

## **Martial arts**

**by Mike Rayner**

*“Everybody was kung-fu fighting  
Those cats were fast as lightning  
In fact it was a little bit frightening  
But they fought with expert timing”*

Kung Fu Fighting by Carl Douglas

Martial arts have never been more popular. Recent Hollywood action blockbusters featuring acrobatic fight scenes like *The Matrix* and *Charlie’s Angels* have been hugely successful, and the popularity of martial arts films from Hong Kong, China and Taiwan have turned actors like Jet Li and Jackie Chan into international superstars. While the closest that many martial arts enthusiasts get to a dojo is playing *Mortal Kombat* and *Street Fighter* in front of a TV screen in their living room, others are keen to hit the mats and have a go at martial arts themselves.

From the graceful, dance like moves of t’ai chi and capoeira to the explosive fighting styles of kung fu and karate, there is a martial art to suit every taste. Rock stars to bus conductors, vicars to politicians - people of all ages and from all walks of life are discovering the physical and mental benefits of practising a martial art.

### **Music**

Rock stars have often used martial arts to spice up their live performances. Elvis, who was a karate black belt, entertained his fans on stage with his karate kicking antics, and Madonna’s recent tour features dance routines heavily influenced by martial arts. Jean Jacques Burnel, the French bass player in British punk band *The Stranglers*, shared Elvis’ love for karate and often demonstrated his skill to fans. Unfortunately, however, his enthusiasm sometimes got the better of him – in the punk era he was well known for using karate to intimidate rival bands and music journalists.

### **Health**

Many doctors have realised that practising martial arts can replace drug therapy for patients suffering from psychological conditions. The more aggressive styles such as kendo and kick-boxing appear to help people with problems such as depression, while the softer disciplines of aikido and t’ai chi can help people who are anxious or under a lot of stress. Lou Reed, singer and guitarist from the seminal New York rock band *The Velvet Underground*, who has a notoriously difficult artistic temperament, says he has tamed the rock and roll animal in his soul by practising t’ai chi for three hours a day.

### **Politics**

There can’t be many jobs more stressful than being a politician. American president Theodore Roosevelt was perhaps the first head of state to be associated with martial arts – he became fascinated by judo after watching a demonstration by a Japanese teacher at the White House, and was the first American to get a judo brown belt. Vladimir Putin, Russian president and ex-KGB official, holds an advanced rank in judo, and has won both junior and senior tournaments in Russia. Ryutaro Hashimoto, the prime minister of Japan from 1996 to 1998, has been practising

kendo since he was a child, and reached a very high level in the sport. In kendo “the way of the sword”, opponents wear heavy armour and masks, and try to hit each other with bamboo swords. Hashimoto’s speeches as prime minister were peppered with phrases comparing politics to samurai battles, he once famously said, “ If you don’t pay attention to your rival you get hit on the head,” when talking about a Japanese trade agreement with the US.

### **Difficult jobs**

Of course martial arts were originally developed as effective ways of attacking or defending yourself against enemies. It comes as no surprise that soldiers and police forces around the world are trained in fighting arts, but people in other jobs who may often face difficult situations can also benefit from a knowledge of martial arts. Vicars in London have been trained in tae kwon do, a Korean form of karate, after a survey showing that they were at high risk of attack. Taxi drivers in Birmingham have also been offered courses in self-defense, and female bus conductors in Hyderabad in southern India learn shotokan karate to help them protect themselves from sexual harassment. Officers whose job is to hand out fines to people caught littering in Hong Kong are now given training in aikido, a Japanese martial art which can help to calm people down, after a series of attacks by angry law breakers.

So, perhaps it’s time to put on your gi, turn off the video, put down the joystick, and head off to your local sports centre to uncover the joys of martial arts for yourself.

## **Ecotourism**

**by Linda Baxter**

Imagine the scene. You're sitting in the hot sunshine beside the swimming pool of your international luxury hotel, drinking your imported gin and tonic. In front of you is the beach, reserved for hotel guests with motor boats for hire. Behind you is an 18-hole golf course, which was cleared from the native forest and is kept green by hundreds of water sprinklers. Around the hotel are familiar international restaurant chains and the same shops that you have at home. You've seen some local people - some of them sell local handicrafts outside the hotel. You bought a small wooden statue and after arguing for half an hour you only paid a quarter of what the man was asking. Really cheap!

### **Is this your idea of heaven or would you prefer something different?**

Nowadays, many of us try to live in a way that will damage the environment as little as possible. We recycle our newspapers and bottles, we take public transport to get to work, we try to buy locally produced fruit and vegetables and we stopped using aerosol sprays years ago. And we want to take these attitudes on holiday with us. This is why alternative forms of tourism are becoming more popular all over the world.

### **But what is ecotourism?**

There are lots of names for these new forms of tourism: responsible tourism, alternative tourism, sustainable tourism, nature tourism, adventure tourism, educational tourism and more. Ecotourism probably involves a little of all of them. Everyone has a different definition but most people agree that ecotourism must:

- 1 conserve the wildlife and culture of the area.
- 2 benefit the local people and involve the local community
- 3 be sustainable, that is make a profit without destroying natural resources
- 4 provide an experience that tourists want to pay for.

So for example, in a true ecotourism project, a nature reserve allows a small number of tourists to visit its rare animals and uses the money that is generated to continue with important conservation work. The local people have jobs in the nature reserve as guides and wardens, but also have a voice in how the project develops. Tourists stay in local houses with local people, not in specially built hotels. So they experience the local culture and do not take precious energy and water away from the local population. They travel on foot, by boat, bicycle or elephant so that there is no pollution. And they have a special experience that they will remember all of their lives.

This type of tourism can only involve small numbers of people so it can be expensive. But you can apply the principles of ecotourism wherever you go for your holiday. Just remember these basic rules.

- Be prepared. Learn about the place that you're going to visit. Find out about its culture and history. Learn a little of the native language, at least basics like 'Please', 'Thank you', and 'Good Morning'. Think of your holiday as an opportunity to learn something.
- Have respect for local culture. Wear clothes that will not offend people. Always ask permission before you take a photograph. Remember that you are a visitor.
- Don't waste resources. If the area doesn't have much water, don't take two showers every day.
- Remember the phrase "Leave nothing behind you except footprints and take nothing away except photographs." Take as much care of the places that you visit as you take of your own home.
- Don't buy souvenirs made from endangered animals or plants.
- Walk or use other non-polluting forms of transport whenever you can.
- Be flexible and keep a sense of humour when things go wrong.
- Stay in local hotels and eat in local restaurants. Buy local products whenever possible and pay a fair price for what you buy.
- Choose your holiday carefully. Don't be afraid to ask the holiday company about what they do that is 'eco'. Remember that 'eco' is very fashionable today and a lot of holidays that are advertised as ecotourism are not much better than traditional tourism.

But before you get too enthusiastic, think about how you are going to get to your dream 'eco' paradise. Flying is one of the biggest man-made sources of carbon dioxide in the atmosphere. Friends of the Earth say that one return flight from London to Miami puts as much carbon dioxide into the atmosphere as the average British car driver produces in a year. So don't forget that you don't have to fly to exotic locations for your 'eco' holiday. There are probably places of natural beauty and interest in your own country that you've never visited.

## **A perfect holiday in Sicily: our expert's ultimate two-week itinerary**

**Lee Marshall**

How do you experience the best of the Mediterranean's most alluring island in a two-week trip? By following the ultimate itinerary created by our expert Lee Marshall.

Though it's one of the most ravishing places in the Mediterranean, one which can prove dangerously addictive for anyone with a taste for sweeping olive-strewn landscapes, starkly beautiful Greek temples, Byzantine mosaics and ricotta-filled pastries, Sicily is also an island that suffers from an inferiority complex.

Sicilians look back with some nostalgia to the two eras when they could have been a contender. When they were more than just a provider of grain (for the Ancient Romans), of alcohol-rich grapes (to bolster pale northern Italian wines), of manpower (for Australia, the US, and the Fiat factories in Turin).

These were, respectively, the flowering of Greek culture on the island beginning in the 7th century BC, and the brief but intense awakening between around 1100 and 1250 AD, when the island's Norman rulers engineered a unique fusion of northern European, Byzantine and Islamic cultures.

These two high-water marks are the focus of a major exhibition, Sicily: Culture and Conquest, that opens at the British Museum on April 21. Around 200 objects will be on display, among them a cheeky terracotta Gorgon from a Greek temple front and a rare bronze battering ram from a Roman warship that was found on the seabed off the west coast of Sicily. That was then; what is perhaps less well publicised is the fact that in the last 15 years or so, Sicily has started to get its act together once more. Sure, the Mafia still exists, as does a sometimes infuriating bureaucracy. But it would be an unfortunate visitor that had much to do with either. What you are much more likely to encounter are: a new breed of boutique hotels the equal of anything in Tuscany; passionately-run private tour companies like Passage to Sicily or Etna Finder that bring guidebook sights to vivid life; a wine scene that is currently among the most interesting in Italy; and a range of restaurants, from Michelin-starred temples to hip organic cafes, that simply didn't exist when my wife and I made our first trip to the island, in a battered brown Simca we'd bought in Bristol for £150 cash, in April 1986.

Back then, we drove along the north coast from Cefalu with its beaches and glorious Norman cathedral, via Monreale - another golden mosaic cave of wonders - to Segesta, arriving at what for me is still the most stunning of the island's Greek temples just as the setting sun was working its magic. This memorable drive has become a section of the anti-clockwise island route I've put together for an itinerary that, for me, distills the best of Sicily in a two-week tour.

Never under-estimate the sheer size of Sicily. It was inevitable, even on a two-week tour, that something would have to give - so you won't find the far west, or the island's agricultural heartlands, or (to my regret) Palermo, a chaotic but captivating city which deserves to be seen in a separate trip, and not from behind the wheel of a hire car. What I have tried to do is factor in

enough downtime to offset all the driving. And take heart: another thing that's improved in the last 30 years is the roads - with a few exceptions, left there, perhaps, for old time's sake.

There's also plenty of opportunity to explore, in your own time, the towns and villages that make the island so fascinating. Places like Sciacca, whose evening passeggiata is a sheer joy and deserves to be listed by UNESCO. Or Modica, a sandstone city that looks from a distance like a Baroque Spaghetti Western set, but turns out to be a vibrant, surprisingly young place with a cool line in Aztec chocolate (it's also one of the locations for the Montalbano TV series that has done so much to alert visitors to the charms of the island's deep south). Or Ortygia, the peninsular centro storico of Siracusa, where a hipster wine bar is just the turn of a corner away from a piazzetta where a fisherman sits mending his nets. It's in contrasts like these that the soul of this resilient, irresistible island lies.

## THE ITINERARY

### Day 1

Fly into Catania - it's an easy 40-minute drive from here to **Relais Monaci delle Terre Nere**, a laid-back, eco-friendly boutique hotel on an ancient Sicilian country estate, with an excellent farm-to-table restaurant.

### Views and volcanoes: Etna & Taormina

#### Day 2

If you arrived on an evening flight, now's your chance to take in the glory of these fertile lower skirts of Etna, a patchwork of drystone-walled vineyards, orchards and citrus groves sloping seawards. After breakfast, put yourself in the hands of the best guides on the mountain, Fabio, Guglielmo and Lorenzo of Etna Finder, who offer a range of customisable excursions. I recommend the half-day jeep-and-walking '**Etna tour**' (€55 per person). It doesn't reach the main crater but provides a fascinating introduction to the rumbling giant - whose cavernous entrails you explore at one point with ropes and flashlights - and how locals have learned to coexist with it.

#### Day 3

Sometimes dubbed 'the Burgundy of the Mediterranean', Etna Rosso wine has come on apace in recent years. Explore its volcanic charms with knowledgeable American sommelier Benjamin Spenser of the **Etna Wine School**, who uses the Relais's own vineyard and ancient palmento wine and oil press as teaching props in his three-hour Etna Masterclass, which wraps with a five-wine tasting session.

After lunch - and perhaps a siesta - head for Taormina, Sicily's most dolce vita hilltown. Time your arrival for after 4.30pm, when the coach parties have mostly decamped; in summer, this gives plenty of time to see the Teatro Greco (open until an hour before sunset), a paean to the Greek (and Roman) talent for location, location, location, and to splash out on a Bellini on the terrace of elegant Belmond Grand Hotel Timeo (gents, wear that linen suit for the full effect).

## Amazing mosaics: Cefalu

### Day 4

The spectacular four-hour drive's the thing on this transfer day: take the high road to Linguaglossa via the ski resort of Mareneve, across petrified rivers of black lava, then head west to Randazzo on the panoramic SS120 A-road, via some of Etna's top wineries (Passopisciaro, Graci, Fessina), before heading coastwards to Capo d'Orlando and Cefalu. If you started late, stop for lunch at **Cave Ox** in the hamlet of Solicchiata, 10km west of Linguaglossa, where good-value pizzas help to absorb a stellar wine list. Stay at **Kalura** for the next two nights, a classic Italian seaside hotel that punches above its three-star rating, perched on a low cliff above a private beach.

### Day 5

Without Roger II, Cefalu would be no more than a pleasant gelato-stop on the road to Palermo. But the ruler of the European-Greek-Arabic cultural crucible that was Norman Sicily ennobled the town by giving it one of Sicily's great cathedrals, its apse mosaic of Christ Pantocrator perhaps the most striking single Byzantine image in Italy. Nearby, don't miss the absorbing little **Museo Mandralisca** with Antonello da Messina's deliciously enigmatic Portrait of an Unknown Man.

## Splendid isolation: Monreale & Segesta

### Day 6

Palermo is a treasure trove of Moorish, Norman and Baroque art but not one to attempt lightly in a hire car. But one sight - handily placed on the ring road - is worth a stop: **Villa Tasca**, a grand aristocratic residence belonging to the Tasca d'Almerita wine family that is today a green enclave amidst encroaching suburbs, one that conjures up the spirit of twilight-of-the-Sicilian-aristocracy novel *The Leopard*. Book ahead for a private tour of the landscaped park with its cycads, palms and bamboo-fringed 'Swan Lake', which can be followed by a light lunch in the villa.

Next stop is Monreale Cathedral on the heights above Palermo, another refulgent Norman masterpiece of mosaic art. Afterwards, head to Partinico, then west on the A23 motorway towards Trapani, exiting at Segesta, where a splendid, unfinished Doric temple stands in glorious seclusion. It's just an hour from here to your lodgings for the next three nights at **Foresteria Planeta** near Menfi, a bright, contemporary hotel surrounded by the vines of the Planeta estate, with an inviting infinity pool.

## Spectacular ruins: Selinunte, Agrigento & Piazza Armerina

### Day 7

Continue the Greek theme by taking a tour of nearby Selinunte, its history intimately linked to that of Segesta, which brought allies from Carthage in to end its rival's glory days in 409 BCE. Selinunte's tumbled ruins (the only standing temple is a reconstruction) are best visited with a guide - I recommend one of the highly qualified art, archaeology and history specialists from island-wide network **Passage to Sicily**. If you decide to go it alone, don't miss Cava di Cusa a short drive away -

the city's abruptly-abandoned quarry, where part-hewn and carved column sections stand in a romantic flower-strewn landscape.

## **Day 8**

Downtime. When the pool palls, head for the beach in the nearby nature reserve of Foce del Belice, take a cooking course with the Foresteria's talented chef, Angelo Pumilia, or do the evening passeggiata in nearby Sciacca, a lively port town with a glorious Baroque centro storico. In nearby Porto Palo, beachside seafood trattoria Da Vittorio is one of Giorgio Locatelli's favourite places to eat in Sicily (+39 0925 783 81, no website).

## **Day 9**

Start early for the longest driving day of the trip, taking in two of Sicily's most awe-inspiring UNESCO world heritage sites. A 7am departure from Menfi will allow you to arrive at the Valle dei Templi in Agrigento in plenty of time for the 8.30am opening. Park at the Temple of Juno entrance at the top to beat the crowds. Don't bother with the uninspiring official audio guides; you'll get all the context you need from the first chapter of John Julius Norwich's erudite yet entertaining Sicily, published in 2015.

On arrival at Piazza Armerina, a 90-minute drive from Agrigento, gourmet restaurant **Al Fogher** (+39 0935 684 123) makes for a suitably decadent lunchtime prelude to the vast patrician Villa Romana del Casale a few miles south, with its marvellous Roman mosaic floors (including those much-reproduced female gymnasts working out in their bikinis). Note that you can download the official guidebook for free at [villaromanadelcasale.it](http://villaromanadelcasale.it). From here it's under two hours to **Casa Talia**, where you will be staying for three nights. Belonging to two Milanese architects, this is a delightful design-hotel conversion of a series of partly rock-hewn dwellings and terraced gardens that eye downtown Modica from across a gorge.

## **Baroque brilliance: Modica & Ragusa**

### **Day 10**

Welcome to the Baroque triangle of Sicily's deep south, its honey-coloured sandstone towns the result of enlightened reconstruction by the island's Spanish rulers after the devastating 1693 earthquake. Modica drapes its splendours across two valleys and their confluence; Ragusa piles its treasures on a rocky spur. Modica is celebrated for its grainy-textured chocolate, made according to what locals claim is an Aztec recipe brought back by the conquistadors. Groups who phone at least a couple of days in advance can visit the chocolate-making workshop of oldest and best producer, **Antica Dolceria Bonajuto** (00 39 0932 941 225; prices vary), followed by a tasting session.

### **Day 11**

Head seawards towards Marina di Ragusa for a breezy jaunt through landscapes made famous by Inspector Montalbano. Fields of gnarled olives and prickly-pears criss-crossed by drystone walls lead down to a series of family resorts - among them Punta Secca, where you'll find the house

(now a B&B) used as the location for the fictional cop's waterfront abode. Lunch at reliable, old-fashioned seafood restaurant **Da Serafino** in Marina di Ragusa before heading back to Modica via the town of Scicli, a Baroque diamond in the rough which also bristles with Montalbano locations (its town hall served as the series' main police station).

## **Sicilian charm: Noto & Siracusa**

### **Day 12**

No need to rise early, as it's little more than an hour's drive to **Borgo Alveria**, an ancient walled farmstead that has become a hip boutique hotel without forfeiting the warmth of what is very much a family-run concern. Spend the afternoon exploring Noto, the most visionary of the area's resurgent Baroque burghs because it was built ex novo on a site miles away from the earthquake-struck old town. Refuel with an almond, lemon or coffee granita (water-ice) at historic Caffè Sicilia in Corso Vittorio Emanuele.

### **Day 13**

Chiudere in bellezza, as Italians say: end on a high note with a day-trip to one of Sicily's most absorbing and attractive cities, Siracusa. My recommendation is to arrive at the Neapolis archaeological site by 10am at the latest (it opens at 8.30am) for a **90-minute tour** with enthusiastic local guide and archaeology graduate Enrica de Melio, who brings alive the Greek Theatre and surrounding quarries (like the echo-chamber known as the Ear of Dionysius). Then head for the sea-girt old town, Ortygia, wandering through its tight warren of lanes and piazzas, admiring a cathedral that was built simply by filling in the spaces between the columns of the Greek temple of Minerva, and joining the queue for a made-to-order gourmet panino at popular local deli Caseificio Borderi in Via Emmanuele de Benedictis, 6 (00 39 0931 463253).

End your final full day in town with a boat excursion around Ortygia's harbour, the Porto Grande, site of a great sea battle between Siracusans and Athenians in 413 BC. The cheap-and-cheerful way of doing this is to take the pleasant 90-minute tourist cruise (€15 each) run by **Compagnia del Selene**. But if you're in the mood for something really special, let Enrico Marletta take you for a four-hour evening cruise on his beautifully restored 1923 sailing ketch **Fiesta**; from €650 for two, drinks and dinner included.

### **Day 14**

Depart from Catania. (...)

### **When to travel**

Sicily has a long, warm spring and autumn, but summer is roasting hot. March-June and September - November are the best times to travel.

### **Tour provided by Long Travel**

Long Travel has been operating holidays to Sicily and southern Italy for nearly 30 years and is the leading specialist in the area.

[www.telegraph.co.uk/travel/destinations/europe/italy/sicily/articles/ultimate-sicily/](http://www.telegraph.co.uk/travel/destinations/europe/italy/sicily/articles/ultimate-sicily/)

## **Global Code of Ethics for Tourism - Article 1**

### **Tourism's contribution to mutual understanding and respect between peoples and societies**

1. The understanding and promotion of the ethical values common to humanity, with an attitude of tolerance and respect for the diversity of religious, philosophical and moral beliefs, are both the foundation and the consequence of responsible tourism; stakeholders in tourism development and tourists themselves should observe the social and cultural traditions and practices of all peoples, including those of minorities and indigenous peoples and to recognize their worth;
2. Tourism activities should be conducted in harmony with the attributes and traditions of the host regions and countries and in respect for their laws, practices and customs;
3. The host communities, on the one hand, and local professionals, on the other, should acquaint themselves with and respect the tourists who visit them and find out about their lifestyles, tastes and expectations; the education and training imparted to professionals contribute to a hospitable welcome;
4. It is the task of the public authorities to provide protection for tourists and visitors and their belongings; they must pay particular attention to the safety of foreign tourists owing to the particular vulnerability they may have; they should facilitate the introduction of specific means of information, prevention, security, insurance and assistance consistent with their needs; any attacks, assaults, kidnappings or threats against tourists or workers in the tourism industry, as well as the wilful destruction of tourism facilities or of elements of cultural or natural heritage should be severely condemned and punished in accordance with their respective national laws;
5. When travelling, tourists and visitors should not commit any criminal act or any act considered criminal by the laws of the country visited and abstain from any conduct felt to be offensive or injurious by the local populations, or likely to damage the local environment; they should refrain from all trafficking in illicit drugs, arms, antiques, protected species and products and substances that are dangerous or prohibited by national regulations;
6. Tourists and visitors have the responsibility to acquaint themselves, even before their departure, with the characteristics of the countries they are preparing to visit; they must be aware of the health and security risks inherent in any travel outside their usual environment and behave in such a way as to minimize those risks.

## **World Heritage**

**By Linda Baxter**

If you think about World Heritage Sites, you probably think of places associated with ancient art and culture, historical buildings and monuments. And of course, many of these are on the World Heritage List.

Remains of ancient cultures, like Cuzco in Peru, Angkor in Cambodia, or the famous rock city of Petra in Jordan. Or old city centres, such as Rome in Italy, or Sana'a in Yemen. Or places of artistic or cultural significance, like the Stonehenge stone circle in England, or the Tsodilo rock paintings in the Kalahari Desert in Botswana. But The World Heritage List contains a lot of sites that are not so obvious. Some of them are well known. For example, the Galapagos Islands, which inspired Darwin's theories of evolution, or the Victoria Falls waterfalls in Africa, and the Grand Canyon in the United States.

Let's look at a few of the more unusual sites on the World Heritage List and why it is important to preserve them.

### **Citadel of Haiti**

These monuments were built at the end of the nineteenth century when Haiti became independent and the many thousands of black slaves in Haiti were free for the first time. These ex-slaves built the monuments, which The World Heritage List (WHL) describes as 'a universal symbol of liberty'.

### **Robben Island in South Africa**

This island was used through the centuries as a prison, a hospital and a military base. But it's probably most famous as a maximum-security prison for political prisoners in the twentieth century. Nelson Mandela was one of its most famous residents. The WHL says it represents 'the triumph of democracy and freedom over oppression and racism'.

### **The Darjeeling Himalayan Railway in India**

This railway was opened in 1881 and is still operating today. It crosses a difficult area of mountain landscape and it is a great example of railway engineering. The WHL says that it is 'the first, and still the most outstanding, example of a hill passenger railway.'

### **Borders of France and Spain**

This is an area of great natural beauty and the mountains have many interesting geological formations. But it is also an area of small farms. People there still use a type of agriculture that used to be common in mountainous areas of Europe but has almost completely disappeared in modern times. The WHL has listed the site because it shows us about 'past European society through its landscape of villages, farms, fields, upland pastures and mountain roads.'

### **The city of Brasilia, Brazil**

Brasilia is a capital city that was created from nothing in 1956. The WHL calls it 'a landmark in the history of town planning.' The different areas of the city and the buildings themselves were all designed at the same time so that they would harmonise with each other. Every part of the city shows the ideas of the planner and architect.

**Dorset and East Devon Coast, United Kingdom**

This part of the coast in the South West of England is famous for its fossils and is popular with scientists and amateur fossil hunters. The cliffs also show rock formations from millions of years ago. The WHL says that they 'have contributed to the study of earth sciences for over 300 years.'

**Alto Douro, Portugal**

This is an area in the North of Portugal where wine has been produced for thousands of years. Nowadays it is world famous for the 'port wine' that is produced there. The WHL says that this long tradition of winemaking 'has produced a cultural landscape of outstanding beauty that reflects its technological, social and economic evolution.'

**Rio Platano Reserve, Honduras**

The WHL says that this site is 'one of the few remains of a humid tropical forest in Central America.' It's a mountainous area on the Caribbean coast with many different species of plants and animals. The people who have always lived there still have the same traditional lifestyle.

**Simien National Park, Ethiopia**

Simien National Park was one of the first sites to be listed in 1978. It is one of the highest mountain areas in Africa, and the WHL calls it 'one of the most spectacular landscapes in the world'. It is also important for its wildlife. Rare animals like the Gelada baboon and the Simien fox live there. It is also the only place in the world where you can find the Walia ibex, a type of goat. The population of this animal is getting smaller and smaller. That's why the site is now on the List of World Heritage in Danger. So, the World Heritage List isn't only about ancient monuments and buildings. It's also concerned with technology, natural beauty, wildlife and traditional ways of life.

## The way the brain buys

*Supermarkets take great care over the way the goods they sell are arranged. This is because they know a lot about how to persuade people to buy things.*

When you enter a supermarket, it takes some time for the mind to get into a shopping mode. This is why the area immediately inside the entrance of a supermarket is known as the 'decompression zone'. People need to slow down and take stock of the surroundings, even if they are regulars.

Supermarkets do not expect to sell much here, so it tends to be used more for promotion. So the large items piled up here are designed to suggest that there are bargains further inside the store, and shoppers are not necessarily expected to buy them. Walmart, the world's biggest retailer, famously employs 'greeters' at the entrance to its stores. A friendly welcome is said to cut shoplifting. It is harder to steal from nice people.

Immediately to the left in many supermarkets is a 'c hill zone', where customers can enjoy browsing magazines, books and DVDs. This is intended to tempt unplanned purchases and slow customers down. But people who just want to do their shopping quickly will keep walking ahead, and the first thing they come to is the fresh fruit and vegetables section. However, for shoppers, this makes no sense. Fruit and vegetables can be easily damaged, so they should be bought at the end, not the beginning, of a shopping trip. But psychology is at work here: selecting these items makes people feel good, so they feel less guilty about reaching for less healthy food later on.

Shoppers already know that everyday items, like milk, are invariably placed towards the back of a store to provide more opportunity to tempt customers to buy things which are not on their shopping list. This is why pharmacies are also generally at the back. But supermarkets know shoppers know this, so they use other tricks, like placing popular items halfway along a section so that people have to walk all along the aisle looking for them. The idea is to boost 'dwell time': the length of time people spend in a store. Having walked to the end of the fruit-and-vegetable aisle, shoppers arrive at counters of prepared food, the fishmonger, the butcher and the deli. Then there is the in-store bakery, which can be smelt before it is seen. Even small supermarkets now use in-store bakeries. Mostly these bake pre-prepared items and frozen ingredients which have been delivered to the supermarket previously, and their numbers have increased, even though central bakeries that deliver to a number of stores are much more efficient. They do it for the smell of freshly baked bread, which arouses people's appetites and thus encourages them to purchase not just bread but also other food, including ready meals. Retailers and producers talk a lot about the 'moment of truth'. This is not a philosophical idea, but the point when people standing in the aisle decide to buy something and reach to get it. At the instant coffee section, for example, branded products from the big producers are arranged at eye level while cheaper ones are lower down, along with the supermarket's own-label products.

But shelf positioning is fiercely fought over, not just by those trying to sell goods, but also by those arguing over how best to manipulate shoppers. While many stores reckon eye level is the top spot, some think a little higher is better. Others think goods displayed at the end of aisles sell the most because they have the greatest visibility. To be on the right-hand side of an eye-level selection is often considered the very best place, because most people are right-handed and most people's eyes drift rightwards. Some supermarkets reserve that for their most expensive own-label goods.

Scott Bearse, a retail expert with Deloitte Consulting in Boston, Massachusetts, has led projects observing and questioning tens of thousands of customers about how they feel about shopping. People say they leave shops empty-handed more often because they are 'unable to decide' than because prices are too high, says Mr Bearse. Getting customers to try something is one of the best ways of getting them to buy, adds Mr Bearse. Deloitte found that customers who use fitting rooms in order to try on clothes buy the product they are considering at a rate of 85% compared with 58% for those that do not do so.

Often a customer struggling to decide which of two items is best ends up not buying either. In order to avoid a situation where a customer decides not to buy either product, a third 'decoy' item, which is not quite as good as the other two, is placed beside them to make the choice easier and more pleasurable. Happier customers are more likely to buy.

Adapted from *The Economist*

# Tobacco

What's in a cigarette? What's in a puff? Tobacco smoke contains about 4,000 chemicals. Some of which are harmful, others deadly. Here are 3 of the deadliest.

## Tar

Tar, a mixture of chemicals such as formaldehyde, arsenic and cyanide, can cause serious lung diseases. Seventy percent of the tar from tobacco smoke remains in the smoker's lungs.

## Nicotine

Many people are unaware that nicotine is more addictive than heroine. A powerful and fast-acting drug, nicotine reaches the brain in about seven seconds. One of the major effects of nicotine is an increased heart rate and blood pressure.

## Carbon monoxide

Carbon monoxide is a poisonous gas formed when a cigarette is lit. The red blood cells absorb the gas more easily than oxygen, so up to fifteen percent of a smoker's blood may be carrying carbon monoxide instead of oxygen. Breathing becomes more difficult because the heart has to work harder to pump less oxygen around the body.

## From seed to smoke

What do tomatoes and tobacco have in common? They are both a member of the same botanical family. Tobacco is grown in more than one hundred countries with China being the largest producer, closely followed by the USA. Tobacco can grow well in poorer soils so a typical farmer can expect a good income from planting this crop. Seeds and fertiliser are often provided by British American Tobacco. The seeds are so small that they must be protected in seedbeds for sixty days before transplanting to the field. Two weeks later, soil is carefully pushed up against the seedlings to further protect them and help to develop a good root system. Finally, after a couple of months, the flowering plants and some of the upper leaves are cut to allow more growth in the remaining leaves. The crop gradually grows towards the harvesting stage.

## Harvest

In most countries harvesting is done by hand. The farmer takes off a few leaves from the lower part of each plant. A typical farmer can expect to harvest about 15,000 plants. This is quite a lot considering each plant contains around 22 leaves.

## Curing

There are four main methods. Air-cured tobacco is hung in unheated, ventilated barns until the tobacco dries and the tobacco leaf becomes a light to medium brown colour.

Flue-cured tobacco is made when heat is introduced into a barn through pipes from a furnace outside. The leaves are heated until they turn yellow.

Sun-cured tobacco leaves are hung out on racks and exposed to the sun's rays. The direct heat turns the leaves a yellow to orange colour. For fire curing, wood is burnt under the tobacco leaves, which dries the tobacco and produces a smoky fragrance.

## Processing

There are four stages in processing. Dirt is removed from the cured tobacco. The leaf is separated from the stem (a process known as threshing). The moisture content is checked carefully. The processed tobacco is packed into 200kg cardboard boxes, for shipping to manufacturing sites.

## Manufacturing

At the factory, the matured tobacco is checked for quality and then carefully blended with other ingredients which are needed for the brand recipe, such as flavourings.

Moisture content is crucial. Too dry and the tobacco leaf will crumble; too moist and it may spoil during storage. The blended tobacco is treated with just the right amount of steam and water to make it supple, and then cut into the form in which it appears in the cigarette. The cut tobacco is then given a quality check.

Cigarette making, once done entirely by hand, is today almost fully automated with the cut tobacco, cigarette paper and filters continuously fed into the cigarette-making machines.

Packing machines put the cigarettes into the familiar brand packs, wrap the packs in protective film, and group them into cartons and cases.

The completed cases, time-dated to ensure the freshest product possible, are then ready for distribution.

## Comprehension Task

### True or False

Read the following statements and decide if they are true or false.

1. There are about 4,000 deadly chemicals in cigarette smoke.
2. If you start smoking cigarettes, it is really difficult to stop.
3. Tobacco is a good crop for farmers.
4. Most farmers use machines to harvest their tobacco crop.
5. After the crop is harvested, it is ready to be processed.
6. All tobacco is cured, hung in a barn over a fire.
7. When the tobacco has been processed, it is rolled into cigarettes by machines.

### Glossary

**arsenic** (n): a very strong poison that can kill people.

**automated** (adj): from the verb automate - to make a process in a factory or office operate by machines or computers, in order to reduce the amount of work done by humans and the time taken to do the work.

**cyanide** (n): a highly poisonous substance.

**fertiliser** (n): a natural or chemical substance used to make plants grow.

**film** (n): a thin layer of plastic to cover and protect an object.

**formaldehyde** (n): a strong smelling gas used for preservation.

**fragrance** (n): a smell.

**stem** (n): the stick-like central part of a plant which grows above the ground and from which leaves and flowers grow, or a smaller thin part which grows from the central part and which supports the leaves and flowers.

**furnace** (n): a piece of equipment for heating a building.

**seedling** (n): a young plant grown from a seed.

**supple** (adj): bending or able to be bent easily; not stiff.

**ventilated** (adj): from the verb to ventilate, provide air to cause fresh air to enter and move around an enclosed space.

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## Information Society

by Richard Sidaway

Once upon a time societies were organised around religion, farming, trade or industry. In many parts of the world today this is still true, but something else is becoming more important - the exchange of information, and the technology that we use to do this. Twenty-four hour news, e-commerce, international call-centres, mobile phones, Global Positioning Systems ... all these are making the world smaller and faster.

The growth in telecommunications is now giving more and more people access to democratic ideas, to the principles of international law and human rights, to the science that will help their country to develop or to the medical knowledge that can fight disease. It is starting a real global village which people only dreamed of a generation ago.

But how can everybody in the world share the recent technological advances? Millions of people cannot read these words because they don't have access to a computer. They don't understand English either, the language that 80% of the information is written in. They don't even have a telephone. They are more worried about how far they will have to walk today to get clean water or if they can feed themselves and their families. For most people on this planet, information is not a priority.

The contrast between countries that have information technology and those that don't is called the 'digital divide'. Scandinavia and South East Asia have a high number of people who use Information Communication Technologies (ICT). Central Africa and the Pacific have almost none.

The United Nations is trying to make the information society a reality for more of the developing world. It wants to see rich countries transfer new technology and knowledge to poorer nations.

Ten years from now, the plan is that everybody in the world will have a radio or television and that 50% of the world's population will have access to the internet from schools and universities, health centres and hospitals, libraries and museums. This will improve medical care and education, science and agriculture, business opportunities and employment. At the same time, they say, local communities, languages and cultures will become stronger.

Just a dream? Certainly there are some contradictions. Does only good come with freedom of information? If information is power, why will people share it? Doesn't more technology mean fewer jobs? And how can the exchange of information keep local cultures alive if most of that information is only in one language?

It is much easier to get people connected to broadband or put government online in Europe than in South America or the Middle East. However, developing countries often leapfrog the process which richer nations went through, and avoid their mistakes. Brazil collects most of its taxes online these days. There are cyber cities in Dubai and Mauritius. And Taiwan and Hong Kong have better access to ICT than the United Kingdom. Maybe the English language isn't so important after all.

Perhaps the spread of technology means that the old centres of power are also changing. The United States introduced internet technology in the 1970s. But people are asking why they should continue to be in charge. Why should a small organisation in California tell the rest of the world how computers talk to each other?

The US says it makes the rules, but it doesn't control the flow of information. The domain name system (DNS) controls how internet addresses work, but not what a website or database contains. Many want a more international approach, however. But they also want the internet to remain open and free for all to use.

Can the world create an information society for all? If a farmer in Bangladesh can read this in the year 2015, then maybe the answer is yes.

## Town or country mouse?

by John Russell

Once upon a time, there were two mice – cousins. One lived in the town and the other in the country. The town mouse was a very superior mouse, who thought that living in the town was far better than living in the country. So one day, he invited his country cousin to stay with him in his town house and experience the civilized lifestyle of the town. They sat down to a meal, which to the country mouse was a feast. "Goodness me" he said. "If I was in the country, I would be having only simple bread and cheese in the quiet of my peaceful home." Suddenly, there was a loud noise at the door. "Don't worry," said the town mouse, "that's just my neighbour - the dog, he wants to join us for dinner." The country mouse ate a little faster. Another noise was heard outside, even louder this time. "Oh dear" said the town mouse, "the cat who lives facing my house wants to join us too." Quickly eating the last of his meal, the country mouse said, "thank you, but I think I will return to the peace and quiet of my own house after all!" Then he ran back home as fast as his legs could carry him.

This simple tale (taken from Aesop's famous stories) shows that what may be a good place to live for one person, may not be good for another. A modern version of this story might look like this:

Maria lives in a big city surrounded by the speed and convenience of urban life. She works in an office with 1000 other employees, and travels to and from there on a crowded Metro. Her home is a flat overlooking a busy city-street, which is always alive with the sound of traffic and people passing by. After work she meets with friends in a bar or restaurant before going on to a disco or nightclub. Weekends are spent in the shopping

mall with its numerous shops, multi-screen cinemas, fast food and entertainment complexes.

Alex, however, lives in a small village in the countryside. He cycles to work down country lanes every morning, the sound of tractors, birds and animals in his ears. In the evening, he relaxes at home in front of the fire with a good book to read. At weekends, he goes for long walks in the fields with his dog.

Unfortunately, life is not as simple as stories make it. A lot of today's 'town mice' such as Maria would be happy to live in the country. Many modern cities have very large populations (Tokyo or Mexico City - over 25 million) and can be crowded, dirty and dangerous places to live. More than half the world's population now lives in cities. In much of Europe and North America this can be as high as much as 80% of a country's population. (According to the United Nations, approximately 1 billion people in cities are living in slum conditions – overcrowded and unhealthy).



The 18th Century marked the beginning of the Industrial Revolution, the depopulation of the countryside, and the move to towns. The towns became places of mass employment in factories and offices. Today, many town dwellers wish to reverse this trend and return to a slower pace of life like Alex, our modern 'country mouse'. Yet, a modern country existence is not without its problems; poor transport, lack of access to hospitals and education, and services found in towns such as large shops, banks and entertainment.

The debate between town and country is meaningless these days, as so many people live in towns, and very few people are actually able to choose where they live; this is dictated by their

work or birth. The internet and other mass media have linked country areas to the world, providing access to information – even to remote areas. If people are to be persuaded to stay in the countryside, other benefits of the city need to be available (employment, healthcare and education). Conversely, the introduction of city parks and forests, and traffic free zones, has helped in bringing a little of the countryside to the city streets.

The UN World habitat day (4th October) this year looks at this issue. It emphasises the need for strong links between town and countryside, and their mutual dependence upon each other.

Are you a town mouse or a country mouse?

### After reading

**Exercise 1:** Below are 10 sentences from the text, but the words are in the wrong order and the punctuation is missing. Can you put the words in the correct order and put in the punctuation?

1. civilised mouse town the city life thought was
2. peace quiet the and country missed mouse
3. maria's a busy house overlooks street city
4. the shopping weekends goes to maria mall at
5. reading of the alex enjoys front in fire
6. large very modern have cities populations
7. to are live slums places overcrowded
8. in 18<sup>th</sup> moved to countryside people city the from century
9. internet in information the people to provides local areas
10. the is world un in october day habitat

## **ESERCITAZIONI**

Read this article on Fish and Chips then answer the questions that follow by choosing True (A), False (B) or Not in Text (C). Mark your choice on your mark sheet.

### ***Fish and Chips***



'Fish and chips' have been the most popular take-away food in Britain for over half a century. They consist of deep-fried fish in batter served with deep-fried potatoes. The fish and chips are sprinkled with salt and vinegar and eaten piping hot.

What the British call 'chips', Americans call 'french fries' or 'fries'. The British chips are usually thicker than the American fries, although Americans may serve a thicker type called 'home fries' or 'steak fries'. But if you ask for 'potato chips' in the USA, you will be given what the British call 'crisps'. Confusing, isn't it?

Because of the development of trawler fishing and the expansion of the railways in the second half of the nineteenth century, fish became a cheap food popular with the working classes; the new method of fishing meant more fish were caught and the fish could be quickly transported inland by train.



Early fish and chip shops had quite basic facilities and an unpleasant smell of frying. The supply of fish and chips was considered 'an offensive trade' until World War 2 when they were one of the few foods not to be rationed.

Batter made from flour and water is the traditional coating for the fish, but beer-batter (made with beer!) has started to become popular in the UK. The carbon-dioxide in the beer gives the batter a lighter texture and also an orange colour.

Fish and chips used to be sold wrapped in newspaper but this practice has died out because of concerns about hygiene and even ink-poisoning. Many fish and chip shops now use polystyrene or cardboard boxes.

1. Fish and chips are still sold wrapped in newspaper.  
**A = True      B = False      C = Unknown**
2. American fries are usually thinner than British chips.  
**A = True      B = False      C = Unknown**
3. The railways helped to make fish and chips more popular.  
**A = True      B = False      C = Unknown**
4. The kind of vinegar usually added to fish and chips is called malt vinegar.  
**A = True      B = False      C = Unknown**
5. Sometimes beer is used to make the batter for the fish.  
**A = True      B = False      C = Unknown**
6. Fish and chips were rationed during World War 2.  
**A = True      B = False      C = Unknown**
7. Fish and chips are usually fried in sunflower oil.  
**A = True      B = False      C = Unknown**
8. The first fish and chip shops smelt delicious.  
**A = True      B = False      C = Unknown**
9. It was feared that the ink from the newspaper wrapping might be poisonous.  
**A = True      B = False      C = Unknown**
10. Fish and chips are most often eaten at weekends.  
**A = True      B = False      C = Unknown**

Read the text and choose the missing word for each of the numbered gaps.  
Mark your choice (A, B, C or D) on your answer sheet.

### Egyptian Pyramids

There are over two hundred pyramids in Egypt.

The first pyramid was built by the architect

Imhotep <sup>(16)</sup> \_\_\_\_\_ was asked to design

a tomb for the Pharaoh Djozer. The result was the

step pyramid of Djozer <sup>(17)</sup> \_\_\_\_\_ was

meant to look like a gigantic stairway to heaven. Imhotep was so important to the

Egyptians <sup>(18)</sup> \_\_\_\_\_ they later made him a god. Most Egyptian pyramids,

<sup>(19)</sup> \_\_\_\_\_ shape is thought to represent the descending rays of the sun, were

faced with white limestone <sup>(20)</sup> \_\_\_\_\_ gave them a brilliant appearance when viewed

from a distance.



16. A which      B who      C whom      D whose  
17. A who      B whose      C which      D who's  
18. A which      B that      C who      D whose  
19. A whose      B which      C who      D that  
20. A who's      B whose      C who      D which

Fill the gaps in the sentences selecting the correct missing word (A, B, C or D).  
Mark your selection on your answer sheet.

21. I didn't have enough cash to pay the bill, so I \_\_\_\_\_ use my credit card.

- A had to      B must      C can      D have to

22. There's a cold wind. If I were you, I \_\_\_\_\_ wear a warm jacket.

- A can      B could      C must      D would

23. You're very rude. You \_\_\_\_\_ speak to your father like that!

- A couldn't      B must      C shouldn't      D have to

24. You can't cross the road yet. You \_\_\_\_\_ wait for the green light.

- A can      B had to      C must      D could

25. They \_\_\_\_\_ go to the party last night because their baby was ill.

- A mustn't      B couldn't      C can't      D shouldn't

Select the correct answer (A, B, C or D) to fill the gaps in the conversation.  
Mark your answer on your answer sheet.



Alan, remember me? Jeff Johnson. We were at college together.

Jeff! I \_\_\_\_\_ 31 \_\_\_\_\_ you for years.  
You went to live in Canada, didn't you?



31.      A    have seen                      B    don't see  
          C    haven't seen                    D    won't see



Yes, I'm here visiting my Uncle. He still \_\_\_\_\_ 32 \_\_\_\_\_ here.  
How about you? What \_\_\_\_\_ 33 \_\_\_\_\_ been doing recently?

32.      A    lives                                B    has lived  
          C    is living                            D    lived
33.      A    are you                            B    will you  
          C    have you                          D    shall you

I \_\_\_\_\_ 34 \_\_\_\_\_ the family business after my father retired.  
My eldest son works with me now and my younger son  
\_\_\_\_\_ 35 \_\_\_\_\_ us in July when he leaves school. How about  
you? I remember you always \_\_\_\_\_ 36 \_\_\_\_\_ to be a  
journalist when we were at school.



34.      A    overtake                          B    overtook  
          C    take over                          D    took over
35.      A    joined                              B    will joining  
          C    has joined                          D    is going to join
36.      A    wanted                            B    want  
          C    have wanted                      D    will want



Well, I \_\_\_\_\_ **37** \_\_\_\_\_ journalism for four years in Vancouver, then I worked on several newspapers over there but unfortunately I don't have a job at the moment.

37.      **A** study                      **B** studied  
            **C** have studied           **D** used to study

Sorry to hear that, Jeff. We must get together while you're here and talk about the old days. In fact, next week my wife and I \_\_\_\_\_ **38** \_\_\_\_\_ our silver wedding anniversary with a big party. Would you like to come?



38.      **A** have celebrated        **B** celebrated  
            **C** will be celebrating    **D** won't celebrate



Well, I \_\_\_\_\_ **39** \_\_\_\_\_ back home next week, but now I think I \_\_\_\_\_ **40** \_\_\_\_\_ a while longer. I'd love to come. Let me give you my telephone number.....

39.      **A** was going to fly        **B** am going to fly  
            **C** flew                      **D** have flown
40.      **A** stayed                      **B** stay  
            **C** will stay                  **D** have stayed

Read this information about Hampton Court. Fill the gaps with the correct form of the verb. Follow the example.

### Hampton Court

Situated a few miles from London on the

River Thames, Hampton Court

(example) **is** (be) one of the most famous and historic buildings in England.

Hampton Court <sup>(1)</sup> \_\_\_\_\_ (build) by Cardinal Wolsey in the reign of Henry the Eighth.



Wolsey <sup>(2)</sup> \_\_\_\_\_ (give) Hampton Court to Henry as a present and it then

<sup>(3)</sup> \_\_\_\_\_ (become) a country home for the kings and queens of England

and <sup>(4)</sup> \_\_\_\_\_ (play) a part in many historic events: Elizabeth the First

<sup>(5)</sup> \_\_\_\_\_ (stay) there when she decided to have Mary Queen of Scots

executed; Shakespeare <sup>(6)</sup> \_\_\_\_\_ (perform) there as an actor. The architect

Sir Christopher Wren later <sup>(7)</sup> \_\_\_\_\_ (add) to the original palace, but when

George III <sup>(8)</sup> \_\_\_\_\_ (come) to the throne, he moved the country home of

the Royal Family to Windsor Castle. Since then, generations of tourists

<sup>(9)</sup> \_\_\_\_\_ (enjoy) Hampton Court and, thanks to continual restoration work,

it <sup>(10)</sup> \_\_\_\_\_ (delight) visitors for many years to come.

Marco is speaking to his boss, Mrs Jones. Read the conversation and then rewrite it in reported speech like in the example.

Example:



Hello. I hope I'm not disturbing you.

*Marco said hello to Mrs Jones and said he hoped he wasn't disturbing her.*

21. No, the meeting has just finished.



22. Would you help me with my report?

23. I'd be happy to help you.



24. I have to complete it by tomorrow.

25. No problem. I'm free all evening.



Read these sentences and then rewrite them in the correct form of the passive.

Example: **Alexander Graham Bell invented the telephone in 1876.**

The telephone **was invented by Alexander Graham Bell in 1876.**

26. **A German scientist discovered X-rays.**

X-rays .....

27. **William Perkin made the first artificial dye.**

The first artificial dye .....

28. **People first wore spectacles in Italy in the thirteenth century.**

Spectacles .....

29. **Nowadays, most people prefer contact lenses.**

Contact lenses .....

30. **People use the internet more than ever before.**

The internet .....

# 6

## HERITAGE

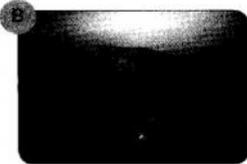
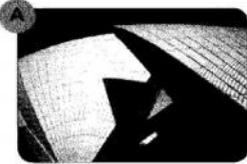
### UNIT MENU

**Grammar:** talking about the past

**Vocabulary:** describing a heritage site, architecture, guiding expressions

**Professional skills:** working as a tour guide

**Case study:** Ascoby Hall – design a museum exhibition



### Reading

#### WORLD HERITAGE SITES

**1 Match the photos A–F with the texts 1–6 about famous World Heritage sites. Then circle the correct options to complete the texts.**

**1** Lake Baikal lies in \_\_\_\_, near the city of Irkutsk. It is the world's deepest and oldest lake and contains 20 percent of the planet's unfrozen freshwater. The lake supports an outstanding variety of flora and fauna of exceptional value in the study of evolution.  
**a** Southern Siberia **b** Northern Kazakhstan **c** Belarus **d** Lapland

**2** The Altamira Caves, situated 30 kilometres west of \_\_\_\_, contain some of the world's finest examples of prehistoric art. The earliest engravings and drawings date back to around 16,000 BCE. They feature on the World Heritage List as masterpieces of creative genius and as humanity's earliest accomplished art.  
**a** Torrelavega **b** Santander **c** Salamanca **d** Zaragoza

**3** The Sydney Opera House is considered to be one of the greatest architectural works of the 20th century. Located downtown and overlooking the harbour, it was conceived and built by \_\_\_\_, who won the competition for the best design back in 1957. The construction comprises three groups of interlocking vaulted shells, covered by over one million white tiles in a chevron pattern.  
**a** a Danish architect, Jørn Utzon **b** an American architect, Frank Gehry  
**c** a British architect, Norman Foster **d** a Chinese-American architect, I.M. Pei

**4** The 93 Senegambia stone circles consist of over \_\_\_\_ monuments carved out of laterite and erected between the third century BCE and the 16th century AD, forming a vast landscape of ancient graves and burial mounds. The survival of so many circles is a unique manifestation of a sophisticated and prosperous society.  
**a** 500 **b** 1,000 **c** 1,500 **d** 15,000

**5** When Mount Vesuvius in the Gulf of Naples erupted in 79 CE, it buried the ancient towns of \_\_\_\_, as well as many luxurious villas in the area. The ruins were excavated as from the 18th century and give a fascinating and unparalleled insight into life in the early Roman empire.  
**a** Rome and Pompeii **b** Pompeii and Napoli **c** Pompeii and Herculaneum  
**d** Pompeii and Stabiae

**6** The spectacular ice-carved fjords, lakes and valleys in Te Wahipounamu, \_\_\_\_, are amongst the finest landscapes in the Southern Hemisphere. 'Te Wahipounamu' is a Maori term meaning 'the place of greenstone'. Greenstone was used for tools, weapons and ornaments, and was believed to have spiritual force.  
**a** Fiji **b** Rarotonga **c** Tahiti **d** New Zealand

2 Work in pairs. Read the texts in Exercise 1 again. Take turns to ask and answer the questions below for each one.

- 1 What criteria justify their inscription as World Heritage sites?
- 2 Are any significant dates mentioned?
- 3 What can be seen at the site?
- 4 In which country is the site located?

## Vocabulary

### DESCRIBING A HERITAGE SITE

3 **Underline** these expressions for talking about heritage sites in the texts in Exercise 1. Then find another example for each category in the texts.

Where	When
... lies in ...	... as from the 18th century ...
Located downtown ...	... date back to around 16,000BCE.
Features	Significance
... carved out of laterite ...	... give a fascinating and unparalleled insight into ...
The construction comprises ...	... some of the world's finest examples of prehistoric art.

4 **6.1** Study the Grammar box. Then listen to some more information about Pompeii and Altamira and complete the examples.

### GRAMMAR:

1 Use **used to** and **would** to refer to repeated past events.

*The sons of many of the noble and rich families*

1 \_\_\_\_\_ Pompeii as well as Rome and Venice.

*Given the enthusiasm for all things Italian, visitors*

2 \_\_\_\_\_ artists to paint original works, landscapes and city views.

*All of the paintings are of animals such as deer*

that the cave dwellers 3 \_\_\_\_\_ all around them.

2 Use **it is believed/said/thought that** to refer to events which are not necessarily historically accurate but are generally accepted to be true.

*We don't know why they painted them but*

4 \_\_\_\_\_ that they may well have had some magic significance.

*I personally doubt this but 5 \_\_\_\_\_ that they had been painted by shamans.*

See Grammar reference, pages 113 and 114.

5 Rewrite the sentences using the words in brackets.

- 1 People say that the stone circles at Stonehenge were used for the purposes of astronomy. (said)  
e.g. *It is said that the stone circles at Stonehenge were used for the purposes of astronomy.*
- 2 It was a custom for the ancient Egyptians to bury their dead with a list of magic spells and instructions for the afterlife. (used)
- 3 There is some evidence that the Megalithic Temples of Malta are the oldest buildings in the world. (thought)
- 4 People suppose that Napoleon may have died from arsenic poisoning. (believed)
- 5 In the Middle Ages sieges went on for months and could even last for years. (would)
- 6 Groups of Homo Sapiens and Neanderthals lived in close proximity but in separate communities. (used)

## Writing

### WORLD HERITAGE AT HOME

6 Choose a World Heritage site in your country and write a short description of the site (250–300 words). Use the model in the Writing bank on page 98 to help you.

## Mass Tourism Threatens Venice ([www.travelpulse.com](http://www.travelpulse.com))

Venice, one of the world's most beautiful cities, is facing environmental disaster . Italia Nostra, an environmental organization says that Venice can handle about 30,000 tourists every day, far less than the 60,000 that come to the lagoon city now. It suggests that Venice attracts fewer, but richer tourists instead aiming at all kinds of tourists.

Venice is threatened by rising sea levels and Mediterranean storms. In the next hundred years the sea level of Venice's lagoon is expected to rise by 20 inches (about 50 cm). Old buildings, churches and cultural sites are in danger of collapsing .

Every year autumn and winter storms flood much of the city, especially places where tourists like to go, like Piazza San Marco, the central **square** of Venice. The situation has become worse because of the giant cruise ships that sail into the city. Waves push up mud and sand which erode wooden piles on which the buildings stand.

The Italian government has started building a flood barrier that is supposed to keep out the water from the Adriatic Sea. By 2014 three giant steel gates will control the flow of water to and from the lagoon. Environmentalists fear that such a barrier will affect the natural life of the lagoon which has a mixture of salt and freshwater . Venice's lagoon is a home of plants that release additional oxygen into the sea. Without such plants, water coming from the Adriatic Sea would make the lagoon saltier.

New construction projects pose another threat to Venice. The government is planning an underwater subway connecting Venice with a new town on the mainland . Environmentalists say this would be a disaster from which Venice would never recover .

### ANSWER THE QUESTIONS

1. Environmental disaster in Venice is caused by
  - a) Sea barriers
  - b) Rising sea levels
  - c) Cars and traffic
  
2. The flood barrier
  - a) May endanger the ecosystem of the lagoon
  - b) Cannot prevent further damage to monuments and buildings
  - c) Will provide job opportunities
  
3. Giant cruise ships
  - a) Allow wealthy tourist to visit Venice and increase the city's income
  - b) Are not allowed to sail into the city
  - c) Threaten the stability of the old buildings

3 Study the Grammar box. Underline the verb forms and identify the tenses used in the sentences. In each case, is the situation finished (F) or unfinished (U)?

- 1 We've seen a complete reversal of the previous trend. F / U
- 2 We've been selling a large number of adventure holidays. F / U
- 3 Many old buildings have been destroyed to make way for new office blocks. F / U
- 4 More and more people are using their smartphones to make bookings. F / U
- 5 Climate change is having a profound impact on tourism. F / U
- 6 Residents of India and China are becoming more mobile than ever before. F / U

4 Complete the article with the correct form of the verbs in brackets. There may be more than one possible answer.

### A portrait of China

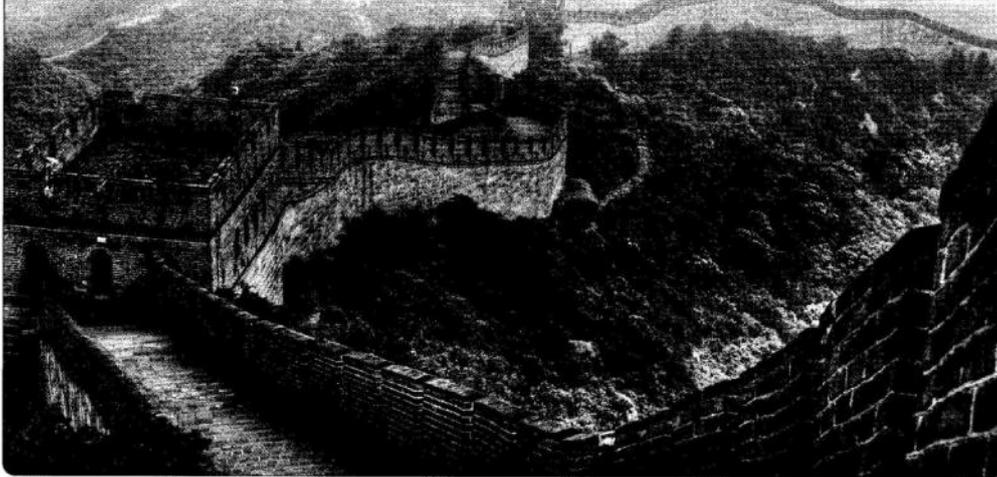
Drawn by the air of mystery, the number of visitors to China <sup>1</sup>\_\_\_\_\_ (rise) rapidly. The moment they get off the plane, many tourists <sup>2</sup>\_\_\_\_\_ (may / fulfil) a lifelong dream to see a country that for years seemed cut off from the rest of the world.

The Great Wall <sup>3</sup>\_\_\_\_\_ (rebuild) completely in parts but its dizzying loops across the horizon still leave most visitors lost for words. The Forbidden City at the heart of Beijing <sup>4</sup>\_\_\_\_\_ (draw) crowds that make its original majesty hard to imagine. But Beijing <sup>5</sup>\_\_\_\_\_ (change) dramatically and <sup>6</sup>\_\_\_\_\_ (still / change). In recent times the capital <sup>7</sup>\_\_\_\_\_ (see) obvious economic development – luxury hotels, convenient public transport, modern shopping malls and excellent restaurants. However,

much of the traditional housing <sup>8</sup>\_\_\_\_\_ (destroy) to make way for new highways which are choked with traffic, making the air difficult to breathe.

China's vast population, despite famines and civil wars, <sup>9</sup>\_\_\_\_\_ (grow) from 400 million to approximately 1.4 billion in less than a century. This increase in population <sup>10</sup>\_\_\_\_\_ (drive) a seemingly never-ending consumer boom in recent years, most evident in the cities with their stores selling fast food, smartphones and facelifts.

With few opportunities for work in the countryside, millions of people <sup>11</sup>\_\_\_\_\_ (move) to the cities in search of a better life. So if your taxi driver doesn't know where he <sup>12</sup>\_\_\_\_\_ (go), it's because he <sup>13</sup>\_\_\_\_\_ (also / just / arrive) in town!



### Writing

A PORTRAIT OF ...

5 In what ways has your country changed in recent times? Write a description (250–280 words) for an airline magazine of the developments that have taken/are taking place. Use the topics in the box and the article in Exercise 4 to help you.

culture economy family life lifestyle politics  
population tourism working patterns



## Obligation

- 5 Complete the travel information for airline passengers in China with the verbs of obligation in the box. Some verbs may be used more than once.

are allowed   don't have to   has   is allowed  
must   mustn't   should   shouldn't

### Flight information – China

For international flights passengers <sup>1</sup> \_\_\_\_\_ check in at least two hours before departure. For domestic flights passengers <sup>2</sup> \_\_\_\_\_ really check in one and a half hours before departure but in fact, passengers often don't arrive that early.

Most passengers <sup>3</sup> \_\_\_\_\_ up to 20 kg of luggage. An airline passenger <sup>4</sup> \_\_\_\_\_ one additional item of hand luggage weighing up to 5 kg. But a passenger who has excess baggage <sup>5</sup> \_\_\_\_\_ to pay more. You <sup>6</sup> \_\_\_\_\_ pay extra for the airport tax – it is included in the price of the ticket.

Not all ticket offices and travel agents in China accept credit cards, so travellers <sup>7</sup> \_\_\_\_\_ be prepared to pay in cash. Visitors <sup>8</sup> \_\_\_\_\_ show their passports when purchasing tickets. It is usual to ask for a reduction on official fares, and whatever price is first offered, travellers <sup>9</sup> \_\_\_\_\_ always ask for a discount. Children over the age of 12 <sup>10</sup> \_\_\_\_\_ pay the adult fare but younger children <sup>11</sup> \_\_\_\_\_ be charged the full price. Ticket prices are more expensive between June and September and during Chinese holidays: the Spring Festival (or Chinese New Year), and the May and October holiday periods.

On arrival, visitors <sup>12</sup> \_\_\_\_\_ complete a form for health, immigration and customs as part of Chinese regulations.

Read the text and then select the best heading (A, B, C or D) for each paragraph from the options given on the following page. Mark your answers on your answer sheet.

## THE PSYCHOLOGY OF SUPERMARKETS



1. ....

Supermarkets place basic foods like bread, rice and milk around the store so that you have to wander around more – and hope that you will buy more along the way. Small, high-cost items like perfume are placed near the entrance, with bulkier items at the back of the store, as research shows that shoppers often head for the checkout when their baskets get heavy.

2. ....

The store entrance, known in the trade as 'the dwell zone', is vital. This is where shoppers coming in from the cold are overwhelmed with inviting smells, lights and warmth. Supermarkets place colourful fruit and vegetables by the entrance to make their goods seem fresh, and prominently display goods bought in a hurry such as flowers, newspapers and cigarettes.

3. ....

Products with the highest profit margins are placed at eye-level, as shoppers are more likely to buy products in their line of sight. We tend to look from left to right, the way we read a book, so supermarkets put their own products on the left end of the shelf where they'll be spotted first.

4. ....

Cheaper own-brand products are positioned alongside premium brands and often mirror their packaging, making the savings tempting to customers. Goods are priced in a psychologically sensitive way - you are more likely to buy an item at £29.99 than at £30. There's only a penny difference but it sounds far more expensive!

5. ....

Most of us know the cost of basic items like milk and bread and can tell at a glance if they are good value. These are the Know Value Items, or KVIs. If we think they are expensive we assume all the other items in the shop are overpriced too. KVIs are sold cheaply, while other items that we don't know the value of, like frozen meals, are sold with a much higher profit margin.

Read 'The Psychology of Supermarkets' again and select True (A), False (B) or Not Mentioned in Text (C). Mark your answers on your answer sheet.

6. Most supermarkets place basic foods next to each other.  
**A = True      B = False      C = Not mentioned in text**
  
7. Heavy items are usually placed near the entrance.  
**A = True      B = False      C = Not mentioned in text**
  
8. 'The dwell zone' is at the front of the store.  
**A = True      B = False      C = Not mentioned in text**
  
9. People usually take their time choosing flowers.  
**A = True      B = False      C = Not mentioned in text**
  
10. Shoppers are twice as likely to buy a product placed at eye-level.  
**A = True      B = False      C = Not mentioned in text**
  
11. Shoppers usually look at the left-hand side of a shelf first.  
**A = True      B = False      C = Not mentioned in text**
  
12. Premium brands and own-brand products often have similar wrapping.  
**A = True      B = False      C = Not mentioned in text**
  
13. Women are more sensitive to pricing strategies than men.  
**A = True      B = False      C = Not mentioned in text**
  
14. The majority of people know the price of a loaf of bread.  
**A = True      B = False      C = Not mentioned in text**
  
15. KVIs have a high profit margin.  
**A = True      B = False      C = Not mentioned in text**

**Read this text about Desert Survival. Fill the numbered gaps by selecting A, B, C or D. Mark your answers on your answer sheet.**

*If you plan to go hiking in the desert the vital thing is to plan ahead. You <sup>31</sup> \_\_\_\_\_ tell somebody where you are going and write down all important information, including your expected time of return. You <sup>32</sup> \_\_\_\_\_ to carry an extra two days' food and you <sup>33</sup> \_\_\_\_\_ go anywhere without a map and a compass. You <sup>34</sup> \_\_\_\_\_ try to cover most of your ground in early morning and you <sup>35</sup> \_\_\_\_\_ even think about hiking when the temperature rises above 90F.*

*To stay cool during the day, you <sup>36</sup> \_\_\_\_\_ to wear full-length sleeves and trousers. Although you <sup>37</sup> \_\_\_\_\_ be tempted to wear shorts, you will find that shorts expose you to far too much sun. A wide-brimmed hat and a pair of good sunglasses will spare you the blinding headaches that <sup>38</sup> \_\_\_\_\_ result from the desert light. You <sup>39</sup> \_\_\_\_\_ also have to deal with flash floods, which can appear from nowhere. You <sup>40</sup> \_\_\_\_\_ camp in a dry river bed, and don't attempt to cross flooded areas until the water has receded.*

31. A would  
B will  
C must  
D need

36. A should  
B shall  
C ought  
D must

32. A need  
B might  
C must  
D shall

37. A would  
B should  
C might  
D needn't

33. A should  
B won't  
C ought  
D mustn't

38. A should  
B can  
C won't  
D can't

34. A should  
B would  
C will  
D shall

39. A should  
B may  
C must  
D won't

35. A shouldn't  
B won't  
C would  
D might

40. A wouldn't  
B won't  
C needn't  
D mustn't

Read this article on Mobile Phones. Then read each statement on the following page and decide whether they are True (A), False (B) or Not Mentioned in the Text (C). Mark your answers on your answer sheet.

### Mobile Phones

Mobile phones are slaves to changes in technology. We replace handsets, on average, every eighteen months. A hundred million mobiles are discarded in Europe annually, adding thousands of tonnes to the European Union's legacy of waste electronic equipment.

Mobile phones contain a variety of highly toxic substances – all of which can be released into the environment through landfills and incinerators. An old battery will contain enough cadmium to contaminate 600,000 litres of water.



Schemes now exist to recycle up to 80% of the materials in your mobile phone. Extracting and recycling the precious and semi-precious metals from handsets and batteries can save as much as 90% of the energy required to mine and refine raw metal ores.

Most of the major mobile phone companies are now part of an industry-wide recycling scheme called Foneback where customers can simply return phones to the shop where they were purchased. Even better, many charities

now accept phones for recycling. Every working handset you deliver to the 'Bring Bring' scheme is worth £5 to Oxfam.

Some charities raise awareness of mobile phone recycling by sponsoring Mobile Phone Throwing events. Mobile Phone Throwing is an international sport that originated in Finland in 2000. It is a sport in which participants throw mobile phones and are judged on distance or technique.

The phones used vary not just between events but between competitors, with any phone that weighs over 220 grams being acceptable. At some events the choice is down to personal preference from those provided by the event organisers, while others provide only one model of phone.

The Mobile Phone Throwing World Championships have been held annually since 2000 in Savonlinna, Finland. In 2007, the UK event was held at Old Hamptonians Rugby Club on the 12th August, with throws recorded from 3.70m to 95.83m, a new world record. There were also throws recorded by a penguin and a gorilla! Needless to say, these contestants were in fancy dress which was incorporated as a new category in 2008.

The 2007 World Championships were in Savonlinna as usual. The winner of the men's freestyle event, Taco Cohen of the Netherlands, won for an unusual performance which incorporated juggling and acrobatics. Not surprisingly, his prize was a new mobile phone!

46. Most people change their mobile phone annually.  
**A = True      B = False      C = Not mentioned in text**
47. Mobile phones contain substances that are very harmful to the environment.  
**A = True      B = False      C = Not mentioned in text**
48. Up to 90% of the metals extracted from mobile phones are semi-precious.  
**A = True      B = False      C = Not mentioned in text**
49. Foneback is a recycling scheme used by one or two phone companies.  
**A = True      B = False      C = Not mentioned in text**
50. A non-working handset is worth £3.00 to Oxfam.  
**A = True      B = False      C = Not mentioned in text**
51. Mobile Phone Throwing is practised only in Finland.  
**A = True      B = False      C = Not mentioned in text**
52. There is no standard model of phone for all Mobile Phone Throwing events.  
**A = True      B = False      C = Not mentioned in text**
53. A new world record throw was recorded in August of 2007.  
**A = True      B = False      C = Not mentioned in text**
54. Some contestants in the UK dressed up as animals.  
**A = True      B = False      C = Not mentioned in text**
55. The 2007 World Championships were won by a man from Finland.  
**A = True      B = False      C = Not mentioned in text**

Read the following newspaper article and answer the questions on the next page by selecting A, B, C or D. Mark your answers on your answer sheet.

*A scientist warned this week of the fire danger in a type of foam upholstery widely used in furniture. Up to now the foam, a type of polyurethane, was thought to be safe. He said that within two minutes of a sofa catching fire there would be flames three metres high. It would take only another minute to envelop an entire room.*

*Dr Stephen Green, chief scientific officer of the north-western forensic science laboratory, told an inquest at Wigan, Lancashire: 'The spread of fire from this material is frighteningly fast and choking fumes are given off.' He warned that it was a waste of time to try to put out this type of blaze. The best thing was to get out of the room and shut the door to prevent asphyxiation.*

*Dr Green said that a four-year-old boy had died when a foam-filled sofa caught fire in his house. He said: 'Over a million tonnes of this deadly foam is produced every year, enough for 500 million sofas.'*

*But the danger has been recognised and is being dealt with. A new product has just been developed in which the fire risk is reduced and will be available soon. A verdict of accidental death was recorded on Michael Bell of Wigan, who died in his bedroom of asphyxia.*

56. This week a scientist said that some sofas
- A should not be used because they are dangerous.
  - B were widely used and upholstered.
  - C were three metres high.
  - D might catch fire easily because they are made of dangerous materials.
57. If one of these sofas caught fire
- A the fire would last three minutes.
  - B the whole room would be on fire within three minutes.
  - C things 3 metres away would be on fire too.
  - D it would take one minute for the flames to reach a height of 3 metres.
58. Dr Green was speaking at
- A the north-western forensic science laboratory.
  - B a forensic scientists' conference.
  - C an inquiry into someone's death.
  - D a meeting of fire prevention officers.

59. Dr Green said that with a fire like this
- A there would be a lot of waste.
  - B a lot of time might be wasted.
  - C it would take a long time to put it out.
  - D it was no use trying to put it out.
60. Soon there will be a new filling for sofas which will be
- A completely safe.
  - B the cause of smaller fires.
  - C risky in case of fire.
  - D less likely to catch fire.

## Traduci in inglese i seguenti testi.

1. Un sito patrimonio mondiale è un'area che è stata ufficialmente riconosciuta dalle Nazioni Unite, precisamente dall'UNESCO. I siti vengono selezionati sulla base di parametri specifici che riguardano la loro storia, la cultura, ecc e sono protetti legalmente da trattati e accordi internazionali. Questi siti sono importanti per gli interessi collettivi dell'umanità.
2. Il turismo è una delle industrie più importanti del mondo e una delle maggiori fonti di guadagno per molti Paesi. Esso fornisce inoltre molti posti di lavoro che hanno contribuito a sviluppare le economie locali. Tutte le attività turistiche devono essere sostenibili, cioè rispettare sia gli abitanti del posto sia i viaggiatori, il patrimonio culturale e l'ambiente.
3. Stonehenge è probabilmente il sito preistorico più famoso d'Europa. Situato nel sud est dell'Inghilterra e costruito circa 5000 anni fa, consiste di massi alti quattro metri sormontati da enormi blocchi orizzontali. Il significato del sito e i motivi per cui esso venne costruito rimangono ancora sconosciuti, ma Stonehenge è la testimonianza di una società preistorica altamente organizzata.
4. Al giorno d'oggi il problema principale del settore dei viaggi e del turismo è che c'è una enorme quantità di lavoro stagionale e contratti a breve termine. A volte le ore sono lunghe e molte persone considerano lavorare nel turismo come un'opzione temporanea prima di trovare lavoro in altri campi.
5. Trapani fu fondata dagli Elimi (**Elymians**). Fu originariamente chiamata *Drépanon*, parola greca per 'falce' (**sickle**) a causa della forma curva del suo porto. Nel 260 a.C. essa fu conquistata da Cartagine che la rese un'importante base navale, ma Cartagine la perse nella Prima Guerra Punica contro Roma nel 241 a.C.
6. L'industria alberghiera si sta adeguando a nuovi tipi di ospiti. Molti hotel negli USA e in Europa stanno cambiando i loro menù per i visitatori internazionali e assumono personale che parla cinese. Anche il design delle camere sta cambiando per andare incontro alle esigenze di viaggiatori più anziani e facoltosi: letti più bassi e illuminazione più potente sono più semplici da utilizzare e, allo stesso tempo, attraggono i consumatori più giovani.

## NATURE AIR IN COSTA RICA

- 1 **DVD** Watch the DVD and choose **TWO** correct options to complete the sentence.

What makes Nature Air a special transport operator is that it ...

- a compensates for all its carbon dioxide emissions.
- b has drastically reduced carbon dioxide emissions in its operations.
- c buys large areas of forest in Costa Rica to protect the land.
- d has a school that teaches English to local children.

- 4 **DVD Part 2** Watch Part 2. Are the sentences true (T), false (F) or is no information given (NI)?

- 1 Nature Air's conservation project is based in the Osa Peninsula.
- 2 The project is helping to develop farms.
- 3 Corcovado National Park receives donations from Nature Air.
- 4 The airline has set up recycling collection stations.
- 5 The Nature Kids foundation has given classes to 500 children.
- 6 Berry says English is important for his future.

- 3 **DVD Part 1** Watch again and correct the **SIX** errors in the text about the airline.

### Nature Air

Nature Air started operations in Costa Rica in the early '90s. Initially, this international airline specialized in travel to the Osa Peninsula in the south of the country. Today, there are 74 daily flights and the airline flies Twin Otter planes to 15 destinations in Costa Rica and other countries in South America.

In 2004, Nature Air became the first carbon free airline. In order to do this, the airline measures the tonnes of carbon dioxide emitted by consuming fuel every month.

Through FONAFIFA, part of Costa Rica's Environmental Protection Agency, the airline works with owners of public land to conserve their property and ensure they don't cut down the trees. These forests absorb roughly twice the amount of carbon as Nature Air emits. This means the airline compensates for 100% of its carbon emissions from flight operations.

## PUNTACANA: A CARIBBEAN RESORT

2 Read about Grupo Puntacana's resort and answer the questions below.

### Puntacana Resort and Club

Established in 1969, Grupo Puntacana's Resort and Club was the first resort development on the east coast of the Dominican Republic. It started as ten two-bedroom villas with a maximum capacity of 40 guests.

Today, there are two luxury hotels: the Puntacana Hotel with 170 deluxe rooms, suites and beach houses, and Tortuga Bay, an exclusive 15-villa boutique hotel. The resort also incorporates three golf courses, nine restaurants, a marina and four private residential neighbourhoods.

The group owns and operates the nearby Punta Cana International Airport, which it built in 1984. Access roads, security, waterworks, electricity and waste disposal are also all operated through projects and subsidiaries of the group.

The Puntacana Ecological Foundation was created in 1994 to protect and preserve the environment. Another charity, the Puntacana Foundation, is dedicated to improving conditions of the local communities, primarily through schools and health services.

1 **DVD** Watch the DVD and choose the correct summary.

- a Grupo Puntacana started life as an ecological organization which then decided to build an eco-friendly tourist resort.
- b Grupo Puntacana is a private foundation which gives money to community groups to grow organic food for local hotels and restaurants.
- c Grupo Puntacana owns a luxury resort which tries to help local communities and protect the environment.

3 Match the underlined words and phrases in the text in Exercise 2 with the definitions.

- 1 to save something from being destroyed
- 2 companies owned by a larger company
- 3 the process of planning and building on land
- 4 the process of getting rid of unwanted materials or substances
- 5 expensive and only available for people who have lots of money

**6 Match the words and phrases 1–6 from Part 1 with the definitions.**

- 1 sustainable
- 2 the issue
- 3 develop
- 4 squatters
- 5 tearing down
- 6 way of living

- a destroying (a building or other structure)
- b to use land by building on it
- c subject or problem that is often discussed and which affects the interests of a lot of people
- d how you earn money
- e able to continue for a long time
- f people who live in an empty building or on a piece of land without permission and without paying rent

**7 DVD Part 2 Match the words 1–8 with a–h to make phrases you will hear in Part 2. Then watch and check your answers.**

- |                  |              |
|------------------|--------------|
| 1 health         | a tourism    |
| 2 not-for-profit | b lagoons    |
| 3 practical      | c facilities |
| 4 environmental  | d foundation |
| 5 scientific     | e solutions  |
| 6 sustainable    | f practices  |
| 7 ecological     | g reserve    |
| 8 freshwater     | h research   |

**8 DVD Part 2 Complete the summary using SIX of the phrases from Exercise 7. Watch again and check your answers.**

The Puntacana Ecological Foundation was set up in 1994. It's a <sup>1</sup> ..... which aims to come up with <sup>2</sup> ..... for the issues facing the tourist industry in the Dominican Republic, so it is essentially a think tank. Fifteen hundred acres of land are used for the preservation of species, <sup>3</sup> ..... education, and for experimental projects related to <sup>4</sup> .....

The <sup>5</sup> ..... incorporates well-maintained primary forest. There is a series of trails for tourists to walk through the reserve and there are <sup>6</sup> ..... where they can swim.

**11 DVD Part 3 Watch again. Are the sentences true (T) or false (F)? Correct the false ones.**

- 1 The farm only produces organic vegetables and honey.
- 2 Food waste from the resort is processed and used to grow more food.
- 3 The food produced is sold to local businesses and residents.
- 4 They recycle more than half of their non-organic waste.
- 5 The government built a factory to process and recycle non-organic waste.
- 6 Frank Rainieri believes the tourism industry in the Caribbean has to lead the battle to protect the environment.

## The Kid Who Cooked

Two years ago, Elliot West was more or less just like any other ten-year-old kid. The only thing that made Elliot any different was that he loved cooking.

But everything changed for Elliot one day when he saw an interesting announcement on the Internet. A TV show called Junior Kitchen Star was holding a contest for kids who enjoyed cooking and baking. Elliot was excited. Before reading about this show, he hadn't known there were other kids who enjoyed the same hobby as he did. He applied to enter the contest immediately.

To qualify for the contest, Elliot had to win a preliminary round against ten other kids from his town. He won easily with a dish of pasta and scallops. He was in the competition!

Whereas the preliminary round had been easy, the televised rounds were incredibly difficult. Elliot had to cook against the clock and with limited ingredients. In one challenge, Elliot had to serve up food for a restaurant full of people. The judges were tough and when they had a negative comment about Elliot's food, he had to try really hard not to cry.

While taking part in the competition, the contestants were given cooking lessons from top chefs and this gave Elliot a chance to learn even more about cooking at the highest level.

Week by week, the other competitors were eliminated until finally only two were left for the final. One was Elliot and the other was Charles, the son of Pierre La Fontaine, the famous French chef. Over three gruelling hours, Elliot and Charles each created and prepared a seven-course meal for the judges. It was very close, but the judges all said they had loved Elliot's roast goose served with a red wine sauce. Elliot was declared the winner!

After winning the contest, Elliot's life did not go back to normal. In fact, he became something of a celebrity. He travelled to schools to give cooking demonstrations and produced his own cooking show on YouTube.

Elliot is twelve now. He's still just a kid, but he has a very bright future indeed.



### Answer the following questions based on the reading passage

1 How did Elliot hear about the cooking show?

- A | From his parents
- B | From the Internet
- C | From the radio

2 What did Elliot have to do to qualify for the contest?

- A | He had to win a round against local kids
- B | He had to cook pasta with scallops
- C | He had to get permission from his parents

3 Which of the following is true?

- A | The judges in the competition were unfair
- B | The main competition was just as hard as the qualifying round.
- C | In the competition, the contestants were given time limits.

4 When the judges criticized Elliot's food, \_\_\_\_\_.

- A | he found it difficult not to cry
- B | he couldn't hold back his tears
- C | he cried

5 During the contest, how did Elliot get even better at cooking?

- A | He found lessons on the Internet
- B | The judges gave the contestants advice.
- C | The contestants were given lessons.

6 What do we know about the finals?

- A | The contestants were asked to cook goose.
- B | The contestants were given three hours to cook.
- C | The contestants had to serve three dishes.

7 What happened to Elliot after the competition?

- A | He went back to school.
- B | He became quite famous.
- C | He starred in another TV show.

## HOW MUCH WOULD YOU PAY FOR A UNIVERSITY EDUCATION?

WWW.EASYENGLISHARTICLES.COM

University students in England currently pay £9,000 a year tuition fees; this money pays for the students' education and doesn't cover living costs such as rent, food or books. When these other costs are considered, the average English student leaves University with £44,000 of debt.



The left-wing Labour party has just announced that if it wins the General Election in May, the £9,000 tuition fee will be reduced to £6,000 per year.

University fees is an important subject in British politics. The last General Election in 2010 was won by the right-wing Conservative party. One of the first things they did was increase university fees to £9,000 per year. Before 2010, university fees were £3,250 per year.

University students in England start to repay their student debt when they find a job after they graduate. If they do not find a job that pays more than £16,910 per year, they do not have to repay their loan.

Interestingly, university fees are different in different parts of the UK. Scottish students who study at a Scottish university do not have to pay tuition fees at all. In Wales university fees are £3,810 per year and in Northern Ireland they are £3,805. English students currently pay three times more than students in other parts of the UK.

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### **Comprehension Questions: How much did you understand?**

- 1) How much money do English students currently pay to go to university a year?
  - 2) How much money did English students pay to go to university in 2009? How much in 2010?
  - 3) If Labour win the General Election, how much will tuition fees be?
  - 4) Which party increased tuition fees to £9,000 per year?
  - 5) When do English students start to repay their student debt?
  - 6) How much do Scottish students pay in tuition fees? How much do Welsh students pay?
-

# AIRPORT SECURITY

## Reading

### SECURITY REGULATIONS



1 Work in pairs. Are the following statements about airline regulations true (T) or false (F)?

- 1 Handbags count as one item of carry-on luggage. T / F
- 2 Any bag containing a gel or cream is subject to separate inspection. T / F
- 3 Lighters can only be placed in baggage destined for the hold. T / F
- 4 Passengers have to justify their possession of any medication. T / F
- 5 Security staff have to taste any baby food before allowing it through security. T / F
- 6 Security staff may use their own discretion in enforcing the regulations. T / F

2 Read the passenger security regulations and check your answers in Exercise 1.

### Passenger security regulations

- Each passenger is restricted to one item of cabin baggage with a maximum size of 56 cm x 45 cm x 25 cm. Other bags, such as handbags, may be carried within the single item of cabin baggage.
- All liquids should be put in hold baggage. This includes water and other drinks, creams, sprays, pastes and gels. Liquids, gels and aerosols are only allowed in individual containers of 100 ml, which must fit comfortably in one, transparent, resealable bag no larger than 20 cm x 20 cm. The bag must be presented separately for examination at airport security.
- One lighter per person may be taken through the search point but must not be placed into the cabin bag after screening – it must be carried on the person for the entire flight. Lighters are not authorized in hold baggage.
- Essential medicines may be permitted in larger quantities above the 100 ml limit but are subject to authentication. Passengers are obliged to bring supporting documentation from a qualified medical professional.
- Liquid baby food or sterilized water can be taken through airport security. The accompanying adult will be required to verify by tasting.
- Laptops and other large electrical items have to be removed from cabin baggage and screened separately.
- Security personnel are not permitted to deviate from these regulations. While you are being searched, do not joke about having a bomb or firearm in your possession. Penalties can be severe and include the possibility of being sent to prison and/or fined.