

Read the texts about ideas for people who want to do without technology on holiday. Choose the correct texts (A–E) for each question (1–10). You can use a text more than once. Write your answers in the boxes provided on the answer sheet. The first one (0) has been done for you.

Where to go when you want to unplug

A Tassajara Zen Mountain Center, California

Unlike many Zen meditation retreats, which can be cold and spartan, this warm, lively one is hidden among the ochre-colored Santa Lucia Mountains of California's central coast. Offering yoga, cooking and artistic-themed retreats, this retreat is especially good for creative professionals or anyone on the verge of burnout who wishes to explore their artistic side. It encourages visitors to use Zen Buddhist meditation principles, described by some guests as "Japanese-esque", as well as the wisdom of the native Esselen people, who lived among the mountains and the purportedly curative hot springs for centuries. Accommodations include redwood or tatami mat cabins, stone rooms, yurts and dorms with shared bathrooms. Cell phones and audible music are banned, while iPads, iPods, and other personal devices are discouraged.

B Maine Schooner Stephen Taber, Maine

Getting on open water is one of the best ways to turn off work thoughts because the elemental demands of the sea can often be a matter of life or death and put office concerns in perspective. But some ships are more rewarding than others. This 140-year-old windjammer offers puffin and whale watching, yoga, shore hikes and all-you-can-eat lobster bakes. "After one or two days on the schooner, our guests have completely forgotten what their ring tone sounds like," says Barnes, captain of the historic Maine schooner. "The combined esthetic purity of sail power and Penobscot Bay has that effect." All sailings are free of TV, phones and computers, except what the Coast Guard requires for the crew. While cell reception is spotty in Penobscot Bay, any phone usage is discouraged on all sailings; some excursions ban it altogether.

C Outward Bound, Minnesota

Outward Bound offers a roster of packages for nature-orientated adults or those suffering from burnout or a traumatic life event such as divorce or death of a loved one. Retreats emphasize interpersonal, wilderness-survival and valuable leadership skills; guests frequently speak of a "renewal" afterward. All Outward Bound excursions explicitly prohibit iPads, computers and cell phones, except for instructors' emergency communication devices. Outward Bound's canoe camping trip in Minnesota's BWCAW North Country offers a million acres of gin-clear lakes, cascading waterfalls and rocky cliffs and is ideal for those who feel out of touch with nature or constrained by urban life. There are no roads or power lines to get between you and the cold, raw wilderness.

D Amangiri, Utah

Giving up technology doesn't mean you have to give up style. This modernist desert bunker sits on 600 acres among 5,000-year-old petroglyphs and rusty stratified canyons and plateaus on the Arizona/Utah border. It has become increasingly popular with executives because of its rare combination of stylish décor and a remote location where cell phones don't work. "We meet our guests where they are," says Amangiri's general manager Nicholas Gold. "If they require

connectivity, we accommodate; if they wish to switch off, we facilitate this also." Amangiri and most other properties owned by Amanresorts are in "accessibly remote" locations, often a one- to two-hour drive from a major city or airport. The company's founder Adrian Zecha has a knack for finding scenic locales and bringing the best of the area to the resort's property, so guests never have to leave the property.

E Mepkin Abbey, South Carolina

You could fly to an ashram in India to spiritually reboot. Or you could cut your travel time and consult the wise monks of South Carolina's historic Mepkin Abbey, who belong to the international Order of Cistercians of the Strict Observance. Spiritual retreats can be off-putting to some, but you don't need to be religious to attend one. Mepkin offers a variety of retreats, from short, private, mixed-gender stays at the guesthouse to spiritually guided, 30-day Monastic Guest retreats for male sabbatical seekers. Just like the monks, guests at all levels of retreats are assigned work, asked to observe periods of silence and share their vegetarian meals. Short-term visitors can choose to take part in the prayer services, garden walks, choir singing and weekly readings.

According to the descriptions, which option is ideal if you...

want to use your imagination?	0	
are a city resident missing the countryside?	1	
accept that you will be given jobs to do alongside your hosts?	2	
want to be close enough to urban areas?	3	
feel emotionally exhausted?	4	5
want electronic services to suit individual needs?	6	
think that mobiles should be used by staff only?	7	8
want top quality from the region without having to travel around?	9	
are interested in the insights of earlier inhabitants?	10	

Where to go when you want to unplug

0 <input type="checkbox"/> A	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	

Von der Lehrperson auszufüllen

richtig	falsch	richtig	falsch	richtig	falsch	richtig	falsch
		1 <input type="checkbox"/>	<input type="checkbox"/>	2 <input type="checkbox"/>	<input type="checkbox"/>	3 <input type="checkbox"/>	<input type="checkbox"/>
		4 <input type="checkbox"/>	<input type="checkbox"/>	5 <input type="checkbox"/>	<input type="checkbox"/>	6 <input type="checkbox"/>	<input type="checkbox"/>
		7 <input type="checkbox"/>	<input type="checkbox"/>	8 <input type="checkbox"/>	<input type="checkbox"/>	9 <input type="checkbox"/>	<input type="checkbox"/>
		10 <input type="checkbox"/>	<input type="checkbox"/>				

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