**Приложение 3. Texts for reading. Appendix 3**

1. **The “Japanese” way of living**
A common feature of the leading countries of the world today is tough competition. People in the
race have often sacrificed family or community values and have become more and more individualistic in order to compete. But Japan has got a different story. The importance of family still predominates over individualistic gains. People adhere to that genuine humbleness that has become the trademark of Japanese culture. The rapid pace that life takes in this culture is somehow hidden within the folds of an orderly lifestyle. A deep sense of responsibility towards maintaining social values and tradition even among the younger generation makes Japan stand tall and unmatched in this area. Competition here is considered healthy and mutual respect is a top priority.

**2 Global trends**
From night clubs to Karaoke zones, to peculiar fashion trends, the young Japanese have learned how to come to terms with the global way of enjoying oneself. However, the distinct strict attitude of their culture prevents them from taking this too far. Young people are able to enjoy themselves without getting crazy. But they also feel a constant struggle to keep up with peer pressure and urban expectations, and this has had a negative effect on Japanese people. Indeed, Japan has one of the highest suicide rates in the world.
On the brighter side, Japanese people today are more leisurely than they were 20 — 30 years ago. Travelling around the globe and within the country has become popular. In fact, you will notice a lot of Japanese tourists these days in the major tourist destinations of the world.
Some current popular activities the Japanese enjoy include mountaineering, hiking, fishing, golf and football. Create funny and sometimes surprisingly useful gadgets is another Japanese distinction.

**3 Family life**
To the Italian, family and friends are one of the important parts of life. They cannot think of spending an entire day without enquiring about their parents and children, or passing a weekend without a family lunch or dinner. So it is not a surprise that Italians living outside their country miss their families a lot. These days a major part of the Italian population is over the age of sixty. This continues to add to the slowness of life, and perhaps enforce the strong family bonding Italians are so proud of.

**4 Bar culture, cafe and conversation**
The lifeline for the Italians is coffee. Their day starts and ends with coffee. For the Italian, a cappuccino or an espresso after every meal is a must. Italians love to spend time talking with friends over a cappuccino. Topics range from family and football to religion and politics.

**5 A simple but aesthetic life**

Italians believe in living life to the fullest. This doesn’t always mean big since as the world’s most famous automobile makers, they love getting around in small well-designed cars. And they don’t necessarily care about parking their car in a proper place or even keeping it clean. However, Italians are great patrons of the art, and their homes, which reflect their artistic sense and warmth, are important to them.
Their artistic sense is also reflected in their fashion. Italian fashion is world renowned. As one of the most prominent fashion capitals of the world, Milan, has been consistently adding to fashion trends adopted across the globe. The streets of this city reflect the height of fashion where people experiment with different cuts, colour and texture, even in everyday clothing.

**6 Much work and bad health**
The lifestyle of the American family has undergone rapid changes in order to conform to the fast pace of changing trends. In the average American family typically the father spends around 9-10 hours a day at work while the mother spends around 7 — 8 hours a day at work outside the home. Add to it another couple of hours for the mother who often does the majority of the daily housework and the care of the children. The demands of this lifestyle have resulted in people becoming less concerned about maintaining their health. The average American man spends more hours watching television at home than he does exercising or socialising. For the children, being out of touch with their parents for most of the day means they also watch a lot of television and play video games. With this fast-paced lifestyle also comes fast food, contributing to Americans’ already negative health habits.

**7 Looking for a different lifestyle**
To avoid this stressful lifestyle many Americans are opting for alternative professions that have less work pressure. The search often lands them in foreign countries ranging from Spain to the Philippines. These days some Americans can be found appreciating the lifestyle of various foreign countries rather than their own.