

Exercise 1

Read the article about a chef who works in Antarctica, and then answer the following questions.

Cooking on ice

Jennifer Doyle is a chef in one of the world's remotest places. She works at the Casey Research Station in Antarctica, where she's in charge of feeding the scientists who work there. 'It's such a fascinating environment. Lots of my colleagues comment on the night skies, which are full of light. But for me it's the colours of the landscape that stand out. People think everything is white but actually there's an amazing range.'

Three years ago, Jennifer worked as Head Chef for a multinational company, preparing business lunches and party food. 'The job was good but I was bored. I'd been looking at job adverts in catering magazines but hadn't seen anything interesting.' Then, a colleague told her about an advert for chefs to work in Antarctica, so she applied. Her application was successful, on the condition that she could pass a medical test. 'I didn't have any doubts about accepting. I wanted to go straightaway!'

During Antarctic winters, which last from February to December, the research station is completely cut off from the outside world by ice. A ship arrives at the end of January with supplies for the winter. Once it leaves, the sea freezes and the staff are on their own until December. 'I can't pop out to the supermarket – the nearest is 2000 miles away in Chile! But that's not as big a problem as working out how much food to order. That's the biggest challenge for me.'

Jennifer believes that being a chef in Antarctica is not just about cooking food. 'Food is very powerful and can have a big effect on people's mood. Preparing meals that make them feel better is one of the most rewarding aspects of my job.' And while other chefs might feel limited by a narrow range of ingredients, Jennifer doesn't. 'This job gives me a fantastic opportunity to be creative, as I have to come up with ideas for meals using only the ingredients I have.' The fruit and vegetables only last a few months, and when they run out people start to dream about fresh food like oranges, according to Jennifer. 'One year, people started keeping apples to trade with each other and these became quite a valuable currency.'

Winter temperatures reach minus 50 degrees Celsius, and when the wind blows it can feel even colder. Jennifer remembers when she first arrived. 'I stepped outside but hadn't put on my protective glasses. Within minutes, my eyes started to freeze so I had to get back inside quickly! I'd been so busy planning a menu, I just didn't remember to put them on – I won't make that mistake again!' For Jennifer, however, the cold is all part of the attraction of being in Antarctica. She accepts that some people find such low temperatures difficult but says there are things they can do to help. 'If you go to bed cold, you tend to stay cold, so try to do some exercise before getting into bed. This might sound strange but it can really make a difference.' Another of her useful tips is to put your clothes in the bed the night before so they're not so cold when you put them on the next morning.

So would she go back to a normal job? 'Not at the moment, although sometimes I dream about relaxing in a hot bath. We're only allowed a two-minute daily shower, as every drop of water has to be dug from the ice and melted. Overall though, it's great. There isn't much to spend my salary on, so I'm saving lots of money for the future!'

- 1 How did Jennifer first find out about the job?
..... [1]
- 2 What did Jennifer have to do in order to accept the job offer?
..... [1]
- 3 When is food delivered to the research station?
..... [1]
- 4 What does Jennifer find most difficult about her job?
..... [1]
- 5 Which food did staff use to exchange for other things?
..... [1]
- 6 Why did Jennifer forget to wear glasses one day?
..... [1]
- 7 What advice does Jennifer give for keeping warm inside the research station? Give **two** details.
.....
..... [2]
- 8 What does Jennifer miss?
..... [1]

[Total: 9]

Exercise 2

Read the reviews of three websites (**A – C**) that teach people to play the guitar. Then answer Question **9 (a) – (h)**.

Best websites for learning how to play the guitar

Reviewed by Guitar Magazine's Dave Garner

A guitarhome.com

Many of the good things about other websites for learning how to play the guitar are also true of guitarhome.com – after all, competition is strong, so they generally have similar features. One thing that stands out about this one is the site's Hub Learning technique, which takes you through the basics to an intermediate level in an effective way. If you're just starting out, you'll be playing simple solos in no time, but if you can already do this, other sites might be more useful. The ability to download video content to your computer is useful, and the lessons themselves are great, but they don't try to include too much at once. Another thing that's good is the free trial. Go to the website, fill in your email address, and start learning! One word of warning – you'll be sent lots of emails advertising the lessons, but this is understandable since the more people who choose to sign up and pay a monthly fee, the more they can keep delivering a high-quality service.

B jerrysguitars.com

This website has fans from all over the world. There's a long list of song options to choose from, and you're sure to find your favourite. The free lessons teach everything from the basic notes to impressive solos, and the enthusiasm shown by tutor Jerry makes learning a pleasure. So just select the song you want to learn, and watch the lesson. The site is well-organised so it's easy to find what you want. For example, if you want to focus on advanced technique, there's a section for that, and there are also lessons for those with some previous experience. Although perhaps there's less information in the beginner lessons than you would get from sites you pay for, it's still worth a look.

C easyguitar.com

This is one of the biggest guitar lesson websites around, and has all the top-quality features you'd expect. There are over 5000 lessons, so whatever your taste in music, you'll find it here. Members are really happy with the service – any negative comments are generally to complain that lessons aren't free. But considering what you get, \$6.99 a month seems reasonable. Learning with easyguitar.com is fun, and you'll see big improvements no matter how experienced you are. A highlight of this site is that you can video-chat online with instructors from the comfort of your home. There are also lessons recorded by some famous guitarists, which show the techniques used in some of music's most well-known songs, although these will probably be of more practical use for advanced players. The organisation of the beginner's section is a bit complicated, with many choices to make and different teachers. But once you've found your way around the site, you'll love discovering new and unexpected styles from all over the world.

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

Which review ...

- (a) describes a service which allows learners to speak directly with teachers? [1]
- (b) compares the amount of content in lessons with websites which are not free? [1]
- (c) suggests that the site may not be suitable for more experienced players? [1]
- (d) suggests that the number of options on the website for new players may be confusing?
..... [1]
- (e) remarks on the positive effect of the teacher's personality? [1]
- (f) comments that the lessons contain an appropriate amount of information? [1]
- (g) mentions that guitar players of all levels will make progress? [1]
- (h) comments that it is acceptable for the site to encourage membership? [1]

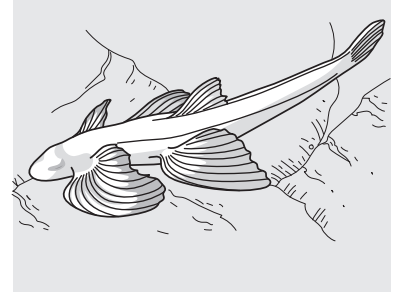
[Total: 8]

Exercise 3

Read the article about the discovery of a new type of fish, and then complete the notes.

The discovery of an important little fish

When Dr. Brooke Flammang first watched a video of a new fish that had recently been discovered in Thailand, she couldn't believe what she was seeing. The fish was walking. But it wasn't the walking that amazed her: Dr. Flammang is a scientist who studies the way fish move, so she's used to seeing fish that appear to 'walk' over rocks or through fast, flowing water. It was *how* the fish was walking that surprised her. While any other so-called walking fish jumps or slides forward using its tail, this new fish uses its four fins to walk. In fact, it walks exactly like a land animal with four legs, and she knew this was very unusual. She was amazed, and knew straightaway that the discovery could be significant as it would offer scientists a fantastic opportunity to gather information about why the fish moves in this unique way.



The fish, which is pink and has no eyes, has only been found in eight caves in Thailand. It was filmed by a team of scientists working there, so Dr. Flammang contacted them to ask how she could get hold of one of the blind cave fish for her research. It turned out that only around 2000 exist in the wild, so researching them was not going to be straightforward.

However, Dr. Flammang was determined to further investigate the behaviour of the newly discovered fish. She had observed in the video how the fish walks and knew that this was very unusual. But more crucially, she believed that the fish might show us what life on Earth looked like 400 million years ago. This was when living creatures moved from the oceans to the land. Since she was not allowed to remove the fish from the caves, she had to come up with a new way of observing them.

First, she requested help from a Thai scientist, Dr. Apinun Suvarnaraksha. Dr. Suvarnaraksha needed to obtain special permission from the Thai government to examine the new fish and film more detailed videos of it in the caves. These videos provided Dr. Flammang with more examples of its unusual behaviour. 'Amazingly, the videos showed that this fish climbs waterfalls using its body to grip the rock. Previously I'd only seen 'walking fish' doing this using the force of the water to swim up the waterfall,' Dr. Flammang explained.

As well as filming new videos, Dr. Suvarnaraksha was able to produce a detailed image of the inside of the new fish. This showed that some of its bones were similar to those of land animals. 'It seems that the fish's skeleton is designed so that it keeps its tail straight as it walks, which is unlike the typical tail movement of other 'walking fish'. It really is exciting – this little fish might help us understand how living creatures first learned to walk! And without the help of Dr. Suvarnaraksha, we never would have made these discoveries,' said Dr. Flammang.

Dr. Flammang believes that her experience is an example of how working in international teams and using technology can bring great research results for scientists. 'Our next goal is to find out whether they are our earliest living ancestors. We've come up with really exciting results so far.'

You are going to give a talk about the discovery of the new fish to your class at school.

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

Make short notes under each heading.

<p>10 How this newly discovered fish behaves differently from other 'walking fish':</p> <ul style="list-style-type: none">••• [3]
<p>11 What scientists might learn from the discovery of this new fish:</p> <ul style="list-style-type: none">•• [2]
<p>12 Why it was difficult for scientists to study this new fish:</p> <ul style="list-style-type: none">•• [2]

[Total: 7]

Exercise 4

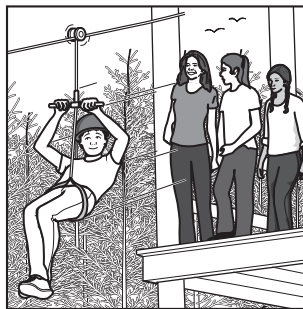
- 13 Read the article about a teenager's day trip to Treetop World, an adventure park in the forest where people can climb high in the trees.

Write a summary about the advice given to people who are planning to go to Treetop World.

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.

Adventure in the trees



I loved climbing trees as a child, so for my birthday last weekend my friends knew exactly where to take me – a day out to Treetop World! The only way to describe Treetop World is an adventure park high in the forest. You experience climbing and swinging across the treetops on ropes and ladders, all in a safe environment with expert guides to help.

Our tickets were booked for 14:00, but I'd definitely recommend arriving early. This is a good idea as you can watch the people already climbing high in the trees. It looked a bit scary but lots of fun, although one man dropped his phone onto the ground below. Obviously, it's a good idea to put your belongings into a zipped pocket! And if possible leave anything valuable at home.

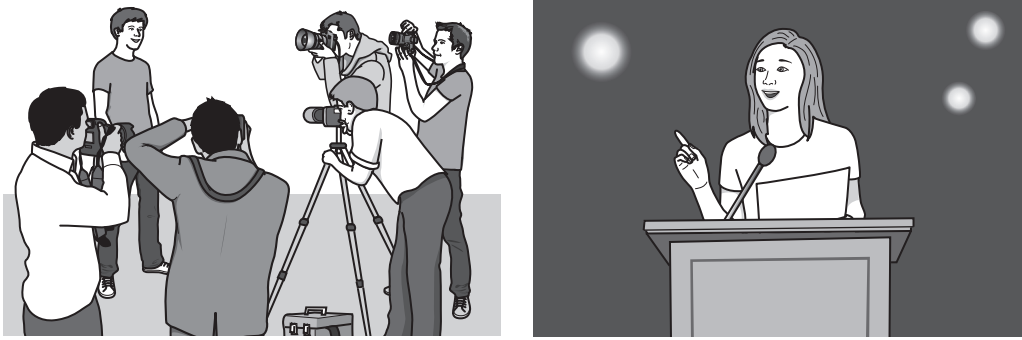
At 14:00 our guide, Jed, gave us our safety talk, which everyone has to attend. It included some useful tips. He made the talk entertaining, and when I was up in the trees feeling slightly nervous, I was glad I remembered what he'd said. So listen carefully to your guide – you won't regret it.

To get up in the trees, we had to climb a 150-metre ladder to the first platform. I was chosen as the first person to swing across to the next branch. I felt unsure, but took a deep breath and stepped forwards. Suddenly I was rushing through the air like a bird, landing safely at the next tree. I loved it!

The course is easy at first and gets more challenging, but my confidence increased as I got used to the equipment. Guides monitor you from the forest floor, so if you get a little scared or have a question, just ask them for help.

After two hours swinging in the trees, we were covered in dust! One thing I'd suggest is wearing clothes you don't mind getting dirty. And the park remains open even in the rain, so you might want to bring a waterproof jacket. We returned home after a great day out, feeling exhausted but very happy!

Exercise 5



14 Last month, you won a competition to meet a famous person. Yesterday, you finally met them.

Write an email to a friend telling them about this.

In your email, you should:

- explain what you had to do to win the competition
- describe your meeting with the famous person
- say how you felt after meeting this person.

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

- 15 In class you have been discussing whether it is important for all students to have music lessons at school.

Here are some comments from your classmates:

There are more important things to do at school.

Music isn't useful for what I want to do in life.

Well, I like the chance to do something creative.

I think I improve in my other subjects as a result.

Write an article for your teacher, 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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