

The Cardinal Points: A love of the East



Enseñanzas Oficiales de Idiomas Inglés Nivel Avanzado C1: Segundo curso

Lesson 3

The Cardinal Points: A love of the East

Get Thinking

<http://www.youtube.com/embed/aaExiKsvt9A>

Video by The School of Life on [YouTube](#).

Get Talking

- Who was the first traveller?
- Why do you think we, as humans, decided to start traveling?
- How important is traveling for you? How much money do you spend on it?
- What do you prefer: spending your money on things you love or on experiences?
- If you knew all your basic needs were covered and you didn't have to work, what would you do with your free time?
- What makes us different from other people?
- What's the most unusual place you've been to?
- Have you ever suffered culture shock? What was so different?

FOCUS ON

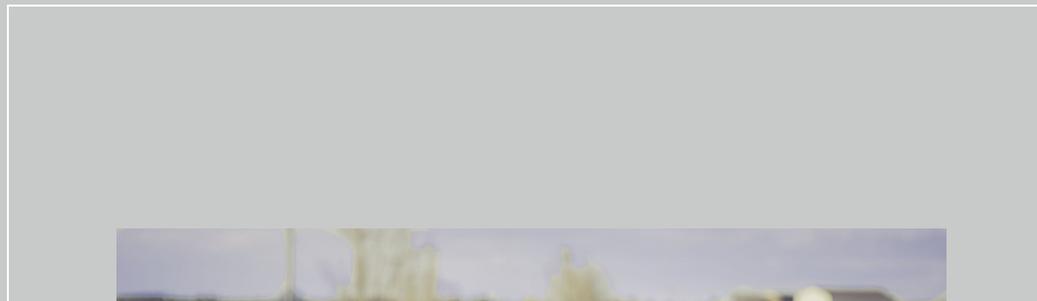




Image by Iangli in Pixabay under public domain.

Read about [the ultimate globetrotters](#) who could be described as inspirational movers or shakers that may make us change the way we see life. Choose two of them, read thoroughly about their stories and share your knowledge with a partner.

- Did you know about all of them?
- What did you find most surprising?
- Is there anyone you admire? Why?

1. Traveling to the East

12 Famous Travellers Who Changed The World!

The great Carl Sagan once said, "I don't know where I'm going but I'm on my way". He might not have quoted this in the strictest sense of travelling but there's a ring in those words which unsettles that traveller within us, urging us to sought out the unknown. Here are some of those famous travellers who answered the call of wild inside them and set out to explore the world, little knowing that their journeys would eventually unite different cultures and civilizations.

1. Marco Polo

The Venetian merchant traveller whose famous work 'Travels of Marco Polo' recorded his epic travels and introduced the Europeans to the cultures of South Asia! Setting off with his father and uncle at the age of 17, Marco travelled through various kingdoms and wastelands for 24 years before he returned to Venice and documented his travels.

2. John Cabot

John Cabot or Giovanni Caboto as he's fondly referred to in Italy, is famed for being the first European explorer to claim contact with the North American inhabitants. Supposedly, he landed on the island of Newfoundland in 1497 and led three expeditions to the American mainland, the success of which is still held in question by many exploration researchers.

3. Christopher Columbus

Famous for being the discoverer of America, Christopher Columbus was an Italian explorer, navigator and colonizer citizen of Genoa. Under the aegis of the monarchy of Spain, this man completed four long and arduous voyages across the world. In his last voyage on the seas and in a bid to discover India and the Japanese, he strayed away and landed in what is the present day America. Although not the first one to land in America, his voyage had a lasting European influence on the continent. Ambitious and determined, this explorer's four voyages are a testament to his will and spirit that has inspired travellers all across.

4. Ibn Battuta

Generally considered to be the greatest travellers of all times, Ibn Battuta was a Moroccan explorer who is famous for his travel account called 'Rihala'. Battuta travelled through the Horn of Africa, the Middle East, South Asia and finally China for over forty years. It's said that after he returned to Morocco more than a quarter of a century later, he had lost half his family. His comprehensive accounts of the places visited have guided historians as well as future travellers alike.

5. Amerigo Vespucci

This explorer discovered the new world of America along with Brazil and established them as large landmasses which had nothing to do with Asia. His four voyages spread across 5 years make him a legendary traveller that you should know of.

6. Xuanzang(Hsuan Tsang)

Chinese monk, scholar, and a famed translator, Xuanzang is famous in the South Asian history as the traveller who brought the great Indian and Chinese cultures in contact with each other. His claim to fame is the 17 year overland journey from China to the many kingdoms of the Indian subcontinent he took. This journey is supposedly the inspiration behind the novel "Journeys to the West", written by Wu Chengen. Like all great souls, it's rumoured that Xuanzang had a dream that convinced him to visit India. Following his heart, he covered an overland journey which made him one of the most famous travellers of history.

7. Ferdinand Magellan

This bold traveller and intrepid explorer from Portugal was behind the East Indies expeditions which finally inspired the first total circumnavigation of the globe. His voyages, which took him across the mighty Pacific paved way for further expeditions. The famous 'Straits of Magellan' is named after this voyager.

8. Bartolomeu Dias

A Portuguese explorer, Dias was the first among all the explorers of his age to undertake the arduous voyage across the African continent and the first to touch the Southernmost tip. Although he wanted to sail to India, his crew revolted and he had to sail back, incidentally discovering the Cape of Good Hope!

9. Jacques Cartier

Cartier was a very respected mariner who undertook the first European voyage to the far undiscovered land, what we now know as Canada! He was the first European to map the Canadian landmass while also brought along the French language, which to this day remains Canada's second language.

10. Herodotus

Popularly known as the 'Father of History', this Greek historian, Heroditus, was one of the most travelled people of his age. His accounts give insights as he travels through Asia Minor, Greece, Rome and Egypt.

11. Vasco De Gama

A Portuguese traveller and explorer, Vasco De Gama was the first to reach the Indian shores, linking the Indian subcontinent with Europe by the sea route. A daunting voyage, his discovery of the sea route meant that the Europeans didn't have to cross the Arabian Peninsula or the treacherous Mediterranean in order to spread out their empires. Gama opened up the 'Spice Route' when he landed in Calicut and established first contact with the golden Indian shore lands.

12. Captain James Cook

Captain Cook was an explorer, navigator, cartographer and a captain in the Royal Navy. His voyages led to the discovery of the East coast of Australia and the Hawaii. As a sailor who saw action in the seven years' war, Cook sailed thousands of miles across largely uncharted territory of the globe and mapped islands from New Zealand to the Hawaii.



Image by stux in Pixabay under public domain.

Source: <http://blog.guesthouser.com/famous-travellers-who-changed-the-world/>

Do it yourself

Match each of the travellers to one of the statements.

1. This traveller was the first one to discover the antipodeans.
2. He is the reason why one country has two official languages.
3. This traveller was a minor when he started his adventure with some relatives.
4. Four long voyages have influenced lots of travellers to keep discovering.
5. This translator brought together the Indian and Chinese cultures.
6. This explorer was, presumably, the first traveller from the old continent who got in touch with North America.
7. This explorer initiated the trade between historical civilizations in Asia, Northeast Africa and Europe.
8. This traveller had a big influence on the first voyage around the world by sea.
9. This traveller had lost lots of family members when he came back home after more than five decades.
10. This explorer moved from Europe to Egypt, being one of the greatest discoverers of his age.
11. Trying to discover the East, he ended up in a South continent.
12. This traveller established that the Americas had nothing in common with Asia.

Comprobar respuesta **Mostrar retroalimentación**

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12. This traveller established that the Americas had nothing in common with Asia. Amerigo Vespucci

Get Listening

Now that you have been reading about great travellers it is time for you to do a [listening activity](#).

1.1. I am multi-local

<http://www.youtube.com/embed/LYCKzpXEW6E>

Video by TED on YouTube.

Remember you can click on "Subtitles" if you need it.

Do it yourself

Watch and listen to the video from the beginning to minute 6:06 and write from one to three words in each gap.

Last year, I went on my first book tour. In 13 months, I flew to 14 countries and gave some hundred talks. Every talk in every country began with an introduction, and every introduction began, [], with a lie: "Taiye Selasi comes from Ghana and Nigeria," or "Taiye Selasi comes from England and the States." Whenever I heard this opening sentence, no matter the country that concluded it -- England, America, Ghana, Nigeria -- I thought, "But that's not true." Yes, I was born in England and grew up in the United States. My mum, born in England, and raised in Nigeria, currently lives in Ghana. My father was born in Gold Coast, [], raised in Ghana, and has lived for over 30 years in the Kingdom of Saudi Arabia. For this reason, my introducers also called me "multinational." "But Nike is multinational," I thought, "I'm a human being."

Then, one fine day, [], I went to Louisiana, a museum in Denmark where I shared the stage with the writer Colum McCann. We were discussing the role of locality in writing, when suddenly []. I'm not multinational. I'm not a national at all. How could I come from a nation? How can a human being come from a concept? It's a question that had been bothering me for going on two decades. From newspapers, textbooks, conversations, I had learned to speak of countries as if they were eternal, singular, naturally occurring things, but I wondered: to say that I came from a country suggested that the country was an absolute, [] in place in time, a constant thing, but was it? In my lifetime, countries had disappeared -- Czechoslovakia; appeared -- Timor-Leste; failed -- Somalia. My parents came from countries that didn't exist when they were born. To me, a country -- this thing that could be born, die, [], contract -- hardly seemed the basis for understanding a human being.

And so it came as a huge relief to discover the sovereign state. What we call countries are actually various expressions of [], an idea that came into fashion only 400 years ago. When I learned this, beginning my masters degree in international relations, I felt a sort of surge of relief. It was as I had suspected. History was real, cultures were real, but countries were invented. For the next 10 years, I [] to re- or un-define myself, my world, my work, my experience, beyond the logic of the state.

In 2005, I wrote an essay, "What is an Afropolitan," [] an identity that privileged culture over country. It was thrilling how many people could relate to my experience, and instructional how many others didn't buy my sense of self. "How can Selasi claim to come from Ghana," one such critic asked, "when she's never known the [] of traveling abroad on a Ghanaian passport?"

Now, if I'm honest, I knew just what she meant. I've got a friend named Layla who was born and raised in Ghana. Her parents are third-generation Ghanaians of Lebanese descent. Layla, who speaks fluent Twi, knows Accra like the back of her hand, but when we first met years ago, I thought, "She's not from Ghana." In my mind, she came from Lebanon, despite the [] fact that all her formative experience took place in suburban Accra. I, like my critics, was imagining some Ghana where all Ghanaians had brown skin or none held U.K. passports. I'd fallen into the limiting trap that the language of coming from countries sets -- the privileging of a fiction, the singular country, over reality: human experience. Speaking with Colum McCann that day, the []. "All experience is local," he said. "All identity is experience," I thought. "I'm not a national," I proclaimed onstage. "I'm a local. I'm multi-local."

See, "Taiye Selasi comes from the United States," isn't the truth. I have no relationship with the United States, all 50 of them, not really. My relationship is with Brookline, the town where I grew up; with New York City, where I started work; with Lawrenceville, where I spend Thanksgiving. What makes America home for me is not my passport or accent, but these very particular experiences and the places they occur. Despite my pride in Ewe culture, the Black Stars, and my love of Ghanaian food, I've never had a relationship with the Republic of Ghana, []. My relationship is with Accra, where my mother lives, where I go each year, with the little garden in Dzorwulu where my father and I talk for hours. These are the places that shape my experience. My experience is where I'm from.

Adapted from: https://www.ted.com/talks/taiye_selasi_don_t_ask_where_i_m_from_ask_where_i_m_a_local/transcript?referrer=playlist-talks_for_the_thoughtful_trave

Enviar

Last year, I went on my first book tour. In 13 months, I flew to 14 countries and gave some hundred talks. Every talk in every country began with an introduction, and every introduction began, alas, with a lie: "Taiye Selasi comes from Ghana and Nigeria," or "Taiye Selasi comes from England and the States." Whenever I heard this opening sentence, no matter the country that concluded it -- England, America, Ghana, Nigeria -- I thought, "But that's not true." Yes, I was born in England and grew up in the United States. My mum, born in England,

country, she considered it "England, France, Ghana, Nigeria" -- a tragedy, but she's not a doctor. I was born in England and grew up in the United States. My mother, born in England, and raised in Nigeria, currently lives in Ghana. My father was born in Gold Coast, a British colony, raised in Ghana, and has lived for over 30 years in the Kingdom of Saudi Arabia. For this reason, my introducers also called me "multinational." "But Nike is multinational," I thought, "I'm a human being."

Then, one fine day, mid-tour, I went to Louisiana, a museum in Denmark where I shared the stage with the writer Colum McCann. We were discussing the role of locality in writing, when suddenly it hit me. I'm not multinational. I'm not a national at all. How could I come from a nation? How can a human being come from a concept? It's a question that had been bothering me for going on two decades. From newspapers, textbooks, conversations, I had learned to speak of countries as if they were eternal, singular, naturally occurring things, but I wondered: to say that I came from a country suggested that the country was an absolute, some fixed point in place in time, a constant thing, but was it? In my lifetime, countries had disappeared -- Czechoslovakia; appeared -- Timor-Leste; failed -- Somalia. My parents came from countries that didn't exist when they were born. To me, a country -- this thing that could be born, die, expand, contract -- hardly seemed the basis for understanding a human being.

And so it came as a huge relief to discover the sovereign state. What we call countries are actually various expressions of sovereign statehood, an idea that came into fashion only 400 years ago. When I learned this, beginning my masters degree in international relations, I felt a sort of surge of relief. It was as I had suspected. History was real, cultures were real, but countries were invented. For the next 10 years, I sought to re- or un-define myself, my world, my work, my experience, beyond the logic of the state.

In 2005, I wrote an essay, "What is an Afropolitan," sketching out an identity that privileged culture over country. It was thrilling how many people could relate to my experience, and instructional how many others didn't buy my sense of self. "How can Selasi claim to come from Ghana," one such critic asked, "when she's never known the indignities of traveling abroad on a Ghanaian passport?"

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See, "Taiye Selasi comes from the United States," isn't the truth. I have no relationship with the United States, all 50 of them, not really. My relationship is with Brookline, the town where I grew up; with New York City, where I started work; with Lawrenceville, where I spend Thanksgiving. What makes America home for me is not my passport or accent, but these very particular experiences and the places they occur. Despite my pride in Ewe culture, the Black Stars, and my love of Ghanaian food, I've never had a relationship with the Republic of Ghana, writ large. My relationship is with Accra, where my mother lives, where I go each year, with the little garden in Dzorwulu where my father and I talk for hours. These are the places that shape my experience. My experience is where I'm from.

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Do it yourself

Watch and listen to the video from minute 6:06 to minute 11:08 and decide if the following sentences are True or False

1. The speaker says that our experience comes from the country we are from.

Verdadero Falso

Falso

Tell me you're a local of Fez and Paris, better yet, Goutte d'Or and I see a set of experiences. Our experience is where we're from.

2. When she was a child she was inexorably polite with the elder.

Verdadero Falso

Verdadero

We were unfailingly polite with our elder.

3. The speaker says that "R" number two is for people you are in touch with on a daily basis.

Verdadero Falso

Verdadero

I'm speaking of the people who shape your weekly emotional experience. My mother in Accra, my twin sister in Boston, my best friends in New York: these relationships are home for my. "R" number two, relationships.

4. Restrictions are the conditions that shaped us as children in the past.

Verdadero Falso

Falso

By restrictions, I mean, where are you able to live? What passport do you hold? Are you restricted by, say, racism, from feeling fully at home where you live? By civil war, dysfunctional governance, economic inflation, from living in the locality where you had your rituals as a child? This is the least sexy of the R's, less lyric than rituals and relationships, but the question takes us past "Where are you now?" to "Why aren't you there, and why?"

5. Olu doesn't go to Nigeria as much as he should because of the political corruption.

Verdadero Falso

Falso

He loves going to Nigeria -- the weather, the food, the friends -- but hates the political corruption there. Where is Olu from?

6. Udo is a local of Spain, Argentina and Germany. That's his story.

Verdadero Falso

Falso

Where is Udo from? With his blonde hair and blue eyes, Udo could pass for German, but holds an Argentinian passport, so needs a visa to live in Berlin. That Udo is from Argentina has largely to do with history. That he's a local of Buenos Aires and Berlin, that has to do with life.

7. Because of his accent, we could claim Olu is not really Nigerian. However, he has always felt accepted in Lagos.

Verdadero Falso

Falso

Olu, who looks Nigerian, needs a visa to visit Nigeria. He speaks Yoruba with an English accent, and English with a German one. To claim that he's "not really Nigerian," though, denies his experience in Lagos, the rituals he practiced growing up, his relationship with family and friends.

Meanwhile, though Lagos is undoubtedly one of his homes, Olu always feels restricted there, not least by the fact that he's gay.

8. Even if Olu and Udo feel restricted in their parent's countries most of their rituals come from there as well.

Verdadero Falso

Verdadero

Both he and Udo are restricted by the political conditions of their parents' countries, from living where some of their most meaningful rituals and relationships occur. To say Olu is from Nigeria and Udo is from Argentina distracts from their common experience. Their rituals, their relationships, and their restrictions are the same.

Watch and listen to the video from minute 11:08 to the end and choose the correct answer for each statement.

Do it yourself

1. The speaker says that if we replace the language of nationality with the language of locality...

we think of how to make the answer more specific.

we pay attention to where real life happens.

we waste time by zooming in and mentioning different places.

Mostrar retroalimentación

Solution

1. Incorrecto
2. Correcto
3. Incorrecto

2. She truly believes we should...

get rid of countries to focus on places.

know something else apart from where the person comes from to really discover a person's origin.

discover where a person comes from to discover their power.

Mostrar retroalimentación

Solution

1. Incorrecto
2. Correcto
3. Incorrecto

3. When we ask the question "where are you from?" or "where are you really from?" we're actually...

asking why the person is in a particular country.

showing interest to discover more about that person.

ignoring the fact that they are world citizens.

Mostrar retroalimentación

Solution

1. Correcto
2. Incorrecto
3. Incorrecto

4. Nationalities ignore...

- the fact that those people may have parents who have the same type of jobs.
- the fact that their economic situation also matters.
- the fact that those people may come from the same social environment.

Mostrar retroalimentación

Solution

1. Incorrecto
2. Incorrecto
3. Correcto

5. The speaker biggest problem with coming from countries is...

- the illusion of going back to them.
- not having been raised there.
- that countries disappear.

Mostrar retroalimentación

Solution

1. Correcto
2. Incorrecto
3. Incorrecto

6. The speaker says that we get confused and believe...

- it's not necessary to focus on experiences.
- we belong to a limited category while, in fact, we are much more complex.
- national identity bespeaks humanity.

Mostrar retroalimentación

Solution

1. Incorrecto
2. Correcto
3. Incorrecto

1.2. A travel diary



Image by freephotoc in Pixabay under public domain.

Get Talking

- What can be learnt from spending an extended period of time living abroad?
- What do you like about speaking to people from different backgrounds?
- To what extent is a person's personality influenced by their language and culture?
- What can be the biggest challenges you face while traveling alone?
- What intrigues you most about learning about other cultures?
- How far would you agree with the opinion that traveling opens your mind?
- Would you recommend living abroad for one year to everyone?
- Have you ever written about the experiences you've lived while living or traveling abroad?

Adapted from: <https://www.intercambiodiomasonline.com/2018/02/07/travel-conversation-questions-3/>

Real World English

Here you have some expressions to give your opinion. Write them down and tick each phrase every time you have been able to use them while speaking with a partner.

- I suppose the first thing that comes to mind is...
- I wouldn't say that I have a great grasp of the topic, but...
- It might be worth looking at...Taking all of these factors into consideration...
- It's hard to generalize, but on balance...
- So, in a nutshell...
- What is by far the most important aspect of this is...
- That may be true in certain respects, but...
- Considering... might be a good idea.

Adapted from: <https://www.intercambiodiomasonline.com/2018/02/07/travel-conversation-questions-3/>

Get Writing

Imagine you are a great traveler who has decided to capture all the moments experienced. Write an entry of about 250 words for one day of your travel. Talk about:

- The place
- The experiences and people
- Culture shock

Get Organized

Here you have some help on how to write a perfect travel journal:

- [How to write the perfect travel journal](#)
- [Solo traveler](#)
- [How to make a travelogue](#)
- [How to write a travel journal like a pro](#)

Culture counts



Image by OpenClipart-Vectors in [Pixabay](#) under public domain.

Get Thinking

- Have you ever wondered how Christopher Columbus felt while traveling?
- Talking about his origin is certainly, a hot potato.
- Where do you think he came from? Where did he start his journey?

Here you have an interesting [Journal of the First Voyage of Columbus](#) by Pressbooks. Read it and try to figure out how his voyage was. Would you be able to travel to somewhere unknown?



2. Japan



Image by Kasman in Pixabay under public domain.

Get Talking

- What's minimalism?
- Do you know people who try to live a minimalist life?
- What do you think about minimalism?
- What things can you get rid of?
- How can you declutter your home from stuff you don't need?
- How can you simplify your life?
- Do you accumulate a lot of stuff?
- What aspects of minimalism don't you like?
- What's minimalism taken to extremes?
- How can you get out of debt when you barely make ends meet?

Adapted from: <https://englishpost.org/questions-about-minimalism/>

Do it yourself

Read the following text about Marie Kondo and choose the best title for each paragraph.

Decluttering expert Marie Kondo: My 6 rules of tidying

Once you have experience what your house feels like when it is completely tidy in the true sense of the term, you will never want to return to clutter, and the strength of that feeling will empower you to keep it tidy.

The KonMari method does require time and effort. But once you have made up your mind, all you need to do is apply the right method.

▼

You would rather start tidying right away? That is precisely why so many people suffer rebound after tidying up. When you picture how you would like to live, you are clarifying why you want to tidy and identifying the kind of life you want to live once you have finished. The tidying process thus represents a huge turning point.

▼

One characteristic of people who never seem to finish tidying up is that they attempt to store everything without getting rid of anything. When things are put away, a home will look neat, but if the storage units are filled with unnecessary items, it will be impossible to keep them organised, and this will inevitably lead to a relapse. Consider any storage solutions made during this process as temporary and focus all your attention on sorting the next category.

▼

For example, when tidying clothes, gather every item of clothing from the entire house in one spot. This allows you to see exactly how much you have. It's very important to get an accurate grasp of the sheer volume for each category.

▼

It is: clothes, books, papers, komono (miscellany) and finally, sentimental items. Have you ever run across old photos while tidying and found that hours have passed while you were looking at them? This is a very common blunder, and clearly illustrates the point of tidying in the proper order, which is designed to help you hone your ability to distinguish what sparks joy.

Clothes are ideal for practising this skill, while photos and other sentimental items are the epitome of what you should not touch until you have perfected it.

▼

Remember: you are not choosing what to discard but rather what to keep. Keep only those things that bring you happiness.

Adapted from: <https://www.telegraph.co.uk/women/life/decluttering-expert-marie-kondo-my-6-rules-of-tidying/>

Comprobar respuesta **Mostrar retroalimentación**

Decluttering expert Marie Kondo: My 6 rules of tidying

Once you have experience what your house feels like when it is completely tidy in the true sense of the term, you will never want to return to clutter, and the strength of that feeling will empower you to keep it tidy.

Commit yourself to tidying up

The KonMari method does require time and effort. But once you have made up your mind, all you need to do is apply the right method.

Imagine your ideal lifestyle

You would rather start tidying right away? That is precisely why so many people suffer rebound after tidying up. When you picture how you would like to live, you are clarifying why you want to tidy and identifying the kind of life you want to live once you have finished. The tidying process thus represents a huge turning point.

Finish discarding first

One characteristic of people who never seem to finish tidying up is that they attempt to store everything without getting rid of anything. When things are put away, a home will look neat, but if the storage units are filled with unnecessary items, it will be impossible to keep them organised, and this will inevitably lead to a relapse. Consider any storage solutions made during this process as temporary and focus all your attention on sorting the next category.

Tidy by category, not location

For example, when tidying clothes, gather every item of clothing from the entire house in one spot. This allows you to see exactly how much you have. It's very important to get an accurate grasp of the sheer volume for each category.

Follow the right order

It is: clothes, books, papers, komono (miscellany) and finally, sentimental items. Have you ever run across old photos while tidying and found that hours have passed while you were looking at them? This is a very common blunder, and clearly illustrates the point of tidying in the proper order, which is designed to help you hone your ability to distinguish what sparks joy.

Clothes are ideal for practising this skill, while photos and other sentimental items are the epitome of what you should not touch until you have perfected it.

Ask yourself if it sparks joy

Remember: you are not choosing what to discard but rather what to keep. Keep only those things that bring you happiness.

Adapted from: <https://www.telegraph.co.uk/women/life/decluttering-expert-marie-kondo-my-6-rules-of-tidying/>

Culture counts

Watch the following video on how to fold clothes. After you watch it, go to one of your drawers and try this method.

Get Talking

Discuss the following questions with a partner:

- Has this folding method helped you?
- Do you think you could declutter your home following Marie Kondo's method?
- How much time does it take you to organize your home?
- Why do you think that Marie Kondo has become so famous around the globe?

http://www.youtube.com/embed/Lpc5_1896ro

Video by Ebury Reads on [YouTube](#).

2.1. Leaving stuff out

Properly Speaking

Have you ever heard about the term "ellipsis"?

Do you know when and how to use it?

Watch the following video and discover more about it to properly use it when speaking.

http://www.youtube.com/embed/WXhn1tdZ_os

Video by The Ling Space on [YouTube](#).

Remember you can click on subtitles if you need them.

Ellipsis is a really common literary device, [click here](#) if you want to learn a bit more about it.



Image by pcdacero in [Pixabay](#) under public domain.

Get Talking

- Which sports should we practice to strengthen our heart and cardiovascular system?
- How can we increase our flexibility, muscle strength and improve joint mobility?
- Have you ever taken up a sport that improved stamina and lowered cholesterol levels?
- How can we lose an excess of body fat and flab?
- Do you think there is a connection between working out and reducing anxiety and depression?
- How much do you know about Eastern sports?
- Why do you think yoga and tai-chi have become so popular lately? Do you know anything about these sports?



Mediation

A friend of yours has been losing members at the gym she works for. She is the manager and does not really know how to boost the business. You train there every single day and having researched about Eastern sports, you have decided to leave her a suggestion note in which you describe the benefits of this sport. Read thoroughly [this infographic](#) and use it to inform your friend. (Write about 200 words).

3. Spice up your life



Image by Tama66 in Pixabay under public domain.

Get Talking

- Have you ever heard the saying "we are what we eat"?
- What do you think its meaning is?
- Why do we choose to use certain flavors instead of others to make our dishes more delicious?
- Are you keen on ethnic foods? Have you ever tried an unusual mouthwatering meal that was extremely exquisite?
- Do you know where the spices we use for cooking come from?

Do it yourself

Read the text and choose a phrase or sentence for each gap.

The Origin Of Herbs And Spices

Herbs and spices have been at the forefront of history since the beginning of time. Even before recorded history, ancient Egyptians preserved their mummies with herbs and spices. ; it was thought that they grew in the Garden of Eden and were therefore especially prized. By 500 B.C., Chinese and Korean junk boats traded spices; not long thereafter, the Spice Route extended from Europe to Asia and eventually the Americas. While Europe languished during the Dark Ages, Indonesian, Arab, Chinese and Indian traders were busily profiting from their trading empire.

, which only augmented the popularity of spices. In the 1600s, the Dutch formed the East India Company, which became one of the most powerful trading companies in history.

We still use all of the original spices traded during the Middle Ages like black pepper, cumin, cinnamon, ginger, cloves, and nutmeg. Since then, dozens of new spices have been discovered, each with its own rich tradition.

Anise is native to the Middle East and is from a plant in the parsley family. Since prehistoric times, anise has been used for medicinal purposes. During ancient Rome, people hung anise near their pillows to ward off bad dreams and consumed it to help digestion and prevent epileptic attacks. In the New World, anise was grown as a medicinal crop. Anise is used to flavor liqueurs like anisette and ouzo.

Basil originated in India and Persia, but it is now grown in the Mediterranean, France and the United States. Greeks did not like basil, but Hindus still plant basil plants in their homes to bring the family happiness.

Bay leaves are the leaves of the laurel tree. These are the same laurel leaves that were made into decorative wreaths to crown victors in ancient Greece and Rome. Laurel wreaths were also used to honor scholars and poets. Throughout Europe, bay leaves were thought to bring good luck and ward off evil.

As early as the 4th century B.C., cardamom is even more popular than cinnamon, used to flavor coffee and bread. Indians use cardamom to flavor curry blends.

Cinnamon comes from the dried bark of several different types of laurel trees. Ancient Romans held cinnamon sacred; it is said that Nero burned a year's supply of cinnamon at his wife's funeral. The quest for cinnamon was a catalyst in driving global exploration during the 15th and 16th centuries.

Cloves were one of the many spices native to the Molucca islands, which are now part of Indonesia. Moluccans planted one clove tree for every child that was born and the Dutch set fire to clove trees in 1816, destroying them with the aim to raise prices. This resulted in a bloody revolt, and the area's political climate has never been the same since.

Garlic was used throughout the world more than 5,000 years ago, when Egyptians fed garlic to workers as they built the pyramids. Garlic was also given to Olympic athletes in Greece; many cultures administered garlic to laborers in order to increase work production and strength. Today, it is used in nearly every cuisine worldwide.

Rosemary is another herb that is native to the Mediterranean. She draped her blue cloak on a rosemary bush, then placed a white flower atop her cloak. The flower turned blue, and the bush became known as the Rose of Mary. Greeks believed that rosemary enhanced memory and brain function, weaving wreaths of rosemary into their hair. It also became known as a symbol of fidelity, and it was once burned as incense at wedding parties throughout Europe. European judges also burned rosemary to protect them from the illnesses that prisoners exposed them to.

Thyme was the fragrant herb that Middle Age maidens embroidered into the scarves they gave their knights. Thyme was sacred even earlier in history, when thyme was thought to be in the straw bed of the Virgin Mary and Christ. In ancient Greece, thyme was regarded as a symbol of courage and sacrifice.

Thyme has been used medicinally to treat reproductive system ailments and melancholy. In the 18th century, thyme was used to treat melancholy.

Chervil is native to southern Russia but is now grown in California and New Mexico. It has been used as a seasoning since the 1st century, with its flavor and scent resembling a mix of parsley and anise.

While ginger is a fairly common spice, it is uncommon in that it has never been found growing wild. As a result, no one can pinpoint ginger's origin or its age. Ginger was first cultivated by the Chinese and Indians and it was one of the spices that led to the opening of spice trade routes. Ginger ale originated when in the 19th century it was popular to keep shakers of ginger on the bar in English pubs so that patrons could shake ginger into their drinks.

Mace and nutmeg come from the same fruit, which grows on an evergreen tree native to the Molucca islands. Nutmeg is the inner brown seed, and mace is the deep red outer membrane.

Star anise has the same name as traditional anise, but they are completely different plants. Star anise is a fruit of a small Oriental tree native to China and Vietnam. Like anise, star anise has a strong licorice flavor, but star anise is bitter. Star anise is a major component of Chinese five-spice blends.

Since 600 B.C., turmeric has been used as a medicine, flavoring and dye. It is the root of a plant in the ginger family, primarily grown in India, China and Indonesia. Turmeric is an essential component of curry powder and is also sometimes added to relishes and mustard. Turmeric can also substitute for saffron for color and flavor when saffron is unavailable.

Perhaps the strangest spice is saffron, the stigma of a flowering plant in the crocus family. More than 225,000 stigmas must be handpicked to produce just one pound of saffron. Each flower produces three stigmas, which easily makes saffron the most expensive spice in the world. Saffron is used throughout the Mediterranean in local dishes like French bouillabaisse, Spanish paella and Milanese risotto. Its spicy, pungent and bitter flavor, dark orange strands and sharp, penetrating odor makes saffron immediately recognizable. Although saffron is native to the Mediterranean, today it is primarily cultivated in Spain.

Today, herbs and spices are commonplace, found on every supermarket shelf. Every cook has a spice rack of their favorites. We are far removed from the days where spices were elegant, exclusive and rare; even saffron is easily purchased online. Some of the spices you use every day have a long—and sometimes gruesome—history, which only improves the mystery and

ature or these ingredients.

Adapted from: <https://www.everydayhealth.com/diet-nutrition/igin-herbs-spices/>

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The Origin Of Herbs And Spices

Herbs and spices have been at the forefront of history since the beginning of time. Even before recorded history, ancient Egyptians preserved their mummies with herbs and spices. There are also several herb and spice references throughout the Bible; it was thought that they grew in the Garden of Eden and were therefore especially prized. By 500 B.C., Chinese and Korean junk boats traded spices; not long thereafter, the Spice Route extended from Europe to Asia and eventually the Americas. While Europe languished during the Dark Ages, Indonesian, Arab, Chinese and Indian traders were busily profiting from their trading empire.

Europe entered the spice trade during the Crusades, which only augmented the popularity of spices. In the 1600s, the Dutch formed the East India Company, which became one of the most powerful trading companies in history.

Common Herbs and Spices

We still use all of the original spices traded during the Middle Ages like black pepper, cumin, cinnamon, ginger, cloves, and nutmeg. Since then, dozens of new spices have been discovered, each with its own rich tradition.

Anise is native to the Middle East and is from a plant in the parsley family. Since prehistoric times, anise has been used for medicinal purposes and to give a licorice-like flavor to medicine. During ancient Rome, people hung anise near their pillows to ward off bad dreams and consumed it to help digestion and prevent epileptic attacks. In the New World, anise was grown as a medicinal crop. Anise is used to flavor liqueurs like anisette and ouzo.

Basil originated in India and Persia, but it is now grown in the Mediterranean, France and the United States. Greeks did not like basil, but the Romans loved it and made basil a symbol of love and fertility. Hindus still plant basil plants in their homes to bring the family happiness.

Bay leaves are the leaves of the laurel tree. These are the same laurel leaves that were made into decorative wreaths to crown victors in ancient Greece and Rome. Laurel wreaths were also used to honor scholars and poets. Throughout Europe, bay leaves were thought to bring good luck and ward off evil.

As early as the 4th century B.C., cardamom was used in India as a medicinal herb. Greeks and Romans later used it to aid digestion. In Sweden, cardamom is even more popular than cinnamon, used to flavor coffee and bread. Indians use cardamom to flavor curry blends.

Cinnamon comes from the dried bark of several different types of laurel trees. It is originally native to Sri Lanka, but the Egyptians imported cinnamon from China in 2000 B.C. Ancient Romans held cinnamon sacred; it is said that Nero burned a year's supply of cinnamon at his wife's funeral. The quest for cinnamon was a catalyst in driving global exploration during the 15th and 16th centuries.

Cloves were one of the many spices native to the Molucca islands, which are now part of Indonesia. Moluccans planted one clove tree for every child that was born and believed that the tree's fate was closely linked to that of the child's.

The Dutch set fire to clove trees in 1816, destroying them with the aim to raise prices. This resulted in a bloody revolt, and the area's political climate has never been the same since.

Garlic was used throughout the world more than 5,000 years ago, when Egyptians fed garlic to workers as they built the pyramids. Garlic was also given to Olympic athletes in Greece; many cultures administered garlic to laborers in order to increase work production and strength. Today, it is used in nearly every cuisine worldwide.

Rosemary is another herb that is native to the Mediterranean. It's said that it got its name during the Virgin Mary's flight from Egypt. She draped her blue cloak on a rosemary bush, then placed a white flower atop her cloak. The flower turned blue, and the bush became known as the Rose of Mary. Greeks believed that rosemary enhanced memory and brain function, weaving wreaths of rosemary into their hair. It also became known as a symbol of fidelity, and it was once burned as incense at wedding parties throughout Europe. European judges also burned rosemary to protect them from the illnesses that prisoners exposed them to.

Thyme was the fragrant herb that Middle Age maidens embroidered into the scarves they gave their knights. Thyme was sacred even earlier in history, when thyme was thought to be in the straw bed of the Virgin Mary and Christ. In ancient Greece, thyme was regarded as a symbol of courage and sacrifice.

Thyme has been used medicinally to treat reproductive system ailments and melancholy. In the 18th century, thyme was a popular hangover cure.

Uncommon Herbs and Spices

Chervil is native to southern Russia but is now grown in California and New Mexico. It has been used as a seasoning since the 1st century, with its flavor and scent resembling a mix of parsley and anise.

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Mace and nutmeg come from the same fruit, which grows on an evergreen tree native to the Molucca islands. Nutmeg is the inner brown seed, and mace is the deep red outer membrane. There are male and female trees, usually planted in a ratio of one male tree for every ten female trees.

Star anise has the same name as traditional anise, but they are completely different plants. Star anise is a fruit of a small Oriental tree native to China and Vietnam. Its boat-shaped seed pods give the fruit a star shape.

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Since 600 B.C., turmeric has been used as a medicine, flavoring and dye. It is the root of a plant in the ginger family, primarily grown in India, China and Indonesia. Turmeric is an essential component of curry powder and is also sometimes added to relishes and mustard. Turmeric can also substitute for saffron for color and flavor when saffron is unavailable.

The Rarest Spice of All

Perhaps the strangest spice is saffron, the stigma of a flowering plant in the crocus family. More than 225,000 stigmas must be handpicked to produce just one pound of saffron. Each flower produces three stigmas, which easily makes saffron the most expensive spice in the world. Saffron is used throughout the Mediterranean in local dishes like French bouillabaisse, Spanish paella and Milanese risotto. Its spicy, pungent and bitter flavor, dark orange strands and sharp, penetrating odor makes saffron immediately recognizable. Although saffron is native to the Mediterranean, today it is primarily cultivated in Spain.

Herbs and Spices Today

Today, herbs and spices are commonplace, found on every supermarket shelf. Every cook has a spice rack of their favorites. We are far removed from the days where spices were elegant, exclusive and rare; even saffron is easily purchased online. Some of the spices you use every day have a long—and sometimes gruesome—history, which only improves the mystery and allure of these ingredients.

Adapted from: <https://www.everydayhealth.com/diet-nutrition/igin-herbs-spices/>

4. Politely speaking

Get Talking

Discuss with a partner what you think the following words mean:

- Homogeneous
- Self
- at stake
- Outsider
- Exhibit
- Oneness
- Sloppily
- Bow

<http://www.youtube.com/embed/hdZK22pR5nU>

Video by xReasons on YouTube.

Remember you can click on subtitles if you need them.

Do it yourself

After watching the video and having seen these words in context, match the following definitions to the correct term.

- : a person who is not accepted as a member of a society, group, etc.
- : that can be won or lost, depending on the success of a particular action.
- : consisting of things or people that are all the same or all of the same type.
- : to move your head or the top half of your body forwards and downwards as a sign of respect or to say hello or goodbye.
- : in a way that shows a lack of care, thought or effort.
- : the type of person you are, especially the way you normally behave, look or feel.
- : the state of being completely united with somebody/something, or of being in complete agreement with somebody.
- : exhibit something (*formal*) to show clearly that you have or feel a particular quality, ability, feeling or symptom.

Source: <https://www.oxfordlearnersdictionaries.com/>

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Outsider: a person who is not accepted as a member of a society, group, etc.

at stake: that can be won or lost, depending on the success of a particular action.

Homogeneous: consisting of things or people that are all the same or all of the same type.

Bow: to move your head or the top half of your body forwards and downwards as a sign of respect or to say hello or goodbye.

Sloppily: in a way that shows a lack of care, thought or effort.

Self: the type of person you are, especially the way you normally behave, look or feel.

Oneness: the state of being completely united with somebody/something, or of being in complete agreement with somebody.

Exhibit: exhibit something (*formal*) to show clearly that you have or feel a particular quality, ability, feeling or symptom.

EXHIBIT. exhibit something (formal) to show clearly that you have or feel a particular quality, ability, feeling or symptom.

Source: <https://www.oxfordlearnersdictionaries.com/>

Language Mechanics

Hedging

We use hedges to soften what we say or write. Hedges are an important part of polite conversation. They make what we say less direct. The most common forms of hedging involve tense and aspect, modal expressions including modal verbs and adverbs, vague language such as *sort of* and *kind of*, and some verbs.

● Tense and aspect

I **wondered** if I could have a word with you? (less direct and more polite than *Could I have a word with you?*)

● Modal expressions

The answer **could** be that the trees have some sort of disease. (less direct than *The answer is that ...*)

Maybe we should have a word with him about it? (less direct than *We should or we must have a word with him about it.*)

This is **possibly** the best performance in the Olympics.

● Vague language

It's **sort of** difficult to say. (less direct than *It's difficult to say*)

Could you **just** post this letter for me?

● Verbs (feel)

Some verbs (such as *feel*, *suppose*, *reckon*) can be used to hedge personal statements, that is, to make personal statements less direct:

We **feel** he should let them decide whether to buy the flat. (less direct than *He should let them decide ...*)

I **reckon** that's the best answer to the problem. (less direct than *That's the best answer to the problem.*)

● Hedges in academic writing

We use certain types of hedging in writing, especially in academic writing, so that statements don't seem to rely simply on personal opinion.

We often use structures with it in the passive such as it is argued that and it has been agreed that:

It has been generally agreed that these new video phone technologies will transform everyday life. (a more cautious and less personal statement than *I agree that ...*)

Source: <https://dictionary.cambridge.org/es/gramatica/gramatica-britanica/hedges-just>

Here you have some exercises for extra practice:

- [Exercise 1](#)
- [Exercise 2](#)
- [Exercise 3](#)
- [Exercise 4](#)

5. Bite size



Image by [Anonymous](#) in Openclipart [Share](#)

We established a number of expected results at the beginning of the lesson. Click [here](#) and download the outcomes list. In the blank columns, fill in your trouble areas or areas you need to work on. Pay special attention to:

- The speaking section, that is, being able to talk about complex topics using specific vocabulary.
- The writing section, in other words, whether you were able to write a travel diary using some information and the structure given.
- Mediation, that is, whether you were able to understand an infographic to write a note.
- Your summarizing, paraphrasing and retelling skills.
- Pronunciation, being able to understand the overall idea of ellipsis as well as being able to differentiate different accents.

Keep these pages as a reminder of the areas you need to polish up, they will come in very handy once you start preparing for your exam.

<http://www.juntadeandalucia.es/educacion/permanente/materiales/index.php?aviso#space>

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