

# ENGLISH

## Chapter 19 Session B

**5th**  
SECONDARY

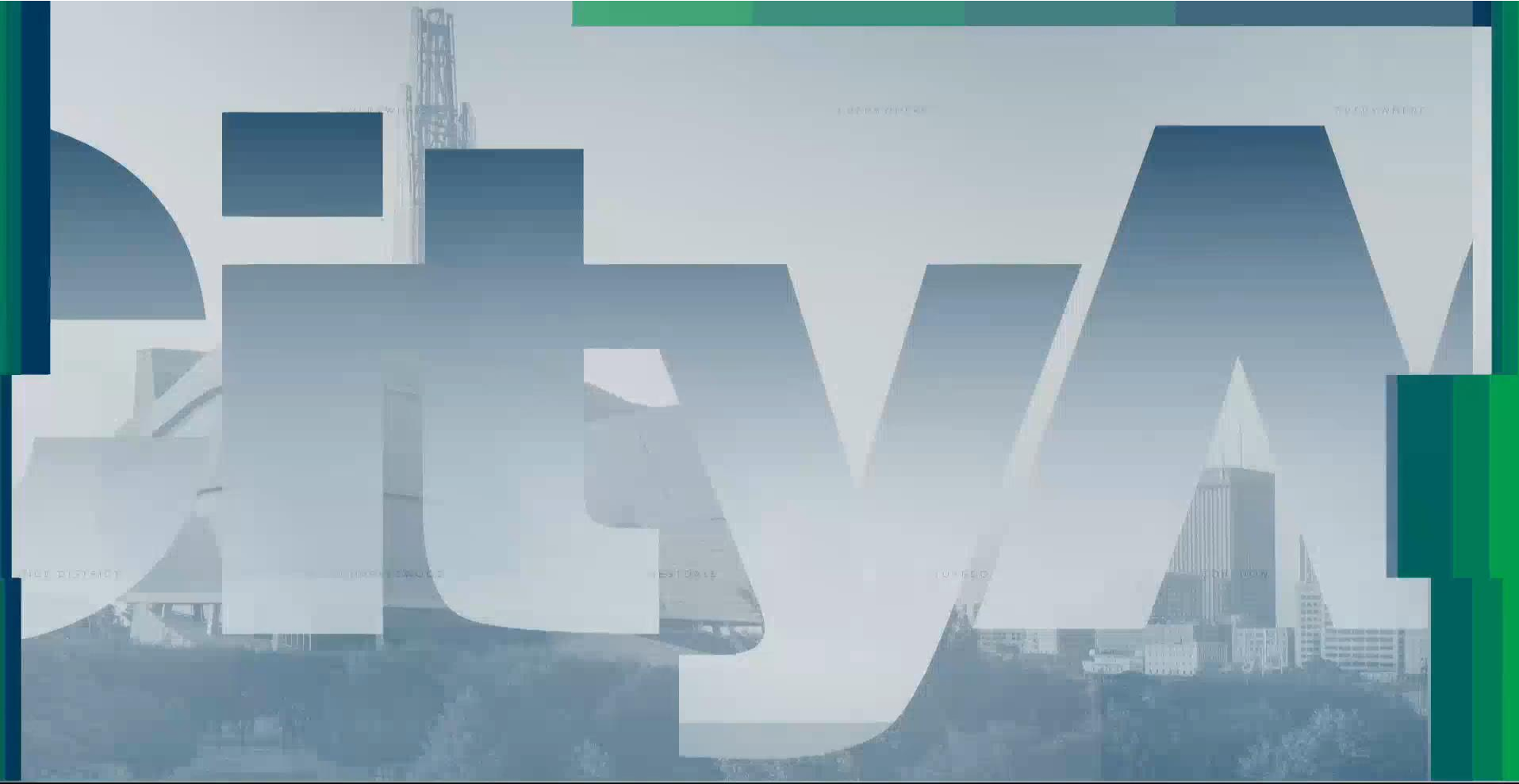
## CHALLENGES

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 **SACO OLIVEROS**

# HELICOMOTIVATION





# An article



**1**

Work in pairs. Look at the photos and the title of the article. What do you think the words in the box might mean?

full-blown adventure   microadventure  
microbreak   unplugging

# ARE YOU READY TO UNPLUG?



The National Day of Unplugging is celebrated annually in many countries worldwide. People disconnect from technology and send in their selfies explaining their reasons for doing so. These range from the concrete ('to read the newspaper' or 'to get involved in charity work') to the more abstract ('to take a breather' or 'to focus on the things that matter most'). Research seems to support these reasons. One study concluded that after taking time out from technology, participants reported that their days had been more productive: they had studied for exams, spoken to their friends more and even finished a novel. Some said they felt like they were on vacation!

There's no need to wait until this day comes around again to unplug. Some young people choose not to own a cell phone at all. They use the landline to contact friends and instead of looking at social media, they get active outdoors. Do you want to give this a try on a smaller scale? Store your phone in a 'cell phone sleeping bag' so that you won't be distracted when it lights up. If you're being disturbed by your larger devices, lock them in a box with a lid.

Now that's done, you'll have time for an adventure! If you can afford to go off the grid for longer than a day, consider spending time with your family in a remote cabin. Your adventure doesn't have to stop there; this stay could be preparation for a long-distance hike, such as the Inca Trail in Peru. But if you're up for a complete change of lifestyle, you could find your inspiration in 17-year-old Maddie Roark, who grew up in the wilderness.

However, if that isn't your thing or you simply don't have the time, why not try a  
20 microadventure? What distinguishes this from a full-blown adventure is that they're enjoyed  
close to home. Try a new means of transportation. Get yourself a bike, monocycle or scooter  
and explore your town from a new perspective. If you live near water, paddle boarding and  
kayaking are great ways to discover the shoreline.



For those of you not ready to commit to a full day, try microbreaks. These should be short and  
25 regular, but they shouldn't be confused with conventional breaks. While the latter have often  
been built into our timetables, we often ignore the former. These unscheduled opportunities  
allow our bodies to recover. Turning your head away from your screen and taking your fingers  
off the keyboard to grab some water gives your eyes and wrists a rest.

Whether it's done once a year or on a regular basis, we're sure you'll find your time unplugged  
30 satisfying. What's more, both your mind and body will thank you!

#### DID YOU KNOW?

Earth Hour is celebrated on the last Saturday of March every year. First organized in Sydney in 2007, the lights are now turned off in more than 180 countries all over the world to show support for the planet.





Read and listen to the article. Check your answers to exercise 1.

**Full-blown adventure-**having an exciting experience,probably somewhere exotic and for more than one day

**microadventure-** having an exciting experience close to home.

**microbreak-** taking an unscheduled short break from what you´re doing.

**unplugging-** disconnecting from all technology.



**3** Answer the questions in your own words. Then read the article again and check your answers.

**1** To do things they don't normally have time for or to concentrate on more important things.

**2** We have learned this from research.

**3** So you don't get distracted by the light coming off the screen when a message, call notification comes in.

**4** They could spend time with relatives in an isolated cabin or prepare to do a long-distance hike.

**5** You can travel in a different way to explore your area.

**6** Because it makes you stop using part of your body, so that they can have a break.

4

**Word work**

Match the definitions with the words in bold in the text.

- 1 live without electricity
- 2 a telephone that isn't a cell phone
- 3 a method for doing something
- 4 not doing something as big
- 5 an area of land where people do not usually live
- 6 when something removes your attention from what you are doing

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**distracted**



## 5 Complete the sentences with the correct form of one of the words in exercise 4.

- 1 My cell phone's out of battery, so call me on the landline.
- 2 I often leave my phone face down so I don't get distracted by the messages.
- 3 We try to go everywhere by bike – that's our favorite means of transportation.
- 4 Organizing a week of events is too much; try doing something on a smaller scale.
- 5 We're going to go off the grid when we go camping – no phones, no electricity, no nothing!
- 6 We spent last summer touring the wilderness in Iceland. We didn't see anyone for kilometers.

## ► Subskill: Referencing

We use words like *so*, *it* or *there* to refer **back** or refer **forward** to people, things, ideas, etc. This avoids repetition of the same words, sentences or even paragraphs. It's important to understand what these words are referring to.

**6** What do the following words refer to? Circle the correct answer a–c.

1 'doing so' in line 3

- ☒ a disconnecting  
c taking the selfie

b having a celebration

2 'this' in line 11

- a getting outdoors  
☒ c the National Day of Unplugging

b using the house phone

3 'there' in line 16

- a being solo  
c being off the grid

☒ b in the cabin

4 'that' in line 19

- a a microadventure  
☒ c a big adventure

b being close to home

5 'latter' in line 25

- ☒ a conventional breaks  
c microbreaks

b microadventures

6 'former' in line 26

- a conventional breaks  
☒ c microbreaks

b microadventures

7



**Work in pairs. Answer the questions.**

- 1 Had you heard of the National Day of Unplugging before you read this article?
- 2 What would you do on a microadventure?

### CRITICAL THINKING

### SUPER SKILLS



- 1 **Understand** List the advantages and disadvantages of unplugging for a day.
- 2 **Apply** Examine whether you and the people you know would benefit from unplugging.
- 3 **Create** Complete the phrase 'I unplug to ...' in no more than five words. Then create a poster.