

Unit 2

Take care of yourself

Get ready to read

- What things do you read in connection with your holiday before you go away? Tick ✓ the boxes.
holiday brochures ☐
a guidebook ☐
websites ☐
- Answer these questions. Write Y (yes) or N (no) in the boxes.
Have you ever been bitten by an insect? ☐
Have you ever been caught in an earthquake? ☐
Have you ever had too much sun? ☐
Have you ever fallen off a motorbike? ☐
Have you ever been bitten by a dog? ☐
Have you ever eaten something that's made you sick? ☐
- Have any of the things above happened to you on holiday?



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medical problems when they visit New Zealand?

Did you know ...?

A creature you are unlikely to see in New Zealand is the kiwi. The kiwi is New Zealand's national symbol. It is a flightless bird, dull brown in colour and very, very shy. There are fewer than 15,000 birds in the country (they are not found anywhere else in the world) and the kiwi may soon become extinct in the wild. *Kiwi* is also an informal word for a person from New Zealand.

New Zealand is relatively free of serious health hazards and the most common pitfalls are not taking precautions or simply underestimating the power of nature. No vaccinations are required to enter the country, but you should make sure you have adequate cover in your health insurance, especially if you plan to take on the Great Outdoors.

Learning tip

When we read a text for the first time, we often use a technique known as *skimming* – looking over a text rapidly to get a general impression. This does not remove the need for careful reading later, but it allows us to select parts of the text that are worth re-reading. We then read these particular phrases, sentences or sections more carefully in order to understand the details. Remember that there are different ways in which we can read a text, and the technique we use depends on the type of text and our reason for reading.

- 2 Skim the rest of the *Health* section. Do these paragraphs change your answer to the question in Exercise 1 in any way?
- 3 Read paragraphs 2–5 again. Choose words from the text (1–3 words from each paragraph) which can act as paragraph headings.

Focus on ... colloquial language

Colloquial language is informal language which is often used in speech rather than writing. The guidebook extract in Exercise 2 contains several examples of colloquial language because it is written in a conversational style.

- 1 Find colloquial words in the text which are used instead of the

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a large (paragraph 1)

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e creature (paragraph 4)

f annoying creatures (paragraph 5)

- 2 The words in *italics* are all examples of colloquial language. What is the neutral equivalent?
 - a I'm going to have a *kip*. I'm really exhausted. *sleep*
 - b My sister's already got four *kids*, and now she's expecting another!
 - c The tickets to London cost 20 *quid* each.
 - d I can't pay my rent this month. I'm *broke*.
 - e Jorge will know the answer. He's really *brainy*.
 - f I've known Sajid for ages. He's a good *mate* of mine.

- 1 New Zealand has a fine health service, despite recent government cuts, and medical services are reasonably cheap by world standards. Although all visitors are covered by the accident compensation scheme, under which you can claim some medical and hospital expenses, in the event of an accident without full accident cover in your travel insurance, you could still face a hefty bill. For more minor ailments, you can visit a doctor for a consultation (around \$35) and, armed with a prescription, buy any required medication at a pharmacy at a reasonable price.
- 2 Perhaps the most hazardous element of the whole New Zealand experience is getting there, in the light of a growing realization that long periods of time spent in cramped conditions on aeroplanes can contribute to deep vein thrombosis (DVT). All the airlines now have videos telling you to move about, perform stationary callisthenics and drink plenty of water. It also helps to limit the amount of booze you consume and, if you are unsure, contact your GP before travelling to find out if you are predisposed towards this problem and what you can do about it.
- 3 Visitors to New Zealand frequently get caught out by the intensity of the sun, its damaging ultra-violet rays easily penetrating the thin ozone layer and reducing burn times to as little as ten minutes in spring and summer. Stay out of the sun as much as possible between 11am and 3pm, and always slap on plenty of sunblock. Reapply every few hours as well as after swimming, and keep a check on any moles on your body: if you notice any changes, during or after a trip, see your doctor straight away.
- 4 New Zealand's wildlife is amazingly benign. There are no snakes, scorpions and other nasties, and there's only one poisonous creature: the little katipo spider. Mercifully rare, this six-millimetre-long critter (the biting female is black with red markings) is found in rural areas only. Its bite is not dangerous, but it is very irritating. The most common first aid, which is effective up to three days later at best, and which has stood the test of time for many years, is to apply a hot water bottle to the bite. The most common problem is mosquito bites and sandflies which are a great irritant, but they are not dangerous. The South Island has a lot of mosquitoes, though they are not as bad as in the North Island.

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- 4 What precautions are recommended for the hazards? Make notes in the chart. (Note: no precautions are suggested for one hazard.)

paragraph	hazard	precautions	remedies
2	DVT	move about in the plane	
3			
4			
5			

- 5 What remedy does the text suggest for one of the hazards in particular? Make notes in the fourth column of the chart above.
- 6 What do you think is the most important piece of advice the *Health* section gives to someone who reads it before they go to New Zealand?

Extra practice

What do you think a guidebook would say about the health hazards in your country? Look at a guidebook – preferably in English – and check your ideas.

B Top Tips: Healthy Travel Advice

1 While you are waiting at the medical centre one day, you pick up a leaflet *Top Tips: Healthy Travel Advice*. You skim the leaflet and notice the section headings opposite. Answer the questions.

- a Which of these topics were mentioned in the *Health* section of the guidebook (on page 15)?
- b Which sections of this leaflet do you think will be most useful to someone who is going to New Zealand?

- 1 Food and Water
- 2 Sun Protection
- 3 Accidents and Crime
- 4 Prevention of Insect Bites
- 5 Animal Bites
- 6 Deep Vein Thrombosis (DVT)

Deep Vein Thrombosis (DVT)

DVT is a serious condition where blood clots develop in the deep veins of the legs. There is some evidence that long-haul flights, especially when passengers have little or no exercise,

There are ways you can reduce the possible risk of DVT on long-haul flights:

- Pressing the balls of your feet down hard against the floor or foot-rest will also help increase the blood flow in your legs and reduce clotting
- Take occasional short walks, when inflight advice suggests this is safe
- Take advantage of refuelling stopovers where it may be possible to get off the plane and walk about
- Drink plenty of water
- Be sensible about alcohol, which in excess leads to dehydration and immobility
- Avoid taking sleeping pills, which also cause immobility

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Did you know ...?

DVT is an initialism – an abbreviation consisting of the first letter of each word, and in which each letter is pronounced. Another medical initialism is *NHS* – which is short for 'National Health Service'. Other short forms are acronyms – abbreviations consisting of the first letter of each word, and which can be pronounced as a word. The most commonly used medical acronym is *AIDS* – which is short for 'Acquired Immune Deficiency Syndrome'.

Extra practice

Go to the NHS website www.nhsdirect.nhs.uk if you want to find out more about DVT.

- 5 Follow the instructions from the inflight magazine below and do the exercises. Are any of them similar to those in the leaflet?

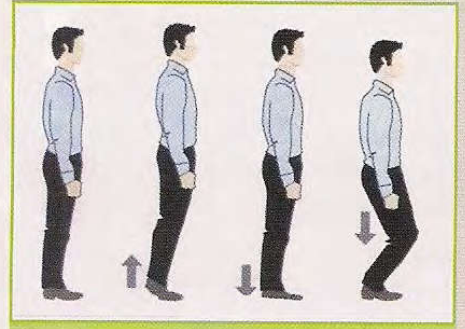
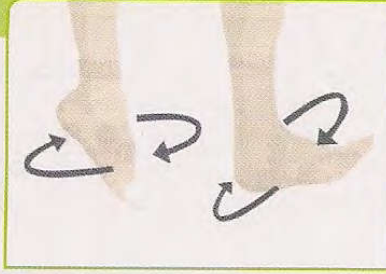
YOUR INFLIGHT EXERCISES

A few simple exercises can help reduce tiredness, stiffness and the likeliness of sluggish circulation, all of which can result from sitting in one place for a long time. The possibility of circulatory problems, particularly traveller's thrombosis, can be reduced by limiting the length of time you sit still. We advise you to carry out these exercises every couple of hours and take a brief walk around the cabin whenever you can.

1

ANKLE CIRCLES

Sit tall in your seat. Place the pillow under your right thigh, just above the knee. Keep your weight even. Now circle your right foot around, keeping the whole leg as still as possible. Make 10 circles in each direction with each foot.



CALF EXERCISE

Still sitting tall, take your foot back a little, keeping your foot in line with the knee.

Push the toes and balls of your feet onto the floor.

Repeat the two actions with the knee at a right angle to the calf.

STANDING

Stand tall, feet parallel and hip-width apart. From this position, lean back slowly, keeping your knees so that they are directly over the centre of each foot. Your heels should touch the floor. Now lean forward, keeping your legs to return to the start position. Repeat 10 times.

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Class bonus

Work in pairs. Think of some instructions for another exercise – for the neck or shoulders, or for a good sitting position, for example. Read out your instructions to the rest of the class. Carry out other students' instructions.

Can-do checklist

Tick what you can do.

I can skim a text from a guidebook in order to get a general impression.

I can appreciate health risks and the precautions which I need to take.

I can follow instructions and carry out exercises.

Can do

Need more practice