ACTION

Björg Jónsdóttir og Erla Björk Pálsdóttir

Action

Textbook

Enska fyrir miðstig

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Bók þessa má ekki afrita með neinum hætti, svo sem með ljósmyndun, prentun, hljóðritun eða á annan sambærilegan hátt, að hluta eða í heild, án skriflegs leyfis höfundar og útgefanda.

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ACTION

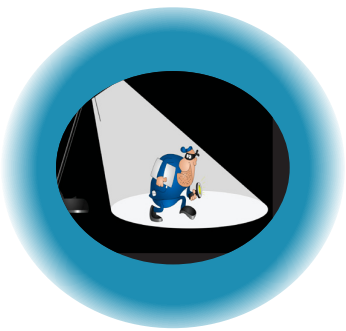
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NÁMSGAGNASTOFNUN

Efnisyfirlit







Fortune-telling 4

Fortune-tellers 5
The star signs 6
Your future in your palm 10
The locket 12
Iceland and fortune-telling 16
The scorpion 19
Train your brain 23
Frankenstein – Chapter 1 24

Lifestyle 26

Unusual sports 27
Parkour 30
Did you know? 32
A few points about your health 34
Ironman 40
Exam stress 43
Iceland and the Olympics 44
Train your brain 47
Frankenstein – Chapter 2 48

Crimes and mysteries 52

Unsolved mysteries 54
Strange crimes 59
Contacting aliens 61
A favour from a friend 63
The milk 65
Should I or shouldn't I? 68
The hidden people of Iceland 71
Train your brain 73
The missing painting – Detective game 74
Frankenstein – Chapter 3 75



Communication 78

Go to school 79
Communication from the past 81
Ways to communicate 84
Don't judge a book by its cover 90
The party 94
Train your brain 95

Frankenstein – Chapter 4 96



All kinds of fame 98

Unforgettable musicians 99
Woman who influenced the world 106
Iceland's most famous writer 110
Movies to remember 112
Let's catch a film 114
Movie reviews 115
A weirdo or a genius? 116
Train your brain 118
Riddle 119

Frankenstein – Chapter 5 120



Travel and culture 122

Unique places 123
New Year's Eve around the world 128
Icelandic celebrations 133
The summer holiday 134
Westman Islands 136
April Fool's Day – 1 April 138
Train your brain 140

Frankenstein – Chapter 6 141

Fortune-telling



- What is the first thing that comes to mind when you hear the word fortune-teller?
- Have you ever been to a fortune-teller?
- What kind of fortune-telling can you think of?
- Do you believe that some people can see into the future?
- What would you like to know about your fortune?

Fortune-tellers

astrology: stjörnuspeki

psychic: miðill

Fortune-telling is when people try to see what the future holds. Some people make a living as fortune-tellers, using crystal balls, tarot cards, astrology or palm reading. Some even say they can see the future and talk to spirits; these people are called psychics.

Some people visit fortune-tellers and psychics to hear their fortune. How much of it you take seriously is up to you. However, it can be interesting to hear what someone who doesn't know you has to say about you and your life, even though you shouldn't always believe it. It is also important to keep in mind that getting your fortune told is not free and you do not know if you will like the results or not.

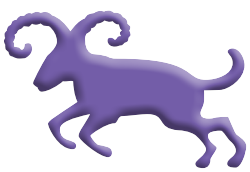
- What is fortune-telling?
- What are some common methods of fortune-telling?
- What are some other forms of fortune-telling?
- What is a psychic?
- What is important to remember when you go to get your fortune read?

The star signs

Do you know your star sign?

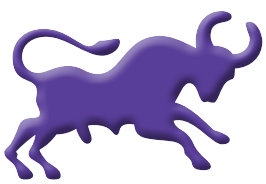
People all over the world find astrology very interesting and use their horoscope as a quick way to look into the future and to get information about their personality. Some believe that horoscopes tell the truth and follow their advice every day but others only read their horoscopes in magazines or online just for fun. Here you can read about the twelve signs of the zodiac.

Horoscopes are found in newspapers and magazines on a daily or weekly basis. They predict the future.



Aries 21 March – 19 April

You usually don't think before you act or speak. Too often you say whatever pops into your head. You are a good friend and protect your friends if they are in trouble. You are a leader and come up with ideas that people like.



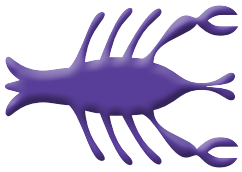
Taurus 20 April – 20 May

You are an excellent friend. You have few friends but they are very close and you treat them like family. You don't like change and the unknown. Things have to be done your way. You are perfectly fine with being alone. Some might think you are cold hearted but in fact you are a very warm hearted person.



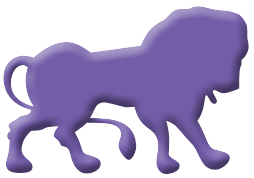
Gemini 21 May – 20 June

You do not let anyone control you. You need to experience the world on your own. You make very interesting friends and have a fun life. You like to fill your friends in with the latest gossip. "Busy" is your motto and the best thing you can do is to have a hobby. You are clever with words and full of energy.



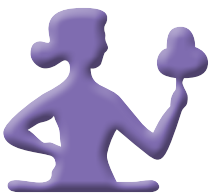
Cancer 21 June – 22 July

You don't easily trust people. You are very powerful and you listen to people's problems and help in a very calm way. Security is important to you and you don't like change. You have an excellent memory. You are very loyal to the people you love. Your home is a place you care a lot about.



Leo 23 July – 22 August

You don't like to be alone. You treat your friends very well and are very forgiving. You could go far in business if you work hard. You are an excellent leader. You like being in control, but you do it well. Daily routines are not for you; you prefer to try out new things.



Virgo 23 August – 22 September

People look up to you because you solve problems. You are honest and loyal. You are very intelligent and have a good memory. You are very good at problem solving; this is what you do best. Your mind is very powerful. When you are positive things go well, but when you are negative they become difficult.

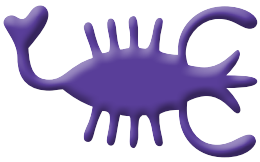






Libra 23 September – 22 October

You like to be around other people and you like to join groups. Libras love excitement and adventures. You are great at getting along with people. You also like to have beautiful things around you. You are able to put yourself in other people's shoes and see things through another person's point of view. You welcome change and love luxury.

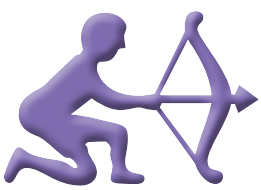


Scorpio 23 October – 21 November

You are very loyal and an amazing friend. Your memory is excellent, but you do not forgive and forget easily. Others are impressed by your sense of humour. You work for what you want and like to be in control. You never give up. Scorpios are known for making money.

Sagittarius 22 November – 21 December

You make a great friend and you are very positive. Your kind heart likes to do almost anything to make sure your friends are happy. You treat others the way you want to be treated. What you say is what you mean. You often run late and love to have freedom.



Capricorn 22 December – 19 January

You like to do everything yourself. You like to be in control and are very patient. Doing things well is one of your strengths and you are very organised. You are also hard working. You have a strong mind and are a calm person. You always have to plan things carefully.

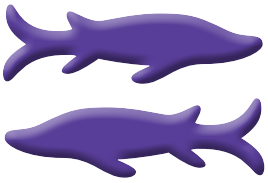


Aquarius 20 January – 18 February



You need to have space and time to be with yourself. You are very kind hearted and go out of your way to help people. Being yourself does not frighten you. You choose your friends carefully but you always have plenty of friends, because you treat them all well.

Pisces 19 February – 20 March



You go out of your way to help a friend. You take a friend's problem and make it your own and suffer with him or her. When you are happy, you are extremely joyful and when you are sad, you are very sad. Other people find you brave and fun to be around.

- What does your sign say about you?
- How does it fit your personality?
- Do you agree with what they say?
- Why/Why not?

star signs: stjörnumerki

future: framtíð

personality: persónuleiki

horoscope: stjörnuspá

suffer: þjást

gossip: slúður

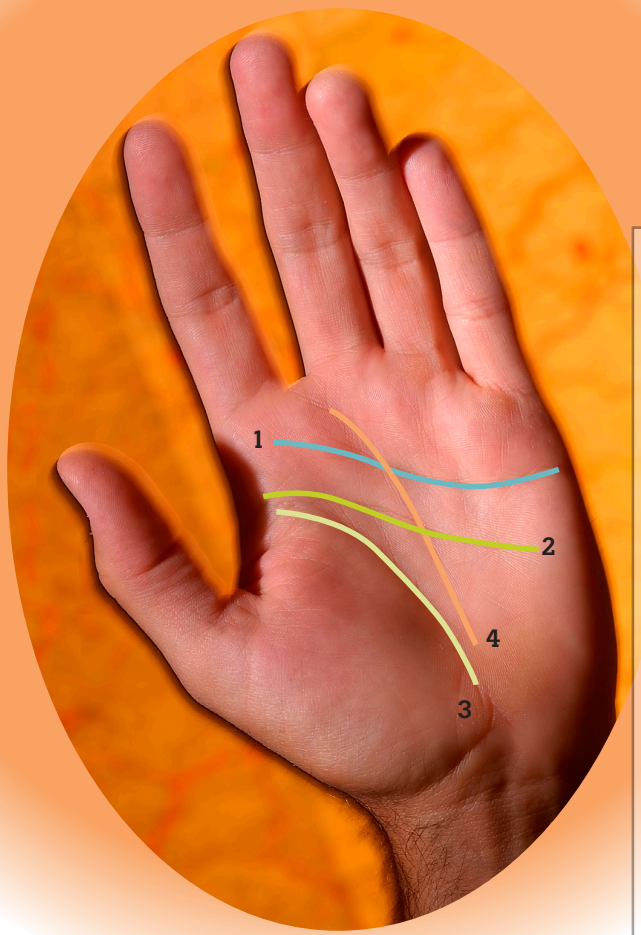
loyal: trú(r)/trygg(ur)

intelligent: gáfuð/gáfaður

patient: þolinmóð(ur)

joyful: glöð/glaður

Your future in



Many people are very interested in the future and spend both money and time trying to discover what the future holds. Some believe that this is possible by reading your palm. This has been done for centuries. It has never been proven that reading palms can predict the future. Still, many believe in palm reading and you can probably find people in all countries who have studied palmistry (palm reading) and make a living out of it.

Specialists in palm reading often talk about four main lines on the palm to find basic information. Look at the picture and find these four lines on your palm:

1) Heart line
2) Head line
3) Life line
4) Fate line

How to read your palm

Look at your right palm if you are right handed and your left palm if you are left handed.

your palm

1 Heart line

The line nearest the fingers is called the heart line and gives information about your feelings.

If your heart line …

- begins in the middle, you fall in love easily.
- touches your life line, you are easily heartbroken.
- is straight and short, you are not very interested in romance.

2 Head line

The head line lies under the heart line and gives information about learning styles and the way you think.

If your head line is …

- deep and long, your thinking is clear and focused.
- separated from your life line, you like adventure and are enthusiastic for life.
- short, you like to work with your hands instead of learning from books.

3 Life line

The life line is closest to your thumb and does not tell you anything about how long you will live, but rather what kind of life you may have.

If your life line is …

- curved, you have plenty of energy.
- broken, you are likely to have a sudden change in lifestyle.
- close to the thumb, you are often tired.

4 Fate line

The fate line tells you how your life could be changed because of things you can't control.

If your fate line …

- is deep, you are strongly controlled by fate.
- starts at the base of your thumb and crosses the life line, you will have support from family and friends.
- breaks and changes direction, you will have many changes in your life.

Read one of your classmate's palms.

technique: tækni

enthusiastic: mjög áhugasamur/söm

thumb: þumalfingur

fate: örlög



The locket

Phil Brown went to see a fortune-teller. The fortune-teller had special cards called tarot cards to look into the future. She laid them down in front of Phil and stared at them for a very long time. Phil didn't know what to think so he asked her 'Can you tell me anything about my life?'

She replied, 'I can't tell you anything about your future. This is all very frightening.'

Phil did not like this sudden ending and begged her to tell him what she saw.

'I can't tell you,' she answered. 'I'm sorry. But I will write it on a piece of paper and put the piece of paper in this

locket. You must not look at the paper until the last day of your life. You must promise never to look at it.'

Phil was very afraid, but he promised never to look at the paper.

A year later, Phil met a beautiful young woman. They fell in love and decided to get married. The day before the wedding, his wife-to-be asked Phil about his locket and asked to read the note. As she read it, her face turned pale and she began to cry.

'You must leave! I never want to see you again. Get out of my life!' she yelled.

Phil didn't understand what had happened and drove away from the house angry and upset.

Distracted by how his life had just turned upside down, Phil crashed into a parked police car. The police arrested him and sent him to jail. Phil didn't really care where he was because he didn't feel like he had anything to live for. After a short while, a police officer suddenly came to him and opened the prison cell.

'You have to go. Get out of here right now and do not come back,' he said.

Phil didn't understand what was happening until he saw the locket in the police officer's hand.

'You read it?' he asked.

'Yes, now get out of here.'

Phil walked and thought about how no one wanted him; he wasn't even welcome in the prison. Finally he had an idea.

'I will take the honeymoon cruise alone and use it to relax,' he thought.

The ship was beautiful and the weather fantastic. Phil had a great time and enjoyed every minute of his cruise.



locket: nisti

distracted: örvæntingarfull(ur)

honeymoon: brúðkaupsferð

deck: þilfar

captain: skipstjóri

kneel: krjúpa

One sunny evening he went to the deck with the captain of the ship and told him his whole story. The captain was very curious and wanted to read the note in the locket. Phil did not like the idea, but made him promise not to send him away after reading it.

'I promise you will be welcome on my ship whatever it says in your locket. I don't believe in those kinds of things,' the captain said.

The captain took the locket, opened it, and read the paper. He stood up and ran away.

He returned with a lifeboat and said, 'I'm very sorry Phil but you can't stay here. You must leave immediately.'

Phil couldn't believe this was happening for the third time but had no choice and climbed into the boat.

Several days later, his boat landed on a desert island. After searching for food and water with no luck, he gave up. Lying on the beach trying to stay alive, he reached for the locket.

'This must be the last day of my life,' he thought.

Phil opened the locket carefully and took out the piece of paper. As he began to unfold it, the wind began to blow. It caught the piece of paper and whisked it away with the breeze …



- What was written on the piece of paper?
- How do you think the story ended?
- Now write the rest of the story like you think it ended in your notebook.

Iceland and



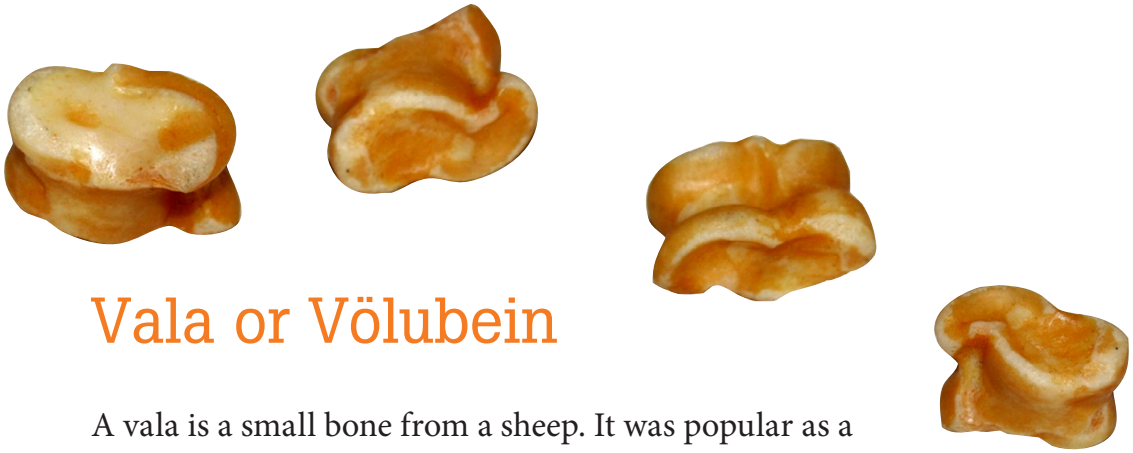


Many Icelanders love to have their fortune read and have special ways of reading their fortunes. Read about the old traditions that have been used for years to tell Icelandic people their fortunes.

Coffee cups

Some Icelanders know how to read fortunes in a coffee cup. If you ask someone how it is done you will probably hear many versions. One method is to drink your coffee and then turn your cup upside down above your head. Then you turn the cup in three circles clockwise and three circles counter-clockwise, always keeping the cup above your head. Next you wait while your cup dries completely. When your cup is dry it will have coffee stains on the inside. The person who reads your cup reads all these stains and hopefully sees something interesting appearing in your near future.

fortune-telling



Vala or Völubein

A vala is a small bone from a sheep. It was popular as a toy, but people also used it to look into the future. The vala has mysterious qualities and it is a fortune-teller. You have to keep it in a safe place so you won't lose it. People often had some kind of small box to keep it in. Such a box was called a völuskrín. If you want the vala to predict your future you should kneel on the floor, put the vala on your head, close your eyes and think of a 'yes or no' question. Then you must recite these words without giggling or laughing.

Segðu mér spákona mín,
það sem ég spyr þig að.
Með gullinu skal ég gleðja þig
og silfrinu seðja þig
Ef þú segir mér satt.
En í eldinum brenna þig
og keytunni kæfa þig
ef þú segir mér ósatt.

Tell me my fortune-teller,
What I'd like to know
I'll give you gold to gladden you
And silver to fatten you
If you tell me the truth.
But I will throw you to the flames
And drown you in waste
If you tell me only lies.



Vala



Yes



No



Doesn't know

Now you put your head down and let the vala fall to the ground.
If it turns **up** the answer is yes.
If it turns **down** the answer is no.
If it is **on its side**, the vala doesn't know the answer—or maybe she just doesn't want to tell you.

- Have you heard of these methods of fortune-telling before? Which one?
- Do you know anyone who predicts the future? How do they do it?

Ask someone in your family if they have ever heard about fortune-telling in a coffee cup or if they have heard about the vala. Do they know any other strange ways to see into the future? Have they tried any of them? Come to class and share what you have learned at home with your classmates.

clockwise: réttsælis

counter-clockwise: rangsælis

method: aðferð

mysterious qualities: dularfullir eiginleikar

recite: þylja, fara með



A horror story

The scorpion

This is a story that happened a long time ago. It is about a 13-year-old girl called Kim who disappeared one evening. No one knows what happened to her – except perhaps her older brother Stephen. This is their story. It's not a nice story: there is no happy ending and those who are easily scared should beware …

It all started when a fair was held in Kim and Stephen's hometown. Of course, Stephen and Kim went to visit the fair with their family. Like all teenagers, they loved all the games and the rides on the rollercoaster. They rode one small rollercoaster and Stephen tried throwing beanbags into empty cans. He was very good at it and won a big pink teddy bear, which he gave to Kim. She was very glad and gave it a big cuddle.

'It's very soft,' she said.

A little while later, they came across a small tent with a sign on it that said 'Enter to see your future!' Kim and Stephen were very excited and decided to go in. Kim was a bit scared but Stephen told her it was just for fun and no truth would be told about their future.

'We don't believe in that stuff, do we?' he said.



They entered the tent and saw an old lady. She was a strange, tiny woman with long, wispy grey hair. She wore black clothes that were a bit dirty and torn. She also wore an orange apron. Her skin looked very old and she had warts on her face. She had a very scary expression on her face. The old lady greeted them with a harsh voice, ordering them to sit on small dirty chairs next to a table.

'I will tell you everything you want to know about the future, but first you will have to pay me 15 pounds,' she said.

Stephen and Kim thought this was far too expensive, but they were very excited and their grandmother had just given them both some spending money. They paid the

old lady. She rubbed her crystal ball and stared into it. Then her face changed and she became even uglier than before.

'I see here that you are not good people and that you are too young to be here. Get out of my tent,' she ordered. The old woman pushed them out and told them not to come back.

The siblings were shocked and a bit scared. They stood outside the tent for a moment, shaking. After he had calmed down, Stephen told Kim that he was unhappy about the woman's behaviour and ran back into the tent, where he grabbed something that belonged to the old lady.

'Give it back! The three wishes will only do you harm!' she cried.

The children ran as fast as they could and finally they sat down under a tree and laughed at the old lady and her strange behaviour. Stephen reached into his pocket and took out the object he had stolen from the old lady. It was very extraordinary.

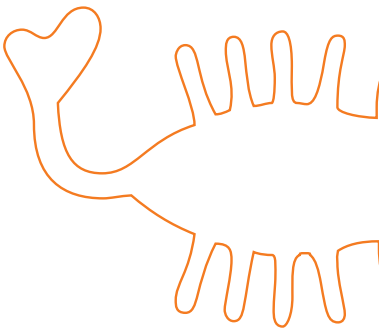
'Ugh, that's disgusting. What is it?' Kim asked.

'I don't know. It looks like a dead scorpion,' Stephen replied. 'The strange lady screamed something about three wishes.'

'Oh, the three wishes thing,' Kim smiled. 'That woman sure was weird!'

'I wish that all the girls in school were crazy about me,' Stephen laughed, putting the scorpion back into his pocket.

When they had relaxed a bit, the children returned to the carnival and found their parents. They all shared some candyfloss and walked home. Kim and Stephen didn't tell their parents about their adventure.





The next day, when Stephen went to school, he could not get into the school building. The girls were acting very strangely. Their eyes were green and their faces were white. They scratched his face, tore his clothes and pulled his hair. He tried to run but they were everywhere, acting as if they were completely crazy about him. As he was trying to hide from the girls, he called his sister and told her what was happening. He said she needed to make another wish to undo this disaster. Kim hurried to find the scorpion and said 'I wish Stephen were a nobody.'

As Kim waited for her brother to return from school the doorbell rang. The police were outside. The police told Kim and her parents that Stephen had been in an accident on his way home from school and had died.

Weeks passed and Kim could not stop thinking about the wish she had made about Stephen. She had to see him again, so she took the scorpion and went to the graveyard where he was buried. As she stood crying by his grave holding the scorpion, she said, 'I wish I could see him again, I need to talk to him.'

It was raining and as Kim started to walk home slowly she heard a noise. She turned around and saw the grave – it was open and empty. Kim screamed and ran home, locking herself in her room. She was in her bed shaking with fear when she heard footsteps and the smell of wet mud from the graveyard filled her room. Then she heard knock, knock, knock against the door …

Kim has never been seen since.

fair: farandskemmtun

wispy: rytjuleg(ur)

apron: svunta

harsh: harkalega

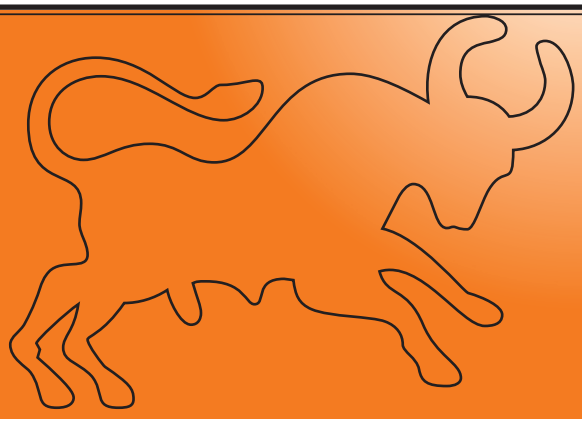
siblings: systkin

extraordinary: furðulegur(ur)

scorpion: sporðdreki

Train your brain

- If you had a time machine, would you want to travel into the future? Why or why not?
- Do you believe that some people can see into the future? Why or why not?
- Are you optimistic or pessimistic about your future? How about the world's future? Why or why not?
- If your life goes as planned, where will you be in five years? Ten years? Thirty years?
- If you could speak to a fortune-teller, what questions would you ask about your future?
- What are your hopes and dreams for the future?
- What do you think the future will be like 100 years from now?
- Have you seen any movies that deal with time travel into the future? What happened? Were they believable?





Who is the author of Frankenstein?

Frankenstein was written by a young woman named Mary Shelley. She was born in 1797 and was only 18 years old when she started writing Frankenstein. The idea came to her when she and her husband and other friends were staying in Switzerland for the summer. It was a rainy summer and the friends had to stay indoors where they started telling each other horror stories. Frankenstein was Mary's story. The story was published when Mary was 21 years old. The story in this book is retold by the authors.

Frankenstein

Characters

Victor Frankenstein	The main character and the creator of the monster.
Elizabeth	Victor's adopted sister and later his wife.
Henry Clerval	Victor's best friend since childhood.
The Monster	Frankenstein's creation. The monster is put in this world without being taught how to interact with humans.
William Frankenstein	Frankenstein's younger brother.
Justine Moritz	The beloved maid of the Frankenstein family.

Chapter 1

My name is Victor Frankenstein. I come from Geneva, in Switzerland. My parents are wealthy and we travelled a lot when I was young. My mother was a very kind woman. Once when we were travelling we visited a poor family on a farm. This family had five children; one of these children

was an orphan girl whom they were taking care of. My mother loved this girl Elizabeth instantly since she wanted a daughter. Elizabeth was adopted into our family. We were raised like brother and sister and we never fought. Later my parents had two more children, Ernest and William. At this time we stopped travelling so much and moved to Geneva. We also had a country house at Belrive, which is a quiet place away from the city.

I became close friends to a boy called Henry Clerval. We spent a lot of time together.

I was a very happy child. My parents were very kind to us. When I was seventeen years old my parents decided to send me to the University of Ingoldstadt. A terrible thing happened before I left. My mother became very ill and soon we knew that she would die. My mother talked to Elizabeth and me and told us that she wanted us to marry. She also told Elizabeth that she wanted her to take her place. Elizabeth took care of the children and the household.

I arrived in Ingoldstadt shortly after this and started studying. I was good at science and devoted all my time to it.

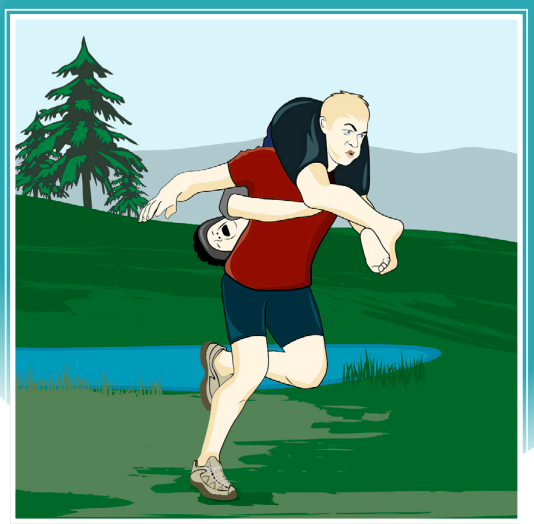
- How many siblings did Frankenstein have?
- What are their names?
- Who died in this chapter?
- Where did Frankenstein's parents send him?





Lifestyle

- Do you have a healthy lifestyle?
- Describe your lifestyle.
- What goals do you have for making your lifestyle healthier?
- What is the most important thing for you and your lifestyle?



Unusual sports

Wife-carrying is a sport that started in Finland as a joke but has turned into a sport that people compete in around the world and even has a place in the Guinness Book of Records. The male runs with his female partner on his back and tries to be the first to the finish line. The track is not easy and the men might have to cross over water or jump over things. There are a few rules. For example, the woman (who does not actually need to be the man's wife) must weigh over 49 kg, she has to wear a helmet and, most importantly, all contestants must have fun.



Toe-wrestling is something that many of us have tried and now it is an official sport. The World Toe Wrestling Competition first started in 1976. Competitors lock their toes together and try to force the other's foot to the ground. Believe it or not, in 1997 the World Toe Wrestling Competition applied to have toe-wrestling listed as an official sport in the Olympic Games, but they were turned down.





contestants: keppendur

competitors: keppendur

force: neyða

tournament: mót

swamp: mýri

mud: leðja

Chess boxing starts with a four minute game of chess and is followed by two minutes of boxing. Each match can last up to eleven rounds, switching between boxing and chess. This is a sport for those who like to use their brains as well as their strength. The Chess Boxing Organization's motto is 'Fighting is done in the ring and wars are waged on the board'

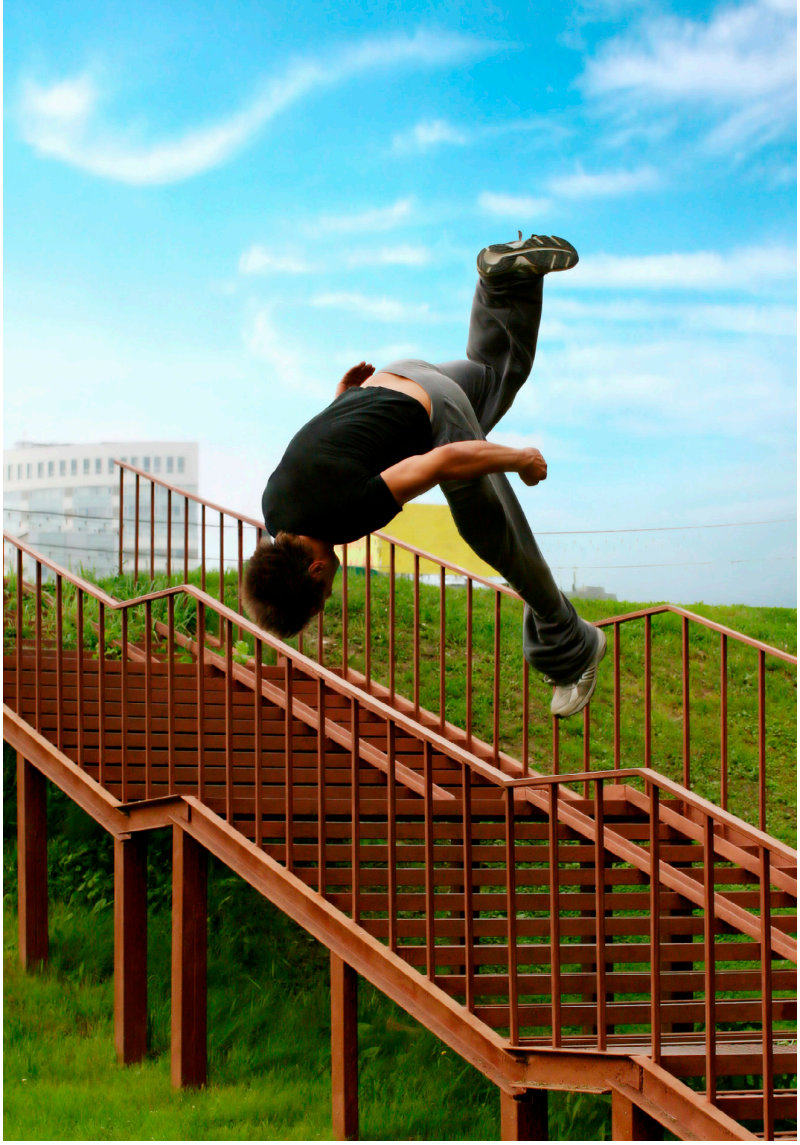
Cheese rolling starts on the top of a hill down which a round of Double Gloucester cheese is rolled. The competitors run as fast as they can and try to beat the cheese to the finish line. The cheese almost always wins, because it can reach speeds of up to 112 km/h.





Swamp football started in Finland several years ago but an annual tournament has been held in Ísafjörður since 2005. This is a football game in a swamp or a mud field. Competitors get very dirty and the swamp makes it difficult for them to run, move and score. Each team has six members and they play for 12 minutes at a time.

Find more unusual sports on the Internet and tell your classmates about them.



Parkour

David Belle was born 1973 in France and today he is a trainer, a stuntman and an actor. When David was 17 years old he started to develop a new kind of sport, which is now known all over the world. It is called parkour and is an extreme sport but also a form of art. People who practise parkour do it to improve themselves,

get exercise and help themselves face the many challenges of day-to-day life.

Even though you might not be familiar with parkour, you have probably seen it in movies when someone is being chased by someone else. In fact, watching parkour you might start thinking about Spiderman running up buildings and jumping over things. Buildings, cars, trees, stairs and rooftops are some of the things parkour players use to do their exercises and they make it look so easy, when in fact it is extremely difficult and dangerous.

The most common place to practise parkour is outside. While running, the athlete could be imagining that he is being chased or that he is running in an emergency. The idea for parkour came from David's time in the military and his passion for helping people. His father, brother and grandfather had also been in the military as fire fighters and were very talented.

David says that after a good training session he knows exactly what he is capable of. He often has to explain his actions to the police. When the police see a man running and climbing buildings they often think he has stolen something and try to stop him. The police in France don't really understand the sport and sometimes stop parkour practitioners, thinking they are criminals trying to escape the scene of a crime.

Parkour is not a sport for those who want to take it easy; it is a sport for warriors. When in training, people get hurt. They bleed and they cry but it is worth it, because when you are running and climbing your mind opens and you feel as free as a bird.

stuntman: maður sem leikur áhættuatriði

develop: þróa

challenges: áskoranir

athlete: íþróttamaður

military: her

passion: ástríða

talented: hæfileikaríkur

improve: bæta sig



Did you know?

In the evening you are not as tall as you are in the morning.

Red haired people have fewer hairs on their heads than brown or black haired individuals.

The two sides of your face are not the same.

Sir Edmund Hillary and Sherpa mountaineer Tenzing Norgay were the first men who are known to have reached the summit of Everest, which they did in 1954.

In 1975, Junko Tabei from Japan became the first woman to reach the summit of Mount Everest.

A child of today is less fit and fatter than a child of the 1960s.

From one strand of hair, scientists can tell what you ate and if you smoke but they cannot tell if you are male or female.

The first Olympic race, held in 776 BC, was won by Corubus, a chef.

The first modern Olympic Games were held in Athens, Greece in 1896. There were 311 male and no female competitors.

An average person has about 100,000 hairs on his or her head.

Volleyball was invented by William George Morgan of Holyoke, Massachusetts, USA in 1895.

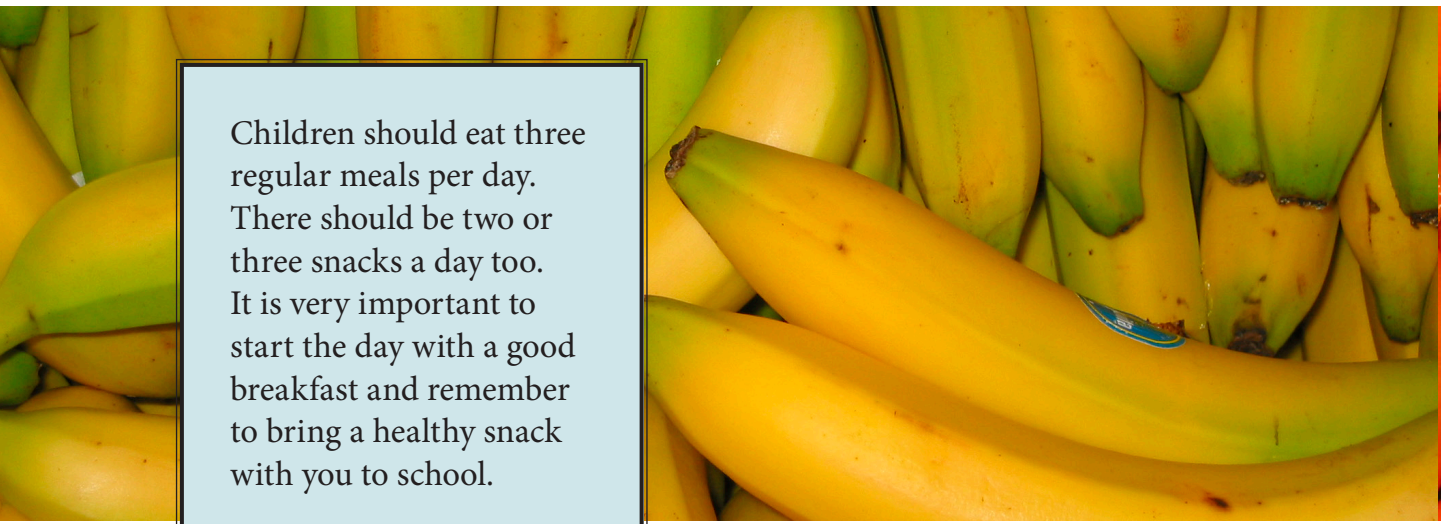
Golf is the only sport that has been played on the moon – on 6 February 1971, Alan Shepard hit a golf ball there.

A soccer ball is made up of 32 leather panels, held together by 642 stitches.

Approximately 70% of your body consists of water.

In ancient Rome, when men participated in the Olympics, they would compete nude!

A few points ab



Children should eat three regular meals per day. There should be two or three snacks a day too. It is very important to start the day with a good breakfast and remember to bring a healthy snack with you to school.

Water

You can't live without water because it makes up 70% of our bodies, so it is very important to drink enough of it. Water is also found in food (meat, fish, vegetables, and fruits) and in drinks. It is very important that children drink water if they are thirsty and before and during exercise.

Fruits and vegetables

Fruits and vegetables are nutritious and should be a big part of teenagers' and children's diets. It is recommended that you eat at least five portions or 500 g a day. Variety is important. One medium size piece of fruit or about 75–100 g of vegetables (1 dl of cooked vegetables or 2 dl of fresh salad) are all examples of one portion. One glass of 100% fruit juice can be counted as one portion of fruit.

out your health



Grains and carbohydrates

You get most of your carbohydrates from grains, but you also get them from fruits and vegetables and other products. Grains include bread, oats, maize, pasta and rice. When possible you should always try to choose brown rice instead of white and whole-wheat pasta and bread instead of white. When you choose brown rice and whole-wheat options you get more vitamins and fibre. Potatoes are a common source of carbohydrates.

Dairy products

It is very important that children and teenagers get enough calcium. By drinking two to three glasses of milk daily you will fulfil your calcium needs. You can choose other dairy products. Cheese on one slice of bread can be counted as one portion of milk. Dairy products also have a lot of other good nutrition and vitamins. Dairy products include milk, yoghurt, skyr and cheese.



Fish, meat, eggs, beans and nuts

These foods are an excellent source of protein. It is very good to eat fresh fish and meat instead of processed meat. Processed food usually contains more fat and unnecessary ingredients you don't need.

Fat

Fat is also important. We should include fat in our diets every day, but should choose our fat wisely. It is better to use vegetable oil instead of butter or margarine when cooking. We need 'good' fats in our diet. You can get good fat from oils that for example come from fatty fish, avocados and nuts.

Vitamins

Children should get all the vitamins they need from their food. But vitamin D can be hard to get. One teaspoon of cod liver oil every day gives you all the vitamin D you need. It is especially important during the winter when we are not exposed to much sun.



Caffeine

Caffeine is not necessary and can be harmful for children if consumed in large amounts. Children and teenagers should choose drinks that do not contain caffeine. Caffeine is found in coffee, tea, cola drinks, chocolate and energy drinks. Energy drinks can contain a lot of caffeine. These energy drinks are not good for children and teenagers. Caffeine can cause a lot of physical side effects, including headache, dizziness, and lack of sleep.

Physical activity

All of us need to be physically active every day. Children and teenagers should do at least 60 minutes of physical activity every day and adults at least 30 minutes. Physical activity is not only good for the body but also for the soul. It is easy; you can shorten the time spent in front of the computer or the TV and go out to play. You can walk or ride your bike to school. Go out for a walk. Get involved in an organized sporting activity. Everyone should be able to find a sport they like. While you exercise you should drink water instead of energy and sport drinks.

Sleep

It is very important to get a good night's sleep. Children 9–12 years old need 10–11 hours of sleep during the night and 13–15-year-olds need 9–10 hours a sleep each night. If you find it difficult to fall asleep, you should try to relax before going to bed. That means no television or computers, because it is said that the light from the screen doesn't have a relaxing effect on the brain. A good way to relax is to have a warm bath before going to bed or to read a good book. Getting regular exercise also helps (if you don't do it right before going to sleep) and there is a lot of relaxing music that is good to listen to last thing at night. If you have a mobile phone, remember to turn it off before you go to bed or else there is a chance that you will be disturbed during the night. All drinks that contain caffeine can also disturb your sleep because caffeine is stimulating for the brain. A long-term lack of sleep can affect your school work and concentration, among other things.

Sugar





Do we need sugar? We don't really need all the sugar that is added to many food products. According to the Public Health Institute of Iceland, the total daily consumption of white sugar should not be more than about 50 g, which is about 10% of the calories that you need in one day. One bottle (1/2 litre) of cola, which could be a common size for one person to drink, contains about 50 g of sugar. That is your maximum portion of sugar for one day. Most likely you will consume other foods with sugar during the day so your sugar intake might be sky high!





Let's take one example. You might start your day with a bowl of sugared cereal, which can have 10–15 g of sugar, depending on the size of your portion and what brand of cereal you choose. Then perhaps you will have one pot of yoghurt with added sugar during your lunch, which adds another 10–15 g to your total. If you have one carton of chocolate milk with your sandwich that adds another 11 g of sugar. After school you might eat one chocolate bar, and that will give you about 17–20 g of sugar. If you drink two glasses of cola with dinner you have added yet another 50 g. Now you do the maths! How many grams of sugar does that total for one day? It is much higher than 10% of your daily calorie intake.

Teeth

Do you have a sweet tooth? You are said to have a sweet tooth when you really like sweets or sugary food (including cakes or biscuits). As you probably know, sugar damages your teeth. Here are some points about treating your teeth well:

- Brush twice a day for two minutes at a time with fluoride toothpaste.
- Don't rinse your mouth with water after you brush.
- Floss daily.
- Visit the dentist regularly – at least once a year.
- Eat and drink at regular times instead of constantly eating something over day.
- Don't drink or eat after you have brushed for the night.
- Consume as little sugar as possible.
- Make use of the fluoride mouthwash you are given in school in Grades One, Seven and Ten.

regularly: reglulega

nutritious: næringarríkur

recommend: mæla með

variety: fjölbreytni

portion: skammtur

carbohydrate: kolvetni

fibre: trefjar

dairy product: mjólkurafurðir

calcium: kalk

processed: unnið

ingredient: innihald

wisely: skynsamlega

diet: matarræði

caffeine: koffín

contain: innihalda

physical side effects: líkamlegar aukaverkanir

dizziness: svimi

consume: neyta

limit: mörk

fluoride: flúor



Ironman

In 1977 some friends who competed in sports were debating which sport was the most difficult: the Waikiki rough water swim; the 180 km round Oahu bike race or the Honolulu marathon. They couldn't agree so in the end one of them suggested that they should try them all, one after the other, on the same day!

'We'll call whoever finishes first the Ironman,' said John Collins, one of the friends.

The group decided to call the competition Ironman and in 1978 the first such competition was held in Hawaii. Only 12 competitors took part. Today, many Ironman competitions are held all over the world each year. It always starts with four kilometres of swimming, followed immediately by 180 kilometres of cycling. It concludes with running a marathon, a race of just over 42 kilometres. This is all done without

a break, although you may eat on the way, usually while biking, and there are drinking stations throughout the course. The time limit is 17 hours; races start at 7 am and competitors have to finish before midnight.

Even though it sounds almost impossible to complete an Ironman competition, many people have and some have even completed several. Luc Van Lierde has been competing since 1990 and has won the competition many times. Like in most sports today, women also compete in Ironman competitions. For many years, Paula Newby-Fraser was considered one of the best; like Luc Van Lierde she has won the competitions many times.

Icelandic Ironwomen

Did you know that many Icelanders have completed Ironman competitions? Bryndís Baldursdóttir was the first Icelandic woman to finish an Ironman race. She competed in Germany in 2007. She didn't start running until she was 36 years old and was 43 when she went to Germany and finished the Ironman there. Another Icelandic woman, Karen Axelsdóttir, competed in an Ironman race in Australia. She finished in ten hours and 56 minutes. Karen had been training and competing in other triathlon competitions for many years before trying the Ironman. Now she works in London coaching people for triathlons.

In addition to good training and nutrition, Karen talks about the importance of a positive attitude. When things start to get difficult, the real training starts. Then it is important to concentrate, keep your balance and focus. Even though she is quite an 'Iron lady', she is just a normal mother. She lives with her husband and two children and has a very good education. She is educated as a personal trainer and has a degree in business, so if she gets tired of all the running she should be able to get a good desk job.



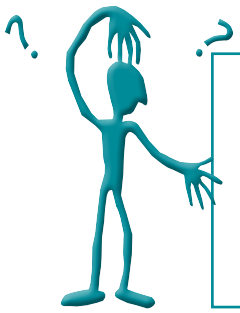
Karen says the day of the Ironman was one of the best in her life. She had her family there to support her and was well prepared for the competition. Karen often wonders if she will try it again. The answer is yes, of course and hopefully in Hawaii, the home of Ironman.

Karen's attitude towards sports and a healthy lifestyle is admirable. She says: 'We have to start somewhere. Try to find some exercise you enjoy that fits your programme. You will probably be a complete beginner at first but that's just fine. Think of it as a challenge and how good it is to try something new. To be in good company is also good and you can even make new friends while taking up a new sport.'

There is a saying for the competition that came from John Collins, who has been called the founder of this difficult sport: 'Swim 4 km, bike 180 km, run 42.2 km. Brag for the rest of your life!'

- What is one kilometre away from your school?
- What is 226 kilometres away from your school?
- How far do you think you can run?
- How far can you swim or cycle?

Exam stress



Stress is a feeling that is hard to control. People get stressed about many things but everyone knows the feeling of being stressed and worried. One reason for stress can be a test that you have to take. Being very worried or uncomfortable about taking tests can be quite difficult. Here are some points to keep in mind to help you control your stress levels before taking a test:



- **Get a good night's sleep.** Getting a full night of sleep before a test can be a big help. You'll feel better, think clearer, and be in a better mood. You need eight to nine hours of sleep.
- **Eat a healthy breakfast.** Food is the energy for your body and brain, so eat a healthy breakfast on the morning of the test.
- **Think of something peaceful.** Have a picture in your head of something that makes you feel calm, relaxed and happy.
- **Think positive.** Say things to yourself that will make you feel better. Tell yourself that you know the answers. Push negative thoughts out of your head.
- **Don't be late.** Being late creates extra stress so you should wake up early and be on time for school.

While taking the test you should keep these things in mind:

- **Read the questions** very carefully and take your time in answering.
- **Begin** with the tasks you know.
- **Remember** to take a deep breath and try to relax.
- **Don't worry** if others finish before you.
- **If you have time**, read through all your answers again.

Iceland and the

The first Olympics were held in 776 BC. The Olympics were held every four years for a long time before they were banned in 393 AD. These Olympics were nothing like the ones held today. The modern Olympics as we know them have been held since 1896. Iceland has been competing at the summer Olympics since 1908 and since 1948 at the winter Olympics. The Olympics are one of the greatest competitions in which an athlete can participate. It is a great honour to participate in the Olympics. So far Iceland has won four medals in the Olympics. Below you can read about the people who won these medals.

1956, Melbourne, Australia

Iceland won its first Olympic medal in 1956. Vilhjálmur Einarsson (born in 1934) broke an Olympic record in triple jump. He jumped 16.26 metres. The record did not last long and later in the competition a Brazilian broke the same record, so Vilhjálmur was awarded the silver medal. Vilhjálmur was voted the first athlete of the year in Iceland in 1956, and again in 1957, 1958, 1960 and 1961.

1984, Los Angeles, USA

Bjarni Ásgeir Friðriksson (born in 1956) competed for Iceland in judo (under 95 kg) and won a bronze medal. There were 24 competitors. He beat the American competitor in the third round, qualifying for the semi-finals where he lost against a Brazilian competitor. Bjarni competed for third place against an Italian and won. He was voted athlete of the year in Iceland in 1990.

Olympics



2000, Sydney, Australia

Vala Flosadóttir (born 1978) won a bronze medal in pole vault when she jumped over 4.5 metres. The gold medal winner was from the US and the silver medallist was from Australia. Vala was voted Iceland's athlete in 2000. She was the first Icelandic woman to win a medal at the Olympics.



2008, Beijing, China

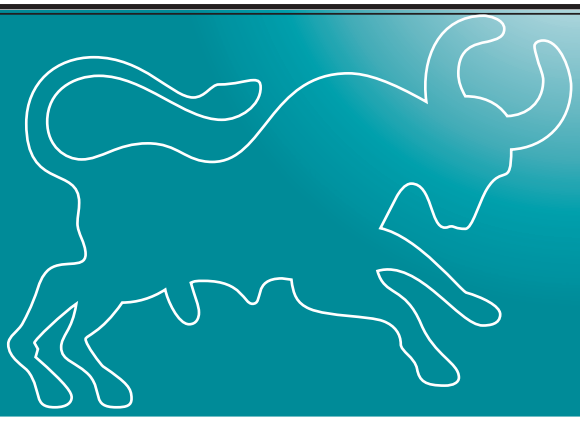
Iceland's men's handball team won a silver medal. It was considered a great achievement for such a small nation to come so close to winning the gold medal in a team sport. News about this achievement even made the cover of The New York Times. When the team was playing its final game of the tournament, almost everyone in Iceland was watching. For example, people gathered in the Smáralind shopping centre and watched the game on a big screen. The nation was very proud of the team's achievement and welcomed them home with a parade in the centre of Reykjavik. Ólafur Stefánsson, the captain of the team, was voted athlete of year in 2009, the fourth time he won this honour.

competition: keppni
athlete: íþróttamaður
participate: taka þátt
honour: heiður
population: íbúafjöldi
triple jump: þrístökk
category: flokkur
competitor: keppandi
semi-finals: undanúrslit
pole vault: stangarstökk
considered: talið
achievement: afrek
nation: þjóð
captain: fyrirliði

What do you think it takes to compete at the Olympics?

Train your brain

- Why is it important to exercise regularly?
- What can you do to keep your teeth healthy?
- What sports do you like?
- What sports would you like to try?
- Why do you think it is important to eat healthy food?
- How much sugar do you eat each day? If it is too much, what can you do about it?
- Do you get stressed easily? When and why?
- Are you stressed before tests? Why or why not?
- What good ways do you know to relax? Do you relax regularly?
- How do you get to school?





Frankenstein

Chapter 2

I was a very good student and chemistry was my favourite subject. I was always working on experiments in the laboratory. I was so deep into my work that I didn't even visit my family in Geneva for two years. I wanted to understand more and to discover life. I wanted to create life. To understand life you have to understand death. I studied the human body. I studied dead bodies and I learned how bodies are made. I discovered the secret of life and I learned how to create life. I was so happy and I wanted to try my powers. To do that, I needed parts of dead human bodies.

I began to create my creature. It was very difficult and I wanted to make the person very large and tall. It was easier for me to work on a big body. I was working in my laboratory all the time and never went outside. I never wrote to my family and didn't even think about them during this time.

One cold November night I saw the result of my hard work. My creation came alive. I saw his yellow eyes open and he breathed and moved his arms and legs. I looked at him. I had created life.

He was terribly ugly. He had yellow, dry skin. His eyes were pale and he had black, thick hair. He was a monster.

I was filled with fear and ran out of my laboratory to my bedroom and fell asleep. When I awoke someone was standing over me. It was my monster. The monster tried to speak but it only made a terrible sound. It reached with its hand towards me and tried to touch me. I was filled with fear and ran out of my room. It was a rainy night and I walked aimlessly around the streets until I saw a friendly face. It was my childhood friend Henry. He told me that he was now starting his studies and that he wanted to learn foreign languages.

He was very happy and excited telling me all this when all of a sudden he looked at me more closely and said 'You don't look too good. You are too thin and pale. You look ill.'

Henry took me to my room and helped me into bed. Luckily the monster had gone. Henry took really good care of me for months while I was dangerously ill. When spring came, I became stronger. I wanted to get even better before I returned to Geneva and find my family and Elizabeth.

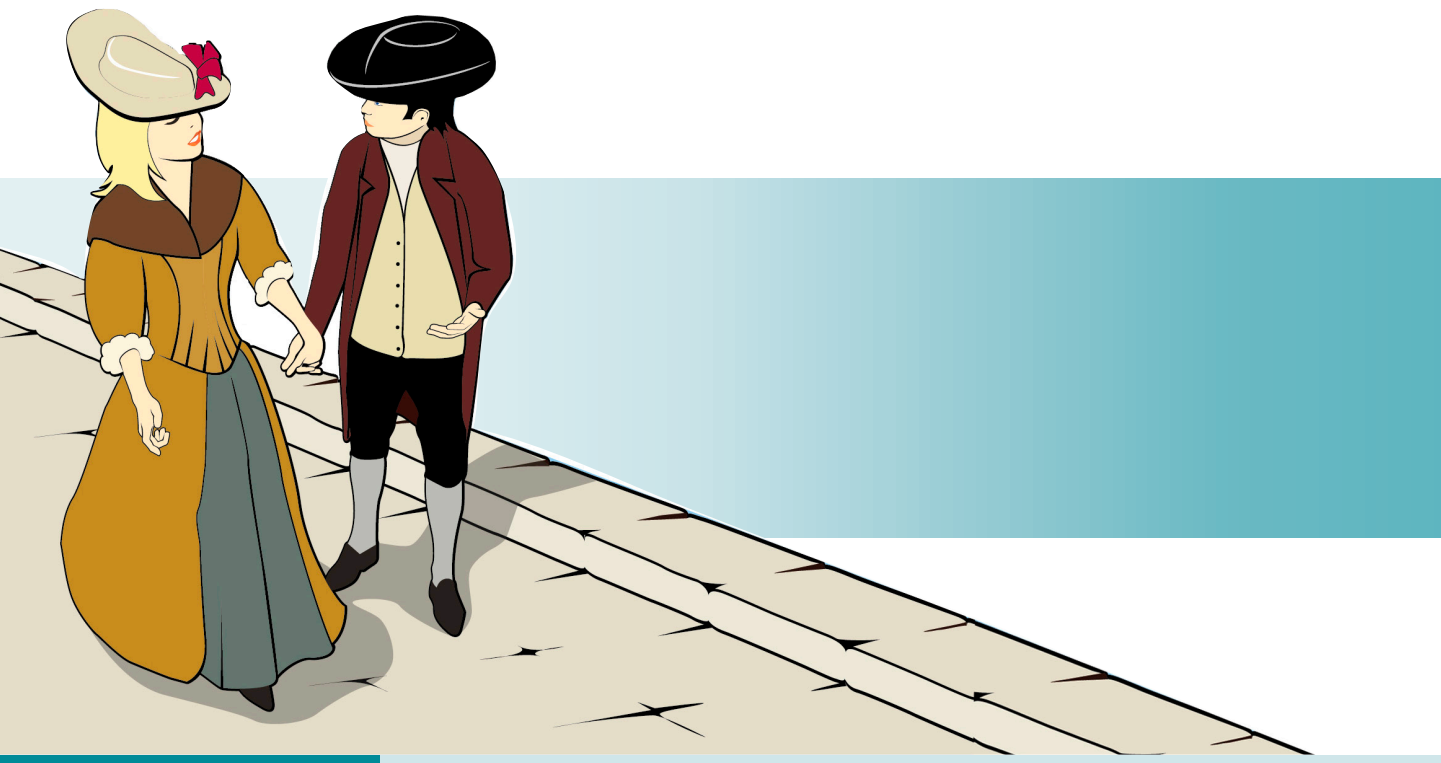
The following winter I studied side by side with Henry. It was a very good winter. In May, I received a letter

from my father with bad news. He wrote to me that my dear younger brother William had died. He had been murdered. His locket with the picture of our mother he always had around his neck was also stolen. Reading the letter broke my heart.

I hurried home to Geneva. It had a strange feeling coming back home, where I hadn't been for six years. It was stormy the night I returned. Suddenly I stopped. A figure was hiding behind a tree. 'I cannot believe it!,' I thought. It was the monster I created. Was he my brother's murderer? I knew that he was. No human could have killed my beautiful brother. The monster I had created two years earlier disappeared into the darkness.

When I met my family, they told me that the murderer had been found. Justine, our loyal and devoted maid, was accused of the murder.

I told them, 'No she can't have done it. Nobody will believe that.'



My brother Ernest told me that the police had found William's locket in her pocket. Elizabeth told us she didn't believe Justine did it.

'She is not a criminal,' she said.

'Hopefully we can prove that,' I replied.

The trial was the following day. We all defended Justine and spoke about what a wonderful person she was, but it didn't mean anything. The judge didn't believe us. Justine was convicted for the murder and sentenced to death. She was executed shortly after the trial.

I felt terrible. This was my fault. My darling little brother and our loving Justine, who had done so much for us, were dead. Inside I knew that this was not the end of the tragedy. This was not the monster's last work.

- What did Frankenstein want to make? How did that work?
- What happened to William, Frankenstein's younger brother?
- Who was accused of the murder?
- Who do you think was really the murderer?

Crimes and

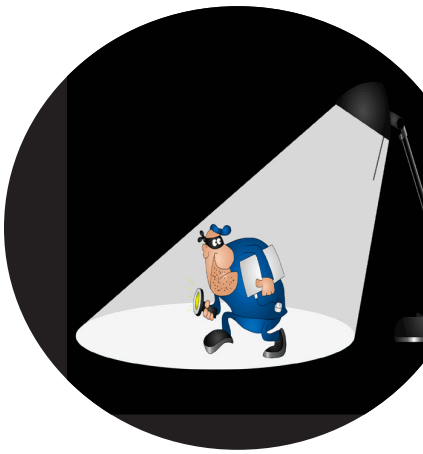


Jailhouse Rock

The warden threw a party in the county jail.
The prison band was there and they began to wail.
The band was jumpin' and the joint began to swing.
You should've heard those knocked out jailbirds sing.
Let's rock everybody, let's rock.
Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

Spider Murphy played the tenor saxophone,
Little Joe was blowin' on the slide trombone.
The drummer boy from Illinois went crash, boom, bang,
The whole rhythm section was the Purple Gang.
Let's rock. Everybody, let's rock.
Everybody in the whole cell block
was dancin' to the Jailhouse Rock.





Number forty-seven said to number three:
'You're the cutest jailbird I ever did see.
I sure would be delighted with your company,
Come on and do the Jailhouse Rock with me.'
Let's rock everybody, let's rock.
Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

The sad sack was a sittin' on a block of stone
way over in the corner weepin' all alone.
The warden said: 'Hey, buddy, don't you be no square.
If you can't find a partner use a wooden chair.'
Let's rock everybody, let's rock.
Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

Shifty Henry said to Bugs: 'For Heaven's sake,
no one's lookin', now's our chance to make a break.'
Bugsy turned to Shifty and he said: 'Nix nix,
I wanna stick around a while and get my kicks.'
Let's rock everybody, let's rock.
Everybody in the whole cell block
was dancin' to the Jailhouse Rock.

Jerry Leiber and Mike Stoller



Unsolved

The Loch Ness monster



Loch Ness is a freshwater lake in Scotland. For centuries, people have told stories about a large monster that lives in the lake. George Spicer and his wife said they saw the monster crossing a road in July 1933. They described the monster as having a large body and a long neck. The Loch Ness monster has been photographed many times and has also been caught on video. The pictures are never very clear so people still don't know the whole truth about what lives in the lake. Some believe that the monster really does exist and is an animal from the times of the dinosaurs.

Bigfoot

Another story about an unexplained monster is Bigfoot, who is described as an ape-like man. People believe they have seen him in North America and say that he is large and hairy. People started to hear about Bigfoot in 1924, although there were stories about a similar creature as early as 1860. Over the years, many pictures have been taken of Bigfoot, but there is no real proof of his existence. Those who believe Bigfoot exists believe he is from prehistoric times, like the Loch Ness monster.



mysteries

Abominable Snowman



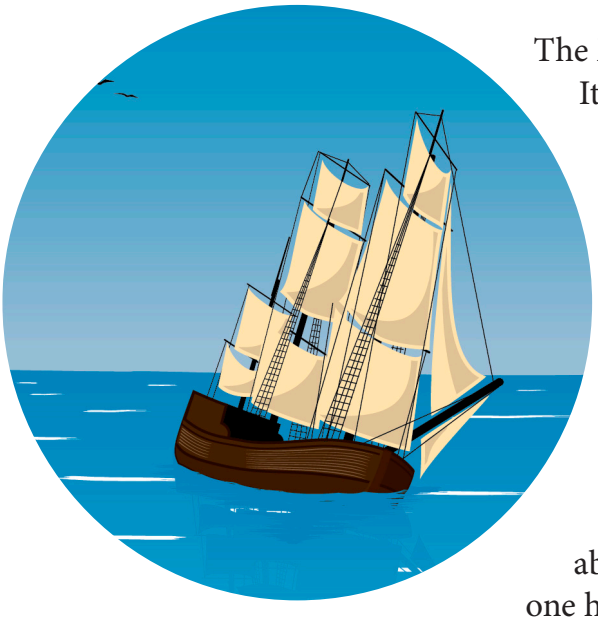
Sir Edmund Hillary and Tenzing Morgay were the first persons to reach the summit of Mount Everest. They found interesting things during their ascent, including hair on the snowy mountainside and huge footprints. Hillary became very interested in these unexplained things and together with the Sherpa people of Nepal he tried to find out the truth. The Sherpa people had stories about a strange creature that was half man and half ape. They called him the Abominable Snowman or the Yeti. The footprints and hair have never been explained, although some think the footprints were human or animal footprints that had melted in the sun.

Werewolves

Over the years there have been many books and films about werewolves. In these stories, people usually turn into werewolves under a full moon and become half human and half wolf. Those stories go a long way back; the rumours about werewolves have been around for centuries. No one really knows whether werewolves were real, but many people really believed in them, particularly in the 17th century.



The Mary Celeste



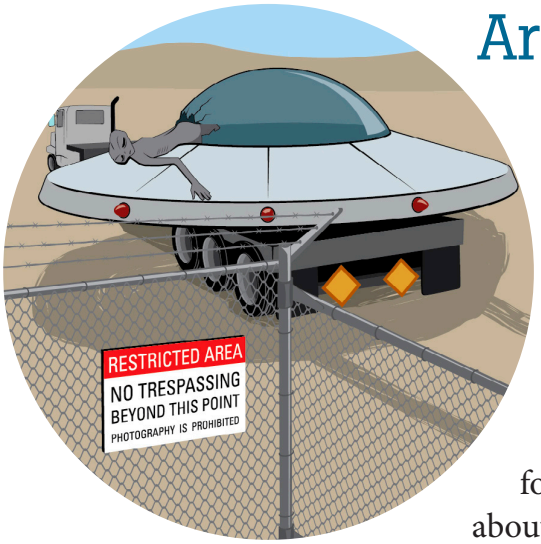
The Mary Celeste was a ship built in Canada. Its captain was Benjamin Briggs. On 7 November 1872, the ship left New York with Briggs and his crew on board, along with Mrs. Briggs and the couple's two-year-old daughter. The ship was carrying alcohol to Italy; it never arrived. The Mary Celeste was found a month later leaking and abandoned. Surprisingly, the alcohol was still there and nothing unusual was found on the ship. Many rumours arose about what had happened, but to date, no one has been able to explain the mystery.

The Bermuda Triangle

The Bermuda Triangle is an area where people have claimed that unexplained things have happened. Airplanes and ships have disappeared without any explanation. The triangle is considered to be somewhere around Florida, Puerto Rico and Bermuda. It was first described as a mysterious hotspot in 1952 and since then there have been books and articles written about this mysterious place. Most of what has been written about the Bermuda Triangle was written in the '60s and '70s. Even though that there have been no further unexplained disappearances since then, there are still people out there who think this mystery should be investigated.



Area 51



In Nevada there is a region known as Area 51. The United States Air Force has a top secret military testing station here. The secrecy and tough security surrounding Area 51 is what makes many people wonder what really goes on there. In 1997, the American government admitted that the area was real. Anyone who visits Area 51 will see signs forbidding photography. One of the mysteries about Area 51 has to do with UFOs (unidentified flying objects). Some people believe that the area is used to store crashed alien spacecraft. Others think the army conducts time travel experiments in this secretive place.

Vampires

Stories about vampires have been around since around 1700. One of the most famous stories is that of Dracula. Vampires survive by drinking the blood of living creatures, but the best blood is human blood. Vampires have big teeth called fangs and use them to bite people's necks. A typical image of a vampire would have blood dripping from its mouth. Vampires have also been connected with coffins, where they sleep. They sleep there during the day to avoid the sunlight, which they can't cope with. In some stories, vampires look like normal people so they can blend in with everyone else. In some countries, people believed in and were really afraid of vampires. Garlic and holy water were things they thought would keep vampires away. Even today, rumours occasionally start about the existence of vampires, but no proof has ever been found.



Lagarfljótsormurinn

spew: spúa

hump: kryppa

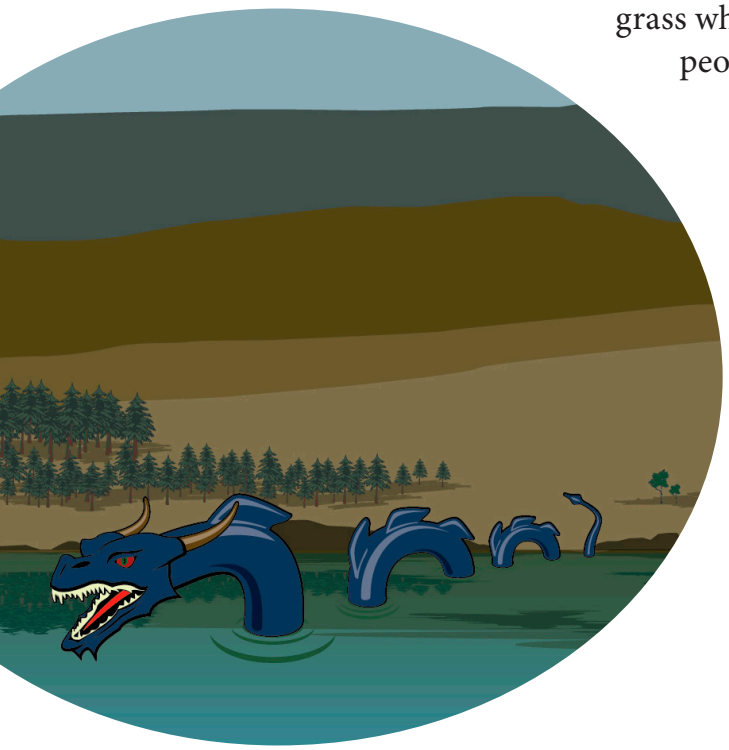
creature: vera

abandoned: yfirgefin(n)

fangs: vígtennur

coffin: líkkista

Lagarfljótsormurinn is the most famous monster in Iceland. This worm-like monster is thought to live in Lagarfljót River in the east of Iceland. The first stories of this worm began in 1345. The story is about a girl who found a piece of gold. She asked her mother how she could get more gold. Her mother told her to put it in a box with a worm. The next time the girl opened the box, the worm had grown enormously; she got scared and threw the box and everything in it into the Lagarfljót River. There the worm grew and grew and became a monster that scared people if they came too near.



The worm is said to have spewed poison on the grass where the local farmers worked. The people got two Finns to help them out. The Finns were supposed to kill the monster and get the gold. They tried but failed. They tied the monster with two ropes and therefore the monster can't swim around anymore. Sometimes its hump rises above the water and people can then see. Some people believe that this story is true and some claim they have taken photographs of the monster.

Choose one of the mysteries and find more information about it on the Internet or in books.

Strange crimes



Indian couple avoid jail sentence for kissing

A married Indian couple have escaped punishment for kissing in public. Police in Delhi arrested the 28-year-old man and his 23-year-old wife in September 2008. The police fined them for bad manners in a public place. Showing affection in public places is taboo in India. However, in court, the judge decided the young couple's kiss did not break the law and that they had done nothing wrong. The judge said an expression of love by a young married couple was not illegal. In addition, he said he wondered how anyone could find a simple kiss to be obscene.

It is extremely rare to see couples kissing in public in India. It is acceptable and common for young couples to hold hands in public places. Anything more explicit than this simple act could be punished by up to three months in prison. Many Indians, especially older, more conservative ones, think kissing in public is immoral.



Naked thief

A naked man broke into a woman's house carrying a knife. The woman was at home when he broke in and managed to get rid of this unusual thief. When the police arrived, they found a video camera that the thief had left behind. When they viewed the tape, they discovered that he had videotaped himself breaking into the house. As if that weren't enough help for the police to catch the crook, the police also discovered footage of the thief's family on the tape. This additional information led to his arrest at his mother's house where he was hiding.

punishment: refsing

affection: væntumþykja

taboo: eitthvað sem má ekki

obscene: óviðeigandi

immoral: ósiðlegt

footage: myndir

identified: bar kennsl á

Underwear on the face didn't fool anyone



A man and a woman were arrested for armed robbery. The woman entered the store and didn't cover her face. Then the armed man entered, covering his face with underwear, and demanded money. The underwear didn't help him at all, because witnesses identified him at once. They were both charged with armed robbery and were arrested by police.



Contacting aliens

Mrs Bower has been working for NASA, the National Aeronautics and Space Administration, for several years now. Scientists at NASA have been listening to sounds coming from a planet they think might have life on it. Sometimes they hear some sounds and they are trying to figure out what they are. Mr Underwood is Mrs Bower's assistant. His job is to let her know if anything new happens.

Mr Underwood: What's this? Here are the sounds again. Mrs Bower, come quickly and listen carefully!

Mrs Bower: What is it? [Listens carefully] This could be it! This could be our proof that there is life in outer space!

Mr Underwood: I'm taping the sounds so we have proof. This is wonderful news.

Mrs Bower: Let's try to analyse the sounds. We might find out what kind of sounds these aliens are using.

Mr Underwood: Great idea. I'll do that right away. [Several minutes later] Mrs Bower, it sounds like they are speaking English.

Mrs Bower: What? That can't be right. Let me listen for a second. [Pause] What? This is unbelievable! They do speak English!

Mr Underwood: Try to find out what they are saying.

Mrs Bower: It sounds like they are asking for help.

Mr Underwood: What? Asking for help? Maybe they are in trouble!

Mrs Bower: Are they talking about weapons? It sounds like they are talking about weapons.

Mr Underwood: Weapons! Mrs Bower, this doesn't sound good.

Mrs Bower: Shh, they are talking about weapons and a robbery.

Mr Underwood: That's very odd. What does it mean?

Mrs Bower: I don't know – but we might be on to something here.

Mr Underwood: Try to make the sound clearer.

Mrs Bower: I'm trying.

The machine makes a noise, and then they hear 'Officer Stanley here. I'm at the crime scene. There is no one here anymore. Over and out.'

Mr Underwood: Mrs Bower, this sounds like a police radio.

Mrs Bower: [Blushing] Oops.

Mr Underwood: We should probably listen further out in space.



A favour from a friend

Henry was a 30-year-old lawyer who had owned a law firm for five years. He was very successful and had become very rich.

One sunny day, Henry was arrested for tax fraud. He was about to go to trial for his alleged crime and was very worried and scared, but when he arrived in court and saw the jury he discovered that one of the jury members was an old friend of his called Ian.

Henry managed to speak to Ian secretly one day and said: 'Ian, I know it is too much to ask to be found not guilty, but could you possibly try to convince the jury to find me guilty with only a minor offence so I will get a short prison sentence. I couldn't survive being in prison for long time.'

Ian smiled and replied, 'I can't promise anything, my dear friend, but I will certainly try.'

The jury spent a long time deliberating Henry's case and found him guilty, but recommended he be sentenced to only two years in prison and pay a large fine. Henry was very pleased and wanted very much to thank his old friend Ian.

He got the opportunity much later when Ian came to visit him in prison. Henry thanked him for his help and told him repeatedly how grateful he was.

'Well Henry,' said Ian, 'my fellow jurors were very difficult to persuade. Do you know, those fools all wanted to find you not guilty!'



tax fraud: skattasvik

trial: réttur

alleged: meintur

guilty: sekur

jury: kviðdómur

deliberate: rökræða



The milk

Donald was a farmer and had a small farm with cows. He milked his cows every day, like all farmers. Donald and his wife had rather happy lives, but they had never been blessed with children. They were getting older and knew that the opportunity had passed.

One day, a woman entered their cowshed. She didn't say a word, walked towards a small bucket of milk and took it. Donald didn't say anything. He just stared at the woman, who looked rather unhealthy, while she stole his milk.



Donald told his wife about this woman and she told him that he mustn't let homeless people steal their milk. If he did, they would continue and more and more homeless people would come and eventually steal all their milk. Donald agreed.

The next day, when Donald was milking his cows, just singing and being happy as usual, the woman returned. She appeared sicklier than the day before and looked rather ghostly. The woman walked towards the bucket again, picked it up and walked out of the cowshed. Donald tried to talk to her but she didn't answer. He decided not to stop her, she seemed so ill. He couldn't take the milk away from her, but hopefully she would not return.

When she heard that the woman had returned to steal from them again, Donald's wife wasn't happy at all. Donald promised his wife that he would not let it happen again.

On the third day, Donald was milking his cows as usual, but he wasn't singing like before. He was waiting to see if the woman would come again – and she did. This time when she entered the cowshed she seemed even more ill than before. She was still as pale as a ghost. She did as before she walked straight at the small bucket full of milk and picked it up.

Donald thought, 'It is only a tiny little bucket. She can just take it.'

But he couldn't disappoint his wife, so he spoke to the woman.

'Please don't take my milk and leave me alone.'

The woman took the milk anyway but Donald felt like she gave him some kind of signal to follow him. Donald followed the woman, but kept his distance and watched her walking. She hardly touched the ground. She walked a long way and finally came to a house that Donald thought was abandoned. The woman went inside but Donald didn't see her open the door; she just somehow floated through it.

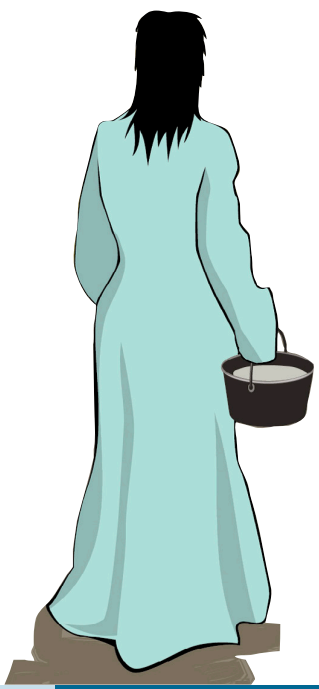
Donald wasn't sure if he should go into the house after her. Maybe she was a criminal and would hurt him.

'No, of course not,' Donald thought to himself. 'She seems so ill. I have to enter.'

Donald opened the door and heard someone crying. He walked inside nervously. The woman he had seen each of the last three days was lying on the floor, dead. Next to her body was a small baby, two empty buckets of milk and the fresh one she had just stolen. The baby had been crying.

Donald was shocked to see the woman dead. He was even more shocked to see the baby. He took it and returned to his wife. They called the police, who said that the woman had likely been dead for three days. No one knew her or where she came from.

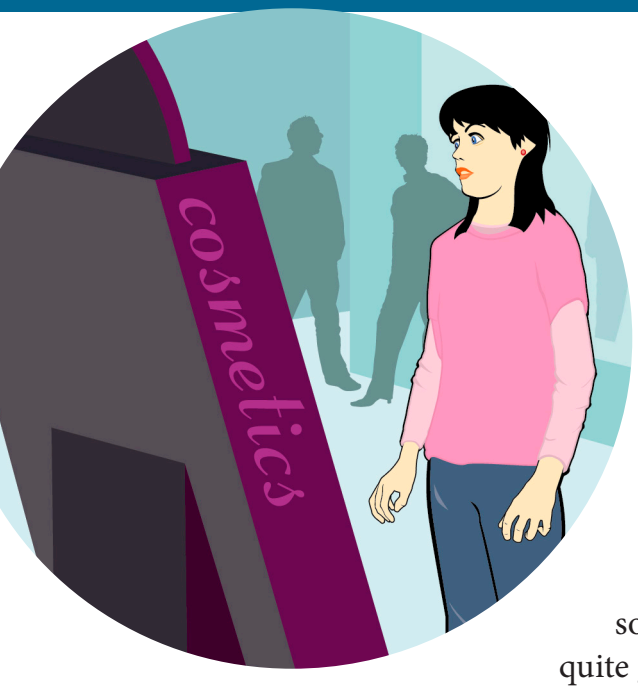
Donald and his wife decided to adopt the baby.





Write your own ghost story.

Should I or



Linda was in the seventh grade. She started at a new school last year and she really missed her old school. It had been difficult making friends in this new place. She hadn't been bullied or anything like that, but she didn't have any friends. The kids in her class had known each other since the first grade. She was never asked to visit anyone's house after school. She sometimes played games in recess with the girls and sometimes soccer with the boys. She was quite good at soccer.

This fall she was a little bit nervous about going to school. She wasn't smiling and talking about the summer like the other girls. She kept to herself like before.

The first day of school began on a Monday at a quarter to nine. When the teacher read the names of the students, she heard a new name: Sharon. Linda raised her head and saw Sharon. She looked a bit older than the other girls. She was pretty and the boys smiled at her and were obviously interested. All the girls were keen on knowing more about Sharon and started talking to her during recess.

After school Linda sat beside the fence next to the parking lot and waited for her mother to pick her up. They were going to the store to buy new schoolbooks. Her mother had promised to be there by three and it was almost three o'clock. Linda hadn't been waiting for long when the new girl came and sat next to her and introduced herself.

shouldn't I?

'Hi, my name is Sharon. We're in the same class, right?' she asked.

'Yes,' replied Linda.'

'What's your name?' Sharon asked.

'My name is Linda.'

'How do you like this school. Have you been here for long?' Sharon asked.

'I just started last year. The school is alright, but I miss my old school,' Linda replied.

'I do too. What's the deal with the girls here? They seem weird.' Sharon commented.

Linda smiled. At last someone agreed with her!

Over the next few days, Linda's life started to change, largely thanks to Sharon. Sharon was really popular and all the girls wanted to hang out with her. She was friendly with everyone but she chose to sit next to Linda and they became good friends. This was what Linda had wanted. She was now in 'the group' and all the girls wanted to be with her too. Linda also became popular, all thanks to Sharon.

Last Wednesday, Sharon and Linda decided to go to the mall after school at two-thirty. They wanted to get some ice cream and just have a look in the stores. Sharon said that she needed new mascara (she always wore some make-up, even though she was only twelve).

They went into the pharmacy and stood in front of a make-up display. Sharon found what she wanted, took it in her hand and looked around, and then she carefully

COSMETICS

COSMETICS

recess: frímínútur

obviously: augljóslega

pharmacy: apótek

placed it in her pocket. Linda couldn't believe her eyes. She was so surprised. What was Sharon doing? Was she stealing? Why?

Sharon spoke at last.

'Go on! Take something you like! You would be so cute with some mascara!'

Linda froze; she didn't know what to do. She had never taken anything that wasn't hers. Her old friends would never steal. Her parents had taught her to pay for everything she took.

Sharon was getting impatient.

'Hurry up, before they notice us. Take something! Don't be a chicken!'

'What should I do?' thought Linda. 'I don't want to steal but I don't want to lose Sharon as my friend. What can I do?'

Think about these questions by yourself and then discuss them with the person next to you.

- What should Linda do?
- Is Sharon being a good friend?
- How can Linda do the right thing and keep Sharon as a friend?
- Can Linda teach Sharon the difference between right and wrong without hurting her feelings?



The hidden people of Iceland

Many Icelandic people believe that little people live on our island. They call them elves, fairies or hidden people. Sometimes roads curve just to avoid having to blow up a rock or a cliff during construction because little people might live there. Sometimes construction workers are more worried about the little people than about the great dangers in nature, like boiling geysers, burning lava or glaciers. The natural wonders don't stop them – but the elves just might.

One explanation for this belief is that there are so few on the island that we doubled our population with tales of elves and fairies.



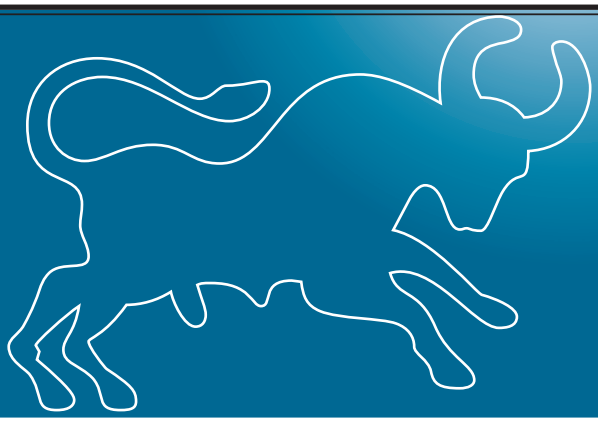
In one place in the town of Kópavogur there is a rock called Álfasteinn in the middle of a road. Because of the firm belief that elves live there the road narrows. In some towns, for example Hafnarfjörður, people have created a map of where elves are believed to live. Doing so has helped them to not accidentally interfere with the lives of these hidden, little people.

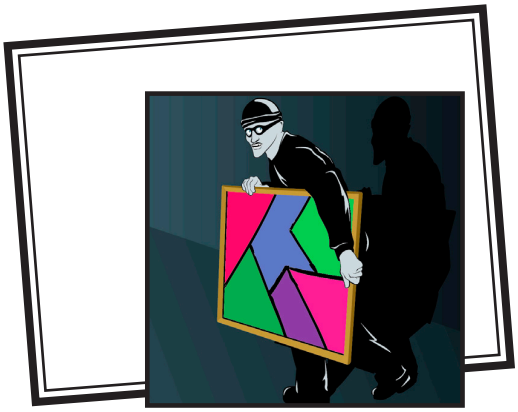


- Have you ever heard about elves or hidden people in your neighbourhood? Where?
- Do you believe in elves or hidden people? Why or why not?
- If elves do exist, where do you think they are?
- Why do you think only some people are able to see them and not others?

Train your brain

- Do you always lock your house? Why or why not?
- Do you know anyone who has been robbed? What happened?
- Do you think there will be more or less crime in the future? Why or why not?
- Have you ever had something stolen from you? If so, how did you feel?
- Have you ever stolen anything? If so, how did you feel?
- How can you avoid having things stolen from you?
- What crimes have you heard about in the news recently?
- Why do you think people steal things?
- What mysteries do you know?
- Do you think there is life on other planets? Why or why not?
- Do you believe in ghosts? Why or why not?





The missing painting

Detective game

Last Saturday at 3 a.m. a janitor screamed loudly when he noticed that a valuable painting was missing from the lobby of an apartment building. He closed the building so no one could escape and called the police.

When the police arrived to investigate the building, which contained just one flat on each floor, the detectives discovered some remarkable facts: one person lived in each flat and they were all at home at the time of the theft; no two people had the same name, age or nationality; all had different motives for wanting the painting and they each had just one place to hide it.

The teacher will give you more information about the crime.

- Find out where Greg lives.
- Now find out who stole the painting.

Frankenstein

Chapter 3

Two months had passed since Justine's death. I wanted to find my monster and destroy it. I travelled a long way in search of the monster. I crossed a river and climbed to the top of a mountain. Below the mountain was a glacier; I crossed the glacier. There I saw a figure on the ice. It was far away, but it looked human and was coming towards me with superhuman speed. I knew who it was. It was the monster. I was frightened and angry. I wanted to kill him.

'Go away you devil, you terrible monster!' I screamed. 'I want to destroy you. You have killed two people who were dear to me.'

'Everybody hates me, and you hate me too,' replied the monster. 'You are my creator and you want me dead. How dare you play with life like this? You have to listen to me and hear my story. You made me. You have to help me. Do what I want, and then I will leave you alone. If you choose not to help me I will do you more harm. You can't understand how I feel. Nobody shows me kindness; the dark night is my only friend.'



So I listened to the monster's story.

'When I was first created by you, I was left alone. I found some clothes in your room and I fled to the forest. I was cold but

I didn't know how to make fire. I ate leaves and berries. I walked around in the hope of finding friends. No one liked me and people screamed at me.

One night I found a small hut where I stayed throughout the day. During the night I went out in search for food. There was a small hole in my hut and from there I would watch my neighbours. They were living in a small house. It was a family of three: an old blind father, his son and his beautiful daughter. I learned to speak your language by listening to them all day. When they went outside I went inside their house and learned how to read their books. I learned about the world and its history.

One day, the son and the daughter went out and the old father was home alone. I decided to visit him. I knocked at his door and told him that I was a tired traveller. He could not see me, so he couldn't judge me by my looks. I sat with him and we spoke until his children came home, which was sooner than I expected.

When they saw me I saw their fear. The man's son started hitting me with a stick. I tried to tell them that they were my only friends. But they were really terrified and screamed at me and wanted me out.

I didn't know where to go and I decided to find you, my creator. I travelled to Geneva. In Geneva I sat by a lake and a young boy appeared. I thought that since he was young he would not know fear in his heart. I decided to talk to him, but of course he became very afraid when he saw me. The young boy screamed at me with fear.

'Child,' I said to him. 'Do not be afraid. I want to be your friend.'

His reply was: 'Go away you big and ugly monster. My father, Mr Frankenstein, will come after you.'

'Oh, the rage I felt in that moment. Now I could get my revenge and hurt my creator by strangling this boy. My

hands held his neck and in moments he was lifeless. The boy was wearing a locket around his neck and in this locket was a picture of a beautiful woman. That made me feel even worse, because I knew that no beautiful woman like that would ever want me.

With his locket in my hands I ran to a nearby barn. In the barn there was a pretty young woman sleeping peacefully. I decided to put the pendent in her pocket, so that she would be accused of the murder.

Now, Victor Frankenstein, here is my request: I want you to create a female monster for me. She must be like me, big and ugly. We will be the same and keep to ourselves in the mountains. If you do this I promise to leave you alone. I promise that you will never see me again. If you do not do this I will make your life even more tragic.'

'Do you promise?,' I asked the monster. 'Will you leave me alone if I do this?'

The monster agreed.



- What happened when Frankenstein found the monster?
- Why had the monster been so cruel?
- What did the monster want Frankenstein to do?
- Do you think Frankenstein should do what the monster asked? Please explain your answer.

Communication



A Smile

The thing that goes the farthest
To making life worthwhile,
That costs the least and does the most,
Is just a pleasant smile.

Wilbur D. Nesbit

Go to school

Dialogue A

Dad: Hanna! Wake up!

Hanna: Mmmmm.

Dad: I said, WAKE UP!

Hanna: Mmm, what time is it?

Dad: It's time to get up!

Hanna: Just ten more minutes.

Dad: No, it's time for breakfast. Otherwise you will be late.

Hanna: I'm not hungry – just a little bit longer.

Dad: Get up, Hanna!

Hanna: I really don't feel very good.

Dad: Get dressed!

Hanna: I think I'm sick.

Dad: Let me feel your head. Hmmm, you're not hot.

Hanna: I am hot, I really am sick.

Dad: Get dressed now Hanna.

Hanna: Just three more minutes. I was having a really good dream.

Dad: Your dream is going to turn into a nightmare if you don't get up.

Hanna: But *I am* sick!

Dad: You are not sick. I am going to count to five.

Hanna: But it's so cold.

Dad: One. Two …

Hanna: Ok, ok, I'm coming.

Dialogue B

Dad: Good morning sweetie, it's almost seven o'clock.

Hanna: Mmmm, I'm so tired.

Dad: I know, honey, but you don't want to be late for school.

Hanna: No.

Dad: Are you getting ready Hanna?

Hanna: Almost.

Dad: Remember, if you miss the bus you have to walk.

Hanna: I know.

Dad: Good girl Hanna. Your breakfast is on the table.

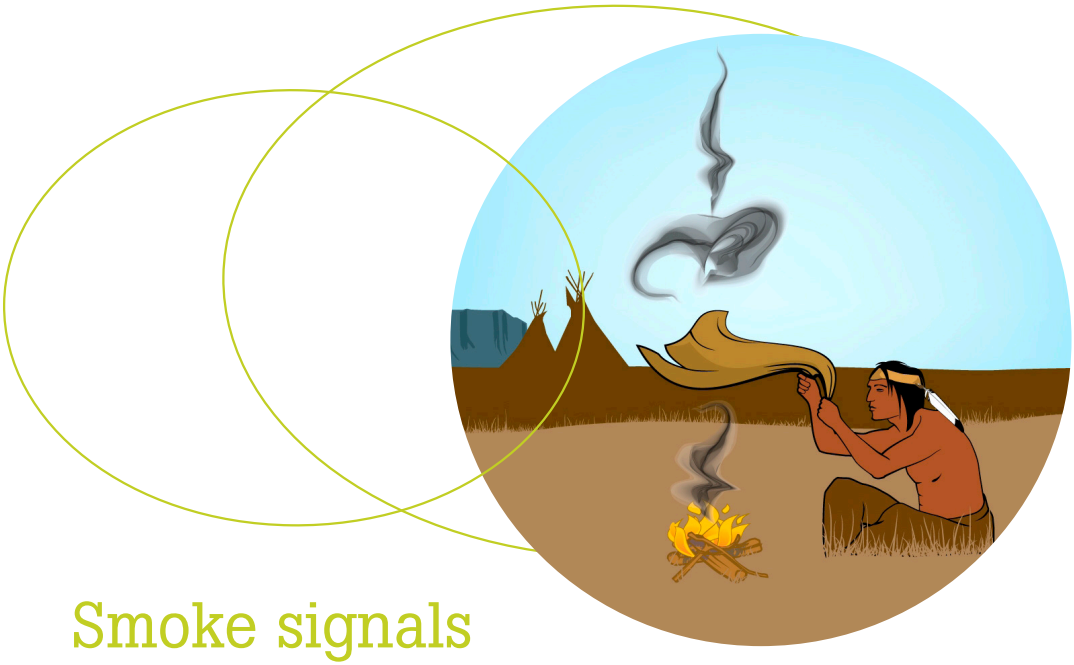
Hanna: Thanks, Dad. I just had a really good dream.

Dad: That's good. It means you had a good night's sleep and are ready for the day.

Hanna: I guess so, Dad.

- Which conversation do you think is better? Why?
- Why does it matter how we talk to each other?
- In what way do you believe that how we start our day can affect us during the day?

Communication from the past



Smoke signals

One of the oldest forms of communication in history is sending smoke signals. Indians (native Americans), as well as many others, used these signals to send messages, transmit news, signal danger or gather people together. Sometimes tribes had created a unique signal system of their own, while in other cases the signals were known to everyone. For example, one puff might mean attention, two puffs meant all was well, and three puffs meant danger or trouble.

Today, smoke signals are used when a new pope is being selected in Rome. Black smoke tells us that a new pope has not been selected but when white smoke appears a new pope has been chosen.

Letter pigeons

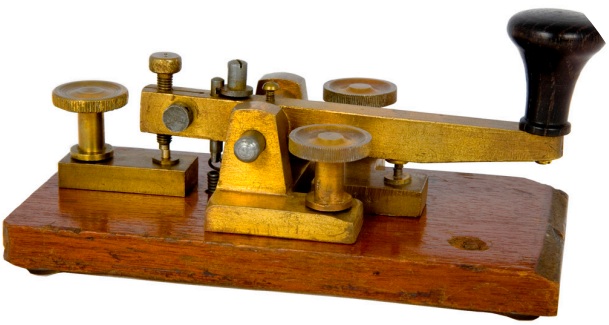


Another very old communication network is the system of messenger pigeons. Pigeons often had a small piece of paper written with important messages. This was attached to their leg. Sometimes they carried the results of sporting events, for example from the Olympic games.

In modern times, white pigeons are released at the beginning of each Olympics to remind us what an important role they used to have. Pigeons were also very important during times of war when there was no other way to get messages between places.

Morse code

Morse code is a sound system that can be used to send messages. It is a series of tones representing a letter of the alphabet. From the 1890s it was widely used on board ships for communication. A special tool was used to create the sounds, for example, one short sound and one long sound represent the letter A. Three short, three long and three short (for SOS) represent emergency conditions and a call for help. This code is international. Pilots and air traffic controllers are often familiar with Morse code.





Telephone

Alexander Graham Bell invented the telephone in the 1870s. At first it was the telegraph that could only transmit the sounds of Morse code with one-way messages. Bell discovered how he could also transmit speech and on March 10, 1876 the telephone was used for the first time with Bell's famous words to his assistant in the next room: 'Mr. Watson, come out here – I want to see you.'

The telephone was a great improvement to people's lives and has developed greatly since then. It continues to improve communication.

tribe: ættbálkur

release: sleppa

rhythm: taktur

air traffic controller: flugumferðarstjóri

pilot: flugmaður

international: alþjóðlegur



Ways to communicate

It is very important for people to communicate with each other. There are many ways to do so. Communication doesn't always mean you have to talk a lot or be surrounded by people.

Communication can take many forms. For example, actors have to communicate with an audience and so do singers and even dancers.

- Why is it important for people to be able to communicate?
- How do you think your life would be without any communication?

Talking



The most common way to communicate is by talking face to face. This is something we all do almost every day and don't think much about. However, how we speak and act in this direct communication is also important. What we say matters. How we say it is very important too. It is easy to be misunderstood if you are not communicating properly.

- Have you ever had a face-to-face conversation and been misunderstood? How was it?
- Have you ever misunderstood someone you were talking to? How?
- What things do you think are important in face-to-face communication?
- Can you say the same things face-to-face as you would through the Internet, for example? Why or why not?

Talk to the person sitting next to you. Try to tell him/her something in English and make it confusing.



Body language

Experts say that body language accounts for 55% of the effect we have when we communicate. Tone of voice accounts for 33% and the words we use only 7%. Other factors account for the remaining 5%. So what we say matters much less than how we behave. That's why it is very important for us to think about how we behave when we talk and listen to people. Teenagers often have strong body language and often express themselves by rolling their eyes, jumping up and down or moving their hands in sudden ways.

- How do you react when you hear something you don't like?
- Do you know anyone who moves their hands a lot when they speak? Why do you think people do that?
- Can you see by the look on your teacher's face when he or she is really angry? How? Do different teachers have different expressions?
- Try to make facial expressions for a classmate and let him/her guess how you feel.

Writing letters

Writing letters used to be a big part of peoples' lives. Love letters were sent to express feelings and people who lived abroad wrote letters to tell friends and family news. Children and even adults often had pen pals with whom they exchanged letters. Sometimes kids advertised in newspapers for pen pals and wrote to total strangers about their everyday lives.

Since computers have become such a big part of our lives, people tend to use e-mails instead of the written letter but sometimes people still send a postcard when staying abroad.



- Have you ever written a letter and mailed it with the postal service? Where did you send it?
- Do you know anyone who lives abroad or in another town to whom you could send a letter? Where does he/she live?
- What would you say in the letter? How would you start it?

Write a letter to someone you know.



Computers

Computer technology has grown very fast and one of its benefits is how easy it makes it to communicate with others. Online communication creates many opportunities and makes communication easier.

People write about their daily lives and feelings on the Internet and post pictures for friends and family to see.

Games can be played between friends who aren't even in the same country.

Computer technology has introduced programs that allow people to 'talk' to each other through the computer. People have developed a new way of writing that shortens the words so communication can go faster. Teenagers are especially good at writing short words or even just letters to shorten their sentences.

Most of us can't imagine the world without this nice technology that makes our lives so much easier and more fun. Yet the old-fashioned methods of communication cannot be forgotten and we have to be able to communicate with others face to face as well.

We must also keep in mind that what appears online is usually for all to see and stays there forever.

- Do you communicate with others online? How?
- Have you ever 'spoken' to someone on the computer who you don't know? Why or why not?
- What advantages do you see in communicating with others online?
- Can you find any disadvantages about this type of communication?
- What do we have to keep in mind when communicating online

Art and the written word

Some people communicate through art. Dancers are artists who communicate strongly to their audience while they are performing. A dancer who is dancing a happy and fun dance has to smile and show joy in his face and movements to get the message of happiness to the people watching.

Others paint pictures to communicate. Sometimes the pictures tell stories that the artist wants people to hear or see. Writers often have a strong need to communicate and that is why they write books, articles or even poems to express themselves.

Have you expressed yourself in an artistic way? How?



audience: áhorfendur/ áheyrandi

misunderstood: misskilinn

proper: almennilega

expert: sérfræðingur

abroad: erlendis/ í útlöndum

opportunities: tækifæri

performing: koma fram

article: grein

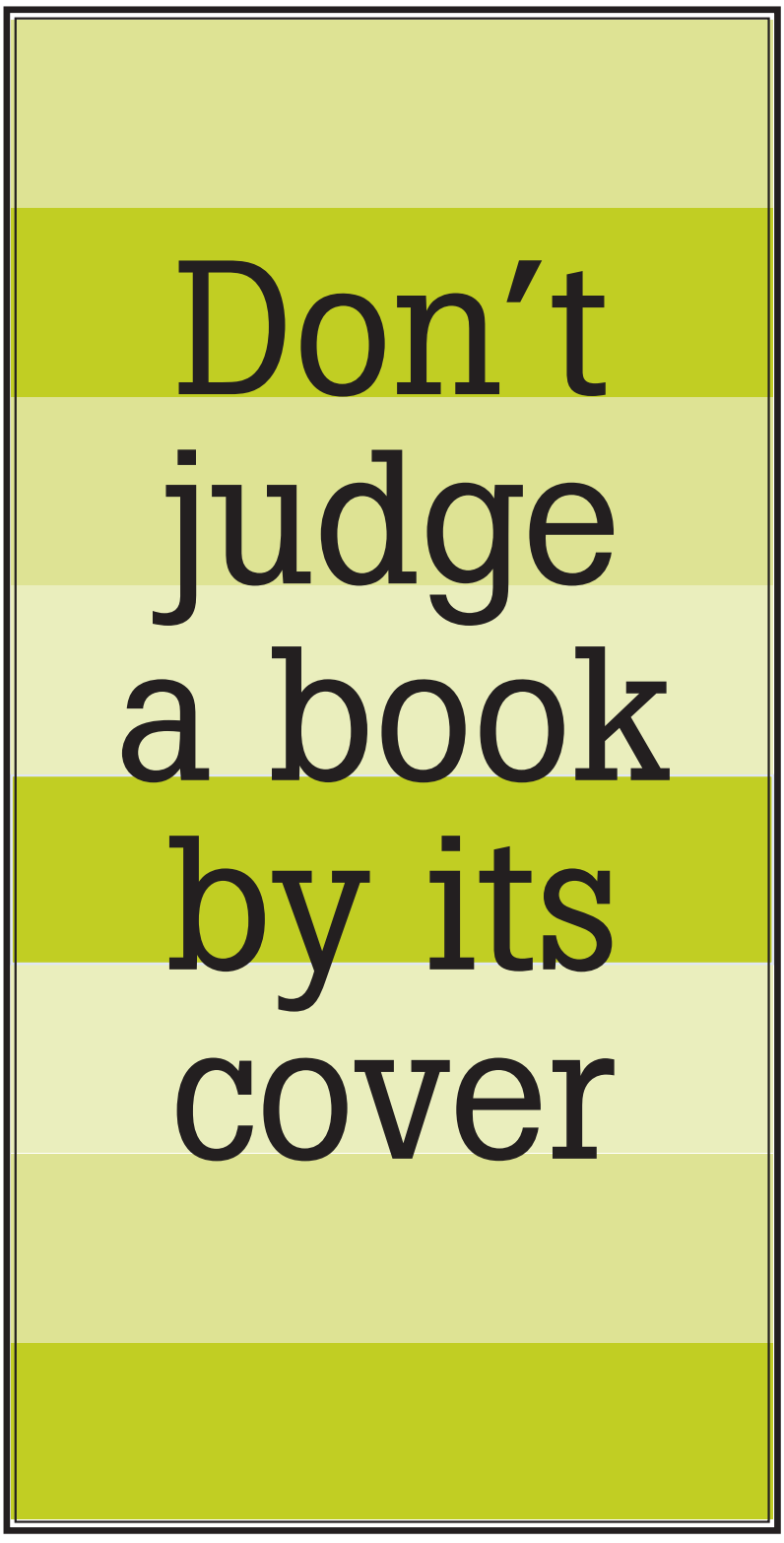
poem: ljóð

artistic: listræn(n)



Draw a picture expressing your feelings.

Write a short story or a poem about something you feel is important for people to hear.


Don’t
judge
a book
by its
cover

Johnny was sitting by the window. He was looking at the teenagers he sometimes saw in school. They were talking and laughing out in the street. They never seemed to be inside and always wore the same clothes, winter and summer.

Johnny was only seven years old and had only been in school for one year. He loved school and had many friends. His teacher was great. He was very good at maths and his reading was also going quite well.

The only thing that bothered him was this group of teenagers; they really scared him. They wore black clothes, the girls had make-up on and they listened to very loud music. They were situated in another part of school but he saw them at breaks. On the way home he was sometimes really scared he might run into them.

As he sat there by the window looking at the teenagers he was thinking of ways to go home from school where he wouldn't have to see them.

Interrupting his thoughts, his mother called, 'Johnny, Sadie is here!'

Sadie was the babysitter and Johnny loved her. She was sweet and played with them all the time. She took care of him and his little sister Beth, who was only three.

'I'm going to my literature class so Sadie will stay with you,' Johnny's mum said.

Sadie decided to take the kids to the park and play. When Johnny was putting his shoes on he started thinking about those awful teenagers again. Would they still be outside?

They went out and walked to the park. Johnny was really happy to see that the teenagers were gone. He and his sister and Sadie were happily running and jumping down the road on their way to the park. Sadie found a good spot for them and they started to play. Johnny and Beth were really happy and had a great time.



After playing for quite some time, Johnny suddenly froze. His face turned white and he started to walk backwards. Sadie saw that he was worried and asked what was wrong, but he didn't say a word. Then someone called Sadie's name and she turned around. There was the teenage gang from school that Johnny feared so much! They were talking to Sadie. After talking to her for a while, they started talking to Beth. Johnny didn't like that at all. But then to his surprise one of them came to speak to him.

'Hi, I'm Zack. What's your name?' one teenager said.

‘Johnny,’ he replied in a quiet voice.

‘Do you like football?’ Zack continued.

Johnny did like football and Zack asked him if he wanted to play. They played football in the park for over an hour. The other boys in the gang played with them and they showed Johnny some nice tricks. The girls were chatting and playing with Beth under a tree. They all had a fantastic time. When they said goodbye he realized he had made new friends.

‘See you at school tomorrow, Johnny!’ Zack and the other boys said. ‘Maybe we can play some football during recess.’

‘That would be great,’ Johnny said.

As Sadie walked home with the kids she and Johnny talked about the trip to the park.

‘I thought those teenagers were different,’ Johnny said.

‘How?’ asked Sadie.

‘Well, I thought they were mean. They dress differently and listen to loud music. I was just afraid of them,’ Johnny answered.

‘Those kids are my friends; they are really nice. You know, you should not judge a book by its cover.’

‘What does that mean?’ Johnny asked.

‘It means that the way people look doesn’t tell you anything about what they are like. You can’t decide that a book is boring just because it doesn’t look good,’ Sadie explained.

The next day, Johnny happily walked to school and met Zack and the gang on the way. They called him over and asked him to walk with them. They talked about football almost all the way to school. Johnny had made new friends.

situated: staðsettur

realize: gera sér grein fyrir

The party



Mum: Where are you going, Tim?

Tim: Out.

Mum: Out. Where?

Tim: Just out, Mum.

Mum: Tim, you are not going anywhere until you tell me where you are going and when you will be back!

Tim: I'm just going over to Matt's.

Mum: Oh, and will you be staying there or going out?

Tim: It's none of your business, Mum.

Mum: Oh, yes it is! Who else will be there and will you be staying in or going out?

Tim: Jack, Tony and Ryan are also going to be there. Are you happy now?

Mum: Thank you, but no. Are you staying at Matt's or are you going out? I need to know where you are on a Friday night, Tim. You are still just a teenager.

Tim: We are going out, okay?

Mum: And out where?

Tim: We might be going to a party.

Mum: A party. You haven't asked if you could go to a party. Where is this party?

Tim: It's at Sandra's house.

Mum: Oh, a party at a girl's house?

Tim: I knew you would say that. Come on, it's her birthday and she asked us to come over.

Mum: Of course. Hope you have bought something for her. You could bring flowers, ha, ha, ha …

Tim: MUM …

Mum: Have a nice time. Remember to be back by ten o'clock.

Tim: Mmmmm, ok then.

Act out a dialogue between parent and a teenager going out.

Train your brain

- What is the happiest you have ever been? Why?
- What is the saddest you have ever been? Why?
- How would you ask your parents to do something you wanted them to do? What about your teacher? Or your friends?
- How do you handle a difficult or unpleasant situation when it involves another individual or individuals?
- Do you read newspapers? Which one?
- Do you follow news on the Internet? What kind of news?
- How do you communicate with your friends?
- Please describe and discuss yourself. Include your strengths and weaknesses, values, hopes and dreams.



Frankenstein

Chapter 4



Elizabeth was very sad when I told her that I couldn't be with her for the time being. I had to go and create another monster, although I didn't tell her that. Henry and I travelled together. I told my family that I needed to travel for a while and then I would return and marry Elizabeth.

Henry and I travelled to England and stayed in London for some time. Henry was enthusiastic about everything; my mind was elsewhere. My mind was on my work that I had to start soon, the creation of a female monster. We travelled to Scotland and stayed in Edinburgh. I told Henry that I needed to travel alone for some time and I would meet him in Perth when I was ready.

I travelled to the Orkney Islands. There were very few people there and I could work in peace. I worked day and night creating the female. When my work was almost over I started thinking about what I was doing. I could not create another monster. What if this monster was even crueller than the first one? Would she be able to love the first monster and give him happiness? What if they had children? Would the world be full of monsters? I couldn't do this!

I looked up from my work and outside my window I could see the monster in the moonlight. He had an evil look. Filled with rage and powerful energy, I started to destroy

the body of the new monster. I tore it apart. The monster outside gave a horrible screaming sound and burst into my laboratory.

'How dare you take her away from me?' demanded the monster.

'I cannot make another devil like you. That's wrong,' I replied.

'You understand nothing, Frankenstein. Every living creature is meant to have a partner. Why don't you want me to be happy? You are going to be married soon and you wish to find happiness. I will leave now, but remember, I will get my revenge. I will be with you on your wedding night.'

The monster disappeared into the night.

I took the remains of the female body, put it into my boat and threw the body into the sea. Then I sailed to the mainland. When I approached I saw several people waiting for me in the harbour. They were all in shock because of a murder. They described the murderer as a very big person, bigger than anyone they had seen before. The people stood around a lifeless body; I felt sick. This person had died because of me. This was revenge from the monster.

The lifeless body was the body of Henry my dear friend.

'Why didn't you wait for me in Perth like we agreed?' I cried.

Poor Henry had been strangled by my monster.

- Why didn't Frankenstein finish his new project?
- How did the monster react?
- Did the monster do anything in revenge?
- What do you think it will do next?



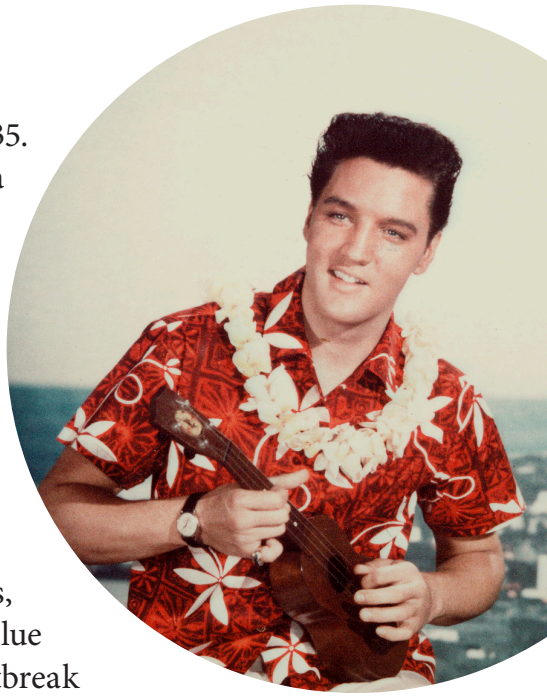
All kinds of fame



- Who is the first famous person you can think of? Why?
- Can you think of any famous people who are dead? Who?
- Would you like to be famous? If so, why and for what?
- What do you think life is like for people who are very famous?
- What are the positive things about being famous? What are the negative things?

Unforgettable musicians

Elvis Presley



Elvis Aaron Presley was born on January 8, 1935. He was very close to his parents and grew up in a poor home. His parents moved a lot in a search of a better life. Elvis was greatly influenced by blues music. Probably his most important gift was a guitar he got when he was eleven.

He met Priscilla, his future wife, when she was only 14 and they married about seven years later. They had one daughter, Lisa Marie, together.

Elvis composed many world-famous songs, including 'Jailhouse Rock', 'Hound Dog', 'Blue Suede Shoes', 'Love Me Tender', and 'Heartbreak Hotel'. Elvis was, and still is, known as the king of rock and roll.

Elvis lived in a mansion called Graceland. It is in the state of Tennessee in the United States. Today, Graceland is a very famous museum. A lot of people visit this museum every year. Elvis's fame was so overwhelming that the media and the public watched every move he made.

In the end he became addicted to the drugs that finally led to his death. Elvis Presley died on August 16, 1977 and was buried in the garden of Graceland.



Abba

Abba was a band from Sweden that became world-famous when they won the Eurovision Song Contest in 1974 with the song 'Waterloo'.

Four people were in the band: two men and two women, who later became two married couples. Benny, Björn, Agnetha and Anni-Frid used their initials to create the name for their band.

The band had many hit songs during the years they played together, including 'Dancing Queen', 'Waterloo' and 'Mamma Mia'.

The band started to dissolve in 1982 and both couples got divorced.

Many years later, Benny and Bjorn wrote the musical *Mamma Mia* that was performed in London for several years. The musical was based on many of the popular songs the band composed during their time together. The success of the musical gave the opportunity to make the movie *Mamma Mia*, which was also a big hit.



The Beatles

The Beatles was a band of four young men formed in 1957 in Liverpool, England. They were Paul McCartney, Ringo Starr, George Harrison and John Lennon. McCartney and Lennon wrote most of the Beatles' songs. Some of the group's most popular songs are 'Yesterday', 'Can't Buy Me Love', 'Hey Jude' and 'A Hard Day's Night'.

Their success began in 1963. This success was more like complete hysteria and often called 'Beatlemania'. Teenage girls were so crazy

about the Beatles that they screamed, cried and even fainted when they saw them.

It wasn't only teenage girls who were crazy about the Beatles. One man went mad and killed John Lennon in 1980 outside his house in New York. Lennon's widow, Yoko Ono, created a monument for him on the island of Viðey that lights high in the sky each year from 9 October (his birthday) until 8 December (the day he was killed). The monument signifies peace and is called the 'Imagine Peace Tower,' which comes from the song 'Imagine' that Lennon wrote.

The death of the Beatles' manager in 1967 was the beginning of the end for the band. In 1970, their split was made official and each member started to work on their solo careers.

The Beatles' legacy still influences musicians all over the world.



Madonna

Madonna was born in August 1958. She was the third of six siblings. Her full name is Madonna Louise Ciccone. Madonna is one of the most successful singers ever. She exploded onto the music scene in 1983, quickly becoming a pop icon. Since then, she has earned a reputation as a serious musician.

Madonna began her career in entertainment when she moved to New York to seek her fame and fortune. She started singing with various New York groups. This opened doors for her to create a solo career.

Madonna is a world-famous entertainer who loves to shock the world with her behaviour. She has always had things her way. Some of her most famous songs are 'Like a Virgin', 'Material Girl', 'Papa Don't Preach' and 'Like a Prayer'.

As well as a successful music career, Madonna has acted in hit Hollywood movies and won a Golden Globe award for her role in *Evita*. She has also appeared on stage in London's West End and published children's books.



Marilyn Monroe

Marilyn Monroe was born Norma Jeane Mortenson in Los Angeles in 1926. Her career as an actress and singer made her an icon of the twentieth century.

Her trademark look helped her become one of Hollywood's most famous actresses. She was known for her beautiful face and she had a birthmark on her cheek that young girls painted on their faces to look like her.

Monroe was under a lot of pressure from the media and her fans. Despite her fame and fortune, she seems to have had some difficulties in her life. She committed suicide in 1962.

Marilyn Monroe had a poor childhood and grew up in foster homes and orphanages. She married at 16 to escape life in government care, but divorced four years later. In 1946, she joined a modelling agency and took singing and acting lessons. She changed her name to Marilyn Monroe and spent seven years acting in films and modelling.

In 1953 she got the opportunity to be in the film *Gentlemen Prefer Blondes*, in which she performed 'Diamonds Are a Girl's Best Friend'. After that performance she became a Hollywood superstar, famous for her acting and singing, but also for her good looks. She won the Golden Globe Award in 1959 for *Some Like It Hot*. She married twice, first to the great baseball player Joe Di Maggio and then to playwright Arthur Miller. Monroe's looks and personality have inspired generations of performers since her death.

Michael Jackson

Michael Jackson was born in 1958 and became famous as a young boy with his family band The Jackson Five. After his time with The Jackson Five his solo career took off. He was called 'The King of Pop' and his music has become classic.



Jackson wasn't only known for his fantastic songs, but also for his complicated dance techniques, for example the Moonwalk. He was a true icon of pop culture and influenced many of today's top stars. Some of his best songs are 'Thriller', 'Billy Jean' and 'Beat it'.

His awards through the years are proof of his unbelievable success. He won the World Music Award's Best-Selling Pop Male Artist of the Millennium and was the American Music Award's Artist of the Century. His album *Thriller* is the best selling album of all time. A magazine named him the 'Most popular artist in the history of show business'.

Even though his success was great in music, his personal life was troubled. He was greatly criticized for his many plastic surgeries. It was also believed he had lightened his skin to look white, although Jackson himself always claimed he had a skin disease.

Michael Jackson died in 2009 at the age of 50. He is believed to have taken an overdose of painkillers.



Björk

unforgetable: ógleymanlegur

influence: hafa áhrif á

mansion: setur

museum: safn

initial: upphafsstafur

hysteria: múgæsingur

monument: minnismerki

signify: merkja

reputation: orðspor

icon: goð

orphanage: munaðarleysingjahæli

government: ríki

generation: kynslóð

complicated: flókið

overdose: of stór skammtur

painkillers: verkjalyf

international: alþjóðlegur

nomination: tilnefning

Björk is probably Iceland's most famous musician. She is a singer and a composer. She became famous in Iceland at a young age. She was only 12 years old when she recorded her first album, titled simply *Björk*. She has been in many bands and her music is always very different from what one usually hears.

Before she became famous as a solo artist she was in the band Sykurmolarnir known, as The Sugarcubes abroad. When The Sugarcubes split up she launched her solo career. Her first solo album for the international market was *Debut* and it made her famous all over the world. The year after the album was released she won two Brit awards, 'Best International Female' and 'Best International Newcomer'. She has been nominated many times since then and won many different awards.

She played a leading role in the movie *Dancer in the Dark* and won 'Best Actress' at the Cannes Film Festival. Björk was nominated for an Oscar and she came to the Academy Awards wearing a swan dress. This was in 2001 and she is still remembered for that dress. She hid six eggs under her dress and then dropped them on the red carpet. It looked like she was a swan laying eggs. Björk was born on November 21, 1965.

Human Behaviour

If you ever get close to a human
And human behaviour
Be ready be ready to get confused

There's definitely, definitely, definitely no logic
To human behaviour
But yet so yet so irresistible

And there's no map to human behaviour

They're terribly, terribly, terribly, terribly moody
Then all of a sudden turn happy
But, oh, to get involved in the exchange
Of human emotions
Is ever so ever so satisfying

And there's no map
And a compass wouldn't help at all

Björk Guðmundsdóttir

Women who influ



Mother Teresa

Mother Teresa was born in Macedonia in 1910, and died in 1997. She became famous the world over for starting the Missionaries of Charity in Calcutta, India. She began this work in 1950 and for over 40 years, she looked after the poor, sick, orphaned, and dying. She was awarded the Nobel Peace Prize in 1979 for her good work for humankind.

She was fascinated by stories of people who dedicated their lives to helping others. She decided to become a nun when she was 12 and joined the Sisters of Loreto at 18.

After she died, the pope began the process that might one day make her a saint. An international survey ranked her as the 'most admired person of the 20th century.'

enced the world

Marie Curie

Marie Curie was born in 1867 in Warsaw, Poland but moved to Paris at the age of 24. She is one of the greatest scientists ever to have lived. She was a pioneer in the field of radioactivity and discovered the chemical elements radium and polonium. Curie is the only person ever to win two Nobel Prizes in two different sciences. She was also the first female professor at the University of Paris.



From an early age, Marie was an exceptional student with an amazing memory. She often went without food and sleep while she was studying.

She met her future husband Pierre Curie at the university. He considered Marie a genius and immediately wanted to work with her. They got married and spent most of their time together in their laboratory studying radioactive materials. Their research led to the discovery of radium, for which they were honoured with the Nobel Prize for physics in 1903.

Pierre was killed in an accident in 1906 and Marie was devastated and extremely lonely. She threw herself even deeper into her work and won the Nobel Prize for chemistry in 1911. She spent the 1920s raising funds for more research into radium. In 1934 she died from a condition caused by decades of exposure to radiation. No one knew how deadly radium was until years later.

Princess Diana

Lady Diana Spencer was born in 1961 in England. She lived a normal and a quiet life in her early years. Her life changed dramatically when she married Prince Charles, heir to the British throne, and was crowned princess of Wales. In a short period of time she changed from being a normal young girl to the most photographed person on the planet.



Diana was a kindergarten teacher in London when she met Prince Charles. She won not only his heart but also those of a nation with her caring personality and her beauty. Almost the whole world watched their fairytale royal wedding in 1981, when she wore a royal wedding dress that had 10,000 pearls sewn on it. The following year she gave birth to Prince William and Prince Harry was born two years later.

Diana was nervous at first in public, but she soon showed the world her charming personality. She volunteered for many charities and travelled all over the world to draw attention to these causes.

Diana and Charles divorced in 1996. She fell in love again with an Egyptian film producer, Dodi Al-Fayed. The princess was closely followed by the paparazzi during and after her marriage to Prince Charles.

In Paris in 1997, Diana and Dodi were being chased by paparazzi, which led to a car crash that killed both them and their driver. At her funeral, British Prime Minister Tony Blair called Diana the 'People's Princess'.



Audrey Hepburn

Audrey Hepburn was an award-winning actress. She was born in 1929 in Belgium but moved to London in 1948. She is considered to be one of the greatest actresses of all time. Hepburn also became a fashion and cultural icon and was famous for helping people in need. Audrey Hepburn worked for UNICEF as a goodwill ambassador.

In 1951, her first big acting break came when she starred as Gigi in a New York theatre. She won an award and got a lot of publicity. Her second break came two years later in the movie *Roman Holiday*, for which she won an Oscar for best actress.

Hepburn became one of Hollywood's most successful stars and starred in many unforgettable movies.

She didn't like wars and once said 'Third World' is a term I don't like very much, because we're all one world.'

Hepburn died in 1993 but is still remembered as a legend, both for her acting as well as her charity work.

influence: hafa áhrif á

dedicate: helga sig einhverju

pioneer: brautryðjandi

radioactivity: geislavirkni

chemical element: frumefni

exceptional: einstakur

genius: snillingur

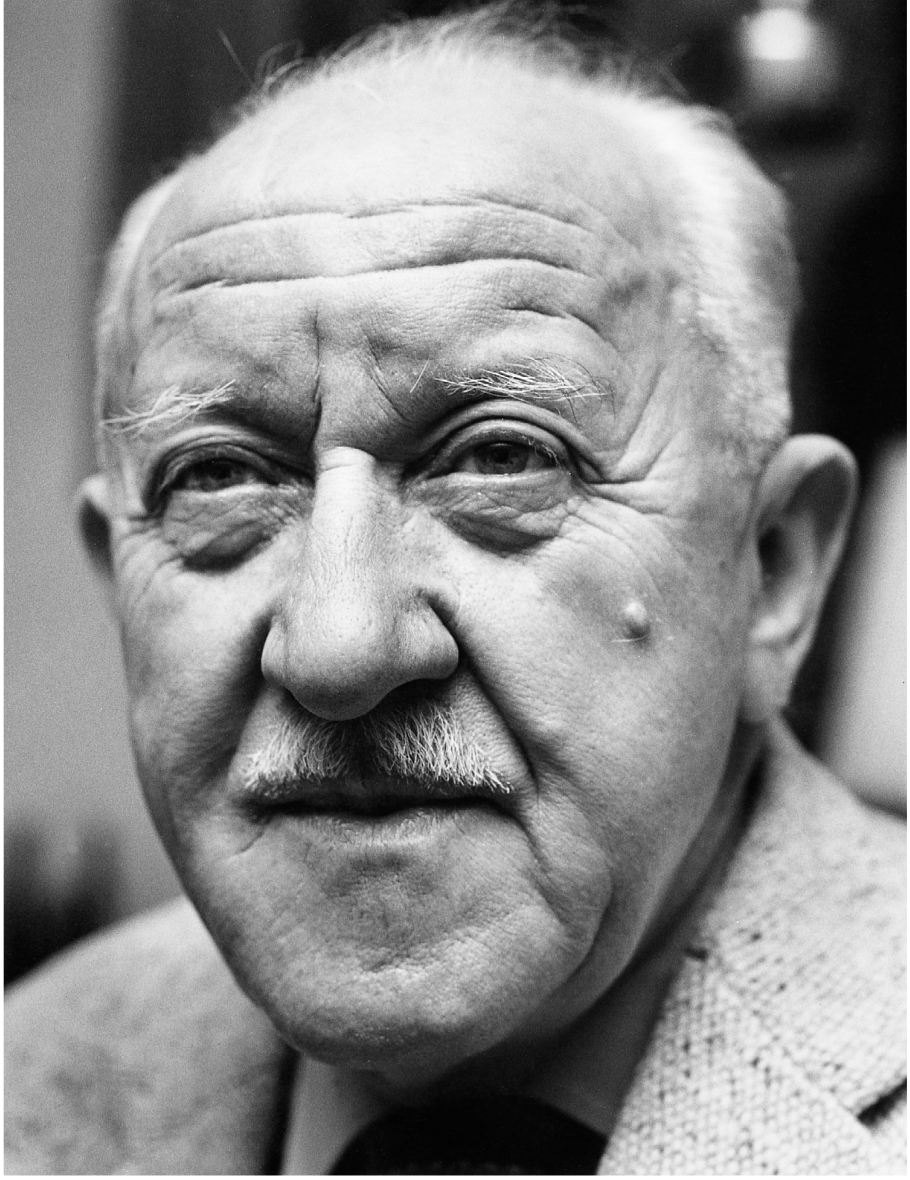
instantly: samstundis

laboratory: rannsóknarstofa

devastated: niðurbrotinn

charity: góðgerðarstarf

heir: erfingi



Iceland's most famous writer

Halldór Kiljan Laxness

Halldór Laxness was born on April 23, 1902 and died in 1998. He is one of Iceland's greatest writers. If you haven't learned about him yet in school, you probably will soon. Halldór was first known as Halldór Guðjónsson. He took the name Laxness from the name of his childhood home.

Halldór wrote 51 books during his lifetime. He also wrote poems, plays and articles in newspapers. His work has been translated in over 40 languages. He is the only Icelandic person ever to win a Nobel Prize, which he received in 1955 for literature.

You have probably read one of Hallór's poems at some point. One of his most famous poems is 'Maístjarnan'; many Icelanders know it by heart.

Halldór was only 17 years old when his first novel was published. It was called *Barn náttúrunnar (A Child of the Nature)*. Other famous books by Halldór include *Independent People, Iceland's Bell, Salka Valka* and *The Atom Station.*

Halldór studied at Menntaskólinn í Reykjavík in 1918. He didn't last long in school because he had started writing his first novel and wanted to devote himself to his writings. Halldór travelled frequently to both North America and Europe. He stayed among monks in Luxemburg in between 1922 and 1923 and converted to Catholicism. At this point he took the middle name Kiljan.

Halldór had four children. He married twice; his second wife was Auður Sveinsdóttir. They lived together in their home Gljúfrasteinn with their two daughters. Today it is a museum where visitors can see how Halldór lived. Gljúfrasteinn was very fancy for its time and there is even a swimming pool in the garden. If you haven't been there, you should try to visit someday.



published: gefið út

devote: helga sig

monk: munkur

converted to: snerist til

Movies to

We do not all agree, nor should we, on what constitutes a good movie. Some people like action movies while others like to have a laugh and see comedies. Nevertheless, there are some movies that have earned a reputation as being timeless. That means that they were considered so good that they can be watched over and over again. Often the reason is that they are based on a true story. Many movies can be watched over and over again. Many movies are classics because they influence you in some way. Good comedy makes you laugh, a good drama may make you cry, a good action movie can make your heart race, and a frightening horror movie can give you nightmares. Read about this classic children's adventure from the '80s.



ET

Science fiction for children about true friendship

In 1982, the American science fiction film *ET* was a huge hit. It was directed by the famous Steven Spielberg. The movie is about a young boy called Elliott who finds an alien stranded on earth. They become friends and Elliott wants to keep the alien, but ET is trying to return home. Elliott helps him get home but by doing so he loses his friend.

remember

Elliott and his siblings hide the alien. They try to build a machine to send messages to his home. Elliott takes ET on his bicycle to the forest where ET phones home to ask for help. In the end both ET and Elliott become seriously sick when their secret is discovered. Elliott saves ET's life by getting him to his spaceship. ET saves Elliott's life by pointing his finger to his heart.

ET won four Oscars, 38 other awards and 27 nominations. Critics said the movie was a timeless story of friendship and the greatest science fiction film ever made.

The idea of the story comes from Spielberg himself. As a child he had an imaginary friend that was the idea for ET. A screenwriter then wrote the story about Elliott and ET. Spielberg said that the movie was written about kids for kids. The movie is even shot very low so the viewer can see things through the eyes of the kids.

science fiction: vísindaskáldsaga

seriously: alvarlega

nomination: tilnefning

timeless: tímalaus

imaginary: ímyndaður

screenwriter: handritshöfundur



Choose one assignment.

- Write your own alien story.
- Write a letter to ET from Elliott.
- Write a letter to Elliott from ET.
- Write a dialogue between ET and Elliott.
- What other classic films can you think of? Why are they classics?



Let's catch a film!

Emma, Sarah, Joshua and Jimmy are outside a movie theatre trying to choose a movie to see. They all like different kinds of movies and are debating what to see.

Emma: I think we should see this movie, this movie probably appeals to us all. Who doesn't like a bit of romance?

Joshua: I hate romantic comedies. They are all the same. The heroes will be a couple at the end of the movie and everyone will be happy.

Sarah (Joshua's girlfriend): Oh, that's nice. You can watch that with me, can't you? We can hold hands!

Joshua: We can hold hands over this one. I really want to see this one.

Jimmy: Really? You want to see this one? It is a disgusting horror movie. They have no other purpose but to scare the life out of you. What about this one then? We can all agree on this one, can't we?

Sarah: I saw the trailer for this movie and it looked quite interesting. I love good action movies.

Emma: I hate action movies because I don't like fights.

Jimmy: I also love science fiction, what about you?

Emma: I prefer drama or a good comedy. Everybody likes a good laugh.

Sarah: This isn't working at all. We are never going to agree on one film.

Joshua: I know! How about we let the critics decide?

Jimmy: What do you mean? What is a critic?

Joshua: A critic is a person who makes a living out of watching movies and writing his or her opinion about them in newspapers or other media. It can make it easier for us to decide what we want to see. If we can find a newspaper we can read about the movies.

Emma: That's a great idea.

Movie reviews

Most of us like to go to the movies, but we don't all have the same taste when it comes to choosing what to see. Sometimes we decide to see a movie because of the actors or because we liked the trailer. Some people get paid for going to the movies, but it might not be as much fun as it sounds. Those people are called critics or movie reviewers. They have to watch the movie with certain things in mind. Their job is to inform others about the movie. Sometimes the reviewers are positive about the movie but sometimes they are negative. Different movie reviewers may have different opinions about the same movie. What one critic might find fun can be a total bore for another.

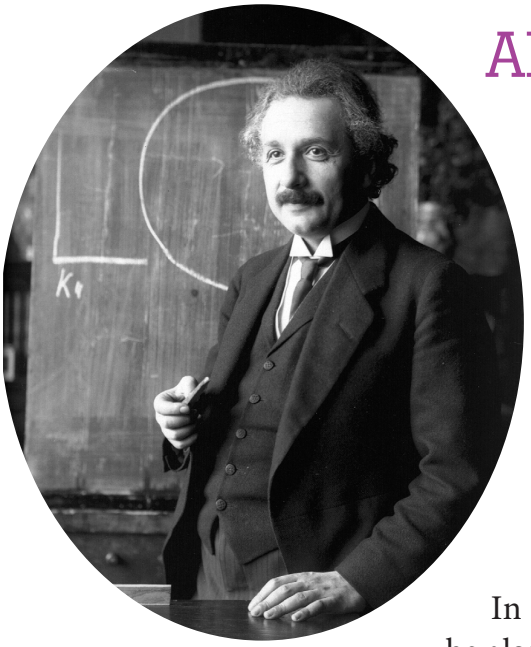


Use the guidelines below to review a movie you have seen.

Title	Give your critique a title.
Where	Write the name of the movie and where you can go to see it.
Introduction	Explain the story without revealing too much information. Remember to say what kind of a movie it is.
Review	Give your opinion about the movie. You should give reasons for your opinion.
Characters	Talk about the characters and the actors.
Ending	Put your main opinion in one or two sentences to sum up what you just wrote.



A weirdo or



Albert Einstein

Albert Einstein was a world-famous physicist born in Germany in 1879. He grew up in Munich and went to school as other young boys did. He did not do well in school but he liked to study math, science, and philosophy at home by himself. He began speaking late as a child and had reading problems. The principal of his school told his father: 'Your son will never make a success of anything.'

In 1895, Einstein's family moved to Italy. There he also studied at home on his own. But, in 1896, on his second try, he became a student in Switzerland. He studied math and physics and graduated in 1900. Einstein always wanted to be a teacher but didn't get a teaching job. A year later he got a job in an office in Switzerland. When he wasn't at work, he did research into physics. In 1903, he married Mileva Maric.

In 1905, the University of Zurich gave him a degree for an article he wrote. Einstein became a professor of physics at a university in Prague, then in Zurich and later in Berlin. His wife did not like Berlin and decided to return to Switzerland. They were divorced in 1919. Later that year, Einstein married again.

Einstein was often so busy thinking about science that he didn't manage to think about simple things. He often forgot things and didn't care about the way he looked. Wearing wrinkled and old clothes was normal for him.

a genius?

He once took a trip and his wife packed a suitcase for him. When he returned home she noticed that he hadn't even opened it once. He probably didn't remember that he had a suitcase with him. Another time he used a cheque for $1500 as a bookmark and then lost the book!

In 1915, Einstein finished his theory of relativity, which made him famous. He gave lectures on relativity around the world and in 1921 he was awarded the Nobel Prize for physics. He worked on theories of physics for the rest of his life. Einstein died in Princeton, New Jersey, in 1955.

weirdo: furðufugl

genius: snillingur

science: vísindi

philosophy: heimspeki

physics: eðlisfræði

wrinkled: krumpaður

theory of relativity: afstæðiskenning

Famous quotes from Einstein:

- *If we knew what it was that we were doing it wouldn't be called research.*
- *The only reason for time is so that everything doesn't happen at once.*
- *A person who never made a mistake, never tried anything new.*

- What do you know about physics?
- Which subjects do you like to study?
- How do you think Einstein felt in school and why?
- Why do you think Einstein was so successful in physics despite the fact that he didn't do so well in school?

Train your brain

- Who is your favourite celebrity? Why?
- What is your favourite movie? Why?
- What is your favourite song? What do you like about it?
- What kinds of books do you like? Why?
- What kind of movies do you like best? Why?
- What have you read by Halldór Laxness?



Riddle

Einstein created a famous riddle called 'Who has the fish?' He said that 98% of people could not solve it. Now you try it.



Here is the riddle

- There are five houses.
- There are people of different nationalities living in each of the five houses.
- The houses have different colours.
- The people in each house drink a different drink, exercise in different ways, and keep different pets.
- Who keeps the fish?

CLUES

The American woman drinks tea.
The green house is to the immediate left of the white house.
The owner of the yellow house plays tennis.
The person living in the house in the middle drinks milk.
The person who has horses lives next door to the person who plays tennis.
The owner who surfs drinks soda.
The person who plays soccer has a neighbour who drinks water.

When you are ready your teacher will give you more clues to finish the riddle.

Frankenstein



Chapter 5

After all this I arrived back home in Geneva. Elizabeth was happy to see me. We took a walk by the lake and talked.

'My dear Victor, I do love you. Do you love me back? You have been so sad. Do you think I can make you happy again?' Elisabeth asked.

I told her that she was the only happiness in my life and I wanted to marry her and only her.

'But I have a terrible secret. I promise to tell you all about it later, when we are married.'

The monster's words, 'I will be with you on your wedding night', frightened me. I was going to be prepared when the monster came after me.

Our wedding was a few weeks later. It was a beautiful wedding. In the evening when we were alone in the hotel I took out my gun. Elizabeth was curious and scared.

'What are you doing with a gun?' she asked me.

I told her that this night would be horrible because of my secret. But I had a gun and I would fight. I told Elizabeth that she would be more secure in the bedroom. After this night we would be happy.

But I was terribly wrong. I was frightened and nervous, walking around the hotel waiting for the monster to come and try to kill me, when I heard a terrible scream. It came from Elizabeth's room.

Oh, how could I have misunderstood the monster's words so terribly?

I rushed into the bedroom and there lay my beautiful bride. She was dead. She had black bruises around her neck. She had been strangled. This was the monster's revenge. I wished I was dead and not my beautiful wife. I looked up and saw the monster through the window. He had a terrible grin on his face and then he ran away.

- Where did Frankenstein go after all that had happened?
- Do you think he expected the monster to be out of his life?
- What happened on Frankenstein's wedding night?



Travel and culture



- What are your favourite places in Iceland?
- If you had visitors from abroad, where would you take them?
- What cultural things do you like?
- What are your favourite events in Iceland?
- What kind of travelling do you like the most?

Unique places

Sophia and Lucas are from England and next summer they are going to travel around Iceland. They want to see the most beautiful places in the country. Lucas found information on the Internet about many places they want to visit. Together they have decided on several spots. Now they are planning their trip; they want to see as much as possible. Most of these places are unlike anything they have ever seen, because Iceland has extraordinary nature. These are the places they want to see. Read about them and add information about two other places in Iceland that you would recommend.

Blue Lagoon



The Blue Lagoon is a warm lagoon made of geothermal seawater. The lagoon has healing powers for some skin diseases. It is a very popular stop for tourists. The Blue Lagoon is on the way to the international airport in Keflavík so it is an easy stop either when you are coming or going, or both! There is also a restaurant there and a nice spa where you can have a massage on a mattress in the lagoon. On your way out, you can buy some Blue Lagoon skin care products made from the geothermal seawater. A visit to the Blue Lagoon is unforgettable!





Gullfoss and Geysir

You often visit these two popular tourist attractions together. Gullfoss is a huge and beautiful waterfall. When you visit it you have to walk carefully around the area and not get too close. It's very slippery and the falls are very high.

Geysir is a hot water spring from which water and steam are ejected. It is the first ever to be written about; therefore, the name geyser is used in English for water springs of this kind. Geysir normally doesn't erupt anymore but Strokkur, another geyser in the area, does. It is an amazing sight to see the fountain of a geyser spout into the air. Next to the Geysir area there is a hotel, coffee shop and souvenir shop.



Kerið

Kerið is a water-filled crater in the ground in Grímsnes. It is about 5000 years old. The depth of the crater is about 55 metres, it is 270 metres long and 170 metres wide. It is a very popular spot, both for Icelanders and foreigners. This is a very special place and has even been used to hold concerts.

Ásbyrgi

Ásbyrgi is an extraordinary place. It is a horseshoe-shaped canyon with cliffs rising up to 100 metres high. It is 3.5 km long and over 1 km wide. Ásbyrgi probably formed after two floods. The first one most likely happened about 10,000 years ago and the later one about 3000 years ago.

However, another legend about how it happened is very interesting. The story is that the horse Sleipnir, the eight-legged horse of the god Óðinn, stepped there with one of its hooves as Óðinn rode by. Therefore the canyon is shaped like a horseshoe.



Mývatn, Dimmuborgir and Dettifoss

This part of Iceland is extremely special and beautiful. Mývatn is a lake with 40 small islands that makes the lake even more special. Lots of birds can be found here.

The Mývatn Nature Baths is a new geothermal spa like the Blue Lagoon. There you can relax and enjoy the area.

Dimmuborgir is nearby. There you can see beautiful formations in the lava. It is very romantic to have a walk there and take photographs.

Dettifoss is the most powerful waterfall in Iceland. Sometimes it is difficult to drive to the waterfall because the road is so bad. If you have the chance to visit one day, grab the opportunity!





Þingvellir

Þingvellir is one of Iceland's most historic places and it has a very special landscape. It is a very popular stop for tourists, with over 300,000 visiting each year. Alþingi, which is Iceland's parliament, was established in Þingvellir in 930 and was held there until 1798. There are many spectacular places to see there and lots of hiking routes.

Þingvellir was put on UNESCO's list of world heritage in 2004. In Þingvellir there is a very old and small church, which is still used today. In Þingvellir there was a hotel and a restaurant called Hotel Valhöll. This hotel burnt down in the summer of 2009. Þingvellir is both a historical and a natural treasure.



Hornstrandir

Hornbjarg is by many people considered to be one of the most beautiful places in Iceland. It is located on Hornstrandir in the west part of Iceland. Nobody has lived there since the middle of the 20th century and it is very hard to reach. Hesteyri is another fantastic place in Hornstrandir that is worth visiting. There are still some houses there that are used as summerhouses. The nature is beautiful and the birdlife is also great. Waterfalls and the wild nature make you feel like time is standing still.



Jökulsárlón

The glacier lagoon (Jökulsárlón in Icelandic) is a part of one of the shortest rivers in Iceland, Jökulsá on Breiðamerkursandur. Huge blocks of ice are breaking off the glacier and icebergs float in the lagoon. This beautiful lagoon is a very popular tourist attraction. You can take a 40-minute boat trip on the lagoon, looking at the icebergs. The glacier lagoon is so beautiful that even moviemakers travelled to Iceland to film a part of a James Bond movie there.

Swimming pools in Iceland

Iceland is known for its warm outdoor swimming pools. Many of them are filled with geothermal hot water. You can visit pools all over the country, which is very practical when you are camping and can't always find a shower. Almost everyone enjoys going to the pools, even if they don't like swimming, because they can always relax in the hot tub.

unique: einstakur

lagoon: lón

geothermal seawater: hitaveituvatn blandað sjó

skin disease: húðsjúkdómur

attraction: aðdráttarafl

huge: risastór

waterfall: foss

souvenir: minjagripur

crater: gígur

extraordinary: magnaður, stórfenglegur

canyon: gil

lava: hraun

opportunity: tækifæri

historic: sögulegur

parliament: þing

spectacular: stórkostlegur

list of world heritage: heimsminjaskrá

glacier: jökull

icebergs: ísjakar

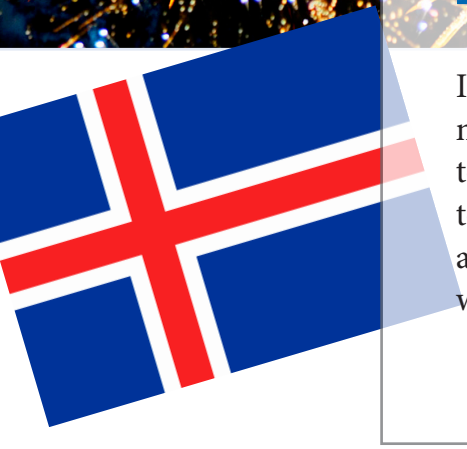
extreme: stórfenglegur, magnaður

- Sophia and Lucas want to see other places too.
- What do you suggest?
- What are your favourite places in Iceland?
- What can you tell them about these places?

New Year's Eve



Iceland

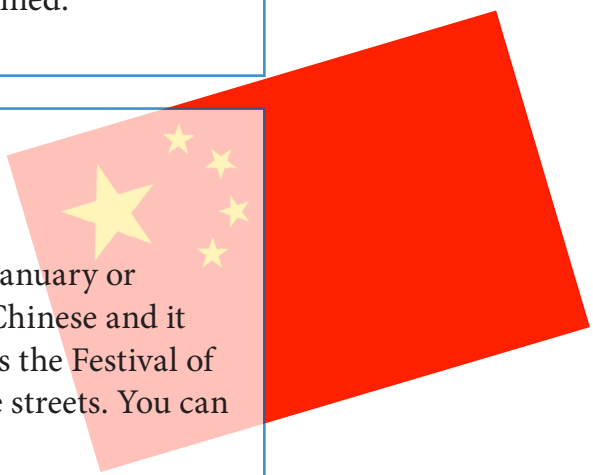


Iceland has strong traditions for this evening, like many other countries. Most families have dinner together on New Year's Eve and spend the evening together. Many like to go and see bonfires, which are all over the country. People gather around the fire and watch fireworks.

Around ten o'clock most people get together in front of the television to watch a comedy show. The show is called Áramótaskaup and is only shown on this evening. Some of the most talented actors in Iceland play roles in it. They make fun of what happened over the year that is about to end.

At midnight Icelanders talk about 'blowing the old away' with fireworks and the new year is welcomed.

China



In China they celebrate the new year in January or February. It is a very big festival for the Chinese and it lasts for 15 days! The last day is known as the Festival of Lanterns. Then people carry lights in the streets. You can also see dragon parades and lion dances.

It is a tradition to clean your house on the last day of the year and on the first day of the new year everyone wears new clothes to visit friends and family.

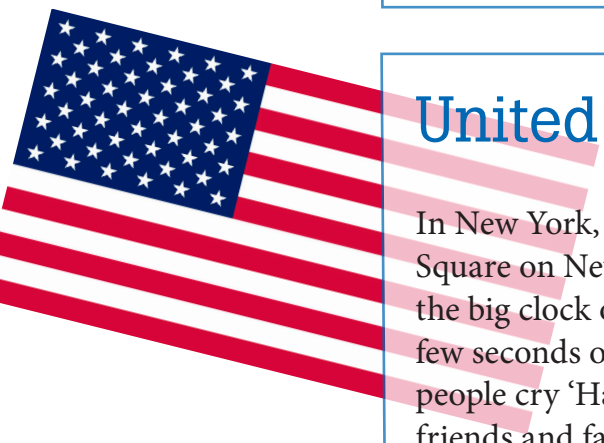
Everyone eats special food. It is bad luck to kill an animal at new year, and therefore the food is usually vegetarian.

In China, fireworks are part of the celebrations and people often carry the symbol of the new year. It is tradition to name the years after animals.



Brazil

In Brazil there are many traditions around New Year. Everyone wears white on New Year's Eve because it is said that it will bring good luck for the new year. People who live close to the beach go to the beach at midnight to jump over the waves seven times. After the wave jumping they throw flowers into the sea and make wishes for the new year. Most people also light candles and go to parties.



United States, New York

In New York, thousands of people gather on Times Square on New Year's Eve. They gather there to watch the big clock on the square and count down the last few seconds of the old year. When the new year arrives people cry 'Happy New Year' and kiss and hug their friends and family. After this, people go to parties and celebrate the new year.



Great Britain

In Great Britain, like in so many other places, many people go to parties with friends. Many people in London do the same as the people in New York. They go to Trafalgar Square to count down the last few seconds of the old year and celebrate the new one. Some people toast with a glass of champagne and light fireworks or just watch a firework display.

In Scotland, which is a part of Great Britain, New Year has a special name: Hogmanay. There is a tradition at Hogmanay that is called first footing. The first person to come into the house in the new year is the first foot. If this stranger brings a piece of coal, then he brings luck for the new year. The piece of coal is a symbol of warmth for the next year. If he brings a piece of biscuit it represents food for the new year. And if the stranger is a tall, dark man he will bring a lot of luck.

People in Scotland often eat special food at this time. Traditional Scottish festival food is haggis which is a large sausage made from sheep's heart, liver and lungs. Some people also gather around a big bonfire. Some people throw old things at the fire to symbolize burning the old year away.

lantern: lukt

parade: skrúðganga

vegetarian: grænmetisæta

wave: alda

candle: kerti

toast: skála

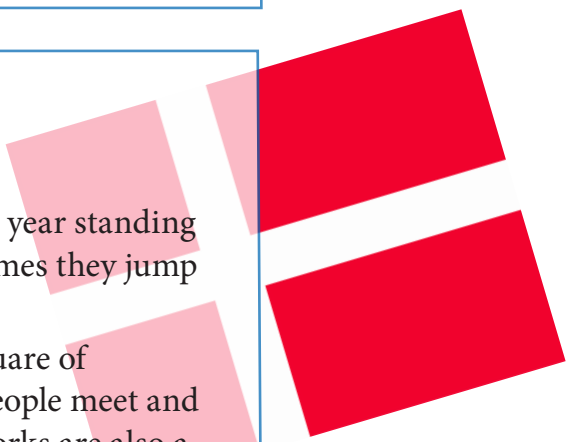
fireworks: flugeldar

piece of coal: kolamoli

biscuit: kexkaka

bonfire: varðeldur, brenna

Denmark



In Denmark people count down the new year standing on their sofas and when the new year comes they jump from the sofa and into the new year.

In Copenhagen, people gather on the square of Amalienborg, the Royal Palace. There people meet and wish each other Happy New Year. Fireworks are also a part of the Danish new year's traditions, but not nearly as much as in Iceland.

As you can see there are many different traditions around the world on New Year's Eve. What other traditions do you know? What does your family do on that evening?

Icelandic

17th of June



Every year since 1944, Icelanders have celebrated their independence on the 17th of June.

Before 1944, Iceland had been under Denmark's authority for a long time. Icelanders fought for their independence for years. One of Iceland's greatest champions for independence was Jón Sigurðsson, often called President Jón. He was never actually Iceland's president, though, since he had died long before Iceland had its independence and its first president. Jón's birthday was on 17 June and therefore it was decided that Iceland's Independence Day would be on that day. Iceland's first president was Sveinn Björnsson.

Icelanders celebrate their independence with parades, all kinds of entertainment for children and often concerts. Each year, young Icelanders place flowers in front of the statue of Jón Sigurðssson. The statue stands opposite the parliament in Austurvöllur in the capital Reykjavík.

Write about what you and your family do on the 17th of June? Do you always do the same things or do you change your plans from year to year?

celebrations

The First Day of Summer

According to the old Nordic calendar, the first day of summer is always the first Thursday after 18 April. The day is a celebration in Iceland and a national holiday. There is an old belief that if it freezes on the night of the First Day of Summer the summer will be good. It is an old tradition to give summer gifts. Today it is mostly children who receive them from their parents or grandparents.

independence: sjálfstæði

authority: yfirráð

wand: vöndur

tradition: hefð

needle: nál

sneak: lauma

feast: veisla

Festival of the Sea

The first Sunday of June every year is a national holiday for sailors. The tradition comes from the old days when sailors didn't have much holiday and often worked for Christmas and Easter. There are celebrations around the country, often near the sea and around the harbour. Games are often played in connection with the sea, for example rowing competitions. It is also a day to remember sailors who have passed away.





- Can you think of any other Icelandic celebrations?
- What are they?



The summer holiday

In the Johnson family there are two children, a mother and a father. Mike is 12 and Laura is 14 years old. The family lives in Brighton in England. The father's name is Scott and he is an artist. The mother's name is Taylor and she is a photographer. They are discussing their summer holiday that they will take in July. They want to travel to Iceland because of the different nature and the culture.

They have to plan their holiday carefully. They are going to spend one week in Iceland and will try to see and experience as much as they can.

Laura doesn't really want to go because all her friends are at home. Her parents say that Iceland might surprise her and try to plan fun things for the children every day. They also plan to visit beautiful places for Taylor to photograph and cultural places for Scott.

Work in groups for the following assignment

- Plan the Johnsons' holiday for each day. Find things for each family member to do. Remember to say where they will spend the night, where they eat and what activities they will try. Make a presentation for the class using, for example, posters, brochures or slide shows.



Individual assignments. Choose one of the following:

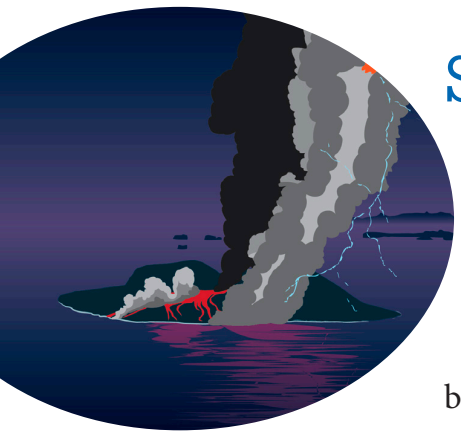
- Write a dialogue between Scott and a person working in a hotel reception. Scott wants to book a hotel for the family.
- Write a postcard from the children to their friends in Brighton.
- Write a diary for one family member. Write about what you did that day, what you saw and how you felt.

Westman



The eruption

The Westman Islands is a group of islands off the south coast of Iceland. There is a beautiful town on Heimaey, the biggest island. This island has an almost unbelievable history. On the night of 23 January, 1973 the islanders awoke to a horrible fact. A volcano had erupted and burning lava and fire were a real and immediate danger to the townspeople. All residents were rescued from the island that night, although about 300 people stayed to rescue whatever could be rescued in the town. For example, cars were moved from the island to the mainland. The harbour was protected, as well as all the houses that possibly could be saved. Nevertheless, over 400 houses ended up under the lava and another 400 were damaged. This terrible natural disaster and the remarkable efforts of those who saved the town made headlines around the world. The new mountain is called Eldfell. It is still warm from the eruption.



Surtsey

The volcanic eruption on Heimaey was not the only eruption in that area. Ten years earlier there was an amazing underwater eruption that also captured the world's attention. The volcanic island Surtsey rose from the sea and right from the beginning the press all over the world was fascinated

Islands

Amazing history and beautiful nature

by this remarkable event. The eruption lasted from 1963 to 1967. People are not allowed to set foot on Surtsey. Only researchers can go there to examine its nature and birdlife. Surtsey was added to the UNESCO World Heritage list in 2008.

volcanic eruption: eldgos

islanders: eyjaskeggjar

volcano: eldfjall

lava: hraun

resident: íbúi

heritage: arfleið

foreigner: útlendingur

puffin: lundi

symbol: tákn

kidnap: ræna

Turkish invasion

The story of the Westman Islands doesn't only involve volcanic eruptions. In July 1627, about 300 pirates invaded the island and stayed there for three days. They kidnapped 242 people from the island and killed another 36 (the remaining 200 people managed to hide). After this kidnapping the islanders had a very hard time because most of them had lost someone to the pirates. The people that were taken were moved to Algeria and sold into slavery or the women were married to foreigners.



Puffins

The islands are also famous for their beautiful nature and varied birdlife. One bird, the puffin, has become a unofficial symbol of the Westman Islands. Over 1.1 million puffin couples come there every spring to lay eggs. The puffins always come back. Even after the volcanic eruption on Heimaey they returned and cleaned out their holes to be able to lay their eggs.

April Fool's Day –



April Fool's Day is a day of hoaxes and jokes. In many countries people, use this chance to play pranks on their friends and family. The goal is to tell a lie that the person you are fooling thinks is true and goes to check it out. It is not enough just to tell a lie; you actually have to make the person you are tricking do something or go somewhere because they believe your story.

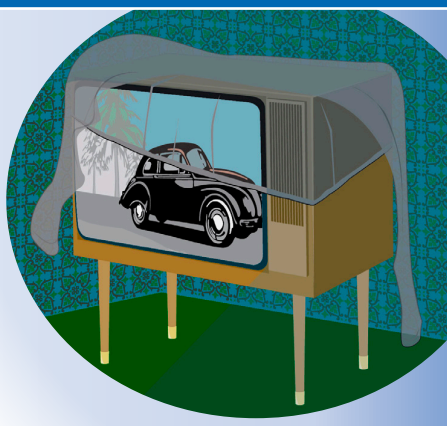
In some countries, the jokes only last until noon but in other countries they last the whole day. The media plays a big part on this day and they try their best to fool their readers and audience. People know this and often try to find the hoax in the paper, but many don't remember and usually many people get fooled.

One of the first April Fool's pranks in the Icelandic media happened in 1957. The news reporter on the national radio station reported that a ship was sailing on the river Ölfusá heading to Selfoss. People went to check this out, but of course no ship was sailing on the river.

Some good April Fool's tricks from the media

1950 The Dutch television news told their viewers in the 1950s that the Tower of Pisa had fallen over. Many people were shocked and contacted the television station.

1 April



1962 There was only one TV channel in Sweden in 1962 and it broadcast in black and white. Kjell Stensson, a technical expert, appeared on the news and told the viewers that thanks to new technology, they could now change their black and white televisions into colour sets. All they had to do was pull a nylon stocking over their TV screen. Stensson showed how this was done. Thousands of people were fooled.



1998 Burger King published a full-page advertisement in USA Today introducing a new item on their menu: a "Left-Handed Whopper' specially designed for left-handed Americans. According to the advertisement, the new Whopper included the same ingredients as the original Whopper, but everything had been rotated 180 degrees for the benefit of left-handed customers. The following day, Burger King told the truth, but thousands of customers had already gone to restaurants to order the new sandwich. At the same time, many others had come to Burger King asking for their right-handed version.

2008 The BBC told its viewers that cameras had spotted flying penguins. They even posted a fake video on the Internet that became one of the most viewed videos. Later BBC posted another video explaining how they used special effects to make people believe that the penguins were flying.

hoax: brella eða gabb

prank: hrekkur

threshold: þröskuldur

media: fjölmiðlar

audience: áhorfendur/áheyrendur

broadcast: sjónvarpa

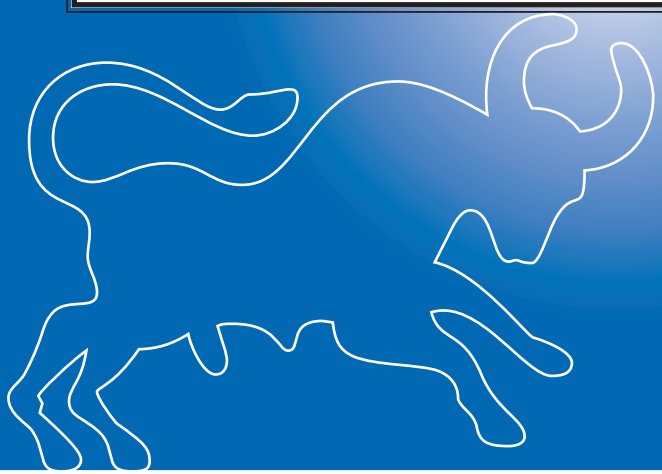
nylon stocking: nælon sokkur

rotate: snúa

degree: gráða

Train your brain

- Have you travelled in Iceland?
  Where have you been?
  What interesting things did you see?
- What do you want to see the next time you travel around Iceland?
- Where have you lived in Iceland?
- What is your favourite place in Iceland?
- What are the good things about living in Iceland? What about the bad things?
- What is your favourite festival or celebration in Iceland?
- How do you think that visitors experience the country?
- What is your favourite Icelandic food?
- What good April Fool's pranks can you think of?



Frankenstein



Chapter 6

I was devastated. When I returned to Geneva and told my father about Elizabeth's death he was devastated too. He became ill after this news and didn't smile again. He died of grief only few days later.

I now decided to go and find the monster. I was going to destroy him. I travelled all over the world in search of him. The monster was always close by and left me notes in the countryside along the way. The monster had led me far, far north. I walked on glaciers next to the cold sea. I had no more energy left when I saw a ship close by. The men on the ship saw me too and took me on board. I was lucky to meet them. The captain's name was Walton. He and his men were travelling on a mission to get to the North Pole. I was sick and glad to be able to travel a bit with them. I told Walton my story.

Shortly after this, Victor Frankenstein died. Walton was sad, but when he returned to Frankenstein's room, the monster was standing next to the bed where the body of Frankenstein lay. Of course Walton was afraid of the big and ugly monster.

The monster cried and said 'Frankenstein, are you gone? I hope that you can forgive me for the evil things I have done. I didn't know any better. You created me and then you sent me into the world without any love. Therefore I learned how to be evil. Everybody showed me hate so I learned how to hate. I killed everyone Frankenstein loved. I got my revenge. But I don't feel any better. Now there is nothing more for me in this world; I must die too. I will do no more harm in this world.'

- Why did Frankenstein's father die?
- What was Frankenstein's plan?
- How did that go?
- What do you think the monster meant with these last words?
- What kind of life did the monster have?

Textatilvísanir

Bls. 12 The locket. Byggt á sögunni The fortune teller. Höf. óþekktur.

Bls. 17 Ensk þýðing á völuþulu: Samuel Lefever.

Bls. 19 The scorpion, byggt á sögunni The Monkey's Paw eftir W. W. Jacobs, á http://gaslight.mtroyal.ca/mnkyspaw.htm.

Bls. 34 Few points about your health. Byggt á upplýsingum á www.lydheilsustod.is.

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Bls. 4 Dreamstime
Bls. 10 Dreamstime
Bls. 16 Námsgagnastofnun, AY
Bls. 17 og 18 Árbæjarsafn, Sigurlaugur Ingólfsson
Bls. 26 Dreamstime
Bls. 27 Námsgagnastofnun, AY
Bls. 28 Dreamstime (efst og miðja); www.accidentadvicehelpline.co.uk (neðst)
Bls. 29 Dreamstime
Bls. 30 Dreamstime
Bls. 31 Dreamstime
Bls. 34–37 Dreamstime
Bls. 40 Dramstime
Bls. 42 Dreamstime
Bls. 45 Morgunblaðið, Sverrir Vilhelmsson
Bls. 46 Íþrótta- og ólympíusamband Íslands
Bls. 52 Dreamstime
Bls. 53 Dreamstime (báðar)
Bls. 60 Dreamstime (efst)
Bls. 78 Dreamstime
Bls. 82 Dreamstime
Bls. 83 Dreamstime
Bls. 84 Dreamstime
Bls. 86 Dreamstime
Bls. 88 Dreamstime
Bls. 89 Dreamstime
Bls. 98 Dreamstime
Bls. 99 Getty/Nordic Photos
Bls. 100 Námsgagnastofnun, AY
Getty/Nordic Photos (neðri)
Bls. 101 Dreamstime
Bls. 102 Dreamstime
Bls. 103 Getty/Nordic Photos
Bls. 104 Morgunblaðið, Guðmundur Rúnar Guðmundsson
Bls. 106 Wikimedia
Bls. 107 Corbis
Bls. 108 Corbis
Bls. 109 Corbis
Bls. 110 Forlagið
Bls. 111 Námsgagnastofnun, HJ
Bls. 112 Getty/Nordic Photos
Bls. 115 Dreamstime
Bls. 116 Wikimedia
Bls. 122 Dreamstime
Bls. 123 Dreamstime
Bls. 124 Dreamstime (allar)
Bls. 125 Dreamstiem (báðar)
Bls. 126 Dreamstime (efri); Námsgagnastofnun, AY
Bls. 127 Dreamstime
Bls. 128 Dreamstime (efri); Wikimedia (neðri)
Bls. 129–131 Wikimedia
Bls. 132 Námsgagnastofnun, EKE
Bls. 133 Námsgagnastofnun, EKE (efri); Dreamstime (neðri)
Bls. 134 Dreamstime
Bls. 136 Nortic Photos (efri)
Bls. 137 Dreamstime (báðar)
Bls. 139 Dreamstime (neðri)

Þakkir
Karen Axelsdóttir
Lýðheilsustöð

Til nemenda

Þessi bók er eign skólans þíns og þú hefur hana að láni. Bækur eru dýrar og því mikilvægt að farið sé vel með þær. Gættu þess að skrifa ekki í þessa bók.

Skóli	Bók nr. Tekin í notkun

Nemandi/bekkur	Útlán: dags.	Ástand	Skil: dags.	Ástand

1) Nafn nemanda skal greinilega skrifað í línurnar hér að ofan.
2) Ástand bókar við útán og skil skal lýst þannig:
   N: ný bók, G: gott, S: sæmilegt, L: lélegt.

Action

Textbook

Enska fyrir miðstig

Enskuefnið *Action* er ætlað elstu nemendum miðstigs. Í bókinni eru fjölbreyttir textar og verkefni sem hægt er að velja á milli. Á meðal efnis eru kaflarnir Fortune telling, Crimes and mysteries og All kinds of fame. Tvær vinnubækur fylgja.

Action enskuefninu fylgja einnig kennsluleiðbeiningar, svör við verkefnum í vinnubók og hljóðefni sem allt er gefið út á vef Námsgagnastofnunar.

Björg Jónsdóttir og
Erla Björk Pálsdóttir

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