Metro stress



Key words

Match the words on the left with their definitions on the right:

1.	suicide	a.	a building that gives protection from something, e.g. bad weather or danger
2.	commuter	b.	a person who regularly travels to and from work
3.	overcrowding	c.	dirty, containing harmful chemicals
4.	car	d.	part of a train
5.	shelter	e.	the act of intentionally killing yourself
6.	polluted	f.	when there are too many people

Phrases in the text

Match the verbs on the left with the nouns on the right to form key phrases from the text:

1.	lose	a.	12-hour shifts
2.	commit	b.	a problem
3.	board	c.	stress
4.	solve	d.	suicide
5.	suffer from	e.	the train
6.	work	f.	your job



Find the information

Find the information below by reading the article on the Moscow metro system on the next page:

1. The number of people who commit suicide on the Moscow metro each year
2. The possible dangers of using the metro every day according to psychotherapist Sergei Nazarov
3. The leader of the Soviet Union when the Moscow metro was built
4. The number of people who use the Moscow metro every day
5. The number of hours that metro workers spend underground per day
6. The time it takes Dmitry Sharapov to commute by metro every day

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THE INDEPENDENT

Moscow metro commuters suffer from stress

Underground suicides are expected to rise as more Russians lose their jobs.

1. Problems at home, worried about losing your job in the economic crisis, or just feeling down? Russian medical experts have the answer - take the bus.
2. Travelling on Moscow's crowded metro system is causing despair among commuters, psychologists in the city say.
3. About 150 people commit suicide on the metro each year and the figures are expected to rise as more Russians are laid off and faced with money problems.
4. "The noise of the arriving train increases stress and people are tempted to solve all their problems with one quick movement," psychotherapist Sergei Nazarov told the newspaper Novye Izvestia. He also said that using the metro for long periods each day could lead to panic attacks and a paranoid fear about being followed.
5. Much of the Moscow metro was built when Stalin was the leader of the Soviet Union, and it is one of the most efficient in the world. Many of the stations are luxurious "people's palaces", built in a socialist realist style. Nevertheless, using the metro can be stressful because of overcrowding and poor air quality.
6. Foreigners and Russians from the provinces who move to Moscow often complain about overcrowding on the metro, which is used by about 9 million people every day. Personal space is ignored as passengers rush to fill the cars before the doors close, and the drivers don't often wait for everyone to board the train.
7. Long escalators lead down to the stations, which are some of the deepest in the world. Many were built with the idea that they could function as shelters in the event of a nuclear attack. The air quality so far below street level is very poor - many of the ventilation shafts are positioned close to main roads, so the air inside the metro stations is polluted.
8. The situation is even worse for metro workers, who work 12-hour shifts deep under the streets of the Russian capital. In addition to the health risks of breathing in polluted air, they also suffer from the stress of being underground for so long. "Over time every single station employee or driver gets ill in some way," says Svetlana Razina, the leader of the Metro Workers' Union.
9. Despite all the problems associated with the metro, Muscovites are sceptical about suggestions to use alternative forms of transport.
10. "Using the metro is really unpleasant," said Dmitry Sharapov, 29, who spends 45 minutes underground each morning and evening to get to and from work. "But what's the alternative? Drive, or take the bus? It would take me twice as long and there would be just as much pollution. If it didn't lead me to suicide, it would probably lead me to murder."

Adapted from The Independent, by Shaun Walker, Friday, 27 March 2009



Find the words in the text which mean:

1. depressed, unhappy **(adj., P1)** _____
2. a feeling of hopelessness **(noun, P2)** _____
3. no longer employed because there is no work for you to do **(verb, P3)** _____
4. want to do something that they should not do **(passive verb, P4)** _____
5. sudden feelings of anxiety in which your heart beats very fast and you think something bad is going to happen **(plural noun, P4)** _____
6. do something quickly **(verb, P6)** _____
7. a long, empty passage that allows air to enter a building or closed space **(noun, P7)** _____
8. the period of time in which you are at work **(noun, P8)** _____

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