

Reading Future Connect 1

Unit 1. A City on Mars

Elon Musk is the CEO of SpaceXTM. Musk is one of the most innovative CEO's of our time, he also runs Tesla, a company which is researching sustainable energy and space exploration. SpaceXTM is a civil aerospace company that aims to create a new home for humankind by moving people to Mars.

Mars is our neighbor planet, its orbit is similar to Earth's, but it is further from the sun, making temperatures there low, often far below freezing. Out of all the planets in our solar system, Mars has the most similar environment to Earth. Like the Earth, Mars has an axis¹ of rotation tilt of 25.2 degrees, and the rotation period is 24 hours and 37 minutes, very close to Earth's 23 hours and 56 minutes. Mars' atmosphere is thin, and its gravity is weaker than Earth's. Mars also drops to -140 degrees Celsius and the average temperature around the equator is -50 degrees Celsius. Atmospheric pressure is only 0.6% of the Earth's surface, and most of the atmosphere is carbon dioxide, which does not make it a very habitable environment for humans.

Humankind has been collecting in-depth information on Mars since the 1960s, and on February 6th, 2018, SpaceXTM successfully launched Falcon Heavy, a cargo-lifting rocket designed to transport materials for building structures on Mars.

Although Mars exists on the outer edge of the habitable region of the solar system, nonetheless, Elon Musk has a dream to establish a community on Mars.

Elon Musk announced plans to send an unmanned spacecraft to Mars every two years, beginning in 2018. He imagines sending the first 100 humans to Mars in 2024. He said, "We will send our first probe to Mars by 2018 and we will build the first space colony in 2024." NASA has its own plan with targets to send manned spacecraft to Mars sometime in the 2030s.

At the heart of Musk's fantastic plan is the Interplanetary Transport System (ITS), which SpaceXTM is developing. ITS plans to build a rocket equipped with 42 engines that are four times more powerful than conventional rockets and will transport 100 people or 100 tons of cargo at a time. The rocket will be able to reach Mars in about three months. SpaceXTM plans to build a total of 1,000 spaceships and send 100 passengers to Mars every 26 months. The ultimate goal is to set up a city where a million astronauts can live independently.

¹ axis: n. a real or imaginary straight line going through the centre of a object that is spinning, or a line that divides a symmetrical shape into two equal halves

Unit 2. What to Wear

Hijab is a popular head covering worn by Muslim women who practice the religion known as Islam. It is a sort of scarf worn by Muslim women when they go out. A chador, used by many Arab women, is a larger piece of fabric that is wrapped around the head and upper body, leaving only the face exposed. The niqab is worn particularly in Arab countries such as Saudi Arabia, Oman, and the United Arab Emirates. The niqab surrounds the entire neck, head, and face. The burqa is the largest of the Islamic veils worn by Muslim women as it covers the head and body, leaving only an open slot for the eyes. Sometimes a mesh is worn over the eye slot to obstruct² viewing of the woman further.

Muslim men wear a brimless cap called a Fez, most commonly used in Turkey and Morocco. It is a tall, flat-topped conical red hat topped with a black tassel. In Judaism, Jewish men wear a kippah, also known as a yarmulke, for the prayer and as an outward sign of their faith. It is a small, round hat that only covers the crown of the head. Kippahs come in colors associated with different sects of Judaism.

Muslim and Sikh men wear turbans, long cloths made from silk or cotton, wound around a cap on their head. They are worn for reasons of fashion and faith. Turbans come in many colors, prints, and can be decorated with jewels, sequins, beads and more. Though the colors do not have any special meanings, red turbans are traditionally worn at Sikh weddings.

Muslim women dress burqas to protect themselves from the scorching Middle Eastern sunlight. In Muslim culture, both men and women are urged to wear simple clothes, as instructed by the Koran. The idea is they should expose as little of their bodies as possible. It is also said headscarves should be worn to protect the body from contact with other men.

Lately, these Islamic clothes have been adopted into pop culture and used as fashion items, and some popular brands have even begun to make and sell their own, name-brand hijabs.

While Muslim women are forced to wear traditional clothes, burqas are banned in some countries. In 2011, a ban³ on burqas was imposed in France; people could not wear face-covering burqas in public, as they considered the garment oppressive.

Some women decide on their own traditional clothes, including the hijab, for their own religious reasons. On the other hand, some women say that it isn't their choice because wearing a hijab is often imposed on a girl from a very early age. Some women say they would like to take off their hijab sometimes, but cannot because of the Muslim religious law. As such, Muslim women's traditional clothing is controversial not only within Muslim communities but also across the globe.

² obstruct: v. to try to stop something from happening or developing

³ ban: n. an official order that prevents something from happening

Unit 3. A Place to Relax

Located in Yongsan, Seoul, the Dragon Hill Spa is a large resort that provides loads of relaxation. People visit from all over the world to take a break from their hectic⁴ lives. Because there are so many foreign guests, all of the facilities have signs in English, Chinese, and Japanese.

On the first floor, there is a sauna, and hot springs feed into an outdoor pool. Enjoy the sauna, then hop into the pool to cool off. There are also poolside massages and suntan stations with different oils for the skin.

The Royal Orchid Spa at Dragon Hill offers skincare, body care, sports massage, foot care, traditional Thai massage, and nail art. In their fitness room, Dragon Hill has highly advanced TECHNOGYM equipment for optimal exercise results. They also offer on-site professional trainers, yoga classes, and horseback riding.

For family's visiting the spa, while the parents go relax, kids can check out the arcade games room. The kids' area features an indoor playground, a PC room, a wide variety of arcade game machines, and boasts top-of-the-line karaoke facilities.

When you're ready to take a meal break, visit IL POOM MYUN OK, a Korean restaurant, for fresh-made, traditional Korean meals.

Starting at around 120,000 KRW, you can purchase a spa package that includes such services as acupressure therapy, scalp massage, and whole body stretching. There are many different packages available, some for men and some for women, at various prices depending on what services you want. Or, if you only want to make a day or evening visit to the spa, admission costs 12,000-15,000 KRW. This is an excellent price for the kind of relaxation and health benefits Dragon Hill Spa has to offer.

⁴ hectic: adj. very busy and fast

Unit 4. Colors for Brides

When you think of a wedding dress, white always comes to mind. When did people start wearing white for their wedding dresses? The trend begins in ancient Greece. In ancient Rome, priests wore yellow dresses and veils, called “plastering.”

Dresses vary more as we move into the Middle Ages when only Christians were allowed to wear them. The white dress added the religious meaning of “chastity and pureness.” This meaning prevails in modern times, as the white wedding dress signifies the bride's “chastity and obedience⁵.”

Princess Philippa was the first royal women to wear a white wedding dress. In the 15th century, she wore a tunic with a cloak made of white silk and trimmed with fur. Mothers-of-the-bride started wearing white clothes to their daughter's weddings sometime after the 16th century. Mothers wore white to allude to the virginity and virtue of the bride. This trend began in places such as Europe, Britain, and France. Today, it is still quite popular in those, and many other English speaking countries, such as the U.S. and Canada.

Every country has a different traditional color of wedding dress; in China, brides do not wear white. There is a superstition that wearing a white dress will bring bad luck into the marriage and the bride and groom may divorce soon after the wedding. Red represents good fortune in China, so the bride and groom wear red at their wedding ceremony. They also use red decoration in their hair. In India, too, the bride wears a red sari at the wedding because it's believed to bring good luck.

In Ghana, brides wear robes of many colors, such as yellow, green, and red because they believe that the bride should be the center of attention on her wedding day.

Throughout history, women often simply wore their best dress to their wedding, even if it was a dark color. Dark colored dresses were good choices because they hid stains and could be worn repeatedly. Blue has also been a popular traditional choice because it represented piety and purity as well as a connection to the Virgin Mary. In Ireland, blue was the ancient, symbolic color for purity before white became the universal symbol for virginity.

Western styles of dress were introduced in Korea during the Japanese occupation⁶. The groom wore a swallowtail jacket, and the bride wore a white skirt and had a Western wedding ceremony. During Japanese colonial rule, the traditional Korean wedding ceremony was banned. As Western weddings at wedding halls became popular, wedding clothing changed completely into Western style.

⁵ obedience: n. the fact that people or animals do what they are told to do

⁶ occupation: n. a situation in which an army or group of people moves into and takes control of a place

Unit 5. Robots Animals

Scientists are taking cues from⁷ nature when it comes to building today's robots. They examine the characteristics of animals and use them to design better robots. This study of animals in order to further robotic technologies is a very popular and widely expanding area of research.

'MantaDroids' are a type of robot that floats in the water. They operate using an internal power source. Their biometric structures are similar to stingrays, and they can move at speeds up to 1.6 miles per hour. Their wings are remotely controlled to enable the driver to change the robot's direction.

Robots based on lizards are designed with good grip in mind. To keep the robots stable, their legs are short and placed close together, so that they can operate on slippery surfaces, such as metal, marble, and glass.

Cockroaches and birds have been combined; this style of robot has both legs and wings. If it is difficult to move the robot because it is stuck, the operator can press a button to activate its wings and help dislodge⁸ it.

The crab-shaped robot, 'Crabster CR200,' is a red and yellow robot that explores by walking along the sea floor on six legs powered by 30 joints. Crabster was developed at the Korea Institute of Ocean Science and Technology. Using its two front legs, it can pick up objects and store them in a front compartment. It can detect objects within 100 meters, even in murky water, and can also take photographs using a built-in, ultrasound camera.

The humanoid robot, 'DURUS,' walks by pushing its toes after each foot touches the ground, creating a walking motion.

The robotic fish, 'MIRO,' (Marine Intelligence Robot) is designed to swim using the same motions of a fish. Powered by a lithium-ion battery, it can hold out underwater for up to twenty-two hours. MIRO uses AI and can swim in synchronized schools of up to ten or more. You can already see MIROs at your local aquarium, and science museum. As it is popular abroad, it is already swimming in global theme parks and aquariums, for example, MIRO has been swimming with real fishes in the Lotte World Aquarium.

In the future, robots will evolve into even more intelligent forms and will be used to carry out⁹ all kinds of services. With additional AI, communication, and camera functions, robots have great exploration and practical-use potential.

⁷ take cues from: idiom. to take notice of someone's words or behavior so that you know what you should do

⁸ dislodge: v. to remove something or someone

⁹ carry out: v. to do or complete something, especially that you have said you would do or that you have been told to do

Unit 6. Sorts of Coral

If you look at a picture of the cool summer sea, you may see beautiful coral of various colors. Is coral really a plant? Is it an animal? Coral is a cnidaria¹⁰ that has lived on Earth for a long time. Coral live grouped together in a form called a reef. Reefs begin when coral attaches to the rock of the sea floor. Most species rarely move, they live and breed in one place. Once the coral has attached itself to the rock, it divides, or 'buds,' into thousands of clones.

Corals have no sensory organs, intestines¹¹ or anus, but their mouths and stomachs are lined with fine tentacles. Coral feed off of small sea creatures such as animal plankton. Coral polyps are related to sea anemones and jellyfish. Polyp means 'many legs' in Greek. This name was probably given to them due to their lining of fine tentacles.

There are several tentacles surrounding the creature's mouth; these are what coral use to hunt for food. Corals' favorite prey is animal plankton, but it is an opportunistic feeder and also consumes small fish, shrimp, or crabs. In the daytime, it will fold in on itself and close, but at night, it opens and waits for food to drift into its quiet trap. As soon as the passing food touches its tentacles, the coral quickly launches them as if from a cannon. The tentacles sting and capture the food, then pull it into the coral's mouth. Its tentacles also play a role in digesting and absorbing the food. The toxicity of the cnidaria's tentacles is rather strong, and contact with human skin can cause a rash.

Once the prey is digested, the stomach reopens, and the coral's feces are also expelled through the mouth.

Corals eat small marine creatures, but they also coexist with one type of small sea creature called Zooxanthellae¹². Zooxanthellae and coral have a symbiotic relationship—that means they live attached to each other and help each other to survive. Zooxanthellae sit in a polyp and deliver nutrients to the coral through photosynthesis¹³, while the coral protects zooxanthellae from being eaten by predators. The coral relies largely on photosynthesis to survive, and can only live in the clear, clean ocean waters, as unpolluted water is a necessary condition for photosynthesis.

While coral reefs cover less than 0.1 percent of the Earth's ocean floor, a quarter of all ocean creatures live in harmony here. Reefs also serve as a natural seawall to protect the coast from typhoons and tidal waves¹⁴.

¹⁰ cnidaria: a soft-bodied animal that includes corals, jellyfish, and sea anemones

¹¹ intestine: n. the long tube in your body that processes food and carries waste out of your body

¹² Zooxanthellae: n. single-celled plants that live in the tissues of animals

¹³ photosynthesis: n. the process by which a plant uses the energy from the light of the sun to produce its own food

¹⁴ tidal wave: n. an extremely large wave caused by movement of the earth under the sea, often caused by an earthquake

Unit 7. Water Giants

The blue whale is the largest living mammal on Earth. If you looked up at a blue whale from the bottom of the sea, you would see a massive, blue-grey belly. Blue whales grow up to thirty-three meters long and weigh about 200 tons. They have long, oblong¹⁵-shaped bodies with broad, U-shaped heads.

When the blue whale surfaces to exhale¹⁶, it shoots a stream ten to fifteen meters high from its blowhole. Despite its mammoth size, the blue whale typically only eats tiny creatures called krill. Female whales are slightly larger than males, around twenty-three to twenty-seven meters in length. Baby whales, called calves, are about seven meters long and weigh approximately 3 tons at birth.

Since the late 19th century, many people have been hunting these creatures, and they've come close to extinction in the past; however, recent studies show that their numbers are now increasing. This is likely due to the fact that blue whales have been added to the endangered species list, making it illegal to hunt and kill them. Recently, the number of whales was reported to be an estimated 5,000 to 12,000 worldwide.

Krill, the whale's main prey, is a crustacean¹⁷, similar to a shrimp. When a whale gets close to a collection of krill, it opens its mouth, pumps its tail, and charges into action. On average, the blue whale swims at eleven kilometers per hour, but it can travel as fast as fifty kilometers per hour when hunting for food.

The blue whale also sings, its voice is haunting¹⁸ and majestic. It sings at a low frequency of ten to forty hertz. For reference, humans can only hear up to twenty hertz. The blue whales' is the biggest song on Earth, it can be heard from hundreds of kilometers away, and even thousands of kilometers if you use a listening device.

In Canada, there is a preserved blue whale's heart on display. It is twenty-three meters and thirty centimeters long and weighs 181 kilograms. Three adult males could comfortably fit in this enormous heart; it is said to be about the same size as a small car.

¹⁵ oblong: adj. a shape that is longer than it is wide

¹⁶ exhale: v. to send air out of your lungs

¹⁷ crustacean: n. any of various types of animal that live in water and have a hard outer shell

¹⁸ haunting: adj. beautiful, but in a sad way and often in a way that cannot be forgotten

Unit 8. Camel Humps

The camel is an animal that lives in the deserts of West Asia and North Africa. Because it is large, strong, and has good endurance, it is often used to move people and cargo around in deserts. It is around two meters tall and weighs 250 to 680 kilograms. It has a long neck and legs. It has four feet and each hoof (singular called: 'hoof,' plural called: 'hooves') has two toes.

The camel evolved to survive in the desert. In the middle of summer, it is important to be far from the ground in the desert, where the temperature can rise to up to seventy degrees Celsius, so the camel's legs elongated¹⁹ over time. Thanks to these long legs, the core temperature of the animal's body is kept about ten degrees cooler than that of the ground. In addition, the camel's feet are flat, making them more suitable for negotiating²⁰ the sandy terrain.

The camel's legs are hard muscle; this makes it useful for carrying heavy loads over long distances. Their knees have leather pads that serve as a support for walking and sitting. Their thick hair also reflects sunlight to prevent the camel from overheating.

Camels have two eyes, one on each side of their heads; this helps them to better scan for predators. The animals have two ears, no horns, and thick, long eyebrows, which helps to prevent sand dust from blinding it. In addition to the thick eyebrows, the camel's broad forehead covers its eyes to prevent direct sunlight from constantly penetrating²¹ the eyes, which could cause blindness over time, and thick eyelids protect it from sand winds. Its tear glands²² are large and produce a lot of liquid, to keep its eyes moist in the harsh climate.

The camel's most notorious²³ feature is the hump on its back. Depending on the species, it may have one hump or two. Many people believe their humps are full of water, but it is actually composed of fat. The camel cannot eat regularly in the desert, so it stores all its nutrients in the hump on its back before leaving on long treks through the desert. A reaction between the stored fat and oxygen in the air also produces water as a byproduct²⁴, keeping it hydrated during long periods without water. When a camel's surplus nutrients have been depleted²⁵, it has a small lump²⁶ or even a dent²⁷ where its hump used to be.

¹⁹ elongate: v. to become or make something become longer, and often thinner

²⁰ negotiate: v. to manage to travel along a difficult route

²¹ penetrate: v. to move into or through something

²² tear gland: n. an organ in your eye where tears are produced

²³ notorious: adj. famous for something bad

²⁴ byproduct: n. something that is produced as a result of making something else, or something unexpected that happens as a result of something else

²⁵ deplete: v. to reduce something in size or amount, especially supplies, energy, or money

²⁶ lump: n. a hard swelling found in or on the body

Unit 9. Skiing in Space

The moon is the closest celestial²⁸ body to Earth. Due to gravitational attraction, it orbits the Earth, completing one cycle around the world every 21.3 days. Its average distance from Earth is 384,400 kilometers. The moon does not emit²⁹ light; it only looks as if it is shining because it reflects light from the sun, which is why the bright spots look different depending on the positions of three heavenly bodies: the sun, the moon, and the Earth.

Apollo 11 was the first manned spacecraft to land on the moon. In July, 1969, Neil Armstrong was the first person to step out upon its rocky surface. Armstrong said that even in low-gravity, he had no problem walking on the surface, which has only about a sixth of the Earth's gravity. Armstrong said it was rather more comfortable than practicing low-gravity walking on Earth. He also said that the moon's surface is 'bright and looks like powder.'

Walking in low-gravity meant Armstrong moved in great leaps, bounding over the moon's surface as if moving in slow motion. Each step took him much further than it would have on Earth, the low-gravity meaning that the pressure he had to exert³⁰ was much less and pushed him much further. Each time his feet touched the ground, dust rose. Footmarks were clearly visible as if walking on raw cement.

Dr. Harrison Jack Schmitt, who went to the moon on the Apollo 17 mission in 1972, said: "When I landed on the moon, I was able to walk faster than others in the moon's weightless state because of the skiing I learned in Norway as a student."

"So everyone who will go to the moon will have to take ski lessons."

He also said that a person who has learned to ski properly could reach speeds of up to ten miles per hour. Although it is not necessary for astronauts to wear skis in real life, it would be nice for them to take a pole shaft and use it for balancing purposes.

²⁷ dent: n. a small, hollow mark in the surface of something

²⁸ celestial: adj. of or from the sky above us

²⁹ emit: v. to send out light, sound, or a smell, or a gas

³⁰ exert: v. to use power or the ability to make something happen

Unit 10. Seasonal Sports

Two popular winter sports are skiing and snowboarding. There are scientific principles behind the way these two sports operate.

Skis are long and flat; they create large, but narrow surface areas on the bottom of each foot. These long, narrow planes minimize friction, which allows the skier to slide. Reduced friction, combined with the effects of gravity, allow skiers to reach tremendous speeds. Gravity pulls objects toward the center of the Earth, which is why objects do not move on a level surface, but the higher and steeper the slope an object is placed upon, the faster gravity will pull the object down. Hence, the steeper the slope, the faster speeds the skier can achieve.

Another way that skis reduce friction³¹ is pressure. When weight is applied to the ski, this results in pressure and the snow beneath the ski begins to melt, which in turn decreases friction. The skier must learn to increase or decrease the friction properly so that they can control their rate of speed and direction. To make a turn, tilt your body and legs to one side. If you turn abruptly, this will cause all of the pressure to be transferred to the side of the skis, called the edges, and the skis will dig into the snow, bringing you to a complete stop.

One of the most popular summer sports is surfing. In this sport, you balance upon a long, broad board in order to ride the waves that occur in large bodies of water. Surfing requires an acute³² sense of balance and strong swimming ability.

When entering the surf, lie down on your board and use your arms to paddle out to the larger waves. Then, move into a crouching position. Next, shift from your hands and knees to a standing position, using your arms and torso to maintain your balance. You must continually adjust your balance based on the difference in height between waves.

³¹ friction: n. the force that works against an object as it slides along the surface of another object or moves through a liquid or gas

³² acute: adj. used to describe intelligence, senses, etc. that are very good, accurate, and able to notice very small differences

Unit 11. Soccer Tennis

Soccer tennis is a game in which two teams compete against each other by hitting the ball toward the opponent³³ team over a net. Players are allowed to touch the ball with any part of their body except for their arms and hands. They are not allowed to touch the net, if they do, the opponent team is awarded a point.

Soccer has a history of being played for over 2,000 years and dates back to ancient Greece, Rome, and parts of Central America. It continued to evolve over the centuries and the game we know as 'soccer' today has roots in England. The game of tennis has a history dating back to the Middle Ages. Soccer tennis combines rules from soccer and tennis, taking the 'no hands' rule from soccer and putting the sport onto a court similar to tennis.

Soccer tennis is also a low-cost sport; it requires no special tools or equipment. You only need light clothes to wear, a net, and a ball. It is playable even in a small space.

The competition must begin within 5 seconds of the judge's signal. The ball must be served. The rotation of the serve goes in a clockwise direction. The rules for the number of times a ball can be touched by a player each play differ based on number of players on each team: in singles, the player is allowed two touches; doubles, three touches; and in triples, also three.

Defense and offense can be carried out over the entire range of your own team's side. The goal is to reach the ball when it is on the same side as your team's court and knock it into the other team's area. Even if the ball hits the net, it is still considered 'in play.'

A set finishes on the eleventh point when there is a two-point difference, with a maximum possible score of 15:14. In order to win, one team must win two sets.

³³ opponent: n. a person you are competing against, esp. in politics or sports

Unit 12. Sportsmanship

Let's take a look at the major brothers and sisters in the tennis world. As they are athletes in the same sport, they can not only lean on and sympathize with each other, but they also provide great encouragement.

First, let's meet the Williams sisters, the most popular sports figures in women's tennis. Both Serena and Venus Williams are among the top active players, and it is difficult to match the Williams sisters in history.

In 2017, Serena and Venus ranked 6th and 15th, respectively, in a survey by ESPN named the "50 Greatest Black Athletes." The Undeclared, a sports and pop culture website, used SurveyMonkey to ask 10,350 people to rank athletes using a scale of 1 to 10 stars. Participants were asked to rank athletes based on four factors: overall influence, dominance³⁴, inspiration, and impact on society. Average scores were then calculated and put on a top 50 list.

The two players performed well last year. Serena won the Australian Open by defeating her sister Venus and became the Grand Slam champion.

Despite being 38 years old, Venus continues to outperform³⁵ most players in her field. She has ranked fifth in the world since 2011. She didn't win the championship last season, but she finished second at the Australian Open, Wimbledon, and WTA Finals. If Venus ranks top of the table next season, she will be the oldest record winner in women's tennis history.

South Korea has two brothers who are notable in their sportsmanship, Chung Hong and Chung Hyeon. Having a father as a tennis coach, the two brothers became naturally acquainted with tennis. Older brother Chung Hong has been a rising star in Korean tennis since he was a junior and became the youngest man to make it into the Challenger 8 semi-finals in 2011.

Chung Hyeon has outdone his best performance and has grown to be a rising star in the world beyond Korean tennis. He is currently ranked the No. 1 in Korean tennis players and became the champion of the next generation ATP³⁶ Final in 2017. He began playing tennis at age 6 with his parents and continued to play after his doctor recommended that looking at the color green would help his weak eyesight. Chung said he missed the chance to treat his eyesight problems early in life, and that the color green, which happens to be the same color as both tennis courts and tennis balls, put less pressure on his eyes than when he had to read and study. This reduced strain prevented his condition from worsening and lessened his discomfort; therefore he concentrated more of his efforts in the court than in the classroom.

³⁴ dominance: n. the situation in which one company, product, etc. has more power, influence, or success than others

³⁵ outperform: v. to perform better or do better than someone or something

³⁶ ATP: n. Association of Tennis Professionals (Sports association)

Unit 13. Good Listeners

Psychology is the study of humans, their minds and their behaviors. It is a study focused on discovering how we perceive, experience, and interacts with ourselves, other people, and our environment. Psychologists are trained professionals who must undergo rigorous³⁷ study to attain their qualifications. Typically, it takes 8 to 12 years in post-secondary education.

The techniques psychology employs are evolving rapidly as there is a high demand for therapy services. Two of the most popular types of therapy are cognitive behavior therapy and talk therapy.

Cognitive behavior therapy³⁸, or CBT, focuses on how our environment impacts our mood and state of mind. Typically, a therapist instructs their patient to make a record of important thoughts and actions throughout their days. These documented actions can then be reviewed and actions associated with negative consequences can be adjusted or changed. Thus, implementing small changes in habits can allow for better overall moods.

Talk therapy is where a therapist will converse³⁹ with you about your life. A lot of talk therapy is simply listening, but psychologists will also offer helpful suggestions, insight or feedback on your problems. One of the most important things to the psychologist is that their patient is comfortable. It is important that you feel you can share openly and honestly.

Many psychologists have specific areas in which they work. Some specializations include areas in: trauma; child psychology; employment counseling; mental health disorders such as obsessive-compulsive disorder⁴⁰ and depression, and so on.

Psychologists employ many different techniques and sometimes use special equipment or animals to assist in treatment.

³⁷ rigorous: adj. detailed and careful

³⁸ Cognitive Behavior Therapy(or CBT): n. a treatment for people suffering from mental illnesses that tries to change the way they think

³⁹ converse: to talk with someone

⁴⁰ obsessive-compulsive disorder: n. a mental illness that causes a person to do something repeatedly for no reason

Unit 14. From Hobby to Job

The definition of a hobby is "to do something you enjoy, not in a professional capacity," but in the world of commerce, there are many people who have successfully taken their hobbies into the professional domain.

Let's take a look at the life of a man named Kim Geon-hee. Geon-hee loved board games. He loved board games so much that he left the company in order to do what he loved. He became a board game writer. He has grown his collection since childhood and has always collected games from all over the world. He is said to have bought over a thousand board games. Later, he started making his own board games as a hobby. It has been four years since he started a board game developer group in 2003 and become a professional producer.

He said that nowadays, his hobby is enjoying his job, making board games was a pleasure even when he was not getting paid for it, but he is even more pleased now that he can do it while making a living. As his hobby became his profession, he began doing even more hobbies than he did while working in his old career. He advises that, when planning for your future, you take into consideration what you love to do and try to plan for a career that is somehow related; this will lead to optimal⁴¹ life-satisfaction and happiness.

Bae Yong-tae is another great example of someone who has turned their hobby into a lucrative⁴² business. Yong-tae was a young man who loved to read books. He is a poet and a book collector. During his trip to Japan, he fell in love with a Cinderella pop-up book that started his collection. (He collects mostly pop-up books.) He now runs a store that sells specialty goods. While working on his own collection, he acquired information and knowledge about finding unique goods through various channels.

Now, he supplies specific objects to clients who collect rare items. Yong-tae's collection in and of itself is self-satisfying and fills others with a passion for collecting. Of course, the high cost of buying something can lead to a deficit⁴³, but Yong-tae says he gets great pleasure when his customers finally receive something they have been waiting for a long time. Yong-tae says, "I will continue to collect precious treasures because I am glad for myself and my guests."

⁴¹ optimal: adj. being the best or most likely to bring success or advantage

⁴² lucrative: producing much money or making a large profit

⁴³ deficit: n. the amount by which money spent is more than money received

Unit 15. Flight Camp

Each year, between May and June, the Korean Air Force runs a weekend day camp for young people living in the Seoul metropolitan⁴⁴ area. The camp is held every summer and winter and offers a wide range of hands-on activities in the aerospace industry, including real-time simulation experiences as a pilot or controller. Through these diverse experiences, the school promotes interest, education, and opportunities for career development in the aerospace industry.

This camp is divided into a total of three courses: "Flight Simulation Theory and Practice," "Air Traffic Control Theory and Practice," and "Hybrid Rocket Fabrication and Exercise." Students will learn the basics of flight control, from the principle of flight to teaching the knowledge necessary to pilot an aircraft. In particular, starting in 2018, more professional practice courses will be conducted in cooperation with small rocket makers. Additionally, career counseling sessions will be conducted by the Air Corps admissions management team and its students.

FIT Aviation is another summer camp offered to would-be aviators. Run by the Florida Institution of Technology, it offers participants opportunities to build and fly model airplanes, build and launch model rockets, and tour the Valiant Air Command Museum as well as the Kennedy Space Center.

In Brampton, Ontario, Canada, there is a five-day camp program for children ages 9 to 16. Students will get to practice taking off, landings, and complete basic flights. Additionally, the camp teaches airplane mechanics, aerodynamics⁴⁵, how to use a radio while in flight, and important flight-related facts about the weather.

Air Activity Camps offer an introduction to the world of flying. They are held in different areas across England. Camps are arranged by Scout Troops or County Organizations who bring in local, light aircraft owners. This event features flight education, practice navigating an aircraft, and the chance to see Police or Rescue helicopters.

It takes a lot of time and dedication to become a pilot. Attending a flight camp is a good way to decide if that is the career path for you.

⁴⁴ metropolitan: adj. of or in a large city

⁴⁵ aerodynamics: n. the science of how objects move through the air

Unit 16. Super Chefs

Cooking is a popular hobby. There are many cooking shows on TV featuring famous chefs preparing everything from simple, low-cost meals, to extravagant⁴⁶, decadent⁴⁷ feasts⁴⁸. There are also popular shows in which amateur or hobby chefs compete to create meals under time constraints and with limited ingredients.

Chefs put a lot of thought into their creations. There are things to consider such as presentation; how a meal looks on a plate; nutrition—how healthy and what nutrients the meal contains; taste, and texture. It takes a lot of training to become a proper chef. Many chefs attend culinary arts schools for years. Chef schools are much like other sorts of post-secondary schools, in that there is necessary coursework, exams, and hands-on learning. Some chefs will then go on to apprentice with more experienced chefs.

Gordon James Ramsay Jr., or Chef Ramsay, is one of the most iconic personality chefs of our age. Known for both his culinary⁴⁹ prowess⁵⁰ and his fiery temper, he is an award-winning reality TV star. Despite his sometimes-angry outbursts, he has a positive attitude and a lot of motivation and passion. His restaurants have been awarded 16 Michelin stars in total—a high honor in the culinary world.

The great thing about Ramsay is he has not let his fame and fortune go to waste. He is involved in a lot of charity work, including running 10 consecutive marathons in support of the Scottish Spina Bifida Association. He has also helped raise funds for UNICEF and Women's Aid.

Cooking can be a great source of comfort, creativity, and passion. There is nothing so satisfying as preparing a beautiful, healthy, delicious meal and watching your loved ones enjoy it. It is called “culinary arts” with good reason.

In the words of Chef Ramsay, “I cook, I create, I’m incredibly excited by what I do, I’ve still got a lot to achieve.”

⁴⁶ extravagant: adj. extreme, unusual, or unreasonable

⁴⁷ decadent: adj. allowing yourself, or providing, so much pleasure that it almost seems morally wrong

⁴⁸ feast: n. a large meal

⁴⁹ culinary: adj. relating to food and how to cook it

⁵⁰ prowess: n. great skill or ability