

SECONDARY EDUCATION

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İSTİKLÂL MARŞI

Korkma, sönmez bu şafaklarda yüzen al sancak;
Sönmeden yurdumun üstünde tüten en son ocak.
O benim milletimin yıldızıdır, parlayacak;
O benimdir, o benim milletimindir ancak.

Çatma, kurban olayım, çehreni ey nazlı hilâl!
Kahraman ırkıma bir gül! Ne bu şiddet, bu celâl?
Sana olmaz dökülen kanlarımız sonra helâl.
Hakkıdır Hakk'a tapan milletimin istiklâl.

Ben ezelden beridir hür yaşadım, hür yaşarım.
Hangi çılgın bana zincir vuracakmış? Şaşarım!
Kükremiş sel gibiyim, bendimi çiğner, aşarım.
Yırtarım dağları, enginlere sığmam, taşarım.

Garbın âfâkını sarmışsa çelik zırhlı duvar,
Benim iman dolu göğsüm gibi serhaddim var.
Ulusun, korkma! Nasıl böyle bir imanı boğar,
Medeniyet dediğin tek dişi kalmış canavar?

Arkadaş, yurduma alçakları uğratma sakın;
Siper et gövdeni, dursun bu hayâsızca akın.
Doğacaktır sana va'dettiği günler Hakk'ın;
Kim bilir, belki yarın, belki yarından da yakın.

Bastığın yerleri toprak diyerek geçme, tanı:
Düşün altındaki binlerce kefensiz yatanı.
Sen şehit oğlusun, incitme, yazıktır, atanı:
Verme, dünyaları alsan da bu cennet vatanı.

Kim bu cennet vatanın uğruna olmaz ki feda?
Şüheda fışkıracak toprağı sıksan, şüheda!
Cânı, cânânı, bütün varımı alsın da Huda,
Etmesin tek vatanımdan beni dünyada cüda.

Ruhumun senden İlahî, şudur ancak emeli:
Değmesin mabedimin göğsüne nâmahrem eli.
Bu ezanlar -ki şehadetleri dinin temeli-
Ebedî yurdumun üstünde benim inlemeli.

O zaman vecd ile bin secde eder -varsa- taşım,
Her cerîhamdan İlahî, boşanıp kanlı yaşım,
Fışkırır ruh-ı mücerret gibi yerden na'sım;
O zaman yükselerek arşa değer belki başım.

Dalgalar sen de şafaklar gibi ey şanlı hilâl!
Olsun artık dökülen kanlarımın hepsi helâl.
Ebediyyen sana yok, ırkıma yok izmihlâl;
Hakkıdır hür yaşamış bayrağımın hürriyet;
Hakkıdır Hakk'a tapan milletimin istiklâl!

Mehmet Âkif ERSOY

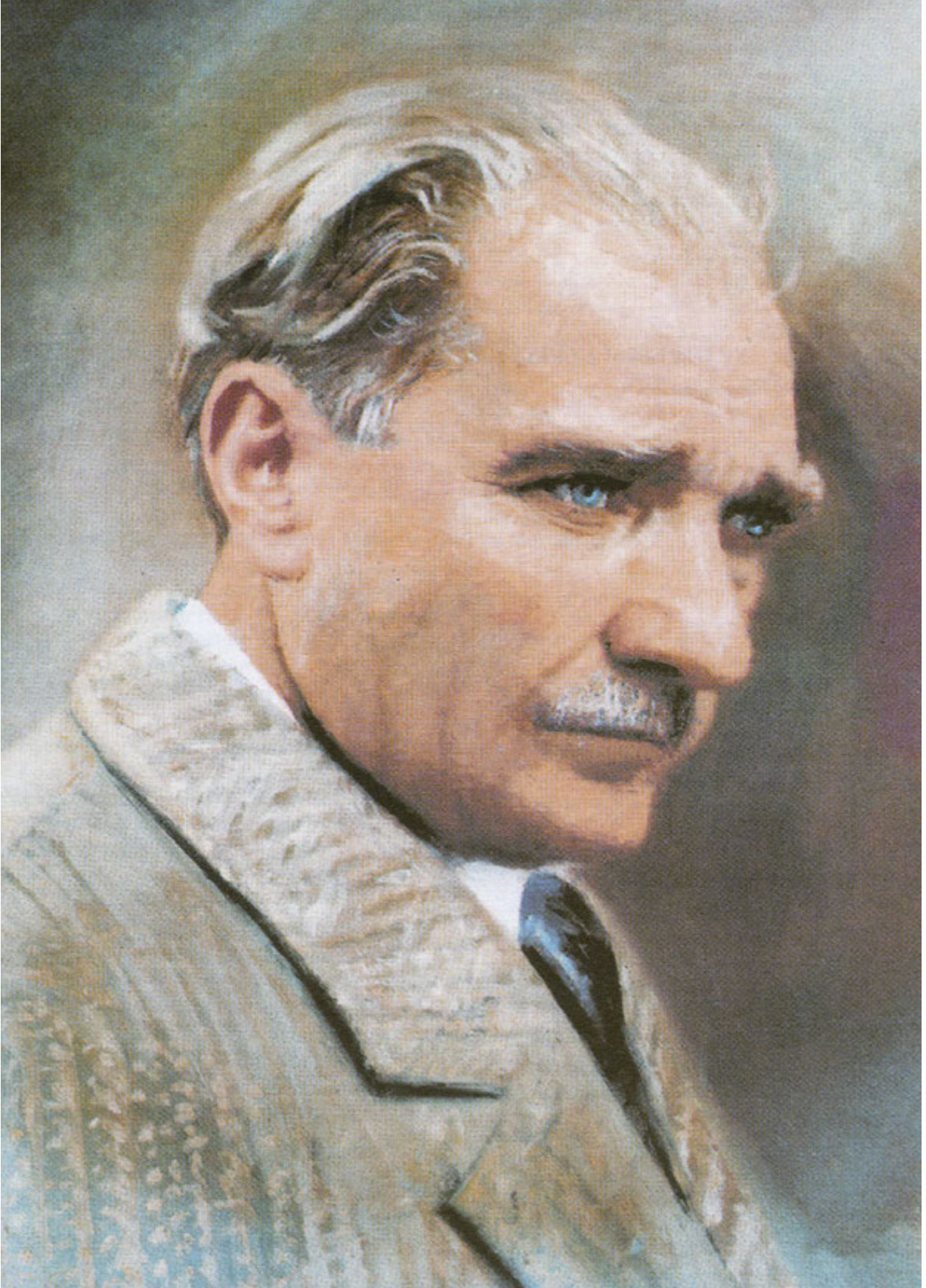
GENÇLİĞE HİTABE

Ey Türk gençliği! Birinci vazifen, Türk istiklâlini, Türk Cumhuriyetini, ilelebet muhafaza ve müdafaa etmektir.

Mevcudiyetinin ve istikbalinin yegâne temeli budur. Bu temel, senin en kıymetli hazinendir. İstikbalde dahi, seni bu hazineden mahrum etmek isteyecek dâhilî ve hâricî bedhahların olacaktır. Bir gün, istiklâl ve cumhuriyeti müdafaa mecburiyetine düşersen, vazifeye atılmak için, içinde bulunacağın vaziyetin imkân ve şeraitini düşünmeyeceksin! Bu imkân ve şerait, çok namüsaît bir mahiyette tezahür edebilir. İstiklâl ve cumhuriyetine kastedecek düşmanlar, bütün dünyada emsali görülmemiş bir galibiyetin mümessili olabilirler. Cebren ve hile ile aziz vatanın bütün kaleleri zapt edilmiş, bütün tersanelerine girilmiş, bütün orduları dağıtılmış ve memleketin her köşesi bilfiil işgal edilmiş olabilir. Bütün bu şeraitten daha elîm ve daha vahim olmak üzere, memleketin dâhilinde iktidara sahip olanlar gaflet ve dalâlet ve hattâ hıyanet içinde bulunabilirler. Hattâ bu iktidar sahipleri şahsî menfaatlerini, müstevlîlerin siyasî emelleriyle tevhit edebilirler. Millet, fakr u zaruret içinde harap ve bîtap düşmüş olabilir.

Ey Türk istikbalinin evlâdı! İşte, bu ahval ve şerait içinde dahi vazifen, Türk istiklâl ve cumhuriyetini kurtarmaktır. Muhtaç olduğun kudret, damarlarındaki asil kanda mevcuttur.

Mustafa Kemal ATATÜRK



MUSTAFA KEMAL ATATÜRK

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THEME 1

INTERNATIONAL OPPORTUNITIES

1A EXPLORING NEW FRONTIERS

1B TOO GOOD TO MISS





GLOBAL

Erasmus+ Programme x

← → ↺ https://myerasmusstory... ☆ ⋮

ERASMUS+ PROGRAMME

CHANGING LIVES, OPENING MINDS

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ABOUT ERASMUS+WHY TAKE PARTERASMUS+ STORIESREBECCA AGNELLI

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I took part in Erasmus+ in 2015/16 while studying engineering at the University of Bologna to study abroad in the UK. I'm now a geotechnical engineer in London. I'd like to tell more about my experience, and the impact it had on my life so far.

At the very beginning, I was very nervous because of the thought of leaving home for a long time and going to a place where I couldn't really speak the language. Luckily, from day one my classmates helped me so much that even in just one month my language improved immensely. I was able to study topics such as Materials Science and Constitutive Modelling, and participate in field research. I also tried new things like joining an Athletic Training Class-something I would have never dreamed of doing. The programme offered me lots of opportunities to travel to different cities and countries around Europe; I went to the Czech Republic, France, Germany, and Spain. It enabled me to gain a better understanding of different people and cultures and to enjoy the world and all the adventures that come with it. As a result, I'm more adventurous and confident now.

All in all, I would truly recommend all university students to do a year abroad if they can. This experience would push you out of your comfort zone and help you challenge yourself in many ways.

a Read the text and answer the following questions.

- 1 Where and when did Rebecca study abroad?

- 2 How did she feel when she started to study abroad?

- 3 Did she have difficulty in learning a new language?

- 4 What kind of opportunities did she have thanks to Erasmus+?

- 5 What does 'push you out of your comfort zone' in the text mean?

b Put a tick (✓) to the sentences which are true according to the text.

- 1 Rebecca went to the UK for a semester. ☐
- 2 At first, she was anxious about leaving home for one-year. ☐
- 3 By studying abroad with Erasmus+, she improved her language and intercultural skills. ☐
- 4 She didn't find the programme satisfactory from an academic perspective. ☐
- 5 According to her, university students should certainly take part in Erasmus+. ☐

c Put the sentences in the correct order to have a meaningful text.

- ___ However, I successfully overcame and my Erasmus+ year became a different and unforgettable experience in my life.
- ___ First and foremost, it enriched my life in the academic and professional fields.
- ___ I surely would recommend studying abroad to everyone if they can.

___ To be honest, it was not easy to get out of my comfort zone.

___ I took the courses in psychological counselling and guidance under the Erasmus+ Programme there.

___ Hey, I am Binnur Öztürk and I am a final year student at Yeditepe University.

___ By the end of Erasmus+, I had plenty of stories to tell and many memories that I kept close to my heart.

___ I spent spring semester in 2019 at Malmö University in Sweden.

___ In addition, it helped me to improve language learning and increase self-reliance and self-awareness.

d Circle the correct linking words.

- 1 Erasmus+ provides you with a fabulous opportunity to improve your communication skills. **Besides / In addition to / As well as**, it improves your intercultural skills.
- 2 By studying abroad, you can be an ambassador of your native culture. **As well as / In addition to / Moreover**, you can make a lot of new friends.
- 3 Making the decision to live abroad for work or study is a life changing decision **and / as well / in addition to** you can have opportunities more than you have expected.
- 4 When you go abroad, you understand how teaching methods differ from country to country. You will probably learn with those differences and start looking at things from a different perspective **as well / also / moreover**.
- 5 You can expand your field of view by studying abroad. **In addition to / As well / What's more**, you can understand and analyse problems from a worldwide perspective.
- 6 When you start living in a multicultural environment, you gain intercultural competencies, **furthermore / as well as / also** cultural awareness.

1B TOO GOOD TO MISS



a Skim the paragraphs and match the following headings with them.

- 1 Why should I volunteer?
- 2 How can I volunteer abroad for free?
- 3 Explore the world with a purpose
- 4 How do I get involved in projects?

A _____

If you believe that learning happens everywhere and is not confined within the four walls of a classroom, or if you have a desire to explore other cultures around the world, travelling may help to broaden your horizons. Travelling is a great way of discovering new things about other people's lives and ourselves. Become a volunteer, make your travel meaningful and enrich your knowledge about other communities, cultures and customs by interacting with the locals. Let's get out of your comfort zone and experience something new!

B _____

Reasons may vary depending on the circumstances, but some people choose to volunteer to give something back to the community and make a difference to the lives of others or just to feel fulfilled. For some, volunteering can be a good way of using their professional skills and knowledge to benefit other people and a chance to try something new which may lead to a career change. For some others, however, it is an occasion for socialising and making new friends. Whatever the reason is, you will feel great to make the world a better place to live in.

C _____

If you are looking for the opportunity to experience mind-blowing ideas or a meaningful volunteer work during your break period, you may apply to a volunteer abroad programme. There are many experienced and trusted organisations offering projects in various destinations in Europe, Africa, America and Asia. These programmes offer great opportunities to learn through experience by connecting with locals and to enrich your knowledge about childcare, supporting refugees, teaching, medical and healthcare, farming, environment and conservation, wildlife and animal care, arts, music and sports.

D _____

Several programmes require payments for application, accommodation, food, airfare, and transportation. You need to be careful while searching for a project even if it is called free of charge-that may only mean 'no participation fee' will be charged! In other words, you still have to pay for all other things. However, there are programmes such as Erasmus+ Volunteering which is fully funded by the European Commission and every volunteer receives support to cover travel and living costs, as well as a living allowance and travel insurance. Finally, you need to be aware of the fact that projects run by smaller organisations usually tend to be less organised than the well-known ones.

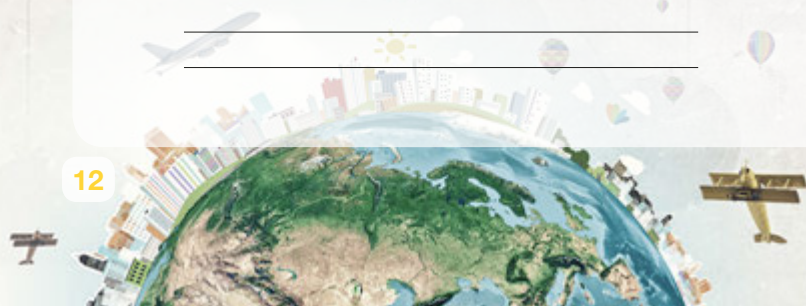
b Answer the following questions according to the text.

- 1 How does travelling broaden your horizons?

- 2 What are the ways to enrich your knowledge about other cultures while travelling?

- 3 In which field(s) of study you may apply for volunteering projects?

- 4 Are all the volunteering programmes free of charge?



c Put a tick (✓) to the sentences that give correct information according to the text above.

- 1 There is difference between travelling and going on vacation. ☐
- 2 We learn by experience, so learning cannot be restricted within the walls of a classroom. ☐
- 3 We learn much about the culture of a country by interacting with the locals and participating local events. ☐
- 4 Erasmus+ Volunteering Programme covers volunteers' travel and living costs except the travel insurance. ☐
- 5 Projects run by smaller organisations are free of charge. ☐

d Complete the sentences with the words and phrasal verbs below. Change the form if necessary.

immerse

get in touch

agility

stand out

keep abreast of

adaptability

self-confidence

- 1 While on holiday, she had completely _____ herself in Japanese culture.
 - 2 It is hardly ever possible to _____ all the latest developments in computing.
 - 3 Overall, great _____ among group members results in unbelievable positive outcomes in business world.
 - 4 _____ is one of the basic characteristics of successful people that always help them to step forward to make decisions about job.
 - 5 His remarkable _____ on running the company brought 30 % profits for this year.
 - 6 Her CV was so impressive that it helped her application _____ among the other candidates.
- e Read the following tips and write advice for your friend who is leaving home for studying abroad.**
- e.g.** Make two copies of your passport ID page and give one copy to your parents.
- If I were you, I would make two copies of my passport ID page./Make sure you give one of the copies to your parents./You had better make two copies of your passport ID page.*
- 1 Prefer an English speaking country for your first travel for being able to communicate.

 - 2 Check to see if you need a visa. If a visa is required for your stay, you won't be allowed to board the plane without it.

 - 3 Take an amount of money and a credit card with you. Leave your card in your hotel/ hostel room in case your wallet gets stolen.

 - 4 Book your flight 60 days before your departure date in order to get the best price for airfare.

 - 5 Prefer local markets. They are cheaper and you will have a chance to interact with the local people.

 - 6 Attend a festival to get to know local culture and meet people.

THEME 2

SURVIVAL STORIES

2A ALIVE TO TELL THE TALE

2B LIVING ON BORROWED TIME





a Scan the text below and circle the theme.

- 1 Real-life stories and survival tips
- 2 The classics of daring sea adventures
- 3 Difficulties of living on a tropical island
- 4 Advice on what to bring on a desert island

SURVIVAL STORIES



Spending time lying on a palm-fringed beach with tropical blue waters lapping at your feet might seem like the perfect holiday, but what if you were shipwrecked and stranded on a desert island? Survival at sea or on an island has been the subject of stories for thousands of years. Here are some of the most well-known and worthy examples of men and women pitting their strengths, skills and brains against the forces of nature.

The first survival story in literature is *The Odyssey* by Homer. This epic poem details Odysseus' survival story and the 10-year journey home after the fall of Troy. The other oldest and well-known example of the theme is *Robinson Crusoe*, which is claimed to be the first kind of novel genre. These two masterpieces inspiring many survival stories started a tradition in literature and cinema.

The most epic and not to mention gruesome survival story book of modern times is *Barbarian Days*, in which the main character, William Finnegan, spends his life chasing dangerous waves with near-death experiences aplenty. *Kon-Tiki* by Thor Heyerdahl is also an astonishing story that is based on the life and experiences of the author himself. With five of his friends, he travelled across the Pacific on a balsa-wooden raft and told the story which became a truly classic tale of daring sea adventure in no time.

When it comes to the cinema, the first film that ever comes to mind is *Cast Away* which many people would remember with the starring of Tom Hanks and his ball-shaped best mate. *Deep Water*, another daring sea adventure story with a special pull for adventure lovers is the stunning tale of the catastrophic round-the-world yacht race of 1968 and it certainly reduces the hardest of hearts to a shipwreck. *Life of Pi* is also among the most classic examples of the kind: a fantasy adventure telling the story of Pi Patel who survives 227 days after a shipwreck while stranded on a boat with a Bengal tiger.

Today, with the popularity of *The Revenant*, *The Martian* and *The Hunger Games*, adventure stories with survival theme are as popular as ever. No matter how happy or sad you are with your life, or how old you are, the survival instinct is always there and these stories enable you to taste the adventure without experiencing the actual terror yourself.

b Read the text and answer the following questions.

- 1 What is the first survival book in literature and what is it about?

- 2 Which classic survival book is regarded as the first novel?

What is *Barbarian Days* about?

- 3 Which film reduces the hardest of hearts to a shipwreck according to the writer?

- 4 Why is survival theme popular in literature and cinema?

c Order the sentences below to complete the survival story.

On January 27, 1971, Dougal, his wife, and their four children set out on a wooden schooner heading to parts unknown.

- a However, on June 15, 1972, the family encountered a group of killer whales off the coast of the Galapagos Islands. ____
- b After 16 days, the raft was no longer usable. ____
- c The whales attacked the boat and damaged it by splintering with their jaws. ____
- d Finally, they managed to cling on until they were discovered by Japanese fishermen on July 23, 1972. ____
- e First, the ship started to take in water. All they had was a lifeboat and a small dinghy, and just six days' worth of food. ____
- f For 17 months at sea, the family managed well, sailing from port-to-port and seeing the world. ____
- g Then, they survived on rainwater and hunted turtles, adrift at sea, hoping to ride Pacific currents in the middle of the ocean. ____

d Complete the story below by choosing the correct form of the word given.

Adrift is a gut-wrenching book which clearly details the extreme mental toughness required ____ (1) at sea. Callahan ____ (2) to stay alive from only the food he could catch from the ocean. He spent over a month ____ (3) all alone in the Atlantic. Even though he was alone, his mind divided into a captain and a crewman character to avoid ____ (4). He drifted for 76 days and over 1800 miles of ocean before he reached land and ____ (5).

1 to survive / survival / survivor

2 managed / manager / management

3 to struggle / struggle / struggling

4 to frustrate / frustration / frustrated

5 to rescue / rescuer / rescue

e Find and correct the mistakes in the following sentences.

- 1 Douglas told the channel that his father has made few preparations before the boat trip although he was an experienced navy soldier. _____
- 2 Harrison Okene had to spent two days trapped in a boat, but then, he heard the voices of the divers. _____
- 3 The man survived there for two years, not an easy task having considered the risk of polar bear attack. _____
- 4 Callahan had been able to stay alive from only the food he could catch from the ocean. _____
- 5 72 year-old woman was reporting missing on March 31, 2016 by her family. _____
- 6 Doomed by their decisions and delaying by a series of mishaps, the group spent the winter in the Sierra Nevada Mountains. _____



MAN VS NATURE



Though the basic structure of our brains has remained the same for thousands of years, the quantity of information we should process has transformed over time. Today, we have new skills to get by; however, we have sacrificed our ancient knowledge. For example, if we got lost in the wilderness battling desperately against nature, we would seem as vulnerable as babies to our distant ancestors. For those who are curious, below are some basic survival skills utilised in antiquity—but are now forgotten.

Knowing What to Eat and How to Medicate

In terms of forgotten survival skills, the knowledge of edible and medicinal foods is one of the biggest losses to the world. In prehistoric times, humans knew which plants could be consumed, and which could be put to medicinal use. That was thanks to the accumulated knowledge gained steadily by trial and error or tradition.

Tracking and Hunting Animals

Apart from plants, early humans also relied on animals for food. They could hunt systematically to ambush and kill animals, which is regarded as a product of critical thinking by many anthropologists today. To do this, our ancient ancestors used to observe animal behaviours, and follow them to where predators hunted. That would bring them close to a possible kill site. Using materials in their immediate surroundings, they developed spears, axes and some other increasingly complex weapons for hunting.

Clothing and Sheltering

The Earth's climate was once not hospitable, which drove early man to seek safe and warm shelters. Having lived in open-air camps near water bodies before the Ice Age, primitive people started dwelling inside cave entrances or building huts in densely forested areas. After finding a suitable place to reside, they were in need of making heavy clothes as they went outside to hunt. The best material they were able to find was animal skin, so they made thick clothes and shoes by stitching hides of hunted animals together.

a Read the text and circle the correct answer.

- 1 According to the passage, the amount of information our brains need to process has _____.
 - a) fallen significantly
 - b) increased slightly
 - c) changed dramatically
- 2 Why did prehistoric humans track predators?
 - a) To develop more complex weapons.
 - b) To find hunting animals easily.
 - c) To seek materials for hunting.
- 3 What type of residence did primitive humans stay in first?
 - a) Open-air camps
 - b) Cave entrances
 - c) Huts in forests



b Read the text and write True (T), False (F) or Not Mentioned (NM) for the statements below. Correct the false ones.

- 1 Unlike primitive people, we have to carry out lots of experiments to see if a plant is edible. (___)
- 2 Our ancient ancestors knew what to eat as a result of first-hand experience and wisdom. (___)
- 3 The hunting system of early humans was not based on imaginative or resourceful thinking. (___)
- 4 Prehistoric humans had to travel great distances to find materials for their hunting equipment. (___)
- 5 Clothes made and worn in antiquity varied from region to region depending on the climate. (___)
- 6 In the Ice Age, people used to build huts using the wood collected from forested areas. (___)

c Use the chart to write sentences as in the example.

	Action	Result
e.g.	We got there on time.	We could attend the seminar.
1	Maria was very well-trained.	She won a gold medal at the Summer Olympics.
2	The species had been hunted to near extinction for meat.	It was under great threat.
3	The necklace was stolen yesterday.	It has been found in a garbage bin this afternoon.
4	The survivors had suffered head trauma.	They had to be given serious medical attention.
5	Jamie lived in Mexico for a long time.	He knew a lot about the country.
6	The old hotel was renovated.	It was put into service.

e.g. *Getting/Having got there on time, we could attend the seminar.*

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

d Complete the sentences with the correct form of the verbs in brackets.

e.g. *Waiting* (wait) for the plane, I drank a coffee.

- 1 _____ (sting) by a wasp, Lee cried with pain.
- 2 _____ (look) out of the window, Di could see the sea.
- 3 _____ (work) all day, Karen got really tired.
- 4 _____ (water) regularly, the plant thrives well.

e Complete the sentences with the words and phrasal verbs below. Change the form if necessary.

unflinchingly

come round

comrade

get over

break through

take in

- 1 You might feel dizzy and sleepy when you _____ from the anaesthetic.
- 2 Most of my grandfather's _____ lost their lives in the Vietnam War.
- 3 It took her months to _____ the shock his pet dying.
- 4 A group of enemy soldiers attempted to _____ the line.
- 5 She looked at him _____. Her gaze was steady.
- 6 Since she hadn't received any letters from her son who had been in the military for a long time, she had to read it twice to _____ it all _____.

THEME

3

SOCIAL MEDIA

3A INFOBAHN

3B TECHNOPHOBIA OR TECHNOPHILIA?







The word 'blog' derives from 'web-log' which means an online diary written by many people around the world to express and share their ideas, thoughts, and feelings on their personal interests. Whatever their passion is blogging allows people to connect and network with like-minded individuals who share the same passions.

Since the advent of the Internet, millions of blogs have been created on many different purposes such as diaries on social activities, records of cooking, tips for visiting different destinations or book reviews. Although many lost their interests or their followers early on, others have made a tremendous progress and have continued to grow, make money and earn a steady income. Indeed, it can be said that the main purpose of blogging is the love of writing and sharing information on your own passions. If you are really into writing and want to improve your writing skill, blogging would be a good start. Here are some guidelines to help write and structure your blog content in a way that will make it more accessible and relevant to your followers.

First, you can create a blog for free on many different platforms with limited use or create a self-hosted blog that is paid regularly to get your own domain name and support on the virtual environment. After designing your blog with relevant photos and contents of what your blog is about, you can start to post regularly, at least three posts with interesting title and theme per week to keep your followers' attention. Your posts should be specific, authentic, informative and eye-catching with uploaded relevant and updated photos. Try to use such an informal and a chatty language that your followers should feel you are friendly and reliable. The last but not the least, always try to respond to your audiences' comments and answer their questions related to your posts.

All in all, blogging has become a way of expressing and sharing ideas, thoughts, and feelings on personal passions, in particular; preferred those who are keen on writing. Some blogs make a lot of money while others are just kept as a hobby to share information with people. No matter what the purpose of blogging is—to earn money or to keep as a hobby—, with the help of authentic and informative contents, charming photos and a chatty language bloggers will make progress on their own paths.



a Read the text and answer the following questions.

- 1 What does 'blog' mean?

- 2 What kind of an opportunity does blogging give people?

- 3 What is the difference between a blog for free and a self-hosted blog?

- 4 Why should you use an informal language in your posts?

- 5 How will bloggers make progress on their own paths?

b Read the text again and circle the subjects below that are not mentioned in the text.

- 1 What the blog means
- 2 Why many blogs have lost their interests or their followers
- 3 The main purpose of blogging
- 4 The number of the posts we should post per week
- 5 Unemployed people creating blogs to make money
- 6 How blogging can contribute to people

c Write tips and advice on how to stay safe on social media using verb collocations below.

- 1 back your data up to a drive

- 2 disclose login information or password

- 3 hack into an online account

- 4 install a virus checker

- 5 access computer files

d Complete the sentences with the correct form of the words and phrases below.

hack into

disclose

click on

install

access

back up

upload

- 1 You can _____ any links to entertain yourself with songs, films, get lots of information you need and communicate with anybody throughout the world.
- 2 _____ your files, studies, photos, music collection, and films onto a hard disk regularly will reduce the fear of losing data because of a computer problem.
- 3 The police have been questioning people who _____ the bank's computer last week.
- 4 In many cities of Europe, you can _____ the Internet freely at some certain zones which are allocated by the city government.
- 5 Although having been under a lot of pressure, he refused to _____ the details of the new plan before the due date.
- 6 We would be pleased if you could _____ the file of your study on environmental problems as soon as possible so that we can have a chance to check it before the presentation.
- 7 Some _____ antivirus software on your computer will help prevent viruses and spyware from infecting the computer.

BE WISE; STAY SAFE

Social media is a perfect tool for networking and communications. However, it has a risky side with fake profiles, sometimes being used to gather personal data and information. If we use social media wisely, we can protect ourselves and surf on the Net safely.

Here are a few general guidelines you should always follow when it comes to your social media activity:

- Be respectful of others' posts, even if you don't agree with them. Don't comment on posts to humiliate others. It's neither ethical nor legal.
- Do not share personal information unless you think it is important. Check your privacy policy before you post personal information such as your location and be sure that strangers do not see it.
- Verify those you accept into your social network. Do not befriend strangers.
- Maintain the highest privacy settings, but do not always trust they will work for you.
- Google yourself sometimes and see if anything is wrong with your online presence.

In general, you should always remember that once you post something, it is there forever.

Even though you delete items, they always remain accessible on other people's servers and accounts. There's no way to be absolutely certain that your post will remain private. Don't rely on privacy settings to hide what you don't want everyone to see. If you create networks such as schoolmates, family and friends, you can be sure that you share posts with the correct audience. This will help you stay a bit more private.

On the other hand, never forget that there's nothing as 'true anonymity'.

Even though you create a post or share something online 'anonymously', it is actually a lot easier than you think to track it back to you. Don't stalk people as an anonymous user; you will probably have to face with it sooner or later.

a Answer the following questions according to the text.

- 1 What is the risky side of social media?

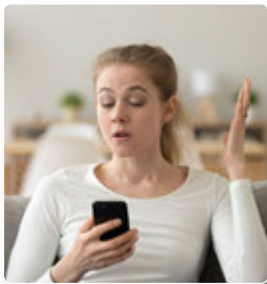
- 2 What should you do before sharing personal information?

- 3 Why should you google yourself occasionally?

- 4 Why deleting items and posts is not a solution for privacy?

- 5 Can someone remain unidentified on the Net for a long time?

b Read Jade's and Philip's attitudes towards social media and write sentences using contrasting linkers given in brackets.



	Jade	Phil
e.g.	hates posting photos	posts photos several times a day
1	uses anonymous name	uses real name and surname
2	doesn't comment on posts	comments on his friends' every post
3	avoids sharing personal information	shares personal information without doubt
4	doesn't accept random friends	accepts every friend request
5	stays online for an hour daily	stays online for more than three hours a day

e.g. Jade hates posting photos whereas Phil posts several times a day. (whereas)

1 _____ (on the other hand)

2 _____ (although)

3 _____ (however)

4 _____ (on the contrary)

5 _____ (whereas)

c Circle the correct linking word.

- 1 **On the contrary** / **Although** Clara was warned of the risks of sharing information online, she kept doing it carelessly.
- 2 Young engineer couldn't get the job he applied online **however** / **despite** his graduation degree.
- 3 Older adults are less interested in using social media **whereas** / **in spite of** teenagers are crazy about it.
- 4 I think the singer on whose profile you wrote an unfair comment won't forgive you **despite** / **even though** your apology.
- 5 The richest video publisher always looks so lonely **although** / **in spite of** his supporters and popularity.

d Rewrite the sentences as given in the example.

e.g. Many people say that Brad Pitt and Angelina Jolie are the richest couple of Hollywood.

a It is said that Brad Pitt and Angelina Jolie are the richest couple of Hollywood.

b Brad Pitt and Angelina Jolie are said to be the richest couple of Hollywood.

1 After his impressive speech, everybody thought that Steve Jobs was highly gifted and talented.

a _____

b _____

2 Teenagers believe that reading books online is much better than buying them from the bookstores.

a _____

b _____

3 Researchers report that at least 10,000 bank accounts are hacked worldwide daily.

a _____

b _____

THEME

4

GLOBAL ISSUES

4A LIKE THERE IS NO TOMORROW

4B READY TO LOOK INTO THE FUTURE?





4A LIKE THERE IS NO TOMORROW



a Skim the text below and decide which of the following could be the best title for it.

- 1 Environmental Problems Caused by Overconsumption
- 2 Overconsumption: A Big Threat to Sustainability
- 3 How Overconsumption Affects the Environment and Society
- 4 The Negative Impact of Overconsumption on Humanity

Living means consuming, and we do consume at a high rate. We breathe, drink and eat, thereby consuming air, water and food all the time. Apart from our basic needs, we purchase goods such as computers, cars, and appliances. We also use a great amount of services like entertainment and travel. We are so dependent on these goods and services that most of us think we cannot manage without them. The advertising industry makes use of our constant and ever-increasing consumption, so they want us to be greedier, urging us to buy, pollute, and waste more.

Everything, however, comes at a price—so does our excessive consumption. Maybe we fail to realise that the things we consume comes from the natural world; they are mined, extracted and cut down. We keep consuming limited resources on the earth extravagantly for the sake of a so-called comfortable life. Our planet suffers the consequences, though. The integrity of the ecosystems gets impaired and wildlife habitats are destroyed; as a result, animal species are exposed to danger. Water, soil and air, which are basic necessities for life, become highly toxic and polluted due to increased consumption.

It is also possible that we cannot grasp the situation in which some have got to live on few resources if others seize the lion's share. Currently, 17% of the world's population exploits 80% of our planet's resources. They are used to manufacture goods and offer services to such a small minority rather than being used to fulfil the essential needs of the rest of the world's population. In addition, useless luxury items are produced by abusing valuable resources to satisfy people's greed, which makes the poor more deprived.

b Read and put a tick (✓) to the statements which can be inferred from the text.

- 1 Our wish to consume more and more helps the plans of the advertising industry succeed. ☐
- 2 Overconsumption leads to waste, polluting the environment and depleting our resources. ☐
- 3 Natural resources are being exploited much faster than they can be replenished. ☐
- 4 The idea that people can lead a comfortable life via overconsumption is an illusion. ☐
- 5 The less selfish a society feels, the more dominant the culture of overconsumption becomes. ☐
- 6 Environmental and social breakdowns due to overconsumption are difficult to recover from. ☐
- 7 The inequality in the distribution of resources around the world has devastating social effects. ☐

c Read the text again and underline the correct alternative.

- 1 Many people think they **can do without / depend on** goods and services polluting the environment.
- 2 The writer is of the opinion that the rate at which we consume natural resources is **surprising / alarming**.
- 3 **Excessive consumption is / Limited resources are** a big threat to the future health of the planet.
- 4 Many animal species are endangered due to **small habitat destruction / population size** caused by human activity.
- 5 83% of the world's population has to do with **one-fifth / one-third** of our planet's resources.
- 6 When valuable resources are exploited to create expensive but unnecessary goods, poor people become far more **prosperous / disadvantaged**.

d Fill in the blanks with the phrases below.

communicable diseases

habitat loss

die of hunger

renewable resources

food shortage

become extinct

- 1 Such _____ as tuberculosis and malaria were principal causes of death in the past.
- 2 When all _____ of energy are taken into consideration, wind power stands as a feasible option.
- 3 This programme aims to develop permanent solutions to the problems of drought and _____ in Africa.
- 4 There is no doubt that _____ is one of the major threats to biological diversity worldwide.
- 5 The majority of children losing their lives before reaching the age of five generally _____.
- 6 If pollinators like bees and butterflies were to disappear, many plants would _____.

e Read the facts about some global issues below. Write solutions for each in one or two sentences.

- 1 Such preventable diseases as pneumonia and diarrhoea cost nearly 2 million children their lives per year as their families can hardly afford proper treatment.

- 2 On average, female workers in the labour market still earn a quarter less than their male counterparts globally.

- 3 Due to man-made emissions of CO₂ into the atmosphere, our planet's surface temperature has risen about 0.9°C since the 1880s.

- 4 Overuse of antibiotics in factory farming promotes growth of antibiotic-resistant bacteria, which causes a major concern for public health.

- 5 Nearly half of the world's tropical forests have been cleared so that more land can be made available for housing and urbanisation.

- 6 Approximately, 218 million children aging 5-17 are in employment worldwide; 152 million of them are victims of child labour.

IF NOT NOW, WHEN?

Human actions are, no doubt, affecting not only the global climate system but also other global processes, which are important for the environment on Earth, now and in the future.

Climate is controlled by how much of the Sun's thermal energy reaches and remains on the surface of the Earth. Scientists state that they do not expect major changes in heat arriving from the Sun for many years to come. Therefore, any change we will observe in the climate from now until 2050 will mostly be related to the amount of incoming temperature remaining here. This is where our greenhouse gas emission becomes important. If necessary precautions are not taken immediately, the concentration of these gases in the atmosphere will cause more heat to remain, which will increase the temperature and pollute the Earth.

As a result of this warming, global temperatures will be playing out differently in different regions of the world. For example, in Africa, where the population grows faster than elsewhere, larger areas will be affected by drought. This will increase the potential of mass migration of people as they can no longer grow food and find clean water. As a result of this, there will be contagious diseases and vaccination of people will become impossible. In Northern Europe, people will have warmer winters but also more rain, an increasing number of cloudbursts, stronger storms, and changes in nature. Some already wet lands will become too wet to farm, and the sea level will continue to rise. Moreover, coastal regions will have eroded globally; the buildings will have been destructed by floods.

Considering this scenario, it may not be possible to take it from the beginning. However, in order not to let it get worse, we can make a quick move!

a Answer the following questions according to the text.

1 How is greenhouse gas emission important for the climate change?

2 Why will people migrate to other regions?

3 What will be the most common health problem?

4 How will the rise in sea level affect agriculture?

5 What will happen to the buildings in coastal areas?

b Look at the daily planner notes of the Minister of Environment below and answer the following questions.

09.00-09.50	Breakfast meeting with the President
11.00-11.50	Visiting Evergreen Park with the President, the Prime Minister and their wives
12.00-13.00	Private lunch with the Prime Minister
13.00-15.00	Discussion of eco-friendly innovations with the Minister of Technology
15.00-15.30	Signing ceremony for a new environmental policy agreement
15.35-16.00	Meeting with television and newspaper reporters
16.35-17.00	Rest in the hotel room
17.00	Get ready for the formal dinner at 18.00

e.g. What will she be doing at 9.00?

She will be having breakfast with the President.

- By 10.00, what will she and the President have already done?

- What will she be doing between 12.00 and 13.00?

- By 15.00, what will she already have done?

- By 16.00, which important document will they have signed?

- Before the day is over, how many meetings will she have had?

c Circle the correct option in bold.

- By next July, Danny will **have published** / **have been publishing** his third book about Global Warming.
- By the end of August, he will **have lived** / **have been living** in a tent in Amazon for two years.
- At this time next week, I will **work** / **have been working** for this non-governmental organisation for a year.
- I hope it will **have stopped** / **be stopping** raining before it causes destruction or flood.
- The activists will **have** / **have been having** a serious meeting with the factory owners next month.
- People will **be walking** / **have been walking** to Texas from Nevada to create environmental awareness.
- The tropical rainforests will **have been disappearing** / **have disappeared** in thirty years.

d Fill in the blanks with the suitable forms of the given words.

- vaccination

pollution
- destruction

population

globalisation
- By the year 2100, we will necessarily have been _____ and interconnected to survive.
 - Immunisation against the influenza _____ is recommended for asthmatic people.
 - The amount of CO₂, which is an air _____ gas, will have doubled in fifty years.
 - We should worry more about the _____ effects of nuclear power.
 - After the devastating flood, the inner parts of the island were _____ by 10,000 people.

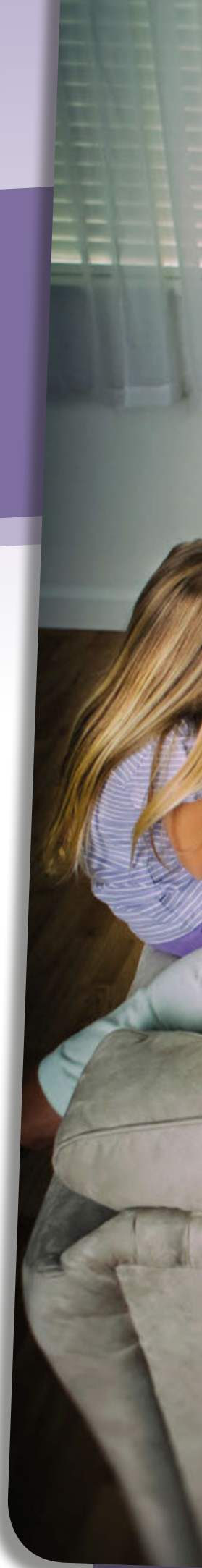
THEME

5

ENTERTAINMENT

5A BLOWING AWAY THE COBWEBS

5B BELLY LAUGHS







a Skim the text and circle the best headline for it.

- 1 Entertainment at Home
- 2 Virtual Reality in Media
- 3 Entertainment and Technology

Entertainment is a form of activity that gives pleasure and delight to an audience. Many entertainment forms, like storytelling, drama and music, existed in all cultures in the past and by the time they evolved into sophisticated forms. This evolution has accelerated in modern times with the advancements in modern technology. The most recent and dramatic changes resulted from the technology are augmented and virtual reality (AR and VR) technologies.

AR and VR technologies were developed especially for entertainment purposes as a new means of entertainment in the last decades. However, after having been used for some time, they have become more like a support than a replacement for standard types of entertainment. In the TV industry, for example, augmented reality is being a support since companies are developing a new television called Augmented TV.

Besides the TV industry, the movie industry will also be taking on these technologies fully soon. Some movie companies have already worked using these technologies, but it is expected that it will be a standard in the next couple of years which means it will probably be impossible to imagine watching movies without augmented or virtual technology in the near future.

All in all, with the technological advancements and involvement of AR and VR, the entertainment industry is living a different era today. Thanks to these technologies and advancements, people can even visit many places like famous cities, art galleries, museums or landmarks all over the world while enjoying the comfort of their home. We don't know what the future holds, but it is clear that AR and VR will become a must-have item for a long time until a better alternative comes along.

b Read the text and answer the following questions.

- 1 What are the recent changes in the forms of entertainment?

- 2 How did AR and VR technologies effect the standard types of entertainment?

- 3 How is Augmented Reality being used in TV industry?

- 4 How has AR and VR affected movie industry and what is expected for the future?

- 5 What does the text imply about the place of AR and VR technologies in the future?

C Read the sentences and write 'F' for facts and 'G' for generalisations.

- 1 The U.S. media and entertainment industry represents a third of the global industry contributing more than \$632 billion to the economy. (___)
- 2 Most of the top-name film companies are part of larger media conglomerates which include television, newspaper, and magazine organisations. (___)
- 3 In 2000, the daily paid circulation of newspapers was 60 million, but that number plummeted to 33.5 million in 2016. (___)
- 4 The Motion Picture Association reported that because of content theft, the U.S. economy loses billions of dollars, as well as thousands of jobs, each year. (___)
- 5 Today, the film and television industry provides nearly 2 million people with employment in the world. (___)
- 6 The U.S. radio broadcasting and programming industry, all with radio networks and stations, consists of 3,348 companies. (___)

d Circle the best option for yourself and justify your opinion.

- 1 Going to the **cinema / theatre** is much more fun.

- 2 TV shows and movies have **beneficial / harmful** effects on people.

- 3 It's better to do **team sports / individual sports**.

- 4 It's better to **be to a concert / watch the concert on TV**.

- 5 Being a celebrity is something **good / bad**.

- 6 You prefer to read **books / e-books**.

- 7 People **spend / don't spend** enough time and money for entertainment.

- 8 People usually prefer **watching / doing** sports in Turkey.

e Write an opinion essay choosing one of the topics about entertainment. Use the justifying expressions below.

- 1 Sports and fan culture
- 2 The impact of TV shows and series on the society
- 3 Entertainment activities before technology

There are many facts in favour of my opinion. One such fact is...

The reason I believe that is...

The first reason I believe this is...

I don't have any special reason for believing this. It just seems right to me.

I could be wrong as I have no special reason for believing this. I just feel this is right.

The evidence shows...

There are several reasons I believe this. The first is...

There is a lot of evidence to support my point of view. For example...

The facts suggest...

The main reason I feel this way is...

YOU MAKE US LAUGH

Turkish people are mostly known as friendly, helpful, warm-hearted, tolerant, sociable and entertaining people around the world; they, on the other hand, also do not like to be made fun of themselves. Turkish sense of humour, therefore, has been attributed to some influential figures who make laugh, tell jokes and fıkra defined as funny story including a message.

There are two characters named Temel and Dursun who are from the East Black Sea Region. They speak a local dialect, but the funny stories told for centuries under the names of Temel and Dursun in this dialect fundamentally have been figured out by all Turks. These two characters in fıkra generally symbolise the main characters of the Turkish ridiculed, and their witty and satirical reactions to the comic situations.

Another prominent figure of Turkish sense of humour through his legendary wit and wise jokes is Nasreddin Hodja, a popular scholar, famously considered the protagonist of comical tales with emotional content and informative message. Born in 1208 in the district of Hortu, in Sivrihisar, he was a well-educated man and had the ability to teach people valuable life lessons on being less judgmental and more thoughtful. While conveying messages to people in a satirical manner, he preferred using love, praise, and gentle mockery words instead of harsh words. A significant component in Nasreddin Hodja stories is the donkey that gives a reflection of the feelings of the people. It is unlikely to imagine Nasreddin Hodja without his donkey, which is itself an instrument of satire. Not only is he known in Turkey, but also in many parts of the world, he is known very well and his anecdotes are being translated into numerous languages.

Even though much more popular in the Ottoman Empire, but now, mostly during the month of the Ramadan performed every night as shadow theatre at some public places, Karagoz and Hacivad play a paramount role in Turkish humour. The images of the coloured and semi-transparent puppets are reflected onto a white curtain with the help of light from a lamp behind the stage. Karagoz represents the ordinary man in the street forthright and trustworthy. He is virtually illiterate, usually unemployed, and embarks on money earning ventures which never work. He frequently tends to beat Hacivad and other characters in the play with his deceitful behaviours and rude talk.

a Read the text and answer the following questions.

- Why has Turkish sense of humour been attributed to some figures?

- What do Temel and Dursun symbolise in Turkish culture?

- What is the main feature of Hodja's stories?

- What does Hodja's donkey mean in his stories?

- How is Karagoz and Hacivad play performed?



b Read the text again and write True (T), False (F) or Not Mentioned (NM) for the statements below. Correct the false ones.

- 1 Turkish people really enjoy being ridiculed. (___)
- 2 Temel and Dursun's funny stories are figured out merely by people in the East Black Region. (___)
- 3 Nasreddin Hodja's tales have emotional contents and informative messages. (___)
- 4 Nasreddin Hodja's tales are also told in many Eastern countries. (___)
- 5 Now, Karagoz and Hacivad play is mostly performed during the month of Ramadan at some public places. (___)

c Read the text and find the words ending with these suffixes below and use base or the other forms of them in a sentence.

words	base form	the other forms	your sentence(s)
-ion:			_____ _____ _____
-ing:			_____ _____ _____
-al:			_____ _____ _____
-ly:			_____ _____ _____

d Complete the sentences with the correct form of the base word given in bold.

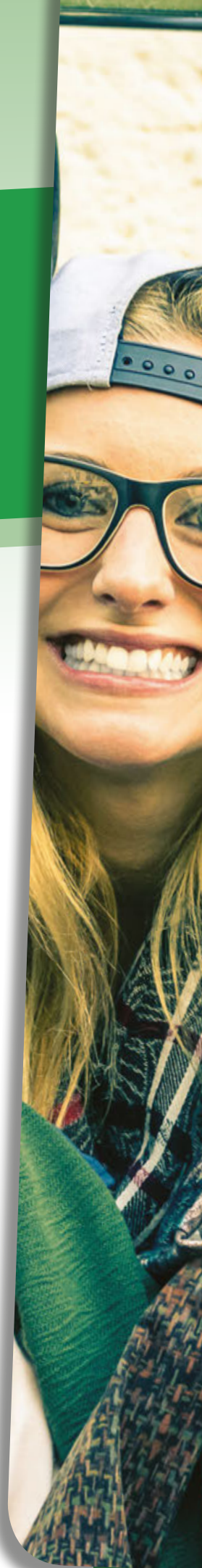
- 1 To be protected from the ultraviolet rays, you should use _____ sun cream.
(nature)
- 2 Global warming issue is highly _____ to be discussed comprehensively in this meeting. (like)
- 3 We all have _____ for introducing and keeping the values of our cultural sense of humour. (responsible)
- 4 I had the _____ of seeing her in a high position that she really deserves. (satisfy)
- 5 I still remember my primary school teacher who was an incredibly _____ person.
(inspire)

THEME 6

FASHION AND BEAUTY

6A BEAUTY BEHIND THE SCENES

6B GOING MINIMAL





a Skim the text and choose the best title.

- 1 Beauty Pageants
- 2 Beauty around the World
- 3 Aesthetics and Beauty
- 4 Natural Beauty Tips

All people have their own perceptions of the world around them. With regard to beauty, though we all claim it's something subjective, we are all wrapped up with the idea of perfection, beauty and ideal body image of our own culture. Beauty, however, is not perceived in other cultures the same way it is in Turkey. Let's see different beauty trends and expectations in other cultures.

People in many Asian countries avoid sunlight to have a fair skin. Similarly, in some countries like India, people spend millions of dollars to whiten their skins. Japan, Korea and Thailand are also famous for their skincare products because their people care a smooth, milky and unblemished skin more than anything. They cover themselves from head to toe even in hot days and carry umbrellas for they think having a pale skin denotes nobility, luxury and wealth.

Brazilians prefer doing their body care, manicures and sculpting massages almost every day. French also care their bodies a lot. They consider a healthy and natural look as beauty and to protect and accentuate their natural beauty, they wear minimal makeup or no makeup at all. In Iran, on the other hand, wearing bandage after rhinoplasty surgery is seen as a sign of beauty. Women taking this surgery keep wearing it though it's not needed. Even those who haven't undergone the surgery wear surgical tapes in their daily lives.

In Mauritania where famine and drought is common, people don't appreciate being thin. Overweight people are idolised there because being overweight represents prosperity.

In many African countries, men undergo scarification to look more handsome while they adorn tattoos on their

bodies in New Zealand. In Myanmar and Thailand, long-necked women are considered more beautiful and attractive. In Kenya and some other parts of Africa, women with large and elongated earlobes are appreciated. The bigger their earlobes are, the higher their status become. Just like elongated earlobes, stretched lips represent beauty and maturity in Africa and some parts of South America.

Considering all these different practices, one can conclude that no matter what the culture tells, what makes someone actually beautiful or handsome is happiness and self-confidence. Thus, people should learn to embrace who they are, both inside and out.

b Answer the questions according to the text.

- 1 What do Asian people care most for beauty?

- 2 How do French perceive beauty and what do they do for it?

- 3 Why do people idolise being overweight in Mauritania?

- 4 What do elongated earlobes symbolise in some African countries?

- 5 What is the main idea of the text?

C Complete the sentences with the given words. Change the forms, if necessary.

pressure

self-esteem

deceive

alter

mould

airbrush

modesty

- 1 A media-literate person doesn't accept any idea or fit any _____ the media serves without questioning its truth or benefit.
- 2 All she need is to boost her _____ and have the courage to pursue her goals.
- 3 No one should compare their behind the scenes with someone else's _____ reel.
- 4 All the applicants used their digitally _____ photos in their application forms.
- 5 Tired of the expectations and _____, nowadays, many celebrities are sharing their no-makeup selfies to show the beauty of minimalism.
- 6 Some sportswear companies are now designing clothes for those who prefer _____ clothing, veils or hijabs.
- 7 His dishevelled appearance _____ me into thinking he was depressed.

d Read the poem and circle the correct option.

- 1 Which of the themes is missing in the poem?

a) mystery b) appearance c) ambiguity

- 2 What does 'somewhere I have never travelled gladly beyond' mean?

a) his excitement about their trip
b) his wish to be away from the crowd.
c) a new and exciting experience.

- 3 What does the poet compare the beauty of the eyes of his beloved one?

a) roses b) stars c) jewels

- 4 What does the line 'your slightest look easily will unclothe me' suggest?

a) feeling tired of this mysterious love.
b) reproach for her indifference.
c) being at the mercy of her, but with delight.

- 5 In which line the poet mentions about physical appearance of his lover?

a) though I have closed myself as fingers
b) compels me with the colour of its countries
c) nobody, not even the rain, has such small hands



somewhere I have never travelled gladly beyond
any experience, your eyes have their silence:
in your most frail gesture are things which enclose me,
or which I cannot touch because they are too near

your slightest look easily will unclothe me
though I have closed myself as fingers,
you open always petal by petal myself as Spring opens
(touching skilfully, mysteriously) her first rose

or if your wish be to close me, I and
my life will shut very beautifully, suddenly,
as when the heart of this flower imagines
the snow carefully everywhere descending;

nothing which we are to perceive in this world equals
the power of your intense fragility: whose texture
compels me with the colour of its countries,
rendering death and forever with each breathing

(I do not know what it is about you that closes
and opens; only something in me understands
the voice of your eyes is deeper than all roses)
nobody, not even the rain, has such small hands

E. e. Cummings

5 TINY STEPS FOR THE BEGINNER MINIMALIST

If you want to declutter your life, but don't know where to start; here are a couple of tiny steps:

1

Make a List

Write down all the reasons why you want to live more simply. Mad that you never get any time with your friends? Write it down. Too stressed to sleep at night? Put it on paper. Tired of the mess in the room or the house? Yes, write that down, too. These are your reasons and they will encourage you when you think it's too hard to keep going. Your reasons will help you remember what matters.

3

Maintain a Clutter-Free Zone

This place can be a desk, a coffee table or a drawer in your room. Use that clutter-free zone as an inspiration to live with less. If you enjoy that clean, clear environment, expand the zone a little bit each day. A clutter-free drawer can become a clutter-free room and a clutter free room can become a clutter-free life.

2

Get Rid of the Duplicates

Walk through your home or room with a garbage bag and fill it with duplicates. If you have two sets of the same thing, put one in the garbage bag. Copies of the same book? Put one in the garbage bag, too. You only need one. Once you fill the bag, label it 'DUPLICATES' and put it out of sight for 30 days. If you don't need anything or don't remember what was in the bag, donate it.

4

Dress with Less

You have heard Project 333 before, right? Make it happen. Thousands of people think that it actually makes life easier instead of more challenging.

5

Save £50 Monthly

Collect your pocket money or salary by spending less. Start with £50 a month and try to make it more and more every following months. But, do not ask for extra cash from your parents or boss.

Try these steps for once and be decisive about continuing it. Even if it takes years to get to where you think you want to be, the benefits begin immediately.

Never forget: "Less is more."

a Read the text and write True (T), False (F) or Not Mentioned (NM). Correct the false ones.

- 1 Any negative thing can be a reason to start a simple life. (___)
- 2 Your noted reasons will make you feel bad when you read them afterwards. (___)
- 3 You may sometimes need two sets of the same stuff; keep both. (___)
- 4 When you decide to donate duplicates, call the service and get an appointment. (___)
- 5 A clutter-free coffee table can turn into a clutter-free environment. (___)
- 6 Thousands of people made their lives more challenging with Project 333. (___)
- 7 It is important not to ask for money from others when you try to collect it. (___)

b Find the words in the text according to the given definitions.

e.g. garbage : unwanted things that you throw away

- 1 _____ : to remove things you do not need any more
- 2 _____ : something looks dirty or untidy
- 3 _____ : an exact copy of something
- 4 _____ : to give something without anything in exchange
- 5 _____ : difficult; in a way that tests your determination

c Fill in the blanks with the idioms given below.

break the bank

pour money down the drain

keep the wolf from the door

jump on the bandwagon

- 1 I can't stand people who _____ when a trend pops up!
- 2 They don't have enough money to go on a vacation right now; it would _____.
- 3 Mum gets angry every time I _____ on useless things.
- 4 Before getting retired, Randy needs to work full-time to _____.

d Reduce and rewrite the underlined phrases.

e.g. The man, who was waiting in the queue, fell down suddenly.

The man waiting in the queue

- 1 The girl who was picked up by her brother was a social media influencer.

- 2 The shopping mall that stands at the end of the street will soon be closed.

- 3 The conference which was held last week was about minimalism.

- 4 A photo that is shot by the person himself is called selfie.

- 5 Animals which are used for testing in cosmetics industry dies in a short time.

THEME 7

MOODS

7A WHAT FRAME OF MIND ARE YOU IN?

7B IDIOSYNCRASY





7A WHAT FRAME OF MIND ARE YOU IN?

a Scan the following article and choose the best definition of emoji.

- 1 a group of keyboard characters that represents a facial expression, an attitude or emotion
- 2 3D animated emoticons showing facial expressions which can be sent as a video with sound
- 3 a small image or icon used in digital communication in order to express an idea or emotion

WHY DO EMOJIS MATTER?

A With the advent of e-messages, emojis have become an important way to convey our emotions. They may, however, bear different meanings depending on the context. Thus, it's not advisable that they be used out of context if you don't want to be misunderstood.

B While communicating face-to-face, people can establish empathy and relate to one another's feelings. While texting, on the other hand, emojis are utilised for converting emotions to ideograms showing facial expressions. Research shows that when someone sees an emoji, the same sections of the brain become activated as when seeing real-life facial expressions. By allowing users to translate their feelings and opinions to picture characters, emojis come to their rescue for expressing emotions.

C Apart from feelings, emojis can also represent voice tones and human gestures people use in vocal communication. A red face emoji can mean raising one's voice in anger, for example. Emojis therefore help articulate the meaning of text messages. Some researchers have claimed that emojis serve three linguistic functions: emotional indicators (e.g. happy), non-emotional indicators (e.g. affirmative), and intentional indicators (e.g. mocking).

D To summarise, emojis aid in expressing emotions and reducing the complexity of electronic communication. Some of them may be misleading for the receiver and misunderstandings may occur, though. These things can be avoided by using the right emoji in the right context. You are advised to check out the emoji search engines that categorise the official meaning of every emoji. The six most commonly searched emojis are given below with their meanings:

star-struck: It may express that someone or something is amazing, impressive, or exciting.

laughing tears: It is widely used to show something is pleasing or funny.

face with monocle: It may show that someone is questioning, or considering something.


heart face: It conveys enthusiastic feelings of love and adoration.


upside-down face: It is generally used to convey sarcasm, joking, or a sense of foolishness.


hugging face: It may be used to offer thanks and support, or express warm, positive feelings.




b Read the text again carefully. Which paragraphs answer these questions? Write the paragraph letters in the circles and answer the questions.


1  Why are emojis used from the perspective of linguists?


2  What is the relationship between electronic messaging and the use of emojis?


3  What benefits can we get from being emoji-literate?

4  What kind of reaction do emojis cause in our bodies?

c Write what emotion, mood, or intention the following emojis express.

1  _____

4  _____

2  _____

5  _____

3  _____

6  _____

d Complete the following sentences by changing the form of the words in brackets.

1 One can perform miracles in achieving happiness by coming up with an _____ way to boost his/her mood when in distress. (**imagine**)

2 A particular form of relaxation may not be a practical _____ for you, but I'm sure you'll find one that works. (**opt**)

3 Daily practice of _____ techniques helps reduce hypertension, which can lead to a poor quality of life or even a fatal heart attack. (**meditation**)

4 The aim of this study is to assess the _____ of body scan, a relaxation technique, on one's quality of life and physical well-being. (**effective**)

5 To create a relaxing image while meditating, you can _____ yourself at the edge of a stream in a lush green forest. (**visualisation**)

6 If you want to maintain optimal muscle health, you should begin with reducing the _____ in muscles, which also helps improve posture. (**stiffen**)

7 I'm of the opinion that children should be taught how to _____ themselves in the absence of a smartphone or tablet screen. (**amusement**)

a Read the text and match the titles below to each paragraph.

- Be yourself
- Read more and expand your interests
- Have a positive outlook and attitude
- Be a good conversationalist
- Have integrity and treat people with respect

PERSONAL GROWTH



An individual's personality refers to his/her appearance, characteristics, attitude, mindset and behaviour with others. Therefore, most of us would like to have an inspiring and good personality that helps us be interesting for and pleasant to be with the others. Although we enhance our looks to a certain extent, still we have the ability to improve the personality as much as we want. We can develop or integrate into our personalities any trait we deem fitting and agreeable. Here are some ways to improve our personality.

1 _____ : We all are aware of the power of reading that expands our vocabulary and provides us with expressing ourselves far softly and clearly. The more you read various books, and obtain new interests and knowledge, the more attractive you will be to others. When you meet new people it gives you the opportunity to share what you know and to exchange your views with them.

2 _____ : Being a good speaker requires using an appropriate, a vivid language effectively, which means you should know when, how, and how much to talk to people. Indeed, this depends on how much you read and know about anything. A good conversationalist is also a good listener who does not interrupt and cut in with his/her own ideas before the other person is finished speaking. And also, maintaining an open mind, everyone has a right to express themselves even if you don't agree with what they are saying.

3 _____ : Since each of us has unique personal characteristics, abilities, and behaviours, expressing that uniqueness is what makes us interesting. You may take some people as a good model, an idol, but it shouldn't mean that you copy them just as representing their silhouette. Attempting to be a carbon copy of someone else not only falls flat, but reveals a lack of authenticity. Therefore, you should show your unique, authentic sides to the people to feel them trust, believe in what you say and do.

4 _____ : Perhaps, at times, we don't want to spend time with people who have negative attitudes, complain a lot, or have nothing good to say. Negative feelings and circumstances often serve as an indication that something is not working or needs attention. In such cases, you must think positively and exploit them as a strategy for interpreting what happens to you in a useful, constructive way to make your lives work better. Of course, quite often, when you're going through a challenging time, it doesn't mean denying pain and discomfort. You should pick up yourself up quickly and move on, just smiling warmly, spreading good cheer, and enlivening others with your presence help you to get rid of existing unpleasant situations.

5 _____ : Being honest and true to your word will bring you the admiration, respect and gratitude of others. Nothing improves a person's personality more than integrity and respect - respect for others, as well as respect for yourself.

b Read the text and answer the following questions.

- 1 What is the power of reading?

- 2 What does using an appropriate and a vivid language mean?

- 3 Why should we show our unique, authentic sides to the people?

- 4 How should we behave when in unpleasant situations?

- 5 What does being honest contribute to our life?

d Complete the sentences below with the phrasal verbs given.

opt into

enquire into

call for

carry out

put across

figure out

- 1 I don't understand why she has difficulties with _____ her views _____.
- 2 All employees in this company are _____ when to be paid.
- 3 First of all, before making a decision, we need to _____ how the process developed.
- 4 Do you think we should _____ her _____ this such a delicate job that will help us to promote?
- 5 If he _____ his responsibilities on time, we will submit the report by Friday.
- 6 After a clear explanation by the teacher, all students _____ what they would do during the exam.

c Based on the text, circle the option which below cannot be inferred.

- 1 The personality can be improved just as we enhance our outlook.
- 2 Expanding our knowledge helps us to show off.
- 3 A good conversationalist is also a good listener.
- 4 Having a positive outlook and attitude doesn't mean denying pain and discomfort.



THEME

8

LIFE-SAVER TECHNOLOGY

8A GREASE THE WHEELS!

8B TECHNOLOGICAL BREAKTHROUGHS





HOME AUTOMATION

Home automation is the automatic and electronic control of the household features, activities and appliances. In other words, you can easily control the smart utilities and features of your home using the Internet to make life more comfortable and secure. The home automation system even helps you save on heating and energy costs. Each smart device at home has sensors and is connected to Wi-Fi, so you can manage them from your smartphone or tablet whether you are at home, or miles away.

Smart home appliances allow you to do many things such as turning your lights on from your smartphone, locking your doors remotely, cleaning, heating, cooling your home. Not only does it make life convenient, but it also lets you know if someone's trying to break in, or notify you when there's some other emergency even when you are miles away.

Home automation is no longer a sophisticated and expensive concept that has developed so much and become popular; now anyone can integrate home automation systems into their houses. With just a few smart switches, smart door locks and other similar smart gadgets can be incorporated into the system.

It is not difficult any more to get back and check if all the lights are on or not. Thanks to the smart switches and smart lighting systems, turning them off with just one click on your smartphone gives you an opportunity to feel relaxed and calm. You can open or close all the blinds and control the ambient lighting in the rooms as well.

Also, you can control the heating and cooling of the house, by using of both time and parameter-based functions. With heat-sensitive sensors placed outside to detect changes in weather conditions, you can choose to turn on the heating when the external conditions drop below a certain temperature.

Security is one of the significant benefits that home automation systems offer. There are many options here. For example, home automation systems can connect to motion detectors, surveillance cameras, automated door locks, and other tangible security measures so you can activate them from one mobile device before leaving home or heading to bed. Some security systems coming with motion sensors notify you via emails or messages if any movement or noise is sensed in a set perimeter.

Home automation apps would continue to increase as we move forward making lives easier and try to improve the quality of living. As home automation systems and smart home gadgets and appliances develop, the life will be more enjoyable owing to not being afraid of our house to be damaged.



a Read the text and write the main idea of the text below.

b Answer the questions according to the text.

- 1 How can house automation be defined?

- 2 What do smart home gadgets let you do?

- 3 How can you control the heating and cooling of your home?

- 4 What is the benefit of home automation in terms of security?

- 5 Why will the life be more enjoyable?

c Read the text again and decide which below cannot be inferred.

- 1 Home automation is no more expensive.
- 2 Thanks to the sensors of the devices, you can easily control your home.
- 3 It is so sophisticated that you need to know how to use smart gadgets.
- 4 Even miles away, you can connect to your house via the Internet.

d Complete the sentences with the phrasal verbs below using the correct forms of the verbs.

turn into

put through

smooth out

come about

keep abreast of

ask for

- 1 People outside have been _____ a clear explanation about their insurance rights.
- 2 Don't let you the holiday expectations _____ a nightmare because of the travel agency.
- 3 Could you please help me to understand how that accident might _____ on this such a straight road?
- 4 As a big firm, we have to _____ all technological developments related to the smartphones.
- 5 We have been working on a new application that will _____ any practical problems with security system for you.
- 6 Could you please _____ me _____ to an authority who is responsible for social activities in your institution?

e Read the situations below and write a note on behalf of each person for something having been done for them.

1 Alice will go away tomorrow, so she finished all the office work today. She wants her colleague to get them to be presented to the boss.

2 Ahmet wrote an essay about the benefits of smart devices used at home. He wants his friend to get it checked to an editor.

3 Mallina will go on a holiday for three weeks. She wants her brother to get the surveillance camera system set up both inside and outside the house.

SHAKE ALERT



'ShakeAlert' is an earthquake early warning (EEW) system designed to warn people in advance. It does not foresee but rather detects an earthquake just as it starts and alerts that shaking is imminent.

During an earthquake, energy is carried away from the hypocentre, the point where an earthquake originates underground, by two types of seismic waves: primary (P) and secondary (S) waves. The P waves are similar to sound waves and can reach about a speed of six kilometres per second. The S waves are slower, moving at a velocity of four kilometres per second. As they have larger amplitude, they cause greater damage than P waves, though.

The time and place of an earthquake cannot be predicted by the EEW system since an earthquake must have begun in order for it to operate. It can only tell how many seconds you have before the strongest wave reaches where you are. To do this, it detects P waves that reach the seismometers closest to the earthquake, and sends the signal information to a computer system. Using this information, ShakeAlert first estimates the location and magnitude of the earthquake. Then, it will calculate how long it will take both P and S waves to reach your spot. Next, it notifies you of how much time is left before S waves arrive. After the alert, you will have a few seconds to 'drop, cover, and hold on'. Unfortunately, however, you cannot receive warning if you are too close to the epicentre, the on-ground location directly above the hypocentre, because it is a blind zone.

Apart from telling you to take cover, the system provides enough time to shut down electric supply lines and gas pipes; get away from dangerous chemicals or heavy machines in workplace environments; stop planes from taking off or landing; prevent cars and trains from entering tunnels or bridges; stop surgeries and; enable emergency personnel to get ready to respond. Being able to carry out such actions before the earthquake hits can help reduce the amount of damage and casualty rate. For example, the fires can be prevented by shutting down electric supply lines.

By constructing buildings more resistant to earthquakes, coordinating emergency management, and educating the public, the EEW system can literally become a life-saver technology.

a Read and circle the four points that are mentioned in the text.

- 1 the purpose of the EEW system
- 2 the way sound waves act
- 3 the reason why earthquakes happen
- 4 how the EEW system works
- 5 how to take cover during an earthquake
- 6 what a blind zone is
- 7 how to offer emergency assistance
- 8 the methods of public education

b Put a tick (✓) to the sentences which are true according to the text.

- 1 Similar to sound waves, P waves have a velocity of about six kilometres per second. ☐
- 2 With a few alterations in the EEW system, the time and place of an earthquake may be predicted. ☐
- 3 If you are too close to the earthquake, you may be in a blind zone which cannot receive a warning. ☐
- 4 Damage and casualties during an earthquake can be reduced when proper actions are taken. ☐
- 5 Construction of earthquake resistant buildings can absolutely guarantee saving lives. ☐

C Answer the following questions.

- 1 Why do P waves do slighter damage than S waves?

- 2 Why cannot the EEW system predict earthquakes?

- 3 In which case does the EEW system fail to alert people?

- 4 What is the main point emphasised in the text?

- 5 What other technologies or systems do you think can be developed to complement the EEW system?

d Complete the sentences with suitable words or phrases to express purpose. More than one answer is correct in some sentences.

- 1 Scientists are trying to achieve major technological breakthroughs _____ save lives.
- 2 The young inventor couldn't put forward his ideas _____ he face criticism for lacking ethical values.
- 3 Doctors utilise micro operation techniques _____ they can perform seamless surgeries.
- 4 In my opinion, humanity is in dire need of technology _____ be able to progress and grow.
- 5 In the past, people studied many branches of science at the same time _____ they would serve science better.

e Complete the following sentences by changing the form of the words in brackets.

- 1 By reducing the need of human intervention, _____ in agriculture increases the productivity, efficiency and reliability. **(automate)**
- 2 If not used properly, _____ generators can be hazardous. That's why, in every factory, there should be specially-trained workers to operate them. **(electricity)**
- 3 Developments in innovative technologies _____ young science aficionados, who wish to make new discoveries, to become scientists. **(inspiration)**
- 4 You can ensure that your land remains _____ and productive for generations with crop rotation or by fallowing the field every other year. **(fertiliser)**
- 5 Stretching discoveries over successive generations, science is known to _____ rather slowly at times. **(advancement)**
- 6 Advanced technologies are used in the _____ of biomedical research data in order to get reliable results. **(analyse)**
- 7 A vital step that we should take towards ecological _____ is to adopt green technologies in all fields of life. **(sustainable)**

THEME

9

FRIENDSHIPS

9A STAND BY MY SIDE

9B THROUGH THICK AND THIN TOGETHER





9A STAND BY MY SIDE



a Skim the text and write an appropriate title for it.

Normally, if you are thinking of owning an animal, you would probably prefer to have a cat, a dog or a bird. However, Casey Anderson, a naturalist, adopted a 400 kg grizzly bear that he named Brutus. They became so close companions that when Anderson married his wife, Brutus stood as his best man during the wedding ceremony.

Growing up in the Montana Wilderness, Anderson spent most of his time in the mountains with his father and had many interactions with wild animals. After he had graduated from college, he worked as an animal keeper and trainer at wildlife parks.

His relationship with Brutus began in 2002 after rescuing him from an overcrowded wildlife park. He decided that he would create a sanctuary of his own. He opened the Grizzly Encounter Animal Sanctuary in Montana because he wanted to save Brutus and other bears from being locked up in captivity and bestow them a place to live in the wilderness.

Together, Anderson and Brutus have worked on feature films, television shows, and commercials, and also they have worked on a documentary with National Geographic to bring awareness to the bears of Yellowstone Park. In the documentary, Anderson lived with the bears in extreme conditions for months to observe them in their natural habitat. He lived as they lived and changed his diet copying their eating habits throughout the season. He aimed to educate the public about the real nature of the grizzly bears.

According to Anderson, the common belief that bears are blood-thirsty killers is a misconception; on the contrary, grizzly bears are quite similar to humans; they are emotional, smart and have personalities of their own. He argues that bear attacks are rare cases which happen if they feel threatened, or when a mother bear feels her cubs are under threat.

He explained that their friendship has taught him patience and gave him purpose, inspiration and courage to make a difference in the world.

b Read the story above and answer the following questions.

1 What was Anderson's previous experience that makes him interested in wild animals?

2 Why did Anderson decide to start an animal sanctuary?

3 What was his method for observing the grizzly bears?

c Read the sentences below and decide whether they are True (T), False (F) or Not Mentioned (NM) according to the text. If the statement is false, correct it.

- 1 Most people prefer petting cats, dogs or birds. (___)
- 2 Casey Anderson adopted Brutus because he was so cute when he was a new-born cub. (___)
- 3 Anderson and Brutus have worked on a documentary with National Geographic to raise money for the sanctuary. (___)
- 4 A mother bear may attack you if she is with her cubs and feels threatened. (___)

d Put a tick (✓) to the following statements which can be inferred from the text above.

- 1 Grizzly bears and humans are similar in some respects; they are intelligent and emotional. ☐
- 2 Anyone may adopt a wild animal from a wildlife park. ☐
- 3 A real friend may inspire you in a way that you will have the strength to make a difference in the world. ☐

e Complete the sentences with the phrasal verbs below. Change the form of the verbs if necessary.

tune out

hang out

stand up for

speak up

put into

deal with

confide in

- 1 They spent the whole weekend _____ by the sea.
- 2 The problem is too complex to _____.
- 3 Spend time with your friends and _____ a person you trust to prevent depression.
- 4 If you have a better idea, please _____.
- 5 You cannot quit now! You must _____ your rights.
- 6 As the conversation went on, the young boy _____ her father _____.
- 7 Shannon _____ a lot of energy _____ her performances.

f Read the complaints about friendships and offer solutions for each problem.

I am not a talkative person. Many times I don't feel comfortable with other people. I think that is why my friends do not invite me to events. When I see them out on social media, I feel left out. What should I do?

I have a close friend who constantly complains about everything, but does nothing to solve his problems. This annoys me a lot. What should I do?

My best friend never keeps his promises. We make plans, but at the last minute, everything is cancelled. He always apologises for his behaviour, but nothing changes. I feel like I am not important to him and I am afraid I will not trust him anymore. What should I do?

- a** Take the questionnaire on the right. Give yourself points from one (for the weakest traits) to five (for the strongest ones). Add up your points to learn how good you are as a friend.

Key

60-75



You are a true 'friend material'. You are always there when your friends need a shoulder to cry on and ready to weather the storms together. They can count on you that you will be there when you say you will. If your friends feel sad or depressed, you will probably make time for them to cheer them up. You try to brighten a bad day for your friends and make them smile. It's quite possible that you know the importance of accepting people as they are, and you don't judge their personality or try to change them. You probably know not to take offence at your friends if they disagree with you.

40-59



You are a good friend, but you need to improve some of your personal qualifications. Take a look at the low rated answers and try to improve your flaws. Never forget that friends are like gems; they lighten your way in life and bring joy into it. They help you to solve the problems in proactive ways. You can either find your shortcomings from the questionnaire above or ask for a friend for the traits you need to improve. Some piece of advice from an honest friend would probably work for you.

15-39



Unfortunately, it seems you are not the king or queen of friendship. Here is some advice for your success in friendship and all other kinds of relationships. The more you truly accept yourself, the more you can accept other people. The more you love yourself, the more forgiving you can be towards other people. Should you understand emotions, you can express them more constructively. Additionally, you should try to empower yourself to deal with disappointments and people's imperfections.

	Traits	Points
1	People trust me.	
2	I always speak the truth.	
3	People call me at their worst.	
4	I keep secrets.	
5	I share my authentic self with others.	
6	I empathise with other people.	
7	I accept people as they are and don't judge them.	
8	I respect people and listen to them.	
9	I support people in good times.	
10	I support people in bad times.	
11	I have a high self-esteem.	
12	I have a positive attitude towards life.	
13	I am funny and cheerful.	
14	I am modest.	
15	I accept and love people with their faults.	
Total:		

- b** Put a tick (✓) to the sentences that can be inferred from the text.

- It is better to accept friends in the way they are rather than criticise and try to change their personality. ☐
- It is quite important to be acknowledged by each other in true friendships. ☐
- If you need some advice to make better of yourself, you should ask for help only from your family. ☐
- If you have friends, you become more likely to take action about the problems in your life and feel happier. ☐
- People with self-esteem become more tolerant to others and they usually cultivate good friendships. ☐
- Understanding the emotions and expressing them constructively are important traits for friendships. ☐

c Circle the correct forms of the words to complete the sentences.

- 1 Friendship is usually based on common interests and mutual understanding, true encouragement and **empathy / empathise / empathetic**.
- 2 People who get on well with each other are to be **respect / respectful / respectfully** to the differences between them.
- 3 My friend's lips are always sealed that is why I **trust / trustworthy / trustworthiness** him more than myself.
- 4 She is my lifelong buddy. I can **depend / dependable / dependability** on her whenever I'm in trouble.
- 5 My besties are exactly what they call good laugh friends. They **cheer / cheerful / cheerfulness** me up and make my day whenever I feel down.
- 6 I love Jane because she always tells the truth and I care nothing more than **honest / dishonesty / honesty**.

d Read the sayings and write the main value they suggest.

honesty empathy cheerfulness
loyalty dependability affection

- 1 "True friends are families which you can select." Audrey Hepburn _____
- 2 "A real friend is one who walks in when the rest of the world walks out." Walter Winchell _____
- 3 "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." Marcel Proust _____
- 4 "If you always tell the truth, you don't need a good memory." Mark Twain _____
- 5 "You can only understand people if you feel them in yourself." John Steinbeck _____
- 6 "True friends will be down with you whether you are wrong or right, but they will tell you when you are wrong and help you get it right." Anonymous _____

e Read the passage below and answer the following questions.

Every year, April 23 is celebrated as the National Sovereignty and Children's Day in Turkey. It marks the launch of the Turkish Grand National Assembly, and Mustafa Kemal Atatürk dedicated the day to the children of Turkey to recognise that children are the future of the nation. In 1979, UNICEF recognising its importance declared the year as the 'Year of the Child'. Following this declaration, TRT developed a project to embrace children from all around the world. Since the approval of the project in 1979, *TRT International April 23 Children's Day Festival* has been organised in different cities of Turkey with the participation of about 40 countries. It is the first and only festival for children celebrated at an international level and it aimed at contributing to the making of a peaceful world where children can live as brothers and sisters with love and friendship. With the principle "Peace at home, Peace in the world", the festival is celebrated every year and till now, about 30 thousand children from 150 countries took part in the festival.

- 1 What is special about the *TRT International April 23 Children's Day Festival*?

- 2 What did TRT aim with the project of organising an international festival on 23 April?

- 3 How do you think the festival serves for the good of humanity?



THEME 10

PARALYMPICS

10A THE WHEEL OF SUCCESS

10B WHERE THERE'S A WILL, THERE'S A WAY!





THE POWERLIFTING QUEEN



Nazmiye Muratlı is a Turkish female powerlifter who holds the world record in 40 kg class; and the first Paralympic athlete who won the gold medal two times in a row. She is congenital paraplegic and dependent on wheelchair. After completing her primary education, she was helping her parents run the errands at home until one day her best friend, who was a powerlifter, took Nazmiye to her workouts.

“Until that day, I had no idea about powerlifting, but I decided to learn it and I did learn it,” says Nazmiye.

She kept up workouts with her friend in 2005, but after a while she abandoned the trainings since it was really challenging for her. However, her parents and friends convinced her to resume the training workouts.

After a short time, she started to get degrees in the competitions she took part in. She was admitted to the National Team and was taken to the European Championship held in Portugal. She took the bronze medal at her first international debut. In only two years, she won the gold medal at the European Championship.

At the 2008 Paralympics in Beijing, China, Nazmiye came in fourth. At the 2012 London Paralympics, she lifted 109 kg and won the gold medal as it was a world record in 40 kg class.

“I couldn’t sleep at the night before the finals; I thought I won’t be able to win the gold medal; I wished I had worked harder, I blamed myself. I succeeded, though. I couldn’t believe my eyes when I saw the three white flag on the board which meant the lifting was valid. I can never ever forget London,” she said.

Four years later, lifting 104 kg in 41 kg class at the 2016 Rio Paralympics, she set new world record and won the gold medal again. She became Turkey’s first sportsperson to win the gold medal in two Paralympics.

“I had a difficult life, but never wanted to see myself as a disabled person. When a person helped me when I couldn’t go up the stairs or when I was going from place to place... I don’t want people to pity the disabled,” she mentions.

a Read the text and write True (T), False (F) or Not Mentioned (NM). Correct the false ones.

- 1 Nazmiye Muratlı is an amputee athlete and dependent on sticks. (___)
- 2 She completed her primary education and stayed in to help her parents. (___)
- 3 She attended workouts as she always wanted to be a powerlifter. (___)
- 4 Her coach did not accept her as she was the only disabled athlete in the group. (___)
- 5 It took years for her to take part and get degrees in competitions. (___)
- 6 In her first European debut, she took the bronze medal. (___)
- 7 She has world records in both 40 kg and 41 kg classes. (___)
- 8 After Nazmiye, no one could lift 100 kg and took the gold medal in the Paralympics. (___)

b Read the sentences and fill in the blanks with the correct form of the phrasal verbs given below.

come out of

kick off

urge on

pay off

smooth over

back away from

- 1 At first, Nazmiye decided to _____ workouts as it was too hard for her.
- 2 Her parents and friends _____ her _____ to keep up workouts again.
- 3 She _____ herself in a short time and started to get degrees in competitions.
- 4 In London, Nazmiye was not able to sleep at the night before the finals _____.
- 5 Her great efforts _____ and she won the gold medal, breaking the world record.
- 6 She _____ the problems and reached for the success she deserved.

c Circle the correct option for the statements below.

- 1 **You left the radio on and now the batteries don't work.**
 - a I wish I hadn't left the radio on.
 - b I wish the batteries had worked properly.
 - c I wish I had bought new batteries.
- 2 **You didn't do your homework and the teacher is angry with you.**
 - a I wish I hadn't left my homework at home.
 - b I wish the teacher wasn't angry with me.
 - c I wish I had done my homework.
- 3 **You stayed up late last night and now you feel tired.**
 - a I wish I hadn't felt tired.
 - b I wish I had slept earlier.
 - c I wish I could stay up late.

d Rewrite the following sentences to express regrets as in the example.

e.g. Jason drove his car fast and he had an accident.

He wishes he hadn't driven his car that fast.

- 1 Julie was late and she missed the beginning of the film.

- 2 Forida ate too much last night and she had a stomach ache.

- 3 I was very nervous during the final exam and I failed.

- 4 My husband didn't take off his ring when he went swimming and he lost it.

- 5 Terry and Wilma didn't save money, so they couldn't go on a holiday last summer.

10B WHERE THERE'S A WILL, THERE'S A WAY!

a Skim the text to get a general idea and write the headings (1-3) at the beginning of the paragraphs (A-C).

- 1 How to tackle the problems of the disabled
- 2 The scale of the issues affecting disabled people
- 3 How the disabled deal with adversity

THE DISABLED AND THEIR RIGHTS

A _____ : There are many famous and successful figures like Beethoven, Frida Kahlo, Helen Keller and Stephen Hawking who had to put up with pain, adversity and disabilities during their lifetime. Despite serious difficulties, they showed us all that the disabled could move humanity through their art, science and genius. Mentioning these people alone may not be enough to fully understand the amount of suffering the disabled millions have to endure. More than 10 per cent of the world's total population, equal to 500 million people, suffers from some kind of disability. Almost 25 per cent of the entire population is badly affected by the presence of these disabilities. The aforementioned percentages can highlight the enormity of the problem throughout the world.

B _____ : In general, the disabled live in wretched conditions because of social and physical barriers, which hinder their complete integration into the community. Consequently, millions of children and adults worldwide have to cope with segregation and deprived of some rights, they live a hard life. They put in a great deal of effort to overcome hardships they have to face every day. That is why they can develop some special personality features, the most common ones being perseverance, integrity and patience.

C _____ : How disabled persons are treated defines the basic characteristics of a society and the cultural values it holds. The conventional approach where disability is not regarded as something concerning us all must be abandoned. Indeed, it ought to be treated as a problem whose solution needs to be provided by the community as a whole. We should first rid ourselves of any feelings of sympathy or pity in order that we can solve this problem effectively. In brief, we have to appreciate that persons with disabilities are no different from us and they have the inherent right to live as we do.

b Circle the three points that are not mentioned in the text.

- | | |
|---|---|
| 1 some well-known disabled people | 4 the employment of the disabled |
| 2 people with disabilities in the workforce | 5 how disabled children are educated |
| 3 why the disabled have certain characteristics | 6 how to approach the issues about disability |

c Replace the highlighted words in the following sentences with one of the underlined words in the text.

- 1 Being separated from others can be very painful for an individual. _____
- 2 Many people fail to grasp the great magnitude of the devastation. _____
- 3 There are some fundamental shortcomings in their approach to disability. _____
- 4 Everyone must understand and realise that all human beings are equal. _____
- 5 One in ten people experiences adverse circumstances related to disability. _____

d Write a short paragraph about what can be done to solve the social problems that face the disabled.



e Fill in the blanks with the words or phrases below.

spinal cord injuries

amputee

les autres

intellectual disability

cerebral palsy

dwarfism

visual impairment

- 1 Many people worldwide live with motor impairments due to neurological conditions such as stroke or _____.
- 2 _____, meaning 'the others' in French, is the name of a Paralympic classification category where athletes don't fall under the other categories.
- 3 Encouraged by his father, Julian learned how to cycle and row, both of which a(n) _____ athlete can enjoy.
- 4 Athletes with _____ have problems with the eye structure, optic nerves or parts of the brain that control sight.
- 5 _____, also known as restricted growth, is a condition mainly characterised by short stature.
- 6 To compete in the category of _____, athletes must have an IQ of 75 at maximum and severe limitations in adaptive behaviour.
- 7 The partial or total loss of use of all four limbs and torso often results from _____.

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