

## Unit 1

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**Interviewer:** I have traveled to Southeast Asia to learn more about the food they grow in this part of the world. Here in Vietnam, the rice crop is extremely important. And today, we're going to talk to a rice farmer.

Thank you for talking with us today. I know you're very busy.

**Farmer:** Yes, I am, but I'm happy to answer your questions.

**Interviewer:** Wonderful. First, what are those people in the rice paddy doing?

**Farmer:** They're putting the young rice plants in the ground. That's because we don't plant seeds like other farmers.

**Interviewer:** Really? Why not?

**Farmer:** It's simple—we get a much larger crop if we start with young plants.

**Interviewer:** And why is there so much water in the rice paddy?

**Farmer:** That's part of growing rice. We need a warm climate and a lot of water. We're getting a lot of rain this year, and that's good news for rice farmers. Plenty of water will be available.

**Interviewer:** I see. And what happens next?

**Farmer:** Well, the rice grows, of course. Then we have to get the water out of the rice paddy. We let the water run out, and then the rice dries.

**Interviewer:** And when the rice is dry, what happens next?

**Farmer:** Then we cut the rice plants and clean them.

**Interviewer:** It's a lot of work, isn't it?

**Farmer:** It is a lot of work, but we grow a lot of rice, and that rice is prepared in people's kitchens and becomes part of our families' meals. It's a very important part of the diet in this part of the world.

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1. We're eating dinner now.
2. Her favorite dish is chicken with rice.
3. Farmers work on weekends and holidays.
4. Paul and I don't like fish very much.
5. Coffee grows well in Colombia.
6. Rain falls in all seasons where I live.

4

**Albert:** You should try this! My aunt made it.

**Mary:** Mmmm... Delicious! What is it?

**Albert:** It's called *couscous*. It's made from wheat.

**Mary:** And what's this on top of the couscous?

**Albert:** Mostly vegetables and some kind of sauce.

**Mary:** How did your aunt learn to cook it?

**Albert:** Her great-uncle married a woman from North Africa. That's where couscous is from. They always ate it on special occasions.

**Mary:** What an interesting family history!

**Albert:** Yeah, and a great family recipe.

## 5 The Paleo Diet: Natural and Healthy?

Modern supermarkets give us many choices. There are colorful fruits and vegetables, fresh fish and meat, many kinds of bread, eggs, yogurt, and cheese. But at the same time, people in the modern world are experiencing health problems, such as diabetes and heart disease. Could the food we eat be causing some of these problems?

One explanation for modern health problems is that they began when human beings became farmers about 12,000 years ago. Around that time, people started growing and eating crops such as wheat and rice. Some people believe that returning to an earlier way of eating—a “paleo diet” that includes only meat, fish, and fruits and vegetables—might be a solution to our modern health problems.

A paleo diet is special because it doesn't include grains, dairy foods, or legumes such as peanuts or beans. For many of us, it is not possible to prepare our favorite dishes without these ingredients. But people who follow a paleo diet only eat foods people ate before farming began. They believe this is a more natural and healthier way to eat.

For Dr. Peter Ungar, the truth is not so simple. In human history, people have eaten a wide variety of foods. Early human beings lived in different places with different climates, so many kinds of food were available to our ancestors—including some grains—even before farming began. Dr. Ungar says our ability to eat in many different ways and to be healthy whether we live in the Arctic or in the tropics is the important thing. One thing is certain, though: If you do decide to try a paleo diet, remember that your meals might actually have less variety than the meals of your early ancestors.

## Unit 2

### 6 Conversation 1

**Ken:** Hi, my name is Ken Tanaka.

**Lisa:** It's nice to meet you. I'm Lisa Ortiz.

**Ken:** Nice to meet you, too, Lisa. So... are you studying English here?

**Lisa:** No, not this term. I'm taking a computer class.

**Ken:** Really? Which class?

**Lisa:** I'm taking the website design class. The teacher's name is Mr. Carter. I haven't met him yet, though.

**Ken:** I've heard that he's a great teacher. One of my friends took his class last year.

**Lisa:** That's good! It's a difficult subject, but it's really interesting. What about you? What are you studying?

**Ken:** Well, this term I'm taking Advanced English Writing.

**Lisa:** Wow! That sounds difficult, too!

### Conversation 2

**Nancy:** Hi. Are you the new neighbor?

**Maria:** Yes, I am. My name is Maria Andrews. I'm in apartment 7C.

**Nancy:** Nice to meet you, Maria. I'm Nancy Chun. I live in 7A.

**Maria:** Nice to meet you, too. So, have you lived here long?

**Nancy:** Oh, about ten years.

**Maria:** Wow! I guess you really like this part of the city!

**Nancy:** It's a great place to live. There are lots of stores, and the park is so relaxing.

**Maria:** Are there any good restaurants near here?

**Nancy:** Sure! What kind of food do you like?



1. I have            I've
2. you have        you've
3. we have         we've
4. they have       they've
5. she has          she's
6. he has           he's
7. it has            it's



1. I've never gone skiing.
2. He's been to Colombia three times.
3. Linda has taken a scuba diving class.
4. They have already eaten breakfast.
5. We've had three tests this week.
6. Michael has found a new job.



**Tom:** Excuse me. Are you in my history class?

**Rita:** Yes! I saw you in class yesterday. I'm Rita.

**Tom:** Hi, Rita. I'm Tom. Is this your first class with Mr. Olsen?

**Rita:** Yes, it is, but I've heard good things about him. What about you?

**Tom:** I've taken his classes before, and they've always been good.

**Rita:** That's great. Have you already done the homework for tomorrow?

**Tom:** No, not yet. How about you?

**Rita:** Not yet. Maybe we can call each other to talk about it.

**Tom:** That's a great idea! I'll give you my number.



## Endangered Languages

There are around 7,099 languages in the world today. However, most people speak the largest languages: Chinese, Spanish, English, Hindi, Russian, Arabic, and others. So what about the smaller languages? According to the UNESCO Atlas of the World's Languages in Danger, around one third of the world's languages now have fewer than 1,000 speakers. We may soon lose those languages completely. In fact, 230 languages became "extinct" between 1950 and 2010.

Unfortunately, when we lose a language, we also lose culture and knowledge. That's because people in different places have different ways of living and thinking. One example of this is the Tuvan language of southern Siberia. Tuvan people depend on animals for food and other basic needs. Their language shows this close connection between people and animals. The Tuvan word *ezenggileer*, for example, means "to sing with the rhythms of riding a horse." And the word *ak byzaa* is "a white calf less than one year old."

In some places, people are working to save traditional languages. Many schools in New Zealand now teach the Maori language. This helps connect native New Zealanders to their Maori culture. And in the United Kingdom, Welsh is spoken by around 500,000 people in Wales. The Welsh government is working to increase that number to one million by 2050.

Technology could be another important way to save endangered languages. National Geographic's Enduring Voices project has created "talking dictionaries." These dictionaries are the recorded voices of people communicating with each other. All of them are fluent speakers of endangered languages. And because these dictionaries are available to anyone on the internet, people now and in the future can learn some of the vocabulary, the greetings, and the grammar rules of past languages.

## Unit 3



**Interviewer:** Hello, and welcome to "City Scene." I'm here in Paris—at a very unusual park. It's called the Jardin Nomade, and it's in a crowded and busy part of the city. Today we're talking to Isabel Dupont, one of the organizers of the park. Isabel, what makes the Jardin Nomade unusual?

**Isabel:** Well, our park is unusual because it's so *small*. It was just a piece of empty land between two very busy and noisy streets. We wanted a park in our neighborhood because we wanted a place to grow flowers and vegetables. So, in 2003, the city government helped us to design and start the park.

**Interviewer:** It looks great!

**Isabel:** Thanks, we have 54 small gardens here. Families grow things like tomatoes, beans, and lettuce in their gardens.

**Interviewer:** That sounds wonderful! Has the Jardin Nomade changed the neighborhood?

**Isabel:** Yes, it really has. In the gardens, we have gotten to know our neighbors. Now the park is a meeting place for everyone in the neighborhood! And every month, we have dinner in the park one night. People leave their apartment buildings, and we meet here.

**Interviewer:** Do you and your neighbors do the cooking for those dinners?

**Isabel:** Oh, yes. Usually we cook soup together—vegetable soup! All the neighbors bring tables and chairs to the park, and we have a great time. More than a hundred people come to the dinners.

**Interviewer:** There are a lot of people here in the Jardin Nomade today. But nobody is working in the gardens.

**Isabel:** Well, it's February now, so we can't grow any flowers or vegetables. But there are kids playing and neighbors talking together. People use the park all year.

**Interviewer:** It *is* a nice place. Maybe I'll come back this spring.

**Isabel:** Yes, you should come back! In April or May, people will start working in their gardens. You know, the city of Paris has a very large population—more than two million people—so we need more parks like this.

**Interviewer:** I agree. Are there any other community gardens in Paris now?

**Isabel:** There are! Right now there are about 40 of these community gardens in Paris. Our garden was one of the first, so next year, we'll help more people start them in *their* neighborhoods.

🎧 12

1. population
2. transportation
3. pronunciation
4. pollution
5. emotion
6. attention

🎧 13

**Ben:** How do you like living in your neighborhood?

**Sarah:** Well, it has a lot of beautiful old buildings, but there are some problems.

**Ben:** Like what?

**Sarah:** It doesn't have many different stores. There's only one supermarket, so food is very expensive.

**Ben:** That sounds like a pretty big problem.

**Sarah:** It is, but the city is building a new shopping center now. Next year, we'll have more stores.

🎧 14

**Sofía:** What a great day it's been!

**Hana:** I agree! When will you come downtown to visit me again?

**Sofía:** Maybe I'll come next Saturday. I want to see the new shopping center.

**Hana:** That sounds good, but I have my yoga-in-the-park class on Saturday mornings.

**Sofía:** Will you be free after you finish class?

**Hana:** Yes. We could have lunch before we go to the shopping center.

**Sofía:** Great! It sounds like another perfect day in the city.

**Hana:** And maybe I can visit you in the suburbs soon.

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## Streets for People

Walking is a great way to get around. For short trips, for exercise, or just for fun, walking can be better than driving or riding. But in many cities, walking can also be dangerous. Cars, trucks, and motorcycles are a danger to pedestrians, and sometimes there are accidents.

David Engwicht, from Brisbane, Australia, wants to do something about this. His book, *Reclaiming Our Cities and Towns*, has a simple message: We need to take back our streets and make them better places for walking.

In the past, Engwicht says, streets belonged to everybody. Children played there, and people walked to work or to stores. Now, however, most city engineers design streets for vehicles, such as cars, trucks, and buses. People stay inside buildings to get away from the crowded sidewalks, the noisy streets, and the dangerous traffic. Unfortunately, this gives them less contact with their neighbors.

Many cities are working to make their streets safer for pedestrians. There are new crosswalks on the streets and more traffic lights and bicycle lanes. The city of Florence, Italy, only allows cars and buses with special permits to drive on its historic city streets. In Boston, US, the Slow Streets program gives some neighborhoods more stop signs and a 20 mph (32 kph) speed limit. These cities hope there will be fewer accidents in the future.

Engwicht travels around the world, helping people think differently about pedestrians, streets, and neighborhoods. Whether we live in a small town or a city with a population in the millions, Engwicht says we should think of streets as our “outdoor living room.” Changing the traffic is just the beginning. In the future, streets may again be safe places for people, and walking will be an even better form of transportation than it is now.

## Unit 4

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**Patient:** Thanks for seeing me today, Dr. Gupta. I really don't feel well.

**Doctor:** I'm glad you came in, then. Let's listen to your lungs first. Take a deep breath.

**Doctor:** And now breathe out.

**Doctor:** Your lungs sound fine. Now I'll listen to your heart.

**Doctor:** Your heart sounds good, too.

**Patient:** It might be something I ate. My stomach hurts a little.

**Doctor:** Hmm. Does it hurt when I press here?

**Patient:** No, that doesn't hurt.

**Doctor:** How about when I press here?

**Patient:** Ow! Yeah, that does hurt.

**Doctor:** You might have a virus. Let's take your temperature. Your skin does feel warm.

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**Speaker A:** I guess I'm pretty healthy. I almost never get sick, and I have a lot of energy to do things I enjoy. I don't really do anything special for my health. I eat a good diet, but sometimes I get fast food when I don't have time to cook. I don't work out at a gym, but I walk, and I like to spend time outdoors. My mother and my grandmothers are healthy people, too. Both of my grandmothers are still living, so it's likely that I will have a long life as well.

**Speaker B:** My exercise routine is going to the gym three or four times a week. It keeps me in shape, and it gets me away from work. Yeah, my job is pretty stressful. There's a lot of pressure on me, and it seems to take all my energy just to get up in the morning and go to work. I do get sick five or six times a year—usually just colds or a headache and sore throat. I got the flu last year and had to miss four days of work. My boss was *not* happy.

**Speaker C:** For me, the key is a vegetarian diet. When I was younger, I ate everything and I felt fine, but then I got older, and I didn't have any energy at all. I read some books about vegetarianism. I started growing my own tomatoes and other veggies, and I started feeling a lot better. I'll probably continue to eat this way for the rest of my life. Some people think you can't be healthy if you only eat plant foods, but actually—you can. You just need a little information and a lot of good recipes.

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1. Watching a sunset is more relaxing than watching TV.
2. This is the best tea for your stomach.
3. My grandfather is a faster runner than I am.
4. Which exercise is the most tiring?
5. You'll need a better reason than that.
6. I like to buy the freshest tomatoes I can find for my salads.

19

**Olivia:** Hi, Ashley. Are you drinking coffee? That's new.

**Ashley:** Hi, Olivia. You're right. I usually don't drink coffee, but I need it today to wake up.

**Olivia:** You do look tired. Did you get enough sleep last night?

**Ashley:** No, I was worried about today's test, so it was hard to fall asleep.

**Olivia:** Come on. Let's go for a walk.

**Ashley:** Go for a walk? Why?

**Olivia:** To wake you up and to get some oxygen to your brain before the test.

**Ashley:** That's a good idea. Where do you want to go?

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## Attitude Is Everything

Kelly McGonigal is a health psychologist with some good news: Stress may not be the enemy of good health. McGonigal came to this conclusion after looking at three important health studies. In the first study, researchers at the University of Wisconsin asked 30,000 adults how much stress they had experienced during the past year. They also asked whether the participants thought this stress was harmful to their health. Eight years later, one group of participants was 43% more likely to have died—the people who had a lot of stress and believed that stress was bad for them. Those who had a lot of stress but did not believe it was harmful actually had the lowest risk of dying!

According to McGonigal, the way we think about stress is important because, “Your body believes you.” In fact, our mind and attitude can have beneficial effects on our health and may help prevent some kinds of serious illness. In a study at Harvard, researchers taught participants to believe that signs of stress—a faster heartbeat, for example—were the body's way of preparing them to meet a challenge. Under stress, most people's blood vessels become narrower. That makes it harder for blood to flow and may contribute to heart disease. But the blood vessels of the study participants stayed open and relaxed, simply because they thought about stress in a different way.

McGonigal also points to a study of the connection between stress and human contact. Researchers from the University at Buffalo studied people who had experienced very stressful events during the past year. Surprisingly, if they had spent a lot of time helping others, they had no increased risk of dying. Compare that to a 30% increase for those who had not helped others. It seems that enjoyable activities such as giving a friend a ride or babysitting a neighbor's child can help us stay healthy even under stress.

## Unit 5

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**Female:** Hi, Tim... Oh! Sorry to interrupt!

**Male:** That's OK. I needed to take a break.

**Female:** Were you working on your presentation?

**Male:** Yeah, I'm doing my presentation on Jenny Daltry. She's a wildlife conservationist and ecologist.

**Female:** So she studies animals and the environment, right?

**Male:** Right. Daltry studies endangered species—different kinds of animals and plants—and their place in the environment. She's worked on conservation projects in Southeast Asia and in the Caribbean.

**Female:** We're supposed to learn about someone who has faced challenges...

**Male:** And Daltry has faced some real challenges! In Cambodia, she was looking for a kind of crocodile—the Siamese crocodile—and most scientists thought it was extinct.

**Female:** Extinct? Is it even possible to find extinct animals?

**Male:** Well, Daltry walked into areas where *nobody* ever went, and she found a large group of the crocodiles, 200–300 of them, living in the wild! Then her next challenge was to convince people that this animal—and it's *not* a cute animal—was a significant part of the natural world, an animal we should think about and care for.

**Female:** And has that been good for the crocodile?

**Male:** Absolutely! As a result of Daltry's discovery of the Siamese crocodiles and many other rare and important species, the Cambodian government decided to protect three million acres of forest.

**Female:** That's wonderful!

**Male:** Yes, and in the Caribbean, an island called Antigua has a small snake called the Antiguan Racer. It was almost extinct, too, but Daltry led a snake conservation project.

**Female:** And how is the snake doing now?

**Male:** Well, although there are still challenges, they're making progress. The snake is doing better now.

**Female:** So that's quite an achievement! She saved an animal species, and it's an animal that most people don't even like.

**Male:** That is part of the problem—people sometimes kill the snakes, and rats also kill and eat the snakes. Even the weather is hard on the snakes... hurricanes and other storms.

**Female:** That seems like a lot to deal with!

**Male:** I think you're right.

**Female:** Well, you chose an interesting person for the assignment. Is there anything else you learned about besides crocodiles and snakes?

**Male:** Yes, one more species, and that's a kind of tree that grows in the Caribbean. It's called the *lansan* tree.

**Female:** A kind of tree? Is it also in danger of going extinct?

**Male:** It is. In fact, it's already gone on many of the islands. People cut off the outside of the tree to get its *sap*, the liquid inside the tree.

**Female:** Oh, like they do with rubber trees.

**Male:** Exactly, only this tree sap smells good, and people burn it for special occasions. But when people make those cuts in the trees...

**Female:** The trees can die, I suppose... So is there another conservation project happening?

**Male:** Yes, they tried several different ways to get the tree sap. They found the best way, and it doesn't hurt the trees.

**Female:** That's great! Well, I'll let you get back to your work.

**Male:** All right—have a good day.

**Female:** You, too!



22

1. help            helped
2. listen          listened
3. start            started

23

1. convince        convinced
2. protect          protected
3. discover         discovered
4. need            needed
5. close            closed
6. walk            walked

24

**Lisa:** Do you know what I want to do next summer? My goal is to climb Black Mountain.

**Mari:** Are you serious? Black Mountain is too hard to climb. Don't you need special equipment?

**Lisa:** I already asked about it. I just need good boots.

**Mari:** And you're not strong enough to climb a mountain!

**Lisa:** You're right. I can't do it now. But I'll go hiking every weekend. Next summer, I'll be fit enough to climb the mountain.

**Mari:** Well, I like hiking. I'll go with you sometimes!

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## Making a Difference: Bali

It started with a lesson at their school about significant people. Two sisters, Melati and Isabel Wijsen, were only 10 and 12 years old at the time. They were inspired after learning about people such as Mahatma Gandhi, Princess Diana, and Nelson Mandela. So they asked themselves: What can two girls in Bali, Indonesia do to make a difference in the world?

The answer was all around them on the island. When they walked to school or swam in the ocean, they saw plastic garbage. Empty water bottles, plastic cups, and straws seemed to be everywhere. In fact, like many places, Bali produces an enormous amount of plastic garbage every day. That includes the thin plastic bags that many shops give to their customers. When the girls learned that those bags had already been banned in several countries, they decided it was a good place for them to start. "If they can do it, we can do it," says Melati.

The result is a youth organization called Bye-Bye Plastic Bags. Their goal, for now, is to make one village completely plastic-free. In order to achieve that goal, they bring reusable shopping bags to local shops every Saturday. They have also taken several other steps; for example, creating booklets to educate children about the garbage problem, making devices to collect plastic from streams and rivers, and convincing many hotels and restaurants to reduce waste. Isabel points out that, "You can't do it by yourself." Now, the team of young people in Bali have been joined by several global teams working to reduce plastic garbage in countries around the world.

Melati and Isabel attend Green School Bali, where students are taught to become the leaders of today. The sisters decided they did not want to wait until they were adults to become significant people. Although the challenge of dealing with plastic garbage is huge, these young people in Indonesia are making progress and making a difference.

## Unit 6

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**Woman:** Thanks for coming over to help me.

**Man:** Oh, you're welcome. I'm happy to help a friend.

**Woman:** I really appreciate it. I never *used to* worry about my money. I mean, having a savings plan and doing my taxes... But now that I'm an adult and I have a career, I need to think about these things. I suppose it had to happen eventually!

**Man:** That's interesting... You think of yourself as an adult.

**Woman:** Well, sure! I've finished my education, and even before graduation I had started working.

**Man:** Sure, I realize you have achieved a lot, and you're moving in a good direction financially.

**Woman:** So, why am I not an adult?

**Man:** Well, maybe you *are*, but it's different for me. I grew up in China, and I have a different idea about adulthood.

**Woman:** So, when do *you* think someone becomes an adult?

**Man:** For me—and for a lot of Chinese people—you're an adult when you can take care of your parents. I think the relationship between parents and children is different for us.

**Woman:** Do you mean take care of your parents financially—to pay for everything? Because in the future, I *know* my parents will need my help.

**Man:** Yeah, they probably will. If your parents ever have health problems, for example, you'll have a lot of opportunities to help them.

**Woman:** Right, or they might need help with cooking or cleaning, but my parents have their *own* money. They don't need *me* for that.

**Man:** That's the difference, I guess. You have a positive idea about helping your parents in other ways, and I have a positive view of helping my parents with money.

**Woman:** That's really interesting!

**Man:** And speaking of money...

**Woman:** Right. Here are my tax forms and my bank information. You really are nice to help me with this.

**Man:** I'm just helping you develop the skills. You'll be able to do this yourself next year.

**Woman:** Thanks again—I owe you one.

**Man:** Don't mention it.

27

1. infant
2. lettuce
3. children
4. population
5. adult

28

1. alone
2. lesson
3. person

4. banana
5. parents
6. paper
7. challenge
8. language
9. national
10. chicken

 29

**Andrea:** Did you hear the big news? Jamal is getting his own apartment!

**Kim:** Seriously? But he's 19! That's too young to get your own place.

**Andrea:** Oh, I don't know about that.

**Kim:** Do you think he's old enough?

**Andrea:** Well, he's mature, and he's had a part-time job since he was 17.

**Kim:** That's true... but I think he should wait a few years.

**Andrea:** Really? What do you think is the best age to live on your own?

**Kim:** I think people should get their own place after they've finished college.

**Andrea:** That's a good point. I plan to live with my parents while I'm in college.

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**Mrs. Ryan:** My son Erik just got his first credit card.

**Mrs. Chen:** Is that a good idea? He's still a college student.

**Mrs. Ryan:** That's true, but he has always been careful with money.

**Mrs. Chen:** Really? How careful is he?

**Mrs. Ryan:** He's very careful. In high school, he saved enough money to buy a computer.

**Mrs. Chen:** Then maybe he is ready to get a credit card.

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## Innovation in Africa

When you think of the innovative use of technology, countries in Africa might not be the first places you think of. But Africa is the home of many of today's innovators, and their inventions are improving people's lives. South African journalist Toby Shapshak says that, "People are solving real problems in Africa." And quite often they are solving those problems using inexpensive cell phones.

When Shapshak talks about "real problems," he means the kind of problems that prevent people from accomplishing some basic things in life, such as paying bills or buying groceries. The M-Pesa payment system, for example, is a convenient way for people to pay for things without a credit card. It began in Kenya and was later launched in Tanzania. It handles approximately \$25 million in payments every day.

Another cellphone-based service called iCow sends its users daily information about how to care for dairy animals. This creative use of technology is very helpful in Kenya, where dairy farming is an important industry.

In the Republic of Ghana, an African inventor named Bright Simons developed a way for consumers to check the freshness of prescription medicines. People buying a medicine simply send a set of numbers from the package to an SMS number. They then receive a message with information. This lets them know if the medicine will be effective. The technology works, and it can save lives.

Perhaps the best part about all three of these services is that they use SMS technology. This means that they work with any cell phone and that having an expensive smartphone is not necessary for using them.

Shapshak asserts that true innovation isn't happening much in other parts of the world since people are too busy playing video games or using social media. Inventions that are improving and even saving lives in Africa are ideas that can benefit people everywhere. Says Shapshak about the people there, "I don't believe that the gold is under the ground. I believe we are the gold."

## Unit 7

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**Woman:** How are your classes going?

**Man:** Oh, the classes are fine. Everything else, though...

**Woman:** What's going on?

**Man:** I guess university life isn't quite what I expected. When I'm not in class, I'm doing homework. I barely have time to spend with my friends—or even to sleep!

**Woman:** I know it's hard, but you're a university student now! It's a lot of work!

**Man:** Right, but I had a *lot* more free time when I was living at home. I didn't have as much homework then, and I guess a lot of things were done by my mum. My clothes were always washed for me, and my meals were always ready without me doing anything!

**Woman:** And you got to go out and have fun, right? Well, that must have been nice. I read somewhere that—according to a survey—here in the UK, universities are often chosen based on social factors, not on academics, and that surprised me!

**Man:** Why did it surprise you?

**Woman:** In India, we're more focused on academics and our future career. Instead of choosing a school where I could have had a good social life, I chose this one.

**Man:** OK, but what kind of life are you living while you're here? How about the amount of work you're doing? How often do you get to spend quality time with your friends?

**Woman:** It's not a big problem for me, and it's not forever. I'm happy to study hard for a few years and do what I need to do. Then later—when I have a great job—I can go back to my usual routine and have more fun with my friends.

**Man:** That's a good point, I suppose. We don't have to live this kind of lifestyle forever.

**Woman:** Exactly! Just stay focused on the wonderful, satisfying life you'll have in the future.

**Man:** Yeah... if only there were some way to reduce the amount of homework I have and increase the amount of free time I have...

**Woman:** It's not going to happen! You're a college student now!

**Man:** You're right, and I really don't want to waste my time while I'm here. I came here to learn!

**Woman:** That's right!

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1. He wants an active social life.
2. We have a lot of homework.
3. I'm saving money for a new computer.

4. You should think about the future.
5. My family needs the money I make.

 34

**Lance:** Gary, do you think people's lives are improved by money?

**Gary:** It depends. Some people don't have enough money to buy necessities. Their lives are definitely improved by having more money.

**Lance:** What about other people?

**Gary:** Well, when you have enough money for the basics, I think your life can be improved by education.

**Lance:** Interesting! Is your education improving your life?

**Gary:** Sure. I hope to get a good job someday because of my education.

**Lance:** For me, though, my life would be improved by having a nice car.

**Gary:** OK, but nice cars cost money. So, you need to get a job first.

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## A Zero-Waste Lifestyle

In the United States, throwing away a lot of trash is not unusual. The average American produces around 1,500 pounds, or around 680 kilos, of trash each year. On the other hand, everyone has choices when it comes to their lifestyle, and the US is also home to people like Kathryn Kellogg. She and her husband live in California, and they throw away very little. In fact, the amount of trash they produced in two years—every bit of waste that they could not recycle, reuse, or turn into compost—fit into a small glass jar.

Kellogg writes a popular blog called Going Zero Waste. Her blog posts encourage others to make better choices and live better lives. She reports that she and her husband are saving around \$5,000 a year at the grocery store. Instead of buying prepared foods and commercial cleaning products, they buy fresh foods that they cook themselves and make their own cleaning products. They even make their own deodorant and skincare products.

The real goal of going zero waste, however, is not just to save money. For another couple who call themselves Mr. and Mrs. Frugalwoods, the goal is to enjoy life more and spend more quality time together as a family. Their blog, Frugalwoods, includes articles about buying less and saving money, but also about growing food at their home in Vermont and raising their baby girl. Mrs. Frugalwoods says that their daughter, "...is our mini gardener/hiker who adores being outside in nature with her parents every season of the year."

Many people would like to waste less—less money, less plastic, less food—and the internet is full of ideas to help them. A quick search will find stories that include making compost from banana peels, recycling old clothing, and reducing waste while traveling. There are people living zero-waste lifestyles and blogging about it not only in the US, but in many other countries as well. For all of these people, choosing to live a zero-waste lifestyle is about using less and throwing away less, but also about living a happier and more satisfying life.

## Unit 8

 36

The bluefin tuna is one of the most amazing fish in the world. It's a different species from the tuna that you buy at the store in cans. A bluefin tuna can grow to be 12 feet long, and it can weigh more than 1,500 pounds. It's a beautiful fish, too, silver-colored with marks of yellow and blue. With its strong body, it can swim more than 25 miles an hour, and it can live for up to 30 years.

Unfortunately, the bluefin tuna is also delicious because it has a lot of fat in its body. In Japan, people use it to make sushi, and in Europe, people love to cook big pieces for tuna steaks. Every year, fishing boats catch more and more of these fish, and now they are in danger of disappearing. If the boats catch too many big bluefins, there won't be any young fish in the future.

In the past, bluefin tuna lived in the Pacific Ocean and Indian Ocean. But in the 1990s, almost all of these fish were caught. Only 10 percent of the original population of bluefins was left. So, the biggest fishing boats moved to the Mediterranean Sea, and now they catch up to 60,000 tons of bluefin tuna there every year.

There are international rules for fishing, but these boats don't follow the rules. They catch too many fish, and they harm the environment. If the big boats destroy the fishing in the Mediterranean, many poor people will lose their work. Some scientists say that we should stop catching bluefin tuna for several years so that the population of tuna can grow again. If this amazing fish disappears, the seas will lose a great treasure.

37

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1. A bluefin tuna | can swim very fast | and live a long time.
2. In Japan, | people use it | to make sushi.

40

1. If they catch | all the big fish, | the species | won't survive.
2. The bluefin tuna | is also | delicious.
3. There are | international rules | for fishing.
4. Bluefin tuna | lived in the | Pacific Ocean | and the Indian Ocean.
5. It is important | to try to understand | how our actions | affect nature.

41

**Dan:** I didn't know you worked at the wildlife rescue center.

**Carmen:** I'm really interested in conservation, so I started helping there last year. It's hard work, but I see some amazing animals. The vet brought in a beautiful deer this morning. It was badly injured.

**Dan:** Oh no, what happened to it?

**Carmen:** A car hit it on the highway last night.

**Dan:** So, what did you do?

**Carmen:** Well, the vet checked the deer carefully, and she found it has a broken leg.

**Dan:** If she recovers quickly, will she go back to the wild?

**Carmen:** We hope so.

## 42 Making a Difference: Small Changes

Human actions are affecting the environment, and if we don't try to change things, we will lose more and more of the natural world. Even though it is hard, we can make a difference. Each small change is important, and luckily more individuals and organizations around the world are becoming involved in conservation projects.

In Madagascar, a fisherman named Samson has become a voice for the ocean and is helping his community take better care of its local waters. He and the other fishermen realized that they were catching fewer and fewer fish every day. They were overfishing. Working with the World Wide Fund for Nature (WWF), Samson learned that they had to fish more carefully. He realized that they shouldn't catch so many young fish because if there are too few of them in the ocean, there won't be enough adult fish to reproduce. Samson now works with his community to help fishermen change their techniques so that fishing can be sustainable. He believes that protecting the ocean is everybody's job. As he says, "Take your responsibilities with courage and never think that you are alone. We are all in this together."

On the other side of the world, in Florida, in the US, the Sea Turtle Conservancy (STC) organization noticed that there were always a lot of single-use plastic items, like coffee stirrers, bottles, and drinking straws, on the beaches. All of these items can hurt the ocean wildlife terribly. Straws are especially dangerous for turtles because they can get stuck in turtles' noses and hurt them very badly. So, the STC started the project "Where are the straws?" asking local restaurants to stop giving customers straws with their drinks. Now, many restaurants will only give straws if customers ask for them, and the straws they do give out are paper, not plastic. If we don't use plastic straws (or other single-use plastic items), there will be less plastic pollution in the oceans. Not using plastic straws is just one way each of us can contribute to protecting ocean wildlife.

Those are just two of the many conservation efforts found all over the world today. Mexico, for example, has successful projects for sea turtle protection similar to that of Florida, and Costa Rica has its own very effective ocean conservation initiatives. These projects all show us that change is possible and that it can start with small actions in our own community. We are part of the problem. It's time to be part of the solution.

## Unit 9

 43

**Sue:** Why did people use to travel by horse?

**Aki:** Well, there didn't use to be other transportation.

**Sue:** OK, but did everyone use to travel that way?

**Aki:** No, in some parts of the world they used to use camels, not horses. Why are you so interested in how people used to travel?

**Sue:** I'm writing about transportation in the past for my history class.

44

**Narrator:** Imagine living at the top of northern Europe—in the cold, snowy land that extends from Norway across parts of Sweden, Finland, and Russia. It's the land of the Sami people, and it stretches to the north, far beyond the Arctic Circle.

Traditionally, the Sami people depended on reindeer for much of their food, clothing, and protection from the cold. Instead of living in one place, the Sami people used to follow large groups, or herds, of reindeer as they searched for food. When the reindeer stopped, the Sami people put up tents to sleep in—tents made from reindeer skins.

These days, only a few Sami people herd reindeer in this way, and only a few still speak the Sami language. Some Sami people still raise reindeer, but now they feed the animals on farms with fences so the reindeer can't escape. And like people everywhere, many Sami people don't want to live in traditional ways. They want to explore the world, attend a university, and choose a career for themselves.

For families that maintain a traditional lifestyle, however, life without reindeer is difficult to imagine. They've had to adapt to new technology and new laws for land use, driving long distances in off-road vehicles to make and repair hundreds of miles of fences. Despite these changes, though, the work they do, the food they eat, and the customs they maintain are nearly the same as they have been for thousands of years for the Sami people.

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1. The Sami people used to follow their herds of reindeer.
2. They used to sleep in tents.
3. They used to make the tents from reindeer skins.
4. Did the Sami use to raise sheep?
5. No, they didn't use to raise sheep, only reindeer.

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**Luisa:** Hi, Carl. Can I ask you a question?

**Carl:** Sure. Go ahead.

**Luisa:** What do you know about how mail used to be delivered?

**Carl:** Do you mean letters and packages? Well, I guess they were taken on horseback to places in the same country, and by ship to other countries.

**Luisa:** Right, so it used to take a really long time.

**Carl:** Oh yes! When the telegram was invented in the 1800s, people were finally able to send messages quickly.

**Luisa:** Then, in the 20<sup>th</sup> century, when the internet was developed, everything changed in communication!

**Carl:** Definitely! But why are you asking me about mail delivery?

**Luisa:** I'm giving a presentation in my history class on how communication has changed over the years. I was just practicing for it!

**Carl:** Well I hope I helped! Good luck!

**Luisa:** Thanks, Carl!

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## The Silk Routes

Most of us have heard of the Silk Road, and we probably imagine one long road that made its way from Europe to China, providing opportunities for trade between the West and the East centuries ago. However, it was actually a network of roads, or routes. Marco Polo described these routes in the book that was published about his travels, but he didn't give them the name we use today; a 19<sup>th</sup>-century German traveler,



Ferdinand von Richthofen, began using the terms *Seidenstrasse* (silk route) and *Seidenstrassen* (silk routes).

The Silk Routes were used regularly by merchants in caravans of horses and camels between 130 BCE and 1453 CE, but traveling along them was challenging. The routes ran 6,400 kilometers (4,000 miles) from China all the way to western Europe and passed through many different countries and types of geography, including mountains and deserts. There was also the risk of meeting robbers on the way. But even though there were dangers, many goods were transported in both directions.

The routes were safest during the 13<sup>th</sup> century, when Genghis Khan's Mongol Empire controlled them. Genghis Khan was a strong Mongolian soldier and leader. He created a unified Mongolia and a huge empire all the way across Asia. Thanks to Khan, the Silk Routes became safer. Years later, under the rule of Khan's grandson, Kublai Khan, Marco Polo was able to make his famous journey.

From Polo's writings, we know of some of the goods merchants traded from country to country. Chinese silk is obviously the most well known and gives the road its name, but there were many more. From East to West, trade included tea, spices, rice, paper, and gunpowder, among others. From West to East, some examples are horses, honey, the grapevine, glass, and animal furs.

The exchange of goods was, of course, very important, and the arrival in the West of paper, gunpowder, and spices, in particular, had a huge influence on life there. But beyond goods, the Silk Routes were also responsible for the exchange and sharing of forms of culture between all of the civilizations along the routes. Art, religion, philosophy, and language, as well as knowledge of science, architecture, and technology, were exchanged as travelers and merchants made their trips through the different countries. The exchange wasn't all positive, however. It's possible, for example, that the Black Death plague in Europe in the 14<sup>th</sup> century was carried from Asia to the West along the Silk Routes.

Nowadays, goods are transported around the world by planes, trains, and ships, but the Silk Road has not been lost. Along the routes there are many UNESCO World Heritage sites, such as the beautiful town of Samarkand, Uzbekistan, which is described as a crossroads of cultures. Today, travelers from around the world take tours to different places along the routes to visit these sites and to experience the different cultures along the Silk Road.

## Unit 10

48

**Ed:** So, Peter, are you and Maya ready for our trip?

**Peter:** We will be! But first Maya has to get a new passport, and I have to apply for the visa.

**Ed:** You need to get started! You don't have to go to the embassy for the visa, you can get it online. I booked our hotel online, too. It's so much easier!

**Peter:** OK, thanks for the tip!

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**Interviewer:** Today's topic is vacations, and we're asking people about their plans for their next trip. May I have your name?

**Carla:** Carla.

**Interviewer:** And where are you going for your next vacation, Carla?

**Carla:** Well, my vacation isn't until September, but I'm really excited already. I'm going to Italy! I've wanted to go there for the longest time!

**Interviewer:** So, are you planning to go sightseeing there?

**Carla:** Not really. I'm going to a cooking school there for two weeks. I just love Italian food, and I've always wanted to learn how to make it—not just the easy things like spaghetti. We'll have cooking lessons every day and cook all of our meals. I really like to learn something new on vacation. I get bored if I just sit around.

**Interviewer:** Sounds like a great trip! Now let's ask this gentleman—excuse me, what's your name?

**Marcus:** My name's Marcus.

**Interviewer:** Tell us, Marcus, what are your plans for your next vacation?

**Marcus:** I just talked to a travel agent and made my reservation yesterday. I'm going to spend a week in Thailand.

**Interviewer:** Thailand! Sounds great! And what are you going to do there?

**Marcus:** Nothing! I'm going to do absolutely nothing! I'm going to get up late, and lie on the beach, and look at the ocean, and drink cold drinks, and just relax. My job is really stressful, and I don't want to run around during my vacation. One of my friends went to Thailand last year, and he said it was really peaceful, and that sounds perfect for me.

**Interviewer:** Well, we hope you have a great time. We have time for one more person—hi! Could you tell us your name?

**Julie:** I'm Julie.

**Interviewer:** Hi, Julie. Tell us a little about your plans for your next vacation.

**Julie:** Well, I've been saving my money for my dream vacation, and this is the year! I'm going to New Zealand for three weeks.

**Interviewer:** That does sound like a dream vacation! Have you decided on your itinerary?

**Julie:** I'm going to go hiking for a week in a national park and I want to climb two of the most famous mountains in New Zealand. And I also want to try jetboating. You go down a river in a very fast boat. I'm also going to spend a few days scuba diving. I picked New Zealand because it's a great place for adventure sports, and that's what I love to do.

**Interviewer:** Sounds exciting. Well, thanks, everyone! And have a great vacation!

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1. I have to apply for a passport.
2. We have to book our flights.
3. Rosa has to pack her suitcase.
4. They have to check in at six o'clock.
5. Juan has to check his hotel reservation.
6. Do you have to book the tour in advance?

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**Airline agent:** Good afternoon. Where are you flying to today?

**Traveler:** To Bogotá. Here's my passport.

**Airline agent:** Thank you. And do you have any bags to check?

**Traveler:** Just one. And this is my carry-on bag.

**Airline agent:** OK, thank you. Here's your boarding pass. You're in seat 27D. Boarding time is 10:15 at gate 13, but you must be at the gate 30 minutes before that.

**Traveler:** OK, and 27D is a window seat, isn't it?

**Airline agent:** No, I'm afraid it isn't. There aren't any window seats available.

**Traveler:** Oh, I thought I had reserved a window seat when I booked online.

**Airline agent:** I'm sorry about that, ma'am. Is there anything else I can help you with?

**Traveler:** Yes, is there a restaurant after the security check?

**Airline agent:** Yes, there are two. Thank you, and enjoy your flight!



## Four Reasons Why Traveling Is Good for You

Taking a trip can be hard. There may be long lines at the airport, crowds at the security check, and uncomfortable seats at the gate, but traveling—meeting new people, visiting different places, and even eating different foods—is good for us in many ways. Here are four.

### 1. Travel takes you out of your comfort zone

In our daily lives, we generally know where we're going to go, what we're going to do, and who we're going to see. We know where to go and who to ask if we need something, and we know *how* to ask for that something. We're in our comfort zone; we're comfortable. When we travel to a different country, where people might speak a different language, we leave our comfort zone, and sometimes that can be frightening. Things are different, and some things will be challenging. But it's worth it! Challenges help us grow and become more confident.

### 2. Travel is good for your health

Changes in location and breaks from our routine make us feel better. We are stimulated by seeing new places, trying new food, and experiencing new cultures. Also, when we travel, we are often more active, so we do more exercise, even if it is only walking around a new city sightseeing. Traveling can be very motivating and exciting, so it is good for your mind and your body.

### 3. Travel helps you become a global citizen

There are a lot of problems in our world that will cause bigger problems in the future if we don't find solutions. With climate change, pollution, and other environmental issues in front of us, we need to work together as *citizens of the world*, not just citizens of our own country. When you travel, you meet new people, make new connections, and understand the world better. This helps you become a global citizen.

### 4. Travel promotes cultural understanding

When we travel, we can visit museums, art galleries, and festivals, as well as restaurants, cafes, and markets. All these things help us learn about the history and culture of a country and help us understand that people around the world think differently and do things differently. When we travel, we learn about a country, its culture, and its people, and we come home with new understanding. This opportunity to experience other cultures opens your mind and can help you respect others and see your own culture more clearly.

So, whether you go on vacation, take a business trip, or study abroad, travel is good for you. Where will *you* go next?

## Unit 11



**Student:** Thanks for seeing me today, Ms. Carter.

**Ms. Carter:** No problem at all, Marcy. Have a seat.

**Student:** Thanks. I wanted to talk to you about my future. I'm graduating soon, and I still don't know what I want to do with my life.

**Ms. Carter:** That's what I'm here for. Do you have any work experience now?

**Student:** Not really, but I do have some volunteer experience. I went through a training program to become a family assistant at the hospital. I give people information when they come in, and I walk with them to different parts of the hospital. It's a big place!

**Ms. Carter:** That's great! Maybe you should become a health care worker—a nurse or a doctor, perhaps.

**Student:** Actually, I don't think I want to work in a hospital after I graduate. I think I'd like to be a business owner.

**Ms. Carter:** Sure, many people have their own business. But most of them start as employees. They work for a boss, and later, they open their own business.

**Student:** That makes sense. I could get a job, work for a while, and build up my qualifications, and then—who knows?

**Ms. Carter:** That's the idea. Just make sure your job is going somewhere. It should be related to the kind of business you want to get into.

**Student:** You're right. Thanks for the advice, Ms. Carter!

**Ms. Carter:** Any time.

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**Interviewer:** I'm here in Bangkok talking to the owner of New Thailand, one of the best little restaurants I've found here. Mr. Sangumram, when did you open this wonderful restaurant?

**Mr. Sangumram:** I opened in 1998, after my children had started their own careers. I was ready to try something new, and I wanted to be my own boss. Besides, my nephew is a fantastic cook!

**Interviewer:** I agree! This is the best Thai food I've had in Bangkok.

**Mr. Sangumram:** You know, a lot of restaurants here serve Chinese food or Japanese food, but I wanted to serve our native Thai dishes. And I wanted to work close to home. My wife and I live upstairs!

**Interviewer:** That's certainly convenient. Does your wife work with you in the restaurant?

**Mr. Sangumram:** No, she had enough of cooking and serving food when our kids were growing up. I have four employees besides my nephew—two waiters, a dishwasher, and an assistant cook. My wife works as a sales representative for a large drug company.

**Interviewer:** That's great! Now, I have to ask you one more question if that's all right.

**Mr. Sangumram:** That's fine. Ask away.

**Interviewer:** Can I get the recipes for some of the delicious things you cook here?

**Mr. Sangumram:** Oh, sorry! The recipes are top secret.

**Interviewer:** I understand. So it sounds like you really enjoy your work.

**Mr. Sangumram:** Absolutely! This is the best job I've ever had—and I'm the best boss I've ever had!

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1. What do Mr. Sangumram's children do?
2. Does his wife work at the restaurant?
3. What does his nephew do?
4. Does the restaurant serve Chinese food?
5. Where do Mr. and Mrs. Sangumram live?
6. Does Mr. Sangumram enjoy his job?

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**Sam:** What do you want to do when you finish school?

**Isabel:** I'm not sure. What are you planning to do?

**Sam:** I want to do a training program somebody told me about. I'll learn about web design and app development, then I'll be able to get a job in that area.

**Isabel:** That sounds cool. You should definitely do it.

**Sam:** I know, but what about you? Have you asked anybody for advice about career planning?

**Isabel:** No... I should talk to someone, right?

**Sam:** Maybe you should talk to the career advisor at school.

**Isabel:** OK, I'll start planning, I promise!

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## Changing Careers

As technology grows, job profiles change. Consequently, the skills you need are changing and new careers are opening up. In the past, people used to prepare for a career that would lead to a job for life, but now we need to be able to adapt to change.

So, how can we plan our careers? What new career choices can we make? First of all, it is important to be adaptable. Job duties are changing, so we need to be able to learn new skills. We also need to be innovative and creative. This means we need to have new, interesting ideas and think of different ways to do things because that's what employers are looking for. They want employees who can think outside the box and help their companies face the new challenges of the digital age.

However, it is not only employers who are looking for different skills; future employees are also looking for different things. Many young people are worried about social and environmental issues, and they want a career that will help them make the world a better place. So, they are looking for companies that also care about change and social responsibility. They are also looking for flexibility and opportunities to be creative. They don't want a boring job where they will be sitting at a desk in an office all day, every day. They want challenging careers where they'll be doing different things in different places.

So what kind of innovative, exciting careers are there for these new generations? App developer, social media manager, travel vlogger, user experience designer, data scientist, and video and media specialist are some of them.

Let's take a look at a couple of these careers. What does it take to be an app developer? Obviously, you need to be innovative and creative, and understand programming and mobile platforms, but what might make you stand out? For example, you could connect your interest in technology to your interest in environmental issues and design an app to help people create a car pool system at their workplace.

For a travel vlogger, traveling the world is part of the job, but you need to be creative too, because the other part of the job is to take photos, make videos, and write interesting texts about your travels. Companies in the travel and tourism industry will pay to use your vlog as part of their marketing. However, this career is also an opportunity to work for the issues you're interested in. Photographers who travel the world taking photos of nature can use vlogging to help people understand conservation issues.

We've just looked at two new areas here, but from them we can see that job profiles are changing, and new careers are developing. So, if you're planning your career, or thinking about changing careers, remember the importance of being adaptable, innovative, and creative, and the possibilities for taking advantage of your digital skills.

## Unit 12

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**Speaker 1:** Mexico City is my hometown. There's a special holiday in Mexico called the Day of the Dead, and I enjoy it a lot. It's really two days, on November 1<sup>st</sup> and November 2<sup>nd</sup>. On those days, we remember people in our families who have died. We go to the cemetery with their favorite food and drinks. We also bring yellow and orange flowers, so it's very colorful. And we eat sweet bread and special candy. It's shaped like skulls!

**Speaker 2:** I'm from Chicago, in the United States. My favorite holiday is Halloween. It takes place on October 31<sup>st</sup>. My friends and I put on strange costumes and go to all the houses in our neighborhood asking for candy. I always get lots of chocolate and apples. We also like to watch scary movies about ghosts and dead people. It's mostly a holiday for children, but some adults like it, too. They sometimes have parties on Halloween.

**Speaker 3:** I come from Osaka, in Japan. We have an annual holiday in summer when we think about people in our families who died before us. It's called O-Bon, and it's on August 13<sup>th</sup>. It's a time for families to be together. Everyone goes back to their hometown, so all of the trains and buses are really crowded and it's hard to travel. People participate in a special dance. And we make really big fires outside. It's beautiful to see!

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1. Would you like to go on holiday in Mexico, the US, or Japan?
2. Is O-Bon in July or August?

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1. Is the Day of the Dead on November 1<sup>st</sup> or 2<sup>nd</sup>?
2. On the Day of the Dead, do people eat sweet bread, chocolate, or fruit?
3. Is Halloween for children or adults?
4. What do you like the most: the costumes, the candies, or the scary movies?
5. Is O-Bon in August or September?
6. At O-Bon, are there fireworks, bonfires, or both?

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**Mike:** Hi Katie! Congratulations on your new job!

**Katie:** Thanks, Mike. It was a really challenging interview, but I guess I did OK!

**Mike:** Well done! We should celebrate. Would you rather go out or invite a few friends to your house?

**Katie:** I think I'd rather go out for dinner. We can invite Lucia and Ana.

**Mike:** OK. I'll book a table at Italiano's.

**Katie:** Italiano's? I'd rather go somewhere quieter.

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### The Rituals of Life Events

Weddings and births have always been important moments for families and society. Not surprisingly, they involve celebrations and rituals. Apart from the religious rituals in many cultures for both of these events, typical celebrations also include the bridal shower and the baby shower. Many people think of these showers as modern rituals, but in fact both of them have their roots in history.

Bridal showers celebrate the bride, the woman who is getting married, and they are usually organized by a close friend. The people invited are female friends and members of her family. There will be food and drinks, and the women will share stories, express their good wishes, and sometimes give advice. But perhaps the most important ritual is the "showering of gifts," when the guests all give presents to the bride-to-be.

This tradition of giving gifts to the bride is believed to have begun in Holland in the 16<sup>th</sup> century. The story is that the daughter of a rich man fell in love with a poor man, but her father didn't want her to marry him. He refused to give her a dowry if she married the poor man. So her friends and family and people from the village all gave her gifts so that she could get married. Since then, it has been a custom for the bride to receive presents from her family and friends before her wedding. However, the word *shower* wasn't used until the 18<sup>th</sup> century when it became popular to put the gifts in an open paper parasol and "shower" them over the bride.

Turning to baby showers, in Ancient Greece and Egypt, mothers were always accompanied by a group of women during and after the birth. One of their rituals was to offer gifts to the goddess of birth after the baby was born, as well as give useful gifts and food to the new mother. Pregnant women continued to be celebrated over the years, and in the 19<sup>th</sup> century the celebration developed into a tea party with gifts and games, after the birth of the baby. Finally, in the 20<sup>th</sup> century, after the Second World War, baby showers became more like they are today. Friends and family organize a shower before the baby is born, and people give the mother-to-be practical gifts to help her and the baby. The gift giving and the fun games are two customs that remain part of the baby shower ritual.

Nowadays, both celebrations often involve men, too. At a wedding shower, close friends and family sometimes celebrate the couple together before their marriage. And at a baby shower, both future parents might be there. There may also be male guests. Although the way we celebrate these important moments has changed over time, baby showers and bridal or wedding showers are part of the rituals surrounding these two important life events.