



Magyarország-Horvátország
Határon Átnyúló Együttműködési Program

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összekötnek, nem elválasztanak*



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ECOTOP 2

Angol nyelvű ökoturisztikai szöveggyűjtemény

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UNIT 1

Traditional multi-tasking

Seumas McSporrán is a very busy man. He's 60 and has thirteen jobs. He is a postman, a policeman, a fireman, a taxi driver, a school-bus driver, a boatman, an ambulance driver, an accountant, a petrol attendant, a barman and an undertaker. Also, he and his wife, Margaret, have a shop and a small hotel.

Seumas lives and works on the island of Gigha in the west of Scotland. Only 120 people live on Gigha but in summer 150 tourists come by boat every day. Every weekday Seumas gets up at 6 am. and makes breakfast for the hotel guests. At 8 am. he drives the island's children to school. At 9 am. he collects the post from the boat and delivers it to all the houses on the island. He also delivers the beer to the island's only pub. Then he helps Margaret in the shop.

He says: 'Margaret likes being busy, too. We never have holidays and we don't like watching TV. In the evenings Margaret makes dinner and I do the accounts. At 10 pm. we have a glass of wine and then we go to bed. Perhaps our life isn't very exciting, but we like it.'

UNIT 2

Getting around Somogy

Lake Balaton, which is about 70 kms long, is on the norther border of Somogy county. Siófok is a big town which is situated on the east end of the lake in the upper right corner of Somogy. Another important town halfway on the southern shore is Balatonlelle. Kaposvár, the county capital, is about 50 kms south of Balatonlelle and about 20 kms far from the eastern county border. The river Dráva (Drava) flows along the southern border dividing Hungary and Croatia. Barcs is along the river about 20 kms from the bottom right corner of Somogy. Two main roads cross Somogy: Road 61 goes through Kaposvár and cuts it from west to east. Road 67 connects Kaposvár and Balatonlelle Other important towns are Nagyatád and Marcali. If you drive from Kaposvár about 30 kms along road 67 and head north and drive another 20 kms, you will find Marcali. If you do the same but after 30 kms you head south and drive 20 kms, you'll find Nagyatád. Somogy can be divided into 4 big areas: Zselic, is situated south of Kaposvár. Inner Somogy lies on the west between the Drava and Marcali. Outer Somogy is in the east between Kaposvár and Siófok. There is a wide lane along lake Balaton which is called Balaton Basin.

UNIT 3

We are living faster but are we living better?

Not long ago people believed that in the future we would work less, have more free time, and be more relaxed. But sadly this has not happened. Today we work harder, work longer hours, and are more stressed than ten years ago. We walk faster, talk faster, and sleep less than previous generations. And although we are obsessed with machines which save us time, we have less free time than our parents and grandparents had. But what is this doing to our health? An American journalist James Gleick in a new book *Faster: the acceleration of just about everything*, says that people who live in big cities are suffering from 'hurry sickness'- we are always trying to do more things in less time. As a result, our lives are more stressful. He says that if we don't slow down, we won't live as long as our parents. For most people, faster doesn't mean better.

Examples:

Most people don't have enough time to read the newspaper articles, they only read the headlines. Newsreaders also speak faster than 10 years ago.

One-Minute Bedtime Stories are shorter versions of traditional stories for busy parents to save time.

When you listen to answerphone messages you can use a 'quick playback' function to listen to people faster because we have no time to listen to messages with normal speed.

We spend less time to look at pictures in a gallery than ten years ago. The time spent in front of a picture went down from 10 seconds to 3 seconds.

Baseball became a boring and long sport because it is slow. Nowadays people prefer fast and dynamic sports like basketball.

We spend more and more time in our cars which makes our journey very slow. Driving is the only thing we do slower than 10 years ago.

UNIT 4

Are you aware of the environment? Then you should have a modern home which respects the environment. Such a home should be equipped with the latest energy-saving technology so as to contribute to a less polluted world.

If our home is well designed and well insulated, it will be less energy wasteful. But how can you achieve this? By having a home with a good number of energy saving facilities such as efficient and non-polluting central heating and solar water heater to save energy and money. Insulated walls and double glazed windows can also prevent heat from being wasted. In this way, it can have the suitable insulation and an environmentally friendly heating system.

Finally, high-technology equipment, like computer-controlled appliances and state-of-the-art devices, like energy efficient light bulbs, can make it easier to run and more economical to maintain.

UNIT 5

Recycled accommodation

Joanne Ussery, 54, from Mississippi is a big favourite with her grandsons because she lives on a junk jet plane. Her home is an abandoned Boeing 727, so a visit to grandma is very special.

Joanne's front door is at the top of the plane's steps, but you don't need a ticket or a passport when you visit her. There are three bedrooms, a living room, a modern kitchen and a luxury bathroom. The bathroom is in the cockpit with the bath under the windows. Next to this is Joanne's bedroom in the first class section of the plane. Then there's the living room with 4 emergency exit doors, which she opens on hot summer evenings. On the wall there's a photo of the plane flying from Florida to the Caribbean. There are also four toilets, all with a 'No Smoking' sign.

'The plane is 27 years old and it's the best home in the world.' says Joanne. 'It has all the things you want in a home, a telephone, air-conditioning, a cooker, a washing machine, even a dishwasher. It's always very warm, even in winter, and it's very big, 42 metres long. My grandchildren love running up and down. And my friends love parties here, but there aren't any flight attendants to serve them their drinks!'

The plane cost Joanne just \$2000. 'Next time,' she says, 'I want a Boeing 747, not a 727, because they have an upstairs and downstairs, and I want to go upstairs to bed!'

UNIT 6

Getting off the beaten track

Back in the 1980s and early 1990s, when Africans first realised that tourism might be a way out of poverty, they built big concrete hotels on the beaches of Kenya, South Africa and other countries. For some time numerous charter flights came from Germany and Italy. Tourists hoping to see lions in nature reserves - but also expecting to enjoy the comforts of home - packed into overcrowded resorts that were trying to look like the Mediterranean.

That was then. Fortunately, a new kind of travel is in fashion now. Today's tourists are leaving the European-style hotels for more authentic experiences, like horseback-riding through the bush. Sitting by the fire at night after a typical dinner of meat stew, pumpkin leaves and wild spinach, they listen to the local Xhosa people telling folk stories. This experience is not offered by a multinational tour operator but by the Xhosa themselves, through a small, locally run firm called Amadiba Adventures. The money they earn will provide the Xhosa tour guides with an income two or three times the average local wage.

In many ways, this off-the-beaten-track holiday represents the future of global tourism. Despite difficulties, international and domestic tourism is expected to grow fast over the next two decades. Rise in global wealth, improving transport technology, cheaper flights and the use of the internet will make it possible for more people around the world to travel than ever before.

Future tourists will also want to do different things. The standard two-week sun-and-sea beach holiday is going to become less popular. Shorter but more varied trips will be sought for causing the rapid development of adventure travel, ecotourism, cultural tours, spa holidays, cruises and sports vacations in distant locations. Local governments and firms are trying hard to satisfy this new demand for individual experiences which offers them to make huge profits from tourism.

UNIT 7

The right food for you

You need to eat the right food. Carbohydrates give your body energy, fibre helps to move food through your stomach and intestines. Brown bread and brown rice have lots of fibre. Fruit and vegetables also have fibre and vitamins that help you to stay healthy.

Proteins help your muscles to grow. Meat, fish and eggs have proteins. Dairy food like milk, yoghurt and cheese have proteins, fat and calcium. You need calcium for healthy bones and iron for healthy blood. Meat, eggs and green vegetables have iron. You should know how much of different type of food you should eat. Don't eat food with too much sugar, fat and salt. You need a little fat to stay healthy but too much fat can make you overweight. Too much sugar and salt is unhealthy, too. Sugar is also harmful to your teeth.

Around the world, people eat differently to stay healthy. What sort of foods are you familiar with?

In Japan, people eat lots of rice, vegetables and fish. These all have lots of fibre and vitamins and don't contain too much fat. In countries near the Mediterranean Sea, people consume a lot of bread, salad and fruit. They use olive oil and tomatoes for making salads and for cooking. Scientists think that olive oil and tomatoes help people to stay healthy.

In Peru and Bolivia, people eat lots of fruit and vegetables. Some people eat rice or quinoa seeds with meat and potatoes. Quinoa has lots of proteins, fibre and iron.

UNIT 8

Food around the world

For 99% of human history, people took their food from the world around them. They ate all that they could find, and then moved on. Then about 10,000 years ago, or for 1% of human history, people learned to farm the land and control their environment.

What do we eat? The kind of food we eat depends on which part of the world we live in, or which part of the country we live in. For example, in the south of China they eat rice, but in the north they eat noodles. In Scandinavia, they eat a lot of herrings, and the Portugese love sardines. However, in Central Europe, away from the sea, people don't eat so much fish, they eat more meat and sausages. In Germany and Poland there are hundreds of different kinds of sausages.

How do we eat? In North America, Australia and Europe there are two or more courses to every meal and people eat with knives and forks. In China there is only one course, all the food is together on the table, and they eat with chopsticks. In parts of India and the Middle East people use their fingers and bread to pick up the food.

Where does our food come from? Nowadays it is possible to transport food easily from one part of the world to the other. We can eat what we like, when we like, at any time of the year. Our bananas come from the Caribbean or Africa, our rice comes from India or the USA; our strawberries come from Chile or Spain. Food is very big business but people in poor countries are still hungry, and people in rich countries still eat too much.

UNIT 9

Life in a cold country

Sweden is very cold in winter, sometimes as cold as -26°C and of course when you go out you wrap up warm, but inside, in the houses, it's always very warm, much warmer than the average. Swedish people always complain that when they visit England the houses are cold even in a good winter. In Sweden the houses are much better insulated than in Britain and they always have the heating on very high.

As for the darkness, around Christmas time, in December there is only one hour of daylight- so you really look forward to the spring. Winters are a bit depressing but in summer, from May to July the sun never sets, sometimes it's still light at midnight. At this time the Swedes start work earlier and leave at about two or three in the afternoon so that they can enjoy long summer evenings. The houses usually have a sauna and most people have a country cottage to get back to nature at weekends. They are quite primitive lacking basic things like running water or flushing toilets, except saunas. Saunas with a swim in the lake are the favourite past times.

UNIT 10

Pedalling water

In many parts of the world farmlands are supplied with water through irrigation systems so that crops can be grown. Irrigation is necessary in parts of the world where rainfall is low or it is restricted to certain months of the year.

The treadle pump is an effective and environmentally friendly technology used in many areas of Africa and Asia to lift water from shallow aquifers or canals. It costs about the quarter of the price of a motorized pump and costs less to operate. The operator uses the body weight and leg muscles in a walking movement to pump the water. The pump can lift from a depth of up to 7 meters and produce between 3,500 and 5,000 liters of water per hour. It does not require a great deal of effort, so can be operated by anyone in the family from children to grandparents. It is ideally suited to areas where water table is at a high level. The treadle pump can provide water for up to 0.5 hectares of land and is very suitable for most small farmers who cultivate less than this.

For many farmers these low-cost irrigation pumps have removed their reliance on a single crop, allowing them to grow more crops out of season. They can obtain higher yields and grow higher-value crops such as fruits and vegetables. This technology is helping the poorest in the world escape poverty and become more entrepreneurial.

UNIT 11

Polish tradition

Nowy Swiat, which means New World is Warsaw's famous shopping street. An incredible 14,000 Poles walk down here every hour. It is a lovely place to shop. The pavements are very wide. There are statues, palaces, attractive town houses, exclusive cafés and top-class restaurants. The buildings aren't too high. They look old, but in fact the whole city was rebuilt after World War II. There aren't any billboards or neon lights. There isn't any loud music and there aren't many tourists. People think that Polish shops have nothing to sell, so nobody comes shopping here. The world doesn't know about this paradise for shoppers-yet.

It is now possible to buy almost everything in Warsaw. Polish manufacturers are now producing high quality goods. They are good because they are not mass produced for world consumption. Nowy Swiat has a lot of small shops, specialist shops and chic shops. It hasn't got the huge department stores that sell the same things everywhere. If you want an exclusive hand-made suit, Nowy Swiat is the place to go. It isn't cheap, you will pay up to £1000. At Désa, a famous antique shop, a desk costs £5000 and a 19th century icon is £200. Leather goods such as handbags, purses, coats and belts are relatively cheap. Cepelia specializes in folk art and small boutiques sell hand-made man's wear and woman's wear. Cafés have a lively atmosphere where well-known Poles meet. The frozen yoghurt, home-made ice-creams are excellent and the doughnuts are delicious.

All in all, Warsaw is different from other world cities. Shops are unique and traditional sellers sell locally made goods instead of global products. A historic tradition remained here and this gives it a perfect charm.

UNIT 12

Canada geese

They can be seen and heard in many areas of British Columbia. They usually stay until November or December before flying south for the winter in search of warmer climates. Canada geese have black heads, tails, necks and feet and white feathers on their heads. Their lifespan is quite long, ranging from twenty or thirty years. While Canada geese tend to produce young at the age of early age of three, females are known to reproduce up to the age of twenty, laying four to seven eggs each spring.

Canada geese have very strong family relations, both parents tend to their young for nearly a year. Families stay together until the time comes to return to the breeding areas. It is only at this time that the geese must go their separate ways. Because Canada geese are a national symbol, it is illegal to harm them in any way. This policy has actually resulted in an overpopulation of the birds. For example it is not uncommon to see a family of Canada geese walking around on highways.

UNIT 13

Budapest

Budapest has a population of over 2 million people. One in every five Hungarians lives there. The river Danube divides the city into two parts. On the west bank there are the woods and hills of Buda and the old town. On the east bank there is the bigger and modern Pest, the business and shopping centre. From Buda there are wonderful views of Pest and the river. Six bridges join the two parts.

For nearly thousand years Buda and Pest were two towns. Then in 1873 they joined and became one city. Until 1939 Budapest was one of the most important cultural capitals of Europe. Then world War II started. In 1945 the city was in ruins and the Communists took control. In 1956 the people tried to free themselves. They pulled down a statue of Stalin and fought the soldiers but they failed. Communist rule did not end until 1989.

Today Budapest is very unusual because it has two completely different parts. You can choose the peace and quiet or the excitement of Pest, where there are theatres, restaurants, bars and shops. The public transport is one of the best and the cheapest in the world. You can travel easily by bus, underground, taxi but driving isn't a good idea because there are not many car parks. Most cars are old, so pollution is a serious problem.

The healthiest thing to do in the city is to visit one of the thirty spa baths and swimming pools. The mineral waters in Budapest are famous and a very popular way to relax.

UNIT 14

Greenhouse

For many gardeners there are few things as rewarding as growing your own food; it always seems to taste better and nothing beats the sense of satisfaction. The greenhouse offers many possibilities for growing vegetables that could not be grown otherwise.

Lettuces sown in November may be grown under glass in time for an early spring salad. In much the same way, many herbs can be grown in pots over the winter, allowing you the luxury of fresh cooking ingredients all year!

The greenhouse comes into its own, however, with what might be called the 'hothouse crops: peppers, aubergines, tomatoes and cucumbers which cannot be grown outdoors in the British climate.

A real model

The Suntrap Greenhouse model DL 125 is a high quality greenhose which comes equipped with two sliding doors and a window in the roof to allow air movement. The shelves inside can be moved to accomodate different sizes of plants.

Aluminium parts mean it is light and easy to assemble. It can be free-standing or placed against a wall as required.

UNIT 15

The mass exodus to the country

Over the last 10 years, there has been a significant change in where people choose to live in the UK. The growing trend is towards country living with an increase of 28% in people giving up the city hub for an urban retreat.

There are many reasons for this shift, such as better health and less crime, but the major desire is an escape from the rat race and all that comes with it. It is true to say that urban residents are under terrible stress and depression. This is mainly because of missing leisure time which is a result of work commitments and financial difficulties. The relative simplicity of country life is the opposite of this high-pressure living. No surprise, it has an effect to this growing trend. A decent family home in a village was far less than its urban equivalent. However, this is no longer the case. They are almost the same value.

It is time to take advantage of rural environment and build a business around it. It will well give you huge benefit in the long term.