



How about a Steam Bath?

Lead-in

- 1 What is a banya? What do people do in the banya? Read or listen and check your answers.
- 2 Read the headings 1-3. What do you expect to read in each paragraph?

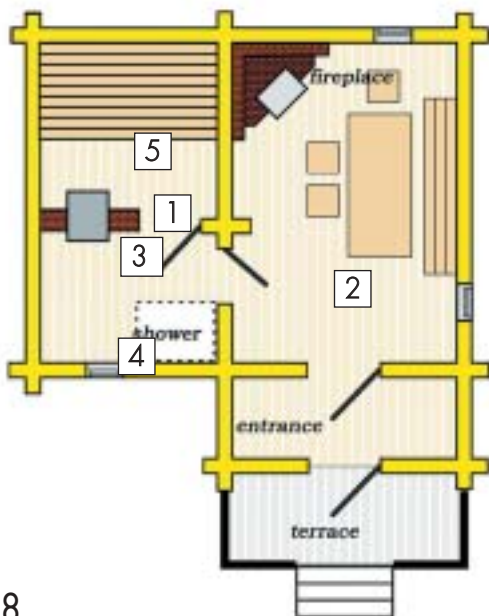
- 1 A traditional banya.
 2 Russians' love of baths.
 3 Baths in different countries.

Reading & Listening

- 3 Read the article and match the headings to the paragraphs. Then explain the words in bold.

- 4 Read or listen to the article and match the places to the numbers.

- | | |
|---|--|
| <input type="checkbox"/> shower room | <input type="checkbox"/> sweating room |
| <input type="checkbox"/> sweating shelves | <input type="checkbox"/> oven |
| <input type="checkbox"/> lounge | |



A Public baths are popular in many countries. All nations have their own ways of bathing: Finns go to hot, dry **saunas**; Turks prefer cool, **damp** Turkish baths; Russians love hot, **steaming** baths which they call *banyas*.



B A traditional Russian bath is made of wood and has two rooms: a sweating room and a lounge. The sweating room has a big oven filled with stones. A fire heats the stones so that they become red. Then, people **splash** them with water. In the water there are herbs, leaves or flowers. That makes the steam smell wonderful. People sit on sweating shelves, which look like stairs with four or five wide steps. **The higher** the shelf, **the hotter** the steam. **Bath-lovers** also hit their bodies with **twigs** from trees. This makes their skin look fresh and young.

C Russians often spend hours in the baths. They sweat in the sweating room, then wash in the shower room, and have breaks in the lounge where they drink tea and **chat**. Some bath-lovers enjoy jumping into a cold pool or even an **ice-hole** after sweating. In Russia, where the winters are long and cold, baths are very important. They help people become stronger and healthier. Why not try a traditional Russian bath and see how *you* feel?

Speaking

In pairs, take roles and act out an interview between a Russian person and a journalist about banyas.