



Going to extremes

What will you learn about in this unit?

- 1 • hoarding
 - döstadning
 - **Echo:** houses, furniture and appliances
 - minimalism
- 2 • sustainable lifestyles
 - **+ used to**
 - sustainability at school
- 3 • overtourism
 - adventure tourism
 - outer space
- 4 • body modification
 - **+ semi-auxiliaries**

Plug in!

The weekend has just begun and you don't really feel like starting your work for school immediately, so you decide to check out some videos on YouTube. The trailer for the film *Queenpins* pops up in your feed.



1 Watch the trailer and answer the questions orally.

- What is this film about? Explain in your own words.
- What do you think a queenpin is?
- Would you watch this film? Why (not)?

This film has made you think about other ways to save money, so you decide to check it out. You stumble upon TLC's show *Extreme Cheapskates*.

2 Watch the extract from the show and answer the questions orally.

- What method has Stephanie found to save some money?
- How does this work exactly?
- Are there any pitfalls? If so, explain.
- Would you ever try this at home? Why (not)?

The show features some other out-of-the-box ideas of saving money.

3 Take a look at the photographs below and discuss how the people from the show try to save money in their day-to-day lives. Would you ever try any of these yourself?



4 Work with a partner and think of some other extreme ways of saving money. Write them down below and afterwards discuss with the rest of the class.

personal answer

1 My way of life

1.1 Don't throw that out!

There are many shows that focus on extreme lifestyles and when you check out YouTube, you notice the trailer for the upcoming season of *Hoarders*. You want to know what it is all about.

1 Watch the trailer and answer the questions orally.

- What is this show about? Explain in your own words.
- What are the disadvantages of living this way?
- Why do you think these people live this way? Why do they let it get this far?
- What would you do if you knew somebody who had this problem?
- What do programmes such as *Hoarders* focus on?
- Do you often watch similar programmes? Why (not)?

You are keen to find out more about hoarding but you want to ease into the subject. A book might be just the thing! You've noticed *The Library of Lost Things* on BookTok, so you decide to consult Goodreads to find out what it is about.

2 Read the information below and answer the questions.

The Library of Lost Things
Laura Taylor Namey
★★★★★

From the New York Times bestselling author of *Tomorrow*, this deeply heartfelt story explores hiding the worst parts of ourselves, and finding the people who love us anyway.

From the moment she first learned to read, literary genius Darcy Wells has spent most of her time living in the worlds of her books. There, she can avoid the crushing reality of her mother's hoarding and pretend her life is simply ordinary. But what should she do when she meets Asher Fleet, a former teen pilot with an unexpectedly shattered future? Should she keep hiding behind her carefully constructed ink-and-paper wall? Or should she open the doors and reveal what's inside?

(Goodreads, n.d.)

- a How does Darcy Wells try to escape the reality of her mother's hoarding behaviour?

She tries to avoid the reality by escaping to the worlds of the books she loves to read.

- b What happens when Asher Fleet comes into the picture?

She has spent her entire life trying to keep people out, but when Asher Fleet pops up, she wonders whether it might be worth it to let someone in.

- c Based on this information, would you consider reading this book? Why (not)?

personal answer

You've decided to give *The Library of Lost Things* a go, but before buying the book you download a sample.

3 Read the information and the extracts below and answer the questions orally.

Darcy Wells and her best friend Marisol – one of the only people in the world who know of Darcy's mother's hoarding behaviour – are enjoying some sunshine in front of Darcy's apartment building. They have just found out that a new building manager has been hired and he plans to do some extensive remodelling to bring the building back up to code. Suddenly, the girls hear a huge crash. Darcy, fearing her mother is the cause, runs upstairs, all the while refusing Marisol's help.

Every day since my seventh birthday, that first shock of reality followed me into my apartment. Covered windows transformed the room into a black-and-white movie. The smells struck hard – cardboard and plastic, the tangy rubber of new sneakers. Throat-itching dust I could never 5 clean fast enough. I smelled something new since this morning when I left for school. Dry dog food? A bag must've ripped open, one of maybe five stacked against the wall. They'd been on sale last week at a huge markdown, so naturally, she had to buy them.
Except ... we didn't have a dog.

10 Somewhere, inside this den of unspeakable clutter, I would find a hoarder. My mother.

I flipped the lights, stepping around the newest pile of shipping boxes into what psychologists referred to as a goat tunnel. A few goat tunnels ran through our home – uncluttered passages chronic hoarders often left 15 clear, where you could actually walk. This particular passage led from the front door through the living room, stopping at our tiny kitchen.

Mom owned dozens of baskets and vases for flowers she never picked. We hardly used tin cans, but we had eight can openers. Enough sheets and linens waited for twenty beds, when we only had two bedrooms. 20 Cases of CDs and bargain bin movies lined the apartment. Dated VCR tapes and speakers, all in a silent home.

But wouldn't they make great gifts someday?

One day, someone might need them.

I passed crates containing enough brushes, hair dryers, and curling irons 25 to service the entire Miss America pageant. Bundles of unread magazines, with recipes she couldn't wait to make, if only she cooked. I inched by the blue tweed sofa, where she'd carved enough room for one, maybe two people. Mismatched pillows and knitted throws blanketed the rest of the space. We had one working TV you could watch, but only if you angled 30 your head just so around the piles of piles.

Six Bubble-Wrapped TVs stood like sentries along one wall. Shelves jumbled with cables and cords and boxes heaped with office supplies. Dozens of picture frames held no photos.

My stomach clenched when I finally found my mother – one Andrea 35 Wells – bent over the kitchen counter, her elbows perched on the blue Formica. She rested her chin in both hands. A vodka bottle lay on its side, contents drip-dripping from its long neck onto the beige tiled floor. Near my mother's forearm, a glass was stained with red lipstick.

My eyes trailed to the cause of the crash and commotion: two dining 40 room chairs had toppled over, and the mass of plates, stacked head-high on the counter this morning, lay in shattered pieces across the floor.

met een scherpe
geur

korting

opgeruimde

verkiezing

dekentjes

schildwachten

kromp in een
rustend



The loss of the plates was nothing, really. After all, Mom had collected at least thirty full sets of china, enough to service a grand dinner party for guests who would never come. Still, the loss would mean everything to 45 her.

"Darcy. I ... I'm sorry." Her voice wobbled and sloshed, like the alcohol she'd emptied from the glass. But how many times over? How much had she had to drink?

I couldn't bring myself to speak yet, so I focused on getting her settled.

50 I pulled one of the fallen chairs to the counter through shards of broken china and folded her into it with some difficulty. She was long and thin like me, but moving her was akin to uprooting a statue. I stared into her brown, unfocused eyes; she'd drunk her expertly applied makeup into a clown face of raccoon eyeliner, feathered lipstick, and runny mascara.

55 Although my mother drank sometimes, she wasn't an alcoholic. Enough counseling and professional analysis had concluded that Mom didn't need the alcohol itself. She didn't need the routine oblivion of the drink. She overdosed on *things*. Our home was wasted with them.

"So sorry. Darcy, you know, baby."

60 "Yes, I know."

porselein

klotste

voelde als

wasbeer

vergetelheid

Darcy's mother, an English major who taught her to read at three years old, can no longer tolerate books. The only time she can stand stories is when she is drunk and her mind is clouded. This time she asks Darcy to read from *Emma* by Jane Austen. The book is nowhere in sight, but luckily Darcy knows it by heart.

My mother's head lolled, eyelids sinking. I rushed to catch her before she hit the ground and cut herself. Unshed tears stung my eyes. "Never had she [Emma] felt so agitated, mortified, grieved, at any circumstance in her life."

5 I pushed damp strands of hair off her face. Not only the same body type, we also shared the same light pink undertoned skin and warm brown hair with a hint of mahogany. Not so much that you'd call us redheads, but enough that Marisol called it super special; she said only "straight-up colorist wizardry" could make us that shade. Mom 10 wore hers grazing her chin, one length. Mine fell to my shoulders in long layers.

I never grasped for ways to be like this woman, but I was all she had. The only one to get her into bed, where she'd sleep until dawn.

I managed to lift her from the chair and hook my arm around one side.

15 She felt so heavy, like I was supporting more than one person.

I closed my eyes and whispered the rest. "She was most forcibly struck. The truth of this representation there was no denying. She felt it at her heart."

As I spoke the final words, the load in my arms lightened. My eyes flew 20 open, my chin crumpling at the sight and feel of Marisol, supporting the other side of my mother.

Culture

Jane Austen (1775-1817) was an English novelist whose works were published anonymously at the time. In novels such as *Emma*, *Pride and Prejudice* and *Sense and Sensibility*, Austen focused on the struggles the young women of that class faced back then as they often had to rely on marriage to gain social standing or economic security.



(Namey, 2019)

- Is Darcy's mother an alcoholic? Explain your answer.
- How does Darcy feel after discovering her mother?
- How do these extracts make you feel? Explain in your own words.
- Would you consider reading this novel? Why (not)?

As described in *The Library of Lost Things*, a hoarding disorder doesn't only affect the person who's suffering from it, but it also has an overwhelming effect on the people around them. You decide to go to YouTube to find out whether hoarders can be helped.

- 4 First read the vocabulary. Then watch the news item and take notes using the mind map below. Only write down keywords, not entire sentences.



hoarding ≠ collecting

- collector = 1 type of item (carefully organised)
- hoarder = lots of different items
- big effect on lives**
- functioning normally no longer possible (e.g. kitchen is blocked, so no more cooking)

Glossary

to soothe: kalmeren
to impede: belemmeren, verhinderen
a root cause: een onderliggende oorzaak
coping skills: vaardigheden om met een probleem om te gaan

what?

- part of OCD
- link with anxiety
- keeping items = soothing

treatment

- cleaning: not enough, look at the root cause
- Cognitive Behavioural Therapy: talk to therapist, learn new coping skills

role of outsiders

- can't do much
- call in PET-team (Psychological Evaluation Team)
- only encourage and support, never force

- 5 Use the keywords from ex. 4 to summarise on a separate piece of paper what you've learnt about hoarders and the disorder they suffer from.

1.2 It's a gentle art

Learning about hoarding makes you realise letting things get out of hand is not the best idea. You are determined to keep your room – and house – in order, but what is the best way to go about it? How do you declutter your stuff and only keep what matters most?

1 You notice an Instagram post online. Take a look at it and answer the questions orally.



- What is Jennie doing at the moment?
- Where does this concept come from?
- Look at the photograph she posts. Can you think of an English word for this concept? Let your imagination go wild.

You want to find out more about döstärdning, so you turn to YouTube for some more in-depth information.

2 Watch the video and answer the questions.

- a What show are they promoting in this video? What type of show is it?

They are promoting *The Gentle Art of Swedish Death Cleaning*. It's a reality show.

- b What is Swedish Death Cleaning exactly?

It's a process where you take a look at your stuff and decide what still serves you here and now. When you do it at a later stage in life, you also make sure you don't put the burden on others if something were to happen to you.



- c How does holding on to items sometimes prevent people from moving forward?

You have different phases in life, and in each one you have different needs. If you hold on to everything, the stuff builds up. When there's external chaos, you often have internal chaos as well.

- d The three hosts – Johan, Katarina and Ella – each have their own speciality. Discuss what they do in the show.

Johan is the interior designer. He makes sure the house reflects its owner. Katarina is the psychologist who talks to the participants whenever they're having a hard time. Ella makes things happen. She has a warm heart but still gives the participants a kick in the butt to make sure they deal with the stuff they've collected.

- 3 Listening to the Swedes reminds you of the fact that your pronunciation could do with some work. Do the exercises that focus on pronouncing the /θ/-sound. Your teacher will provide you with the necessary information.

- 4 Look at the words, phrasal verbs and idioms in the box, all of which were used in the video in ex. 2. Read the definitions below and write down the words in the appropriate place.

a **burden** – by **trade** – external – to go **hand in hand** – to hold **on to** – internal
 a **kick in the butt** – to let **go of** – to **reflect** – a **speciality**

a	inside a house, building or even in someone's body or mind	internal
b	to show, express or be a sign of something	to reflect
c	indicating someone's job, especially a job that requires special training or a skill that involves using your hands	by trade
d	to keep something or someone because they can be of use to you	to hold on to
e	relating to the outside of something or someone	external
f	something difficult or worrying that you are responsible for	a burden
g	a forceful message, usually delivered with good intentions, to motivate someone	a kick in the butt
h	to stop holding something or someone	to let go of
i	an area of study or skill to which someone has devoted much time and effort and in which they are considered to be experts	a speciality
j	to be closely related, to happen at the same time	to go hand in hand



- 5 Read the description of one of the episodes of the reality show and fill in the missing words. All of them were used in ex. 4. Adapt the words to the sentences if necessary.

In episode seven of *The Gentle Art of Swedish Death Cleaning*, our dream team travels to Milwaukee to help Doug declutter his life.

Doug Hawkins, a 54-year-old electrician ... (1) has become ... (2) to his fiancée Stephanie. She's looking forward to their married life, but feels that Doug first needs to ... (3) certain items as he seems stuck in the past. "He has a huge Star Wars collection that he started putting together when he was a teenager. However, every surface is covered with Star Wars items and I'd really like it if our future home would ... (4) more of who we are as a couple, instead of who he is as an individual."

Doug also ... (5) a number of items of Sadie, his ex-wife who passed away almost ten years ago. Johan Svenson, whose ... (6) is interior design, suspects Doug's house is an ... (7) representation of the ... (8) chaos he feels. It is clear that Doug needs one of Ella's famous ... (9) to finally say goodbye to certain items. "And that is what we all do," Katarina Blom, the show's in-house psychologist, adds. "What Ella does, ... (10) with what Johan and I do. We really collaborate to achieve the best possible end result for our participants."

1 by trade

2 a burden

3 let go of

4 reflect

5 holds on to

6 speciality

7 external

8 internal

9 kicks in the butt

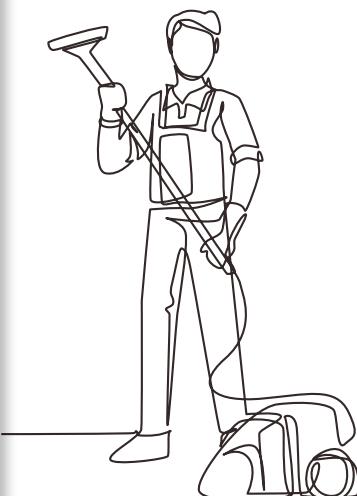
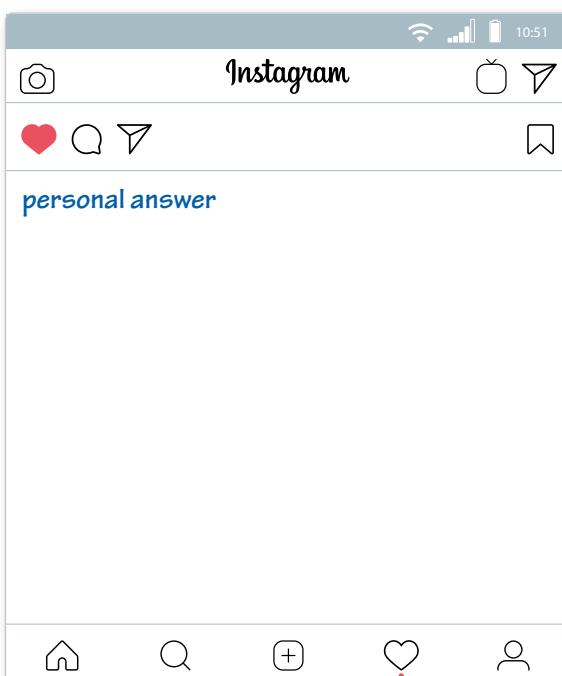
10 goes hand in hand



- 6 Echo Do you remember the vocabulary needed to talk about houses, furniture and appliances? If not, do the online exercises.

- 7 Now that you know all there is to know about döstärdning, you decide to write a reply to Jennie Williams's Instagram post. Follow the instructions.

- Write a short reply in which you share your personal opinion on the gentle art of Swedish Death Cleaning.
- Use at least three words from ex. 4 in your text. Underline them.



1.3 Get your house in order!

The Swedish Death Cleaners used some idioms in their interview and you're keen to learn more, especially some that are related to houses and everything you find in and around them.

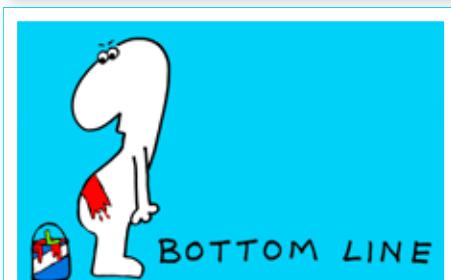
1 Work with a classmate and follow the instructions.

- Each of you gets a set of idioms. Complete them with the missing words. Go online to check your answers.
- What is the meaning of each of the idioms? Consult an online dictionary if its meaning remains unclear.
- For each idiom, make an idiom drawing. Your drawing should be a literal representation of the idiom. If possible, you can also incorporate its meaning, but don't worry if that proves too difficult.
- Show your drawings to your classmate. Can they guess what you were trying to convey?
- Switch roles and guess the idioms your classmate drew.



2 Look at the idioms below and fill in the missing words. All idioms were dealt with in the previous exercise.

to show someone the	to get on like a	to build
1 door	2 house	castles
to have a skeleton	on fire	in the air
4 in the cupboard	to throw money down the	to kick the
to have a roof	5 drain	6 bucket
7 over your head	to throw in the	to drive someone up the
to sweep something under	8 towel	9 wall
10 the carpet		



3 Read the explanations below and write down the number of the corresponding idiom from the previous exercise next to each one.

a	to have an embarrassing or unpleasant secret about something that happened in the past	4
b	to have a place to live	7
c	to spend money uselessly, for which you get nothing in return	5
d	to get on really well	2
e	to give up	8
f	to make someone irritated or even angry	9
g	to make it obvious that you want someone to leave	1
h	to pass away	6
i	to make plans that have very little chance of actually happening	3
j	to hide a problem or try to keep it a secret, instead of dealing with it	10



- 4 Read the sentences and complete the missing idioms. Choose from the ones that were dealt with in the previous exercises and adapt them to the sentences, if necessary.

Trying to fix that old car is simply ... (1). It will never run properly again.

You should be grateful you ... (2). Do you have any idea how many homeless people there are?

I need a break. Jeremy is constantly singing, Louise always shouts and I've just caught George drawing on the couch. My kids ... (3).

Beatrice and Seamus have always been best friends. They ... (4).

Child poverty is one of the terrible realities our society tends to ... (5) as nobody seems to be able to deal with it properly.

My brother wants to be a singer. I told him to stop ... (6) and choose a sensible profession.

I haven't seen our elderly, next-door neighbour in a while. I'd better go over there to check she hasn't ... (7).

Everyone has secrets, that's only normal. I'm pretty sure even our English teacher has a few ... (8).

My boss simply ... (9) when I asked for a raise.

After losing the Primaries, the nominee ... (10) and retired from politics.

1 throwing money down the drain

2 have a roof over your head

3 are driving / drive me up the wall

4 get on like a house on fire

5 sweep under the carpet

6 building castles in the air

7 kicked the bucket

8 skeletons in the cupboard

9 showed me the door

10 threw in the towel

- 5 The idiom 'having a skeleton in the cupboard' makes your mind wander, so you decide to write a horror short story. Listen to your teacher for the instructions.
- + 6 Your story is a huge success and you scared the living daylights out of your audience. You decide to take it one step further and record an audio version of it. Add some suspenseful sound effects to make it extra creepy!

1.4 Declutter your life

Where hoarders tend to hold on to practically every item they can, the minimalist approach is to do the opposite. However, does having fewer possessions really make you happy? Let's find out by reading about someone's experience with minimalism.

- 1 Read the article and answer the questions.

How I discovered the joy of recluttering

I used to have a recurring dream in which I walked through a previously unnoticed door at home, only to find myself in a secret extension, painted sparkling white and devoid of furniture. I would wake with a sensation of wistful regret. For a brief period, you see, this dream had seemed to be a possibility, after I discovered Marie Kondo's

seminal work, *The Life-Changing Magic of Tidying*.

Kondo's philosophy appeared simple, yet ¹⁰ irresistible: you should own nothing that does not spark joy. Falling on her book with the zeal of a convert,

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I promised myself that I would obey her instructions and completely purge my house in six months. At 15 first, it was so easy. The 62 supermarket bags for life that lurked in a broken laundry basket sparked no joy (especially as I never remembered to take them with me to the shops). The holey tights that slowed me down every morning, as I tried and 20 discarded pair after pair, followed them straight into the bin. A friend organised a timely ‘shwopping’ event in aid of a cancer charity and I handed over two bin bags of designer mistakes, including a 25 pair of agonisingly painful Chanel heels and a made-to-measure jacket that no longer fitted. For the first time in years, I could see the back of my wardrobe. My T-shirts, now colour-coordinated, were carefully folded, my sock drawer looked like a bento box, and I felt purged and pure, as if I’d 30 been on a fast. Instead of falling on an assortment of ornaments, books, photographs, dried flowers, hairbands, dead batteries and novelty rubbers, my eye skated over clean, polished surfaces.

Alarmed by my zeal, my husband banned me 35 from his study. I itched to get my hands on the piles of books, the heaps of papers on his desk, the collection of toy vintage aeroplanes and every home-made birthday card he had ever received. My daughters were equally resistant: 40 mindful of Kondo’s insistence that throwing away other people’s stuff is not good etiquette, I spent a fruitless weekend trying to persuade them to prune their menagerie of teddies. In the end, I decided to tackle the fridge; not the inside (which 45 is frankly always a little too bare) but the exterior. I’d spent a fortune on a silver fridge, but you could barely see it beneath the novelty magnets, amusing newspaper headlines I’d cut out, photographs, shopping lists and school forms – 50 the miscellaneous stuff Kondo lumps together as ‘komono’. I swept everything into the recycling bin and waited for that familiar little thrill at the sight of another clear surface. My response startled me. I realised to my surprise that my denuded fridge 55 looked bland, while the room appeared shabbier than before.

The eye, as Diana Vreeland famously declared, has to travel. Deprived of anything interesting to travel to, my eye was fixing on irritating details.



60 How had I previously never noticed the mould stain behind the kitchen tap? That creative clutter on the fridge had been camouflage for mess elsewhere: the crumbs on the counter, the tangle of phone chargers. I was reminded, suddenly, 65 of a visit to the house of a renowned minimalist architect. Photographed for a glossy magazine, it had looked inspirationally Zen, but when I was actually invited in, I was startled by how untidy a few scattered toys had made it.

70 The effect in my sitting room was even worse. I had cleared the mantelpiece of its jumble of photographs, candles, flowers and bowls. The room just looked a little smaller, a little darker, and, now that the heaps of cushions had been removed 75 from the sofa, the dog’s muddy paw prints were horribly visible all over the upholstery.

The phone rang. I had a brief resurgence of enthusiasm when I realised how easy it was to find, no longer buried under heaps of newspapers.

80 It was the friend who’d organised the shwopping event: as I’d donated such a lot, she’d picked me out a particularly nice pair of shoes as a thank you. Without pausing to reflect, I leapt in the car and drove over. Admiring the green stilettos she 85 handed me, I saw, out of the corner of my eye, my old made-to-measure jacket hanging, unloved and unwanted, on the rail. It reminded me painfully of my carefree youth, when I had had the time and money to be chic and slender. How could I bin it so 90 casually? Furtively, I slipped it off the hanger and over my arm. Putting it back in my wardrobe gave me even more joy than I had felt discarding it in the first place.

Even though I’m apparently not a minimalist, I had 95 learnt one really valuable lesson: I was under no obligation to hang on to things I didn’t like, just because I had spent money on them. With a lifted heart, I binned all my newly-bought plastic storage boxes along with the library of decluttering books.

100 They no longer sparked joy. With this new, relaxed approach in mind, I went looking for my own design philosopher. I found her in the shape of the interior decorator and writer Rita Konig. Visiting her west London apartment for an interior-design 105 workshop, I found pictures hung to the ceiling, walls painted in rich colours, and lamps, books and quirky ornaments on every surface. In short, it was the home of my dreams: the cosiest and most appealing place one could imagine.

110 Naturally, she too disapproves of the minimalist aesthetic. ‘People are afraid of their own stuff,’ she tells me. ‘My feeling is that you have to give in to your own taste and style, because you were born with it. So often, when they declutter, people throw



115 away the things that make their house their own.
I think it's rather a shame, this Ikea life.' Inspired, I returned home with permission to fill it with more stuff.
120 I offered a home to a friend's discarded sofa, which meant that for the first time, we could all sit in comfort, rather than battling for bottom space with the dog. I dug out a folding café table from its hiding place behind the piano and resurrected

several lamps that had been retired to storage. The 125 sitting-room just seemed to expand in response, and to invite us all to sit down and enjoy it.

I don't want to preach that one should not declutter at all; but the goal is not, as I once believed, to end up with as little as possible. 'Part of the joy 130 of decluttering,' says Konig wisely, 'is to reclutter. It's about giving the good stuff more space. I want to empty my bookcase so I can fill it with new things that I love.' Perhaps that's the meaning of my recurring dream: the joy it would spark to fill 135 up those big, blank rooms with shiny copper pans, colourful china and butterflies ...

(Slater, 2017)

Glossary

devoid of: zonder
wistful: weemoedig
seminal: baanbrekend
zeal: ijver
a convert: een bekeerling
to purge: zuiveren, reinigen

to lurk: op de loer liggen
to discard: weggooien
fruitless: vergeefs
a menagerie: een dierenverzameling
miscellaneous: divers

to denude: leeghalen
shabby: armoedig
upholstery: bekleding
a resurgence: een heropleving
furtively: stiekem
to resurrect: doen herleven

- a What is the aim of the author?

The aim of the author is to inform people of what she tried out and possibly to convince her readers of her point of view.

- b What did you find out about Marie Kondo in this article?

She's a professional organiser who wrote *The Life-Changing Magic of Tidying*, in which she gives all sorts of tips to declutter your house. Her main message is that you should only keep those things that give you joy.

- c What does Kondo preach about throwing away the stuff of other people?

Kondo disapproves of it as 'throwing away other people's stuff is not good etiquette.'

- d What is 'komono'?

Komono refers to miscellaneous stuff that is to be found around the house.

- e What is the conclusion of the author of this article? Did the minimalist approach make her happier?

No, the author determined that she's not a minimalist because only having the bare minimum makes her irritated as she then tends to focus on other things that are not perfect, such as muddy paw prints or a mouldy ceiling. You should not hold on to everything, but only those items that are important to the inhabitants of a house, because that is what makes their house their home.

- 2 You've decided to try out döstdäning and you want to share the process and your findings with your followers on YouTube. Make a vlog in which you try out döstdäning by following the instructions your teacher will give you.

2 Sustainable lifestyles

⊕ 2.1 Let's go for zero

You are worried about the weather extremes that seem to occur more often and wonder whether there is any lifestyle that can be considered sustainable.

- 1 Watch the video and write down what it is about in one or two sentences.

The presenters of the show focus on Earth Day. They discuss some numbers and take a look at different areas of life and whether all Americans can make more sustainable choices.

- 2 Watch the video a second time and answer the questions.

- Summarise the three topics the presenters focus on in the grid below. Mention any numbers that are relevant and also explain how each of us can make more sustainable choices.

Food	- Meat takes up many resources, so eating plant-based food saves a lot of energy. (5% of Americans are vegetarian, 63% eat plant-based meals) - Never waste food. (1.2 million meals were saved, because of apps such as Too Good To Go)
Travel	1 car causes 4.6 metric tons of emissions a year. - We could save 67% of emissions by biking. - There would be an average of 37% less emissions if we took the train instead of a plane. (This average would go up the further you travel.)
Shopping	28.2 million tons of CO ₂ would be saved if we reused and recycled clothes and furniture. We can go to a thrift shop, a yard sale, ... but we should buy more second-hand so we could save 25% of emissions.

- What is Earth Day (22 April) exactly? Has it become more or less important since it was created in 1970? Explain your answer by using numbers.

Earth Day focuses on actions we can do to create a more sustainable planet. On the first Earth Day, 10% of Americans took part in it. Now 1 billion people mobilise for action that day.

- Which US state produces the most renewable energy? Texas

- 3 Watch the video and answer the questions orally.

- What extreme lifestyle does this San Diego family implement in their daily lives?
- What changes did they make in their day-to-day lives? Explain each one in detail.
- What advice do they give people who want to try to live like them?
- Is there any part of it you could implement yourself? Which one(s)? Why?
- What would you simply refuse to do? Why?

- 4 Stevie Van Horn favours a similar lifestyle. Read the article about Stevie your teacher will give you. Fill in the missing tenses.

5 Read some statements made by James Syren when discussing his zero-waste lifestyle. Answer the questions below.

We used to buy all sorts of packaged goods, but we don't any more.

We didn't use to have our own vegetable garden, but now the kids love watching their food grow.

Did we use to realise how much trash we produced?
I don't think so.

- a How is the underlined structure formed in affirmative sentences? used to + infinitive
- b How do you make this structure negative? didn't / did not use to + infinitive
- c How are questions formed? did ... use to + infinitive
- d When do you think this structure is used? This structure expresses a habit or a state in the past.

6 Study the grammar grid.

Used to

Form

Used to + infinitive is a past form, mainly reserved for affirmative statements. However, it can be made negative and interrogative as well.

Affirmative statements

That family	used to	produce	300 pounds of trash a month.
My sister		buy	lots of processed food.

Negative statements

Jason	didn't use to	shop	at bulk stores.
Alison		eat	a plant-based diet.

Questions

Where	did	the neighbours	use to	buy	their shampoo?
What		you		get	for Christmas?
	Did	Felicia	use to	be	a vegetarian?

In question-word questions to the subject, the auxiliary verb **to do** is never used. Use the structure **used to + infinitive** instead.

Who	used to	work	at that supermarket?
-----	----------------	-------------	----------------------

Use

The structure **used to + infinitive** expresses a **habit**, a **repeated action** or a **state in the past**.

My father **used to work** as a chef.

Before going zero-waste, I **used to prefer** buying my groceries at Tesco's.

When I was a teenager, I **didn't use to eat** meat.

Note

For repeated actions in the past, **would + infinitive** is also possible. The structure is not used in negative statements. You cannot use **would** with verbs expressing a state either.

Before going plant-based, my father **would eat** steak at least twice a week.

Going zero waste has had a huge impact on the Syren family. They have also made other choices to live a more sustainable life.

7 Read the sentences below and complete them with the structure *used to* + infinitive.

- 1 The Syren family ... (*to take*) the car whenever they left the house, but now James and the kids ride their bikes and Frederika prefers public transport.
- 2 They ... (*to drive*) a car with a diesel engine, but they sold it and now they drive an electric one.
- 3 The family ... (*to buy*) electricity that was produced by one of the nuclear power plants. Now they produce much of their own by using the solar panels they installed a few months ago.
- 4 James and Frederika ... (*to rely*) heavily on traditional incandescent bulbs, but now they know LED light bulbs are a lot better.
- 5 James, Frederika and the kids ... (*to throw*) all the trash in one bin, destined for landfills. Now they recycle whatever they can.

used to take _____

used to drive _____

used to buy _____

used to rely _____

Glossary

an incandescent bulb: een gloeilamp

used to throw _____

8 Reread the statements of ex. 7 and ask questions regarding their past habits. Ask an inversion question for each statement.

- 1 Did the Syren family use to take the car whenever they left the house?
- 2 Did they use to drive a car with a diesel engine?
- 3 Did the family use to buy electricity that was produced by one of the nuclear power plants?
- 4 Did James and Frederika use to rely heavily on traditional incandescent bulbs?
- 5 Did James, Frederika and the kids use to throw all the trash in one bin?

9 Rewrite the statements of the Syren family's past habits in ex. 7. Make them negative, but make sure the content of each statement remains the same.

- 1 James and the kids didn't use to ride their bikes (Frederika didn't use to prefer public transport), they took / used to take the car whenever they left the house.
- 2 They didn't use to drive an electric car, they had / used to drive a car with a diesel engine.
- 3 The family didn't use to have any solar panels, so they bought electricity that was produced by the nuclear power plant.
- 4 James and Frederika didn't use to know anything about LED light bulbs, instead they used traditional incandescent bulbs.
- 5 James, Frederika and the kids didn't use to recycle. They threw all the trash in one bin, destined for landfills.



Tiffany Butler takes the advice to 'reduce, reuse and recycle' a bit to the extreme as she tries to lead a more sustainable life, one dumpster at a time.

10 Read the text and fill in the appropriate *used to* + infinitive structures.

Some people want to save the world by going zero-waste, but others take it one step further and actually go through other people's trash to find some treasure. Meet Tiffany Butler, a.k.a. Dumpster Diving Mama, a mum of four who goes out every night to search dumpsters. When asked what drives her, Tiffany says: "I ... (to feel) (1) very frustrated whenever I drove by the stores and noticed their dumpsters were filled to the brim with perfectly good merchandise. Now, I simply get out of the car and dive in."

But what started as a hobby turned into a mini gold mine. "I ... (to work) (2) as a factory worker and I ... (not / to think) (3) I could make a living by dumpster diving, but after a few months I was able to quit my job and do this full-time. Now I go out most nights, after the kids are in bed. It's great!"

All the items Tiffany finds are sold through her website and if people ... (not / to appreciate) (4) trashed objects in the past, now nobody seems to mind. "I have over 60,000 followers on Instagram and I gain more every week. By doing this I want to make people around the world wonder. I want to make them question. '... (the generations before us / to live) (5) like this? ... (they / throw out) (6) lots of stuff simply because it was no longer useful?' The answer is no, and that should make us all wonder whether the way they ... (to do) (7) things wasn't better than the way we are handling them now."

Tiffany has already made her mark. "My friend Megan moved to New York recently, but we ... (to go) (8) diving together a lot. Last August, we found an entire dumpster with slashed Coach bags and shoes. We made a video, put it on YouTube and within days we received a reply. It stated: 'Coach ... (not / to reflect) (9) on its policy of slashing unwanted merchandise, but after seeing your video we're committed to change our ways and work towards a more sustainable future.'"

That is what Tiffany ultimately wants to achieve: finding a way of reducing waste by getting creative. As a child, Tiffany ... (not / to believe) (10) changing the world for the better was possible, but it may very well be. One dumpster at a time.

1 *used to feel*

6 *Did they use to throw out*

2 *used to work*

7 *used to do*

3 *didn't use to think*

8 *used to go*

4 *didn't use to appreciate*

9 *didn't use to reflect*

5 *Did the generations before us use to live*

10 *didn't use to believe*

11 Read the text in ex. 10 again and decide where the *used to* + infinitive structure could be replaced by *would*.

Training

How did the previous exercises go?

used to

ex. 7 → ex. 11



+/- →

ex. 12 → ex. 13 /

Producing no waste is pretty extreme, but might there be people who take sustainable living a bit too far? A group called the breatharians claim to only live off the air they breathe.

12 You find an article about the breatharians online. Read it and fill in the appropriate *used to* + infinitive structures.

Only a few decades ago, the general public ... (*not / to hear*) (1) about the craziest ideas out there, but rather everyone ... (*to go*) (2) about their lives in the manner they thought was most appropriate. However, the internet has proven itself to be a great tool to spread the looniest ways of thinking. If you're interested in outlandish thinking, then there is a chance you've come across a totally "out there" claim made by some people who believe it is possible to live off air alone. Now we're not talking about some trendy diet or slimming programme lots of celebrities ... (*to promote*) (3) back in the early 2000s. We're talking about a deeply held belief that food – and, in extreme cases, water – is not needed to live. According to followers of this particularly extreme belief, all you need is energy from the universe, which you consume by breathing it in. ... (*you / to think*) (4) you needed food and water to survive? Well, these breatharians are now out to prove you wrong.

Modern breatharians believe the human body is capable of getting all the necessary nutrients and substances through consuming sunlight and air. As with so many of these things, the ideas underpinning this practice are based on concepts that spiritualists ... (*to practise*) (5) in the ancient past, but contemporary new-age spiritual practitioners have adapted to the extreme. According to one breatharian group based in the Netherlands, those who embrace this lifestyle can be divided into five subcategories, each based on the extent to which they allegedly renounce food. Apparently, these people all ... (*to eat*) (6) normally but now they "hardly ever get hungry." Faith and sheer belief will allow for the impossible to happen. Simply put: if you do not experience the miracle, then it's your fault for not believing hard enough. But the most important question to ask ourselves is this: ... (*our parents / to tell*) (7) us the truth? Do we actually need food and water to survive? Yes, it's that simple. When in doubt, look at the case of the famous breatharian cult leader Wiley Brooks, who ... (*to advocate*) (8) this lifestyle in the 1980s and 90s and even ... (*to advise*) (9) breatharian mothers to not feed their babies. The man ... (*to deliver*) (10) the most passionate speeches and was largely responsible for making the movement quite popular back then, but he was still caught sneaking into McDonald's to scoff on very real snacks, afterwards claiming "their food is actually good for you."

So, if we want to draw a conclusion, we should remember that the concept of living solely on air and sunlight is scientifically unfounded and contradicts the fundamental principles of biology and nutrition. But hey, what do scientists know? Perhaps living on a diet of sunlight, air, and bullshit really makes for a happy meal.

(Moul, 2023)

1 *didn't use to hear*

6 *used to eat*

2 *used to go*

7 *Did our parents use to tell*

3 *used to promote*

8 *used to advocate*

4 *Did you use to think*

9 *used to advise*

5 *used to practise*

10 *used to deliver*

Glossary

allegedly: naar verluidt
to renounce: afzweren
a practitioner: een beoefenaar
to scoff on: smullen van
unfounded: ongegrond

13 Read the text in ex. 12 again and decide where the *used to* + infinitive structure could be replaced by *would*.

Continue with the ▲ exercises online.

Learning about these extreme lifestyles and the way people used to live their lives, makes you wonder what your own life looked like about fifteen years ago and how much has changed.

- 14** Write five sentences about past habits you and your family used to have when you were only a toddler and compare them to what your life looks like now. Use *would* or *used to* + infinitive whenever appropriate.

personal answer

2.2 A sustainable school

After learning all there is to know about how to lead a more sustainable life, you wonder whether some changes can also be made at your school.

- 1 You are going to think of a sustainability project to make your school an even better place. Follow the instructions.**

- Cast a critical eye on the workings of your school and ask yourself some difficult questions. What does your school already do to promote sustainability? Are there any areas that could benefit from improvement? Which area should your school focus on in your opinion? Make a decision as to which sustainability project you would like to see implemented and then compare the new, in your opinion improved, situation to the way it was done before.
- Read up on the matter. What would your school need for this project to be successful? Have any other schools or companies already implemented it? What practical issues could arise? Make sure you know everything there is to know.
- Write some keywords on a piece of paper about your projects. Then work in teams of four and tell your teammates all about your proposal.
- Together with your team, choose one project that you think is the most feasible to be organised at your school. Discuss the matter thoroughly and only put it to a vote if you cannot agree.



- 2 Your class can choose one project to present to the head teacher. Together with your team members, make a presentation in which you all pitch your team's idea for the school's sustainable future. If necessary, consult the [Student's Guide, Strategies n° 3.1](#) for tips on how to give a presentation.**



3 The road less travelled

3.1 Expectation vs. reality

If learning about sustainability has taught you anything, it is that we have to look at our way of travelling to make sure future generations have interesting places left to travel to. However, it seems that not everyone got that memo.

1 Take a look at the photographs and discuss the questions orally.



- Do you recognise any of these tourist spots?
- Would you like to visit any of the places you see in the photographs. Why (not)?
- What is so special about all four photographs? Are you ever able to take photographs that look like this?
- Your teacher will show you some other photographs of the exact same locations. What do you notice?
- What do the last three photographs have in common?

What you've seen in the photographs is becoming more and more a problem in real life. You want to know how it affects the local community and you find an interesting article on the website of The Telegraph.

2 Read the article with the help of the glossary and answer the questions.

The brutal truth about a holiday hotspot

As the sun slid behind the smooth black edge of the world's most famous caldera, the crowds congregating beside Oia's hilltop castle erupted in loud cheers, accompanied by dazzling flashes from a thousand cameras. It was like the red carpet at Cannes, but this was an average evening in Santorini, the long-suffering Cyclades island of 15,000 souls that attracts around two million visitors each year.

“We’ve just come for a couple of days to do Santorini – sunset cruises and all that – and then we’ll go to one of the cheap islands for a week,” 19-year-old Karen Fuller from Kent told me later as we jostled for space along one of the narrow alleys in the island’s capital, Fira, where crowds are so dense most days it’s almost impossible to move.

According to local shopkeepers, the majority of the tourists roaming Fira’s constricted lanes come from ¹⁰ cruise ships. “Of course we like the money and we want tourism, but these people you see from the cruises are no good for us – they don’t spend money here,” one harassed shop owner told me. “They have everything on their ships – even souvenir shops – so they just come to wander around and block our streets.”

>>

Glossary

a caldera: een vulkaankrater
 to congregate: samenkommen
 constricted: smal
 a bumper year: een topjaar
 a hamlet: een gehucht
 to lament: klagen
 a desalination plant: een ontziltingsinstallatie

Prompted by a bumper year in 2017, when as many as 18,000 cruise
 15 passengers arrived on the busiest days, there are plans to reduce the daily maximum to 8,000. These are currently on ice, however. "During the Covid years there were many conversations about adopting a more responsible approach to tourism – in reality, very little has changed: the focus seems to remain on economic gain," says Dr Lauren Siegel, senior
 20 lecturer in tourism and events at the University of Greenwich.

Cruise ships are just one of the many problems facing an island which is roughly the size of Guernsey. According to a recent study by the University of The Aegean, concrete now covers around 15 per cent of Santorini's surface (compared to an average of one per cent on surrounding islands). To borrow the words of Joni Mitchell, they've paved paradise. Lukas Belonias, who grew up on the island, has seen it
 25 change out of all recognition. "In the old times, Santorini was made up of small villages – now you can't see where one village ends and the other begins," he says. The 42-year-old engineer, who owns a four-room hotel carved out of a traditional wine cave in the hamlet of Vothonas, is also angry at what he sees as "parachute tourism". He laments: "It's like Las Vegas here – people come for three days to see the sunset, do their photo shoot, eat sushi at their hotel and leave. What have they seen of the local lifestyle
 30 or our island's culture?"

Other issues include waste management – Santorini has one of the country's ugliest open landfill sites – and water. "There are trucks to deliver water to all the hotels, which only adds to the traffic problems in summer," Belonias explains. "We also have desalination plants, but this procedure uses a lot of electricity and our energy here is provided by diesel-fuelled power plants, so it just adds to the problem."

35 Dr Siegel, who conducted research on the effects of high visitor numbers in Santorini prior to the pandemic, concluded that – although tourism does bring jobs to the island – it also causes inflation, making goods and services unaffordable for many locals. Furthermore, real estate in Santorini is amongst the costliest in Europe, meaning many are also priced out of the housing market. Authorities even make regular pleas to islanders to 'adopt' teachers and medical staff who are unable to find affordable lodgings.

40 Taxi driver Giannis, originally from Athens, told me that since the advent of Airbnbs it's nearly impossible to find an affordable place to stay in Santorini. "It was bad before, but now that local people can rent out their houses for lots of money, those of us who work in tourism spend weeks trying to find somewhere. If we're lucky we might find somewhere that's very cramped and very expensive – maybe 500 or 600 euros a month, which is more than half of most people's salary. Some people are so desperate they
 45 camp out on the beach or even live in caves," he confided.

Nikos Boutsinis owns Santorini Walking Tours, a company that showcases another side of the island. Far from Oia's congested streets, he showed me abandoned Byzantine churches, flocks of grazing sheep and tiny villages like Exo Gonia, Pyrgos and Emborio, with cobbled streets, old stone houses and vine-shaded tavernas that don't charge a fortune. "There is a network of pretty paths that no one seems to be
 50 walking on – people miss so much if they just stay in Fira and Oia," he said. Lefteris Zorzos, who owns Voreina Gallery Suites, a boutique hotel in Pyrgos that gazes out over vineyards, agrees. "Our guests can stay here and enjoy the peace and quiet whilst experiencing a traditional side to the island," he said. "At the same time they are within easy reach of all the sights, but they don't have all the caldera crowds. Surely that's the perfect combination?"



- a Do the Santorini locals look forward to welcoming cruise ship passengers? Why (not)?

Santorini locals like tourists because they spend money. Cruise ship passengers, however, only come to wander around and block the streets. They don't usually spend any money as they have everything on their ships.

- b Is Santorini a sustainable tourist destination? Why (not)?

Santorini is not a sustainable tourist destination. On the island, concrete covers around 15% of the surface (compared to on average 1% on surrounding islands). Another problem is waste management, as it has one of the country's ugliest open landfill sites. Water is also provided in a non-sustainable manner as it is delivered to hotels by trucks (which make the traffic problems worse). The desalination plants are not a better option as they take a lot of electricity, which is usually provided by diesel-fuelled power plants.

- c Explain the housing problem in Santorini in your own words.

Because of tourism, locals are priced out of the housing markets. Inhabitants can make more money by renting out a room on Airbnb to tourists, which means that people who work in the tourist industry have a difficult time finding affordable housing. Some even decide to sleep on the beach or in caves.

- 3 The sentences below were all taken from the article. Derive the meaning of the underlined words from the context and translate them into Dutch. If necessary, use a dictionary.

"We've just come for a couple of days to do Santorini – sunset cruises and all that – and then we'll go to one of the cheap islands for a week," 19-year-old Karen Fuller from Kent told me later as we jostled for space along one of the narrow (1) alleys (2) in the island's capital, Fira, where crowds (3) are so dense (4) most days it's almost impossible to move.

According to local shopkeepers, the majority (5) of the tourists roaming Fira's constricted lanes come from cruise ships.

"During the Covid years there were many conversations about adopting a more responsible approach (6) to tourism – in reality, very little has changed: the focus seems to remain on economic gain, (7)" says Dr Lauren Siegel.

Dr Siegel, who conducted (8) research on the effects of high visitor numbers in Santorini prior to (9) the pandemic, concluded that – although tourism does bring jobs to the island – it also causes inflation, making goods and services unaffordable (10) for many locals.

1 smalle

2 stegen

3 de mensenmassa

4 druk, dicht

5 meerderheid

6 aanpak

7 winst

8 voerde uit

9 voorafgaand aan

10 onbetaalbaar



- 4 Read the text about Dubrovnik, a city in Croatia that also suffers because of overtourism. Fill in the missing words, which were all used in ex. 3. Adapt them to the sentences, if necessary.

It's an odd experience to stand just outside Dubrovnik's Old Town, with tour guides shouting "winter is coming!" to the ... (1) as you swelter in 40°C heat and bump up against armies of sweating tourists, the ... (2) of which are big Game of Thrones fans. However, fans of the show – who have come to see the city that starred as King's Landing in the TV series – are only partly to blame for Dubrovnik's problem with overtourism. As a study ... (3) by the University of Glasgow clearly shows, a trio of culprits is in effect here; the same trio that affects Venice, further up the Adriatic.

Flights to Dubrovnik are no longer ... (4). In fact, the cheap flights that have saturated Europe in recent years are one cause of overtourism. Many of those visitors now choose to stay in accommodation booked through Airbnb – another classic overtourism player – in a peer-to-peer transaction that is often not subject to any kind of planning, permits or taxes. Cruise ships are the final key cause, unloading hordes of tourists into the city's ... (5) streets and ... (6) each day. The monuments, cafés and shops are ... (7) with people, creating an unpleasant experience for residents and visitors alike.

Things started to change in 2017 when mayor Mato Franković was elected. He introduced a multidisciplinary ... (8) to overtourism and devised different measures to tackle overcrowding. Among others, he reduced the number of souvenir stands by 80% and he cut the number of restaurant tables and chairs by 30%, claiming sustainable tourism was the goal, not economic ... (9). The mayor also organised the cruise ships' arrival times more carefully and the limit of visitors in the walled city coming from the ships was maxed at 4,000.

Even ... (10) the pandemic, Dubrovnik had already started showing changes and it is still making progress as the city remains committed to managing its tourism in a sustainable way.

1 **crowds** _____

2 **majority** _____

3 **conducted** _____

4 **unaffordable** _____

5 **narrow** _____

6 **alleys** _____

7 **dense** _____

8 **approach** _____

9 **gain** _____

10 **prior to** _____



- 5 Work in pairs. Your teacher will give you each the name of a place that suffers because of overtourism. Do some research into the problem and the possible solution(s). Write down some keywords and then tell your partner everything you found out. Use at least two words from ex. 4 in your explanation.

3.2 The rich and famous

Discussing tourism so thoroughly has made you pine for the holidays. Maybe you would feel better if you were to take a look at possible destinations for upcoming trips?

- 1 You notice this ad online. Take a look at it and discuss the questions below orally.



Turbo-Charged Adventure in Sweden

Experience the beauty of one of Europe's most iconic capital cities coupled with the rush of a turbo-charged ice adventure on this unique five-night journey to Sweden.

Day 1-2 Stockholm

Start your journey in Stockholm, staying within the storied walls of The Grand Hotel. The picturesque city will be explored in many unique ways. Bike, walk, and boat through the many islands of the Stockholm archipelago, taking the opportunity to see the city from above, both by balloon and private helicopter.

Day 3-6 Arvidsjaur

Head north on the third day to Arvidsjaur, on the edge of the Arctic Circle, to find a winter wonderland perfectly suited to automobile and racing enthusiasts. Experience two full days of unforgettable Swedish adventure travel – driving the ice tracks of Laponie Ice Driving. Professional drivers provide instruction for navigating Porsche, Audi, Maserati, and other luxury dream machines on full-size replica Formula 1 courses carved into the frozen lakes.

Spa services at the Silverhatte Hotel will calm the adrenaline, and your own private rental car allows for total exploration of the region. Global manufacturers such as Mercedes and Land Rover utilize their own icy tracks for testing each winter, and you may get a glimpse of the next generation of luxury sports cars waiting to be unleashed.



(Ker & Downey, n.d.)

- What is promoted in this ad?
- Who do you think will be most interested in this type of holiday? Why?
- Would this type of holiday be considered sustainable? Why (not)?
- Would you ever consider taking part in a trip like this? Why (not)?

You've found an interesting video on YouTube about adventure tourism. You decide to watch it because you're keen to find out more about this topic.

2 Watch the video and answer the questions.

- a What special trip did Roman Chiporukha sell? How much did it cost?

He sold a ticket to the ISS (International Space Station) for fifty million dollars.

- b What new trend has popped up in travel recently?

Wealthy clients seem to want their luxury to be accompanied by a dose of adrenaline.

- c How has the Covid pandemic changed the way these people travel?

Before the pandemic, these trips wouldn't even have been on the radar, but since then the concept

You Only Live Once has taken centre stage and these clients seem to want to experience as much as possible.

- d Are the trips to the Antarctic region sustainable? Explain your answer.

No. The polar ice is melting and each Antarctic tourist is responsible for another 83 tons of snow loss, just by travelling there.

- e What does Global Rescue specialise in?

It's a crisis response company that steps in when things go wrong.

- f Can Global Rescue help all its clients? Explain your answer.

No, some people are beyond rescue. If you're 10,000 feet under the ocean or five miles up in the atmosphere, nobody is going to be able to get to you. You're on your own.

- g The company's CEO wants travellers to do their due diligence. What does this mean?

Before going on a trip, each client should do some research to make sure the trip is a good fit for them.



3.3 The final frontier

You're very impressed with the concept of adventure tourism but you wonder whether it can be taken one step further. And is it reserved only for the wealthy among us?

Watch the video you found online and decide whether the statements below are true or false. Correct the false ones.

		True	False
1	Keisha and Ana were commercial tourists on a trip organised by SpaceX. <u>The trip was organised by Virgin Galactic.</u>		x
2	The mother-daughter duo is extremely rich. That's why they were able to take part in this trip. <u>They're not wealthy, they won two tickets to go to space.</u>		x
3	Both women are from the United States. <u>They're originally from Antigua in the Caribbean.</u>		x
4	Ana was the youngest person ever to go into space. 	x	
5	Keisha and Ana received some training, but they felt it didn't really prepare them for the experience. <u>The training did prepare them, especially to know when to get into their seats when the boost started.</u>		x
6	Keisha is convinced some mindfulness practice in advance can help make sure you really enjoy the moment when you're up there. 	x	



3.4 It's a buyer's market

You are looking up some more videos of adventure tourism when suddenly you notice something that looks entirely different.

1 Watch the video and answer the questions orally.

- What city plays a key role in this video?
- What slogan is used to describe it?
- What type of video is this a parody of?
- Do you think this comedian gives an accurate description of this city? Explain your point of view.



2 You're convinced that there are many very good tourist ads out there and you decide to find out. Follow the instructions.

- Go online and find a tourist ad you really like, either a video or one in writing.
- Ask yourself some questions. Focus on who the advertisement is aimed at, what location it promotes and why you are convinced it might be very effective. If necessary, look up some more background information about that particular campaign.
- Work in groups of four and tell your team mates all about the campaign and what you have discovered. Also mention why it appeals to you.



+ 3 Even though there are many cool tourist ads, you might be able to do a better job. Follow the instructions.

- Think of the examples of adventure tourism you've studied in this file, which is what you are going to promote in your ad. You can either go to outer space, choose another existing example you've found online or you can invent one yourself.
- Find an image you want to use in your ad, that sums up what you're trying to promote. If you feel creative you can even design it yourself.
- Think of a catchy slogan.
- Write the text(s) you want to add to your advertisement. Keep in mind that your main aim is to convince people of your product. Your text(s) should also be concise and to the point.
- Bring everything together in a beautiful lay-out using an online design tool.
- Double-check everything until you are completely happy with the result.

4 You're a work of art

4.1 Free your mind

The more you think about it, the more you realise that there are quite a number of different lifestyles out there that are considered extreme. But what happens when you constantly put your body through the wringer because of your lifestyle?

- 1 Look at the photographs and answer the questions orally.



- What do these photographs all have in common?
- Can you explain what has taken place here?
- Can you think of similar extreme examples?
- What do you think of this practice? Explain your point of view.

You wonder if there are other people who put their bodies through such an ordeal, so you type in 'body modifications' in the search engine. However, the results surprise you.



- 2 Work in groups of three and follow the instructions.

- There are three texts about extreme body modifications. You will each read one.
- Fill in the matching column with the missing information, using keywords only.
- Use the keywords and tell your classmates all about the extreme examples of body modification you've encountered.
- Listen to what your classmates have to say about the other two people and complete the grid.

			
Text n°	2	1	3
Who?	Anthony Loffredo	Luis Padron	Tiamat Legion Medusa (Richard Hernandez)
Aim	become a black alien	become a real-life elf, turning what he feels on the inside into reality	become the world's first and only genderless dragon
Why?	born in a body he didn't belong in	- bullied as a child - not many friends, lots of fantasy books - attention because of his look	- identity crisis (disconnect from human race) - abuse - HIV diagnosis
Modifications done	- removal of ears, nostrils and some fingers - covered his body and eyeballs in tattoos - hole under bottom lip - tongue split in half - countless implants	- several cosmetic procedures (fillers, Botox, liposuction, nose job, laser skin bleaching, full body hair removal, changed his eye colour) - had his ears cut (pointy)	- several surgeries (ear removal, tongue splitting, castration) - countless tattoos
Modifications planned	- removing skin and replacing it with metal - modifications of arms, legs, fingers and the back of his head	- jaw look sharper (diamond) - face-lift and eye-lift - muscle implants - four ribs removed (thinner waist)	- horns - dental implants (a dragon's teeth) - penectomy

3 Discuss these questions.

- What do you think of each of these transformations? Did they achieve their goal?
- Have you heard of other extreme examples? If so, tell your classmates about it.
- Do you think some modifications should be outlawed? If so, which ones?
- What is your stand on the doctors who performed some of the surgeries that were mentioned?
- Would you ever consider a body modification? If so, which one?
- How do you think your friends and family would react if you were to undertake such an endeavour?

4.2 Speak your mind?

The articles on Padron, Hernandez and Loffredo were shared on Reddit and, as expected, a lot of people wanted to share their personal point of view on the matter.

1 Read some comments that were posted on Reddit. Then read the statements and tick the ones that are correct.

ArthurTheMagnificent 12 November
Everybody who is thinking about getting a tattoo is to read these articles. Be smart and treasure your skin instead of filling it with ink! You're definitely going to be sorry when you're old and wrinkled.

Hailey27 13 November
Why are we even wasting time on these people? Are they supposed to be an example for our impressionable youth? Don't give them the time of day!

AuntMary 15 November
I am not able to understand why everyone is so negative. As long as they're not hurting anyone, they have the right to live their lives the way they want to. As do we all.

valeriemiller 16 November
I had to have some work done by a plastic surgeon because I was burnt pretty badly in the past. I cannot believe she would agree to do some of these surgeries. What self-respecting doctor would amputate a body part that functions normally?

Jennie 17 November
I have recently seen a documentary on Anthony Loffredo and his Black Alien Project. In it he met some teenagers. One of them even asked his friends if they dared to touch him. He's not an animal in the zoo. He ought to be treated with respect.

BonnieM 15 November
I saw it too. People used to learn to treat their fellow human beings with respect. That seems to have vanished.

NeilS 20 November
If anyone needs to read articles about crazy people to feel good about themselves, these are the ones to go for!

The underlined words in the comments ...

- express information such as advice, possibility, obligation or certainty.
- can only be used in the present tense.
- are followed by an infinitive.
- can be used in different tenses.
- are followed by a gerund.

2 Study the grammar grid to check your answers.

Semi-auxiliaries

Semi-auxiliaries (or **semi-modals**) are verbs that are used in combination with other verbs to express **modal meaning** such as possibility, necessity, obligation or permission.

They share some characteristics with real modal verbs (such as *can*, *will*, *would*, *should*, *must*), as they are used with an infinitive (without *to*) to express modality. However, they mostly behave like ordinary verbs, as they can be conjugated for person and tense.

Some common semi-auxiliaries are **to be able to**, **to be going to**, **to be supposed to**, **to be to**, **(to) dare**, **to have to**, **(to) need**, **ought to** and **used to**.

To be able to is used to express **ability**.

We **were able to** reach your parents on time?

We **haven't been able to** help you.

To be going to expresses **intentions** or **plans**.

I **am going to** start swimming.

They **weren't going to** leave their coats in the cloakroom.

To be supposed to or **to be to** can be used to express **an order or formal arrangement**.

You **were to** be at the airport at 6 pm.

We **aren't supposed to** stay in our room till noon.

(To) dare can be used to express **courage** or **to challenge a person** and is followed by an infinitive with or without *to*. It can also express **indignation**, in this case only followed by a bare infinitive.

Do you **dare (to)** eat raw meat?

I **dare** you **to** watch that horror film.

How **dare** you! **Don't** you **dare** talk to me like that again!

To have to is used to express **obligation (by circumstances)**.

He **has had to** stay in London for the night, since his train was cancelled.

You **will have to** hurry to hand in your work on time.

To need expresses **necessity** and can be used as an ordinary verb. But **need** can also be used as a modal verb in negative sentences and questions in the present tense.

He **doesn't need to** remind me of my failures. / He **needn't remind** me of my failures.

Do we **need to** pay so much money? / **Need** we **pay** so much money?

Ought to expresses that something is **seen as correct, probable, likely or expected**. It can also be used to ask for or offer **advice**. The negative contracted form is **oughtn't to**.

He **ought to** arrive in one hour.

They **oughtn't** drink alcohol!

You **ought to** visit Edinburgh, it's a lovely city.

For **used to**, see file 1.



3 Tick the answers to the questions.

- a Which of the following verbs isn't a semi-auxiliary?
 dare need ought to should
- b In which of the following sentences does *need* behave as a modal verb?
 She needs to behave better in class.
 You needn't go to the doctor. You'll be fine.
 Why do we need to get up so early?
 I didn't need to help her at all.
- c Which of the following sentences is not correct?
 To be to expresses advice.
 Dare expresses courage.
 Need expresses necessity.
 To have to expresses obligation by circumstances.
- d In which of the following sentences does *dare* behave as a modal verb?
 I suppose she didn't dare to come.
 Do you dare to tell your friend what has really happened?
 I daren't think about the consequences.
 We dare you to jump into the lake.
- e Which of the following verbs is a semi-auxiliary?
 can need might would
- f 'Don't you dare use that word!' What does this sentence express?
 indignation courage challenging someone advice

4 Read the sentences and complete them with an appropriate semi-auxiliary from the box. Do not forget to put them in the correct tense.

to be able to – to be supposed to – to dare to – to have to – to need to – ought to – used to

a	He ... his daughter ... go to the supermarket for him while he's stuck in his wheelchair.	<i>needs ... to</i>
b	Yesterday she ... him ... jump off the bridge.	<i>dared ... to</i>
c	Linda ... go for a run before breakfast twice a week, but as she's older now she prefers running in the evening.	<i>used to</i>
d	Children ... cycle to school by themselves around the age of twelve.	<i>are able to / are supposed to</i>
e	Now that her passport has finally arrived, she ... travel abroad.	<i>is able to / will be able to</i>
f	In order to use it for our presentation, we ... finish this PowerPoint by Friday night at the latest.	<i>have to / will have to / ought to</i>
g	Soldiers ... obey their commanding officers at all times.	<i>have to / need to / are supposed to</i>

to / ought to

Training	How did the previous exercises go?
	semi-auxiliaries ex. 3 → ex. 4  +/- →  ex. 5 / 

You wonder whether there are other examples of people who took body modifications to the next level. You turn to Google, where you find an interesting article about the Human Barbie.

5 Read the article and choose appropriate semi-auxiliaries for the gaps. Use the correct tense and be careful: some negative forms have been added as well.

Ukrainian model Valeria Lukyanova, also known as the “Human Barbie Doll”, looks like she’s undergone numerous surgeries to construct her surreal appearance. Yet she claims she’s only had one procedure done — a breast enhancement.

Born Valeria Valeryevna Lukyanova on August 23, 1985, she initially seemed far from becoming a real-life Barbie. She grew up in Tiraspol (Moldova) and as an adolescent Lukyanova ... (1) prefer a goth look that matched the gloomy realities of her city, located in Europe’s poorest country. None of the city’s inhabitants ... (2) dream life could get better.

She quickly realized that she ... (3) live up to her grandfather and father’s ideals, so she started to rebel against them at 13 by dyeing her hair and wearing all-black. She ... (4) become a teacher, but instead she began modelling at 16. She also moved to Ukraine’s port city of Odesa, where “marriage agencies” devoted to finding the perfect wife for Western husbands were huge industries. It makes sense to assume that Lukyanova’s urge for transformation began here.



Ukrainian feminist Anna Hutsol told GQ that the roles in Odesa were pretty clear back when Lukyanova was a teenager. “Women here knew from an early age that they ... (5) achieve two things in life: get married and become a mother. Valeria is the ultimate demonstration of what a Ukrainian woman was willing to do to herself to make this happen. I bet she was exactly what men dreamt about.”

However, the only surgery Lukyanova will admit to is breast augmentation, which she got after dyeing her hair platinum blonde and meeting a construction magnate named Dmitry. As her journey into social media influencer status began, so did a noticeable transformation. The now 35-year-old still claims that she ... (6) undergo any additional surgery to resemble Barbie. When asked about it, she said: “My body is still largely natural and I look the way I do thanks to a one-and-a-half-hour-long makeup routine. I ... (7) have any extreme surgery, I just amplify the beauty God has given me.” She does admit to using Photoshop to digitally alter her appearance. “Even though every person ... (8) be happy with the way they look, I will admit that I want my figure to be as slim as possible. I am an influencer and as such I ... (9) look my best. If Photoshop can help me achieve that goal, then why should I not use it?”

(Margaritoff, 2022)

1 used to

6 didn’t need to / didn’t have to

2 dared to

7 didn’t have to / didn’t need to

3 wasn’t able to

8 ought to

4 was going to / was supposed to / was to

9 am supposed to / ought to

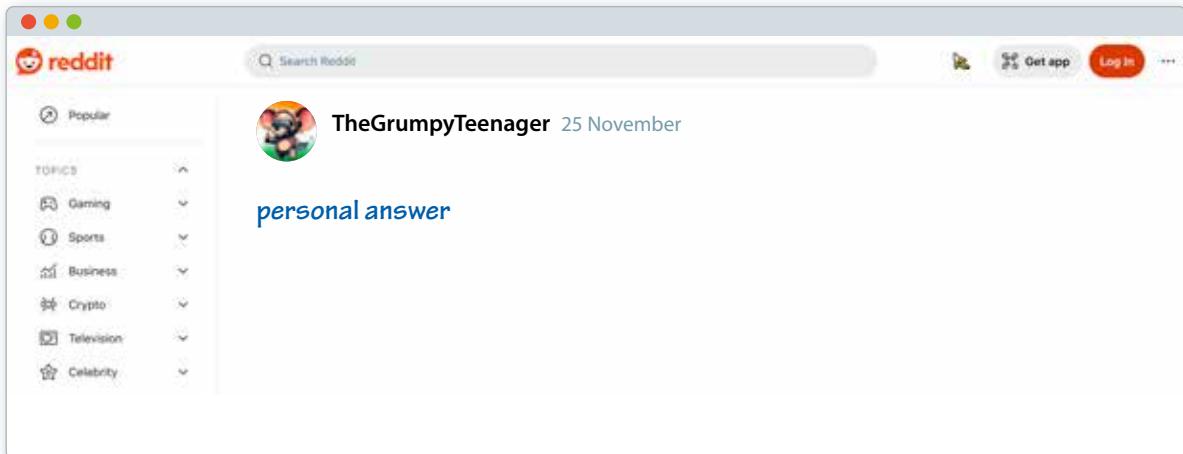
5 were to / were supposed to / ought to



Continue with the ▲ exercises online.

After reading so much about body modification, you feel the need to share your point of view on the matter as well. You decide to also leave a comment on Reddit.

- 6 Write a comment in which you share your personal point of view on the body modifications of Padron, Hernandez and Loffredo, which you read about in the articles of ex. 4.1.2. Use at least two semi-auxiliaries in your text.

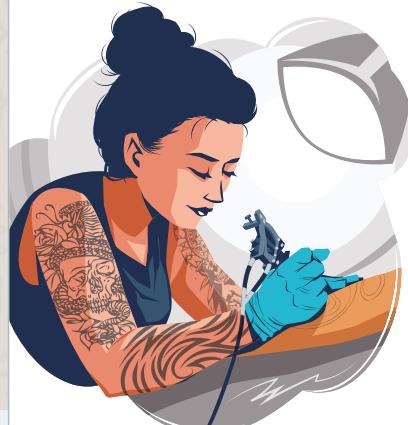
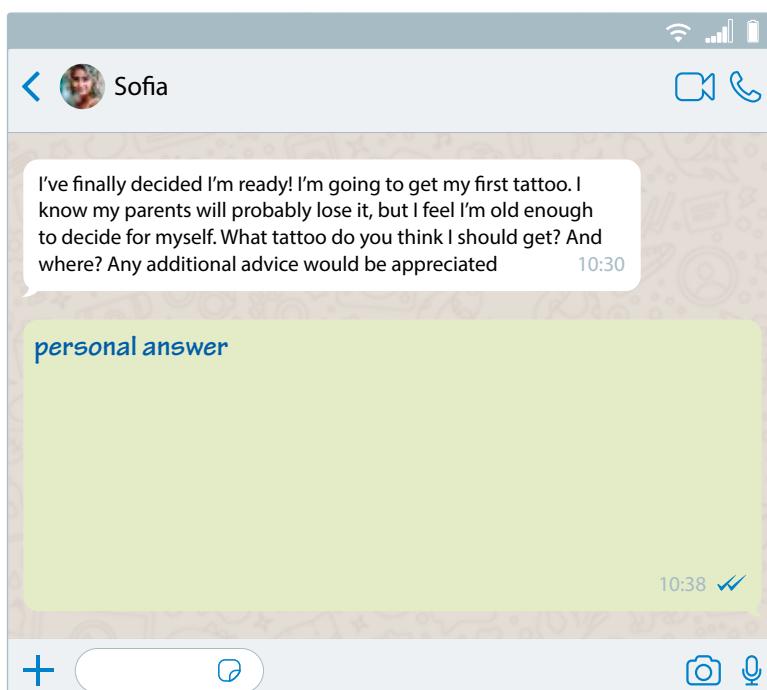


4.3 The first tattoo guide

You're knee-deep into reading some more articles on body modifications, when you suddenly get a WhatsApp message from your cousin. You feel you should help her as much as possible.

Answer your cousin's WhatsApp message. Follow the instructions.

- Read the message.
 - Watch the video for some more information. If necessary, write down some keywords on a separate piece of paper.
 - Reply to your cousin's message.
- + •** Use at least two semi-auxiliaries in your answer.
- Reread your text several times to check whether you're happy with what you've written.



Up to you!

There are numerous extreme lifestyles; some were dealt with in this unit, but some were not. You are keen to find out what else exists!

1 You're going to make a poster about an extreme way of life. Follow the steps.

Step 1: go online and do some research into extreme lifestyles.

There are many extreme lifestyles out there. Find out some more information and decide which one you want to present to your classmates. Make sure it is one that hasn't been dealt with yet.

Step 2: decide which extreme lifestyle you're going to talk about and do some additional research.

Step 3: create your poster, using an online design tool.

Make sure the information is clear and that your poster is visually attractive.



Step 4: use the information on your poster to give a two-minute speech to clarify what your extreme lifestyle entails. If necessary, consult the Student's Guide, Strategies n° 5.11.

If necessary, write down some keywords on a piece of paper, but don't write full sentences.

Step 5: listen to what your team mates have uncovered.

You feel like you need to bring together the information you've gathered in an objective manner. An appropriate format to use for that purpose is an expository essay.



2 Read the strategies and write an expository essay about the extreme way of life you've researched in the previous exercise.

How to write an expository essay

- An expository essay explores **different angles** of a certain topic to provide **objective information**. You don't share your own opinion, so **avoid** using **I** or **we**.
- You must put a lot of ideas and arguments into a limited amount of words, so start writing an **outline** on a separate piece of paper. If necessary, do some more research into the matter.
- A short expository essay typically consists of **four or five paragraphs**: an introduction, two or three body paragraphs and a conclusion.
- The **introduction** should grab the readers' attention, so make it short, informative and catchy. It may be a question you answer later, or a statement that you support in the main body.
- The **main body** contains facts, findings and evidence. Write a key idea for each paragraph.
- Present a **summary** (no new facts) in the final paragraph.
- To make your text cohesive, use **linking words**.
- Use a dictionary for words you don't know and to check spelling.
- Check your essay for spelling and grammatical mistakes before you hand it in.

Vocabulary UNIT 2

FILE 1 - MY WAY OF LIFE



Hoarders have a difficult time getting rid of any of their possessions. Take Gareth, a carpenter ... (<i>van beroep</i>) who has become ... (<i>een last</i>) to his family because he refuses to go through his stuff. His wife suspects his disorder is caused by the fact that doesn't want (<i>loslaten</i>) his past.	by trade a burden to let go of	van beroep een last loslaten
Johan Svenson, whose ... (<i>specialiteit</i>) is interior design, claims that a hoarder's ... (<i>uiterlijke</i>) chaos often ... (<i>weerspiegelt</i>) what he's feeling ... (<i>vanbinnen</i>). He says that sometimes they need someone to help them answer the big question: what should they ... (<i>behouden</i>) and what should they throw in the trash? He adds: 'Even though you always have to be respectful, sometimes a hoarder simply needs ... (<i>een schop onder de kont</i>).'	(a) speciality external reflects (to reflect) internally (internal) (to) hold on to a kick in the butt	een specialiteit uiterlijk, aan de buitenkant weerspiegelen vanbinnen, innerlijk behouden, vasthouden aan een schop onder de kont
However, one mustn't forget that hoarding and other forms of psychological difficulties often ... (<i>hand in hand gaan</i>).	(to) go hand in hand	hand in hand gaan
Jake was homeless but he never ... (<i>gooide de handdoek in de ring</i>). He finally got a job and now he once again ... (<i>heeft een dak boven het hoofd</i>). He even has a roommate and they ... (<i>kunnen uitstekend met elkaar overweg</i>).	threw in the towel (to throw in the towel) has a roof over his head (to have a roof over one's head) (to) get on like a house on fire	de handdoek in de ring gooien een dak boven het hoofd hebben uitstekend met elkaar overweg kunnen
My great-aunt Yasmine is nasty. She always has lots to say and often ... (<i>haalt het bloed vanonder mijn nagels</i>). She also ... (<i>smijt geld over de balk</i>), so we won't even inherit anything if she ever ... (<i>overlijdt</i>).	drives me up the wall (to drive someone up the wall) throws money down the drain (to throw money down the drain) kicks the bucket (to kick the bucket)	het bloed vanonder iemands nagels halen geld over de balk smijten overlijden
I recently asked my grandfather whether he ... (<i>lijken in de kast had</i>). He suddenly became extremely angry and ... (<i>wees mij de deur</i>).	had skeletons in the cupboard (to have skeletons in the cupboard) showed me the door (to show someone the door)	lijken in de kast hebben, geheimen hebben iemand de deur wijzen

Do you think the government deals with the problem of child poverty or do they ... (<i>vegen het onder de mat</i>)?	sweep it under the carpet (to sweep something under the carpet)	iets onder de mat vegen
Do you think it is better to ... (<i>luchtkastelen bouwen</i>) or to be firmly grounded in reality?	(to) build castles in the air	luchtkastelen bouwen

FILE 3 - THE ROAD LESS TRAVELED

 Dubrovnik, a city that is known for its ... (<i>smalle</i>) streets and ... (<i>stegen</i>) has dealt with the problem of overtourism wonderfully. The mayor decided on a successful ... (<i>aanpak</i>) to cut down the number of tourists. Now, there are still a lot of them in the city, but the ... (<i>drukke</i>) ... (<i>mensenmassa</i>) they were faced with before, haven't been seen in years.	narrow alleys (an alley) (an) approach dense crowds (a crowd)	smal een steeg een aanpak dicht, druk een mensenmassa
... (<i>Voorafgaand aan</i>) the Covid pandemic, the ... (<i>meerderheid</i>) of tourists arrived in Dubrovnik by cruise ship. Tackling the crowded streets hadn't been a priority because the main focus had always been on economic ... (<i>winst</i>). However, research ... (<i>gevoerd</i>) by the University of Edinburgh clearly shows that overtourism causes houses to become ... (<i>onbetaalbaar</i>) for the local population, which has a negative effect on a city in the long run.	prior to (a) majority (a) gain conducted (to conduct) unaffordable	voorafgaand aan een meerderheid winst voeren onbetaalbaar

PERSONAL VOCABULARY



An alphabetical vocabulary list is available online. Also go online for exercises that help you study this vocabulary.

Grammar UNIT 2

FILE 2 - SUSTAINABLE LIFESTYLES

- *used to*, p. 61

FILE 4 - YOU'RE A WORK OF ART

- semi-auxiliaries, p. 77

You can practise this grammar online.

