Facebook generation suffers from information withdrawal* syndrome

In an experiment, called “Unplugged”, volunteers at 12 universities around the world spent 24 hours without access to computers, mobile phones, iPods, television, radio and even newspapers. They were allowed to use landline telephones or read books. Participants were asked to keep diaries about their experience. Entries in the diaries showed that many recorded feeling impatient, anxious or isolated.

Participants described feeling restless and reaching for their mobile phones even when they weren't there. There were also some good effects though, as people developed survival skills and went out for walks and visited friends rather than sitting in front of a computer.

“What was amazing for us was how dependent people now are on their technology. People often don't own watches or alarm clocks because they rely upon their mobile phones to wake themselves up,” researchers commented. Most participants in the study struggled without their mobile phones and felt they were missing out by not using Facebook. However, it was abstinence from music that caused them the most difficulty.

"A lot of them said they found the silence quite uncomfortable and awkward," he said. "But as they got used to it, they began to notice more things around them like birds singing or hearing what their neighbours were doing. In their reflections on what they had been through, people freely admitted that they were experiencing symptoms of withdrawal. The students compared the kept recurring."

*withdrawal = abstinence

QUESTIONS
1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE.

a) The experiment described in the text was carried out by twelve universities in Great Britain.

b) For most of the participants, not being able to use Facebook was the hardest part of the experiment.

(Puntuación máxima: 2 puntos)

2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.

a) What did the volunteers in the experiment have to do?

b) What positive effects did the experiment have on participants? Mention two.

(Puntuación máxima: 2 puntos)

3.- Find the words in the text that mean:

a) lonely (paragraph 1)

b) uneasy (paragraph 2)

c) depend on (paragraph 3)

d) when (paragraph 4)

(Puntuación máxima: 1 punto)

4.- Complete the following sentences. Use the appropriate form of the word in brackets when given.

a) 1% of Norwegians are addicted to the internet. An additional 5% are at risk of _____ (develop) internet addiction. The _____ (high) rate of addiction is in the 16-29 year old group.

b) Internet users in Greece have _____ internet addiction rate of 8.2%. Most internet addicts are males _____ play online games.

c) It wasn’t _____ the 1940s, with the development of electronic data machines, that manual calculation _____ (become) obsolete.

d) Technology addiction amongst teenagers is having a negative effect _____ learning. The report revealed that, last year, students _____ (spend) 1-2 hours a day on social network sites.

(Puntuación máxima: 2 puntos)
Daughter of David Adams joins Antarctic ski expedition

The 16-year-old daughter of explorer David Adams is to join her father on an expedition to ski to the South Pole. If successful, Amelia will become the youngest person to ski in the Antarctic. They plan to ski the last 97 miles to the South Pole over two weeks.

It would not be the first time one of Mr. Adams's daughters has joined him on a polar mission. In 2005, Amelia's sister Alicia, then aged 15, became the youngest person to trek to the North Pole.

The latest challenge will begin 97 miles from the South Pole, at the spot where Sir Ernest Shackleton had to abandon his expedition in 1907. Mr. Adams said: "I am apprehensive about taking a teenager to such a harsh environment. It will be minus 30 on a daily basis, dropping as low as minus 60 when the wind is cold. But Shackleton has always been a hero of mine and it will be wonderful to walk in his footsteps. It will be very special to share this experience with my youngest daughter."

Amelia will have to consume 8,000 calories a day to deal with the harsh conditions because the Antarctic is one of the coldest, driest and most windswept places on earth. "I am frightened about the harsh conditions as I don't know what to expect, the cold, the wind, etc. However, eating a lot of chocolate won't be hard for me," she said. "I am not sure if I'll be able to sleep,
though, since it is 24-hour daylight at the South Pole and dad snores very loudly when he is asleep."

QUESTIONS

1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE.

a) Mr. Adams’s expedition will begin at the point where Ernest Shackleton gave up.

b) Amelia doesn’t like chocolate.

(Puntuación máxima: 2 puntos)

2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text

a) What is unusual about Amelia’s Antarctic expedition?

b) Explain two of the challenges Amelia will have to face on the Antarctic.

(Puntuación máxima: 2 puntos)

3.- Find the words in the text that mean:

a) walk (paragraph 2)

b) place (paragraph 3)

c) worried (paragraph 3)

d) take in (paragraph 4)

(Puntuación máxima: 1 punto)

4.- Complete the following sentences. Use the appropriate form of the word in brackets when given.

a) The explorers _____(train) _____ the past few months.

b) The expedition, _____ starts 97 miles from the South Pole, _____ (lead) by David Adams.

c) If Alicia _____ (not go) to the North Pole, Amelia _____ (be) the first teenager on an expedition of this kind.

d) Rewrite the sentence beginning with the words given:

Amelia said “I am not sure if I’ll be able to sleep.”

Amelia said (that) _________________________

(Puntuación máxima: 2 puntos)

5.- Write about 100 to 150 words on the following topic.
What kind of expedition would you like to go on? Describe it and explain your choice.

(Puntuación máxima: 3 puntos)