

"Scientists explain video-conferencing fatigue"

GAP FILL

A new study from Stanford University has investigated the (1) effects on our health of extended spells of video-conferencing. Researcher and communications (2) expert Jeremy Bailenson dubbed the phenomenon "Zoom (3) fatigue," but acknowledged the condition is not restricted to just that (4) platform. In the past year, most of us have spent (5) extended periods of time online using an array of video-conferencing (6) platforms. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have been the only (7) way we have been able to see and chat to loved ones. Many companies have relied (8) heavily on video-conferencing for meetings, and educators have used them to teach their lessons online.

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platforms

Mr Bailenson (9) outlined several factors that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-strain from (10) staring at a computer screen for hours and hours. It is also brought about by "(11) cognitive overload" and feeling pressure to be perpetually switched on. We (12) constantly feel we need to be in touch with friends or available for bosses, customers or students. Bailenson cautioned this leads to (13) burnout and stress and can (14) heighten your chance of developing moderate to severe depression. He said this (15) anxiety can adversely affect your self-confidence. This is because of the large number of faces (16) staring at you in meetings. Bailenson likens this to the stresses of public speaking.

burnout
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"Countries wondering whether to have vaccine passports"

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Governments around the world may create "vaccine passports" to help (1) open up societies. The passport would be a record of the holder (2) having had the COVID-19 vaccine. It could be downloaded on a smartphone or it could be added to the microchip in (3) identity cards. Businesses, such as restaurants and theatres might (4) require people to show their passport before they enter. People may also need one to enter (5) venues to watch sporting events. Supporters of the passports say it would also allow people to travel (6) overseas more easily. The World Health Organization is looking at a possible international (7) scheme. This would require countries to agree on what kind of passport is (8) necessary.

Opponents of vaccine passports say they are (9) unfair and could create inequality in society. Many people do not want the vaccine. Some people say it goes against their (10) religion. Other people do not trust the vaccine and say it has not been (11) tested enough and is therefore unsafe. Some people worry about the security of their health (12) data. These people may not be able to go to restaurants or get on (13) airplanes. Israel's Health Minister Yuli Edelstein said anyone (14) unwilling or unable to get the jab will be "left behind" in life. In addition, the vaccine is not (15) available to everyone in the world. A human rights professor said: "For many low-income countries, most people won't be (16) vaccinated for many years."

overseas
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Answers:

1. I was at the cinema last night.
2. Were the children naughty?
3. We were in a cafe when you called.
4. Was I late?
5. She was a teacher when she was young.
6. Where were we?
7. Were you okay?
8. Were we too tired?
9. How was the party?
10. They were late for the interview.
11. ~~You were in the garden.~~
12. ~~What was his name?~~
13. ~~It wasn't cold.~~
14. ~~Was she beautiful?~~
15. ~~She wasn't my wife at the time.~~
16. ~~He was hungry.~~
17. ~~Why were you late?~~
18. ~~You weren't early.~~
19. ~~They weren't in love.~~
20. We weren't in China.

Answers:

1. A: There's no milk.
B: I know. **I'm going to** get some from the shop.
2. A: There's no milk.
B: Really? **I'll** get some from the shop then.
3. A: Why do you need to borrow my suitcase?
B: **I'm going to** visit my mother in Scotland next month.
4. A: I'm really cold.
B: **I'll** turn the heating on, then.
5. A: Are you going to John's party tonight?
B: Yes. Are you going too? **I'll** give you a lift.
6. A: What are your plans after you leave university?
B: **I'm going to** work in a hospital in Africa. I leave on the 28th.
7. (The phone rings)
A: **I'll** get it!
8. A: Are you ready to order?
B: I can't decide ... Okay, **I'll** have the steak, please.
9. A: Are you busy tonight? Would you like to have coffee?
B: Sorry. **I'm going to** go to the library. I've been planning to study all day.
10. A: Why are you carrying a hammer?
B: **I'm going to** put up some pictures.

Answers:

1. Where do you go to school?
2. What do you do?
3. Where does John come from?
4. How long does it take from London to Paris?
5. How often does she go to the cinema?
6. How many children do you have?
7. When do you get up?
8. How often do you study English?
9. What time does the film start?
10. Where do you play tennis?
11. What sports does Lucy like?
12. How do they get to work?
13. How often do I come here?
14. Where does she live?
15. Why do you eat so much chocolate?
16. What does this machine do?
17. Who does she meet on Saturdays?
18. How many brothers does she have?
19. How much does this cost?
20. Where do you eat lunch?

Answers:

1. He drives to work every day.
2. I don't think you're right.
3. Do we have enough time?
4. I eat cereal in the morning.
5. Do they write e-mails every day?
6. You watch a lot of TV.
7. He doesn't read the newspaper.
8. Does she dance often?
9. Where do I come on Mondays?
10. What do you do at the weekend?
11. You don't drink much tea .
12. How does he travel to work?
13. They don't like vegetables.
14. She catches a cold every winter.
15. Do I go out often?
16. Do you speak English?
17. We take the bus often.
18. She doesn't walk to school.
19. What do you buy in the supermarket?
20. How does he carry such a heavy bag?

Answer Key:

- 11 - blow up
- 15 - throw away
- 3 - look like
- 2 - leave out
- 8 - pass away
- 1 - pick out
- 17 - work out
- 10 - make up
- 18 - pick on
- 7 - get over
- 4 - put off
- 6 - call off
- 14 - hold on
- 9 - come across
- 5 - look back on
- 12 - carry on
- 13 - take place
- 16 - look up to