READING

1 Read the text and decide if sentences 1–10 are True or False, or if the text Doesn't say. Put a cross (X) in the correct place in the table.

	True	False	Doesn't say
1 El Alto is in one of the highest regions of Spain.			
2 El Alto is in the south of the country.			
3 Bolivia's capital city is smaller than El Alto.			
4 El Alto is a modern city.			
5 The city grew quickly as soon as schools started opening.			
6 Most people who live in El Alto came from Spain.			
7 Most police officers in El Alto work for the traffic police.			
8 The traffic police in El Alto have unusual uniforms.			
9 It rains most in El Alto in November.			
10 The coldest month is June.			
11 El Alto now has some industry.			
12 The city got its own government 20 years ago.			

/12

THE HIGHEST CITY IN THE WORLD

The city of El Alto (a Spanish word meaning 'the high place') is the world's highest city at 4,150 m above sea level. It is Bolivia's second biggest city, after Santa Cruz de la Sierra, and has a population of around one million. The South American country also has the world's highest capital city, La Paz.

Strangely, the city of El Alto didn't even exist until 1903, when the railway passing from Lake Titicaca to La Paz arrived. It has very few historical buildings, unlike the nearby La Paz, which started life 400 years earlier.

The first school opened in 1939, mainly for the children of railway workers who lived there. The city grew enormously in the 1950s when it became connected to the water pipes that came under the ground from La Paz. Until then, water had to be brought to El Alto in lorries.

The majority of people in El Alto are not of Spanish origin, but are Aymara people, who lived in Bolivia before Europeans arrived. The city's traffic police officers, are largely Aymara women dressed in traditional brightly-coloured skirts and shirts, which seems an unusual sight to most outsiders.

The climate there is cool. Even in summer, the maximum daytime temperature is only 17°C in the warmest month, November. In winter, it's about 7°C in the coldest month, but it's much drier than the warmer summers, the driest month being June.

For a long time, El Alto was a residential area housing the workers from La Paz, with little industry of its own, but this has changed over the last 20 years or so. The city now even has a special day when they celebrate the date when politicians decided that El Alto should have its own city council (March 6th 1985) and when El Alto became an independent city.

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LIVEWORKSHEETS

2 Read the text and choose the correct answer, A, B or C.

1 The text says that some teenagers think
A adults should help them more.
B adults have never been teenagers.
C adults understand teenagers' problems.

2 According to the text, which sentence is true?
A Teenagers unfairly criticise adults.
B Teenagers prefer to help themselves.
C Teenagers want support from adults.

3 The text says that
A teenagers set up the Daily Respect website.
B adults set up the Daily Respect website.
C adults and teenagers set up the Daily Respect website.

4 The Daily Respect app
A sends you a daily email.
B sends you detailed information.
C sends you a link to a web page.

5 The text says that over 1,000 teenagers
A use the app at the moment.
B helped decide what should go on the website.
C emailed Daily Respect with their ideas.

6 The text says that most teenagers look for information about
A relationship problems.
B problems online.
C problems at school.

7 If you want to receive Daily Respect messages you should
A go to the Daily Respect website.
B download the app to your device.
C buy the app at an app store.

8 Where is this text from?
A a magazine.
B a newspaper.
C the internet.

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DAILY RESPECT

Growing up is hard work! Many young people complain that they are not given enough help by those people who should be helping them most – adults! 'I can't understand it.' says 15-year-old Hayley Lomas, 'Adults have all been teenagers at some point so they know how it feels. But instead of understanding, sympathy and support in getting through this difficult time, we often get criticism.' Hayley isn't alone in thinking this, but there are, of course, many adults who do want to pass on their experience and knowledge. In fact, some of them have now set up a website and mobile phone app called Daily Respect to do just that. So how does it work?

'It's easy!' says Geraint Tillotson, the man who started Daily Respect, the organisation that provides the app and website. 'You download the app and then you get a daily message through the app about an issue that's important for many teenagers. If you then want to find out more, there will be a link to the relevant section of our website which will give much more detail about the subject.' Daily Respect contacted over a thousand teens to get their ideas on which subjects to cover before they even started the site, and now ask their app and website users to email them ideas for other topics they could cover. 'The most popular area of the site are the pages about relationships,' explains Tillotson. 'But problems at school including bullying are not far behind. An area that's growing fastest are probably the pages about problems online – you know, cyber-bullying and abuse on sites like Facebook.'

The site and messages aim not to judge young people but to provide simple, practical information to help them make good decisions and so get as much as possible from life.

'We aim to supply information so that teenagers can make their own decisions, free of other peoples' opinions,' says Geraint. 'No advice is given, just information, so we won't tell you what you should do – we will give you the tools to manage situations yourself, or with support.'

If you are interested in getting the daily messages, look for the free app in your usual app store. To visit the website, click on the link here – what have you got to lose?

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LIVEWORKSHEETS