a Read the article once. Which is the oldest form of transport?

Unusual ways of getting around



Bamboo trains

This is the best way to see rural Cambodia. A bamboo train, or *nori* as the locals call it, is a bamboo platform on wheels which travels along tracks. It's powered by an engine, and it can reach a speed of 40 kilometres per hour. Passengers sit on a grass mat on the nori. Noris may not be as comfortable as conventional trains, but they're certainly a lot cheaper. Pick up a nori from Battambang Station, but remember to agree on a price before you get on.

Totora reed boats



These boats have been around for centuries. They are made from the reeds that grow on the banks of Lake Titicaca, one of the largest lakes in South America. As well as making boats from totora reeds, the local people use them to make their houses, which they build on floating islands. Totora reed boats are still used for hunting and fishing, but today some of the local people transport people across the lake in them. Travelling on a reed boat among the floating islands of the lake is a must for visitors to Peru.

Jeepney



A jeepney is the most common form of public transport in the Philippines. They are made out of the jeeps left on the islands by the American army at the end of the Second World War. The people gave the jeeps a roof, put in two long seats on either side and painted them, turning them into small buses. Jeepneys have open windows instead of air conditioning. They're often packed with passengers and there are no bus stops – the driver just slows down to let the passengers jump on and off.

Dog sleds



Dog sledding is a unique experience as it's something you can't do in many other parts of the world. It was once the only way to get around in the snow of Alaska in the US, but now its use is limited to winter sports and tourism. The best time to try it is from January to March – in the summer there isn't enough snow so the dogs pull sleds on wheels. The ride can be a bit bumpy as the sled sometimes goes over stones and the dogs bark a lot. All the same, it's an opportunity not to be missed.

LIVEWORKSHEETS

Mark these sentences T (true), F (false), or NG (not given)

1. Noris are a good way of seeing Cambodian cities.
2. .People find Noris very relaxing
3. The train fare is not always the same.
4. Totora reed boats are made from special plants.
5. Today the boats are only used to carry tourists.
6. Jeepneys have been used in the Philippines for about twenty years.
7. There are usually a lot of people in jeepneys.
8. Most people in Alaska don't travel by dog sled anymore.
9. Dog sleds are a very relaxing way to travel.

SECTION 2

*You should spend about 20 minutes on **Questions 10- 12**, which are based on Reading Passage below.*



INTEROFFICE MEMO

LIVEWORKSHEETS

A Please call Nancy. She will be at 818 7546 if you miss her at home	**B** **INTEROFFICE MEMO** Meeting in the boardroom on Friday, July 10 at 10 am has been changed to Monday, July 13. Same time, same place. Please bring the notes of the previous meeting.
C You are invited to a demonstration of our new audio-visual office products at 10 Barry Avenue Queenstown, 5 pm, July 28. RSVP. Refreshments will be served.	**D** MEMO TO: C. Gates Please confirm your flights with Qantas. We have you booked to depart August 21 at 10 am and to return a week later, arriving August 28 at 7 pm. The company will pay all expenses of this trip.
E Please note: ~~10.30~~ 12.30 July 27 Websters Trading Company meeting, 30 Barrow Street. 12 Jones Road	**F** MEMO TO: C. Gates Check amendments to the Ling Kee contract. Do we really want to offer 10%? Please see me this morning at 10 in my office.

*There are 6 office messages **A- F** on the next page.*

LIVEWORKSHEETS

*Answer Questions **1 -3** by writing the appropriate letter **A-F** in boxes **1 -3** on your answer sheet.*

10 Which message changes the time or place of a meeting?

11 Which message is probably personal?

12 Which message is from a company which is trying to sell something?

SECTION 3:

THE NATURE OF ADDICTION

A. Many people would perhaps, at least as an immediate response, not consider themselves to be 'addicts', yet a closer look into aspects of lifestyle and mental attitude often reveal a far different picture. The main problem at presents that the traditional definition of the word has become blurred and the lines between addiction and interest are far harder to identify. In the past, the label 'addict' was generally applied to those with an insatiable appetite for certain substances that were traditional known to be harmful, illegal or both: psychoactive drugs, alcohol and nicotine, for example. More recently, however, we find that a there is a multitude of potential addictions. Gambling, food, work, shopping – all of which are potential areas where addiction can lurk.

B. To try to define the subject of addiction (and in many cases the subsequent course of treatment to best combat it), psychologists now commonly referred to three distinct categories. The first is related to those forms of addictions that are perhaps not life-threatening or particularly dangerous, and are often labelled in an almost tongue-in-cheek manner, such as the consumption of chocolate possibly leading to the creation of a 'chocoholic'. This category is referred to as soft addiction and is generally related only to a potential loss of productivity; in the workplace, an employee who is addicted to social networking sites is likely to be a less useful member of staff.

C. Substance addiction, however, is a completely different category, and focuses ' on ingestion of a drug (either natural or synthetic) to temporarily alter the chemical constitution of the brain. It is a combination of physical and psychological dependency on substances that have known health dangers, and the knock-on problem that users in an addicted state will often go to great lengths to acquire these

LIVEWORKSHEETS

substances, hence leading to the very strong connection between drug abuse and crime.

D. Finally there is behavioural addiction, which is regarded as 'a compulsion to engage in some specific activity, despite harmful consequences' and is a relatively recent entrant to the field. This is where the 'soft' addictions taken go beyond a safe limit and can become dangerous. Overeating, especially on sweetened foods, is one of the more common behavioural addictions, potentially leading to morbid obesity and associated health risks. Also included in this grouping are concerns like excessive gambling, and for many the combination of the availability and anonymity of the internet, as well as a plethora of online gambling sites, has led to a vast increase in this form of addiction.

E. However, the point at which a soft addiction becomes a behavioural addiction is both hard to define and cause for significant controversy. A child who comes home after school and plays on the internet for three hours is considered by some to be suffering from a behavioural addiction; to others, this is just a modern form of leisure time and just as valid as reading a book or playing outside. Another point of friction among people involved in studying and treating sufferers is that some of the issues covered by the umbrella term 'addiction' are actually mislabelled, and they belong more to a different category altogether and should be referred to as 'Impulse control disorders'.

F. The correct course of action when attempting to overcome an addiction varies greatly between the type of addiction it is, but also varies considerably among the medical community. Take substance addiction, for example. The traditional approach has been to remove the source – that is, remove the availability of the drug – but this is now no longer concerned the best long term approach. The old idea of incarcerating the addict away from any drugs proved faulty as this did not prevent relapses when back in society. There is now an increasing tendency to consider not only the mechanical nature of addiction, but the psychological source. Often, extreme addictions – both substance based and behavioural – stem front a psychological root such as stress, guilt, depression and rejection, and it is for this reason that counselling and open discussion are having more successful long-term results.

G. For non-professionals with people in their lives who are suffering from some form of addiction, the importance now is in focussing on supporting their recovery, not enabling their dependence. Judgemental attitudes or helping to conceal addiction have been shown not only to perpetuate the problem, but in many cases actually exacerbate it.

LIVEWORKSHEETS

*Reading Passage 1 has seven paragraphs **A-G.***

*Choose the correct heading for paragraphs **B** to **G** from the list of headings below.*

*Write the correct number **i-x** in boxes **13-18** on your answer sheet.*

	List of Headings
i	A change in methods
ii	The falling level of addiction
iii	Biological changes and associated risks
iv	The long term damage of addiction
v	Disagreements about definition
vi	Advice for those involved
vii	The changing nature of addiction in children
viii	The lack of clarity in modem interpretations of addiction

LIVEWORKSHEETS

ix	Modern label for taking addiction to extremes
x	Not all addictions are cause for concern

Example: Paragraph A; ***Answer***: viii

13 Paragraph B

14 Paragraph C

15 Paragraph D

16 Paragraph E

17 Paragraph F

18 Paragraph G

LIVEWORKSHEETS