

### Extension activity

Use the following questions to check Ss' understanding of the language and content of the video.

- 1) What can you do to reduce your **carbon footprint**?
- 2) How can you avoid **excessive packaging**?
- 3) Do you buy **durable goods**? Why?
- 4) Have you ever **donated** unwanted items like old clothes?

Ss' answers may be:

- 1) After I learned about the three Rs, I have a clearer idea about what to do to reduce my carbon footprint. I will do my best to reduce the use of energy and natural resources like electricity and water; I will store things in containers and donate old clothes to people in need; I will buy recyclable products as much as possible.
- 2) I can avoid excessive packaging by choosing products that don't use too many packaging materials, even if these products may cost a little more.
- 3) Yes, I buy durable goods to save money and reduce waste.
- 4) Yes, I have donated old clothes, toys and books by putting them into the collection points in my neighborhood.

## Academic listening

### Listening 1 Kindness as a survival skill



Audio script

#### *Kindness as a survival skill*

**HOST:** Today, I have Dr. Lee, a psychologist who has studied kindness. To start us off, I want to share a story Dr. Lee told me. A few years ago, a woman went into a small café in South Carolina in the US and ordered a cup of coffee. When she was finished with her coffee, she paid \$100, which was much more than it cost. She told the café to use the extra money for customers who needed it. Why did she do this? Was she just being kind? Or could it be that she was acting out of a more basic human motivation, the will to survive? Let's listen to how Dr. Lee explained it to me. Dr. Lee?

**DR. LEE:** The café where this took place was where local people gathered regularly. As word of the woman's generosity spread, more customers decided to also leave a little extra money. This happened at a time when the economy was bad, when no one knew who would get laid off next. The customers in the shop realized they needed to help each other through a difficult economic situation. The basic concept is that people are kind to each other to ensure survival; that is, it is in everyone's best interest to help one another. When we are kind, we connect with other people, and create a sense of community in which to live. We do kind things because we want others to do kind things for us; in other words, we want to encourage reciprocity between people because it helps us all to survive. There are two ways reciprocity works. There's direct reciprocity in which two people agree to a specific exchange; for example, I agree to help you move some heavy boxes, and you agree to help me review for my exam.

**HOST:** But, that wasn't what happened in the coffee shop, was it?

**DR. LEE:** That's right. The coffee shop tale is an example of indirect reciprocity. In this case, I do something for you; you then help someone else; that person goes on to help a third or fourth person. In this way, we establish that it is OK to ask one another for help. Through these acts of kindness, we build a bond with one another – be it our family, our friends, our neighbors – and by doing this we build a sense of community that helps us all to survive.

**HOST:** Acts of kindness go beyond our local community, too, don't they?

**DR. LEE:** Sure. For example, every year there are natural disasters, such as earthquakes, floods, and forest fires. Afterward, people from other parts of the world – total strangers – respond to help. They contribute food, water, medical supplies, and other types of emergency aid that are then distributed to disaster victims. Responses to natural disasters take indirect reciprocity one step further in the sense that individuals can't possibly expect they will get anything directly back. That said, their actions highlight that all countries are part of a global community in which it's to everyone's survival advantage to cooperate and help one another in times of need.

**HOST:** What makes someone risk his or her life for a total stranger? This doesn't sound like a desire for survival, and yet it is not unusual to hear reports of people who put their own lives in danger to perform acts of kindness in order to save someone they've never met before.

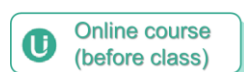
**DR. LEE:** There are many examples of people saving total strangers. Just recently, I read a story about a car that fell into a river from a bridge nearby. There were two small children in the car. Another driver jumped into the river and saved the children. Afterward, the man who saved the children was called a hero. The man said, "I'm not a hero. If a stranger saw that my children needed help, he would help them." This man risked his own life because his first priority was to help others survive.

**HOST:** So, you're saying by building bonds of reciprocity, we develop a sense of trust that we will take care of one another.

**DR. LEE:** Yes, that's what my research shows. It's in everyone's best interest to create a sense of community. The stronger the community, the better chance we all have of living better lives, and ensuring our own survival.

## Words and expressions

reciprocity *n.* 互惠



## Before you listen

### Task 1 Match the words and expressions in bold with their definitions.

1. They realized that without food and water, their chances of <b>survival</b> were low. F	A. ( <i>n.</i> ) willingness to give time, money, help, etc.
2. Government aid will <b>ensure</b> the local area recovers quickly from the flood. G	B. ( <i>n.</i> ) helpful, caring behavior
3. The organization relies on the <b>generosity</b> of strangers. A	C. ( <i>n.</i> ) a strong hope or wish
4. Local residents <b>gathered</b> in the town square to offer their support.	D. ( <i>n.</i> ) a feeling or interest that joins people together