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**The Eurovision Song Contest**

1. Every year on a certain Saturday night in May, something quite unique happens in Europe. Millions of people turn on their TVs and prepare to watch their nation compete. But this is no ordinary international competition.

**The Eurovision Song Contest**

2. It has no footballs, athletes or fast cars. This is a contest based on something much more important: finding the perfect pop song.

**What is the Eurovision Song Contest?**

3. In short, the Eurovision is an enormous, televised concert which is full of fireworks, wonderful dancing, lots of colours and shiny clothes. Oh, and pop songs, of course!

**What is the Eurovision Song Contest?**

4. Each participating country sends a singer or group to perform a song live at the Eurovision semi-final. From these performances, 26 are chosen for the Saturday-night Grand Final.

**Eurovision Song Contest. Which countries participate? How do they choose the winner?**

5. Most of the participating countries are within Europe or are nearby (e.g. Israel, Azerbaijan, etc.). However, due to the popularity of the competition with TV viewers in Australia, this country has been included since 2015. After the performances at the Grand Final, each country votes for the best song.

**Eurovision Song Contest. Which countries participate? How do they choose the winner?**

6. TV viewers can vote using their mobile phones, but each country also has an official jury who decide 50 per cent of the votes. Obviously, it is not permitted to vote for your own country. In the end, the song with the most votes wins. The winning country will then host the Eurovision the following year.

**Eurovision Song Contest. What is the origin of the competition?**

7. Although it might seem like a normal TV talent show like The X-Factor or The Voice, the Eurovision has quite historical origins. The Second World War ended in 1945, leaving Europe very divided.

**Eurovision Song Contest. What is the origin of the competition?**

8. In the 1950s, the European Broadcasting Union started to think of an event which would both entertain and unite Europeans. This led to the first European song contest in 1956. It happened in Switzerland and included just seven countries. Decades later, it has grown into an enormous international event with hundreds of millions of viewers.

### **Eurovision Song Contest. What are the rules?**

9. The competition's central rule is that each song needs to be a maximum of three minutes. This is shorter than most commercial pop songs, but the organisers decided that this limit was necessary so that the entire Grand Final (including voting) can happen within three hours.

### **Eurovision Song Contest. What are the rules?**

10. While performing the song, there is another rule that the maximum number of people on the stage is six. This includes the singer(s), musicians and dancers. Songs can be in any language, even though most countries choose to sing in English.

### **Eurovision Song Contest. Are there any Eurovision stars?**

11. The competition has certainly had some success stories. The Swedish super-group ABBA won the Eurovision in 1974 and then became huge stars with hits like 'Dancing Queen' and 'Mamma Mia'.

### **Eurovision Song Contest. Are there any Eurovision stars?**

12. In 1988, Céline Dion won for Switzerland before finding world fame with songs like 'My Heart Will Go On' from the film Titanic. In 2006, Finnish rockers Lordi won the competition and captured the world's imagination with their metal music and monster suits.

### **Eurovision Song Contest. What next?**

13. The popularity of the Eurovision has grown more and more each year. Outside of Europe and Australia, the Grand Final is now also watched by viewers in the USA and many other countries.

### **Eurovision Song Contest. What next?**

14. Organisations in certain countries like China and Qatar have even expressed an interest in participating in the competition. So, who knows? Perhaps international unity will finally be achieved not through governments but through three-minute pop songs.

### **CHANGES IN TOWN – Wilson Creek**

Changes in town - Wilson Creek

15. I have returned to my home town of Wilson Creek after an absence of 10 years. So many things have changed around here.

Changes in town - Wilson Creek

16. When I left Wilson Creek, there was a small pond on the right as you left the town. They have filled in this pond and they have built a large shopping mall there.

Changes in town- Wilson Creek

17. A new post office has also been built just across from my old primary school. The school was a very old building with very big windows.

Changes in town - Wilson Creek

18. There is a baseball stadium on the outskirts of Wilson Creek which has been changed completely. There is also a new ice rink just in front of the baseball stadium. It looks really great.

Changes in town - Wilson Creek

19. The biggest changes have taken place in the downtown area. They have pedestrianised the centre and you can't drive there anymore.

Changes in town - Wilson Creek

20. A fountain has been built and some benches have also been added. Close to the fountain there is a new grassy area and a new street cafe.

Changes in town - Wilson Creek

21. My street looks just the same as it was but a public library has been built in the next street. There was a very big park there but they have cut down all the trees which is a pity!

Changes in town - Wilson Creek

22. The library now has a large green area in front of it but it's not the same as when the park was there.

Changes in town - Wilson Creek

23. Another improvement is the number of new restaurants that have opened in Wilson Creek. A Chinese and an Italian restaurant have opened in the town center.

Changes in town - Wilson Creek

24. A Mexican restaurant has opened near my home. It's very nice and cheap. I'm going there tonight together with my family!

## **Sleep**

### **Sleepy teenagers**

25. It's official. Teenagers need more sleep than their parents. According to sleep experts, people aged between 10 and 17 need to sleep between 8.5 and 9.25 hours each night.

### **Sleepy teenagers**

26. Are you tired at the moment? What time did you go to bed last night? Have you ever fallen asleep in a class? Recent research shows that 25 per cent of the UK population suffer from some sort of sleep disorder.

## **Sleep**

### **Sleep lessons**

27. Research in Scotland has shown that teenagers are suffering from sleep deprivation which is causing problems with behaviour, concentration and learning. To get nine hours sleep, a teenager needs to go to bed at about 10 p.m. during the school week.

## **Sleep lessons**

28. However, many young people watch TV till around midnight and then play computer games till late into the night. Teachers in Scotland now give lessons on the importance of sleep to their teenage pupils. The teachers want young people to understand that sleep is very important if you want to do well at school and enjoy your life.

## **Sleep**

### **Sleep advice**

29. If you have a sleep problem here is some advice from the sleep experts:

You shouldn't drink tea or coffee in the evenings.

You should go to bed at the same time every night, even at the weekend.