Too much noise
Awareness about noise pollution

Name and surname: Course and group:

Exercise 1: One of the current problems, which has been occurring for a relatively short time, is the so-called **noise pollution**. This new type of pollution is directly related to the development of modern societies and their technological and industrialized model. While watching the video ***"In Search of Lost Sound Comfort"***, answer the following questions:

1. What name is given in the video to the elements that affect the pollution of the planet?

2. Which of these elements is the one that generates noise pollution?

3. What is the first definition of noise that appears in the video at minute 0'50 "?

4. Why are both sound and noise produced?

5. What is the difference between sound and noise in this video?

6. What kind of connotation does the sound have? And the noise?

7. What are the two main magnitudes that characterize sound and noise?

8. When we speak of frequency or pitch, we mean what that a sound is.

9. What unit measures frequency?

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10. What are the limits of the human ear regarding frequency?

11. When we speak of sound level or intensity, we refer to what that a sound is.

12. What unit measures intensity?

13. What are the limits of human hearing regarding intensity?

14. Above what decibels is intensity considered seriously dangerous to human hearing?

15. What is the effect caused by subjecting our ears to continuous sounds of more than 75dB called?

16. Indicate whether the following statements about the effects that excess sound or noise causes on our health are true (T) or false (F):

	At medium and even low levels, noise causes discomfort.
	Noise hinders or prevents attention, communication, concentration, rest, and sleep.
	A situation of noise maintained over time would never trigger psychophysical disorders or cardiovascular diseases.
	School or professional performance increases when we are in a noisy environment.
	Work or traffic accidents can be the consequence of a lack of rest or stressful situations caused by a noisy environment.
	A noisy context can lead to antisocial behavior in a person.

17. From what number of decibels is noise considered to negatively affect sleep?

18. What sleep-related effects can noise cause?

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19. What two solutions does video propose to achieve a more comfortable sound environment?

First	
Second	

20. Based on the previous solutions, select the options "We protect ourselves" or "We avoid" as corresponds to each of the following statements:

	Do not speak in a high tone of voice; not scream.
	Avoid listening to music at excessive levels, especially if we use headphones.
	Do not go to pubs where the sound of the music is excessively loud.
	Do not speak loudly in public transport or small spaces shared with other people.
	Do not organize social gatherings or meetings in the street, especially at night.
	Speak in a moderate voice in entertainment venues, bars or restaurants.
	Criticize and report undesirable acoustic situations.
	Promote in our close circles a critical public awareness of this problem.
	If we walk in the street in a group at night, do not speak out loud. We must also be careful when we get home.
	At night, take extreme care at home of behaviors that produce noise: walking in heels, using noisy appliances, water taps, moving furniture ...
	During the day, do not turn up the volume of the video, television, sound players excessively high ...
	Do not be noisy if we organize a party or meeting at home, if we have neighbors nearby.
	Avoid acceleration with motor vehicles (car, motorcycle ...).

21. What characteristics do class A appliances have?

22. Why does the video advise them?

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