

I drink fewer than three cups of coffee a day.	1	2	3	4	5
I get sufficient sleep and wake up each morning feeling refreshed and relaxed.	1	2	3	4	5
I am flexible and am able to maintain a healthy balance between work and family.	1	2	3	4	5
I have an adequate income.	1	2	3	4	5
I have a support system of friends, family, and/or other love interests.	1	2	3	4	5
I feel in control, take on new challenges and seek solutions to problems.	1	2	3	4	5
I am able to speak openly about my feelings when angry or worried.	1	2	3	4	5
I am able to say " No " without feeling guilty.	1	2	3	4	5
I am free of physical symptoms such as headaches, back pain, or teeth grinding.	1	2	3	4	5
I am free of emotional symptoms such as depression, anxiety, fatigue, or fear.	1	2	3	4	5
I feel that my life has meaning and purpose.	1	2	3	4	5
I am compassionate, able to relax, and see the humorous side of life.	1	2	3	4	5

1-30

You are a good stress manager. You know what your stress triggers are and you are able to handle them when they arise.

31-50

You are managing stress to a considerable extent. There is still room for improvement. Try rehearsing situations that are stressful for you and imagine yourself handling them more confidently. Avoiding situations that you find stressful only works up to a point. Take on achievable projects at home or at work that will build your sense of confidence and achievement and develop your problem solving and goal setting skills.

51-100

You tend to bottle things up until you reach exploding point. Try talking about your worries before they get too big to handle. Make more time in your life for relaxation and develop some strategies to let off steam constructively.

UNIT 9 INTERNATIONAL DEVELOPMENT

OXFAM INTERNATIONAL

Oxfam is an international confederation of 14 organizations working together in 98 countries and with partners and allies around the world to find lasting solutions to poverty and injustice.

We work directly with communities and we seek to influence the powerful to ensure that poor people can improve their lives and livelihoods and have a say in decisions that affect them.

History of Oxfam International

Oxfam International was formed in 1995 by a group of independent non-governmental organizations. Their aim was to work together for greater impact on the international stage to reduce poverty and injustice.

The name “Oxfam” comes from the Oxford Committee for Famine Relief, founded in Britain in 1942. The group campaigned for food supplies to be sent through an allied naval blockade to starving women and children in enemy-occupied Greece during the Second World War.

As well as becoming a world leader in the delivery of emergency relief, Oxfam International implements long-term development programs in vulnerable communities. We are also part of a global movement, campaigning with others, for instance, to end unfair trade rules, demand better health and education services for all, and to combat climate change.

Today, there are 14 member organizations of the Oxfam International confederation. They are based in: Australia, Belgium, Canada, France, Germany, Great Britain, Hong Kong, Ireland, Mexico, The Netherlands, New Zealand, Quebec, Spain and the United States.

The Oxfam International Secretariat is based in Oxford, UK. The Secretariat runs advocacy offices in Brussels, Geneva, New York, Washington DC and Brasilia

What we do

With local partner organizations, we work with people living in poverty striving to exercise their human rights, assert their dignity as full citizens and take control of their lives.

We focus our efforts in these areas:

Development

We work with and through partners and communities on long-term programs to eradicate poverty and combat injustice.

Emergencies

We deliver immediate life-saving assistance to people affected by natural disasters or conflict, and help to build their resilience to future disasters.

Campaigning

We are part of a global movement for change. We raise public awareness of the causes of poverty and encourage ordinary people to take action for a fairer world.

Advocacy

We press decision-makers to change policies and practices that reinforce poverty and injustice.

Policy research

We can speak with authority as a result of thorough research and analysis, and the real experience of our partners in developing countries.

Oxfam's commitment to human rights

We believe that respect for human rights will help lift people out of poverty and injustice, allow them to assert their dignity and guarantee sustainable development. When we speak about having a rights-based approach, this is what we mean.

We believe that everyone should have the right to:

A livelihood

Oxfam works at many levels with partners and communities in support of their right to a decent living.

We argue for better working conditions and better protection of the natural resources on which poor communities depend. We campaign for fairer trade rules at the global level, and for better policies at the national level. We work with partners and communities to implement programs that lead to self-sustaining livelihoods, with a strong focus on women.

Basic services

Being healthy and educated is an essential step along the route out of poverty. Yet millions of people have no access to health services, schooling or safe water. They are constantly at risk from illnesses that are easily prevented or treated, or are unable to read and write, which means exclusion from their society. We campaign for more and better aid, with a focus on basic services.

At the program level, Oxfam provides health training and clean water supplies, as well as funding schools and teacher training.

Be safe from harm

War and natural disasters cause untold suffering for millions of people around the world and keep them locked in poverty. In disasters, people are at greater risk of violence, disease and abuse. We save lives in emergencies by providing shelter, clean water and sanitation. And by working with local partners, we help communities to rebuild and to better prepare themselves for future disasters.

Be heard

People living in poverty often have little influence over decisions that affect their lives. Oxfam supports partners and communities to understand their rights and to speak out about their needs and concerns. And, with others, we get people in power to listen and act.

Be treated as equal

People who are marginalized – because they are women, disabled or members of a religious or ethnic minority – are more likely to be poor. We combat such discrimination, and work with these groups to ensure they have the means to enjoy equal access to jobs, essential services and influence.

Oxfam International
<http://www.oxfam.org>

GLOSSARY

to seek (sought, sought) = cercare
livelihood = mezzi di sussistenza
stage = scena
famine = carestia
relief = aiuto, soccorso
naval blockade = blocco navale
starving = affamato
to demand = esigere
advocacy = appoggio, sostegno
to assert = affermare
to eradicate = sradicare, estirpare
resilience = resistenza
decision-maker = decisore
authority = autorevolezza
thorough = meticoloso, scrupoloso

commitment = impegno
trade = commercio
self-sustaining = autosufficiente
educated = istruito
route = percorso
schooling = istruzione
safe water = acqua potabile
untold suffering = immensa sofferenza
locked = bloccato
shelter = rifugio, riparo
sanitation = servizi igienici
to speak out = parlare pubblicamente
likely = probabile

LANGUAGE NOTES

In the phrase *on the international stage*, *stage* has a theatrical reference (palcoscenico). *Stage* also means “phase”: *The project has three stages*. It should not be confused with the Italian word *stage*, from the French, which means “traineeship” (tirocinio).

COMPREHENSION

1. What kind of organisation is Oxfam?
2. Why was Oxfam originally established?
3. What is Oxfam’s main goal?
4. How does Oxfam seek to achieve this goal?
5. Why do you think Oxfam also seeks to combat climate change?

VOCABULARY

Exercise 1 Find words in text that mean the following:

1. hungry
2. just
3. income
4. education
5. cover

Exercise 2 Natural disasters. Match each term with the correct definition.

drought	earthquake	famine	flooding	wildfire
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1. _____: a sudden violent shaking of the ground.
2. _____: an overflow of a large amount of water
3. _____: a destructive conflagration especially in a rural area.
4. _____: an extreme scarcity of food.
5. _____: a shortage of water.

Exercise 3 The following words are easily confused. Complete the sentences with the appropriate word.

thorough	though	thought	through	throughout
----------	--------	---------	---------	------------

1. Drought and famine are found _____ Africa.
2. Much _____ has gone into the plan.
3. We need to make a _____ and detailed study of the problem.
4. He can be cured _____ care and understanding.
5. Poverty has not been eliminated _____ it has been reduced.

WORKING TOWARD A (LIVABLE) CAREER IN INTERNATIONAL DEVELOPMENT WORK

There are scores of nonprofit, international, and non-governmental organizations (NGOs) around the country (and world) seeking employees that are educated, culturally competent, and able to work collaboratively and as equals with locals on everything from HIV/AIDS prevention to water management education. The organizations vary from small community-based offices to organizations with locations and staff on six continents. Because these organizations are funded through government agencies, religious organizations, philanthropic organizations, and corporate social responsibility departments, they can offer competitive salaries and generous benefits. They may not pay as well as the corporate sector, but you'll be able to pay off your student loans and eat more than ramen noodles while making a difference and seeing the world.

Based on tips from colleagues and friends in many of these organizations, the following is a list for breaking into, and succeeding in, an international NGO career.

▶ **Develop one or two regional foci as early as undergraduate studies.** Developing an expertise in Francophone West Africa or Central Asia will make you much more lucrative to organizations that work in those areas.

▶ **Study the rest of the world, too.** There are lots of other places on the globe and sometimes, an organization just wants evidence of your ability to understand current issues in a global context.

▶ **Volunteer or intern for local internationally focused organizations.** World Affairs Councils, refugee groups, cultural societies, and activist organizations are all good choices for starting your network. You may be the one who makes and presents the name tag for the French Ambassador to the United States before a function, and he may be delighted to hear about your recent study in Grenoble and introduce you to his wife, who is on the board of an organization that is hiring....

► **Study abroad.** The options for study abroad are endless. Two weeks, six months, a year, in every location from England to Ecuador, studying language, or sculpture, or the art of the deal. Where isn't even as important as what you make of it while there. Overcoming the challenges of living and learning in a new culture will show prospective employers that you have good adaptation and acclimation skills.

► **Pursue higher degrees.** Masters and doctoral degrees aren't essential for working internationally. But they do help build your knowledge base in a particular region or issue, and they give you access to some of the most accomplished and talented folks through seminars, campus events, and conferences. Not to mention the benefits you'll reap from studying and socializing with international students and scholars. A little small talk and soon enough you'll be at a fellow student's apartment learning how to make pierogi or roll sushi while deepening your awareness of globalization or Japanese culture.

Caryn Sweeney

Transitions Abroad

http://www.transitionsabroad.com/publications/studyabroadmagazine/2007Spring/a_career_in_international_development_work.shtml

GLOSSARY

competitive = vantaggioso
tip = suggerimento, consiglio
volunteer = volontario
intern = tirocinante
choice = scelta
name tag = badge
function = ricevimento
to hire = assumere, ingaggiare

abroad = all'estero
deal = affare
prospective = potenziale
acclimation = acclimatazione
folks (inf.) = gente
to reap = trarre
small talk = conversazione
to deepen = aumentare, approfondire

LANGUAGE NOTES

The word *scores* (dozzine) refers to a large number or amount: *Scores of people worked for the company.*

To pay (paid) off a student loan means to complete payment of the money owing.

Note the plural of the word *focus* > *foci*. The alternative plural *focuses* is also possible.

A *degree* is the qualification you receive at university (laurea). A first degree in most universities has the title Bachelor of Arts (BA) or Bachelor of Science (BSc). While you are studying for your first degree, you are known as an *undergraduate*. When you are awarded your degree, you become a *graduate*.

A *higher degree* is a postgraduate degree. This may be a Master's degree, which are the Master of Arts (M.A.) and Master of Science (M.Sc.). The highest level of qualification is the doctoral degree or Ph.D. (*philosophiae doctor*).

Three ethnic dishes are mentioned in the text. *Pierogi* is a kind of Polish dumpling (gnocco). *Sushi* is a Japanese dish consisting of small balls or rolls of rice and fish. *Ramen noodles* are Japanese noodles served in a soup.

COMPREHENSION

1. The text is aimed at people who ...
 - a. want to change their job.
 - b. are interested in taking a degree abroad.
 - c. are interested in a career abroad.
2. In order to start a network, a person should ...
 - a. work in an Embassy.
 - b. make contacts in an organization.
 - c. make name tags.
3. Studying abroad could be useful in order to ...
 - a. become more flexible.
 - b. speak more languages.
 - c. do business.
4. The location for work is ...
 - a. less important than the person's experience.
 - b. more important than the person's experience.
 - c. of no importance.
5. A Master's or doctoral degree is ...
 - a. crucial for this type of career.
 - b. useful for making cultural contacts.
 - c. useful for making small talk.

VOCABULARY

Exercise 4 Work experience. Match each term with the correct definition:

graduate	intern	mentor	trainee	volunteer
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1. A _____ is a new employee learning on the job.
2. A student who works to get experience is an _____.
3. Someone who works for an organisation without being paid is a _____.
4. A _____ has completed his/her university studies.
5. An experienced person who trains students or new employees is called a _____.

Exercise 5 Adjectives to describe yourself. Complete the table.

Noun	Adjective
ambition	
analysis	
capability	
creativity	
decision	
determination	
discretion	
efficiency	
enthusiasm	
flexibility	
imagination	
maturity	
motivation	
precision	
proficiency	
punctuality	
reliability	<i>reliable</i>
responsibility	
trustworthiness	

Exercise 6 CV Read carefully the following CV for a job application and insert the headings.

Work experience	Additional information Education	Key skills Profile
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**Curriculum Vitae
LORENZO FABRIS**

Personal details

Surname: Fabris
First name: Lorenzo
Date of birth: 06.02.1977
Nationality: Italian

Contact details

Via 24 Marzo, 24
31100 Treviso, Italy
E-mail: l.fabris@hotmail.it
Tel: +39 012 33563524

1. _____

I am seeking a challenging and fulfilling post helping disadvantaged young people. I have considerable experience in working with teenagers and am willing to learn and work hard. I am enthusiastic, energetic and adaptable and am able to relate well to young people. I enjoy helping and motivating others to achieve and fulfil their potential.

2. _____

Effective communication skills

As a volunteer care assistant in a children's home, I am responsible for helping with the children's physical needs and aim to help them come to terms with their specific difficulties. I need good verbal communication skills and a sensitive approach to do this. I also endeavour to ensure sessions are not only fun but include some learning development.

Planning and organising

I am responsible for organising outings and activities at the home. This involves negotiating what is possible, liaising with staff, planning each outing, organising other volunteers to help, and leading the group.

Problem-solving

I work as part of a busy team, sometimes under great pressure. I am highly flexible, coping with unexpected situations.

Teamwork

I am sensitive to the needs of people and work well with colleagues.

3. _____

2005 – 2006 **Training course in Rehabilitation Centre, Mestre**
I took part in a project to study drug addiction amongst adolescents.

2003 – 2005 **University of Padua, Italy**
Post-graduate degree in Developmental Psychology (Final Grade: 110/110)

Courses included:

Child development
Working with young people
Social psychology

Research dissertation: *Affrontare i problemi psicologici dei bambini senza tetto (Psychological problems of homeless children. How can they be addressed?)*

1997 – 2002 **University of Ca' Foscari, Venice, Italy**
Degree in Social Work (Final grade: 109)

Courses included:

Communication in health and social care
Youth – perspectives and practice
Working together for children

Research dissertation: *La depressione nelle comunità per minori (Minor depression in Home Care)*

4. _____

2007 – present Care Assistant in *L'Arcobaleno* Children's Home
Helping teenagers with additional needs in a residential children's home.

2006 – present Volunteer Support Worker New Horizon Project, Mestre
Providing information to the 16-25 age range on specialist services (e.g. drugs and housing)

5. _____

- Computer literate, knowledge of Microsoft Windows and databases
- Fluent in English and French
- Clean driving licence and minibus certificate

References are available upon request.

WRITING

Exercise 7 Formal letter. Complete the letter of application for an internship with an appropriate form of the verb in brackets, active or passive.

Dear Sir or Madam,

I **1.** _____ (*to write*) to express my interest in the internship offer on your website and I **2.** _____ (*to like*) to apply for it. This **3.** _____ (*to be*) an ideal opportunity for me given my experience and qualifications.

Last month I **4.** _____ (*to select*) as one of the winners of a scholarship **5.** _____ (*to provide*) by the Program “Erasmus Placement”, which **6.** _____ (*to allow*) students to spend a period of internship abroad. This internship **7.** _____ (*to complement*) my experience in Social Welfare, **8.** _____ (*to provide*) me with specific knowledge in social services, which I **9.** _____ (*to consider*) fundamental for my future career abroad and in Italy.

As you can see from my CV, I **10.** _____ (*to have*) some experience in a number of fields related to the world of social services, including **11.** _____ (*to work*) at the local council. During this experience I **12.** _____ (*to develop*) the ability to be independent and precise in organizing my work.