

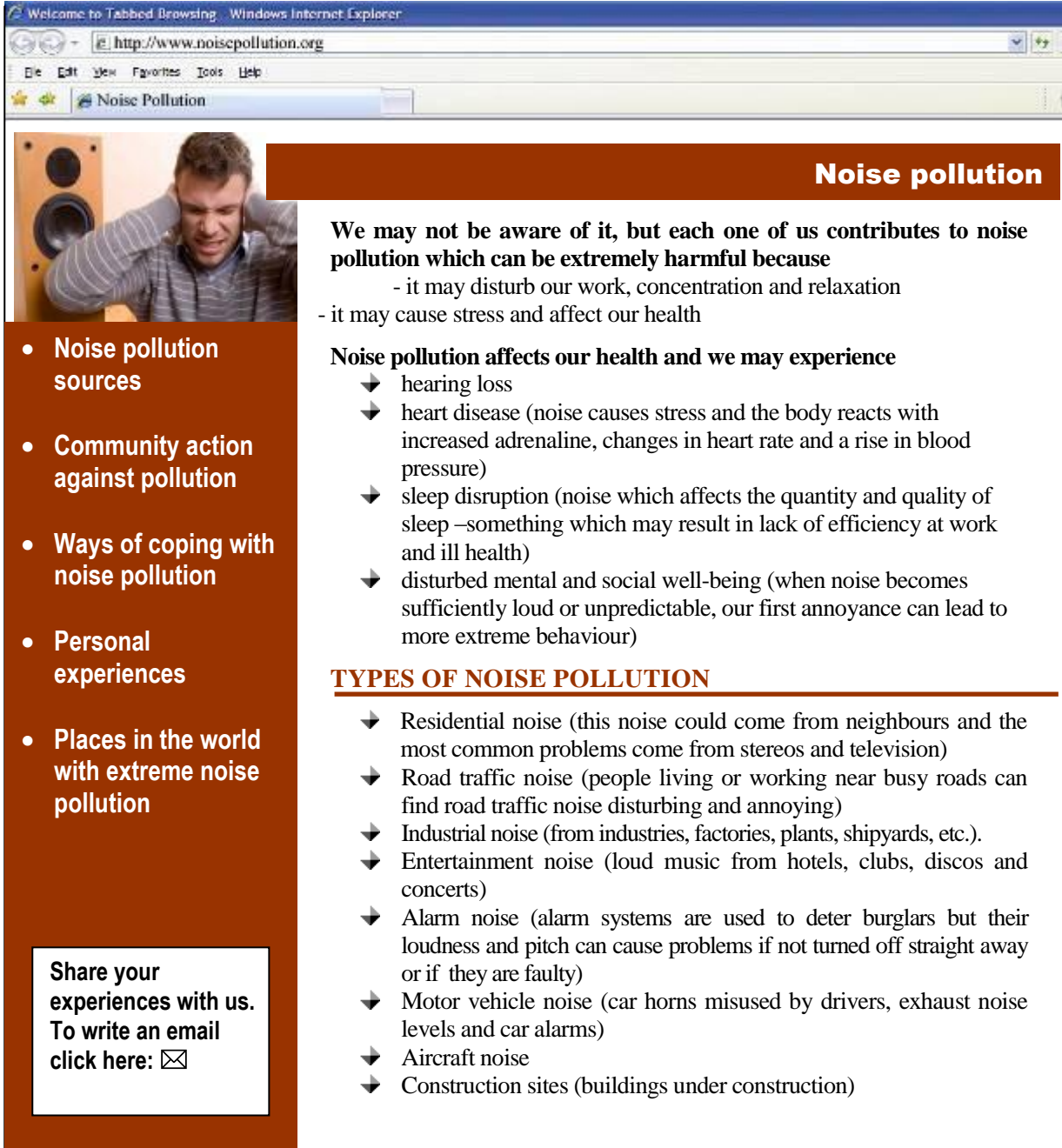
APPENDIX 6

C1 level written mediation activity

(From the November 2007 exam)

Study the information on this webpage and join the discussion about how each of us contributes to 'Noise Pollution'. Send **an email** message (about 200 words) to be posted on the website. **Inform** other **website visitors** about:

- the kinds of noise pollution you experience in your area and how it affects you
- how you, your family or your friends contribute to the problem of noise pollution (see the text below)



Noise pollution

We may not be aware of it, but each one of us contributes to noise pollution which can be extremely harmful because

- it may disturb our work, concentration and relaxation
- it may cause stress and affect our health

Noise pollution affects our health and we may experience

- ➔ hearing loss
- ➔ heart disease (noise causes stress and the body reacts with increased adrenaline, changes in heart rate and a rise in blood pressure)
- ➔ sleep disruption (noise which affects the quantity and quality of sleep –something which may result in lack of efficiency at work and ill health)
- ➔ disturbed mental and social well-being (when noise becomes sufficiently loud or unpredictable, our first annoyance can lead to more extreme behaviour)

TYPES OF NOISE POLLUTION

- ➔ Residential noise (this noise could come from neighbours and the most common problems come from stereos and television)
- ➔ Road traffic noise (people living or working near busy roads can find road traffic noise disturbing and annoying)
- ➔ Industrial noise (from industries, factories, plants, shipyards, etc.).
- ➔ Entertainment noise (loud music from hotels, clubs, discos and concerts)
- ➔ Alarm noise (alarm systems are used to deter burglars but their loudness and pitch can cause problems if not turned off straight away or if they are faulty)
- ➔ Motor vehicle noise (car horns misused by drivers, exhaust noise levels and car alarms)
- ➔ Aircraft noise
- ➔ Construction sites (buildings under construction)

Noise pollution sources

- Community action against pollution
- Ways of coping with noise pollution
- Personal experiences
- Places in the world with extreme noise pollution

Share your experiences with us. To write an email click here: [✉](#)