

Reading 55

Australian culture and culture shock

Sometimes work, study or a sense of adventure take us out of our familiar surroundings to go and live in a different culture. The experience can be difficult, even shocking.

Almost everyone who studies, lives or works abroad has problems adjusting to a new culture. This response is commonly referred to as 'culture shock'. Culture shock can be defined as 'the physical and emotional discomfort a person experiences when entering a culture different from their own' (Weaver, 1993).

For people moving to Australia, Price (2001) has identified certain values which may give rise to culture shock. Firstly, he argues that Australians place a high value on independence and personal choice. This means that a teacher or course tutor will not tell students what to do, but will give them a number of options and suggest they work out which one is the best in their circumstances. It also means that they are expected to take action if something goes wrong and seek out resources and support for themselves.

Australians are also prepared to accept a range of opinions rather than believing there is one truth. This means that in an educational setting, students will be expected to form their own opinions and defend the reasons for that point of view and the evidence for it.

Price also comments that Australians are uncomfortable with differences in status and hence idealise the idea of treating everyone equally. An illustration of this is that most adult Australians call each other by their first names. This concern with equality means that Australians are uncomfortable taking anything too seriously and are even ready to joke about themselves.

Australians believe that life should have a balance between work and leisure time. As a consequence, some students may be critical of others who they perceive as doing nothing but study.

Australian notions of privacy mean that areas such as financial matters, appearance and relationships are only discussed with close friends. While people may volunteer such information, they may resent someone actually asking them unless the friendship is firmly established. Even then, it is considered very impolite to ask someone what they earn. With older people, it is also rude to ask how old they are, why they are not married or why they do not have children. It is also impolite to ask people how much they have paid for something, unless there is a very good reason for asking.

Kohls (1996) describes culture shock as a process of change marked by four basic stages. During the first stage, the new arrival is excited to be in a new place, so this is often referred to as the "honeymoon" stage. Like a tourist, they are intrigued by all the new sights and sounds, new smells and tastes of their surroundings. They may have some problems, but usually, they accept them as just part of the novelty. At this point, it is the similarities that stand out, and it seems to the newcomer that people everywhere and their way of life are very much alike. This period of euphoria may last from a couple of weeks to a month, but the letdown is inevitable.

During the second stage, known as the 'rejection' stage, the newcomer starts to experience difficulties due to the differences between the new culture and the way they were accustomed to living. The initial enthusiasm turns into irritation, frustration, anger and depression, and these feelings may have the effect of people rejecting the new culture so that they notice only the things that cause them trouble, which they then complain about. In addition, they may feel homesick, bored, withdrawn and irritable during this period as well.

Fortunately, most people gradually learn to adapt to the new culture and move on to the third stage, known as 'adjustment and reorientation'. During this stage, a transition occurs to a new optimistic attitude. As the newcomer begins to understand more of the new culture, they are able to interpret some of the subtle cultural clues which passed by unnoticed earlier. Now things make more sense and the culture seems more familiar. As a result, they begin to develop problem-solving skills, and feelings of disorientation and anxiety no longer affect them.

In Kohls's model, in the fourth stage, newcomers undergo a process of adaptation. They have settled into the new culture, and this results in a feeling of direction and self-confidence. They have accepted the new food, drinks, habits and customs and may even find themselves enjoying some of the very customs that bothered them so much previously. In addition, they realise that the new culture has good and bad things to offer and that no way is really better than another, just different.

Questions 1-6

Do the following statements agree with the information given in the reading passage?

Write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

1. Australian teachers will suggest alternatives to students rather than offer one solution.
2. In Australia, teachers will show interest in students' personal circumstances.
3. Australians use people's first names so that everyone feels their status is similar.
4. Students who study all the time may receive positive comments from their colleagues.
5. It is acceptable to discuss financial issues with people you do not know well.
6. Younger Australians tend to be friendlier than older Australians.

Questions 7-13

Complete the table below.

Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

THE STAGES OF CULTURE SHOCK

	Name	Newcomers' reaction to problems
Stage 1	7.....	They notice the 8..... between different nationalities and cultures. They may experience this stage for up to 9.....
Stage 2	Rejection	They reject the new culture and lose the 10..... they had at the beginning.
Stage 3	Adjustment and reorientation	They can understand some 11 which they had not previously observed. They learn 12..... for dealing with difficulties.
Stage 4	13.....	They enjoy some of the customs that annoyed them

Hunting Perfume in Madagascar

A.

Ever since the unguentari plied their trade in ancient Rome, perfumers have to keep abreast of changing fashions. These days they have several thousand ingredients to choose from when creating new scents, but there is always demand for new combinations. The bigger the “palette” of smells, the better the perfumer’s chance of creating something fresh and appealing. Even with everyday products such as shampoo and soap, kitchen cleaners and washing powders, consumers are becoming increasingly fussy. And many of today’s fragrances have to survive tougher treatment than ever before, resisting the destructive power of bleach or a high temperature wash cycle. Chemists can create new smells from synthetic molecules, and a growing number of the odours on the perfumer’s palette are artificial. But nature has been in the business far longer.

B.

The island of Madagascar is an evolutionary hot spot; 85% of its plants are unique, making it an ideal source for novel fragrances. Last October, Quest International, a company that develops fragrances for everything from the most delicate perfumes to cleaning products, sent an expedition to Madagascar in pursuit of some of nature’s most novel fragrances. With some simple technology, borrowed from the pollution monitoring industry, and a fair amount of ingenuity, the perfume hunters bagged 20 promising new aromas in the Madagascan rainforest. Each day the team set out from their “hotel”—a wooden hut lit by kerosene lamps, and trailed up and down paths and animal tracks, exploring the thick vegetation up to 10 meters on either side of the trail. Some smells came from obvious places, often big showy flowers within easy reach. Others were harder to pin down. “Often it was the very small flowers that were much more interesting, says Clery. After the luxuriance of the rainforest, the little-known island of Nosy Hara was a stark, dry place geologically and biologically very different from the mainland, “Apart from two beaches, the rest of the Island is impenetrable, except by hacking through the bush, says Clery. One of the biggest prizes here was a sweet-smelling sap weeping from the gnarled branches of some ancient shrubby trees in the parched Interior. So far no one has been able to identify the plant. IELTS XPRESS

C.

With most flowers or fruits, the hunters used a technique originally designed to trap and identify air pollutants. The technique itself is relatively simple. A glass bell jar or flask is fitted over the flower. The fragrance molecules are trapped in this “headspace” and can be extracted by

pumping the air out over a series of filters which absorb different types of volatile molecules. Back home in the laboratory, the molecules are flushed out of the filters and injected into a gas chromatograph for analysis. If it is impossible to attach the headspace gear, hunters fix an absorbent probe close to the source of the smell. The probe looks something like a hypodermic syringe, except that the 'needle' is made of silicone rubber which soaks up molecules from the air. After a few hours, the hunters retract the rubber needle and seal the tube, keeping the odour molecules inside until they can be injected into the gas chromatograph in the laboratory.

D.

Some of the most promising fragrances were those given, off by resins that oozed from the bark of trees. Resins are the source of many traditional perfumes, including frankincense and myrrh. The most exciting resin came from a Calophyllum tree, which produces a strongly scented medicinal oil. The sap of this Calophyllum smelt rich and aromatic, a little like church incense. But it also smelt of something the fragrance industry has learnt to live without castoreum a substance extracted from the musk glands of beavers and once a key ingredient in many perfumes. The company does not use animal products any longer, but it was wonderful to find a tree with an animal smell.

E.

The group also set out from the island to capture the smell of coral reefs. Odors that conjure up sun-kissed seas are highly sought after by the perfume industry. "From the ocean, the only thing we have is seaweed, and that has a dark and heavy aroma. We hope to find something unique among the corals," says Dir. The challenge for the hunters was to extract a smell from water rather than air. This was an opportunity to try Clery's new "aquaspace" apparatus a set of filters that work underwater. On Nosy Hara, jars were fixed over knobs of coral about 2 meters down and water pumped out over the absorbent filters. So what does coral smell like? "It's a bit like lobster and crab," says Clery. The team's task now is to recreate the best of then captured smells. First they must identify the molecules that make up each fragrance. Some ingredients may be quite common chemicals. But some may be completely novel, or they may be too complex or expensive to make in the lab. The challenge then is to conjure up the fragrances with more readily available materials. "We can avoid the need to import plants from the rainforest by creating the smell with a different set of chemicals from those in the original material," says Clery. "If we get it right, you can sniff the sample and it will transport you straight back to the moment you smelt it in the rainforest." ieltsxpress

Questions 14-19

The reading passage has seven paragraphs A-E

Which paragraphs contain the following details? Write the correct number, A-E, in boxes 14-18 on your answer sheet.

NB You may use any letter more than once.

- 14.** One currently preferred spot to pick up plants for novel finding
- 15.** A new task seems to be promising yet producing limited finding in fragrance source
- 16.** The demanding conditions for fragrance to endure.
- 17.** A substitute for substance no longer available to the perfume manufacture
- 18.** Description of an outdoor expedition on land chasing new fragrances.

Questions 19-23

Do the following statements agree with the information given in Reading Passage 2? In boxes 19-23 on your answer sheet, write

TRUE if the statement is true

FALSE if the statement is false

NOT GIVEN if the information is not given in the passage 2

19. Manufacturers can choose to use synthetic odours for the perfume nowadays.

20. Madagascar is chosen to be a place for hunting plants which are rare in other parts of the world.

21. Capturing the smell is one of the most important things for creating new aromas.

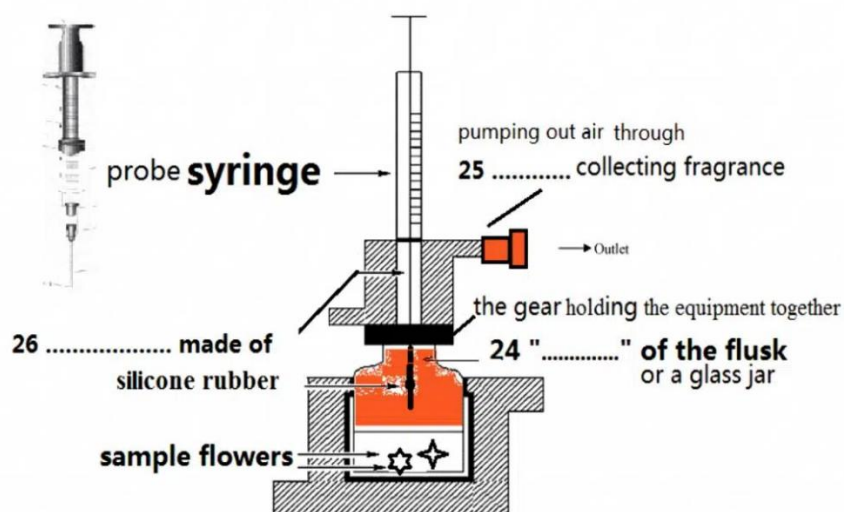
22. The technique the hunters used to trap fragrance molecules is totally out of their ; ingenuity.

23. Most customers prefer the perfume made of substance extracted from the musk glands of animals.

Questions 24-26

Fill in the blanks and answer the questions below with only one word.

A simple device used to trap molecules



Sleep Reading

- A. Like many things about your body, scientists and medical professionals still have a lot to learn about the process of sleep. One earlier misconception that has now been revised is that the body completely slows down during sleep; it is now clear that the body's major organs and regulatory systems continue to work actively – the lungs, heart and stomach for example. Another important part of the body also operates at night – the glands and lymph nodes, which strengthen the immune system. This is commonly why the body's natural immunity is weakened with insufficient sleep.
- B. In some cases, certain systems actually become more active while we sleep. Hormones required for muscle development and growth, for instance, as well as the growth of new nerve cells. In the brain, activity of the pathways needed for learning and memory is increased.
- C. Another common myth about sleep is that the body requires less sleep the older we get. Whilst it is true that babies need 16 hours compared to 9 hours and 8 hours respectively for teenagers and adults, this does not mean that older people need less sleep. However, what is true is that for a number of different factors, they often get less sleep or find their sleep less refreshing. This is because as people age, they spend less time in

the deep, restful stages of sleep and are more easily awakened. Older people are also more likely to have medical conditions that affect their sleep, such as insomnia, sleep apnoea and heart problems.

- D. Getting a good sleep is not just a matter of your head hitting the pillow at night and waking up in the morning. Your sleep goes in cycles throughout the night, moving back and forth between deep restorative sleep and more alert stages with dreaming. As the night progresses, you spend more time in a lighter dream sleep.
- E. Sleep patterns can be broken down into two separate and distinct stages – REM and NREM sleep, REM (Rapid Eye Movement) sleep is when you dream. You usually have 3 to 5 periods of REM sleep each night, lasting from 5 minutes to over an hour, during which time your body's activities increase. Breathing becomes fast, shallow and uneven, with an increase in brain activity, heartbeat and blood pressure. Although your major muscles generally don't move, fingers and toes may twitch and body temperature changes and you may sweat or shiver.
- F. Research has concluded that this sleep is most important for your brain. It is when it is most active, processing emotions and memories and relieving stress. The areas used for learning and developing more skills are activated. In fact, the brain waves measured during REM sleep are similar to those measured when awake.
- G. NREM (Noil-Rapid Eye Movement) sleep is dreamless sleep. NREM sleep consists of four stages of deeper and deeper sleep. As you move through the stages, you become more relaxed, less aware of what is happening around you and more difficult to wake. Your body's activity will also decrease as you move through the NREM stages, acting in the opposite manner to REM sleep. Stage 1 of NREM sleep is when you are falling to sleep. This period generally lasts between 5 and 10 minutes, during which time you can be woken easily. During stage 2, you are in a light sleep- the in-between stage before your fall into a deep sleep. It lasts about 20 minutes. In stage 3, deep sleep begins, paving the way for stage 4, in which you are difficult to awake and unaware of anything around you. This is when sleep walking and talking can occur. This is the most important stage for your body. Your brain has slowed right down and is recovering. Blood flow is redirected from your brain to your large muscles allowing them to mend any damage from your day at work. People woken quickly from stage 4 sleep often feel a sense of disorientation, which is why it is helpful to use an alarm clock with an ascending ring.
- H. About an hour and a half into your sleep cycle you will go from deep Stage 4 sleep back into light Stage 2 sleep, then into REM sleep, before the cycle begins again. About 75% of your sleep is NREM sleep. If you sleep for eight hours, about six of them will be NREM sleep. As the night progresses, you spend more time in dream sleep and lighter sleep.
- I. When you constantly get less sleep (even 1 hour less) than you need each night, it is called sleep debt. You may pay for it in daytime drowsiness, trouble concentrating, moodiness, lower productivity and increased risk of falls and accidents. Although a daytime nap cannot replace a good night's sleep, it can help make up for some of the harm done as a result of sleep debt. But avoid taking a nap after 3 pm as late naps may stop you getting to sleep at night. And avoid napping for longer than 30 minutes as longer naps will make it harder to wake up and get back into the swing of things

Section 2

Solution and Explanation

Questions 27 – 30

Choose the correct answer from options A to D.

Q27) Among other functions, sleeps serves to ____

- A help the adult body develop physically.
- B push daily problems from our minds.
- C accelerate the learning process significantly.
- D re-energise parts of the brain.

Q 28) “Torpor” can be described as ____

- A a very deep sleep.
- B a long state of hibernation.
- C the sleep all non-human mammals experience.
- D a light sleep

Q 29) Unlike small mammals Humans ____

- A don't sleep to conserve energy.
- B don't sleep properly.
- C save only a small amount of energy by sleeping.
- D show no decrease in their metabolic rate when they sleep.

Q 30) In stage 3 Deep sleep ____

- A the eyes move slowly and there's little muscle activity.
- B there is an alternation of delta waves and small fast waves.
- C there is an occasional burst of rapid brain waves.
- D there are no small fast waves.

Questions 31 – 35

Complete the flow-chart below. Use no more than three words.

(Guide: Candidates need to fill the flow chart with no more than three words from the passage)

Q 31) The individual drift in and out of consciousness and can be woken up easily as theta re only in a ____ eye moment is slow and there is only reduced , - muscle activity

Q 32) The speed of ____ activity slows and all movements of eyes tend to stop.

Q 33) Brain activity is dominated by delta waves, with a scattering of ____ also in evidence .

Q 34) In a state of ____ the brain emits delta waves almost exclusively. It is hard to wake the individual.

Q 35) A period of rapid eye movement follows, during which ____ patterns are not consistent and limb muscles enter a temporary state of paralysis.

Questions 36-40

Complete the summary.

Choose NO MORE THAN TWO WORDS from the passage for each answer.

Sleep is so essential to a person that he can actually go longer without food than without sleep. During sleep, the brain has the chance to close down and do some repair work on neuronal connections which could otherwise 36..... in a state of inactivity. Sleep also gives the brain the opportunity to organise data, especially newly-learned information.

During this rest period, the 37..... Drops and energy consumption goes down. At the same time, the cardiovascular system has a much-needed rest. While they go into a deep sleep, humans don't fall into 38....., unlike some small animals such as rodents. A 39..... of 24 hours is described as a person's 40....., and this greatly influences a person's amount of sleep, and the type of sleep he gets.