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'Education holds AIDS rate down'

BEFORE READING:

In *Newspapers in Education* (Vol. 9, No. 11) you learnt that approximately 40 million people worldwide lived with HIV or AIDS at the end of 2001 and that about 60 million people have been infected with HIV since the start of the global epidemic.

What steps are governments, health care systems, educational systems, NGOs and others taking to prevent the spread of HIV? Research some facts and figures.

What steps would YOU recommend?

How would you know if they were effective?

AFTER READING:

Answer the following questions:

1. What is the life story of Václav Strouhal?
2. What does *Dům světla* offer?
3. How many cases of HIV/AIDS are confirmed in the Czech Republic?
4. Could the number be different? Why?
5. What did the U.N. say about Czech HIV/AIDS programs?
6. What is the Czech government's agenda focused on?
7. How much money does the government allocate towards research and prevention?
8. How many organizations in the Czech Republic run prevention pro-

grams? Do you think that it is enough or the opposite? Why?

9. What is the attitude towards HIV/AIDS among older people and teenagers?

10. What is the situation with HIV/AIDS in Central Asia and Eastern Europe like?

11. How many people died from AIDS-related illnesses worldwide last year?

Discussion:

Is it easy to get infected with HIV? How can you get infected? Are you afraid of being infected?

What can you do to limit the danger of being infected?

Work in groups and discuss these questions.

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'Coffee stand brews it to go'

BEFORE READING:

Do you like drinking coffee? How often do you drink it? Do you drink your coffee at home, in cafés or in restaurants? Do you buy it in "fast food" or "take away" places? Why? Why not?

What do you know about coffee? Where does it grow? How is it reaped? What is its journey from its country of origin to stores in the Czech Republic? (You can get the answers and much more about coffee in volume 4, issue 7 of *Stone Circle/Kamenn kruh*.)

Do you prepare coffee by yourself? What kind of coffee do you like to prepare? Tell your class how you make your favorite coffee.

AFTER READING:

Answer the following questions:

1. Where is the Prague's first coffee cart?
2. Who founded it?
3. What was the reason for starting the cart?
4. What challenges does Real Coffee @ Muzeum face?
5. What were the beginnings of the cart like?
6. Do people buy coffee there a lot? Why? Why not?
7. What does Damian's and Lucie's day look like?
8. What are the prices like?
9. Has the taste of Czech coffee drinkers changed a lot since 1989?
10. What does Damian think about the future of coffee carts?

Discussion:

What do you think about take-away food and drinks? Would you buy coffee at a java cart like Real Coffee @ Muzeum? Why? Why not?

What do you think about the following comment? "As the pace of life quickens here, convenience will become more and more important."

Do you agree or disagree with it? Why? What do you think is more important: Quality or convenience? Can you have both?

Vocabulary:

java - kafe

cart - stánek na kolečkách

to tap - vytěžit, "proklepnout"

to buoy - povzbudit, rozveselit

umpteen - moc, moře, spousta

expatriates - emigrant

convenience - praktičnost



FAMILY

Think about your family.

What is your family like? What is the first thing that comes to mind when somebody says: YOUR FAMILY? Who is in your family? How does your family function? Does your family spend a lot of time together? What do you do together? Is there anything you wished your family to do?

What are your best memories of your family so far? What happened? Why was it so special? Tell your class about it. (You can also write an essay on this topic. We'll be happy to read your stories and we can also publish some of them in *Newspapers in Education*.)

What is your definition of a family? **Write down a list of characteristics a functioning family should have**, according to you. Compare your list with the rest of your class.

Many of you will probably have his or her own family and children. **What would you like your family look like?** How would you raise your children? Would you do anything differently than your parents did?

The atmosphere of the family and your home isn't only determined by your parents. It depends on the behavior and attitudes of all its members – this means it also depends on you. **How do you contribute to a good atmosphere at home?**

What can actions reveal a lot about the quality of the relationships among family members? It could be the ways in which family members emotionally respond to each other. How should a family respond to a success of one of its members? What should be the reaction if something unpleasant happens to its member?



A major way that family members support each other is through the appropriate expression of emotions. **Here are some suggestions on how emotional responsiveness**

among family members can be enhanced (and it does not need to be among family members only):

- stay tuned in to what is going on in the lives of other family members
- listen to what other family members are saying
- put yourself in others shoes (not literally! use empathy to see their perspective)
- learn to control and express anger appropriately (think before acting, anger can be expressed in a constructive and assertive manner)
- practice expressing welfare emotions (e.g. warmth, affection, tenderness, happiness and love)

Vocabulary:

empathy – ability to experience another's own feelings

Do you appreciate your family? What do you appreciate the most?

LONELINESS

Do you feel lonely from time to time? What do you do to feel better? Has it been successful for you? Do you think it is the best solution?

It sometimes happens that parents are too busy to be with their kids. These children, or young people, then try to find a place where they would be recognized and respected. Unfortunately sometimes they find this recognition and respect in places where they are faced with drugs, alcohol and a lifestyle outside the borders of society. **What would you recommend to them instead?** Are there alternative places where they could find the acceptance they want without being in danger?

Do you think they would appreciate help? **Could you help them somehow?**

The Australian Bureau of Statistics prepared statistics dealing with families, elderly people and loneliness. 32% of older people aged 65 years and over lived alone. During their waking hours, these people spent an average of 79% of their time alone (it means almost 12 hours and 30 minutes per day).

Is there any way of offering a helping hand to these people?

DOMESTIC VIOLENCE

In some children and young people do not have a very happy life. They

may not know their parents and live in orphanages, or they may face abuse and mistreatment – this is known as domestic violence.

According to experts and authorities, in European countries 1-2% of children are tortured and/or abused. This means that 20,000–40,000 children 15 years of age and younger in the Czech Republic experience abuse and about 50 of them die every year because of mistreatment.

According to a research done by Bíl kruh bezpečí in the Czech Republic in March 2001, 80% of population older than 15 knows of the term “domestic violence”, but only one fifth of this population has enough information about how to defend oneself against it. Two thirds of people think domestic violence is a serious problem that should not be silenced. Every sixth person admits violence in his/her partnership. 69% of this violence takes place in front of children.

If someone you knew was a victim of domestic violence, what would you suggest he or she to do to protect themselves? How could you help? Would you try to help? Discuss these questions in groups.

At policy-making levels, family violence is often considered a private matter and in many countries, it is not a punishable offence. Family violence must be publicly acknowledged as a problem. Victims cannot remain silent, excuse violence or blame themselves. The communities and governments of all countries should establish networks and hotlines to reduce isolation and provide safety for victims to speak out.

Research:



Is domestic violence punishable in the Czech Republic? What kind of help can victims of domestic violence find in the Czech Republic?

Discussion:

What do you think influences the increase or decrease of domestic violence? What makes people more or less violent? Does the media have any effect on violence, positive or negative? What about education?

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HELP

From time to time each one of us experiences hard times. Times when we need some kind of help. Very often sharing a problem with someone helps a lot.

Do you have someone you can always share joy or sadness with? Are you ready to listen to others and offer them help when they need?

If people do not have anyone near them, who could listen to them or advise them, they can always call hotlines, talk to a doctor, psychologist or police officer, or visit a crisis center. Are there any crisis centers in your town? Try to find out what they do and whether or not you can volunteer your time and offer your help.

About 2,000 children and young people call the national Safety Line (Linka bezpečí - 800 155 555) of Our Child Foundation a day. This foundation also operates Crisis Centers for mistreated, abused and neglected children.

Sources:

www.ext.vt.edu

www.bkb.cz

www.abs.gov.au/Ausstats

www.endabuse.org

www.nasedite.cz

www.bahai.org

ROLE-PLAY

Many of you will have a family and children in the future. Imagine you are a parent now. What would you do and say, if your child:

- was bored and not interested in anything
- broke a very expensive vase
- started taking drugs
- had poor marks at school
- was speaking badly about everyone
- would not clean his/her room
- would not talk to you
- was unhappy in love
- was physically or mentally hurting others



Work in pairs – choose a situation. One of you will be the child and one of you will be the parent. Prepare a short scene of how you would react. Try to be positive, helpful and constructive, because as you know, negative feelings do not change anything. Being optimistic is much more productive than being pessimistic.

After you have performed your role-plays, discuss the reactions of the “parent” in your class. Would you have behaved differently? What would you do?

HOTLINES



Hotlines people can call if they need help:

* Linka důvěry – centra krizové intervence: 284 016 666
- non-stop, for the whole population

* Linka bezpečí: 800 155 555
- nonstop, for children and youth

* Senior telefon “Život 90“: 222 221 771

- non-stop, for elderly people

* Linka K-centrum: 283 872 186
- 8 a.m. – 9 p.m., for drug problems

* Národní linka prevence AIDS: 800 144 444

- Mon. – Fri. 1 p.m. – 6 p.m., HIV/AIDS hotline

* Elektra: 283 872 410

- Mon., Thurs. & Fri. 10 a.m. – 1 p.m., Tues. 2 p.m. – 6 p.m., for survivors of sexual abuse and assault

More hotline numbers can be found on websites of Bíl kruh bezpečí (White Circle of Safety): www.bkb.cz

STORY: ANDROCLES AND THE LION

In Rome, many centuries ago, there lived a poor slave whose name was Androcles. His master was a cruel man and so unkind to him that one day Androcles ran away.

He hid himself in a wild wood for many days. There was no food to be found and so Androcles became weak and sick, so much so that he thought he would die. He crept into a cave and fell asleep.



After a while a great noise woke him up. A lion had come into the cave and was roaring loudly. Androcles was badly frightened, for he felt sure the beast would kill him. However, he soon saw that the beast was not angry, but that he limped as though his food hurt him.

Then Androcles wasn't afraid any more. He lifted the lion's paw from the ground and saw there was a long sharp thorn sticking into it. He gave the thorn a strong quick pull and out it came. The lion was much relieved and very grateful. He jumped about like a dog and licked the hands and feet of his new friend.

Androcles was not at all afraid after this and when night came the lion and Androcles slept side by side.

For a long time the lion brought food to Androcles every day and the two became such good friends that Androcles found his new life a very happy one.

One day soldiers were passing through the wood. They captured Androcles and dragged him back to Rome.

It was the law at that time that any slave who ran away from his master should be made to fight a hungry lion. So a fierce lion was shut up in a cage for a while and a time was set for a fight. Thousands of people gathered to see Androcles fight the lion, but when the lion rushed into the arena Androcles gave a cry of gladness, not fear, for the lion was his old friend. The people expected to see him killed. Instead they saw him hugging a lion who lay down at his feet. Androcles said, “I am a man, but no man has befriended me. This lion is my brother.” They were then set free and lived together for many happy years.

(Traditional tale from ‘Thoughts – Education for Peace and One World’ by Irene Taafaki)

FAMILIES AND TECHNOLOGY

How much technology do you use in your family? Do your parents use a lot of technology? What about your grandparents? How many people in your family have a mobile phone, or a computer. Do most of the members of your family use the Internet or email?

All over the world, more and more people are saying that they have a lot of technology in their family life. In fact, many families couldn't imagine going back to their way of life before mobile phones made it easier to say they were going to be late, or email



made it possible to **correspond with** friends and families in different countries on a daily basis. Technology has become a huge part of the way we interact and communicate.

It all really starts with the telephone. Prior to that people were communicating through letters, which took weeks to get from location to location. The telephone enabled instant communication, assuming that the person you wanted to communicate with was at home or a work. Then communication technology **evolved** to a point where people could carry phones on their person, making communication portable. People had previously been able to communicate via radio, but two-way radios can be **cumbersome** and don't work like telephones do. With portable communication, the person didn't have to be in one place to be available. They could be anywhere they could get phone coverage.

Pagers, mobile phones and the Internet have made instant communication possible in almost any location. Which has helped people who need to be in touch have more freedom to move around and do what they like, while being able to be in contact with friends and family. Sure it's exciting to have new phones and computers, but it also gives teenagers the opportunity to experience more personal freedom, without making their parents too worried.

Using messages and phone calls to let people know what you're doing so they don't worry. Technology has saved many parents worry, as their kids can now contact them to let them know if they'll be late or if they're changing their plans. Teenagers can do this with a phone call, a short text message (SMS), an email or with a multimedia message

(MMS), like a photo.

Technology is also helpful for **scenarios** where people are living far away from their families. Keeping in touch via weekly phone calls, emails and live instant messaging can make the distance smaller and a little less painful. In some families, where the parents travel and/or the children are living other cities, working or studying, the whole family gets together online to communicate with each other. Technology can bring them closer when they need to communicate.

On the other hand, communicating via computers and phones can also distance family members. If people are doing most of their talking via email or via SMS, then sometimes important things like face to face conversations do really take place. For example, in Japan, many parents don't get to see their children who live in the same house as they do. These kids have often graduated from highschool, but now live **nocturnal** lives. They communicate via sms and email, and often the only way the parents know that their kids ever come home is by the missing food in from the kitchen. Many teenagers have busy school and social lives. Sometimes only coming home to eat, sleep and bathe. While electronic communication can keep you in touch, it doesn't account for important things like actually spending time together.

And occasionally there is a too much technology in a home. In the United states one family has been chipped with GPS tracking devices. The GPS (Global Positioning Satellites) can track this family no matter where they go. Be it to different countries or to the corner store. The chipping technology became popular with American corporate executives who were at risk of being kidnapped while working in South American countries. While measures like this seem sensible for people in risky situations, one has to wonder why a GPS tracking device is necessary for an entire family.

Good or bad, communication technology is getting more and more advanced with every passing year. The Czech Republic is considered on of the fastest developing countries in the world for mobile communications. Meaning, that some of the world's most advanced technology is available here before it is common in other countries. Making it one of the best places in the world to stay in touch.

Vocabulary:

to correspond with - dopisovat s
to evolve - rozvinout se, vyvinout se
cumbersome - těžk , nešikovn
scenario - možnost, případ
nocturnal - noční

Activities:

How much technology do you use keeping in touch with your family? What kinds of technology do you use? What age did you start using these technologies?

Keep a log of how often you communicate with your family using technology and of how often to communicate with them face to face. Which method do you use more? What do you think the reasons are for this? Do you think it's a good or bad thing?



Is anyone in your family a "technophobe?" What does this word mean?

It means that a person is afraid to use new technologies. Some older people are still weary of the telephone, let alone being able to use computers and digital cameras. On the other hand lots of older people have embraced new technologies and are using email and playing card games on the Internet.

Why do you think that people are afraid of technology?

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