is the name of the professor who explains why personalising workspaces leads to job satisfaction?

- a) Chris Crawford
- b) Ebbie Wisecarver
- c) Sunkee Lee
- d) Gensler

3. Why do some employees feel the need to personalise their workspaces?

- a) To show off their personality to their colleagues
- b) To increase their attachment to the company
- c) To increase their creativity
- d) To make their workspace more organised

4. What is the advantage of personalising workspaces, according to the text?

- a) It increases the attachment that the employee feels towards the company
- b) It leads to a lack of productivity and job satisfaction
- c) It helps employees to concentrate better
- d) It makes employees feel more organised

5. What is the downside of the hybrid workplace in terms of personalising workspaces?

- a) Employees may have to share workstations and take their personal items home
- b) Employees may become too attached to their workstations
- c) Employees may become too focused on their personalisation
- d) Employees may become too attached to their colleagues

6. Why do some workers and business leaders worry about the hybrid workplace?

- a) It leads to increased productivity and job satisfaction

- b) It risks becoming impersonal, sterile and disorientating
- c) It encourages employees to take their personal items home
- d) It promotes a sense of familiarity among colleagues

7. What is the aim of architects in the hybrid age, according to the text?

- a) To bring back seating plans and family portraits
- b) To get people out of the mindset that a piece of office furniture is where they belong
- c) To make offices feel more sterile and impersonal
- d) To make offices more homogenised

8. What is the role of design experts in recalibrating the workplace's function?

- a) To create bespoke spaces for different work functions
- b) To encourage employees to move around
- c) To connect disparate workspaces with open staircases
- d) All of the above

9. According to the August 2022 study by Gensler, what do employees feel workplaces now need to allow for?

- a) Individual and virtual work, alongside social, learning and in-person collaboration
- b) Only in-person collaboration
- c) Only virtual work
- d) Only individual work

10. What is the aim of co-working spaces that offer mixed-use, dynamic spaces?

- a) To encourage workers to take their personal items home
- b) To make offices more homogenised
- c) To integrate different trends in office design
- d) To create separate spaces for different work functions



11. What is the advantage of consulting workers on what their next offices will look like?

- a) The design process itself is being democratised
- b) It leads to a lack of productivity and job satisfaction
- c) It promotes a sense of familiarity among colleagues
- d) It decreases the attachment that the employee feels towards the company

12. What is the aim of the hybrid workplace in terms of personalisation?

- a) To create a homogenised workplace
- b) To get people out of the mindset that a piece of office furniture is where they belong
- c) To bring back seating plans and family portraits
- d) To encourage workers to take their personal items

***C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).***

- a) a business leader
- b) a co-creation session
- c) a flexible schedule
- d) a forward-thinking employer
- e) a jarring change
- f) a self-expression
- g) a sense of belonging
- h) a trend
- i) an architectural nudge
- j) collaboration
- k) office culture
- l) to have its/one's day

01. A schedule that allows for changes in working hours, working days, or the number of hours worked per day. It provides more freedom and

flexibility for employees to work around their personal schedules or attend to other obligations.

02. An individual who is responsible for guiding and directing the activities of an organization or company. They are usually experienced professionals who have a deep understanding of the industry, and who provide direction to their teams to ensure that the organization achieves its goals.
03. An employer who is innovative, open-minded, and willing to embrace new ideas and technologies. Such an employer is usually committed to creating a positive work environment for their employees, and is often focused on fostering creativity, innovation, and growth within the organization.
04. The shared values, beliefs, attitudes, and practices that characterize the working environment within an office or organization.
05. The act of expressing one's individuality, ideas, or emotions through various forms such as art, writing, music, or fashion.
06. A sudden or unexpected change that is disruptive and unsettling. Such changes may cause confusion or discomfort for individuals who are unprepared or unfamiliar with the new situation.
07. The feeling of being part of a group or community and having a sense of connection, support, and acceptance from others.
08. A design feature or element that is intended to guide behavior or encourage a specific action or response. This could be anything from the placement of furniture to the design of a building.
09. The act of working together with others to achieve a common goal. Collaboration requires communication, cooperation, and coordination between individuals or teams.

10. A general direction in which something is developing or changing. A trend may refer to a popular style, behavior, or preference that becomes widely accepted within a particular industry or social group.
11. A collaborative process where individuals or teams come together to generate and develop new ideas, products, or services. Such sessions usually involve brainstorming, sharing ideas, and working together to create something new.
12. To become popular or widely accepted for a period of time. This expression implies that something is experiencing a period of success or recognition.

***D. Over to you: follow the link or the QR code to the original article and take a look at the photos. What kind of office would you prefer? Why?***

## Discussion 2.3

*Which of the quotations (if any) do you agree with?*

- If you get tired, learn to rest, not to quit. — Banksy
- “You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.” —George Lorimer

**Part 3 The best ways to ease yourself into work every morning and reduce work-related anxiety**

**Before you read 2.3:**

*A. Find 12 nouns in the word search below.*



*Clues (word direction →↓↗↘):*

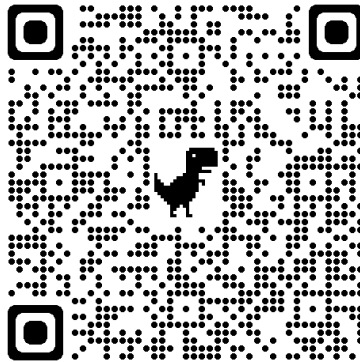
- |          |          |
|----------|----------|
| alarm    | purpose  |
| anxiety  | routine  |
| boost    | sleep    |
| diet     | struggle |
| exercise | time     |
| morning  | yoga     |

You may read the original article by:

- following the link

<https://metro.co.uk/2022/08/03/the-best-ways-to-ease-yourself-into-work-every-morning-17112826/>

- scanning the QR code below.



While you read 2.3:

- Pay attention to the problems mentioned in the article (given in italics). Have you experienced anything like that?*
- Why does the author consider these problems serious? Which words or phrases in the article demonstrate this?*

The best ways to ease yourself into work every morning and reduce work-related anxiety

*Izzie Jani-Friend*

It's 6:30 am, and your alarm has just gone off. You turn over in bed, switch it off and tell yourself you will get up in five minutes.

Suddenly your emergency alarm goes off, and it's 7 am. *You're late.*

The morning is now **a race against time** as you rush to get dressed, eat something and pack your bags, before sprinting to the station to begin your **commute** to work.

Or maybe *you work from home and wake up with one minute to spare?* Rather than starting your day ‘properly’, you grab your laptop and end up working in your PJs – forgetting to get up to pee until you decide to take a break at lunch.

Whatever the scenario, it doesn’t sound like the most relaxing way to start your day.

Taking the time to start your morning more mindfully, and at a slower pace, can help **reduce** anxiety and stress and **improve work performance**, and help you start the day feeling refreshed and prepared for whatever lies ahead.

Why are the mornings hard?

‘*Mornings can often be a struggle* for many because our brain has not yet properly woken up and so is not working properly,’ Abbas Kanani, a pharmacist and health adviser for Chemist Click, tells Metro.co.uk.

‘This is called *sleep inertia*, which is the name given to the groggy feeling you experience when you first wake up. It happens because parts of your brain are still in a sleep state.

‘Mornings can also be a struggle for those who perhaps lack motivation in life or are not enjoying their job. *It can often be hard for people to wake up if they do not want to go to work or do their daily routine.*’

Mornings may also be challenging for people who do not enjoy their work or find their jobs anxiety-inducing.

‘*Work anxiety* depends on the individual person and the job. Of course, some people have more stressful jobs than others,’ explains Abbas.

‘However, often if a person works extra-long hours, has high stress and a lack of support from managers and co-workers, then this can cause anxiety at work and in the mornings and evenings when you’re not at work.

‘Mornings can often be difficult if you have work anxiety as you know you have a whole day ahead of you.’

So what can we do to improve our pre-work morning and reduce anxiety?

Prepare the night before

‘Start your morning the day before,’ says Jill Cotton, a career trends expert at Glassdoor.

‘Before clocking off, clear your mind by writing down all the things you need to achieve the next day, and have a separate list of the tasks that need to be completed that week/month ahead.

‘Then start your day by checking the list before logging on – this will allow you to focus on what needs to be accomplished and **kick-start** your day with a clear purpose.’

Sleep expert Phil Lawlor also explains that making a list of things you need to do before bed is a commonly-recommended trick for relaxing and beating the stress that may keep you from sleeping.

Have a bedtime schedule (if you can)

‘We depend on having a regular **routine** to keep our bodies on track, especially with our sleep cycle,’ Phil explains.

‘And, because your body naturally adjusts to your daily pattern, if you choose the same regular bedtime and waking-up time, your brain will condition itself to feel more wakeful at the time it expects to be switched on.

‘This means that by sticking to the same sleeping hours every day (as much as possible), you will end up getting used to that routine and feel as naturally awake as possible at the right time of day.

‘Sometimes things just get in the way, but if you keep it up as often as possible, you can give yourself a morning boost and make it easier to start your working day.’

Get a good night’s sleep

*There’s nothing worse than waking up in the morning only to discover that you gave yourself a crick in the neck or a shoulder ache for the day.*



‘This is usually written off as having “slept funny,”‘ says Phil, ‘but most of the time, the fault lies with a tired mattress not giving your body the support it needs through the night.

‘That’s why having a bed that’s up to the task is so important.’

He suggests investing in your bed, adding: ‘A memory foam mattress or memory foam topper will give you personalised **support** where your body needs it, while a good quality pillow will ensure your neck and head are as comfy as possible.’

Give yourself time

‘Getting a head start in the morning could help to ease any pre-work anxiety, so get up a bit earlier and have a healthy morning routine,’ suggests Abbas.

‘This could involve meditation, some exercise, enjoying a hot beverage while listening to the radio, or reading a book.

‘If *you feel rushed in the morning*, this will most likely increase any anxiety, and so allowing plenty of time in the morning to prepare is advised.’

Start the day with something you enjoy

**Summon up** some youthful excitement and energy by starting your day with something you enjoy, suggests Phil.

He continues: ‘By making yourself happy, even on days you don’t **feel like** going into work, you will get a nice endorphin boost, so you’ll learn to start looking forward to waking up.

‘The little boost you give yourself could be anything. Whether you love to wake up with a cup of fresh coffee, go for a morning stroll around the park, or just sit down with cereal to watch an episode of your favourite sitcom, make time for it before you start work. You won’t regret it.’

Then, you can go about your day in a great **mood**.

Abbas recommends a number of activities to start your morning in the right way, including listening to the radio, taking a nice shower, reading a book or preparing a healthy breakfast.

He also suggests adding meditation and yoga into your morning.

‘Morning stretching is also a good idea and can **boost** those feel-good hormones and allow blood and airflow to the lungs and blood,’ he says.

However, Abbas does suggest avoiding caffeine, if you can. Instead, try switching up your morning coffee for a decaffeinated beverage or herbal tea because ‘caffeine can often heighten any feelings of anxiety.’

Music consultant Linda Coogan Byrne starts her day with a bit of ‘me-time’ by listening to an audiobook while she takes a walk along the beach.

‘I have always had a good set routine. Having worked remotely from the age of 19, I actively chose to be diligent and adopt healthy habits from the get-go,’ she tells Metro.co.uk.

‘I usually get up around 6/7 am. I eat a good breakfast and go for a walk on the beach, or through the city, and listen to an empowering or educational audiobook or podcast.

‘I genuinely believe what you surround yourself with shapes your mood. And I never read news headlines first thing in the morning.’

Try a morning workout

Experts also advise exercising when you can.

Abbas says: ‘Whether it is in the morning, evening or on your lunch break, exercise reduces levels of the body’s stress hormones, adrenaline and cortisol, and it also stimulates the production of endorphins and mood-boosting hormones, which will help you to feel better and more motivated for work and tackling anxiety.’

Phil explains that the morning is the most beneficial time of day to squeeze in a session.

‘Not only will you feel energised for the day ahead, but your hard work will reward you with a release of feel-good chemicals that will help you feel free of stress,’ he says.

‘Plus, getting into a morning workout routine is an excellent bookend for your day, helping reinforce your body clock as you get used to training early.

‘You’ll also be able to sleep better at night, too.’

Be mindful of diet

Simone Thomas, the founder of her own wellness company, says that diet is the key to a happy morning.

‘Eat well, and your day will go well,’ she says. ‘Consuming a balanced diet full of foods will ensure your body is getting enough vitamins and minerals to keep you feeling energised.

‘Try to avoid foods high in saturated fat first thing as this causes a diversion of blood and oxygenates your digestive system and away from your vital organs, which can also cause fatigue and a bad mood.

‘The gut needs diversity, so make sure you mix up what you have first thing in the morning. Try smoothies, cooked breakfasts or pre-made overnight oats.’

Start work with something easy

Phil suggests ticking off one of your easiest tasks straight away once you get to work in the morning.

‘It will give you a sense of accomplishment and build that can-do attitude you need to be extra productive through your working day,’ he explains.

**After you read 2.3:**

*A. Are the following statements true or false?*

1. The text describes a person waking up early and feeling refreshed.
2. The text suggests that starting your day more mindfully can help reduce anxiety.

3. The term "sleep inertia" refers to the groggy feeling you experience when you first wake up.
4. Mornings can be a struggle for those who lack motivation or do not enjoy their job.
5. Work anxiety only affects people who have stressful jobs.
6. Preparing a list of tasks before bed can help reduce stress in the morning.
7. Having a bedtime schedule can help regulate your sleep cycle and make it easier to wake up in the morning.
8. Investing in a good quality mattress and pillow can improve the quality of your sleep.
9. Giving yourself time in the morning can help reduce anxiety.
10. Starting your day with something you enjoy can help make waking up more appealing.
11. The text suggests that starting your day with meditation can help reduce stress.
12. The text advises against rushing in the morning.

***Answer the following questions.***

1. What time does the alarm go off in the beginning of the article?
  - a) 6:00 am
  - b) 6:30 am
  - c) 7:00 am
  - d) 7:30 am
  
2. What is the emergency alarm that goes off at 7 am?
  - a) A fire alarm

- b) A security alarm
- c) An alarm clock
- d) A car alarm

3. Why can mornings be a struggle for many people, according to Abbas Kanani?

- a) Because they lack motivation in life
- b) Because they do not enjoy their job
- c) Because their brain has not yet fully woken up
- d) All of the above

4. What is sleep inertia?

- a) The groggy feeling you experience when you first wake up
- b) A type of alarm clock
- c) A sleep disorder
- d) None of the above

5. What can cause work anxiety, according to Abbas Kanani?

- a) High levels of stress and long work hours
- b) Lack of support from managers and co-workers
- c) Both a and b
- d) None of the above

6. What does Jill Cotton suggest to do the day before to improve the pre-work morning?

- a) Write down all the things you need to achieve the next day
- b) Have a bedtime schedule
- c) Get a good night's sleep
- d) Start the day with something you enjoy

7. According to Phil Lawlor, what is the benefit of having a regular sleep schedule?

- a) You will feel more wakeful at the time you expect to be switched on
- b) You will be able to sleep for longer periods of time
- c) You will be able to fall asleep more easily
- d) None of the above

8. What does Phil Lawlor suggest to invest in to have a better night's sleep?

- a) A comfortable pillow
- b) A memory foam topper
- c) A memory foam mattress
- d) All of the above

9. What does Abbas suggest to do to ease pre-work anxiety?

- a) Have a healthy morning routine
- b) Go for a morning stroll around the park

c) Drink a cup of coffee

d) Both a and b

10. What is the benefit of starting the day with something you enjoy, according to Phil Lawlor?

a) You will learn to start looking forward to waking up

b) You will feel more productive throughout the day

c) You will feel more relaxed

d) None of the above

11. How can taking the time to start your morning more mindfully improve work performance?

a) By reducing anxiety and stress

b) By making you more productive

c) By improving your memory

d) All of the above

12. What is the main message of the article?

a) Mornings can be challenging, but there are ways to make them easier

b) Waking up early is the key to success

c) It is important to rush through your morning routine to get to work on time

d) None of the above

*C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).*

- a) a commute
- b) a race against time
- c) mood
- d) routine
- e) support
- f) to boost
- g) to feel like doing smth
- h) to improve
- i) to kick-start
- j) to reduce
- k) to summon up
- l) work performance

- 01. A situation where someone is trying very hard to complete a task before a certain deadline or before time runs out.
- 02. The act of traveling from home to work or school and back again, usually by car, bus, or train.
- 03. To make something smaller or less in amount or size, or to decrease the number or intensity of something.
- 04. To make something better or more satisfactory, often by correcting faults or defects.
- 05. The level of effectiveness or quality of an individual's work, usually measured in terms of productivity, efficiency, and results achieved.
- 06. To start something quickly or with a burst of energy, often by taking decisive action or by providing an initial push or impetus.
- 07. To make something larger or more in amount, size, or quantity, or to make something more intense or stronger.



- 08.To provide help or assistance to someone or something, often by providing encouragement, resources, or backing.
- 09.To gather or call forth something, often in order to use it or to face a challenge or difficulty.
- 10.To have a desire or inclination to do something, often based on one's mood, preferences, or circumstances.
- 11.A state of mind or emotional disposition, often characterized by feelings of happiness, sadness, anger, or anxiety.
- 12.To increase or improve something, often by providing extra energy, motivation, or resources.

***D. Over to you: What do you think are the best ways of reducing morning anxiety? Which of the tips from this article, if any, do you follow?***

## Unit 3 Lifestyle

### Discussion 3.1

*Which of the quotations (if any) do you agree with?*

- *"Mental health is not a destination, but a process. It's about how you drive, not where you're going." - Noam Shpancer*
- *"Mental illness is not a personal failure. In fact, if there is failure, it is to be found in the way we have responded to people with mental and emotional distress." - Alastair Campbell*
- *"Mental health needs a great deal of attention. It's the final taboo and it needs to be faced and dealt with." - Adam Ant*

**Part 3.1: I thought my problems were ‘too small’ to have therapy – I was wrong**

**Before you read 3.1:**

*A. Find 15 words in the word search below.*



*Clues (word direction →↓↗↘):*

- admit
- anxiety
- anxious person
- benefit
- break up
- cheat
- deeply-rooted
- disappointment
- income
- obsessed
- overwhelming
- relief

- survey

- unfamiliar

***B. Can you find a synonym or explain the meaning of each of them?***

**While you read 3.1:**

***C. Do you feel anxious? If so, how do you help yourself?***

***D. Did Emmi have problems in her family? Why didn't Emmi pay attention to her symptoms?***

*You may read the original article:*

- *following the link*

<https://metro.co.uk/2023/03/15/i-thought-my-problems-were-too-small-to-have-therapy-i-was-wrong-18446255/>

- *scanning the QR code below.*



**I thought my problems were ‘too small’ to have therapy – I was wrong**

*Emmie Harrison-West*

‘Why have you decided to seek help today?’ the friendly, but unfamiliar, face on screen asked.

Sitting at my dining room table on Zoom, wearing a smart top paired with my Snoopy pyjama pants, I thought about why I’d decided to try online therapy.

I was an anxious person, sure – but I wasn’t depressed. I hadn’t been through a big break up, major trauma, or was amidst the throes of grief,

unrequited love or crushing disappointment. All reasons that had led to me seeking help before.

After a big life move six months earlier I was, for perhaps the first time in a long time, happy. Content. Nothing ‘bad’ had happened to me – I wasn’t struggling for air, or treading the waters of my depression, constantly on the verge of drowning.

So, why was I seeking therapy?

‘No real reason,’ I admitted shyly, adding that I just wanted to talk.

Express how I was feeling about disappointing female friendships, life direction, and growing older. Everyday, niggly little problems that could seem petty on paper to some, but to me swirled relentlessly around my head.

Yet despite initially doubting whether I even needed therapy, it has been one of the most healing, cathartic processes I’ve ever experienced.

While this is the first time I’ve tried e-therapy, if you could call it that, I’ve had in-person therapy twice before.

The first time was in university when I was cheated on. The toxicities of our relationship that I’d looked past came rushing toward me, while our planned future – and my entire life – unraveled before my eyes.

As a vulnerable young person, this was the first time I had encountered such dark, intrusive thoughts, and I take no pride in admitting that it well and truly broke me.

Broke my self-esteem, my confidence and all I felt was a mix of pure, unadulterated shame and hatred. For him, and myself.

Over the next year, I fell into the arms of faceless men in the dark before I found my first therapist, Brenda, through my university. On her advice, I went on medication, and she built me back up. Though I was lopsided, and not the same person as before, I started to feel a little more whole again.

The second time was only last year. I was married, with steady work and income, but a few toxic, pretty terrible, female friends.

I started having panic attacks for the first time, and was obsessed with what people thought, and were thinking, about me at any given moment.

My self-esteem was shattered and I spent long days in bed under the covers, convincing myself that I was a terrible person that everyone hated. I had eight weeks of counseling, arranged through my local council – which helped.

Both very ‘valid’ reasons to seek therapy, right? To have a problem and seek help to try and ‘fix it’ with the help of a professional?

So, when the option came up to give online therapy a go through a benefit my husband’s work offered earlier this year – which I recognise is a huge privilege in itself, I can’t deny it – I initially waved it off.

‘Nothing is wrong with me, it’d be a waste,’ I protested. ‘Someone else needs it more than me.’

But then my husband reminded me of the tears I’d shed on my pillow after feeling lonely after moving to a new city only months earlier.

How people, who were once so set on being my friend, had consistently let me down. How my WhatsApp messages were left on read. Ignored.

How old friends seemed happier without me, and the jealousy I felt of seeing them together online – laughing, eating and drinking wine.

How I was worried about turning 30, convincing myself that I hadn’t ‘done enough’ with my life.

Small, fleeting worries that I knew from experience can turn into overwhelming, intrusive thoughts that keep you up at night, or help you cry yourself to sleep.

After thinking about his words, I realized I wanted to stop the vicious cycle of waiting until my stresses caused me to break down completely before seeking help.

So, I signed up and was matched with a therapist after doing a quick online survey.

I ended up in tears on my first call, not realising how deeply-rooted my ‘minor’ problems were, or the impact they were having on me. The relief I felt after an hour of someone listening, offering advice or simple, helpful suggestions to slot into my daily routine, was incomparable.

I’d convinced myself that my problems weren’t enough, or weren’t ‘real’ issues to be able to seek therapy over which, looking back, is wrong.

Now, I have online sessions every six to eight weeks, with more or less time if I need it – and it works for me. I feel armed with the right tools to combat any intrusive thoughts, stress or anxiety that comes my way, and take comfort in knowing there’s someone to talk to if I misplace them.

While I don’t endorse time-wasters, especially when the NHS is on its knees, this notion that something needs to be ‘wrong’ in order for you to seek help is wrong. It’s outdated, and it’s exclusive.

No problem is too small for therapy. It’s not a one-size-fits-all approach, rather a form of routine, preventative healthcare. It can help make your issues manageable, without them escalating to crisis level – and you don’t even need to cry to feel a sense of relief after having a chat with someone.

Even if you feel ‘fine’, your problems are worthy.

### **After you read 3.1:**

#### ***A. Are the following statements true or false?***

1. The author initially thought her problems were too small for therapy.
2. The author had never sought therapy before.
3. The author was happy and content when she decided to try online therapy.
4. The author sought therapy due to a major trauma or a big break-up.
5. The author felt that her problems were petty and insignificant.
6. The author had therapy twice before, once after being cheated on and another time due to toxic friendships.

7. The author felt that she was not qualified for therapy because someone else needed it more.
8. The author had a friend who had recommended the therapy.
9. The author had panic attacks and had eight weeks of counseling arranged through her local council.
10. The author believes that no problem is too small for therapy, and it can help make your issues manageable, without them escalating to crisis level.

***B. Answer the questions below.***

1. What is the author's reason for seeking therapy?
  - a. Major trauma
  - b. Depression
  - c. Anxiety
  - d. Everyday problems
2. What was the author's initial hesitation about seeking therapy?
  - a. Feeling embarrassed
  - b. Not having a serious enough problem
  - c. Not being able to afford it
  - d. Fear of being judged
3. How did the author feel after her first therapy session?
  - a. Disappointed
  - b. Relieved
  - c. Angry
  - d. Confused
4. When did the author first try in-person therapy?
  - a. After moving to a new city
  - b. After a major break-up
  - c. After being cheated on
  - d. After a big life move



5. How did the author feel after her second therapy experience?
- Hopeless
  - Empowered
  - Anxious
  - Confused
6. How did the author describe her initial problems that led her to seek therapy?
- Major and traumatic
  - Unrequited love and crushing disappointment
  - Petty and niggly
  - None of the above
7. What prompted the author to try online therapy?
- A friend's recommendation
  - A new job with benefits
  - A major life event
  - Her husband's suggestion
8. How often does the author have online therapy sessions?
- Every day
  - Every week
  - Every six to eight weeks
  - Every few months
9. What impact did the author's move to a new city have on her?
- She felt lonely
  - She made new friends easily
  - She experienced major trauma
  - She became depressed
10. How did the author feel about turning 30?
- Excited
  - Depressed
  - Indifferent

d. Anxious

11. What did the author's first therapist recommend she do?

- a. Seek medication
- b. Try online therapy
- c. Join a support group
- d. None of the above

12. How did the author feel after her toxic friendships?

- a. Angry
- b. Sad
- c. Anxious
- d. All of the above

13. What type of therapy did the author try for the first time?

- a. Group therapy
- b. Online therapy
- c. In-person therapy
- d. None of the above

14. How did the author feel after admitting her problems to her therapist?

- a. Embarrassed
- b. Relieved
- c. Angry
- d. Confused

15. How does the author feel about the notion that something needs to be "wrong" in order to seek therapy?

- a. She agrees with it
- b. She disagrees with it
- c. She thinks it depends on the situation
- d. She has no opinion

***C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).***

1. \_\_\_\_\_ friendly
2. \_\_\_\_\_ anxious person
3. \_\_\_\_\_ grief
4. \_\_\_\_\_ depression
5. \_\_\_\_\_ shyly
6. \_\_\_\_\_ vulnerable person
7. \_\_\_\_\_ pride
8. \_\_\_\_\_ confidence
9. \_\_\_\_\_ toxic

A. Feeling of deep sadness or sorrow

B. Feeling of being exposed to the possibility of being attacked or harmed

C. Having a high opinion of oneself and one's abilities

D. Tending to harm or poison

E. Feeling of nervousness or worry

F. Behaving in a way that is pleasant and kind to others

G. Acting in a reserved or timid way

H. State of mind characterized by feelings of hopelessness and inadequacy

I. State of being easily hurt physically or emotionally

***D. Over to you: follow the link or the QR code to the original article and take a look at Emma's story. Do you think it's a problem nowadays? Why or why not?***

## Discussion 3.2

*Which of the quotations (if any) do you agree with?*

- *"The only way to do it is to do it." - Nike*
- *"If you want to run, run a mile. If you want to experience a different life, run a marathon." - Emil Zatopek*
- *"The best pace is a suicide pace, and today is a good day to die." - Steve Prefontaine*

## Part 3.2: The long run

Before you read 3.2:

*E. Find 15 words in the word search below.*



*Clues (word direction → ↓ ↗ ↘):*

- benefit
- develop
- fear
- feeling
- flexibility
- improve
- tip
- vital
- inflammation
- joint
- reduce
- runner
- salmon
- strengthen
- stretching

*F. Can you find a synonym or explain the meaning of each of them?*

**While you read 3.2:**

*G. Do you do any sport? If so, do you like it?*

*H. What healthy habits do you have?*

*You may read the original article:*

- following the link <https://www.yourhealthyliving.co.uk/the-long-run>
- scanning the QR code below.



### **The long run**

*Liz Parry*

Liz Parry gets some expert tips on injury prevention and joint health for runners

This month over 50,000 runners will take part in the London marathon, after several weeks of hard work and training. One of the things that strikes fear into the heart of any runner, however, is the prospect of injury.

“Injury prevention and joint protection are vital for maintaining physical health whilst running, and particularly when running long distances including marathons,” says Professor Courtney Kipps, Honorary Consultant in Sport and Exercise Medicine, Institute of Sport, Exercise and Health (ISEH), part of HCA Healthcare UK. “While running these kinds of distances, your joints, bones,

muscles and tendons are placed under constant stress, so it is important to look after them as well as possible to prevent injury.”

If you are preparing to take part in a marathon this year, or any other type of running event, take note of our expert tips and ensure that you arrive at the start line free from pain feeling strong.

### **Protect your joints**

“To improve your joint health, it is important to incorporate weight and strength training into your workouts whilst training,” says Professor Kipps. “While cardio is vital for marathon training, weight training is just as necessary to strengthen your muscles to reduce the risk of joint injury. It is important to thoroughly warm up your muscles before a run or workout. An active warm-up is the best way to prime your muscles for action. There is no need to stretch beforehand, but stretching afterwards can provide welcome relief for tired muscles. Listening to your body is very important whilst marathon training. Overuse injuries are common and can have a big effect on your marathon training. If you have any aches and pains in your joints, then it is important to rest and speak to your doctor or physiotherapist if you are concerned.”

### **Improve your balance and flexibility**

“Yoga can be used both as a warm-up and cool-down exercise,” says Amy Feighery, founder of Anvesaka Yoga and Aerial. “It involves stretching and flexibility exercises that help to increase the range of motion in the joints. As runners put stress on their joints during a marathon, having greater flexibility can help absorb the impact. Certain yoga poses, such as the plank, downward dog, and warrior poses, can help to strengthen the muscles around the joints and reduce the risk of injury. Balance is a crucial component of running, and yoga poses that involve balancing, such as tree pose, can help to improve balance and stability. This can help to prevent falls and reduce the risk of injuries caused by missteps or uneven terrain.”

### **Follow a varied diet**

“A varied diet including lots of fruits, vegetables, protein, nuts and seeds is very important,” says Professor Kipps. “Foods with excellent anti-inflammatory properties include berries, leafy greens and fish like salmon, mackerel, and sardines, which are high in omega fatty acids. Whether you are exercising on a regular basis or not, it’s crucial to incorporate these nutritionally dense whole foods into your diet to support your joint and muscle health.”

### **Consider taking a supplement**

“Supplementation is a fast and effective way to deliver vital nutrients shown to reduce inflammation and improve function/mobility, to help minimise the risk of injury,” says Camilla van-Haeften, Certified Nutritionist (AFN) and Head of Nutrition Research for gummy vitamin brand Novomins. “Glucosamine and chondroitin are natural cartilage compounds aiding lubrication and hydration in our joints. Both ingredients offer well-established benefits on joint health including the potential to stimulate cartilage and collagen stores. Manganese is a powerful antioxidant and turmeric maintains healthy inflammatory responses. When combined, these ingredients offer a powerful nutritional complex specifically targeted at maintaining the health of your joints.”

### **Reduce any inflammation**

“Ice baths following a run or workout can help reduce inflammation as they can change the way blood and other liquids travel through your body,” says Professor Kipps. “The cold causes your blood vessels to constrict, and once you are out of the bath the vessels dilate. This allows metabolic waste to be removed from the body and helps with healing. Heat can promote blood circulation to any areas of the body that require repair. This increase in circulation brings oxygen and nutrients to the injured area, which can help the body heal. Applying heat is also a good way of removing a build-up of lactic acid from sore muscles, which can help them to relax.”

### **Learn to move with control**



Clinical Pilates is a practice which helps you to move with control and improve the body's stabilising muscles, which is crucial for runners. "We have two types of muscles," says physiotherapist and Clinical Pilates instructor Lyndsay Hirst. "These are muscles that move our joints (the mobiliser muscles) and muscles that control the position of the joint as we move (the stabiliser muscles). Without the stabiliser muscles working we have an increased tendency to develop pain, injury and dysfunction. Learning how to move with control can help activate the stabiliser muscles and improve the overall function of the muscles. We can also have a tendency to develop muscle imbalances if we don't train the stabiliser muscles. A muscle imbalance is where you might find that one muscle can compensate for weakness in another; this imbalance will impact the general movement of the joints."

**After you read 3.2:**

***B. Are the following statements true or false?***

1. Over 50,000 runners will take part in the London marathon this year.
2. Injury prevention and joint protection are not important for maintaining physical health whilst running.
3. Running long distances can put your joints, bones, muscles, and tendons under constant stress.
4. Weight and strength training is not necessary to reduce the risk of joint injury.
5. Stretching before a run or workout is essential to prime your muscles for action.
6. Yoga can help to increase the range of motion in the joints and absorb the impact of stress on joints during a marathon.
7. Certain yoga poses can help to strengthen the muscles around the joints and reduce the risk of injury.

8. A varied diet, including whole foods, is important to support joint and muscle health.
9. Taking supplements cannot help to reduce inflammation and improve joint health.
10. Ice baths following a run or workout cannot reduce inflammation.
11. Clinical Pilates can help to improve the body's stabilizing muscles, which is crucial for runners.
12. Without the stabilizer muscles working, we have an increased tendency to develop pain, injury, and dysfunction.

***B. Answer the questions below.***

1. How many runners are expected to participate in the London marathon this year?
  - A) 5,000
  - B) 10,000
  - C) 50,000
  - D) 100,000
2. What is one of the things that concerns runners the most?
  - A) Proper nutrition
  - B) Equipment maintenance
  - C) Hydration levels
  - D) The prospect of injury
3. Why is it important to look after your joints, bones, muscles, and tendons while running long distances?
  - A) Because it is difficult to recover from injuries
  - B) Because it can affect your overall health
  - C) Because they are constantly under stress
  - D) All of the above
4. Which of the following is just as necessary as cardio for strengthening your

muscles and reducing the risk of joint injury?

- A) Stretching
- B) Weight training
- C) Yoga
- D) None of the above

5. What is the best way to prime your muscles for action before a run or workout?

- A) Stretching
- B) An active warm-up
- C) Resting
- D) All of the above

6. Why is it important to listen to your body while marathon training?

- A) To prevent overuse injuries
- B) To avoid pain and discomfort
- C) To ensure a successful marathon
- D) All of the above

7. What can yoga do to help runners improve joint health?

- A) Increase range of motion in the joints
- B) Strengthen the muscles around the joints
- C) Reduce the risk of injury
- D) All of the above

8. What type of yoga pose can help runners improve balance and stability?

- A) Plank pose
- B) Downward dog pose
- C) Warrior pose
- D) Tree pose

9. What foods are recommended for a varied diet to support joint and muscle health?

- A) Fruits, vegetables, protein, nuts, and seeds

- B) Dairy and grains
- C) Processed foods and sugar
- D) None of the above

9. What is one of the benefits of glucosamine and chondroitin supplements for joint health?

- A) Stimulating cartilage and collagen stores
- B) Reducing inflammation
- C) Improving function and mobility
- D) All of the above

10. What can ice baths do to help reduce inflammation?

- A) Constrict blood vessels
- B) Dilate blood vessels
- C) Promote blood circulation
- D) All of the above

11. What type of practice can help runners improve their body's stabilizing muscles?

- A) Weight training
- B) Yoga
- C) Clinical Pilates
- D) Stretching

12. What are the two types of muscles in the body?

- A) Mobilizer and stabilizer
- B) Flexor and extensor
- C) Fast-twitch and slow-twitch
- D) None of the above

13. What can happen if we don't train our stabilizer muscles?

- A) Muscle imbalances can develop
- B) Joint pain can occur
- C) Overuse injuries can happen

D) All of the above

***C. Match the words and phrases (a - j) from the article with their definitions (01 - 10).***

1. \_\_\_\_ prevention
2. \_\_\_\_ take part in
3. \_\_\_\_ to maintain
4. \_\_\_\_ bone
5. \_\_\_\_ event
6. \_\_\_\_ to incorporate
7. \_\_\_\_ vital
8. \_\_\_\_ to reduce
9. \_\_\_\_ flexibility
10. \_\_\_\_ inflammation

A. To make something a part of a whole

B. A bodily process that tends to reduce the severity of a particular illness or injury

C. The ability of a joint or muscle to move through a full range of motion

D. A state of being strong and active; the capacity to live and develop

E. The state of being inflamed; a localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful

F. To make something smaller or less in amount, degree, or size

G. A dense, hard tissue that forms the skeleton of most vertebrates, consisting of cells embedded in a hard, calcareous, or siliceous matrix

H. An occurrence, especially one that is significant or unusual

I. To keep something in good condition by making necessary repairs or adjustments

J. To participate in an activity or event

*D. Over to you: follow the link or the QR code to the original article and take a look at the advice from different specialists . Do you think it's useful information? Why or why not?*

### Discussion 3.3

*Which of the quotations (if any) do you agree with?*

- *"Let food be thy medicine and medicine be thy food." - Hippocrates*
- *"Eat food, not too much, mostly plants." - Michael Pollan*
- *"Let thy food be thy medicine and thy medicine be thy food." - Maimonides*

### Part 3.3: Why too much healthy food isn't always a good thing

Before you read 3.3:

*A. Find 14 words in the word search below.*



*Clues (word direction →↓↗↘):*

- hashtag
- nutritious
- dish
- benefit
- gorging on
- consum
- definitely
- affect
- goal
- culprit
- tablespoon
- hugely
- smoothie
- honey

*B. Can you find a synonym or explain the meaning of each of them?*



**While you read 3.3:**

***C. Do you eat healthy food? If so, how do you like it?***

***D. Do you think it is important to eat healthy food?***

*You may read the original article:*

- *following the link*

<https://www.bestfitmagazine.co.uk/fitness/nutrition/why-healthy-food-isnt-always-as-good-for-you-as-you-might-think/>

- *scanning the QR code below.*



### **Why too much healthy food isn't always a good thing**

*By Lucy Gornall*

Search the hashtag 'healthy food' on Instagram and you're met with over 43 million photos of nutritious dishes, making us more adamant to never set foot in a fast-food chain again.

But, while regularly eating healthy food will be doing you good, how far is too far? Take nuts; they're packed full of benefits, but a whole bag of brazils? That's over 1,000 calories right there (based on a 150g bag). But they're 'good calories', right? We asked the experts to set things straight...

Nutritionist Rob Hobson reckons you can go overboard on healthy foods, and the issue is mostly to do with weight.

“All healthy foods are generally calorific, as they’re often rich in good fats or natural sugars. As they are whole foods in their most natural state, you’ll be reaping their nutritional benefits, but you just don’t need to eat as much of them,” he adds.

But surely gorging on healthy grub is better than consuming cakes and processed food? Nope – not as far as your waistline is concerned, reveals Rob.

“But, in terms of the nutrients you’ll glean and the better fats and lower sugar you will be getting from foods, then yes, healthy food IS definitely better than gorging on cake.” Of course, there’s nothing wrong with cake every now and then!

Veggies may be low-calorie healthy foods and unlikely to affect your weight-loss goals, but there are still things you need to be aware of, says Rick Hay, nutritional director at Healthista.

“If you’re eating or drinking a lot of vegetables in raw form, it can be taxing on the gut.” Think crudité and raw salads. Rick adds: “There’s also the possibility of taking in too much fibre which can lead to bloating, flatulence and potentially further digestive disturbance.”

Too much turmeric can also be an issue, causing digestive imbalance and even healthy-eating ‘stress’ can be a problem. He reveals, “Demonising certain foods can increase stress levels, so if you feel like eating a slice of cake occasionally, then have it; stressing about it can make digestive problems worse!”

#### WHICH ‘HEALTHY’ FOODS SHOULD WE LIMIT?

Rob reckons we should air on the side of caution with the main culprits below...

#### **Oils**

They're drizzled over salads and used to cook with – especially olive oil and coconut oil – but while healthy, they're calorific with 1 level tablespoon containing around 50 calories.

### **Nuts**

Nuts are hugely nutritious but again, very calorific. Stick to a small handful and don't gorge on them at your desk. Aim for a portion size of 0.8oz/25g max.

### **Protein shakes**

Unless you're working out hard, there's no point in having a protein shake if already eating three meals per day. You will already be getting enough protein in your diet.

### **Fruit juice**

View this as a portion of fruit and not a drink. When guzzling juices and smoothies you're basically adding loads of free sugars to your diet, which is not good for your teeth, waistline or blood sugar.

### **Dried fruit**

There's a reason why it tastes so good; it's often made with added sugars! The UK's NHS recommends no more than 1oz/30g of dried fruit, equal to one heaped tablespoon of sultanas, three prunes or two figs.

### **Greek yogurt**

Opt for just a few tablespoons of the full-fat stuff. It's a healthy breakfast but once you start piling the toppings – dried fruit, nuts, granola, seeds, honey – you could be looking at over 500 cal per serving.

### **Honey**

There's no such thing as a healthy sweetener. Many people still see honey as a healthy version of sugar and tend to eat quite a lot of it.

**After you read 3.1:**

***A. Are the following statements true or false?***

1. The hashtag 'healthy food' on Instagram has over 43 million photos of nutritious dishes.
2. Eating healthy food is always good for you.
3. Consuming a whole bag of brazil nuts is over 1,000 calories.
4. Healthy foods are generally low in calories.
5. Gorging on cake is better for your waistline than eating healthy food.
6. Eating a lot of raw vegetables can be taxing on the gut.
7. Taking in too much fibre can lead to bloating and flatulence.
8. Eating too much turmeric can cause digestive imbalance.
9. Demonising certain foods can decrease stress levels.
10. Oils are not calorific and can be consumed in large quantities.
11. Dried fruit is often made with added sugars.
12. Honey is seen by many as a healthy version of sugar.

***B. Answer the questions below.***

1. What is the article about?
  - A) The benefits of eating healthy food
  - B) The negative effects of eating too much healthy food
  - C) The difference between healthy and unhealthy food
2. How many photos of nutritious dishes can be found on Instagram under the hashtag 'healthy food'?
  - A) Over 1 million
  - B) Over 10 million
  - C) Over 43 million
3. Why can you go overboard on healthy foods?
  - A) Because they are generally high in calories
  - B) Because they are low in nutrients

- C) Because they are difficult to digest
4. What is the issue with eating too many healthy foods, according to Rob Hobson?
- A) They can cause digestive problems
  - B) They can lead to weight gain
  - C) They can be low in nutrients
5. What is Rick Hay's advice about eating raw vegetables?
- A) It's the healthiest way to eat them
  - B) It can be taxing on the gut
  - C) It can lead to weight gain
6. What can too much turmeric cause?
- A) Digestive problems
  - B) Weight gain
  - C) Headaches
7. How can healthy-eating 'stress' be a problem?
- A) It can cause digestive problems
  - B) It can increase stress levels
  - C) It can lead to weight gain
8. What does Rob Hobson recommend limiting?
- A) Oils, nuts, protein shakes, fruit juice, dried fruit, Greek yogurt, and honey
  - B) Vegetables, fruits, and grains
  - C) Fast food and processed food
9. How many calories are in 1 level tablespoon of olive oil or coconut oil?
- A) 10 calories
  - B) 25 calories
  - C) 50 calories
10. How much of nuts should you eat as a portion size?
- A) 30g

B) 25g

C) 60g

11. When should you have a protein shake?

A) Before every meal

B) After every meal

C) Unless you're working out hard, there's no point

12. How much dried fruit is recommended by the UK's NHS?

A) 1 heaped tablespoon of sultanas

B) 2 heaped tablespoons of sultanas

C) 3 heaped tablespoons of sultanas

13. What should you be aware of when eating Greek yogurt?

A) It's not healthy

B) It's high in calories

C) It's a healthy breakfast but the toppings can add a lot of calories

14. How is honey often seen by many people?

A) As a healthy version of sugar

B) As unhealthy as sugar

C) As a healthy alternative to protein shakes

15. According to the text, how many calories are in one level tablespoon of olive oil or coconut oil?

A) Around 10 calories

B) Around 25 calories

C) Around 50 calories

**C. Match the words and phrases (a - l) from the article with their definitions (01 - 12).**

1. \_\_\_ to search

2. \_\_\_\_\_ healthy food

3. \_\_\_\_\_ adamant

4. \_\_\_\_\_ nuts
5. \_\_\_\_\_ calorie
6. \_\_\_\_\_ to reckon
7. \_\_\_\_\_ issue
8. \_\_\_\_\_ processed food
9. \_\_\_\_\_ turmeric
10. \_\_\_\_\_ slice

- A. To try to find information or something by looking carefully
- B. Food that is nutritious and beneficial for the body
- C. Determined to never change one's opinion or behavior
- D. Edible seeds with high nutritional value
- E. A unit of measurement for energy in food
- F. To believe or think something
- G. A topic or problem that needs to be addressed
- H. Food that has undergone industrial processing and often contains additives and preservatives
- I. A spice with many health benefits but can cause digestive imbalance in excess
- J. A thin piece cut from a larger portion, typically of food

***D. Over to you: follow the link or the QR code to the original article and take a look at tips from the nutritionist. What are some of the risks of overindulging in healthy foods? According to the article, what are some healthy foods that people should limit in their diets? How does the article suggest that people should approach their diets to maintain a balance between healthy foods and occasional treats?***

## Unit 4 Travelling

### Discussion 1

*Which of the quotations (if any) do you agree with?*

- *"The world is a book, and those who do not travel read only a page." - Saint Augustine*
- *"Not all those who wander are lost." - J.R.R. Tolkien*
- *"Travel makes one modest. You see what a tiny place you occupy in the world." - Gustave Flaubert*
- *"The world is full of wonderful things you haven't seen yet. Don't ever give up on the chance of seeing them." - J.K. Rowling*



## Part 4.1: Mark Beaumont: The man who cycles the world

Before you read 4.1:

*A. Find 16 words in the word search below.*



*Clues (word direction →↓↗↘):*

- cycle
- bike
- Scotland
- youthful
- conquer
- hiatus
- crew
- length
- desert
- account
- accident
- huge
- profile
- stupid
- sanction
- mountain

*B. Can you find a synonym or explain the meaning of each of them?*

**While you read 4.1:**

***C. Do you have a bicycle? Do you like cycling?***

***D. Do you think it is a good way to stay sporty?***

*You may read the original article:*

- *following the link*

<https://escapismmagazine.com/features/interviews/mark-beaumont-the-man-who-cycles-the-world/>

- *scanning the QR code below.*



### **Mark Beaumont: The man who cycles the world**

*Jake Taylor*

When Mark Beaumont was 12 years old, he rode his bike across the width of Scotland; at 15 he'd ridden solo from John O'Groats to Land's End. His life ever since these youthful feats of endurance has been dedicated to pushing himself, and his bike, to the very limits. In 2008, he cycled around the world in 194 days and 17 hours – a whole 81 days faster than the previous world record – before going on to conquer the length of the Americas, from Alaska to Argentina.

A brief hiatus from the world of cycling saw him become part of a crew attempting to row across the Atlantic; with 27 days and almost 2,000 miles gone, the boat capsized and the crew nearly died. After an event like this it would have been easy for Beaumont to hang up his adventuring gear and settle back into the life of broadcasting he'd made for himself, but it wasn't to be. Last year, he broke the record for cycling the length of Africa, from Cairo to Cape Town, spending more than 600 hours in the saddle to cross over 6,500 miles in just 42 days.

He's crossed mountains and deserts, traversed areas of the globe that some can only dream about. He tells escapism about his new account of that epic last trip, *Africa Solo: My World Record Race from Cairo to Cape Town*, his many adventures, and what drives him to achieve his goals...

Was it good to be back on dry land after that accident in the Atlantic? And how did it affect your Africa ride?

As you'll read in the book, after that fright, after nearly dying, I was more than happy to draw a line under my athletic career and become a TV presenter. I wasn't looking back with regret though; I'd had all my twenties as an athlete.

I learnt a huge amount about myself and what motivates me out in the Atlantic, but it wasn't a sure thing at all that I'd come back to being an athlete. Last year and in 2014 it kind of came back full cycle, back to the bike and trying to take it to the next level. I'm not done yet, I hope in a few years' time I can look back and see Africa as a training ride for what comes next, because I see that as updating my profile as a bike rider and pushing my ability.

Right at the start of the Africa trip you had some problems. When it's day one and you've already stabbed yourself in the eye and got a puncture, and you still have thousands of miles to go, how do you pick yourself up?

I got through a lot of stupid stuff on the first day – the nerves at the start, all the press, ripping the sidewall off my tyre after 100 miles – and then seriously hurting my eye, as stupid an accident as it was. Then later that day I

had to go back on myself, because the police need to know exactly where I was and I'd gone to the wrong place.

I'm massively driven by the fear of failure. If I'm having a particularly bad day, like I did in southern Ethiopia – which were the hardest miles by far – what happens if I don't carry on is what fuels my miles. I'm just one of those people – if things are going wrong, don't give me some Muhammad Ali quote, just tell me the consequences of failure!

Where are your favourite places that you've visited on your adventures across the globe?

In the last decade I've been to about 130 countries; I've cycled border-to-border across over 60 countries so I guess I know more than most about what it's like to cycle across the world and across continents at the speed of a bike.

Off the top of my head, the top three I'd love to spend a tonne more time in are: the Cook Islands in the Pacific, down by Tonga; it's pretty amazing. The Yukon Territory, northwest Canada – the land of billions of trees and millions of bears, that's pretty awesome. And the Alcan Highway, which is a 600 mile road from Alaska through British Columbia – I'd really love to spend more time up there.

Iran and Sudan would stand out as the two countries that are most different to how I expected them to be. We hear about these places being difficult – international sanctions and all that stuff – but once you get inside you just meet phenomenally welcoming and interesting people and discover a real depth of culture. Are they the best places in the world? No, but they're certainly the ones that have surprised me the most.

What part of the Africa Solo ride are you most proud of?

The funny thing is, if you look at any of the coverage of Africa Solo last year, what is talked about a lot is the final three countries – Zambia, Botswana, South Africa – where I was averaging well over 200 miles a day.

However, the week I'm actually most proud of is that week in southern Ethiopia and northern Kenya, where my worst day was 80 miles. It doesn't look good, no one else sees it as a success, but trust me that's where I dug deepest. They were the hardest miles, even if on paper they weren't the big miles.

What's next for you?

I'm firmly back on two wheels; I'm absolutely pushing my ability as a bike rider. I've already said that Africa was basically part of a much bigger plan for me, and Africa was a training ride for what happens next. I've got a lot of work on this year, doing bits of broadcasting, but I'm also firmly in the planning stage for a very, very big expedition in 2017. By that point I'll be 34, so as an endurance athlete the next couple of years have to really count.

Africa Solo: My World Record Race from Cairo to Cape Town by Mark Beaumont, published by Bantam Press, is available to buy now.

### **After you read 1.1:**

#### ***A. Are the following statements true or false?***

1. Mark Beaumont rode his bike across Scotland when he was 12 years old.
2. Mark Beaumont rode solo from Land's End to John O'Groats when he was 15 years old.
3. Mark Beaumont cycled around the world in 194 days and 17 hours, breaking the previous world record by 81 days.
4. Mark Beaumont went on to conquer the length of the Americas, from Argentina to Alaska.
5. Mark Beaumont took a break from cycling to attempt to row across the Atlantic.

6. Mark Beaumont and his crew almost died when their boat capsized during the Atlantic rowing attempt.
7. Mark Beaumont decided to give up his athletic career and become a TV presenter after the Atlantic rowing incident.
8. Mark Beaumont feels motivated by the fear of failure.
9. Mark Beaumont has visited about 130 countries in the last decade.
10. The Cook Islands, the Yukon Territory, and the Alcan Highway are Mark Beaumont's favorite places he has visited.
11. Iran and Sudan are the two countries that surprised Mark Beaumont the most.
12. Mark Beaumont is planning to continue pushing his abilities as a bike rider after his Africa trip, and sees Africa as a training ride for what comes next.

***B. Answer the questions below.***

1. When did Mark Beaumont ride across the width of Scotland?
  - a) When he was 15 years old
  - b) When he was 12 years old
  - c) When he was 18 years old
  - d) When he was 10 years old
2. How many days did it take Mark Beaumont to cycle around the world in 2008?
  - a) 194 days and 17 hours
  - b) 100 days and 12 hours
  - c) 81 days and 13 hours
  - d) 220 days and 19 hours
3. What was the total distance covered by Mark Beaumont in his Africa Solo ride?

- a) Over 6,500 miles
  - b) Over 10,000 miles
  - c) Over 8,000 miles
  - d) Over 12,000 miles
4. In what year did Mark Beaumont break the record for cycling the length of Africa?
- a) 2012
  - b) 2016
  - c) 2018
  - d) Last year (the year before the article was written)
5. What happened to the crew that Mark Beaumont was part of when attempting to row across the Atlantic?
- a) They successfully completed the row
  - b) They capsized and nearly died
  - c) They had to abort the attempt due to bad weather
  - d) They got lost and had to be rescued by a passing ship
6. What is Mark Beaumont driven by when having a particularly bad day?
- a) The fear of failure
  - b) Positive quotes from Muhammad Ali
  - c) Encouraging words from his team
  - d) The prospect of success
7. How many countries has Mark Beaumont visited in the last decade?
- a) About 60 countries
  - b) About 80 countries
  - c) About 100 countries
  - d) About 130 countries
8. Which of the following countries surprised Mark Beaumont the most during his travels?
- a) The Cook Islands

- b) Canada
- c) Iran
- d) Sudan

9. Which part of the Africa Solo ride is Mark Beaumont most proud of?

- a) The final three countries – Zambia, Botswana, and South Africa
- b) The week in southern Ethiopia and northern Kenya
- c) The part where he crossed the Sahara desert
- d) The part where he had to deal with a puncture and a broken bike chain

10. What does Mark Beaumont plan to do next?

- a) Take a break from adventuring and focus on broadcasting
- b) Try to row across the Atlantic again
- c) Cycle across Europe
- d) Push his ability as a bike rider

11. What is the Alcan Highway?

- a) A 600-mile road from Alaska through British Columbia
- b) The longest river in Africa
- c) A mountain range in the Pacific Northwest of the US
- d) An ancient trade route in the Middle East

12. What is the title of Mark Beaumont's book about his Africa Solo ride?

- a) Across Africa in Record Time
- b) Adventures on Two Wheels
- c) Cycling from Cairo to Cape Town
- d) Africa Solo: My World Record Race from Cairo to Cape Town

**C. Match the words and phrases (a - h) from the article with their definitions (01 - 08).**

- 1. \_\_\_\_\_ dedicated to
- 2. \_\_\_\_\_ to attempt
- 3. \_\_\_\_\_ to hang up
- 4. \_\_\_\_\_ account



5. \_\_\_\_\_ to achieve smb's goals

6. \_\_\_\_\_ to draw a line under

7. \_\_\_\_\_ huge

8. \_\_\_\_\_ amazing

A. Committed to a particular task, purpose, or person.

B. To make an effort to do something.

C. To end a discussion, argument or situation.

D. To put a telephone receiver back on the cradle or end a call.

E. A record of financial transactions.

F. To successfully accomplish someone's objectives.

G. Very large in size, quantity, or extent.

H. Causing great surprise or wonder.

***D. Over to you: follow the link or the QR code to the original article and take a look at tips from the nutritionist. What do you like about Mark Beaumont's ideas? According to the article, what are his biggest challenges? Does the article inspire you to start cycling?***

## Discussion 2

*Which of the quotations (if any) do you agree with?*

- *"To travel is to discover that everyone is wrong about other countries." - Aldous Huxley*
- *"Spain is a fascinating mix of people, languages, culture and food, that can give you an unforgettable experience." - Unknown*
- *"In Spain, the dead are more alive than the dead of any other country in the world." - Federico Garcia Lorca*
- *"Spain is not just a country, it's a way of life." - Unknown*

## Part 4.2: La Sagrada Família

Before you read 4.2:

*A. Find 16 words in the word search below.*



*Clues (word direction →↓↗↘):*

- temple
- capital
- church
- prominent
- architect
- masterpiece
- creation
- disagreement
- goal
- highlight
- vision
- completion
- crypt
- shape

- despite

- basilica

***B. Can you find a synonym or explain the meaning of each of them?***

**While you read 4.2:**

***C. Have you ever been to Spain?***

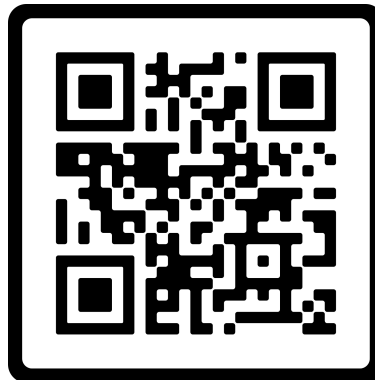
***D. Do you know something about La Sagrada Familia? Do you like it?***

*You may read the original article:*

- *following the link*

<https://www.lonelyplanet.com/spain/barcelona/leixample/attractions/la-sagrada-familia/a/poi-sig/374867/1320680>

- *scanning the QR code below.*



**La Sagrada Familia**

The Temple Expiatori de la Sagrada Família (Expiatory Temple of the Holy Family) is considered to be the symbol of Barcelona by many residents, and the one place you shouldn't miss when you visit the Catalan capital.

Initially intended to be a simple Roman Catholic church dedicated to Jesus, Mary and Joseph, the church ultimately became the most prominent example of Catalan Modernism. Pope Benedict XVI declared it a basilica in 2010.

Dreamed up by Catalan architect Antoni Gaudí, the basilica exemplifies Gaudí's philosophy that nature is the work of God. Gaudí sought to combine Christian speech and biblical allegories with complex natural symbols like organic, geometric shapes which are prominent in every column, pinnacle and stained glass window of the basilica.

The end result is an astounding architectural masterpiece which, despite being unfinished and under construction for nearly 140 years, has become one of the most visited monuments in Spain, receiving 4.7 million visitors in 2019.

**The creation and construction of the Sagrada Família is living history.**

Local bookseller Josep Maria Bocabella wanted to build an expiatory temple consecrated to the Holy Family. Bocabella initially assigned the project to the architect Francisco de Paula del Villar, who designed a neo-Gothic project, and began construction in 1882.

However, because of several disagreements with Bocabella, Antoni Gaudí took over the assignment. Gaudí conceived a groundbreaking design that pushed the boundaries of all known architectural styles.

Gaudí's primary goal was to build a church with facades that highlighted the three phases in the life of Jesus: Nativity, Passion and Glory. The architect's vision was to incorporate organic symbolism in the architecture, stained glass and design elements in order to tell Jesus's story as well as highlight some key biblical histories.

In 1891, when development of the Nativity facade began, Gaudí realized that the construction of the Sagrada Família was such an ambitious project that he certainly would not see its completion in his lifetime. In fear of the project being stopped after his death and once the church acquired its worship function, Gaudí decided that, instead of building the central nave, he would start on the external part of the church.

At the time, Gaudí was also working on Casa Milà (La Pedrera) and when that was completed in 1912, he focused exclusively on the construction of the Sagrada Família. He worked on it until he died in 1926 and was buried inside the crypt. After Gaudí's death, Domènec Sugrañes i Gras assumed the main role of architect.

The temple suffered heavy damage during Spain's Civil War (1936-39), when a group of anarchists set it on fire, burning a significant part of Gaudí's workshop. Fortunately, part of his material could be restored.

Work resumed in 1954 and it's been under construction ever since.

**Why is the Sagrada Família not finished and when will be completed?**

Even with today's technology, skilled architects and engineers are finding it challenging to decipher and bring to life the complex geometric shapes that compose what is going to be the tallest church in the world (172.5m).

In addition, despite its international renown, the Sagrada Família is a project that was promoted by the people for the people, so it has always relied on private donations. There have been times in history when there wasn't any funding, especially during Spain's Civil War and the decades that followed. It was only after the 1992 Olympic Games in Barcelona, when the city started to gain an international reputation and the number of visitors increased, that construction accelerated exponentially.

The Sagrada Família was expected to be completed in 2026 - for the centenary of Gaudí's death – but its completion has been postponed because of

COVID-19. Work has resumed already but a new completion date hasn't been announced.

### **Visiting the Sagrada Família**

The site of the Sagrada Família has four main sections: the basilica, the school building, museum and towers. In the past, each section required its own ticket to visit. However, due to COVID-19, the only portion available to visitors is the basilica.

To visit the basilica, an individual ticket with an audio-guide app - available in 16 languages - costs €26. If you prefer visiting it on a guided tour - available in 6 languages - an individual ticket costs €27, which also allows you to visit the site on your own after the 50-minute tour is finished.

### **The Basilica**

The Basilica is composed of five naves, built in the shape of a Latin cross, the roof of which is supported by the angled pillars. These angled pillars are a treelike column structure that creates the effect of a living forest with dappled light streaming in.

### **Gaudí Museum**

The Gaudí Museum has a recreation of the architect's workshop, as well as a set of his materials and mockups.

### **School Building**

Gaudí designed and built the school building, which was for the workers' children, in 1909. Its design is similar to that of the Casa Milà.

### **The Towers**

Four towers representing the 12 apostles ascend from each of the three exterior facades (Nativity, Passion and Glory). Gaudí built the Nativity Facade, and in 2005 it was declared a UNESCO World Heritage site, along with the crypt. On the west side is the controversial Passion Facade, whose architect, Josep Maria Subirachs, has been heavily criticized for being too abstract and not strictly following Gaudí's model. The unfinished Glory Facade is supposed to

be the most gorgeous of the three once it's complete and crowned with its missing four towers.

### **How to get to the Sagrada Família**

The Sagrada Família is in the Eixample district, in Mallorca, 401 street. Metro lines 2 and 5 stop at Sagrada Família station. From Barcelona's Old City, it's a 30- to 40-minute walk.

### **When to visit the Sagrada Família**

The Basilica is open to visitors every day of the year, subject to change due to special events taking place inside. To avoid the largest crowds, it's best to visit early weekday mornings. A complete visit takes 2-3 hours.

### **Things to do around the Sagrada Família**

The Right Eixample is home to some of Barcelona's major attractions which can be easily visited after your Sagrada Família tour. An unmissable landmark is Hospital Sant Pau, a building designed by Lluís Domènech i Montaner, one of the most influential architects of Catalan Modernism after Gaudí. Monumental, a former but imposing bullfighting arena, is also worth the detour. Finish your Eixample circuit at Barcelona's triumphal arch, located at Passeig de Lluís Companys, a palm-lined boulevard that leads to Parc de la Ciutadella, the largest park in town.

### **Where to eat near the Sagrada Família**

Be aware that all restaurants surrounding the Sagrada Família cater to the tourist crowd. However, by walking just a few blocks, you come to a particularly local area of l'Eixample.

For Spanish tapas and wine, we recommend Hasta Los Andares. For authentic Spanish tortillas, look for La Granota and, for traditional Catalan food, grab a bite at Olé Mallorca, which tends to get busy at lunch time (2 to 3pm). In the morning, you must stop at Puiggròs, a one hundred year-old patisserie.



**After you read 1.1:**

***A. Are the following statements true or false?***

1. The Temple Expiatori de la Sagrada Família is the most visited monument in Spain.
2. The Sagrada Família was initially intended to be a neo-Gothic church.
3. Pope Benedict XVI declared the Sagrada Família a basilica in 2010.
4. Antoni Gaudí sought to combine Christian speech and biblical allegories with complex natural symbols in the design of the Sagrada Família.
5. The Sagrada Família has been under construction for nearly 140 years.
6. Antoni Gaudí feared that the project would be stopped after his death, so he started building the external part of the church.
7. Antoni Gaudí died before the construction of the central nave began.
8. The Sagrada Família suffered heavy damage during World War II.
9. Private donations have always been the only source of funding for the Sagrada Família.
10. The Sagrada Família was expected to be completed in 2026, but the COVID-19 pandemic has postponed its completion.
11. Visitors can only visit the basilica of the Sagrada Família due to COVID-19 restrictions.
12. The towers of the Sagrada Família represent the life of Jesus.

***B. Answer the questions below.***

1. What is the Família (Expiatory Temple of the Holy Family)?
  - a) A neo-Gothic cathedral
  - b) A Roman Catholic church dedicated to Jesus, Mary and Joseph
  - c) A mosque
  - d) A synagogue
2. Who was the architect of the Família?
  - a) Francisco de Paula del Villar

- b) Josep Maria Bocabella
  - c) Antoni Gaudí
  - d) Domènec Sugrañes i Gras
3. What was Gaudí's primary goal in building the Família?
- a) To build a church with facades that highlighted the three phases in the life of Jesus: Nativity, Passion and Glory
  - b) To create a neo-Gothic masterpiece
  - c) To build a mosque with a fusion of Christian and Islamic elements
  - d) To create a synagogue with geometric shapes
4. What happened during Spain's Civil War (1936-39)?
- a) The Família suffered heavy damage when it was set on fire by a group of anarchists
  - b) The Família was completed
  - c) The Família was declared a UNESCO World Heritage site
  - d) Gaudí died
5. What was the impact of the 1992 Olympic Games on the Família's construction?
- a) Construction slowed down
  - b) Construction accelerated exponentially
  - c) Funding increased due to international donations
  - d) The Família was completed
6. Why has the completion of the Família been postponed?
- a) Due to disagreements with the current architect
  - b) Due to a lack of skilled architects and engineers
  - c) Due to COVID-19
  - d) Due to funding issues
7. What is the only portion of the Sagrada Família available to visitors during COVID-19?
- a) The school building

- b) The towers
  - c) The museum
  - d) The basilica
8. What is the cost of an individual ticket to visit the basilica?
- a) €16
  - b) €26
  - c) €27
  - d) €50
9. How many naves is the Basilica composed of?
- a) Four
  - b) Five
  - c) Six
  - d) Seven
10. What is the design of the school building similar to?
- a) That of the Casa Milà
  - b) That of the Nativity facade
  - c) That of the Passion facade
  - d) That of the Glory facade
11. What do the angled pillars in the Basilica create the effect of?
- a) A living forest with dappled light streaming in
  - b) A rocky canyon with waterfalls
  - c) A desert with sand dunes
  - d) A garden with fountains
12. How many towers representing the 12 apostles ascend from each of the three exterior facades?
- a) Two
  - b) Four
  - c) Six
  - d) Eight

**C. Match the words and phrases (a - i) from the article with their definitions (01 - 09).**

1. \_\_\_\_\_ symbol
2. \_\_\_\_\_ to miss
3. \_\_\_\_\_ prominent
4. \_\_\_\_\_ architect
5. \_\_\_\_\_ speech
6. \_\_\_\_\_ astounding
7. \_\_\_\_\_ bookseller
8. \_\_\_\_\_ boundary
9. \_\_\_\_\_ workshop

- A. A well-known person in their field, often with a high level of achievement
- B. A physical or conceptual limit or dividing line
- C. A person who designs buildings and often oversees their construction
- D. A place where skilled craftsmen and/or artists create things by hand
- E. A written or spoken expression of ideas, often delivered to an audience
- F. A graphic or visual representation of an idea or concept
- G. To fail to hit, catch, or make contact with something
- H. Amazing, surprising, or shocking
- I. A person or business that sells books, typically specializing in a particular genre or topic.

**D. Over to you: follow the link or the QR code to the original article and take a look at the description of the unique monument . What do you like about La Sagarda Familia? According to the article, what is the history of the church?**

### Discussion 3

*Which of the quotations (if any) do you agree with?*

- *"To travel is to live, and to explore Great Britain is to experience the richness and diversity of its culture, history, and people." - Unknown*
- *"Traveling around Great Britain is like taking a journey through time, with its ancient castles, historic cities, and picturesque countryside. It's a place that will leave you enchanted and inspired." - Unknown*
- *"The best way to experience Great Britain is by exploring its hidden gems, venturing off the beaten track, and discovering the unexpected. That's when you truly connect with the soul of the country." - Unknown*
- *"Traveling around Great Britain is a journey of discovery, not just of the country's fascinating past but also of its vibrant present. From its bustling cities to its breathtaking coastline, it's a place that never ceases to amaze." - Unknown*

## Part 4.3: In Wales and Ireland, Celtic walks from shore to shore

Before you read 4.3:

*A. Find 16 words in the word search below.*



*Clues (word direction →↓↗↘):*

- shore
- cliff
- footpath
- landscape
- remarkable
- chapel
- unique
- descend
- ferry
- lightness
- stone
- paradise
- mushroom
- route
- ancient
- tiny

***B. Can you find a synonym or explain the meaning of each of them?***

**While you read 4.2:**

***C. Have you ever been to Ireland?***

***D. Do you know something about Wales? Do you like this country?***

*You may read the original article:*

- *following the link*

[https://www.lemonde.fr/en/lifestyle/article/2023/03/12/in-wales-and-ireland-celtic-walks-from-shore-to-shore\\_6019012\\_37.html](https://www.lemonde.fr/en/lifestyle/article/2023/03/12/in-wales-and-ireland-celtic-walks-from-shore-to-shore_6019012_37.html)

- *scanning the QR code below.*



**In Wales and Ireland, Celtic walks from shore to shore**

*By Thomas Doustaly*

From cliffs to megaliths, medieval cathedrals to pint-sized museums, not forgetting the oldest lighthouse in the world, the footpaths along the coastlines

of St. George's Channel in Wales and Ireland offer spectacular views of both sea and land.

Both sides of St. George's Channel in Wales and Ireland share a disturbingly similar landscape. This Celtic stronghold is crisscrossed by paths where you can find no fewer than 20 remarkable lighthouses, dozens of medieval castles and almost 200 beaches of every size. You can walk along it in seven stages, catching tiny glimpses of a journey between nature and history.

### **By the sea**

The county of Pembrokeshire (its English name; Sir Benfro in Welsh) occupies Wales' western tip, more than 150 kilometers from the capital, Cardiff. Nowhere are the carboniferous limestone cliffs as wild as in the south of the county, specifically around Pembroke. Saint-Govan chapel's parking lot – a little tricky to find – forms the starting point for the most extraordinary walk by the sea.

The chapel dates from the 13th century (some buildings date as far back as the 6th century) and has the unique feature of completely blocking the steep path that descends between two cliffs to the shore. The place is extraordinary. You have to enter the tiny building to come out on the other side, facing the elements. There is no beach here, but blocks of stone whitened with foam and headlands which are home to colonies of birds. After climbing back up and walking for an hour westward on the Pembrokeshire Coast Path – the Welsh version of this coastal route – we find the splendid Green Bridge of Wales, a low arch beaten by giant waves.

### **Golden Path**

The Pentre Ifan megalith, 20 kilometers from the Fishguard ferry port, is at first striking by its apparent lightness. How could this 16-tonne cover slab have survived the centuries supported by three vertical stones more than two meters above the ground? Built 3,500 years before our era, this burial chamber is not the only dolmen in the beautiful Preseli Hills, in the west of



Pembrokeshire. In this walker's paradise, Neolithic menhirs and standing stones spring up from the peatland like mushrooms. It is now known that the Stonehenge's megalithic bluestones, in England, were taken from Waun Mawn's standing stones, near Pentre Ifan, despite it being 270 kilometers away.

Among the many walking routes, the Golden Road is the one that most deserves a visit. Starting from the Foel Eryr site, this 12-kilometer path going from west to east follows a route already well-trodden by prehistoric man, as they came and went from England or Ireland. The walk is enchanting, taking in Bronze Age burial cairns, ancient fortifications, flocks of sheep and heather.

### **Fairy ferry**

The ferry from the post-Brexit United Kingdom to the Republic of Ireland, which uses the euro, goes from Fishguard, Wales, to Rosslare, County Wexford. This is the narrowest part of St. George's Channel, with no more than 100 kilometers separating the two shores. The crossing takes the Stena Line ferries three and a half hours. In fine weather, you can catch a brief glimpse of the shoreline, and it has to be said that the one we left behind is remarkably similar to the one we meet on the other side: The same high cliffs alternating with the same fine sandy beaches, whether small or large.

### **Tiny museums**

The abundance of small museums is no small part of this Celtic stroll's charm. In Waterford, Ireland, the medieval museum tracing the history of Ireland's oldest town since the Vikings is fascinating. Among other things, it exhibits the precious pages of the "Waterford Charter Roll," a charter written by the Anglo-Normans in 1373, which features a portrait of King Edward III of England, the oldest representation of an English sovereign painted in their lifetime.

From the Arklow Maritime Museum in Ireland to the charming Dylan Thomas Boathouse museum in the Laugharne Estuary in Wales, these tiny places with limited resources are nevertheless full of surprises. In Arklow,

between sailor's knots and displays dedicated to shipwrecks, we find the famous woolen turtleneck sweater worn by local sailors. Very warm, it is unique in its lack of seams. You can take a guide – "Knitting Instructions for Arklow Gansey" – to knit yourself one of these truly authentic sweaters at home.

### **Faraway lighthouse**

We get to Hook Lighthouse in Ireland via a tiny road, with the distinct feeling of going to the end of the world. Built in the 13th century, the lighthouse is quite simply the oldest one in the world still in operation. Its main tower has four-meter-thick walls, an admirable vaulted room and a 19th-century lantern with a splendid view. At the foot of the lighthouse, there is a small café-cum-pub, located in the former keeper's lodgings. The lighthouse is a very popular and unique observation point at sunset.

### **Ruins from another time**

St David's Cathedral was built on the site of the monastery established in the 6th century by the patron saint of Wales. In the Middle Ages, it enjoyed such prestige that two pilgrimages here were worth the same as one pilgrimage to Rome. This church is one of the finest examples of Gothic architecture in Britain. Perfectly proportioned, it stands at the end of the village in a small valley. Many of the numerous Anglo-Norman castles have similar such ruins, making a trip to Wales a treat for medieval heritage lovers. Like Carew or Laugharne, the defensive forts were often built on the edge of the estuaries they protected. Today, the estuaries' calm waters hold a mirror up to the ruins, reflecting their former glory.

### **Across the fields**

The Irish and Welsh coastlines are not all dominated by hostile cliffs. Like the Normandy valleys of France, hollows lead out onto beaches. The largest and most accessible ones are crowded in the summer, but it is the small, sometimes tiny ones that give these Celtic shores their character.

The Irish example is Dollar Bay. This small protected cove, seven kilometers from Hook Lighthouse, appears enchanting as you approach it via a path through the fields. Do those who enjoy sunbathing on its golden sands know that they may be lying on treasure? It was here in 1765 that the sailors on the Earl of Sandwich, a ship that came from Tenerife in the Canary Islands, threw their captain overboard to seize the Spanish gold coins that he kept in his cabin. The mutineers were caught and publicly hanged, and left part of their booty on the beach, which has since been named after them.

Surrounded by fields, Pwllgwaelod beach in Wales is even more rural than its Irish little sister. You can rent kayaks, or simply swim there. While the hamlet of just three houses has all the appearance of a postcard, it is also because it leads to Dinas Island farm – via the Pembrokeshire Coast Path – which welcomes campers a long way from anything. Welsh or Irish, these magnificently cut coasts have one thing in common: From isthmuses to peninsulas, they grant a thousand magnificent landscapes if you are willing to get a little lost on their roads and paths.

**After you read 4.3:**

***A. Are the following statements true or false?***

1. The footpaths along the coastlines of St. George's Channel in Wales and Ireland offer spectacular views of both sea and land.
2. There are almost 200 beaches of every size on both sides of St. George's Channel in Wales and Ireland.
3. Both sides of St. George's Channel in Wales and Ireland share a disturbingly similar landscape.
4. You can find no fewer than 20 remarkable lighthouses on the paths crisscrossing this Celtic stronghold.
5. Saint-Govan chapel's parking lot forms the starting point for the most extraordinary walk by the sea.

6. There is a beach in front of the Saint-Govan chapel.
7. The Pentre Ifan megalith, located 20 kilometers from the Fishguard ferry port, is the only dolmen in the beautiful Preseli Hills.
8. The Stonehenge's megalithic bluestones, in England, were taken from Waun Mawn's standing stones, near Pentre Ifan, despite it being 270 kilometers away.
9. The Golden Road is a 10-kilometer path that follows a route already well-trodden by prehistoric man.
10. The ferry from the post-Brexit United Kingdom to the Republic of Ireland goes from Pembroke, Wales, to Rosslare, County Wexford.
11. The abundance of small museums is no small part of this Celtic stroll's charm.
12. Hook Lighthouse is the oldest one in the world still in operation.

***B. Answer the questions below.***

1. What is the oldest lighthouse in the world?
  - a) St David's Cathedral
  - b) Hook Lighthouse
  - c) Green Bridge of Wales
  - d) Pentre Ifan megalith
2. How many remarkable lighthouses can be found in St. George's Channel?
  - a) 10
  - b) 15
  - c) 20
  - d) 25
3. Where is the starting point for the walk by the sea in Pembrokeshire?
  - a) Fishguard ferry port
  - b) Pentre Ifan megalith

- c) Saint-Govan chapel's parking lot
  - d) Foel Eryr site
4. What is the name of the coastal path in Pembrokeshire?
- a) Golden Road
  - b) Welsh Coastal Walk
  - c) Pembrokeshire Coast Path
  - d) St. George's Channel Path
5. What is the name of the megalith in the Preseli Hills?
- a) Green Bridge of Wales
  - b) Saint-Govan chapel
  - c) Pentre Ifan megalith
  - d) Foel Eryr site
6. Where were the megalithic bluestones of Stonehenge taken from?
- a) Green Bridge of Wales
  - b) Foel Eryr site
  - c) Pentre Ifan megalith
  - d) Waun Mawn's standing stones
7. Which ferry goes from Fishguard, Wales to Rosslare, County Wexford?
- a) Stena Line ferries
  - b) Viking Line ferries
  - c) Irish Ferries
  - d) P&O Ferries
8. Which museum exhibits the "Waterford Charter Roll"?
- a) Arklow Maritime Museum
  - b) Dylan Thomas Boathouse museum
  - c) Medieval museum
  - d) Laugharne Estuary museum
9. Which sweater can be found in Arklow Maritime Museum?
- a) Cardigan sweater

- b) V-neck sweater
  - c) Woolen turtleneck sweater
  - d) Cashmere sweater
10. What is the name of the lighthouse in Ireland that is the oldest in the world?
- a) St David's Cathedral
  - b) Hook Lighthouse
  - c) Green Bridge of Wales
  - d) Pentre Ifan megalith
11. What was St David's Cathedral built on the site of?
- a) A medieval castle
  - b) A monastery established by the patron saint of Wales
  - c) A neolithic dolmen
  - d) A standing stone
12. What was the value of two pilgrimages to St David's Cathedral in the Middle Ages?
- a) Half a pilgrimage to Rome
  - b) One pilgrimage to Rome
  - c) Two pilgrimages to Rome
  - d) Three pilgrimages to Rome

***C. Match the words and phrases (a - j) from the article with their definitions (01 - 10).***

- 1. \_\_\_\_\_ abundance
- 2. \_\_\_\_\_ charm
- 3. \_\_\_\_\_ fascinating
- 4. \_\_\_\_\_ to exhibit
- 5. \_\_\_\_\_ resource

6. \_\_\_\_\_ sailor
7. \_\_\_\_\_ to dedicate to
8. \_\_\_\_\_ to knit
9. \_\_\_\_\_ splendid
10. \_\_\_\_\_ sunbathing

- A. A hobby where one creates clothing or other items by hand using yarn and needles.
- B. Having a lot of something; plentiful.
- C. To show or display something, often in a public setting.
- D. The act of lying in the sun to get a tan or relax.
- E. A person who works on a ship or boat.
- F. The quality of being attractive and delightful.
- G. To commit oneself to a particular purpose or cause.
- H. A thing that can be used to help achieve a goal or purpose.
- I. Extremely interesting or captivating.
- J. Very impressive; magnificent.

***D. Over to you: follow the link or the QR code to the original article and take a look at the description of the unique monument . What is the St. George's Channel, and what does it offer in terms of views and landmarks? What is the significance of the Pentre Ifan megalith in the Preseli Hills? What can visitors expect to see at St David's Cathedral in Wales? What is the history behind Hook Lighthouse in Ireland?***

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