

Exercise 1

Read the article about the Icehotel in Sweden, and then answer the following questions.

Sweden's famous Icehotel

The idea of spending a night in a room built entirely of ice, where the temperature never rises above -5°C , isn't everyone's idea of comfort. But for the hundreds of people who visit the famous Icehotel in northern Sweden each winter, doing exactly that is a dream come true!

Every November, artists from around the world arrive in Jukkasjärvi, a village 200 kilometres north of the Arctic Circle, to create a hotel from ice, where guests sleep on a bed of ice surrounded by spectacular ice sculptures. The Icehotel lasts for just one winter, melts each spring, and is rebuilt each November. Hundreds of artists want to be involved, but only those who submit an original idea get to take part. The focus of the Icehotel is as much on beautiful art as it is on accommodation, and guests are encouraged to find out about the artists' work before they visit.

All the bedrooms in the Icehotel have thermal sleeping bags, but as the bedrooms don't have electricity, visitors are reminded to fully charge their phones before they check in. During the day, the bedrooms are open to the public, so overnight guests are warned to check out before 7.30 a.m. This means they can avoid someone walking through their room while they're still asleep! After a hot breakfast, guests can join an ice sculpture class. Or, for those who are more adventurous, the Icehotel can arrange a snowmobile safari.

So where did the idea for the Icehotel come from? Well, like many great ideas, it happened by chance. The village of Jukkasjärvi had long been popular for activities like hiking and canoeing. However, these only took place during the summer months. The owner of a company in the village had just returned home from Japan and saw an opportunity to attract tourists in the long, dark winters. In Japan, he'd seen artists creating amazing sculptures out of ice. As ice is in plentiful supply in Jukkasjärvi in winter, he realised that an ice sculpture workshop could be successful.

The village held its first ice sculpture workshop in 1989, and artists from all over northern Sweden came to take part, staying in warm, wooden huts at night. That year was also when artists started learning how to construct buildings out of ice. In 1992, they created a large exhibition hall made entirely from ice. While they were doing that, some visitors to the village wanted to stay but there was no accommodation available. Their only option was to sleep in the icy exhibition hall. Each person was given a thick blanket and advised to wear a warm hat in bed, a tip the Icehotel still gives visitors today. The next morning, they couldn't stop talking about their amazing experience of sleeping in the ice, and the idea for the Icehotel was born!

Rebuilding the Icehotel each year isn't easy. During winter, the river freezes into ice and people are employed to sweep snow off the river so that the ice thickens and becomes as hard as possible. As spring starts, huge blocks of ice are cut out and kept in cold storage throughout the summer, until construction starts in November. Yet despite all the hard work that goes into creating the Icehotel, and the fact that it recommends guests only stay one night, the Icehotel has become one of the most successful tourist destinations in Sweden. And the tourist season in Jukkasjärvi now lasts all year round.

- 1 What do artists have to produce if they want to help build the Icehotel?
..... [1]
- 2 What equipment does the Icehotel provide for guests sleeping in an ice bedroom?
..... [1]
- 3 Which daytime activities can Icehotel visitors take part in? Give **two** details.
.....
..... [2]
- 4 What was the aim of the local businessman when he set up an ice sculpture event in Jukkasjärvi?
..... [1]
- 5 Where did the artists sleep during the village's first ice sculpture event?
..... [1]
- 6 In which year did visitors first experience sleeping in the ice?
..... [1]
- 7 What do workers do to make sure that solid ice develops each year?
..... [1]
- 8 When is the ice for building the Icehotel collected from the frozen river?
..... [1]

[Total: 9]

Exercise 2

Read sections **(A–D)** of a magazine article by a student who decided to try different fitness classes. Then answer Question **9(a)–(h)**.

Fitness classes, anyone?

When I started university, I decided to try as many different fitness classes at the student sports centre as possible. Four months later, I'm proud to say I've been to quite a few! Here are some of the classes I've tried and my experiences of each.

A Pilates

I know from following videos at home that Pilates involves controlled movements and stretching, but this class wasn't really what I'd expected. Admittedly, there was calming background music and a focus on breathing, but the instructor just wasn't clear what she wanted us to do. So despite her repeated attempts to explain, there was quite a lot of confusion in this particular class. And although the class is meant to be for all levels, it is assumed you have basic knowledge and are not completely inexperienced. I've heard that different instructors tend to have very different teaching styles, although the basic exercises are similar, so I won't give up yet – perhaps I'll try a different one.

B Bollywood Dance Beats

If you don't know what happens in a Bollywood Dance Beats class, there's a 15-minute warm-up followed by 45 minutes learning a dance routine set to a Bollywood movie soundtrack. I've been to one class so far and, although it was a mixed group of beginners and more experienced regulars, we were all made to feel completely at ease. I felt a little foolish dancing at first but soon gained confidence. The upbeat Indian music was new to me too. When the class finished, I was exhausted but in high spirits, even though it had been a constant challenge to remember the routine!

C Capoeira Moves

Capoeira is a Brazilian martial art which includes elements of dance, gymnastics and music, and this class involved practising basic kicks and other movements in pairs. The teacher gave very few instructions, as many of the students were regulars, instead using body language to demonstrate. Other beginners found this approach slightly puzzling, but for me watching the teacher was all I needed to be able to follow the routine. I found the pace of the movements too fast to begin with, but when I thought about the class the next day, I realised I'd definitely learned something. Most beginners can probably cope with this class. However, to make the most of it, you might consider one or two easier classes before going to this one.

D Flow Fit

This is the class I've attended most frequently. I never know what exercises to expect each week, which keeps it interesting. It's a good workout, mainly strengthening your leg and stomach muscles, with some arm exercises too, and your body aches for days afterwards! Before the first class, I was worried I wouldn't be able to do it. However, the instructor explained everything clearly, from beginner's exercises up to more advanced options. In fact, it struck me at one point during the class that I was already familiar with many of the movements, so now I often just do the advanced options.

9 For each question, write the correct letter A, B, C or D on the line.

Which section includes the following information?

- (a) the use of music for relaxation [1]
- (b) a welcoming atmosphere for people of all levels [1]
- (c) the fact that each class is unpredictable [1]
- (d) a positive feeling at the end of the class [1]
- (e) the writer's negative opinion of the teacher [1]
- (f) advice for getting maximum benefit from the class [1]
- (g) the writer realising in the class that she knew more than she thought [1]
- (h) an initial struggle to keep up with the exercises [1]

[Total: 8]

Exercise 3

Read the article about a teenager who decided to wear the same dress for a month, and then complete the notes.

One month, one dress

When 17-year-old Sophia Aleman arrived to meet her friends wearing a plain, grey dress, they didn't take much notice. The next day she had the same dress on, and her friends still didn't comment. After a week of turning up in the same dress, Sophia revealed her 'One month, one dress' challenge – to wear the same dress every day for a month. She worked out that she'd be able to wash her dress before going to bed and still wear it the next day.

Sophia's aim was to get people, boys and girls, thinking about how their choice of clothes affects the environment. Fashion is influenced by the latest trends and celebrities, and nowadays it's produced very quickly and cheaply. New styles replace old ones almost instantly, at a price that most can afford. 'My friends and I love fashion, but it comes at an environmental cost,' says Sophia. 'People throw good clothes away. That means tons of clothing is buried as waste. Unbelievably only 15% is actually recycled – people should at least pass on their unwanted clothes to others. And, every year, as a result of clothes production, 1.2 billion tonnes of carbon dioxide is added to our atmosphere. I had to do something.'

Sophia chose the dress for her challenge carefully. She decided on a plain design as she could combine it with different scarves that she already owned. She now encourages people to use their existing clothes more creatively. This means they'll be less tempted to buy new clothes. She knew that chemicals used in the production of clothes pollute the soil. That's why she chose a dress made from bamboo, a material free of chemicals. 'My friends had never heard of clothes made from bamboo before, so I used this dress as a way of persuading them to buy clothes made from natural materials. So many clothes these days include some man-made material. When they're washed, tiny bits of plastic end up in the oceans, but that doesn't happen with natural material.'

In week two of the challenge, Sophia accidentally ripped the sleeve of her dress. She thought she might have to wear something different and her challenge might fail. Fortunately, she managed to sew it back together herself.

To create publicity, Sophia posted on social media every day, attracting lots of attention. 'One day, I wrote that mass production of clothes uses vast quantities of water. That's hardly going to help the environment, is it? The post really got all my friends talking. They began to understand the point I was trying to make – it's better to buy quality clothes that last longer.'

Sophia wore the dress for the whole month. 'It made me think that appearance isn't everything – although the next day I did enjoy wearing my favourite red skirt, which I'd really missed!' The teenager intends to continue promoting environmentally friendly fashion. 'I'm not saying that everyone should do this particular challenge, but I am encouraging all my friends to use recycled materials to make their own clothes.' She has even thought about taking her grey dress apart to make a shirt from the material. 'For now though, I still enjoy wearing the dress occasionally.'

You are going to give a talk about fashion to your class at school. Prepare some notes to use as the basis for your talk.

Make short notes under each heading.

<p>10 What Sophia says are the negative impacts of fashion on the environment:</p> <ul style="list-style-type: none">••• [3] <p>11 What Sophia suggests people do to reduce the negative impacts of fashion on the environment:</p> <ul style="list-style-type: none">•••• [4]

[Total: 7]

Exercise 4

- 12 Read the article about a teenager who enjoys geocaching, an activity which involves searching for hidden objects outdoors.

Write a summary about what is good about geocaching.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

Geocaching – searching for hidden treasure the 21st-century way

I used to think there was nothing much to do in the small town where I live. My friends and I would spend our holidays wondering how to fill our time – that is, until we discovered geocaching. Now, geocaching gives me something to do whenever I have some spare time.

So, what is geocaching? It's an outdoor activity which involves looking for small containers, usually plastic boxes, hidden in different locations. You download an app onto your mobile phone and use a map to work out where to find them. It's a bit like a digital treasure hunt!

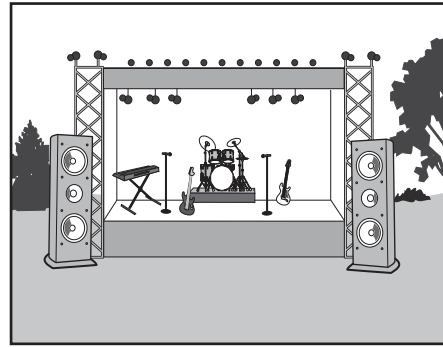


My teacher introduced our class to geocaching during a school trip to a local forest. We were divided into teams and then we set off, following the directions on our phones. Each team wanted to be first to find the hidden container. Geocaching really helps you notice your surroundings. My team quickly realised from the map that we needed to find a square-shaped rock and we ran off to look for it. Suddenly there it was! We looked all around and soon found the container hidden under a pile of leaves – we were the winners! We all agreed that it's a fun way to exercise outdoors. It can help us to improve our technological skills too.

Back in the classroom, we learned more about geocaching, which started in 2001. It's not just a team activity – you can either do it with other people or alone. Inside every container, there's a notebook which people sometimes leave messages in. Some containers also have small objects in them. If you want, you can exchange the objects for something of your own, which most people like to do.

Geocaching can be done anywhere. Since that first school trip, I've done geocaching at home, and even during holidays in Dubai, New York and Australia. No matter where I do it, I always get a feeling of satisfaction. My boring, small town is now my adventure playground – every week geocaching gives me new places to explore.

Exercise 5



13 You are going to perform in a music festival in another town.

Write an email to a friend about this.

In your email, you should:

- explain how you found out about the festival
- describe what you are going to do in the festival
- invite your friend to come and see you perform.

The pictures above may give you some ideas, and you can also use some ideas of your own.

Your email should be between 100 and 150 words long.

You will receive up to 6 marks for the content of your email, and up to 6 marks for the language used.

Exercise 6

- 14** In class, you recently had a discussion about whether towns and cities should have more parks and green spaces.

You have decided to write an article for your school magazine.

Here are some comments from other students in your class:

It's a lot of hard work to look after a park.

We need more houses, not more green spaces.

I love running in the park!

Seeing birds in the trees is lovely.

Write an article for your school magazine, giving your views.

The comments above may give you some ideas, and you can also use some ideas of your own.

Your article should be between 100 and 150 words long.

You will receive up to 6 marks for the content of your article, and up to 6 marks for the language used.

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