

Exercise 1

Read the brochure about different activity holidays for families, and then answer the following questions.

Holidays with the Family Adventure company

Cycling in France

Whether you're a keen cyclist or simply enjoy bike rides at the weekend, we have plenty of one- or two-week cycling holidays to choose from. Trips are designed for teenagers and their families, so there's every opportunity to make new friends while enjoying some great rides. The holiday package includes accommodation in some lovely hotels, as well as bike hire and the cost of food and drink. However, there is an additional local charge for staying in private houses that we use when we visit more remote areas during the trip. We avoid city routes – spending the majority of the time cycling on country lanes, and because the bikes we provide are ideal for more challenging riding, those who wish to can also explore mountain tracks.



Hiking in Morocco

This trip to Morocco combines a challenging climb of North Africa's highest mountain, Jebel Toubkal, with a visit to the exciting city of Marrakech, a favourite destination with our customers since we arranged our first visit there a decade ago. We hike for one day through villages with their beautiful traditional houses, to reach the mountain top at 4167 metres. There are majestic views, and we spend an unforgettable night in a campsite under the stars. We end our trip in the ancient city of Marrakech, which was founded in 1062. Here, you can take a break in your hotel before exploring the bustling markets and the lively city centre.

Kayaking in Croatia

Imagine kayaking in the glorious blue Adriatic Sea – now make that dream a reality! You stay on the island of Sipan, 17 kilometres northwest of the city of Dubrovnik in Croatia. A typical day's programme, which is fully guided by our friendly team, will see you kayaking between 15 and 20 kilometres and there'll be time for swimming and taking photos. If you want a break from water activities, and you are not a fan of stony beaches, then a trip to the island's nature reserve is well worth doing. You are guaranteed a holiday to remember!

Horse Riding in Portugal

The fantastic Alves Riding Centre is in southern Portugal and is great for families. Our beginner riding course is very popular. We provide you with safety equipment including a riding helmet. It's a good idea for you to learn the basic riding terms that your instructor will use so that you can understand what is going on in your lessons. On completion of the course, you'll get a certificate of achievement. Intermediate and advanced riders are not forgotten, as there are 20 trail rides available, with a set of fact sheets which give you details about the levels of difficulty of each trail. Centre staff are all local to the area and are happy to answer questions about the region's wildlife.

- (a) What will you have to pay extra for on a cycle holiday in France?
.....[1]
- (b) Which routes are most often used on the holiday in France?
.....[1]
- (c) When did the holiday company start organising their trips to the city of Marrakech?
.....[1]
- (d) What accommodation is provided on the tour in Morocco? Give **two** details.
.....
.....[2]
- (e) What is the maximum distance you can expect to kayak in one day?
.....[1]
- (f) Where does the holiday company recommend visiting on the island of Sipan?
.....[1]
- (g) What does the Alves Riding Centre advise people with no riding experience to do?
.....[1]
- (h) What information is available for more confident riders?
.....[1]

[Total: 9]

Exercise 2

Read the article about a race in the Sahara Desert, and then answer the following questions.

The Marathon of the Sands

The Marathon des Sables, or 'Marathon of the Sands', which takes place in the Sahara Desert, has gained a reputation as the 'toughest footrace on Earth' since it began in 1986 with 186 competitors. Runners have to complete 250 kilometres in 6 days in one of the most challenging environments on the planet. The event has 1400 entries, with a support team of 400, and 200 members of the media are also involved in it this year.



The race attracts runners from all over the world, and Moroccan runners have been particularly successful. Irishman Ben Turner, who is 71, is hoping to become the race's oldest finisher ever. In order to prepare for the race, he has spent the last month training in a hotter climate in Spain. For most runners, it is not about winning but about finishing the race and receiving the famous kiss on each cheek from Patrick Bauer, the man who originally set up the race.

The rules state that competitors must be able to rely on themselves: organisers provide everyone with water, but individual competitors are free to choose their own food items. There are strict rules about the weight of the items that competitors take with them. Equipment must weigh between 6.5 and 15 kilograms, and though tents are supplied, runners need to bring lightweight sleeping bags. Most runners aim for the lower end of the weight range, as it decreases the effort they need to put in during the race.

Marathon des Sables: numbers and facts

72	number of medical personnel present
28	age of the person making first attempt to complete the course
14	average speed in kilometres per hour of slowest runners
10	highest number of race wins by a single person
2	helicopters available to follow runners' progress
5	quad bikes to move equipment quickly

Deciding what to take is hard. Hot food or a music player? Runner David Kelly explains his choice. "I was happy to give up the luxury of a small stove to warm my food," he says. "The only time I don't have

music playing to keep me going is when I'm doing the special hot yoga classes I do to help me prepare for the desert."

This year, over 200 runners are women, including Marie Davies who is competing for the third time. She has learnt from experience that the weight of her equipment is very important, so this time she is making sure that it is lighter than in her previous attempts. She has also been training on a running machine in a heated room to prepare for the conditions that she will face.

The temperatures in the Sahara Desert are very high during the day, but sink to freezing at night. For another runner, Jordan Smith, recreating these conditions in the UK is a challenge – particularly in the British winter. Jordan knows that he cannot prepare for heat and sun, so he ensures that he runs an average of one hundred kilometres a week, which has helped him to improve his strength. At weekends, he tends to have a break from this routine by cycling in a nearby park. Often, runners have to be inventive with training. Some run in boxing tracksuits, which are designed to make the wearer very hot and so lose weight as they sweat. Others improve their technique by going to special sand tracks used for athletics.

Although Jordan has been preparing for the event for a year, his biggest fear is the thought of not finishing, rather than the more common concern of being stung by a scorpion. With entry fees, and travel costs coming to more than five thousand dollars, there's a lot at stake. "I've done all I can to prepare myself physically for the race, and I know I'm at the peak of fitness. On its own that's not enough – determination is everything. I'll make it, even if I have to crawl!"

- (a) How many competitors are running in the race this year?
.....[1]
- (b) Who organised the first Marathon des Sables?
.....[1]
- (c) What items are given to all competitors? Give **two** details.
.....
.....[2]
- (d) Why do runners want to carry as little weight as possible?
.....[1]
- (e) According to the chart, how many times has the most successful competitor won the race?
.....[1]
- (f) What is David Kelly's biggest motivation while running?
.....[1]
- (g) What is different about the equipment that Marie is bringing with her on this race?
.....[1]
- (h) How does Jordan Smith train for running long distances?
.....[1]
- (i) What is Jordan most worried about?
.....[1]
- (j) What does Jordan think is the most important factor for success in the race?
.....[1]
- (k) How have runners prepared for the high temperatures? Give **four** details.
.....
.....
.....
.....[4]

[Total: 15]

Exercise 3

James Tobin lives at 1456 Green Road, Cartersville, Canada. He has been promoted to a senior position at the clothes company where he works. His family have decided to organise a party to congratulate him, and are planning it as a surprise. His daughter, Suzanne Tobin, has agreed to complete the booking with a party planning company.

She has done some research online, and has found a number of companies which offer a range of themed parties. She found a company called Planet Party, who offered party themes that she thought looked to be very good value. The reviews on their website said that they were very professional and showed great attention to detail. Suzanne has been to the offices of Planet Party, which are near her home at 45 Lincoln Avenue, Cartersville, and spoken to the staff there. They went through options with her and gave her a booking form for the 30 guests that she is inviting to the party.

One of James' interests is fast cars, and he belongs to a racing club. One theme on offer for the party was 'Driving Challenge', and while this looked exciting, the family wanted to find something for all ages. James has travelled a great deal in his life, and enjoys trying food from around the world. They have therefore chosen 'International Dining', and Suzanne needs to let the company know that a vegetarian option should be provided. She is interested in some of the other activities the group offers, and wants to be informed about any new products they have.

She wanted to have the party on 4 July 2018, a month before her father's new job starts, but the venue that the company uses wasn't available. She discovered that the following week was fine, so she's going ahead with 11 July instead. This has worked out well, as a friend who is a photographer is free that weekend. He has offered to come and take pictures of the evening. Suzanne has asked her aunt to make James' favourite cake, and on the invitations she has asked all the guests to arrive thirty minutes early at 18:30 so they can surprise her father when he arrives at 19:00. She needs Planet Party to decorate the room with flowers and balloons by 18:00, but she is bringing CDs. The company will provide accident insurance, but Suzanne would also like cancellation insurance in case the party doesn't go ahead for any reason. She has given Planet Party her personal email address, suzannet@open.ca so that she can receive updates from them. She has also set up a new group email jamesparty@mail.org which will make it easier for her to send out details to the guests.

Imagine you are Suzanne. Fill in the form, using the information above.

Planet Party!

Event booking form

Section A: Personal details

Person making booking: (full name)

Address:

Preferred contact details:

Section B: Event information

Date of event:

Reason for party: (please underline)

birthday

wedding

congratulations

retirement

Which party theme are you booking?

.....

Number of guests:

Arrival time of guests: (please tick)

18:00

18:30

19:00

19:30

Further services required: (please circle)

celebration cake

music

decorations

invitations

photographer

Details of any dietary requirements:

Section C: Extra details

Please state any additional insurance policy requirements:

Can we contact you with details of future promotions and events? (please delete) YES/NO

Section D

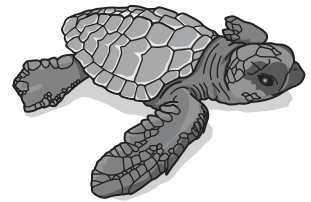
In the space below write **one** sentence of between 12 and 20 words about why you chose to hold your special event with our company:

[Total: 8]

Exercise 4

Read the article about loggerhead turtles, and then complete the following notes.

Tracking turtles



Following the movements of turtles through the ocean, a process known as tracking, is not an easy job. Researchers have even tried swimming behind baby turtles for their first few hours to see where they go, but it proved too difficult to keep up with them. Now, thanks to tiny solar-powered devices, or 'tags' that can be followed by satellites, researchers are discovering more about a species of turtle called a loggerhead.

When baby loggerhead turtles hatch out of their eggs, they head to the ocean from their nests in sandy beaches. This happens at night, when there is less chance of them being eaten by other animals before they reach the ocean. However, when they get to the open sea, a growing problem that turtles face is mistaking plastic floating in the sea for food. When turtles become adults they return to the same beaches years later, but unfortunately for these turtles, some nesting beaches are threatened by expanding tourism development. The fact that turtles choose to nest on a beach, however, is good for the natural environment because the eggshells provide nutrients for plants that help to keep the sand in place, making it less likely to wash away.

In order to successfully track adult turtles, researchers can fix equipment to their shells. However, baby turtles grow so quickly that whatever device is attached usually falls off as the shell gets bigger. A breakthrough came when a team of biologists tried tiny solar-powered tags, originally designed for tracking birds. These tags are much lighter, whereas the heavy batteries used before seriously affected the turtles' movements. To attach the tags, a liquid called acrylic was painted onto a small area of the turtles' shells, to which the tags were stuck with strong glue. This allowed some movement. Researchers had previously attempted to allow for expanding shells by using an elastic belt around the turtles that expanded as the turtles grew. However, the belts still damaged the shells, whereas fixing the solar-powered tags using acrylic did not cause any damage.

Researchers put solar-powered tags on young turtles, and placed them on a type of seaweed floating in the ocean off Florida in the USA. Sea currents in this area move in a big circle. Previously, it was thought that turtles swam around the circle on these currents, before returning to the beach to lay eggs. However, satellite data from the tags showed that many turtles travel into the centre of the circle where large amounts of seaweed are found. The temperature readings are higher in the centre than in the surrounding water, and researchers think that the seaweed keeps turtles warm, helping them grow. From this information, researchers have identified climate change as a potential danger – this can alter the ocean's currents, meaning turtles are unable to reach the safety of the seaweed.

Worryingly, numbers of loggerhead turtles are decreasing. Turtles provide habitats for other creatures, and adults grow large enough to carry tiny plants and animals around on their backs. Their large size, however, means that they are sometimes caught in fishing nets, which reduces their numbers. This decrease in population has a negative effect on the health of a marine plant called sea-grass. Sea-grass is an important part of the marine ecosystem and by eating it, turtles encourage the growth of this essential plant, and therefore have a key environmental role.

You are going to give a talk about loggerhead turtles to your class.

Prepare some notes to use as the basis for your talk.

Make short notes under each heading.

Problems with the tracking equipment the researchers have used:

-
-
-

Threats to loggerhead turtle populations:

-
-
-
-

Why the turtles are important:

-
-

[Total: 9]

Exercise 5

Read the following article about fog catchers, which are nets that collect water from fog.

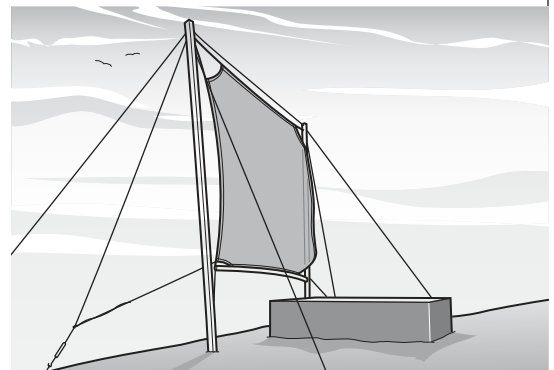
Write a summary about the benefits of using fog catchers.

Your summary should be about 100 words long (and no more than 120 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 5 marks for the style and accuracy of your language.

Water from fog

The Atacama Desert in Chile is one of the driest places on Earth, with an average rainfall of less than 0.1 millimetres per year. In fact, there are many regions in this part of the world that have not had any rainfall at all for a number of years. However, where the cold waters which are found off the coast of South America meet the dry hot air along northern Chile, a thick fog rises up off the Pacific Ocean and is blown inland away from the coast. This fog is made up of tiny drops of water that are so light that they do not fall as rain. A clever invention has allowed people to collect water from the fog. This water is clean and safe to drink.

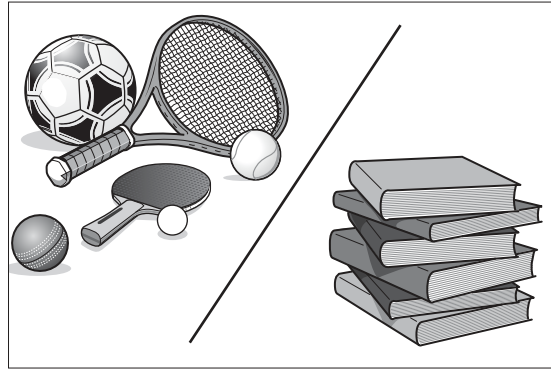
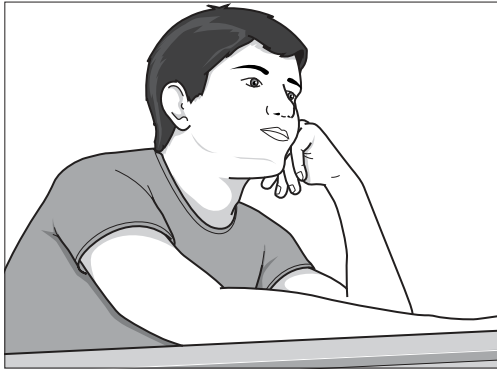


During a particularly severe water shortage in 1956, Carlos Espinosa Arancibia, a scientist working at the University of Chile, came up with an idea. He carried out a series of experiments in the highest hills near the Chilean city of Antofagasta, and was the first person to create what is known as a fog catcher. A fog catcher is a net with tiny openings of approximately 1 millimetre across, attached to poles in the ground. The holes in the net are so small that the drops of water cannot pass through the net, and become trapped. The poles which support the net can be carefully hidden in the vegetation, so the fog catching equipment has very little impact on the local environment. After the net captures the water drops in the fog, these tiny drops gather and form a bigger drop, which eventually runs off the net into a small channel underneath. The water then flows naturally down the hill in a pipe, and due to the effect of gravity, there is no need for electrical pumps to transport the water to the tanks at the bottom. It is stored in these tanks, and is then available for different purposes.

Fog catchers can be made out of lots of different materials. They can be designed to be as efficient as possible in different conditions, and scientists are involved in studying the results of using these materials in a range of settings. In addition, an area in Guatemala has a centre which studies the effectiveness of using a large number of fog catching nets. The water that is collected has supplied the surrounding area so that crops can grow in what was previously a dry desert. Experiments have shown that by using water collected from fog, an area can be transformed, provided that suitable weather conditions exist, and where the occurrence of fog can be relied on. The area where the system is to be constructed must be carefully chosen with this in mind if the project is to be successful. At a local level, many rural communities like the system as the netting is easy to find and cheap to install, and the water collected can be used to support small farms.

Increasingly, people all over the world are showing an interest in the potential of the system.

Exercise 6



You recently had to make an important decision.

Write an email to your friend, telling your friend about the important decision you had to make.

In your email, you should:

- describe the decision you had to make
- explain why it was important
- say how you felt after you reached your decision.

The pictures above may give you some ideas, and you should try to use some ideas of your own.

Your email should be between 150 and 200 words long.

You will receive up to 10 marks for the content of your email, and up to 9 marks for the style and accuracy of your language.

Exercise 7

Some people think that we rely too much on eating convenience food nowadays.

Here are two comments from your friends:



I think it lets me have more time to do other things.



I wish I knew how to cook things for myself.

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

The comments above may give you some ideas, and you should try to use some ideas of your own.

Your article should be between 150 and 200 words long.

You will receive up to 10 marks for the content of your article, and up to 9 marks for the style and accuracy of your language.

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