

*Listen to the radio interview and do the exercises to practise your listening skills.*

### HELP OTHERS, HELP YOURSELF

**I n t e r v i e w e r.** Today I introduce you two young people who are both doing voluntary work in the sports sector. There's Liam ['liəm] Parker, who works at a sports centre. And then there's Debbie Sanford, who now has a paid job. So, Liam, tell us a bit about your work.

**L i a m.** It's really cool! Basically it's a huge space where sports events take place. The building was completely renovated and now we have facilities for urban sports like skateboarding, Parkour...

**I n t e r v i e w e r.** Hang on a moment, can you explain the last?

**L i a m.** Parkour? It's a way of moving around an urban environment developed from military training. It involves climbing, jumping... Well, everyone's seen it on TV: people jumping off incredibly high buildings, between roofs...

**I n t e r v i e w e r.** So what are you involved with?

**L i a m.** My passion is for BMX biking, and I get people involved in it doing demonstrations. But I also make sure the bikes meet safety standards, check the tracks. I even teach kids the basics of BMX.

**I n t e r v i e w e r.** Right, so you've learned a lot of skills?

**L i a m.** Yeah. At first I was a bit nervous, but now I have no problem giving safety instructions to people. I even had to learn sports-specific first aid in case anyone hurts themselves.

**I n t e r v i e w e r.** So that training will be valuable when you come to look for paid work?

**L i a m.** Sure. I'd like to stay in this sector and find paid work, so my experience will help a lot.

**I n t e r v i e w e r.** Thank you, Liam. Our other guest has made the jump from voluntary to paid work. Debbie, you've been involved in many sports in your 19, haven't you?

**D e b b i e.** Oh! As a child I played in a football team and I know that this would not be possible without the help of volunteers. So when I had the chance to help others, I did. After getting the Degree, I realised that lots of people are looking for the same job, and I need more experience to compete with them all!

**I n t e r v i e w e r.** So you volunteered again?

**D e b b i e.** Yes, I spent a year helping with a volunteering bureau and at various events including a cricket tournament or a swimming championship.

**I n t e r v i e w e r.** Wow, that's a lot of experience! Do you play cricket?

**D e b b i e.** I must say I don't play cricket myself. You don't have to be an expert to volunteer — there are lots of jobs that need doing.

**I n t e r v i e w e r.** And now you've finished your degree and you're working...

**D e b b i e.** I wrote my dissertation, and now I manage volunteers for swimming clubs and organise events at a national level. I would never have got the job without my volunteering experience.

**I n t e r v i e w e r.** And finally, a question for you both. We often recruit volunteers. Do you ever feel that you should be paid for what you do?

**L i a m.** Well, of course, it would be nice. But the organisation I help is non-profit-making and it couldn't pay all the volunteers. At the moment, I'm happy to do what I love and gain experience of dealing with the public.

Debbie. I think many volunteers feel they want to give something back. Ideally it would be good. But it's really important to give people recognition for what they do, though.

Interviewer. Thanks a lot for sharing your experiences.

*I. Match the two parts of the phrase and write (a-h) next to the numbers (1-8).*

- |                 |                     |
|-----------------|---------------------|
| 1) to do        | a) an experience    |
| 2) to overcome  | b) a job            |
| 3) to volunteer | c) safety standards |
| 4) to meet      | d) to help          |
| 5) to organise  | e) the public       |
| 6) to gain      | f) an event         |
| 7) to deal with | g) experience       |
| 8) to share     | h) a barrier        |

*III. Circle the best answer to these questions.*

- Liam says that Parkour is ...
  - a type of military training;
  - jumping off high buildings;
  - a way of overcoming barriers;
  - moving around an urban environment.
- Liam's main job is ...
  - to check the bikes are safe;
  - to clean the ramps;
  - to do demonstrations;
  - to teach young people about BMX.
- Which area did Liam have training in?
  - cooking hamburgers;
  - giving the first aid;
  - checking tracks;
  - giving safety inductions.
- Why did Debbie volunteer the second time?
  - to be more competitive in the job market;
  - to help other people;
  - to complete her degree course;
  - to learn how to train volunteers.
- Which sport did Debbie not volunteer to help with?
  - cricket;
  - swimming;
  - table tennis;
  - football.
- Debbie and Liam both say that ...
  - it's important to pay people to work in sport;
  - volunteers are often exploited;
  - they love volunteering;
  - volunteers are essential for sport.

*Listen to the text about disasters and do the tasks.*

## DISASTERS: NATURAL AND MAN-MADE ONES

When disasters occur due to natural forces they are called natural disasters, over which man has hardly any control. Some common natural disasters are earthquakes, landslides, floods, droughts, cyclones, etc.

An earthquake, the shaking of the earth's surface, is one of the most destructive disasters, caused by rapid movement of the earth's outer layer. The position of the different continents and oceans that we see today has changed a number of times under numerous earthquakes. Shaking of the ground causes destruction of buildings, bridges, roads, canals and other structures. Earthquakes of high intensity often trigger many landslides in the hilly regions. The shakings of the ground and building damage often break the gas pipes and electric lines that cause fires. The surface topography of a region and groundwater conditions are changed after an earthquake. Earthquakes on the ocean floor cause tsunamis and, often, underwater landslides and volcanic eruptions. Also, earthquakes can cause floods.

Common examples of man-made disasters are industrial disasters such as fires and explosions; chemical, biological, radioactive accidents; traffic accidents and different kinds of air, soil, water pollutions.

Man-made disasters are the result of carelessness or human errors during technological and industrial use. The disasters are in the form of accidents, which occur all of a sudden and take a huge toll on life and property. Local disasters mostly cause injuries, diseases and casualties in places where they occur.

Another types of disasters, affected vast regions and called global, are technological ones. Some of them are due to the potential damages of nuclear fallout. An example is the Chernobyl Nuclear Disaster. It is the worst nuclear disaster recorded in a nuclear power plant. Large areas of Ukraine, Belarus, Russia and even parts of Poland, Denmark and Sweden were contaminated. Around 200,000 people had to be evacuated and resettled. The after affects lasted for many years and a rise in the incidence of blood cancer has been observed in a wide group of people.

*I. Match the words and expressions to make each other.*

- |                               |                        |
|-------------------------------|------------------------|
| 1) shaking of                 | a) power plant         |
| 2) the position of continents | b) effect              |
| 3) earthquakes                | c) pollution           |
| 4) soil                       | d) has changed         |
| 5) nuclear                    | e) the earth's surface |
| 6) negative                   | f) cause flooding      |

*II. Read the statements and mark them as True, False or Not mentioned.*

1. According to the text, the disasters caused by natural forces cannot be controlled by man.
2. The text contains detailed information on major natural disasters.
3. The ground plane in the disaster area and even the flow of groundwater can change dramatically after an earthquake.
4. Earthquakes at the bottom of the ocean lead to tsunamis, ground movements, and volcanic activity.

5. Negligence, human error or even meanness cause man-made catastrophes.
6. Man-made disasters are divided into accidents and technological catastrophes.
7. Huge areas of the world ocean also suffered as a result of the Chernobyl disaster.
8. Some regions of the former Soviet Union and parts of some European countries were polluted by radiation.

III. Listen to the text again and answer the questions to find the correct option to each of them.

1. Which of the natural disasters are NOT mentioned in the texts?
  - a) landslides;
  - b) droughts;
  - c) avalanches;
  - d) floods.
2. The text says that an earthquake generally caused by ... .
  - a) changing of continents and oceans;
  - b) movement of the land outer layer;
  - c) volcanic eruptions;
  - d) landslides.
3. According to the text, breaking the gas pipes and electric lines are the results of ... .
  - a) fires;
  - b) changing of groundwater flow;
  - c) volcanic eruptions;
  - d) the earthquakes and destruction of buildings.
4. Which of these industrial catastrophes are mentioned in the text?
  - a) terrorism, radioactive and traffic accidents;
  - b) fires, explosions, acid rains;
  - c) fires, chemical and biological disasters;
  - d) explosions, sound pollutions, deforestation.
5. The text describes ... .
  - a) the global catastrophe;
  - b) the accident;
  - c) the local catastrophe;
  - d) biological disaster.
6. As the text says, the Chernobyl Nuclear Disaster leads to ... .
  - a) air, soil, water pollutions;
  - b) evacuation and relocation around 200,000 people;
  - c) huge toll on life and property;
  - d) fires and explosions.