

Reading and Writing practice

Vamping

Vamping is the teenage trend of using social media sites, chat rooms, streaming films and music videos online, or using smartphones late at night when your parents think you are asleep in bed.

The phenomenon is called vamping because it makes young people behave like vampires, coming alive after dark and then falling asleep in the daytime because they're too tired to stay awake. Some experts believe that vamping is just another expression of teenage rebellion, doing something your parents told you not to. So maybe it's no different to when your parents used to go downstairs to watch TV in the middle of the night, use the home phone after everybody was in bed, or go out to meet friends without permission, leaving pillows under the covers to make it look like they were still there! Other experts suggest that in a world where a teenager's life is so structured with activities, this is the only time of the day when they are able to interact freely with one another without adult supervision.



But there are fears that vamping actually has a darker more damaging side to it, just like a vampire's bite. First there are the negative effects on our minds and bodies of not getting enough sleep. According to the National Sleep Foundation teenagers should get between eight and nine hours' sleep every night. If they don't, they can feel tired and irritable, they may have difficulty concentrating on their school work and research has also linked a lack of sleep to getting skin and eye problems, becoming obese and depressed. The American Academy of Pediatrics has even proposed starting the school day at 9 o'clock to allow students to catch up on their sleep, after a survey showed that half of young people between 15 and 17 missed up to 90 minutes sleep a night due to vamping. But maybe it would just be better if they turned off their electronic gadgets and went to bed earlier.

The other problem is 'peer pressure', i.e. the influence that other people of your own age and social group have on what you do. Many teenagers claim that they start vamping in order to appear cool with their friends; sharing a photo, a tweet or a message at 2 a.m. on a school night shows how rebellious you are. Others just can't resist the temptation of having their tablets, smartphones or computers in their bedrooms at night and not using them. And then there's a third, more worrying, group of teenagers who find it easier to live in the virtual world than they do in the real world.

So what should parents do to combat vamping? Well, they should set a good example and stop using their own electronic gadgets after 10 o'clock at night. They should encourage their children to keep tablets, laptops and smartphones out of the bedroom. And they should explain the long-term health risks related to vamping. But they should also realise that teenagers need time and space to interact with people their own age. That's how they work out who they are and what they want to do in life.

Glossary

damaging = _____
missed up = _____

1 Read the text and answer the questions.

- 1 What is vamping?
- 2 Why is it so-called?
- 3 What do some experts think vamping is an expression of?
- 4 What was our parents' version of vamping in the past according to the writer?
- 5 Why do other experts believe that nighttime is the only time for young people to interact freely?
- 6 What negative effects could vamping have on our health?
- 7 How does peer pressure lead to people vamping?
- 8 Which is the most worrying group of 'vampers' according to this article?
- 9 What should parents do to stop their children vamping?
- 10 What do they need to realise in the writer's opinion?

Reading and Writing practice

2 Prepare a brief summary about vamping, including the following information.

- what it is and why it is called that
- what the potential risks of vamping are
- how it is similar or different to what people did in the past
- why people do it
- how you can stop doing it

3 Complete the interview about vamping with your own answers.

- Interviewer** Do you know what the expression 'vamping' means?
You 1 _____
- Interviewer** Do you think it's true that teenagers behave like vampires nowadays?
You 2 _____
- Interviewer** Do you sometimes behave like a vampire?
You 3 _____
- Interviewer** How many hours of sleep do you have every night?
You 4 _____
- Interviewer** Do you have any difficulty concentrating when you're at school?
You 5 _____
- Interviewer** Do you leave your electronic gadgets out of your bedroom at night?
You 6 _____
- Interviewer** Do you switch on and use your mobile phone during the night? How often?
You 7 _____
- Interviewer** Do you think it's true that some teenagers find it easier to live in the virtual world than in the real one? Why? / Why not?
You 8 _____



4 Imagine you are interviewing an American teenager. Follow the instructions and write the dialogue.

You	American teenager
Greet him / her and ask him / her how old he / she is	Greets you and answers he / she's 15.
Ask him / her if he / she does vamping and when.	Replies 'yes' and says he / she usually does vamping at weekends, between midnight and 2 o'clock in the morning.
Ask him / her what he / she does.	Says that he / she usually texts his/her friends and watch videos on YouTube.
Ask him / her if his / her parents know that he/she does vamping.	Replies 'no' because he / she uses his / her mobile phone under the covers.
Ask him / her why he / she does vamping.	Replies that it's a great way to keep in contact with friends.
Ask him / her if he / she has noticed any negative effects of vamping.	Replies 'yes' and says he / she usually feels tired the day after. That's why he / she does vamping only at weekends.

5 P Imagine you have just interviewed an American teenager about his vamping habits. Write an email to a friend and tell him / her about it. In your email you should:

- say what your American friend does, how often and why he does it
- include information about the negative effects on his life
- tell your friend what you think about vamping and whether or not you do it

Write about 100 words.

Speaking practice



STUDY TIPS

When you have a conversation about a general topic with your partner, remember to:

- use adjectives to describe your likes, dislikes and preferences and to expand your answers
- use as much of the language you know as you can
- give reasons for your opinions
- use linking words such as *due to*, *because*, *although*, *however*, *therefore*, *in addition*, *besides*, to join your sentences
- use weak forms and contractions to sound more natural when you speak
- keep eye contact with your partner while you speak
- enjoy the opportunity to show how good your English is!

1 T Pairwork Ask and answer the questions.

Travel

- 1 Have you ever been abroad?
- 2 What's the best holiday you have had? Which country did you visit?
- 3 Which are the most interesting things you saw?
- 4 How long did you stay there?
- 5 What did you like the best?
- 6 What do you like doing when you are on holiday?
- 7 How do you usually travel when you're on holiday?
- 8 What do you always carry in your bag when you're travelling?
- 9 Where did you use to go when you were younger?
- 10 Where do you plan to go in the future?

Means of transport

- 1 Which means of transport do you usually take?
- 2 Do you prefer travelling by train or by bus?
- 3 How often do you take the bus?
- 4 Are the buses expensive?
- 5 What's the cheapest way to travel around your country?
- 6 What about cars?
- 7 Have you got a bicycle?
- 8 Is environmentally-friendly transport important to you?
- 9 What are the worst means of transport for the environment in your opinion?
- 10 How do you think transport is going to be different in the future?

Language learning

- 1 How many languages do you speak?
- 2 Why are you learning a language?
- 3 What's the hardest part about learning a language?
- 4 What's the easiest?
- 5 What do you do to practise the language?
- 6 What are the advantages of speaking English?
- 7 How long have you studied English?
- 8 Would you like to learn any other foreign languages?
- 9 What do you like and dislike about learning foreign languages?
- 10 How do you plan to improve your foreign languages in the future?

Food and health

- 1 What factors are important for living a happy and healthy life?
- 2 How important do you think it is to eat a healthy diet?
- 3 Do you eat a healthy diet?
- 4 How do you usually cook your food?
- 5 What activities do you do to stay fit?
- 6 Do you think walking is a good way of staying fit?
- 7 In your opinion, what are the best types of exercise?
- 8 Do you often take medicines?
- 9 Have you ever broken a bone?
- 10 Have you ever been under the knife?

Speaking practice

2 P Pairwork Look at the pictures and answer the questions.

- 1 Who are the people in the first photograph?
- 2 What are they doing?
- 3 Who are the people in the second photograph?
- 4 What are they doing?
- 5 Where do you think the first photograph was taken? And the second?
- 6 What can you see in the foreground / background?
- 7 What is the main difference between the two photographs?
- 8 Where do you think the people in the photographs are going?
- 9 How would you prefer to travel? Why?
- 10 How do you usually travel when you go on holiday?



- 1 Who are the people in the first photograph?
- 2 What are they doing?
- 3 Who are the people in the second photograph?
- 4 What are they doing?
- 5 Where do you think the first photograph was taken? And the second?
- 6 What can you see in the background?
- 7 What is the main difference between the two photographs?
- 8 How often do you go to these kinds of shops?
- 9 Do you like going to the shop shown in the first photograph? Why? / Why not?
- 10 What do you usually buy in the shop shown in the second photograph?