

Digital Perspectives

خلاصة القطعة
الوحدة الثامنة



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اللغة الإنجليزية

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الفصل الثاني



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Virtual reality:
Walking in someone else's shoes
 "الواقع الافتراضي: رؤية العالم من منظور الآخرين"

صفحة 31

READING AND VOCABULARY

كتاب الطالب

- The narrator enters a shopping center, and the doors shut behind them.
- They are immediately overwhelmed by various noises, including different types of music.
- A woman carrying shopping bags walks past, and the sound makes the narrator more anxious.
- The bright lights add to their discomfort.
- A man is loudly shaking a pot of coins, likely for charity.
- The smell of fried food is present.
- The narrator bumps into a friend but is too overwhelmed to stop and talk.
- They feel the need to calm down and leave the shopping center.

- يدخل الراوي مركزاً للتسوق، وتُغلق الأبواب خلفه.
- يغمرهم على الفور ضجيج متنوع، بما في ذلك أنواع مختلفة من الموسيقى.
- تمر امرأة تحمل أكياس التسوق، ويزيد الصوت من قلق الراوي.
- تزيد الأضواء الساطعة من انزعاجه.
- يهز رجل وعاء مليئاً بالعملات المعدنية بصوت عالٍ، على الأرجح للصدقة.
- تنتشر رائحة الطعام المقلي.
- يصطدم الراوي بصديق ولكنه منزعج للغاية لدرجة أنه لا يستطيع التوقف والتحدث.
- يشعرون بالحاجة إلى الهدوء ومغادرة مركز التسوق.



- People with ASD (autism spectrum disorder) may experience hypersensitivity to sights, sounds, smells, and tastes.
- This sensory overload can make activities like shopping extremely stressful.
- Some individuals can manage the stress internally, while others may have meltdowns.
- Meltdowns can lead to social difficulties, as others may not understand the underlying stress.
- These challenges can affect relationships, school performance, and job stability.

- قد يعاني الأشخاص المصابون باضطراب طيف التوحد من فرط الحساسية للمشاهد والأصوات والروائح والأذواق.
- يمكن أن يؤدي هذا التحميل الحسي الزائد إلى جعل الأنشطة مثل التسوق مرهقة للغاية.
- يمكن لبعض الأفراد إدارة التوتر داخلياً، بينما قد يعاني آخرون من الانهيارات العصبية.
- يمكن أن تؤدي الانهيارات العصبية إلى صعوبات اجتماعية، حيث قد لا يفهم الآخرون التوتر الكامن.
- يمكن أن تؤثر هذه التحديات على العلاقات والأداء المدرسي واستقرار العمل.

- **Virtual Reality (VR) as a Tool:** VR can help people understand what it's like to have autism.
- **Nature of VR:** It is a computer-generated 3D simulation that can feel very realistic.
- **Chris Milk's Perspective:** VR connects people and can change perceptions.
- **National Autistic Society Initiative:** They created a VR experience to simulate sensory overload.
- **Effectiveness:** The VR video has six million views and has received impactful feedback.



• الواقع الافتراضي كأداة: يمكن للواقع الافتراضي أن يساعد الناس على فهم كيف يكون الأمر عندما يكون الشخص مصاباً بالتوحد.

• بيعة الواقع الافتراضي: إنه محاكاة ثلاثية الأبعاد يتم إنشاؤها بواسطة الكمبيوتر ويمكن أن تبدو واقعية للغاية.

• وجهة نظر كريس ميلك: يربط الواقع الافتراضي بين الناس ويمكنه تغيير التصورات.

• مبادرة الجمعية الوطنية للتوحد: لقد ابتكروا تجربة الواقع الافتراضي لمحاكاة التحميل الحسي الزائد.

• الفعالية: حقق مقطع فيديو الواقع الافتراضي ستة ملايين مشاهدة وتلقى ردود فعل مؤثرة.

- VR can enhance understanding of others and the world.
- A study involved participants experiencing virtual tree-cutting.
- After the experience, they used fewer paper napkins.
- This suggests VR can influence subconscious behavior and promote environmental awareness.

• يمكن للواقع الافتراضي أن يعزز فهم الآخرين والعالم.

• شملت إحدى الدراسات مشاركين خاضوا تجربة قطع الأشجار افتراضياً.

• بعد التجربة، استخدموا عدداً أقل من المناديل الورقية.

• يشير هذا إلى أن الواقع الافتراضي يمكن أن يؤثر على السلوك اللاواعي ويعزز الوعي البيئي.

- VR is used to simulate experiences like disability or natural disasters.
- A key difference is that VR users can opt in and out, unlike real-life sufferers.
- VR can replicate sights and sounds but not the full challenges of actual experiences.



- يتم استخدام الواقع الافتراضي لمحاكاة تجارب مثل الإعاقة أو الكوارث الطبيعية.
- الفرق الرئيسي هو أن مستخدمي الواقع الافتراضي يمكنهم الاشتراك والخروج، على عكس الأشخاص الذين يعانون من مشاكل في الحياة الواقعية.
- يمكن للواقع الافتراضي محاكاة المشاهد والأصوات ولكن ليس التحديات الكاملة للتجارب الفعلية.

أسئلة مقترحة – Suggested questions

1. As I step into the shopping centre, the doors shut with a -----, creating a sudden and final sound behind me.
 - a) rattle
 - b) thud
 - c) crash
 - d) bang
2. The atmosphere inside is filled with a constant -----of noise, making it difficult to focus on any single sound.
 - a) echo
 - b) hum
 - c) buzz
 - d) chatter
3. In the background, I can hear multiple types of ----- coming from different shops, blending into a chaotic mix.
 - a) tunes
 - b) beats
 - c) jingles
 - d) music
4. A woman hurriedly passes by, her hands weighed down by several -----, which rustle and shift as she moves.
 - a) parcels
 - b) boxes
 - c) shopping bags
 - d) containers
5. The sound of the bags ----- against each other adds to the sensory overload I'm already experiencing.
 - a) rubbing
 - b) scraping
 - c) clinking
 - d) brushing
6. Although I try to ----- off the unsettling feeling, the environment makes my anxiety grow.
 - a) shrug
 - b) shake
 - c) push
 - d) wave



7. One of the key issues for many individuals with autism is a hypersensitivity to -----, which can make activities like shopping highly stressful.
- emotions, behaviors, attitudes, and opinions
 - sights, sounds, smells, and tastes
 - logic, reasoning, perception, and memory
8. Some individuals with autism can manage sensory overload reasonably well, but the stress might -----.
- make them appear more social
 - help them focus better
 - eat away at them inside
9. A meltdown occurs when an individual with autism becomes ----- due to overwhelming sensory input.
- upset or angry
 - more adaptable and composed
 - withdrawn and non-verbal
10. The difficulty of coping with sensory overload can affect social relationships because others may not -----.
- recognize the effort individuals with autism put into socializing
 - understand the pressure that led to the reaction
 - experience any sensory discomfort themselves
11. Problems at school or work may arise for individuals with autism because they can be perceived as -----.
- highly intelligent and hardworking
 - overly social and energetic
 - unreliable or bad-tempered
12. While people's experiences with autism vary, a common challenge many face in shopping centers is -----.
- a lack of interest in shopping
 - managing hypersensitivity to sensory stimuli
 - difficulties in understanding social norms



- C) They felt a stronger connection to nature
D) They were influenced by subconscious behavior
21. The use of paper napkins in the study is an example of what type of behavior?
A) Emotional response
B) Social conformity
C) Subconscious behavior
D) Rational decision-making
22. What does the text suggest about the potential of virtual reality (VR) in understanding human actions?
A) It only helps people understand the environment
B) It allows people to engage in more conscious decision-making
C) It can subconsciously influence real-world behaviors
D) It has no significant impact on human understanding
23. The virtual experience of chopping down a tree was used to explore the connection between VR and which of the following?
A) Emotional decision-making
B) Environmental consciousness
C) Social behavior
D) Physical coordination
24. What can be inferred about the relationship between virtual reality and real-world behavior from the study mentioned in the text?
A) VR can lead to conscious changes in how people behave
B) VR has no effect on how people interact in the real world
C) The experience in VR might unknowingly influence people's actions in real life
D) People in VR experiences do not adjust their behavior afterwards
25. What is a major distinction between simulated VR experiences and real-life experiences, as discussed in the text?
a) The ability to experience real consequences
b) The voluntary nature of the VR experience
c) The similarity of sounds and sights
d) The depth of emotional engagement



26. According to the text, what is one of the main limitations of VR simulations, such as those depicting floods?
- The inability to accurately replicate sounds
 - The lack of actual physical challenges faced by real victims
 - The difficulty in conveying visual imagery
 - The technological constraints of VR headsets
27. What is the primary question raised about VR experiences in relation to empathy?
- Whether VR can replace real-life experiences
 - Whether VR simulations can truly allow us to experience others' lives
 - Whether VR can be used for entertainment
 - Whether VR can make us feel the real dangers of life-threatening situations
28. In the context of the text, what does the phrase "we don't come up against the same difficulties" suggest about the VR experience?
- It lacks real-world unpredictability
 - It allows participants to avoid challenges
 - It replicates physical difficulties accurately
 - It is an immersive simulation of the daily struggles of others
29. What aspect of the VR experience is emphasized as being different from the actual experience of people living through events like floods?
- The visuals of the environment
 - The sensory perception of the flood
 - The option to remove oneself from the simulation
 - The ability to feel the emotional impact of the experience
30. How does the text suggest that VR could potentially affect our understanding of someone else's life?
- By making us physically experience their struggles
 - By offering a way to simulate their environment
 - By helping us forget about our own issues
 - By providing real-time interaction with them in the simulation



الاجابات النموذجية

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Digital Perspectives



بتقدر تابعدنا على جميع مواقع التواصل الإجتماعي



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