

## ADDICTIONS (DRUGS/ALCOHOL)

~an addiction is a condition of taking drugs, smoking, gambling, drinking, etc. habitually or being unable to stop without suffering adverse effects; it is a disease  
~to be addicted to sth = to depend on it  
~addictive = **CAUSING ADDICTION**  
~people are usually aware of their addiction but they simply cannot help themselves; they become dissatisfied with themselves, they feel useless and unloved and they see their addiction as the only way out of their ruined life  
addictions are usually the result of life dissatisfaction, boredom, financial problems, stress and aimless life  
~**Types of addictions** drugs, shopping, tv, computers, work drinking, smoking, gambling, sex

### GAMBLING:

~people who are addicted to gambling bet on horses, play games of chance, they long to win a lottery or football pools  
~some people gamble occasionally, but some of them are compulsive gamblers who are addicted to games of chance and spend enormous sums of money on gambling  
~if you are lucky, you can win a fortune, but if you are unlucky, gambling can wreck/ruin/destroy your life

### SMOKING

~people usually have their first puff in their teens because they are curious and they simply want to try  
~to impress sb, to appear older and mature  
~because their friends smoke and they want to belong to a company and do not want to appear stupid in front of their friends  
~once they become regular smokers they smoke because they are addicted and simply feel a craving for a cigarette  
~to most people smoking is not just a pleasure but an addiction; they need tobacco, depend on it and they simply cannot give it up  
~if they haven't smoked for some hours they feel a craving (HREPENENJE) for a cigarette

### CELEBRATIONS, CUSTOMS, NATIONAL HOLIDAYS

#### Celebrations

Humans have been cluttering the calendar with special dates since the dawn of history. Some of these have never stopped, other new ones started up yesterday. Every country in the world contains its own local festivals.

**Christmas:** is an annual holiday that marks the birth of Jesus of Nazareth. Christmas celebrations often combine the marking of Jesus' birth with various other traditions and customs.

**Easter:** is the most important religious feast of the Christian liturgical year, observed at some point between late March and late April each year, following the cycle of the moon. It celebrates the resurrection of Jesus. Today many families celebrate Easter in a completely secular way, as a non-religious holiday.

**Fat Tuesday:** It is a celebration that is held just before the beginning of the Christian liturgical season of Lent. The carnival is an important celebration in most of Europe, and in many parts of Latin America and the Caribbean.

~smoking is the most widespread addiction  
**effects:** makes you feel dizzy, makes you cough, your eyes may water, you smell of cigarettes, you have stained fingers and yellow teeth, you breathe difficulty when doing physical exercise, causes lung and throat cancer  
**smoking today:** more and more people are becoming aware of the harmful effects of smoking, there is a warning printed on each packet of cigarettes pointing out that smoking is harmful to health, smoking is an acceptable habit in our country but the society discourages it

### DRINKING

**why do people drink?** to relax and calm their nerves, to be sociable, to get courage, to be macho, to belong to their company, to take their mind off their trouble  
**refusing:** sometimes it is hard to refuse a glass of wine if your friend insists that you do take a drink, but you should always keep in mind that you haven't come out to drink, you are at a party to enjoy yourself  
~staying sober (TREZEN) means you'll have nothing to regret the next morning because you are in control all night  
~if you drive, you shouldn't drink, you should stay sober  
**Effects:** you suffer from a hangover the following morning, it makes you merry and cheers you up for a short time, you get courage, you may feel dizzy, disoriented or just plain sick, it often causes disputes and fights

### PERSON

~some people are addicted to a certain person (their husband/wife, boyfriend/girlfriend, mother) and simply cannot live without him/her, they need him/her and are dependant on him/her  
~they are often jealous  
~they can't enjoy themselves if they aren't in the company of that person  
~their happiness depends on another person, they are enslaved by him/her

**Valentine's day:** is a holiday on February 14. It is the traditional day on which lovers express their love for each other; sending Valentine's cards or candy.

#### Customs

Every nation has its own customs. Sometimes is behaviour of people of other nationalities for us very strange, but this are their customs and they just follow them. As far as this concerns us, we have to respect them and we have to be open for different things.

In Islamic world you must always take your shoes off before entering the house and you are expected to sit on the floor supported by cushions. Food is eaten with right hand without help of fork or spoon. In hot, dusty conditions people put on clothes to protect themselves against the elements, not take them off.

#### Some other customs / advices for travellers:

In France you should not sit down in a cafe until you have shaken hands with everyone you know.

In Pakistan you must not wink - it is offensive.

In the Middle East you must never use the left hand for greeting, eating, drinking, or smoking. Also, you should take care not to admire anything in your host's home (they will feel that they have to give it to you).

In Russia you must match your host drink for drink or they will think you are unfriendly.

In Thailand you should clasp your hands together and lower your head and your eyes when you greet someone.

In America you should eat your hamburger with both hands and as quickly as possible. You should not try to have a conversation until it is eaten.

»When in Rome, do as the Romans do.«

### National holidays

National holiday is a statutory holiday enacted by a country to commemorate the country itself. It is usually the anniversary of the country's independence, the signature of its constitution, or other significant event, though this is not always the case; in some cases it is the saint's day of the country's patron saint.

For example: Independence Day with fireworks, music and large crowds gathering in towns and cities is the USA's birthday bash on July 4.

Slovenia	
25th June	National day
26th December	Independence day

### **ADVERTISING**

Whenever we pick up a newspaper or a magazine, turn on the television, check e-mail or look at the ads on roadsides, we are confronted with advertisements. Every major medium is used to deliver the messages.

An advertisement is not necessarily a commercial on TV, or a page of any journal. In a sense, any piece of material produced by a company is a form of advertisement. It is a part of the way in which a company presents itself to the public and calls attention to what it has to sell. Advertising, then, can help to sell, by giving information – what the product is, what it does and where it can be found.

Most advertising is designed to promote the sale of particular product or service. Some advertisements, however, are intended to promote an idea or influence behaviour, such as encouraging people not to use illegal drugs or smoke cigarettes. Advertising is also used to promote political parties and candidates for political office.

Advertisements inform, persuade, remind, change opinions; they even change emotions and attitudes.

### **CHARITIES**

All human beings have needs. But unfortunately not all needs are satisfied. Even more, some people do not have basic elements for survival. That is a problem especially in poor countries, like Africa. Lack of food, money or medicine is not the problem only in poor countries, it can happen in developed cities.

Without charity of some people and organizations poor people would not be able to survive. There are a lot of good people that make a difference. They come together to establish charity organizations.

### What is a charity?

The word charity has three different meanings:

An organization which raises money in order to help people who are ill, handicapped or very poor.

The aim of giving money, food, help to people who are in need.

Kindness and sympathy towards other people, especially when judging them.

### What does the charity do?

Its mission is to help people who suffer from hunger, poverty and disease or from the ravages of war, oppression and natural disasters.

Advertising changes society; makes people buy things they do not want.

### Types of advertising and commercials

Commercial advertising media can include billboards, radio, cinema and TV ads, flyers, newspapers, posters, web banners, magazines and so on.

**Covert advertising:** it is known as product placement. For example, in a film, the main character can use an item or order of a definite brand, as in the movie I, Robot, where main character played by Will Smith mentions his Converse shoes several times.

**Television commercials:** the TV commercial is generally considered the most effective mass-market advertising format.

### **Newer media and advertising:**

Advertising on the World Wide Web and E-mail advertising are recent phenomena. Unsolicited bulk E-mail advertising is known as »spam«.

Unpaid advertising (word of mouth advertising) can provide good exposure at minimal cost.

### Advertising agency

Firm which creates commercials is called **advertising agency**. In advertising agencies work people with many different profiles, but the most creative, paid, known and important are copywriters and graphic designers (copywriters always work in pairs). Copywriters are those who create ads's slogans; or if it is about TV commercials – they direct them.

In Slovenia, there are seven advertising agencies; two of them are quite known: the biggest is Pristop and the second place takes Luna.

**General »rules« of making advertising:** say what you have to say in as few words as possible, give the consumer credit for some intelligence, be original, have your own ideas and do not copy other commercial.

Most of the charities raise money, others collect clothes, food, medical supplies, books ... They give these items to people who need them the most.

Charities also provide an opportunity for people to learn about issues facing the world and directing our support to the programmes and countries you want to help.

### How we can help?

We can make a donation.

We can become a member of an organization and support its work.

We can become a volunteer.

### Some of the charity organizations

#### **Amnesty International:**

- helps people that are in prison because of their beliefs, language, religion or colour.
- It is independent of any government, political ideology, economic interest or religion.
- It has won several peace prizes.

#### **The RSPCA:**

- Its vision is to work for a world in which all humans respect and live in harmony with all other members of the animal kingdom.
- It is the world's oldest animal welfare organization.

#### **The Red Cross:**

- helps people in crisis, whoever they are.
- They are a part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies.

**UNICEF:**

- It is the United Nations Children's Fund, that helps build a better world for children.
- They work:
- to prevent the spread of AIDS,
- to promote girl's education (ensuring that they complete primary education as a minimum),
- to prevent common childhood diseases in the third world countries.

**Caritas Slovenia:**

- It is a charitable organization of the Roman Catholic Church in Slovenia.
- Their work involves specifically help for families, which embraces: direct material help, disaster relief, help for elderly in their homes, help for children, disabled ...

**Slovene Philanthropy:**

- They want to encourage and spread volunteering and other charity work in the social field by developing programmes of voluntary work.

*»Charity begins at home.«*

*»Our support makes a world of difference.«*

## COMMUNICATIONS

### Definition:

**Communication** allows people to exchange information by one of several methods. There are auditory means, such as speaking or singing, and nonverbal, physical means, such as body language, sign language, paralanguage, touch or eye contact.

Communication is a process by which **information is exchanged between or among individuals** through a common system of symbols, signs, and behavior. As a process, communication has synonyms such as expressing feelings, conversing, speaking, corresponding, writing, listening and exchanging. People communicate to satisfy needs in both their work and non-work lives.

### Internet:

It is a "network of networks" and carries various information and services, such as **electronic mail, online chat, file transfer, and the interlinked Web pages and other documents of the World Wide Web.**

Nowadays computers with internet are becoming more and more important in information system and the world is becoming more dependent on it.

Internet can link people with sources of information that are many miles away.

Internet was born 30 years ago, because of the needs of researchers in defense industry of USA.

Now it is one of the most common communication services.

The most interesting service called **WWW – World Wide Web** and is used to surf across the Net. It is available to you to access any site on the world and gives you unlimited resources. You can find yourself information about anything you wish in just a few moments.

Internet is the best thing which can happen to your computer. On internet you can **learn English**, because it is official language on the Net. And you can **also meet new friends** from all over the world.

### Cell phones:

a **mobile telephone** or **cellular telephone** (commonly, "mobile phone" or "cell phone") is a portable **electronic device** used for mobile communication

current mobile phones can support many additional services such as **SMS for text messaging, email, packet switching** for access to the **Internet**, and **MMS** for sending and receiving **photos** and **video**

mobile phones **have gone from being rare and expensive** pieces of equipment used primarily by the **business elite**

in many countries, mobile phones now outnumber land-line telephones

they are commonly used by adults and many children

The mobile phone itself has also become a **fashion object of totemic value**, with users decorating their mobile phones to reflect their personality

**ADVANTAGES:** you can keep in touch with friends, send SMS, you can do business, play games, you are reachable in every corner of the world, you can record different ringtones on it

**DISADVANTAGES:** cell phones radiate and this is not good for your health, messages are impersonal, especially if you send someone some birthday or some other wishes, phones can be sometimes irritating, especially if during conference or in the theatre

someone's mobile rings because s/he has forgotten to switch it off, if you talk too long your phone bill could shock you

### Chat rooms:

an area on the Internet where people can communicate with each other, usually about one particular topic

the most popular online chat is IRC (Internet Relay Chat)

People have more money and more **leisure** (**PROSTI ČAS**) nowadays and even young people can afford to go abroad. Many **travel agents** offer cheap **cut-price tickets** for flights to all parts of the world, so youngsters can avoid the crowded, well-known places and get to less famous areas which are **off the beaten track**. Instead of using public transport and hotels, they can travel by **hitch-hiking** (**ŠTOPATI**) and stay at **youth hostels**. But most people prefer some kind of **package holiday** at a popular **resort**, which means that everything is arranged for you and the price you pay includes transport, food and accommodation. Try to avoid taking your holiday during the busy **peak tourist season**. It's more crowded and expensive. If possible, go in the quieter **off-peak period**.

### Why do we travel?

- for fun
- to **relax** and **escape the everyday routine and stress**
- to see the world
- to **broaden your mind** (see different cultures, religions, customs, habits, way of life, try different types of food)
- to meet **new people** and make friends
- business trips
- to learn or **improve a language**
- to visit relatives or friends

### Getting ready for our holidays-we should:

- book a holiday
- provide **insurance** in case of an accident
- do the shopping
- pack the **suitcases**/traveling bags/rucksacks
- when traveling abroad we should check if **the passport** is valid
- ask someone to **look after our plants and pets**
- get the car ready for the journey
- turn off all electrical appliances and the gas
- get **vaccinated** if we travel to exotic countries
- lock the door and close the windows
- apply for a visa
- buy a **brochure, guidebook, phrase-book and a map**
- make **an itinerary** = plan of a journey

### Where can we spend our holidays?

- **at the seaside**: you can stay in a hotel, in a camp(site), in a holiday camp (caravan, camper, tent), in a private room, in a self-catering cottage or flat, in a bungalow
- **in a spa**
- **in the mountains**
- **in the country**: you can stay on a farm
- **in a popular holiday resort at home or abroad**

### How can we travel?

**by land**: by car, by bus, by train, by bicycle, by motorbike, we can hitchhike to save money

**by air**: by plane/by aeroplane

**by sea**: by ship, by ferry

- you can **fall ill**
- you can suffer from a **jet lag** = the time difference
- if you travel by ship, you can **get sick**
- you can be robbed; cities all over the world are full of pickpockets
- you **can lose your money**, passport or other important documents
- you can get poisoned with food
- if you travel by air, your flight may be **delayed** due to various reasons, the plane can be double-booked or your luggage can be placed on a wrong plane
- your **car can break down**
- you can **get lost**, especially in big cities

### What can we do on holiday?

- rest and have time
- see the sights, visit historical places, museums and art galleries
- eat at local restaurants
- buy some souvenirs
- send postcards
- get a suntan; sunbathe/lie on the beach
- do different sports
- meet new people and make friends
- practice speaking a foreign language
- take photographs
- go for a walk, breathe fresh air
- learn about other countries and nations, their habits, customs and way of life

### What can go wrong?

## COMPUTERS ARE A WONDERFUL INVENTION, BUT THERE IS STILL SOMETHING ELSE

### Pros and Cons of Computer Technology

In the last couple of decades, compute technology has expanded enormously and has become part of our daily lives. Many of us use computers at work, school and even at home. We are at the point where we can not return to our old lifestyles because we have accustomed ourselves to an easier way of life through computers. There are many advantages to working with computers as well as disadvantages.

The implementation (IZVEDBA) of computers in our society has helped facilitate (OLAJŠATI) our lives. Computers can help us create and edit documents very easily and can help us speed up work. It is now easier to communicate and send documents through computers at the push of a button. The Internet and E-mail services are just two examples of many features that computers can offer.

There are many benefits that technology can offer but not everyone has the sufficient background or training required. Computer literacy is a demand in today's work force and is mostly affecting the older generation. The older generation is at a disadvantage compared to the younger generation.

#### **The usefulness of computers:**

E-mail and Internet-enable people to keep in touch, make new acquaintances  
Much of today's research in medicine, physics etc. is impossible without computers  
they can do the work of many people, they save time and money  
they provide easy access to a wealth of useful information  
they generate music and graphics open new artistic horizons

#### **Opposing arguments:**

keep young people from reading/studying  
unemployment increases when workers are replaced  
impersonal contact, confinement to computer screens  
computerised art becomes mechanical and impersonal-  
this isn't artistic  
too much money/time spent on developing computers  
Computers radiate and are harmful for our health.  
Some children play games on computer all afternoon day after day. Many of computer games cause violence  
between youth and pressing the buttons on mouse and keyboard every day in the same movements can damage your fingers.

Computers have already revolutionized the way we live and work. But it is early days for computers. We don't know how much they are still changing the world. More computers wanders are yet come.

However, I think there are also other things that are more important than computers...e.g. meeting friends, going to the cinema...

## ECOLOGY, ENVIRONMENT

### What is environment?

**The environment** is natural world in which people, animals and plants live together and it is not result of human activity or intervention.

The environment of an organism includes physical properties, climate and geology, as well as the other organisms that share its habitat.

### What is ecology?

**Ecology** is the scientific study of the living organisms. It is usually considered a branch of biology.

The word »ecology« is often used as a synonym for the natural environment. »Ecological« is often taken in sense of environmentally friendly.

**Some examples of ecological crises:** extinction of many species, global warming related to the Greenhouse effect, deforestation, the nuclear meltdown at Chernobyl, ozone layer.

### Extinction of many species

More than 12000 species of plants and animals are known to be endangered or threatened and face a high risk of extinction in the near future. Species become extinct due to tropical deforestation, global warming and desertification.

### Global warming

Earth is warming more and more because gasses (CFC's, methane, carbon dioxide) act like glass and allow sunshine and heat to pass in but not out again. This global warming is becoming more and more dangerous. *And result is:* global warming – increasing world temperatures – melting ice (higher water level flooded countries); bad conditions for agriculture; starvation; extinction for plants.

### Deforestation

It is the conversion of forested areas to non-forest land. It is the result of slow forest degradation, sudden and catastrophic wildfires ... Deforestation can cause significant biodiversity loss.

### Chernobyl 1986

The city was abandoned due to the Chernobyl disaster at the Chernobyl Nuclear Power Plant. It is regarded as the worst accident ever in the history of nuclear power.

### Ozone hole

The ozone layer is very important because it stops too many of the sun's ultraviolet rays getting though the Earth. Because of the holes in ozon layer too many UV-rays come to Earth and they may also cause a skin cancer, kill the plankton in seas and also damage green plants.

I think that we should be more concerned about the nature. We pollute the nature with rubbish and destroy it with selfish behaviour. We do not think about our actions and what will happen with the world in the near future. We need to learn to treat the planet right, to live with other species, to survive in a sustainable way – that means recycling, alternative resources and conservation.

## CRIME AND PUNISHMENT

### CRIME

*Crime is an illegal act or activity that can be punished by law.*

### Terms of crime: diversity of crime

**Underground:** is a group of people working in secret against the ruler of the country. Their work is illegal. Big cities such as London, Paris ... have very strong, big and powerful organizations of this kind. They are very well organized and have many important connections to »legal« organizations.

**Serious crime:** is a crime with some serious consequences (robbery, smuggling, drugs, murder, terrorism ...).

**Stealing:** it is the crime, when you take something that does not belong to you.

**Robbery:** is the crime of stealing things from a bank, shop ... with using violence.

**Drugs:** are one of the biggest problems and crime at all. Legal institutions cannot stop it, because it is so much money in them.

**Black market:** is the system, by which people illegally buy and sell foreign things, money and goods which are difficult to obtain.

**Murder:** the crime of killing somebody deliberately.

**Manslaughter:** the crime of killing somebody illegally but not deliberately.

If you are caught, when you commit a crime, you are **accused** (or warned if you are adolescent). Then you go to **the court for trial**, where you are **heard in front of a jury and a judge**. You are also given a **lawyer** if you do not have money. He acts as **deputy** for you. You both are **defence**. In front of you there is **prosecution**, which tries to show why you are guilty. In the end decision is made by the judge or the jury.

If you are not guilty, you are free from that moment, when **the verdict** was told.

If you are guilty, you can have **to pay a fine** or you can go **to prison** – it depends on importance of **the verdict**.

One of the most known prisons are probably *Alcatraz*, which is now open for tourists and sightseeing, and *Tower of London*. They both have not been prisons for many years.

**Death penalty:** is punishment by killing. It is used in some countries for serious crimes.

**Slovenia:** we have no death penalty, Slovenian people are against it.

In Slovenia the murderer is punished only with 30 years of a prison. I think it is not enough, because taking someone life is something the most evil and unfair.

### FIGHTING FIT, IDEALS OF TODAY'S WORLD, ANOREXIA, BULIMIA

The ideal for women's bodies is a thin, fit, radiantly healthy, young, white, woman. The media images we see of women offer us the »ideal«. These women seem middle or upper-class by virtue of their expensive clothes, and are almost always white.

We are told we must be sexually attractive to be successful and happy. The majority of those who consider themselves »overweight« are not.

#### What is anorexia?

**Anorexia is an eating disorder where people starve themselves.** It usually begins in young people around the onset of puberty. Individuals suffering from anorexia have **extreme weight loss**, they are **very skinny** but are convinced that they are overweight.

#### Some of the symptoms of anorexia:

loss of at least 3 consecutive menstrual periods (in women), not wanting or refusing to eat in public, anxiety, weakness, brittle skin, obsessiveness about calorie intake ...

There are many **medical risks associated with anorexia**. They include: low body temperature, mineral loss, permanent failure of normal growth ...

#### What is bulimia?

**Bulimia is a psychological eating disorder.** It is characterized by episodes of binge-eating (to eat a much larger amount of food than most people would in a similar situation) followed by inappropriate methods of weight control – purging (forcing yourself to vomit).

**Medical complications from bulimia:** destruction of tooth enamel, sensitivity to hot or cold food, dehydration, irregular heartbeat ...

#### **Some of the symptoms of bulimia:**

eating uncontrollably, purging, strict dieting, vigorous exercise, vomiting blood, preoccupation with body weight ...

#### What causes anorexia and bulimia?

We are overloaded by images of thin celebrities – people who often weigh far less than their healthy weight.

Depression and being anxious.

There is also evidence that eating disorder may run in family.

The physical and emotional changes that go along with puberty.

#### Treatment

Anorexia and bulimia involve both the mind and the body – medical doctors, mental health professions and dietitians will be involved in a treatment and recovery. Very important are also parents and other family members – that they help a person to see that his normal body shape is fine.

#### The importance of education

#### EDUCATION

### PUNISHMENT

*Punishment is an act or a way of punishing somebody.*

Education is the knowledge of putting one's potentials to maximum use.

*It is a process of teaching, training and learning, especially in schools or colleges, to improve knowledge and develop skills.*

**We educate because:**  
It makes man a right thinker., It tells man how to think and how to make decisions. It enables you to be successful in your career.

**British education system:**  
**Nursery/ kindergarten:**

is attended by 3-4-year-olds and is optional. Children are looked after by nurses, they play, draw, sing ... They are prepared for compulsory education.

**Primary school:**

is attended by 5-11-year-olds and is obligatory/compulsory. Classes are mostly mixed.

**Secondary school:**

it is attended by 11-16-year-olds and is compulsory. Most students go to secondary schools called comprehensive, they accept a wide range of children and are co-educational (boys and girls are together). At the age of 16 students take a national exam called GCSE

(General Certificate of Secondary Education).

At the age of 16 they can either apply for a job or continue with their studies.

**The sixth form:**

is attended by 16-18-year-olds and it prepares students for a national exam called A-level, which is needed to enter a university.

**Universities and colleges of higher education:**

are attended by students from 19 to 21 or more. Students study for degree. Most students graduate at the age of 21 or 22 and receive their degree at a special graduation ceremony. They may receive a grant from their Local Education Authority to help pay for books ...

**Private education:**  
private nursery is expensive private secondary schools (usually boarding schools), the most famous are public schools (long history), single-sex.

**Slovene education system**

**Creche:** very expensive. A lot of children is looked after by their gradnparents.

**Kindergarten.**

**Nursery:** it is compulsory.

**Primary school:**

It is attended by 6-14-year-olds and is compulsory.

It lasts 9 years. Classes are mixed.

The end of the primary school is also the end of compulsory education.

At the end pupils take a national exam called matura.

After the primary school children can either continue their education at different secondary schools or apply for a job.

**Secondary school:**

It is attended by 15-19-year-olds and is optional.

**Vocational secondary school**

s last 3 years and prepare

students for a profession.

**Technical secondary school**

s last 4 years, there is poklicn

a matura at the end

and then you

can continue your studies at colleges of higher education.

**Grammar school**

lasts 4 years and is attended by best students, you have

no profession after

finishing and matura

is taken at the end.

**University:**

Some courses are not easy to enter due to the matura selection.

It is attended by 19-23/26-year-olds.

**Something about education**

Wrong decision talk to your tutor as soon as possible.

Homesickness.

Social life:

There is always something going on.

But you can not afford to socialize only.

You have to be responsible for your studies as well as having fun.



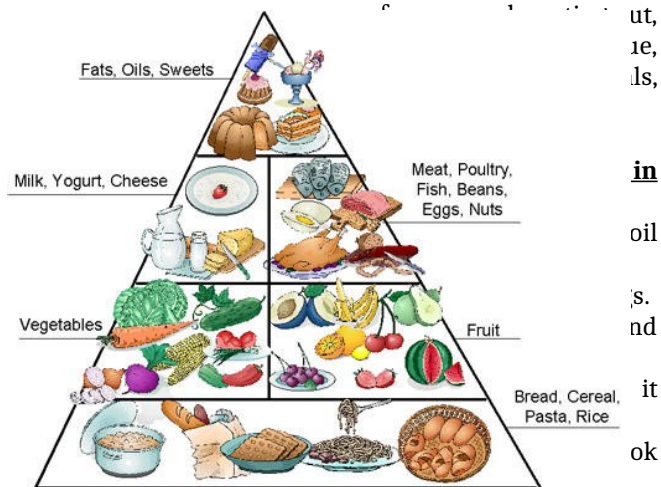
## FOOD, PREPARING FOOD, GENETICALLY MODIFIED FOOD

### Every culture

### invented its own recognizable cuisine:

Italy is famous for its pizza and pasta, Greece is famous for moussaka, Britain for Shepherd's Pie, Slovenia for its Potica, Mexico for its hot and spicy food, America for hamburgers and doughnuts.

**The Food Pyramid:** It consists of six major food groups. It is an excellent tool to help you make healthy food choices.



### »Types« of food:

cucumber	kumarica
cauliflower	cvetača
pea	grah
courgette	cukini
cabbage	sladko zelje
onion	čebula
crab	rakovica
chop	kotlet
mussels	školjke
raspberries	maline
lobster	jastog
Brussels sprouts	brstični cvrt

food is **tasty/delicious** or **tasteless**  
**plain food** – if it is not rich  
rich food is healthy – a well-  
**balanced diet**  
**an ingredient**  
if something is overcooked it  
is **boiled to death**  
**a dish** is food cooked or  
prepared in a particular way  
a dish can also be a round or  
oval container from which

food is put onto people's  
plates  
**leftovers** to lay  
**the table**  
**a doggy bag**  
to set out the  
**plates**  
**three-course meal:** a starter  
– the main dish – a dessert  
**steak** can be well-done,  
medium-done or rare  
**potato:** mashed, french fry  
(chips), jacked potato  
(unpeeled – neolupljen)  
**eggs:** hard/soft boiled or  
poached ... ham and eggs  
food can be **fatty** and  
**fattening**  
**milk:** fresh, dried, powdered,  
butter, condensed,  
evaporated, malted, skimmed  
**cutlery:** knife, spoon, fork  
**napkin** (prtiček)  
**beer:** light, draft, strong,  
bottled  
sour apple, sour kraut,  
sourcherry, sour cream  
**meat:** beef, veal, pork, poultry

### Types of meals:

A take-away meal,  
ut,  
ie,  
ls,  
**in**  
oil  
s.  
nd  
it  
ok  
We bake bread in an oven.

### Genetically modified food

**Genetically modified food** is a food product developed from a different genetically modified organism (a crop plant, animal, microorganisms) in aim to enhance desired traits.  
Some examples how food can be engineered to prevent disease:  
A tomato that softens (omehčati se) more slowly (to develop longer on the vine and keep longer on the shelf).

Potatoes that absorb less fat when fried.  
Sunflowers that produce oil with lower saturated fat.  
Strawberry crops that can survive frosts.

### Potential benefits of gene technology:

better health  
cold tolerant plants  
better quality food

### GLOBAL PROBLEMS

#### Terorism

It is a term used to describe violence. It is essentially threat or act of physical violence.  
**Political terrorism is violent criminal behaviour designed primarily to generate fear in the community for political purposes.**

Examples of terrorism: Al Qaeda, ETA under Franco ...

Terrorist attacks are often targeted to

#### of mass destruction.

Terrorist organizations usually methodically plan attacks in advance and may of them train participants.

#### Diseases

Disease is an illness affecting humans, animals or plants, often caused by infection.

It can cause distress, social problems, death ...

It sometimes includes injuries, disabilities, disorders ...

#### 20th century diseases:

More and more people suffer from stress and hurry which results in various

better business

#### The risks:

expensive technology  
a very young and untested technology  
ethical considerations  
possibility that we may not be able to destroy that crops once they spread into the environment

psychological diseases.

More and more people commit suicide.

Heart disease, AIDS, cancer, diabetes, high blood pressure, stroke are in the increase.

Accidents, bird flu, malaria ...

Infectious diseases can be transmitted by any of a variety of mechanisms, including cereals produced by sneezes, by sects and contaminated ...

#### in

It refers to increasing global connectivity, integration and interdependence in the economic, social, technological, cultural, political and ecological spheres.

**It is the process by which the experience of everyday life is becoming standardized around the world.**

It is a centuries long process.

The spread of globalisation will bring changes to the centuries it reaches. It does not mean the abolition of traditional values.

We know different types of globalization: industrial, financial,

political, informational,  
cultural ...

**It enables greater international cultural exchange:**

At one hand it can not good, because the imported culture can easily supplant the local culture.

But it means greater international travel, tourism, immigration (not good: illegal) ...

### **Technical**

**globalisation:** The electronic communication could unite the world.

Some problems can not be solved by individual nation-states acting alone (pollution, over-fishing of the oceans, degradations of the natural environment, global warming, terrorism ...). Solutions to these problems necessitate **new forms of cooperation** and the **creation of new global institutions.**

### Americanization

**It is the term used for the influence that the United States of America has on the culture of other countries.**

American cultural products are very successful in world markets.

Cultural exports are strong and influential.

Today this term has negative overtones.

## HEALTHY LIFESTYLE

Better lifestyle habits can help you reduce your risk of a heart attack or other injuries. It is important that you know how to live. Some advices:

### **You are what you eat.**

A healthy eating plan means choosing the right food (fruits and vegetables) to eat and preparing food in a healthy way. The most important meal of the day is breakfast.

Eat more fruit. Add it to your cereal, your salads or even your dinners.

Sneak in more veggies. Add them wherever you can - a tomato on your sandwich, peppers on your pizza, or extra veggies in your pasta sauce.

Eat low-fat or fat-free dairy. Switching to skim milk or fat free yogurt is another simple way to eat less calories without having to change too much in your diet.

### **Lose weight if you are overweight**

Many people are overweight. Carrying too much weight increases your risk for high blood pressure, high cholesterol, diabetes, heart disease ...

### **Exercise**

It can help you to stay healthy and fit. It prevents different diseases and you will also feel better. Regular exercise also keeps your weight under control. It is recommended that we do sport activities at least 3 times a week for 30 to 60 minutes.

### **Walk more**

Look for small ways to walk more. When you get the mail, take a walk around the block, take the dog for an extra outing each day or walk on your treadmill for 5 minutes before getting ready for work.

### **Turn off the TV**

Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the couch.

### **Do some chores.**

Shoveling snow, working in the garden, raking leaves, sweeping the floor...these kinds of activities may not be 'vigorous' exercise, but they can keep you moving while getting your house in order.

### **Do not smoke or use tobacco**

Using tobacco is one of the most dangerous you can do. More illnesses are caused by tobacco than by anything else.

### **Limit how much alcohol you drink**

Too much alcohol can damage the liver and contribute to some cancers. Alcohol also contributes to deaths from car wrecks, murders and suicides.

### **Do not sunbathe**

Sun exposure can cause skin cancer, which is the most common type of cancer. So it is best to stay out of the sun or to wear protective clothes and hats. Sunscreen may help protect your skin if you cannot avoid being exposed to the sun's harmful rays.

### **Control your cholesterol level and high blood pressure**

If your cholesterol level is high, keep your level down by eating right and by exercising. High blood pressure increases your risk of a heart disease, stroke ... To control it, lose weight, drink less alcohol, do not smoke and take medicine if your doctor prescribes it.

People are much more interested in their health these days. Many of them try to keep fit by taking exercise few times a week, perhaps

by going for a swim, by jogging in the local park, or by playing active games like football or tennis. Aerobic classes are also popular. Most doctors recommend giving up smoking as a good way of improving fitness. Being

overweight can also be very harmful to health. Another problem is also the stress which affects many of us in our daily life. Fortunately there are simple relaxation techniques which can be learned to help deal with this.

A relaxed life-style, a balanced diet and plenty of fresh air and exercise - these things are all important.

## IMMIGRATION/ECONOMIC IMMIGRATION/ENCOUNTERING A DIFFERENT CULTURE

*different culture ( new cultural norms)  
the language barrier or accent issues  
**racism** – people don't accept them  
food (cuisine)  
different climate  
it is hard to obtain citizenship*

### Definition:

**Immigration** is the movement of people from one nation-state to another.

While **human migration** has existed throughout human history, immigration implies long-term permanent residence (and often eventual **citizenship**) by the immigrants

**tourists** and **short-term visitors** are not considered immigrants

However, seasonal labour migration (typically for periods of less than a year) is often treated as a form of immigration.

The **European Union** allows free migration between member states

Most is from poorer eastern bloc states to the richer western European states, especially Italy, Spain, Germany and Britain.

### Causes:

theories of immigration traditionally distinguish between **push factors** and **pull factors**

**economic migration** (usually **labour migration**) = **wage rates** are prominent: poor individuals from less developed countries can have far higher standards of living in developed countries than in their originating countries

escape from **poverty** is a traditional **push factor**

the availability of **jobs** is the related **pull factor**

**natural disasters/catastrophes**

**religious missionaries**

for some migrants, **education** is the primary **pull factor**  
**retirement migration** from rich countries to lower-cost countries with better climate, is a new type of international migration (an example is immigration of retired British citizens to Spain or Italy)

**for cultural** or health related **reasons**

**political reasons** (*persecution-PREGANJANJE, frequent abuse, bullying-ZMERJATI, oppression-ZATIRANJE, ethnic cleansing and even genocide and risks to civilians during war*)

some migration is for **personal reasons**, based on a **relationship** (e.g. to be with family or a loved one  
evasion-IZMIKANJE of **criminal justice** (e.g. **avoiding arrest**) is a (mostly negative) personal motivation: this type of emigration and immigration *is not normally legal*, if a crime is internationally recognized

### Problems:

immigrants when leaving their country leave everything familiar: **their family, friends, support network, and culture**

when they arrive in a new country this is often with **many uncertainties** including:

*finding work  
accommodation (where to live?)  
new laws*

### Economic immigration:

support for increased labour migration comes from **economists and some business interests** in the developed world

medium and small businesses (restaurants, farms) may be the most **dependent on low-wage foreign labour**

labour-market protectionists often **argue about economic nationalism** (the core of their arguments is that a nation's jobs are the 'property' of that nation, and that allowing foreigners to take them is equivalent to a loss of that property)

### Encountering a different culture:

living in a foreign country gives you the opportunity to experience an entirely different way of life which can be a valuable form of education

moreover, one is given the chance to learn and become fluent in another language through everyday use

many people become more independent and self-reliant by having to cope with difficult situations on their own  
maybe you could experience moments of isolation, frustration and loneliness

that can be caused by communication problems, especially if you can't speak the language yet

finding a job can often be a stressful experience as in some countries foreigners are not easily accepted

## LEISURE ACTIVITIES/INTERESTS/HOBBIES

### Free time

or spare time/leisure time/pastime is something that everybody looks forward to  
this is the time we are free of work or other duties and we can do what we like

### Why is free time important?

to relax, to have fun  
to escape the everyday routine, stress  
to do things we cannot do while at school/work  
to have time for your family/friends and hobbies  
to work more easily and efficiently

### The young and their free time:

most young people are creative, active, full of energy and ideas, they have various interests and would need lots of free time to do everything they like  
lack of time during the school/academic year  
lots of free time in summer when schools break up  
some youngsters who have a lot of free time don't know how to fill it, get bored and start spending it in a completely inappropriate way. They have no aims in their lives, they start hanging around and they may get involved in crime/drugs, etc.

### The old and their free time:

elderly people who are still employed don't have much free time during the week because nowadays many jobs demand complete dedication, they can dedicate their time to their hobbies at weekends only  
retired people finally find time to do the things they like but most of them spend it in a more passive way (health problems, age); they are good at making things with hands, gardening, they like reading, watching TV, etc.  
However, there are also old people who remain active at old age.

### How can we spend our free time?

by doing nothing = being physically inactive (watching TV, reading books/magazines/newspapers, watching sports in the playground)  
by being active (sports, gardening)  
by being of some use to society (doing voluntary work as members of different charities, institutions or political parties)  
by socialising (visiting friends, discussing current issues with them, arguing, gossiping)  
by making things with hands (needlework, sewing, knitting, crocheting, do-it yourself, model-making)  
by being creative (joining an orchestra/band/choir, drawing, painting, writing poems, acting, pottery, bird-watching, photography)  
by staying outdoors, in fresh air (nature walks, walking, mountaineering/hiking, climbing)  
by going to the theatre/cinema/to the opera/to a concert, by visiting art galleries/museums/various exhibitions

### Something about myself

e.g. during summer holidays I have lots of free time  
I do different sports: jogging, swimming, cycling  
I also read books, go with friends on a drink, go to the cinema  
because I have too much spare time I am often bored and don't know what to do

## PLANTS AND ANIMALS/EXTINCTION/PROTECTION

Animals are very **nice creatures**. I think that pets and plants are very important in our lives. People who love animals and who can afford a pet, why they shouldn't have one. **Pets need love and carrying people, good food and always fresh water.**

**Extinction** is the disappearance, brought about by **natural or unnatural means**, of an entire species. Some species of plants and animals die out **naturally** because newer species are more successful at competing for food and living space. Others have become extinct **because of changes** in the planet or **because of natural disasters**. *Dinosaurs*, for example, may have died out **because the climate became cooler**-maybe **because an asteroid collided** with the earth and caused a big cloud of dust that blocked out the sun.

### In today's world:

species mostly become extinct or are threatened with extinction **because of humans**

### Humans:

- hunt animals
- destroy their habitats
- introduce other animals that prey upon the endangered animals or compete for their resources
- among these factors, the greatest threat to plants and animals is **habitat destruction**
- cause air pollution (burning of fossil fuel causing the greenhouse effect)

### the most endangered species:

- rising temperatures due to climate change are expected to cause **a decrease in Alaska's coastal ice pack**, threatening the survival of **polar bears** and other species like **whales**
- deforestation (KRČENJE GOZDOV) in Belize releases carbon dioxide **destroys the habitat of endangered species** such as the **black howler monkey**
- climate change is warming the oceans and stressing Florida's **coral reefs**
- people in Africa hunt **elephants** for its tusks and the black **rhinoceros** for its horns

### Protection:

there is an animal welfare organisation, which carries for all creatures great and small

it is called **the RSPCA**

this is a charity, not a government agency and it rely on donations from its supporters

- they work to promote **kindness**, to **prevent cruelty to animals**
- every year they find **new homes** for animals
- they **threat sick animals**
- they **investigate** (RAZISKATI) **complaints of cruelty**
- they work for the **welfare** of animals in the wild
- they **oppose all experiments** with animals in research laboratories that cause pain and suffering

**LIFESTYLE / QUALITY OF LIFE / MOVING AWAY FROM HOME**

The pace of live is slower.	to feel nervous about leaving your familiar surroundings.
More peace and quiet.	
Less pollution, more fresh air.	
More space for children to play, for pets and nature is nearby.	

**What is lifestyle?**

Lifestyle is individual expression of life / the way a person or a group lives. Many lifestyles can contain subclasses and subcultures. There are a lot of lifestyles:

**Lifestyles based on social and political issues:**

Vegetarianism, veganism, feminism, Nationalism, moralism

**Lifestyles based upon living arrangements and relationships:**

Marriage, single, living apart together, Polygamy, polygyny, polyandry

**Sexual lifestyles:**

Free love, monogamy, open marriage, Transvestism

Lifestyle has changed through the past. In the past people had to work for 12 hours per day, now working time is shorter (it last 8 hours per day) and most of the credit goes to syndicates who were fighting for workers rights. I think that lifestyle depends from culture to culture. For example in India people don't eat cows.

**Living in city**

**Quality of life:**

There are many components of well-being. A large part is standard of living, the amount of money and access to goods and services that a person has; these numbers are fairly easily measured. Others like freedom, happiness, art, environmental health, and innovation are far harder to measure. Health is one of the pointers of quality of life. Limiting body weight is one of the elements of healthy way of life. But there are some problems. Media and fashion industry set beauty trends-being skinny and beautiful. Researches are proving that concern for health and fear for diseases are getting extremely important values in today's society.

**Moving away from home:**

Leaving the family home is one of the last big steps of stepping into adulthood. You can move away from home to study. There may be pressure from your parents, teachers or friends to make a decision. It is normal to have mixed feelings about leaving home. It can be exciting to make new friends, have new experiences, be more independent and become more confident within yourself. You may also be feeling scared, homesick or lonely. It is not unusual

+	
Public transport is very good.	
A choice of schools to choose from.	
Employment – easier to find a job in the city.	
Higher living standard.	
A lot of entertainment (+ for young people).	

**Living in the country**

+	
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## MASS MEDIA

### What is mass media?

Mass media is a term that describes section of the media specifically designed to reach a very large audience such as the population of a nation state. It started in the 1920s with birth of nationwide radio networks, mass-circulation newspapers and magazines.

### Forms of mass media

Broadcasting for radio and television.

Various types of disc or tape.

Film (most often used for entertainment, but also for documentaries).

Internet.

Publishing (via books, magazines, newspapers).

Computer games (since devices such as the PlayStation

### The purposes

It can be used for business and social concerns. This can include advertising, marketing, propaganda, public relations and political communication.

### Education.

Entertainment, traditionally through performances of acting, music, sports and reading, since the late 20th century also through video and computer games.

### Media manipulation

Media manipulation is a term used when media create an image or argument that favours their particular interests.

Such tactics may often involve the suppression of information or points of view by crowding them out, or by simply diverting attention elsewhere.

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### **Television and radio**

**Television** is the most important media in our every day life. It is better than **radio**, because on radio you do not see what is going on. And watching TV is much more relaxing because we usually listen to the radio while doing other things. But the television is much more harmful for health than radio. I usually watch TV in the evening. I like watching documentaries and comedies. But on the other hand you can take the radio wherever you want; it is easy to transport.

### **Newspapers**

**Newspapers** are more popular for older people. In the newspapers you can read long, informative articles and what is happening in the world. The advantage is that you are not depended on program so you can read it whenever you have time. I read Nedeljski dnevnik and magazines Stop and Cosmopolitan, because I like to read articles about woman stuff, about what is going on in the world and sometimes about famous people.

### **Internet**

Nowadays **internet** is becoming more and more important in information system and the world is becoming more dependent on it. Many important aspects of life already revolve around computers and if computers anywhere suddenly stops working, the modern world will be in chaos. Internet can link people with sources of information that are many miles away, similar as this does TV.

## MONEY/FINANCES/THE RICH AND THE POOR

### **Introduction**

- money is sth which is often discussed in today's world
- **in the past:** goods exchange
- **nowadays:** both coins and banknotes are used but they are being replaced by credit cards which make paying easier and faster
- I think that money is vital for **survival** because nowadays you can't buy anything without it (e.g. food, medicines, water, electricity)
- having money enables people to **exert influence** over others (wealthy businessmen, for example, are often the most highly respected members of society)
- people who make money are praised for it
- with the money they can afford **luxury**, buy things they want and don't depend on anybody
- however, in my view money has made people greedy and envious
- they want more and more of it
- but I think that even if an individual is extremely rich, this doesn't necessarily lead to happiness
- **personal happiness** and **health** are more important than wealth
- despite the fact that money can pay for the best medical care available, this is no guarantee of a longer life

### **Bank account**

- if you want, you can open a **bank account**
- all you have to do is going to your local **branch**, **fill in** a few forms, and that's it
- it is also very important to save your money and not just spend it
- you have to be **economical**, otherwise you can **go bankrupt**
- some people spend more money than they receive
- their **expenditure** (PORABA) is greater than their income
- if you take more money out of the bank than you have in your account, you are **overdrawn**
- it is also very important **to teach children** how to handle with it, it is advisable that they get a **pocket money**
- many students are also supported by **scholarship**

### **The rich and the poor**

- there is a lot of poor people all over the world
- poverty is most commonly present in Africa (so called **The Third World**) because of drought and bad weather condition
- there are also many **diseases** (because of inadequate medical care), **life expectancy is lower** than that of people living in normal conditions
- common is also **famine** (people may starve and die of hunger/starvation)
- there are lots of **unemployed people** all over the world (unemployment leads to life dissatisfaction and crime)
- however, there is also a lot of **successful people** who earns a lot of money
- I think that the reach people should help the poor:

- in addition to this, they established many **charity organizations**, which supply poor people with food, clothes and medical supplies
- famous musicians **arrange concerts** and earmark money which they earn for the poor

- Music is an important part of our lives because it has a physical effects on us. It creates a shooting effect which can calm you down or cheer you up. It can be a way of expression and living.

### History of music

- Music in ancient Greece was a part of everyday life and it was common in the everyday routine. It function in religions rituals was to protect people from evil.
- Music and art in Rome were a necessary part of everyday life. Musicians were living a comfortable life, they were admired by people and their lessons cost a lot of money.
- Through past people invented different kinds of forms music, singing ... , for example opera, chanson, symphony ...
- Nowadays is music industry very profitable, especially in America. Almost everyone can be a singer, but music has not a lot of quality like years ago.

### Music genres

A **music genre** is a category of pieces of music that share a certain style or "basic musical language".

Some of the genres:  
Jazz, rock, reggae, blues, electronic ...

I do not listen to just one music genere. It depends on my mood what kind of music I like. But most of the time I do not like electronic music and metal because I think that these genres are too »agressive« or too loud.

I do not have a favourite group or a singer. But there are some groups which I really like and from whom almost all the songs are good for me. These are Red Hot Chili Peppers, Dire Straits, The Rolling Stones and Creed. From singers I really like Tina Turner, because her music give me energy and make me feel fine and I think her voice is really good.

### Slovenian folk instruments

**Trstenke:** those are special kind of flute, invented in Slovenia and called »panova« fulte. Experts say that this is the best known Slovenian folk instrument, which can only be found in Slovenia.

**Gosli:** This is how the violin is known in Slovenian folk music. Its modern form has not changed from the 16th century, even though was used even earlier. Even today »gosli« are a part of a lot folk bands.

I do not play any instruments, because I am not that kind of person and I do not have ear for music /

musical ear (*posluh*). But I have a favourite instrument – it is a saxophone, because I think that it can sound very romantic and you can hear it in a lot of music genres, not only in jazz, for example in a song Waiting on a friend by The Rolling Stones, which is a rock bend.

### Classical music

I think that classical music will never become unpopular because it is original and classical works are really great masterpieces.

Every year a lot of concerts of classical music are prepared and nowadays even famous people use parts of symphonies in their songs, for example Coolio used »Canon in D« by Pachelbel in his song »I see you when you get there«.

And nowadays there are still schools that teach only classical music even though nowadays there are schools where you can learn modern music too.

Some of classical musicians: L. van Beethoven, J. S. Bach, A. Vivaldi



## **POLLUTION AND ITS EFFECTS**

Pollution is one of the greatest problems of our time. People care less for the environment and more for the money, even one should be aware of the problem. It is the process of making air, water, soil dangerously dirty and not suitable for people to use.

### **The major pollutants for water, air and ground**

Its causes are new technologies, chemicals (pesticides, old batteries), nuclear waste, oil, garbage, industrial discharge, cars, factories, airplanes, air conditioning, converters ...

### **Different types of pollution**

#### **Air pollution**

**Ozone hole:** the ozone layer is very important because it stops too many of the sun's ultraviolet rays getting through the Earth. Because of the holes in the ozone layer too many UV-rays come to Earth and they may also cause a skin cancer, kill the plankton in seas and also damage green plants.

**Acid rain:** it develops because of pollution in the air where acid gases from factories, cars and homes mix with water in clouds and then falls to the ground as acid rain. The main gases which cause acid rain are sulphur, nitrogen, sulphur dioxide, nitrogen oxides. It is harmful for forests, animals and people. It also ruins buildings and eats into metal or stone and damages materials,

such as glass and plastic.

**The greenhouse effect:** Earth is warming more and more because gasses (CFC's, methane, carbon dioxide) act like glass and allow sunshine and heat to pass in but not out again. This global warming is becoming more and more dangerous. *And result is:* global warming – increasing world temperatures – melting ice (higher water level flooded countries); bad conditions for agriculture; starvation; extinction for plants.

**Smog:** it is by smoke and fog. Smoke is produced by factories, engines and individuals who use coal as heat in their homes.

#### **Water pollution**

It is caused by tourism (sailing, camping), sewage and industrial chemicals, farmers and by oil tankers, which carry oil and if it spills into the sea it makes water very polluted (it is often fatal for our environment). Water pollution has an influence on fish and other sea animals and plants. Today is a big problem drinkable water (in most modern countries there is not enough clean water).

#### **Ground pollution**

It is caused by cutting down the trees, chemicals which farmers use for the better growth and to protect plants, pollution of the ground water. A result is the growth of deserts because there are fewer and fewer forests which protect soil from water removing.

#### **Air pollution**

It can cause breathing problems and eye, throat and skin irritation. Pollution makes the ozone hole and because of it the sun is even more harmful for skin.

#### **Light pollution, noise pollution**

#### **Effects**

- Natural disasters and tragedies:
- hurricanes, tornadoes, tsunami (violent wind storms which sweep through the Islands)
- floods (great quantity of water usually caused by too much rain)

#### **PROBLEMS OF AGEING POPULATION, THE TRUE VALUE OF AGE**

Ageing is a part of human life cycle and it is a process of becoming older.

Population aging is a highly generalised process and it is most advanced in the most highly developed countries. Japan is one of the fastest ageing countries.

#### **The sources of population ageing**

**A significant increase in life expectancy:** Life expectancy rose rapidly in the twentieth century due to improvements in public health, nutrition and medicine.

**A significant fall in fertility:** It is the result of constraints on families' choices: late access to employment, job instability, expensive housing and lack of incentives (family benefits, parental leave, child care, equal pay).

**The ageing baby-boomer generation:** Baby boomers

- drought (period of continuous dry weather)
- epidemics (diseases affecting large numbers of people caused by polluted water ...)
- fire

#### **What we can do?**

- recycle certain materials (paper, bottles, plastic)
- use more public transport
- control the use of energy and water
- compost fruit and vegetable waste

represent the vast majority of the work force.

#### **Problems of population ageing:**

Smaller generations of children and young people will increasingly have to take responsibility for larger numbers of people in the older generations.

At the same time, young people have difficulty finding employment and are particularly at risk of poverty.

Senior citizens are healthier and want to play an active part in social and economic life. Older people are more likely to be saving money and less likely to be spending it on consumer goods.

The cost of health systems will increase dramatically.

It will affect: consumption patterns, business, family life, public policy and voting behaviour, the infrastructure of our cities, public transport, design of houses and flat and shopping possibilities.

### The true value of age

The fear of growing older is the result of our society's glorifying benefits of our youthful years and minimizing and degrading the elderly and the value of the ageing process.

Despite of this ageing through our later years can be a remarkable time for increasing self-understanding. We have more time to reflect on the nature of life and death and we also have a special opportunity to open to our inner process and bring greater clarity, meaning and peace into our lives.

But on the other hand loss is everywhere. Our friends are dying or moving, our family is often too busy to spend time with us, and our health is deteriorating. We become rigid and resistant to pain to the extent that we hold onto what we are losing.

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### **RELATIONSHIPS**

#### A relationship is:

A connection between two or more things. The way two people or groups feel and behave towards each other.

#### Different types of relationships

**Between two persons:** these can be between parents and children, two lovers, husband and wife, brother and sister ... Every relationship can have ups and downs because people are not in the same mood every day. All relationships are connected with feelings. Love is the most important in relationships, because if there is love between two persons, almost everything can be fixed.

**Between a human and an animal:** this is usually very good relationship, because animals help us relax and they make us happy when we are sad.

**Between a person and a thing:** some things have special meanings in our life because they were given by someone special or in a special occasion.

#### The family types:

**A nuclear family** (often called a traditional family): consists of a mother, a father and their biological or adoptive descendants. We know different types

of nuclear family, depending on employment status of the woman and the man. **A single parent family:** in this family there is only one parent in the household raising the children. It exists as result of divorce or death of the other parent, or the parent choosing not to marry. **An extended family:** is two or more adults from different generations of a family, who share a household. It may be a family that includes parents, children, cousins, aunts, uncles, grandparents ... The reason why they live together can be support for an ill relative or help with financial problems.

**A childless family:** more and more couples are deciding not to have children. Families without children at home have different interests, more free time and often greater financial resources than couples with children. To replace children, this families usually have pets instead.

**Marriage** It is a legal relationship of a man and a woman being a husband and wife. The two people getting married are the bride and the groom, they are being married by the clergyman. Bridesmaid is a woman

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who helps the bride on her wedding day. A man who stands next to the groom at the marriage ceremony and helps him is his best man.

### Love and romance

People who like each other or are attractive to each other become romantically involved. A first meeting is called a first date. We say that a girl has a boyfriend and a boy has a girlfriend.

### Friendship

An acquaintance is someone who you know but not well. Mate is a word for a good friend. Compatriot is someone who comes from the same country. Confidant is a person you can talk to about your feelings and secrets and a companion is someone who you spend a lot of time with. **READING**

### **HABITS/MY FAVOURITE AUTHOR**

### **Why do people read books?**

for fun, to fill time, because they have to (at school), to get certain information, to improve their knowledge on a certain subject, to escape everyday stress, to escape reality

### **Why is reading important?**

- reading improves/enriches your vocabulary/writing technique/imagination/ability to express yourself
- it broadens your general and specific knowledge
- it can help you cope with everyday problems (you get ideas how to react in a certain situation)

- newspapers keep you informed about what is going on in the world
- fairy-tales improve children's imagination and the moral at the end teaches kids to distinguish good from evil
- the more you read the more you know

### **Types of books:**

**FICTION**-imaginary writing: novels, short stories, drama (comedies and tragedies), thrillers, romances, fables, fairy-tales **NON-FICTION**-factual writing: biography (someone's life story), autobiography, histories, books on certain subject (chemistry, physics, psychology), textbooks **REFERENCE BOOKS**-information books: guidebooks, dictionary, atlas, manual (instructions on how to repair, maintain, use), Who's Who (list of important, famous people and details of their lives), encyclopaedia (information about a certain subject)

### **Discuss (my opinion):**

- young people read less and less (they prefer watching TV)
- they are also preoccupied with school and don't find time to read
- I like to read, especially during holidays when I am not preoccupied with homework and learning
- I **borrow books from the library** and I always ask my mother for advice (which book to read) because when

she was young she was a real **bookworm**

- I like to read **gripping** (NAPET) books (e.g. Harry Potter) and when I start to read them I cannot stop till the end
- I don't have my favourite book or author

### **SCIENCE AND TECHNOLOGY / PROBLEMS OF MODERN SCIENCE / MEDICAL SCIENCE / NEW TECHNOLOGIES**

#### **What is science?**

Science is a system of knowledge. What in certain circumstances define science depends on some factors. It depends for example from technological development and what is important in certain society in certain time. Science's only purpose is to gain knowledge. Sometimes that knowledge can eventually lead to things mankind finds useful-technology.

#### **We know two categories of science:**

Social science (psychology, sociology, geography, history)  
Natural science (biology, physics, mathematics, chemistry)

#### **Problems of modern science:**

They have to control over the environment, for example dispersing hurricanes before they can endanger life or property. New sources of energy – they are just trying to develop them. They still do not have medicine for a lot of

- but I prefer reading to watching films because movies are too short to show the whole story and I am sometimes very disappointed if I read the book first because there are some things I imagined them completely differently

diseases, for example for aids, diabetes ... They have to find a way to reduce pollutants in the environment.

#### **Technology:**

Mechanization made possible for big factories to organize which made work for men much easier and more simple. They invent conveyor belt (tekoči trak) which made mass production possible. Nowadays computers with internet are becoming more and more important in information system and the world is becoming more dependent on it. Many important aspects of life already revolve around computers and if computers anywhere suddenly stopped working, the modern world would be in chaos. Internet can link people with sources of information that are many miles away.

#### **Mobile technology:**

The first phone was invented in 1876 by Alexander Graham Bell which was called "the electrical speech machine". Since then the telecommunication industry has undergone an amazing revolution. Today almost everyone owns a mobile phone.

#### **Medicine technology:**

Modern medicine is divided into traditional and alternative medicine. Traditional medicine heals the symptoms of diseases, alternative medicine concentrates on treating the disease from its roots.

Technology has done much in developing new techniques of healing and operating on people. Modern medicine made our life expectancy much higher. There are cures for many diseases, but there still remain many incurable. We cannot tell what the future holds for us, but it will surely go into developing new technologies.

### THE CONCERNS, WORRIES, PROBLEMS, FRUSTRATIONS and ASPIRATIONS OF YOUNG PEOPLE TODAY

#### Frustrations

A **frustration** is an emotion that occurs in situations where one is blocked reaching a personal goal. The more important the goal, the greater the frustration.

Sources of frustrations: a lack of confidence, lack of money ...

Frustration may lead to **deviation** (a difference from what is expected or acceptable), because it wastes precious thinking ability and attention, which otherwise would have been used in constructive and creative work. In some cases it might lead to **obsession** or **addiction**.

#### Worries and concerns

## SHOPPING

- Worry refers to negative self-talk that often distracts the mind from focusing the problem at hand.
- Most common worries of young people today:
- education (to finish school),
- finding a job – unemployment,
- creating family and how to support it,
- finding a place to live on their own,
- finances,
- the concern about future in general.

#### Problems

Problems, which people deal with:

- drugs,
- teenage pregnancies and venereal disease,
- tension between parents and children,
- difficult decisions and adjustments,
- striking out against society,
- revolting against adult authority,
- stress,
- sex and dating.

#### Aspirations

An **aspiration** is a strong desire to have or do something. Young people have a lot of aspirations. Some of them:

Have a good relationship with parents (that they are not too harsh with him/her).

Having a good job when they get older.

Having a lot of money; a good car, a big house ...

Create a family in the future and be happy.

Be successful at work when they become employed.

**Shopping** is the purchase of goods and

services from retailers. In some contexts it is considered a leisure activity as well as an economic one.

It is, as all know, much more than a cultural experience. It is the source of our identity in a society that identifies us by our accumulation and presentation of material goods.

In these postmodern times, where we shop and what we buy defines who we are and what we are. We are not buying just things like clothes and food, we buy everything that surrounds us.

"**Window shopping**" is an English phrase meaning to look into glass windows of a shop for entertainment and imagine purchasing items without actually purchasing, possibly just to pass the time between other activities, or planning a purchase.

"**Screen shopping**" is derived from this term but applies to online retail stores.

#### Different kinds of shops

A **bookstore**: is a retailer that primarily sells books. Another common type of bookstore is the used bookstore or second-hand bookshop, which buys and sells used copies of books, often for prices much cheaper than new copies.

A **convenience store**: is a small store or shop. They are often located alongside busy roads, or at petrol stations. They sell junk food (ice-cream, candy), lottery tickets, newspapers and magazines, cigarettes ... Prices are typically higher than at a supermarket.

A **department store**: is a retail establishment which specializes in selling a wide range of products (furniture, electronics ...).

»**Dollar store**« or price-point retailer is a store that sells items, usually with a single

price point for all items in the store.

A **hobby store**: is a place dedicated to the selling of things that people usually employ for their personal satisfaction.

A **pet store**: is a store at which one can purchase supplies for pets. Many pet stores also stock certain animals.

**Hypermarket, mail order, pharmacy, travel agency, shopping mall ...**

#### Pros and cons: shopping centres vs. small shops:

+		
In shopping centre all things are in one place.		Staff
Prices are lower.		No p shop
Goods you have bought can be delivered to your home.		Too and shoe
Wider range of certain products.		

#### Doing the shopping

In the shop there are shop assistants, whose job is to serve and attend to customers. A shop keeper is a person, who owns a shop.

A person, who is doing the shopping, is a shopper.

Before shopping it is good to write a shopping list and to take with you a shopping bag. For shopping you also need time, money and sometimes a lot of patience.

Today we usually go to the shopping centers, because you have everything in one place. Some people like to shop around – they compare the price and quality of goods in shops before they decide to buy them. For buying clothes and shoes people prefer to wait for sales, when things are reduced and the new price presents a half or even less of the old price.

#### Ways of shopping

All the people do not really like doing the shopping. A solution

for this problem is online shopping or a catalogue shopping. The disadvantage is that you do not know, what you get, although you can see a picture.

**Ways of paying**

You pay at the cash desk. You can pay by cheque, by credit card or in cash. When you are abroad it is useful to have with traveller's cheques because you

**SPORT**

Sport is an activity that you do for pleasure and that needs physical effort or skill, usually done in a special area and according to fixed rules.

**Sports and activities**

**According to the place where the sport is practiced:**

**Indoor sports:**

basketball, handball, volleyball, aerobics ...

**Outdoor sports:**

football, tennis, running, volleyball, basketball ...

**According to season:**

**Winter sports:** skiing, skating, snowboarding

...

**Summer**

**sports:** water skiing, wind surfing, sailing

...

**According to the number of people who do a certain sport:**

**Team sports:**

basketball, handball, volleyball, football ...

**Individual**

**sports:** athletics, skiing, swimming,

can exchange them for the local currency and you do not have to carry so much money with.

**Shopping addiction**

Compulsive or addictive shopping is a form of behaviour designed to avoid unpleasant reality, which causes the sufferer to lose control and buy many items for which they have no need.

martial arts, skating ...

**Different sports are played in different places**

football	a pitch	boxing
swimming	a pool	shooting
athletics, (horse) race	a track	skating
tennis, volleyball, basketball	a court	car-racing
golf	a course	

**For playing a certain sport you need ...**

**Tennis:** balls, a net and a racket (*lopar*).

**Cricket:** a bat (*palica za kriket*), gloves.

**Jogging:** trainers, a track suit.

**Fishing:** a rod (*ribiška palica*), a fishing bait, a fishing net.

**Hockey:** gloves, a hockey stick, a helmet, shields (*ščitniki*).

**Skiing:** ski-sticks, skis, gloves, glasses.

**Football:** a goal, a ball, other players.

**Swimming:** a swimming-costume.

Events in which people compete against each other, often for prizes, are **competitions** or **contests**.

**A championship** or **a tournament** is a series of contests. A tournament is a sports competition in which one player or a team has a match with

another player or a team. The winner goes through to meet another winner. This continues until only one is left.

**Olympic games**

Is an international multi-sport event subdivided into summer and winter sporting events. The summer and winter games are each held every four years. Until 1992, they were held in the same year. Since then, they have been celebrated two years apart. The Olympic games began in 776 BC, held in Olympia, Greece.

boxing Olympic symbol: shooting Olympic Rings (unity of 5 continents). Motto: »Swifter, Higher, Stronger.«

**GOING OUT/CINEMA/THEATRE/CONCERTS**

People can entertain with **tv, radio, movies, films, musik, teathre, concerts...**

**Young people** go out with friends and have parties, they visit concerts. They also watch tv and use computers and mobile phones.

**Old people** are many times at home, but they go on walks or trips with their friends. They can have a dog or cat for entertaining. But many old people have work with their grandchildren.

I go out with my friends. I go in a movie, disco, bar... But most of all I like trips with my friends (example: holidays in the seaside). Entertainment is very different like in the past. I think that young people want to experience so many

things, it seems like they are in the rush (se jim nekam mudi). People are changing and also values in society. In the past people were entertaining with home parties on a farm in a village. But today people go in discos, bars, restaurants, theatres, concerts...

**CINEMA:**

a building in which film are shown popular kind of entertainment

**AT THE CINEMA:**

I usually go there with a company (friends) at a box office I buy tickets I always buy pop-corn, which is sold in a foyer I like sound effects and the big screens

**TYPES OF FILMS:**

adventure, action, historical, war, thriller/horror film, drama.comedy, love story, detective story a dubbed film = the soundtrack of a film is replaced; a different language is used so that you can't hear the original voice; there is no harmony between the actor and the voice a subtitled film american films are mostly high budget, a lot of money is spend on them

**THEATRE:**

A building or outdoor area for the performance of plays and similar entertainments

**TYPES OF PERFORMANCES:**

Dramas, tragedies, comedies, musicals, shows, melodramas First night = first public performance of a play

**CONCERTS:** Is a live performance, usually of music before an audiense

The music may be performed by a single musician, sometimes then called a resital, or by a musical ensemble, such as an orchestra, a choir or a musical band. More informal names for a concert include "show" and "gig".

Advantages and disadvantages		It helps us to stay healthy and fit.	Doping occurs sports
+		It is recommended that we do sport activities at least 3 times a week.	
<b>Sport improves our self-image</b> (we are more relaxed and satisfied with ourselves if we do sports).	<b>Injuries</b> are a professional	A professional sports person can earn a lot of money.	<b>Sports expenses</b> equipment
<b>It helps us to concentrate on our work better</b> (especially if we study or have a stressful job).	<b>Addictions to sport.</b>	A possibility of <b>employment</b> in the field of sport.	<b>Greed</b> between

## THE EUROPEAN UNION

Motto: Unity in diversity

The European Union is a supranational and intergovernmental union of 27 independent, democratic member states. It is the world's largest confederation of independent states, established in 1993 by the Maastricht Treaty. On 23 July 1952 six founding members formed the European Coal and Steel Community, which was transformed into the European Community, later renamed to European Union. Slovenia became a member in 2004. Some of other members: Belgium, France, Germany, Austria, Denmark, Spain, Finland, Slovakia, Poland, Romania ... The European Union has 23 official and working languages.

Important cities: **Brussels** (Council of the EU, European Parliament, European Commission), **Frankfurt am Main** (European Central Bank), **Luxemburg** (European Court of Justice and European Court of Auditors), **Strasbourg** (Second European Parliament)

<b>Capitol:</b>	Brussels	Euro - we overlooked the symbolic importance of our national currency when we decided for Euro.
<b>Member states:</b>	27	
<b>Europe day:</b>	May 9th	
<b>Currency:</b>	Euro	

### Advantages:

The united market, which lowers the costs of shipping from other countries. A lot of well paid job opportunities. It is easier to go study or to work abroad. Slovenia has also gained some reputation through joining. Euro - if you go to other EU country, you do not have to change money to a different currency (except if you go to a Sweden, United Kingdom or Denmark). You do not need the passport to go to other EU country and there are not so many complications on the border (except if you go to a country which is not a member of the EU).

### Disadvantages:

A lot of prices have been raised. Unnecessary things have been built to suffice the EU standards. Slovenia does not have so much freedom in politics as it used to. More refugees/immigrants.

## TRAFFIC AND TRANSPORT

**Traffic** is the movement of people and vehicles along roads and streets or aircraft in the sky or boats in the water.

**Transport** is a way of getting something bigger to another place. It is also a way to get to another city, country or anywhere away your home.

Transportation is one of the most important processes in the modern world. At the beginning the only way of transportation was known by foot, animals, like horses, mules, oxen and water.

Every country has its own transport policy so it takes care of traffic by providing public transport. People can drive by train or bus, in some countries even by subway.

### Means of transport

We can travel by plane, car, train, boat, ferry, ship, yacht ... If we do not have money, we can also hitch-hike.

With so much traffic there can also be some problems. When people go to work or somewhere in the centre of the city, they can hardly get a parking space for free. It is very expensive to park. And many of them get a parking space very far from the centre so they must walk to the place they want to get to.

Many people decide for public transport

because it is cheaper than driving in your own car. Petrol is becoming more and more expensive nowadays. But this has an environmental benefit: production of more efficient car designs and the development alternative fuels.

Motor **cars** usually run on gasoline and cause air pollution with their exhaust fumes.

Beside walking, the **bicycle** is probably the cheapest way of transport. But it doesn't protect you from bad weather and you cannot carry a lot of luggage with you.

**Bus and trains** are also used for massive public transportation. The earliest trains were powered by steam and coal, but nowadays they are mostly electric- and diesel-powered.

**Aircrafts** are used to travel by air. Passenger aircraft is the fastest and the most comfortable way of public transport, but it can also be very dangerous, because any failure can be deadly. And it is also very expensive.

### Pros and cons of traffic and transport

+	-
Nowadays people can get anywhere they want.	Smog and noise.
We can transport cargo from one place to another.	Accidents.
Industrialization.	It is expensive and damages nature.
Saving time.	Pollution.
Globalization.	Globalization.

## THE IMPORTANCE OF LEARNING FOREIGN LANGUAGES

I guess we all know what would happen if nations spoke only their national language.

**International communication would not be possible.** It is quite hard to imagine such a world. Therefore **it is necessary to study foreign languages** - to communicate with the world.

Unfortunately we do not have a universal language (except **body language**) that everybody would understand and speak. There were some trials e.g. **Esperanto** but no success was made. And even if people would accept Esperanto we would have to learn it as if it was a foreign language.

But anyway **some selection must be made.** When we decide to study any foreign languages we should consider the **applicability of language.** I guess it is quite inconvenient for an average American to begin learning Slovenian language.

I guess speaking foreign languages depends on the **largeness of some nation**, as well. Slovenes are obliged to speak at least **English** when we want to

communicate to the world.

But anyway it is better to know the foreign language and the native languages. Because if the whole world wanted to speak one language native languages would extinct and therefore the notion of nation would extinct, too.

But once we are studying foreign languages I think **it is a waste of time when we go into details** unless we want to know the language better than native speakers. Learning is useable until **we can communicate** in that language without any problems.

### And what are the objective solutions?

- I guess there are not any easy way solutions. You have to put some **effort** into learning foreign languages and I think it is worth.
- Because it is always good to understand other people.
- And if we are to lazy to learn that, we still can use our universal body language.

### The European Union:

EU's long term aim is to educate all EU inhabitants and **improve their knowledge of languages** it would like to encourage language

learning and promote a trend of actively speaking of at least **2 foreign languages**

**Reasons for learning a foreign language:**

- ability to communicate with other people around the world
- getting to know other cultures
- tolerance towards different minded
- travelling
- better job opportunities
- access to knowledgw, learning from the books written in a foreign language
- immediate access to new discoveries
- reading literature in original
- following the events, news, incidents in politics, economy, culture... around the world

**Factors for choosing a specific foreign language:**

popularity of a language  
expanse of the nation  
political and economic reasons (job requirement)  
TV and Internet influence  
selected official languages

**Ways to learn it:**

- in a **school** as a second language
- learning **course** (with teacher, native speaker...)
- conversation circle
- **self-education** (books for self-learning with CD-s and computer programs, with audio-visual techniques and cassettes)
- international **exchange of students**
- **informal forms** (*traveling, reading, listening to the music, hobbies, communication on Internet, MSN, e-mailing with a pen pal, long and often visits to another country*)



## TOURISM

A **tourist** is a person, who stays in a place he does not live in for more than 24 hours and sleeps in a hotel, motel etc ...

Why travelling somewhere? To meet some new people, to rest (sunbathing), to eat new food (traditional dishes), to see new and interesting things, buildings, sculptures, museums, to get to know totally different culture, religion, language ...

You can stay in a hotel, motel, hostel, camp, trailer, apartment or on a boat.

### Tourism sometimes and today

Wealthy people have always travelled to distant parts of the world to see great buildings or other works of art, to learn new languages, to experience new cultures, or to taste new cuisine. But now tourism is not just for the rich people.

Past	Today
People went to just one destination a year and stood there for a long time.	Tourists go on holiday twice or even more times a year and they spend less time at a certain destination, a week or so.
People did not care where they were going, just to be somewhere.	Nowadays destination means them everything.
Only the rich could travel.	Money is not such a problem today.
They went swimming or hiking.	They go surfing or climbing.

### Tourism in Slovenia

In our country there is a lot of **spa tourism**. We have very good spas such as Radenci, Rogaška, Laško.

We also have pretty good **hiking tourism**. All foreign tourists say that Slovenia is very beautiful, especially the Alps. They like our Triglav national park.

We also have good **ski resorts** and Slovenia is well known for winter ski jumps in Planica and for skiing competition »Zlata lisica« in Maribor.

The number of tourists visiting Slovenia is getting bigger each year. But we have to be careful not to destroy our country.

### Positive and negative sides of tourism

Tourism gives **employment** to many people and brings **a lot of money** to the countries, which can use it to promote economic growth.

Tourism also allows many people to see a lot of new things and cultures, appreciate the variety and beauty of nature or just relax.

**Pollution**. For example, tourists go to the mountain and they leave thousands of things behind. And driving in our cars pollutes the air.

A kind of pollution: **Ecotourism** is a the type of tourism where tourists pay tourist tax like everywhere else, just that this tax is given to the local people for the improvement of quality of life. It is a common practice along the world.

**Mass tourism**. People are destroying the natural environment for animals and plants.

## WORK

### Employment and unemployment

It is a very big problem in our society. Many more people are unemployed because there are not enough jobs.

Back in the old days, there was a job waiting for you as soon as you finished high school, but nowadays having an education does not mean anything. You have to be very hard-working and patient to get a job. But sometimes this is not enough, so you have to have connections to get a job.

Another reason is the industrial revolution, because people were replaced by machines, so a lot of people lost their jobs and were not needed anymore.

### Looking for a job

Money is the most important thing in our modern world. When students are applying for college, they often ask themselves where will they earn a lot of money.

How to find a great job?

You must have a **suitable education** for a suitable job.

You must look for **an opening space** for your job in the media, newspapers, student services, job centres ...

Then you send your **application form** and **CV** and wait.

Hundreds of people can apply for only one post. This number is then reduced to a short-list of perhaps six or eight, from whom a final choice is made.

If you have all the **necessary qualifications**, they will call you for an interview and decide if you are the right person for a job. They will probably ask you for **references** written by the teachers and previous employers.

### Professions

Choosing the right job can be a very difficult thing. You have to know what **salary** the job offers, what is the **yearly income**, whether there are regular annual increases, called **increments** and if you will receive a **pension** when you retire.

**Full-time jobs** are called jobs from 7 o'clock am till 3 o'clock pm or from 8 o'clock am till 4 o'clock pm. But we also know **part-time jobs**; you work for about 4 hours. People who work part-time are usually ill or have a dangerous disease and are not capable for a full-time job. In the 21st century only few professions are appreciated; lawyer, doctor ...

**Teleworking** is a very different type of work that we are used to. It means working from your home using the modern equipment such as telephones, modems, fax machines, computers ...

**Freelance working** – it means that you work for several different companies. This type is usual for freelance journalists.

**Blue-collar workers** are those who do physical or unskilled work in a factory and **white-collar workers** are those who work in offices, doing work that needs mental rather than physical effort.

**Employer** is a person or organization that employs people. **Employee** is someone who is paid to work for someone else.

## TRAVELLING/VISITING A FOREIGN COUNTRY