

1

A day without the Internet

A Introduction

1 These words and phrases are from the article below. Try to match them with their meanings.

- | | |
|------------------------|--|
| a <i>big business</i> | 1 something that happens |
| b <i>controversial</i> | 2 unhealthy, low quality, bad for you |
| c <i>event</i> | 3 a person who studies something to discover new information |
| d <i>isolate</i> | 4 a device for controlling a computer |
| e <i>junk (food)</i> | 5 not actively |
| f <i>mouse</i> | 6 causing disagreement and discussion |
| g <i>passively</i> | 7 not real, only on a computer or the Internet |
| h <i>researcher</i> | 8 dangerous |
| i <i>risky</i> | 9 powerful companies and financial organisations |
| j <i>virtual</i> | 10 to keep separate from things or people |

2 Check in a dictionary the meaning of any of these words you do not understand.

B Reading

Read the article and fill each gap with a word or phrase from **A1**.

Put down your mouse

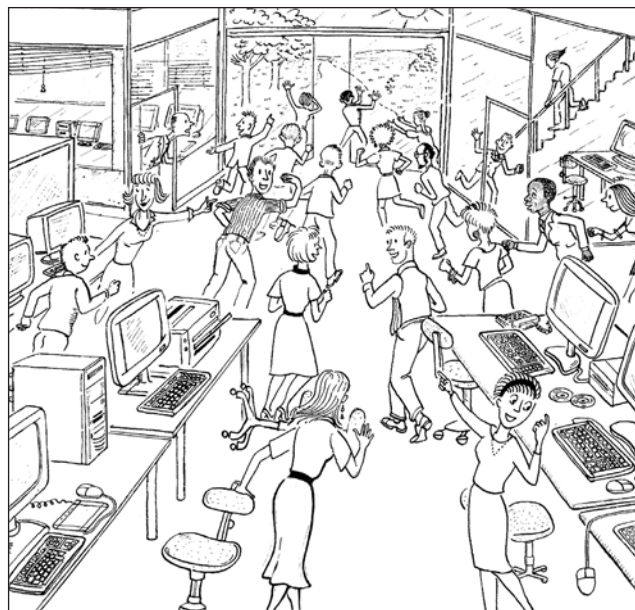
An Internet organisation is trying to persuade people to take part in *International Internet-Free Day*, which would be held every year on the last weekend in January. The idea is that people will leave the (a) _____ world and go out into the real world. One supporter of the idea said, 'The Internet can be like addictive (b) _____: food you can never get enough of but which you don't really want.'

A spokesman for the Internet-Free Day team explained, 'The Internet (c) _____s people socially and damages their eyesight. That is what (d) _____ has done with it. It was never meant to be like this. The Internet began as a quick and simple way for (e) _____s to communicate and exchange information.'

'But it's so easy to get addicted to a half-life in a virtual world, and to lose touch with your family, friends and neighbours. Human beings need contact with the real world. Email and the Internet are just not enough.'

So, put down your (f) _____ and turn off your computer. The real world is open all day every day and welcomes visitors. It offers you the chance to feel human again. An Internet-free day will give you back your real life.

Imagine your perfect day, suggest the idea to some friends and find an exciting (g) _____ to take part in. Then go out into the world outside your window, and make your perfect day a reality!



Here are some ideas:

- Organise a *Dice Day*. Write down half a dozen unusual things your group could do on the day, number these things from 1 to 6, then throw a dice. You have to agree to do whichever activity the dice chooses.
- Or choose a less (h) _____ activity: go for a country walk, visit an art gallery or museum, have a discussion about a(n) (i) _____ subject. Anything as long as it involves more than just (j) _____ consuming, watching or listening.

C Related words

- 1 Fill the gaps in this chart with words related to the words given. Sometimes there are two words in one group. (X = no useful word at this level.)

Noun	Verb	Adjective	Adverb
a _____	X	real	_____
b _____ _____*	X	addictive	X
c _____	damage	_____	X
d _____	communicate	_____	_____
e contact	_____	X	X
f _____ visitor*	_____	X	X
g _____	_____	perfect	_____
h _____	_____	exciting _____	X
i _____	_____	risky	_____

* These words refer to people.

- 2 Fill the gaps in these sentences with words you have added to the chart.
- A telly _____ is someone who can't stop watching television.
 - If you drink and drive, there's a _____ that you will lose your driving licence.
 - Next time you're on a _____ to London, you must come and see us again.
 - I know I'm not very _____ this evening, but I've had a hard day and I don't feel like talking.
 - When I fell over I hurt my leg, but I don't think I've done any serious _____.
 - If I were you I'd _____ the police and report the accident straightaway.
 - She's really _____ about starting her new job. She's been looking forward to it for weeks.

D The suffix *-free*

An *Internet-free day* is a day without the Internet. Match these adjectives with the suffix *-free* with nouns they could describe.

alcohol-free duty-free fat-free lead-free rent-free trouble-free

*accommodation / cigarettes / drink / goods / holiday / journey / lager /
 paint / petrol / wine / yoghurt*

Unit 1

EXTENSION 1

1 Addictions

An alcoholic is someone who is addicted to alcohol. What are these people addicted to?
a chocoholic a shopaholic a workaholic

2 Go for

The article suggests that people *go for a walk*. Which of these can we *go for*?

a bicycle ride / a drink / a drive / a football match / a picnic / a run / a shop / a swim

E Verb-noun collocations

- 1 The verbs below are from the article. Which nouns or phrases in the box can follow them? Make four lists. (Some nouns or phrases can follow more than one verb.)

exchange hold lose offer

advice / contact with someone / a conversation / someone a drink / an election / an explanation / glances / greetings / ideas / information / interest in / your job / someone a lift / a meeting / an opinion / phone numbers / sight of / your temper / your way

- 2 Find the best endings for these sentence beginnings, and fill each gap with the correct form of one of the verbs from above.

Beginnings	Endings
a I've been out of work for over a year, then last week the phone rang and ...	1 there's no need to _____ your temper.
b We had to postpone the meeting because so many people were ill, so ...	2 we must _____ addresses and phone numbers.
c I wasn't trying to annoy you –	3 I _____ my way.
d Sorry I'm late. I don't know the town very well and ...	4 someone _____ me a job.
e Can I _____ you a drink?	5 He never _____ an opinion.
f Let's keep in touch. Before you go, ...	6 Who do you think will win?
g They are _____ the election soon.	7 We've got beer, wine or orange juice.
h It's difficult to know what he thinks.	8 we're _____ it next week instead.

EXTENSION 2

1 Opposites of lose

What are the opposites of the *lose* collocations from **E1**? Make expressions with these verbs.

find keep win

- a** _____ your temper **d** _____ in contact with
b _____ your way **e** _____ an election
c _____ your job

2 Collocations with *change*

Answer the questions with words or phrases from the box.

channels / your clothes / currency / jobs / your mind / the subject / trains

- a What do you sometimes have to change when you travel by rail?
- b What could you change if you were too warm or too cold?
- c What do you sometimes need to change when you go from one country to another – so that you can buy things?
- d What do you change when you alter your opinion?
- e What do you change when you want to talk about something different?
- f What do you change when you're fed up with the work you are doing?
- g What do you change when you want to watch a different TV programme?

F Phrasal verbs with *turn*

The article tells you to **turn off** your computer.

- 1 Match these *turn* verbs with one or more of meanings **a–g**.

turn down turn off turn on turn up

- a arrive at a place or event
- b increase sound or heat from something like a radio or a cooker
- c leave one road to go along another
- d move a switch so that something starts working
- e move a switch so that something stops working
- f reduce sound or heat from something like a radio or a cooker
- g refuse an offer or the person who makes it

- 2 Complete each sentence with the correct form of a *turn* verb from **F1**.

- a I can't work because the TV's too loud. Please _____ it _____.
- b Go along the motorway for about 10 kilometres and then _____ when you see signs for London.
- c It was a great game, but unfortunately only a few people _____.
- d I'm really cold. Can you _____ the heating _____, please?
- e He applied for a job as a policeman, but they _____ him _____.

G Practice

Read this letter from someone reacting to the idea of an Internet-free day. Fill the gaps with words and phrases from sections **A–F** above.

I think the idea of an Internet-free day is really brilliant. Lots of my friends – myself included – are completely **(a)** _____ to their computers and spend hours and hours every day in their own **(b)** _____ world. Another friend just can't stop working – he admits himself that he's a **(c)** _____. So I am definitely going to **(d)** _____ my mouse, **(e)** _____ my computer and **(f)** _____ my friends to persuade them to get involved in an **(g)** _____ or activity where we can actually do something **(h)** _____ for a change. We're thinking about **(i)** _____ a bike ride or perhaps helping to tidy up the local park. I'm not very brave, so I don't want to do anything too **(j)** _____.