



7B



THE BANYA

SUMMARY COMPLETION (FROM A LIST)

- 1 Read the gapped summary to get the general idea, then **SKIM** the text to see if it's summary of the whole text or just one short section.
- 2 Identify the part of speech needed for each gap.
- 3 Look for key words before and after the gap.
- 4 **SCAN** to find the key words or synonyms from the summary, then read the surrounding information in detail.
- 5 Choose words **FROM THE LIST** to complete the summary so that it has the same meaning as the text and re-read it to check it makes sense.



suggested time
6 minutes

TASK

Look at the text on "The Banya" on the following page.

Complete the summary **using the list of words, A – G, below.**

Write the correct letter, **A – G, in boxes 1 – 4 on your answer sheet.**

REMEMBER

As well as the overall sense of the sentences, consider common collocations (word combinations) and fixed phrases.

The Banya

The banya has been an important part of Russian culture and has been enjoyed by every echelon of SOCIETY since ancient times. In many ways, banyas are 1) _____ to Finnish saunas. Because of the excessive heat, people sometimes wear 2) _____ headgear. Dried leave and branches are sometimes 3) _____ on the body to help heat transfer. Between visits to the steam room, its common to have some 4) _____ or socialise while cooling down.

- | | |
|-----------------|---------------|
| A) like | E) rubbed |
| B) society | F) protective |
| C) refreshments | G) applied |
| D) similar | |

The Banya

- 1 Since ancient times, the banya, steam bath with a wood stove, has been considered an important bonding place in Russian culture. Throughout Russian history, the banya was used by all social classes within Russian society, including villagers and noble people. Communal baths were very common in villages and towns. It is also currently used as a place where Russian businesspeople and politicians meet.

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The Russian banya is a close relative of the Finnish sauna. Sometimes they are distinguished by saunas having dry steam and banyas wet steam. Banya buildings can be quite large with a number of different bathing areas or simple wooden cabins like the traditional Finnish cottage saunas. Russian banyas usually have three rooms: an entrance room, a steam room, and a washing room. The entrance room, called a *predbannik*, or pre-bath, has pegs to hang clothing upon and benches to rest on. In the steam room, water from a bucket is poured over the heated rocks in the stove. There are wooden benches across the room. People enter the steam room when the stove is hot, but before water is poured on the rocks. Getting a good sweat is thought to protect and condition the skin from the steam. The washing room has a hot water tap, which uses water heated by the steam room stove and a vessel or tap for cold water to mix water of a comfortable temperature for washing.

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Banya temperatures often will exceed 93 degrees Celsius and felt or wool hats are typically worn to protect the head from this intense heat and hair from heating to point that might cause burns on contact. It is common to sit on a small mat brought into the banya to protect bare skin from the hot wood and nails of the interior benches, and for hygienic reasons. In Russia, special felt hats are commonly sold in sets with felt mitts, along with extracts for inclusion into the steam water. Use of homemade herb extracts and beer is common. Dried wormwood may be hung over walls as well. Bunches of dried branches and leaves from white birch, oak or eucalyptus are commonly used for massage and to facilitate heat transfer from hot air to body. The dried branches are moistened with very hot water before use. Sometimes in summer, fresh branches are used instead. Sometimes instead of drying the venik, it is frozen in the summer when it has fresh leaves and then thawed before use.

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After the first good sweat is induced, it is customary to cool off in the breeze outdoors or splash around in a lake or river. In the winter, people may roll in the snow with no clothes on or dip in lakes where holes have been cut into the ice. Then the banya is re-entered and the cycle continued a number of times. After each sweat, cooling off is repeated and patrons use the break to drink beer, tea, or other beverages, play games or relax in good company in an antechamber to the steam room. Public commercial banyas typically have a large area with showers, stone benches and sometimes small pools which is preceded by a large dry room to dress off. They might have a bar for people to have some drinks or even light meal afterwards.