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I really hate flying. It's not that I'm afraid or anything, though I do get a bit nervous if the flight's bumpy. The thing I really object to is that flying is so boring and so uncomfortable. The last long flight that we did was from Los Angeles to New Zealand. It took about twelve and a half hours overnight. Of course I was seated next to someone who dropped off to sleep immediately after we had taken off and spent most of the night snoring. I find it really difficult to sleep on planes. It's just totally impossible to get comfortable enough. When I did manage to get to sleep, the person sitting next to me woke up and wanted to get out to go to the toilet. Then the stewards kept coming round every half hour and offering us tea or water or orange juice.

3 One thing that makes me really angry is when people throw rubbish on the street and on the beaches. The problem is that nobody comes to clear it away. I go out every morning and collect litter that has been left on the beach. Nobody pays me for this. I do it because I love the beaches here. Every year there is more and more litter, and the beaches get dirtier and dirtier. I just don't understand it. I think people who drop litter should pay a fine, and the police should make them come with me in the mornings, and clear all the litter away.

Sabrina UK

2 I've just arrived in Milan. It's big, beautiful and busy and all the people are so friendly. I've only been here for one week and I've made lots of new friends already. Most of them are students too, and they're new to Milan. Our course hasn't started yet, but I'm really looking forward to it.

I'm going to share a flat with another student, Laura. I haven't meet her yet, but she sounds nice on the phone. The flat is near the city centre and there are a lot of bars and restaurants near there, so it should be good for going out at night. More news in September.

### 24-HOUR TEACHING

5 One school in Hampshire, UK, offers 24-hour teaching. The children can decide when and if they come to school. The school is open from 7 a.m. to 10 p.m., for 364 days a year and provided online teaching through the night. The idea is that pupils don't have to come to school and they can decide when they want to study. Cheryl Heron, the head teacher, said 'Some students learn better at night. Some students learn better in the morning'. Cheryl believes that if children are bored, they will not come to school. 'Why must teaching only be conducted in a classroom? You can teach a child without him ever coming to school.'

### LEARN BY LISTENING

4 Steiner schools encourage creativity and free thinking, so children can study art, music and gardening as well as science and history. They don't have to learn to read and write at an early age. At some Steiner schools the teachers can't use textbooks. They talk to the children, who learn by listening. Every morning the children have to go to special music and movement classes called 'eurhythmy', which help them learn to concentrate. Very young children learn foreign languages through music and song. Another difference from traditional schools is that at Steiner schools you don't have to do any tests or exams.

9 *My Family And Other Animals* is a BBC film based on Gerald Durrell's book. It tells the story of the Durrells, a rather unusual family: Gerry – a twelve-year old who loves animals, his sister Margot, his brother Leslie, his eldest brother, the intellectual Lawrence and their mother. One wet grey day in the 1930s the family decided to escape the English weather. They sell their house and move to the sunny island of Corfù in Greece. Here they experience a new life of freedom and adventure. But the beginning isn't easy, so they are delighted when they make a new friend, Spiro.

7 Marge Jetton is 102 years old and lives in Loma Linda, California. She believes exercise and keeping fit helps you live longer. She rides 6 miles on a bicycle before breakfast! 'The whole world should be exercising,' she says. 'The television is full of it, everything is full of why you should exercise.' But there is something else. She is religious. Research shows that people who are religious may live longer, sometimes 5-7 years longer than everyone else.

Hi!

6 I'm a language student. I have an exam in one month but I'm having problems studying for it. I share a bedroom with my thirteen-year-old brother, who is very noisy. I've tried studying in the library (the hours aren't very good – it closes at 7.00), in the park (too windy) and at school (also noisy). I really want to do well in my exam but I just can't find the right place to study. Also, I have problems concentrating. I can read for an hour but after that I get bored and I can't concentrate. Any advice?

Barry Kidd

10  
How have your childhood ambitions changed? We asked people the following questions: what were your childhood ambitions? What do you do now? And what do you hope to become in the future?

Damien (31), Slovenia:

As a child, I always wanted to be a teacher. Now, I have achieved that dream. I teach Geography, History, Art and Sociology to 12-15- years old students at the secondary school here in Ljubljana. I love working with children. It's much better than an office job. But now I'm planning a career change.

I'm going back to college and I'm going to study to become a lawyer. I'd like to work in international law.

### STOP WILFING

8  
We've all done it, but now wilfing on the internet is becoming a real problem. Wilfing (short for 'What Was I Looking For') describes what happens when you spend a lot of time on internet without doing anything in particular. A new report has shown how computers users waste up to two days a month on the internet. Most of the people who were questioned said they were distracted 'all or most of the time' when they work or study online. The study showed that the internet can be bad for relationships too, as people argue with their parents who spend too much time in front of their computer. Luckily, there is a simple answer to the problem. Pet Choen, who helps internet addicts, says, 'Get off the computer and get on with your life'

13 People say that laughing every day makes you live 7 years longer, because it reduces stress. Dr Kataria a doctor from Bombay, believes laughter is good for you. In 1997 he started Laughter Yoga. Since then he has travelled around the world and established hundreds of laughter clubs. In Bangalore more than 900 people attended a 'laughter conference' where they laughed for 3 days. One thing is certain: even if laughing doesn't make you live longer, it certainly makes you feel better.

12 We would like to go to Easter Island to live with local people for three months. Easter Island is one of the great mysteries of the world. It has many famous stone statues of heads, but no one knows who made them or why.

Our plan is to talk to the islanders about their history and about their present and their future. We will ask them about their lives and what they think of the statues.

We want to learn how the world's most isolated people live: what they eat, what they do for entertainment and what they think of modern world of computers and other technology.

11 Scientists have studied the people of Okinawans, an island in Japan, since 1970. They are trying to understand why Okinawans live longer than everybody else. It might be because of their diet. Okinawans eat a lot of fruit, vegetables and soya. Or maybe it's because they eat 20% less food than people in Western countries. They have a saying 'hara hachibu' – it means 'eat until you are 80% full'. Scientists say that perhaps eating less gives you more energy and keeps you healthier.