

THE EN[®]

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Teen People



Rupri Kaur

Our Planet Fresh Water - The Water of Life



In this issue look out for:

- present perfect (for past actions that continue to the present)
- adjectives
- expressing statistics
- words and phrases of time
- expressing quantity
- future in the past
- language of business and internet retail
- the hypothetical



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Welcome

Hello everyone! Welcome to the last issue of Teen before we break for the summer. We get ready for fun in the sun with a look at laughter, think about ways to earn money from your kitchen table, and we go forward in time to wonder how one day humans might colonise space. Coming back down to Earth, we find out how our lives have improved in the last two hundred years, understand how precious fresh water is to us, and get to know a young poet who has earned international success through social media. There's a whole world of news and ideas (and a bit from outer space), with plenty of activities to help your learning.

Have fun,

Liz

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Around the world



World Bee Day

World Bee Day was set up by the United Nations as recently as 2017. It is celebrated on 20 May to honour* beekeeping* pioneer* Anton Jansa who was born on this day in 1734. Why are bees so important? Quite simply, they are the world's pollinators*. Bees go inside flowers to drink the sweet nectar. In the process they get covered in pollen, which they transfer between plants. This fertilises the flowers which can then produce seeds. Unfortunately, bees are under threat from pollution, pesticides and other human activities. World Bee Day reminds us how important these industrious* insects are. Without them we wouldn't have plants to eat! We

need to protect the bees from many of the chemicals we spray on our crops, and stop destroying biodiversity* and ecosystems, which are a fundamental part of

life on Earth. World Bee Day helps us to remember that our lives, and the lives of every living thing on Earth, depend on us choosing a sustainable way of life.

Glossary

- honour:** show respect towards, remember with positive feelings
- beekeeping:** looking after bees and growing them for their honey
- pioneer:** person who starts/invents something important
- pollinator:** animal which fertilises flowers by transferring pollen between them
- industrious:** hard working
- biodiversity:** all the plants and animal life in a particular place

True or False

1. May is the Month of the Bee.
2. Anton Jansa was one of the first people to develop modern beekeeping.
3. Bees help many species to reproduce.
4. Bees are threatened it is true, but pollution isn't the cause.
5. Our lives are more dependent on bees than many of us realise.

	True	False
1.	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>



Rupi Kaur is a poet and illustrator who publishes her work on social media. She's a very modern poet, exploring themes that affect many of us. Let's meet her.

Passport

Name: Rupri

Family name: Kaur

Place and date of birth: 4 October 1992, Punjab, India

Profession: poet, illustrator and writer

Distinguishing marks: Rupri Kaur is a famous Instapoet (poet who publishes their work on Instagram and other social networks).



Origins

Rupi Kaur was born in northern India, in Punjab, which borders Pakistan. Her family moved from there to Canada when she was four. She began drawing and making things from an early age. At first, she says she did this to cope with* the difficulties of learning a new language. Drawing and writing gradually became her favourite way of expressing herself. She started to write poetry, for herself, and as birthday presents for her friends.

Being An Artist

She first exhibited her illustrations and performed her poems in 2009. At first she posted her poems anonymously*, then in 2013 she published them under her name on Tumblr. Her work talks about women, their qualities, and their role in modern society, as well as the issues they face. In 2014, she developed a form of visual poetry on Instagram – a short poem accompanied by an illustration*.

Success Arrives

In 2014, Rupri published her first book of poetry, *milk and honey*, and it was a big hit. This book has now sold over 2.5 million copies, was on the New York Times Bestseller List, and has been translated into 25 languages. But what does 'milk and honey' mean, why did she decide to call her book that?

"Milk and honey is a reference to my family's culture," Rupri says, "we have a particular diet in my family. My father practises Ayurvedic* medicine: milk and honey are at the heart of this form of medicine, and are used to heal*. It is the same in a number of other religions. Milk and honey are hugely symbolic, and are an ancient part of human culture."

Rupi Kaur

Unique Style

A defining feature* of Rupri Kaur's work is that she only uses the lower case* in her writing. She says the lower case conveys symmetry and regularity, and is more pleasing to the eye. But also, the written form of her first language, Gurmukhi, doesn't use capital letters*. The letters are all the same size and each word is compact. Her writing style is a homage* to her culture of origin. Rupri has developed her own style of poetry. She is called an *Instapoet* – a poet who publishes their work on Instagram. "Some people are pretty negative about Instapoets," Rupri Kaur says, "but my poetry became successful thanks to social media. Posting my work on social media was how I got my work known. I try to express my thoughts and emotions simply, so that they can be understood by the general public, but in a way that is enjoyable to the average person."

Poetic Themes

Rupi talks openly about subjects that are often difficult for young women of her age to address: being a woman, falling in love, taking care of yourself, as well as violence against women. Her poetry and drawings are about rebirth and new beginnings, and explore how you can rebuild a life after a difficult past.

Does Rupri see herself as a poet or as an illustrator?

"My art is about self-expression. It's what I have always done. I've been painting and drawing since I was five years old, and I've always loved sewing. What motivates me is the desire to express myself. *How* I express myself is less important. Poetry is only one way in which I use my creativity. Having said that, I generally write first and then draw something linked to the poem or verses I have written. If I had to choose between poetry and drawing, then poetry would win."

We wish this wise*, young woman every success in the future.

Glossary

cope with: live well through something difficult, survive

anonymously: do something without giving your name

illustration: drawing that goes with a piece of writing

Ayurvedic: Indian system of medicine (focussing on diet, meditation and exercise)

heal: make better (after an illness)

defining feature: what

makes something different from everything else

lower case: normal letters (used in the middle of a word or sentence)

capital letters: letters used at the start of a sentence or for a name

homage: showing respect

wise: showing knowledge and understanding, intelligent

Fresh water is one of our most precious resources. Water is a compound* of one hydrogen atom and two oxygen atoms. We use water as a solid, as a liquid, and a gas in the form of steam. Fresh water is fundamental* to life on Earth. Let's find out about this extraordinary liquid.

Fresh Water – The Water of Life

The Origins of Water

Our planet is covered in water. It's the only planet in the solar system that is, and we've not yet found any other planets that have liquid water. So, if our planet started off as a huge, boiling ball of molten* rock, how did water get here? The oldest evidence of water on our home planet dates to about 4 billion years ago. The current, most likely, theory is that water arrived with meteorites* that hit the planet's surface. The earliest water has the same isotope* signature, or finger print, as water found on asteroids* in our solar system's asteroid belt*. However, the picture is unlikely to be quite as simple as that. It's an on-going area of research.

Fresh Water Facts

Fresh water is water that is pure, and does not have many mineral salts in it, unlike the sea, and is only 2.5% of all water. Salt water makes up 97.5% of our water. Around 67% of fresh water is held in ice. Of the remaining* available fresh water, around 70% is used by agriculture, which doesn't leave a lot of fresh water to go round. When you think that all land-

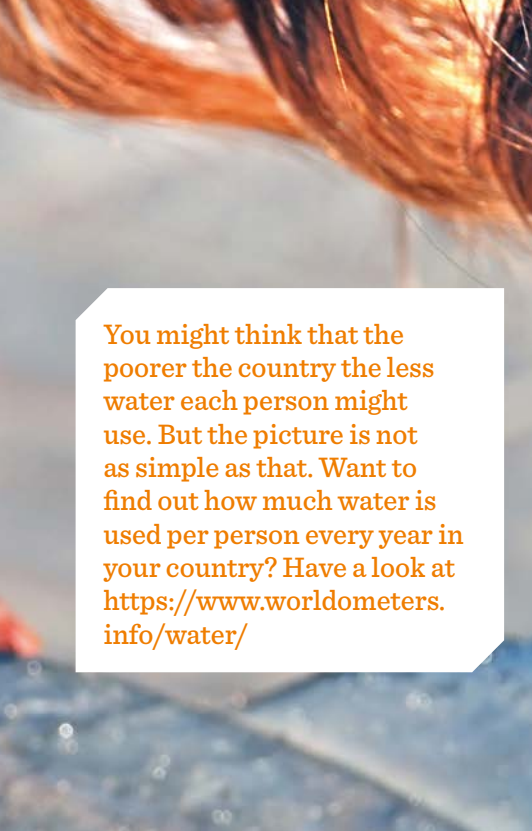
based animals, insects and plants rely on fresh water, it reminds us how precious a resource it is.

Drink the Sea

New sources of water. We get most of our fresh water from mist, rain and snow, but new and exciting technologies are turning sea water into drinking water through a process called desalination. This

is great but uses up a lot of energy. One solution, especially in sunny countries, is to use the power of the sun to purify the sea water. New developments are making this process a lot more efficient. Making drinking water from sea water could be an amazing resource for coastal communities in developing countries, or where a natural disaster has disrupted the supply of clean water, say in an earthquake or tsunami.

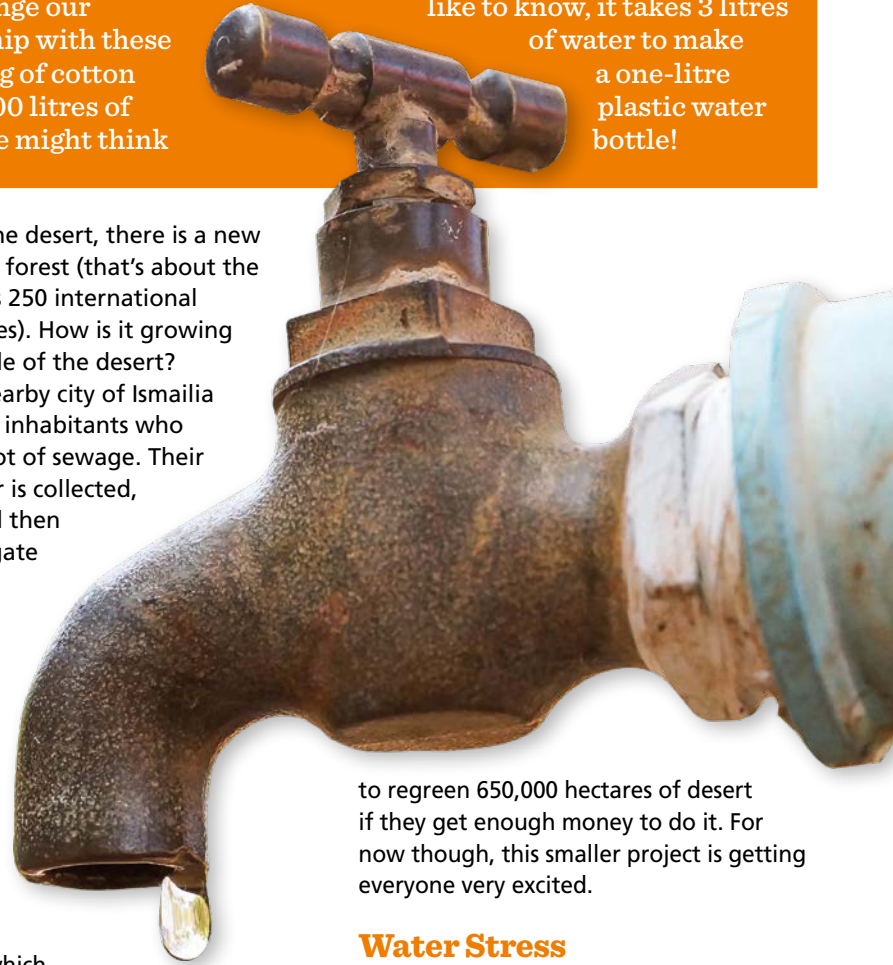




You might think that the poorer the country the less water each person might use. But the picture is not as simple as that. Want to find out how much water is used per person every year in your country? Have a look at <https://www.worldometers.info/water/>

Most of the things we buy use fresh water at some point in their manufacture or production. It's useful to know, because it can change our relationship with these things. 1 kg of cotton uses 20,000 litres of water – we might think

twice about throwing away a T shirt we no longer want if we think about how much water went into producing it. And you might like to know, it takes 3 litres of water to make a one-litre plastic water bottle!



middle of the desert, there is a new 250-hectare forest (that's about the same size as 250 international rugby pitches). How is it growing in the middle of the desert? Well, the nearby city of Ismailia has 400,000 inhabitants who produce a lot of sewage. Their waste water is collected, cleaned and then used to irrigate this brand new forest. While this recycled water is not safe to use for food crops or for livestock, it is full of nutrients* which trees love. In fact, the combination of continuous sun and plenty of fresh water means that the trees are growing fast and are ready to be harvested in only 15 years. Egypt's plans are ambitious – they'd like

to regreen 650,000 hectares of desert if they get enough money to do it. For now though, this smaller project is getting everyone very excited.

Sewage*

A lot of fresh water is used for sanitation*. It is flushed* down our toilets, showers, sinks and baths, and runs out of our dishwashers and washing machines. This travels down sewers to sewage treatment works where it is cleaned and usually drains back into our seas and rivers. This is pretty wasteful when you think about it. What if you could use that water for something? You might think yuck! But a group of Egyptian and German scientists have seen an opportunity to do something useful with this water that would otherwise not get used.

Just to the west of the Suez canal, about two hours south of Cairo in the

Water Stress

Many countries, and smaller areas within countries, are facing serious water shortages now and in the future. What can we do to reduce water stress? We can learn how to reduce our consumption of water, as individuals and businesses; we can develop new technologies, such as desalination; we can recycle more waste water, such as the Egyptian forest project; and we can find ways to make our use of water in agriculture and industry more efficient.

Glossary

compound: something made of two or more things
fundamental: central, very important
molten: (adjective from verb to melt) liquid (rock, metal etc)
meteorites: piece of rock that comes to the earth from outer space
isotope: atoms with the same number of protons and electrons, but with different numbers of neutrons
asteroids: rocks which orbit the sun

asteroid belt: a large group of asteroids which orbit the sun
remaining: (adjective from remain) what is left when you take everything else away
sewage: waste water and excrement from humans
sanitation: providing clean water and removing sewage safely
flushed: clean something using lots of water
nutrient: substance essential for growth e.g. here, minerals

Match

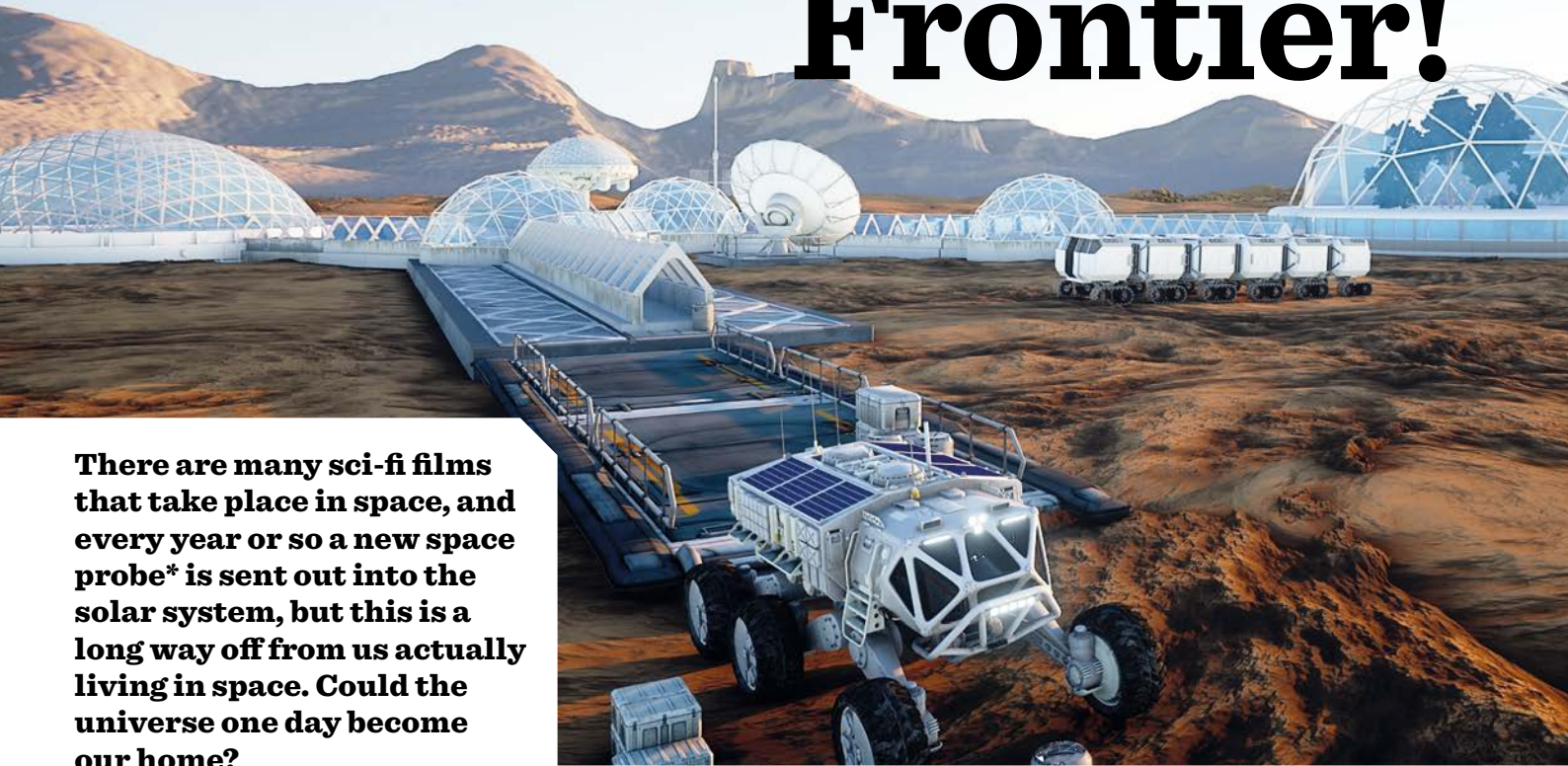
How many litres of water (approximately) does it take to...?

- | | |
|---------------------------------|--|
| <input type="checkbox"/> 30,000 | 1. grow food for a day for a family of four |
| <input type="checkbox"/> 15,400 | 2. produce an egg |
| <input type="checkbox"/> 1000 | 3. produce a litre of cow's milk |
| <input type="checkbox"/> 230 | 4. take an average shower, lasting 8.5 minutes |
| <input type="checkbox"/> 150 | 5. produce 1 kg of beef |
| <input type="checkbox"/> 65 | 6. produce 200 ml of apple juice |

Find the verb from the adjective or noun.

- | | |
|-----------------------|--------------------|
| 1. solution | 4. treatment |
| 2. combination | 5. remaining |
| 3. desalination | 6. wasteful |

Space – The Final Frontier!



There are many sci-fi films that take place in space, and every year or so a new space probe* is sent out into the solar system, but this is a long way off from us actually living in space. Could the universe one day become our home?

The Dream

Human beings have wondered what lies beyond our planet. In the second half of the nineteenth century, Jules Verne wrote *From the Earth to the Moon*. In this book the French science fiction writer imagined a circumnavigation* of the moon. A century later, we sent the first space ship round the moon. In the 1960s, US President, John F. Kennedy, described space as the new frontier* for humanity and hoped man would use space and technology for peaceful means*. In the following century, the ISS or International Space Station was built. The ISS is a space station in orbit* around the Earth, it's a space laboratory. The ISS is an international project, involving the US, Russia, Canada, Brazil, Japan and 11 members of the European Space Agency (Belgium, Denmark, France, Germany, Italy, The Netherlands, Norway, Spain, Sweden, Switzerland, and the United Kingdom). The ISS shows the importance of cooperation in space exploration.

Why go into space at all?

NASA's Michael Griffin believes not all space research is motivated* by scientific curiosity. "In the long term, a species that lives on one planet cannot survive indefinitely. If our species wants to survive hundreds of millions of years into the

future, then we will have to colonize* other planets. With today's technology we can hardly begin to imagine that. We are only just at the beginning of it all."

There are plenty of reasons why humanity might go extinct* on this planet, but if we build colonies on other planets, satellites or asteroids, our species might be around for a bit longer. Living out in space we'd have room to expand. And on top of that, resources are limited on our planet, whereas space is full of stuff we can use, much of which we've not even discovered yet. Extracting minerals in space could become a new industry, leading to all sorts of possibilities. For example we could use the abundant* Helium-3 on the moon to make electricity.

So, what's stopping us?

The biggest challenge in space is the lack of gravity. If you are in space for a long time, the lack of gravity can lead to osteoporosis. For us to build a space colony, our new planet would have to meet a number of criteria*. It can't be too far from the Earth – we'll have to transport everything we need: water, food, people and construction materials, energy, communication equipment... We'll also need a way to create artificial gravity. Ideally, the perfect planet will have some form of biodiversity, with plants and micro-organisms. If we can't find a planet with the right characteristics, we will have to adapt it to our needs. We could build an artificial habitat for ourselves that will let us survive, but also thrive*. Life isn't only about growing lettuces in hydroponic trays or growing meat in a laboratory. How would we replace a



Space colonies are already a reality for gamers*. The first videogame about space colonies dates back to 1984. Since then there have been many others videogames set in space – Kerbal Space Program and Eve Online, are two – do you know any others?

Many people think trying to colonise space is a waste of money. In fact, in a recent survey most Americans believe we should be solving challenges on Earth rather than putting resources into sending humans to other planets.



walk in the park, or recreate the experience of being out in nature? Would we get sick of* seeing the same faces every day? And what would we do in our spare time?

Where can we go?

The universe is a big place, and the possibilities are probably endless, but we can start by looking within our own solar system. The moon is the most likely place for us to build our first colony. The problem is that the moon is low in hydrogen, nitrogen and carbon. Mercury is similar

but is too close to the sun. Venus is the second planet from the sun, and at times during its orbit is the closest planet to the Earth. It does share some characteristics with our planet – it’s sometimes called the Twin Planet. It does have two enormous problems. There appears to be absolutely no water, and it is very, very hot. Mars is another possibility, and the “Red Planet” is the focus of research by scientists, even though it’s a long way from earth. The more we find out about Mars, the more similarities we find. There is evidence of water and micro-organisms*. Mars has an atmosphere that provides some protection from cosmic and solar radiation, although it’s a lot thinner than the Earth’s atmosphere. A human would survive for less than a minute on the surface of Mars without protection, but in spite of that, Mars seems the place in our solar system to set up a colony. Other studies are looking at asteroids and the moons of Jupiter and Saturn.

The Future is Now

Theoretical physicist, Stephen Hawking, believed that humans would need to colonise space within the next 200 years in order to avoid going extinct. The USA, along with other countries and even super-rich people like Elon Musk, are making huge investments to develop the technology needed to set up a space colony. The moon provides a starting point, but the ultimate aim is to set up a colony on Mars. How could we make it happen? Physicists and engineers are developing machines that can create oxygen on a planet where oxygen doesn’t occur naturally. Systems are being developed to grow food using artificial light and nutrients, using genetically modified plants. A cool idea is to use 3D printers to make the components* needed to build a space colony using materials available on Mars. We are a long way off seeing a human colony on Mars, but some of the problems of setting one up are starting to be solved. “I don’t know when it will happen, but one day more humans will live off the Earth than on it. They might be living on our moon, the moons of Jupiter, or another planet. They might even be living on an asteroid...” (Michael Griffin, NASA)

Do you agree with these statements?

	YES	NO	WHY?
<p>“If our species wants to survive hundreds of millions of years into the future, then we will have to colonise other planets.” Michael Griffin</p>		
<p>“We will need to start colonising space within the next 200 years to avoid our species going extinct.” Stephen Hawking</p>		
<p>“I don’t know when it will happen, but one day more humans will live off the Earth than on it. They might be living on our moon, the moons of Jupiter, or another planet. They might even be living on an asteroid.” Michael Griffin</p>		
<p>“Some people don’t like change, but you need to embrace change if the alternative is disaster.” Elon Musk</p>		

Describe your ideal planet. What makes it special?

.....
.....

Glossary

- space probe:** small space craft, without passengers, used for scientific exploration
- circumnavigation:** travelling in a full circle around something
- frontier:** border, extreme limit of something
- means:** (here) reasons
- orbit:** path around a star or planet, e.g. by a moon or space craft, the Earth around the sun
- motivated:** given a reason for doing something
- colonize:** when a group of people set up permanent living in a new country/planet
- go extinct:** no longer exist as a species
- abundant:** (adj.) available in large quantities
- criteria:** (here) needs, basic standards
- thrive:** live well
- get sick of:** become very tired or bored of something or someone
- micro-organisms:** bacteria, viruses etc
- components:** parts needed to build a machine (in this case a colony)
- gamers:** people who play video games



Over recent years, we've seen increasing scientific evidence that we each have the power to shape our minds, our body chemistry, and our mood. In this article, we look at the power of laughter to help us turn our day, and even our lives, around*.



Laughter –

It's The Best Medicine

Staying in Charge

There are many times throughout our lives when it can feel as if we have no control, when we have difficult things to deal with, and our lives look bleak*. But, even though we may have no control over external events, we can be in charge of how we react to them, and laughter is one of the most powerful tools we have to help us.

Laughter helps us change our mood. We cannot be angry, resentful* or sad if we are laughing. Laughter helps us change the way we see things. It frees us from having only one way of looking at a person, or an event. It can also be a way to relieve stress, as it releases hormones that make us feel good, helping to cancel out the effect of negative feelings and thoughts. In fact, a good laugh has lots of physical, social and mental benefits.

Laughter Brings Us Together

Human beings are social animals. When we laugh together it helps us to resolve* conflict and creates stronger bonds* between people. Can you remember a time when you and a friend or group of friends did something

funny? How did it make you feel? Even when you laugh and you are not with people physically, there is still value in shared laughter. Think about funny gifs*, or short videos on social media. You may laugh even if you are on your own, and the viewing figures create a virtual shared experience – if you laughed there's a good chance hundreds of thousands of other people around the world laughed too!

Good for the Mind

Laughter is definitely good for your mental health and the good news is that even if you don't feel like laughing you can fake* it and it will still have a positive effect on your mood. Science experiments show that even if you force yourself to smile it can literally make you feel better. The other good news is that laughter is contagious*. When we hear laughter, it is likely to make us smile, and even make us laugh too. That's why so many comedy programmes add recorded laughter to their shows – it's hard not to laugh when you hear lots of other people laughing!

Search it Out

Do you know what makes you laugh? Does seeing a film of someone falling over on a flat surface make you laugh? (As long as they don't really hurt themselves of course, there is a limit!) How about a clip of a cat trying clean itself and, in the process, falling off a chair? If so, then you like slapstick, or physical, comedy. Try an experiment one day when you are feeling low – search for some clips of silly* things happening to people and animals, and see if that lifts your mood. Maybe you like satire? You know, the kind of humour that makes fun of "important people". Some powerful and famous people are funny because they seem to take themselves so seriously. Hmm, maybe there is a lesson in there somewhere? Or perhaps you like the kind of humour that shows us how absurd* life can be. That helps us laugh at ourselves. Or maybe you prefer a more macabre* humour, where topics and events that are usually seen as serious are made to seem funny? If any of these

8 Benefits of laughter



Good heart health



Burn calories



Mental health



Reduce blood cholesterol levels



Exercise



Glowing skin



Sleep well



Increased immunity



sound good to you, then a quick internet search will give you lots of opportunities for a good laugh.

Can you Make Yourself Laugh?

Most laughter is spontaneous*, of course, and it might seem crazy, but you can make yourself laugh even if you don't feel like it. Go on, try it. There's a good chance that when you fake a laugh it will make you laugh for real! There's also laughter yoga, where you practice yoga and laugh at the same time, as part of the exercise. You could try out laughter therapy. Both laughter yoga and laughter therapy have serious thinking behind them. The idea

is that laughter can help you release your emotions, forget your problems, even for a short time, and make you feel better. Trained therapists use laughter in difficult situations, such as in hospitals, particularly for sick children, where laughter can help reduce pain and worry, and help families who are going through a hard time. Laughter can help people with Alzheimer's and other similar conditions. Laughter is hard work for the body though, so if you go and see a film or a comedian which makes you laugh a lot, you can come out feeling happy but also tired!

Remembering to Laugh

It's easy to get lost in our emotions, to focus on the negative, to forget to laugh. When we are young we laugh a lot and

If you understand English, press 1. If you do not understand English, press 2 – Recording on an Australian tax help line

Q. What's the difference between ignorance and apathy?

A. I don't know and I don't care.

Did you know that most laughter doesn't come from funny jokes. Laughter is more complex than that. Next time you are with family or friends and there is laughter, do your own experiment to see what is making people laugh. You might find that laughter is more about the relationships between people, and that it helps people to bond.

as we get older that often reduces, which is sad, because laughing helps keep us fitter, happier and younger. If laughter is so good for us, then maybe doctors should prescribe it? You might also like to remember that we laugh before we can speak and that laughter is free! It's what makes us human.

Glossary

turn something around: make something positive that was negative
bleak: without hope
resentful: negative emotion – when you feel something (or someone) is unfair to you
resolve: find a solution for
bonds: links, connections
gifs: very short films (usually a few seconds long)
fake: not real, pretend, forced
contagious: something that spreads quickly between people
absurd: ridiculous, illogical
silly: funny (but in an unintelligent or unsophisticated way)
macabre: dark humour, which is horrible or makes fun of death, for example
spontaneous: that happens naturally, without thinking about it

Match:

- | | | |
|-----------------------------|---|---|
| 1. <input type="checkbox"/> | An optimist laughs to forget; | a. Laughter is a force for democracy. – John Cleese |
| 2. <input type="checkbox"/> | As soon as you have made a thought, | b. before anyone else can. – Elsa Maxwell |
| 3. <input type="checkbox"/> | From there to here, from here to there, | c. a pessimist forgets to laugh. – Tom Nansbury |
| 4. <input type="checkbox"/> | Laugh at yourself first, | d. the foundation of reconciliation. – St. Francis de Sales |
| 5. <input type="checkbox"/> | Laughter connects you with people. It's almost impossible to maintain any kind of distance or any sense of social hierarchy when you're just howling with laughter. | e. funny things are everywhere. – Dr Seuss |
| 6. <input type="checkbox"/> | Laughter is | f. laugh at it. – Lao Tsu |

Which of the quotes do you like best? Why?

Make a note of all the times you laughed today. What made you laugh?



Reasons for Optimism

Most people think life is not getting better on our planet, they think things are only getting worse. At least, that is according to* a 2017 global survey*, but are they right to be so pessimistic?

Pessimism

Only 10% of Swedes believe things are getting better in the world, in the US that drops to 6% and in Germany only 4% of people are optimistic, believing things are getting better. What are the motives for such high levels of pessimism? Well, to begin with, there are serious concerns about our climate crisis, decreasing biodiversity, and increasing pollution. On top of that, there are armed* conflicts and humanitarian disasters around the world, which have created the biggest migration* crisis since the Second World War. Even in the world's richest countries, the perception is of a gradual impoverishment* and a lowering of living standards, against a background of increasing instability in the workplace and competition for jobs, as well

as social isolation as a result of our growing reliance* on technology. It sometimes seems as if the whole world is anxious and afraid. But, if you see the world from the point of view of statistics, you get a very different impression.

Poverty

Let's take a look at poverty around the world. In 1820, only a tiny elite* enjoyed a high standard of living, while the vast majority of people around them lived in extreme poverty. Since that time however, extreme poverty has become increasingly rare. More and more populations around the world have improved their basic standard of living through industrialisation. In 1950, three-quarters of the world lived in extreme poverty, by 1981 this had gone down to 44%. In 2016, the percentage of the world's population living in extreme poverty had reduced further, to 10%. It's not just the rich industrialised nations that have seen a dramatic improvement in living standards. Countries such as India and China used



to be impoverished and under developed, but they have found ways to turn their economies around and now, while many people in India and China still live in great poverty, a larger percentage is beginning to benefit.

Literacy and Education

Let's look at the statistics. In 1820 only a tenth of the world's population over 15 years old could read and write. That's astonishing, isn't it! If you'd been alive in the early 1800s you had a 90% chance of being illiterate. By the 1930s



however, only a third of the world's population was illiterate, and since then, the situation has almost completely reversed from two hundred years ago. Now, around 85% of the world's population can read and write. Primary and secondary school*, and further education* are the basis of the growth of technology and the development of science, which help improve our lives. More young people today have reached a level of education much higher than at any other time in the past, and this trend is continuing, as more young people stay in education longer. In the case of education we have good reason to be optimistic. If current population trends continue, then by 2100 the human population will have gone down as a

result of lower birth rates*, while education statistics suggest that nearly everyone alive at that time will have at least completed secondary school education.

Health

It's sometimes hard to see progress in health because we don't understand just how bad the situation was in the past. In 1800, 43% of babies died before they reached the age of five, and that was true right across the world. The huge improvements in health that most of us

enjoy are not just the result of developments in medicine, but also in improving living conditions which have reduced the amount of infectious disease in the population. An increased emphasis on hygiene and sanitation, better standards in agriculture and food production, as well as improvements in education, including learning about health and hygiene, improved standards of housing, with less overcrowding, refrigeration to keep food fresh and so on, have resulted in us being more resistant to disease in the first place. In addition, mass vaccination programmes have stopped nearly all of us getting horrible illnesses such as polio and measles, and antibiotics stop bacterial infection which can

be fatal. Improved nutrition* and overall health have also made us more intelligent and taller on average than our ancestors.

Freedom

During the entire nineteenth century, more than a third of the world's population lived under colonial rule*, with more or less freedom depending on which country was in charge, and most of the rest lived under autocratic rule, with only a few countries moving towards democracy. Towards the end of the eighteenth century political movements demanded more freedom for the individual. These were often put down with

If things are not as bad as they seem, then how do we get such a negative view of our world? Our news media often focuses on tragedies and catastrophes. The reason? These negative stories sell! That is fine of course, and it's very useful to know what is happening around us, but if we only focus on the negative, we don't see the positive news stories. With the current climate emergency and geopolitical instability, there are major challenges ahead, but the fact that we have overcome so many terrible problems in the past should give us hope that we will find ways to solve them, as individuals, businesses, nations, and as a global community. We should bear this in mind as we create the future – we've found solutions in the past, we can do it again.

violence and brutally by authoritarian regimes. In the twentieth century two global wars had a huge impact on societies around the world, many of which had not changed much for centuries and by the second half of the twentieth century, the colonial powers had lost their control of nearly every single country they had invaded, and more countries were run as democracies. Since then, the number of democratic governments has grown. Today more than half of the countries in the world have some form of democracy, while only 13% of countries are autocracies. While there have been improvements, a large number of people do still live under authoritarian rule with severe limitations on freedom of expression and no free and fair elections. Human rights are a relatively recent concept, with many rights now protected under international law. While human rights are being undermined* in a number of countries, if we take the long view, there is a definite positive trend.

Complete these sentences.

1. of Swedes believe the world is getting better.
2. In 1950, of the world's population lived in extreme poverty.
3. By 1930 of people knew how to read and write.
4. Of young people alive today, out of a hundred can read and write.
5. In the early 1800s, many babies died
6. By 2100, of the world's population will complete a high school education.

Answer:

Do you think the world is getting better? What's good and what's not?

.....

Glossary

- according to:** as reported by, as said by
- survey:** study (where people are asked for answers to particular questions)
- armed:** using weapons e.g. guns; violent
- migration:** when large numbers of people move from one place to another because of war, drought etc
- impoverishment:** the state of getting poorer
- reliance on:** need for something, dependence on
- elite:** small group of people in a society who are richer/more powerful/better educated etc
- primary school:** school between the ages of 4 and 11 (in the UK)
- secondary school:** school for ages 11–18 (UK)
- further education:** post-18 education e.g. university, training, college
- birth rates:** number of babies being born
- nutrition:** the food necessary to be healthy and to grow
- colonial rule:** when your country is controlled by a different country
- undermined:** made weaker

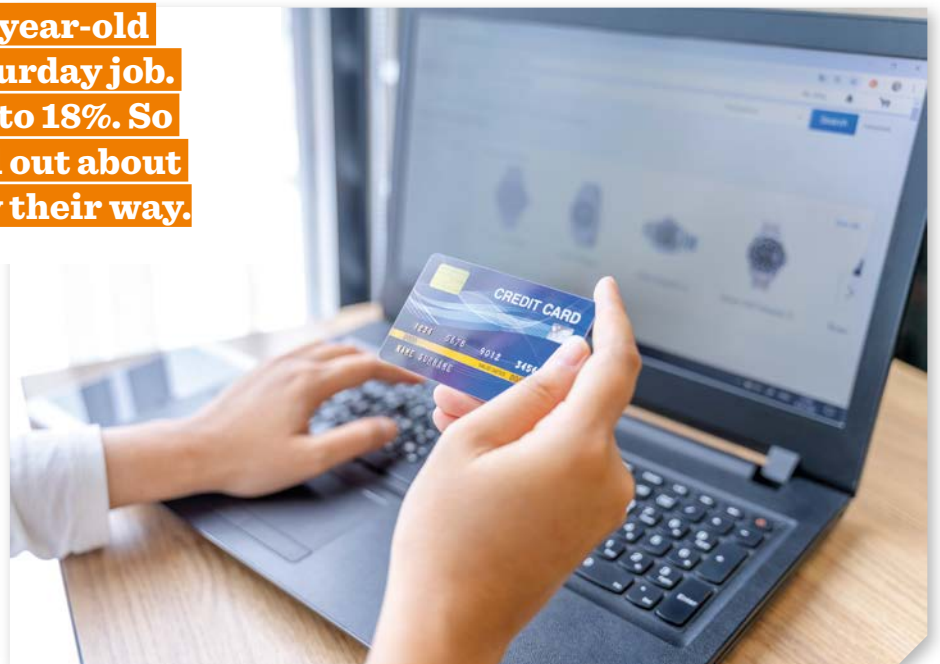


Young Entrepreneurs* – Running a Business from your Kitchen Table

In 1997, around 42% of 16-17 year-old students in the UK had a Saturday job. In 2014, that had gone down to 18%. So what's happening? Let's find out about young people making money their way.

The Saturday Job

In previous generations in the UK it was common for school students to have a Saturday job in a shop or café, especially if they were not from wealthy families. Now that has become a lot more rare*, as young people say they want to focus on their studies more. But that doesn't mean young people are not earning their own money, they are just doing it in a different way and on their terms*. This is about the internet revolution, because many of them are still finding ways to make money online and in their own time.





The Online Job

So how are they making money? One of the most useful parts of the internet is online retail*. If there is something you want, then someone, somewhere will have it for sale. This is true of fashion, and particularly of branded and vintage fashion that is highly sought-after*. Many young people love buying clothes, and some have turned a hobby into a business by buying things and then selling them online at a profit*. There are lots of online platforms for doing this, but the most popular are eBay and Depop – an app used mainly by 14 to 24-year-olds

Over to you...

Do you have an idea for an online business? If so, what is it? If not, is there an online business that you admire? What do you like about it?

where you can sell things in an auction. Auctions are where the person who has made the highest offer, or bid, gets the object or piece of clothing that is for sale. Some young people are making a lot of money selling things in this way.

It's Only Worth What Someone Will Pay For it

Of course, these internet sellers don't always get it right. Sometimes they might not make any money on what they are selling, but, as they learn what people want, they can start to make more money. What they sell is only worth* what someone will pay for it.

The advantages of online selling are clear. You don't have many upfront* costs, most of the platforms are free to use – though you will always have a transaction* cost (Depop takes 10% of any sale). You don't need to rent a physical shop, or have staff to pay, or have advertising costs, and you

can start small. You could even start with one object, and then reinvest* the money you have made buying new things to sell. This helps reduce your business risks, because you are growing the business with money you are earning, and not borrowing any. And of course, it's not just about clothes, you can sell anything that people want.

What do I Need to Know?

You need to find out the transaction fee that the online platform will take (they take this automatically every time you make a sale). High-quality and interesting photos, matched with good descriptions are very important if you want to get yourself noticed in a busy market place. You also need to understand how to promote* your items via other platforms. For example you might use an Instagram account with photos and descriptions which then take people to your eBay or Depop site. You will need to spend time understanding what people are most interested in buying, by following what happens on other sites. And of course you will need to have time to go out and find the things to sell.

As with everything you do online, you need to be sensible about your privacy*, and think about online safety, but, if you are happy to put the time in (many online sellers say they spend around two hours a day on their business), know where to find fashion or collectables* and books that people want, or can make things to sell, for example on specialist sites such as Etsy, then the rewards can be good. Some of the most successful young entrepreneurs make hundreds of euros or pounds a month. Even if you earn less than that, it can be a fun way of turning a passion into extra cash in your spare time.

Underline the steps ...

Underline the steps you need to take to set up an online retail business.

1. Be above a certain age (e.g. 14 for Depop)
2. Buy an online shop
3. Get advice from other people
4. Build an advertising campaign
5. Be prepared to stay up all night to talk to customers in real time
6. Have a good eye for what will sell
7. Do plenty of market research
8. Invest your profits to expand
9. Buy and sell things that you don't want any more

Glossary

entrepreneur: person who sets up a new business
rare: not common, that not many people do
on their terms: do something at a time and under conditions that you decide
retail: buying and selling
sought after: that many people want to own
at a profit: when you get back more money than you paid for something
worth: (here) have a value in money
upfront: when you pay for something in advance
transaction: when someone buys something you are selling
reinvest: put money you make back into the business
promote: (here) advertise, get more people to know about
privacy: when you control what people know about you online
collectables: objects that people like to collect (could be modern or older)

Complete this quote from Rupi Kaur.

- pretty much all the material for it
- follows
- gifts
- “Right, now I am going to sit and write a book”
- complex narrative
- recover

“I have never thought: **1.** By the time I had started thinking about a book, I already had **2.** But I didn’t want the book just to be an unordered series of poems, I wanted more than that. I wanted to put the poems in sequence, to connect particular moments in a more **3.** As a result, Chapter One of my book, milk and honey, was a single poem about a young woman who experiences violence and then finds a way to **4.** physically and mentally. It’s that process of recovery that I was interested in because that is what saves you. In Chapter Two she falls in love, and in Chapter Three I expressed the pain that always **5.** love, and so on. The message I wanted to pass on to my readers was how to live through pain and come out the other side, not simply healed but learn to see pain in a different light, even to celebrate it and to see the **6.** it brings you. For me, that is what this life is about.”



Solve these anagrams from our article on young entrepreneurs.



- 1. I E N T E R N T L O O U T R E I N V
- 2. U R O N P F T C S T O S
- 3. I T A G V N E
- 4. A N D B E R D
- 5. T S A C T I O R A N N
- 6. B Y H B O

What do you think are the three most important things a young entrepreneur needs to be successful?

.....

.....

Choose the best answer.

Choose the best answer from the options below.

1. People tend to be pessimistic about the world because...

- A. more people are living in poverty.
- B. they've seen the latest statistics.
- C. they read about catastrophes, disasters and armed conflict in the media.

2. Over the last two hundred years

- A. the number of people living in poverty has decreased.
- B. the number of people living in extreme poverty has grown by 10%.
- C. China and India have eradicated poverty.

3. An illiterate person ...

- A. knows how to read but not how to write.
- B. can't read, but can write.
- C. is unable to read or write.

4. There is good reason to be more optimistic about the future because...

- A. more people have access to the latest technology.
- B. more people are staying in education for longer.
- C. by 2100 the population will be a lot lower than it is now.

5. In 1800...

- A. forty-three per cent of African children died before their fifth birthday.
- B. forty-three per cent of children died after the age of five.
- C. forty-three per cent of children died before they saw their fifth birthday.

6. Around the world, democracy...

- A. was well established before the world wars.
- B. became more established after the two world wars.
- C. was adopted by many countries during the second half of the nineteenth century.

Have you read our article on laughter?

Match each word with the correct definition.



- | | | | |
|-----------------------------|-----------|-----------------------------|------------|
| 1. <input type="checkbox"/> | BLEAK | 4. <input type="checkbox"/> | SATIRE |
| 2. <input type="checkbox"/> | RESENTFUL | 5. <input type="checkbox"/> | MACABRE |
| 3. <input type="checkbox"/> | SLAPSTICK | 6. <input type="checkbox"/> | CONTAGIOUS |

- A. This kind of humour finds something to laugh at in the things that many people find upsetting or frightening.
- B. Adjective describing something that is passed quickly from one person to another. It can be used to describe disease or laughter.
- C. You feel this kind of anger when you are forced to accept something that you do not like, but cannot change.
- D. A sophisticated humour which uses exaggeration, irony and humour to undermine politics, political and other famous figures or accepted social rules. Often, its purpose is to question what we accept as true about these people and rules.
- E. This is a kind of physical humour, based on accidents and actions that are clumsy or embarrassing.
- F. Adjective describing a situation that is bad and that does not look likely to improve.

The answers are at the bottom of this page.

Answers
P. 2 **True or False.** 1F, 2T, 3T, 4F, 5T. P. 4-5 **Match.** 1 30,000; 2 200; 3 1000; 4 65; 5 15,400; 6 230. **Find the verb from the adjective or noun.** 1 solve; 2 combine; 3 desalinate; 4 treat; 5 remain; 6 waste.
P. 6-7 **Do you agree with these statements?** Own answers. **Describe your ideal planet. What makes it special?** Own answers. P. 8-9 **Match:** 1C; 2F; 3E; 4B; 5A; 6D. **Which of the quotes do you like best? Why?** Own answers. **Make a note of all the times you laughed today. What made you laugh?** Own answers. P. 10-11 **Complete these sentences.** 1 10%, 2 three-quarters, 3 two-thirds, 4 85, 5 before the age of 5, 6 nearly everyone **Answer.** Own answers. P. 12-13 **Over to you...** own answers. **Steps to take in setting up an online retail business:** 1, 3 (advisable though not obligatory), 6, 7, 8, 9 (you don't have to have used the things you are selling, but it is a good way to start). P. 14-15 **Complete this quote from Rupi Kaur.** 1 "Right! Now I'm going to sit and write a book" 2 pretty much all the material for it, 3 complex narrative, 4 recover, 5 follows, 6 gifts. **Solve these anagrams from our article on young entrepreneurs.** 1 INTERNET REVOLUTION, 2 UPFRONT COSTS, 3 VINTAGE, 4 BRANDED, 5 TRANSACTION, 6 HOBBY **What do you think are the three most important things a young entrepreneur needs to be successful?** Own answers. **Choose the best answer.** 1C, 2A, 3C, 4B, 5C, 6B. **Have you read our article on laughter? Match the word with the definition.** 1 F, 2 C, 3 E, 4 D, 5 A, 6.



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