

Wednesday, January 8th, 10:45- 12:15

Exercise (01): Listen carefully to the audio track then decide if the following statements are “True” or “False”. **“Justify”** your choice in **both cases** with **exact statements** from the audio track. **(7pts)**

- 1- [True] “An idiom describing a situation that is **very bad and without hope**”
- 2- [False] “But all the damage being done by climate change is **also** having an **effect on our minds**, our **mental health**.”
- 3- [True] “It’s a high percentage which is not surprising considering that it’s **future generations** who will live with the consequences of what we do, or fail to do, today.”
- 4- [False] “The 2021 UK census reported that **three quarters** of adults in Britain are worried about the impact of climate change”.
- 5- [False] “Post-traumatic **stress disorder** often shortened to PTSD – a serious mental health disorder that can develop **after a very bad experience**”.
- 6- [True] “With creative thinking like this, **it may still be possible** for today’s young people to have a planet worth living for”.
- 7- [False] “But all the damage being done by climate change is also having **an effect on our minds, our mental health**.”

Exercise (02): Listen to the audio track and answer the following questions: **(8pts)**

- 1- What does this podcast speak about exactly? **(1pt)**

The damage being done by climate change on our minds and our mental health.

- 2- Dr. Huebner lists another complication similar to PTSD. **Name & define it.**

Name: Climate Doom/climate anxiety. (1pt)

Definition: even people without direct experience can suffer anxiety issues about what the future holds for our planet. This is known as climate anxiety, sometimes called climate doom – a low-level feeling of nervousness or worry about the consequences of climate change. (1pt)

- 3- **Compare** “PTSD” and “climate doom.”

Similarity: both are mental disorders with “harmful or negative effects”. (1pt)

Difference: the former is a “serious mental disorder” (intense) while the latter is “a low-level feeling of nervousness” (not intense). (1pt)

- 4- What are the propositions of Dr. Huebner to boost mental well-being?

a/ Replacing Fossil Fuel Vehicles with activities likes walking and cycling. (1pt)

b/ more urban green spaces are recommended. (1pt)

- 5- What is the question Rob asked at the beginning of the podcast and answered at the end?
(Mention the question and the answer)

Question: what percentage of young people worldwide say they feel worried about climate change? (0.5 pts) **Answer: 84%. (0.5 pts)**

Exercise (03): Listen carefully then fill in the gaps with the appropriate expressions. (Spelling mistakes are penalized). **(5 pts)**

OK, Sam, we’ll find out if that’s the correct answer later in the programme. The expert **(1) I mentioned earlier who’s investigating this problem is** Dr Gesche Huebner, senior researcher at University College London. Here Dr Huebner **(2) explains to BBC World Service programme, The Climate Question, what she’s been finding out.** I think we have very clear evidence that, for example, **(3) hot temperatures – heat waves - are leading to an increased risk of suicide and also other adverse mental health effects.** We also have pretty good evidence that, for example, **(4) experiencing a natural disaster - storms, flooding - are linked to (5) negative mental health outcomes such as post-traumatic stress disorder or other anxiety issues.**

Best of Luck!