

You are going to read part of an article about an Arctic explorer. For questions 1–8, choose the answer (A, B, C or D) which you think fits best according to the text.

## Alone to the North Pole

*Photographer Christina Franco wants to become the first woman to reach the geographic North Pole solo and on foot. She tells Emma Smith about it.*

Sixty days walking over ice and snow in temperatures as low as  $-45^{\circ}\text{C}$ , with nothing to keep you company except the occasional polar bear. This is no small achievement. Only a few people have ever walked to the North Pole unassisted, and if Christina Franco succeeds, she will have earned a place in the history books and met one of the few remaining challenges of exploration left to women.

Her 480-mile journey will begin in northern Canada, dragging a sledge that weighs as much as she does. At the end of each day's walking or skiing, she will pitch her tent in sub-zero temperatures, get into a sleeping bag filled with ice, and attempt to sleep to the unsettling background sounds of howling wind and cracking ice, which may or may not signal the approach of one of those polar bears. 'I'll carry a pistol to scare any bears away,' says Franco, 42. 'The bears that far north won't have had contact with humans, fortunately, so they won't associate me with food, but they will be curious and that's dangerous. If it uses a paw to see what you are, it could damage your tent – or your arm. I imagine I'll have quite a few sleepless nights.'

Many of the early polar explorers suffered from disease and injuries, and while modern technology (lightweight materials, satellite phones, planes on stand-by to carry out rescue missions) has lessened the dangers, it can never make such an inhospitable landscape anything approaching safe. It can take just five minutes for any uncovered skin to become frostbitten and, once the sun has risen, Franco will only be able to remove her sunglasses inside her tent, otherwise the intensity of the sunlight reflecting off the snow would cause snow blindness. Just to heighten the danger, the cold will slow down her brain functions, so it will be more difficult to make split-second decisions in the event of a sudden crisis.

She will use about 8,000 calories a day, losing nearly half a kilogram every 24 hours. 'The problem is the human body can only take on about 5,500 calories a day,' she says. 'So you have to fatten up before you set off or you'll run out of

energy.' Franco is currently trying to put on 19 kilos. She may complain about not fitting into any of her dresses, but when Franco weighs herself in front of me and finds she's lost one kilo rather than gained two, as she'd expected, she's very upset. 'I hope my scales are wrong because, if not, I've lost weight,' she says, reaching for one of many bars of chocolate lying around her kitchen.

Born in Italy, Franco moved to New York and then to London. She has become well known locally, thanks to a training routine that involves dragging a tractor tyre around the streets, fastened by a rope around her waist. When I meet her she is about to head out along the canal near her home. 'I get a lot of comments,' she says, laughing. 'Cars stop and people take pictures. They think it's really funny. Occasionally people sit on it when I'm not looking, or pull on it, to make it more difficult.'

Franco, who hopes her walk will raise money to fund research into motor neurone disease, has long been fascinated by exploring. 'I remember, as a child, learning about the Italian Arctic explorer Umberto Nobile,' she explains. 'There are certain things that catch your imagination. The idea of people getting into frozen sleeping bags. It was remarkable to me, the idea of pushing the body like that and you didn't just die. These things get hold of you and, if one day the opportunity comes your way, you can't help yourself. Now, when I think how horrible it's going to be, I know I've only got myself to blame!'

And if she gets there, will she celebrate? 'Yes, my mum's going to come in the plane to pick me up. She's very worried and she hates the cold, but she's going to conquer her fears to come and celebrate with me . . . if I make it.'





- 1 What does the writer say about the history of exploration?
  - A Walking to the North Pole used to be considered easier than other journeys.
  - B No woman has ever completed the journey to the geographic North Pole.
  - C Female explorers have already done most of the world's difficult journeys.
  - D Christina is already an important historical figure for her previous journeys.
  
- 2 'Unsettling' (line 12) means
  - A comforting.
  - B worrying.
  - C exciting
  - D surprising.
  
- 3 What does Christina say about the danger from polar bears?
  - A They could injure her without meaning to.
  - B If they are hungry, they might attack her.
  - C In that part of the Arctic they are harmless.
  - D She will have to shoot any that attack her.
  
- 4 Which of these is a real risk to Christina during her walk?
  - A She won't be able to think very quickly in emergencies.
  - B Sunlight reflected by the snow could quickly burn her skin.
  - C She will need to protect her eyes, even during the night.
  - D If she's ill or has an accident, there will be no medical care.
  
- 5 Why, when she is talking to the writer, does Christina want to eat chocolate?
  - A She feels that she has little energy at the moment.
  - B She's just found out her weight has gone down.
  - C She knows that her weight is actually going up.
  - D She always eats chocolate when she's upset.
  
- 6 Some people are amused when they
  - A realise that she trains next to a canal.
  - B hear the funny remarks she often makes.
  - C learn that she intends to walk to the North Pole.
  - D see her pulling a heavy object behind her.
  
- 7 She decided to walk to the North Pole when she
  - A managed to survive a night in freezing conditions.
  - B was at last able to do something she felt she had to do.
  - C realised she was ill and she needed to pay for treatment.
  - D first heard about a famous explorer from her country.
  
- 8 What impression do we get of Christina's attitude towards the walk?
  - A She now regrets deciding to go.
  - B She wants to do it, but not alone.
  - C She knows how tough it will be.
  - D She's sure she will reach the Pole.

### Advice

**1** The questions are in the same order as the information in the text, so which part of the text is likely to mention this?

**2** How often do these sounds occur? Will she be pleased to hear them? Why?/Why not?

**3** Read carefully to find out how bears might be a danger to humans.

**4** Look for a word that means 'risks' and the examples of this.

**5** What happened before she went to take the chocolate?

**6** Decide what the pronoun 'it' means in the last two sentences of the paragraph.

**7** What was her reaction when she had the chance to do the walk?

**8** Look at her comments at various points in the text, but particularly near the end.



## Task information

- In Part 2, there is a text with seven gaps (9–15). Each gap is for a missing sentence. These sentences are in a list (A–H), but in the wrong order. You have to put the sentences into the right gaps.
- There is also a sentence that doesn't fit anywhere. This can be any of A–H.
- You can use each sentence A–H once only.
- Part 2 tests your understanding of the overall structure of the text, and the development of ideas, opinions and events.
- The instructions tell you what kind of text it is and what it is about.
- The text has a title, and often some background information below it.

## Predicting text content; finding clues

- 1 Read the title and the sentence below it in *italics*. What do you think the text will be about?
- 2 Study the extract. Gap 9 has the correct answer (F) and the expressions which link sentence F to the text are underlined. Match each link in sentence F and an underlined part of the text, e.g. *biologists/the scientists*.

### The flight of the bee

*New research explains the mystery of why bees never seem to get lost.*

Those who have studied bees have long wondered how they always manage to find their way home. No matter how strong the cross-winds, they never seem to get blown off course.

Now, however, biologists believe they have discovered their secret – by using radar to observe their flight patterns.

**9** **F** *To do so, they fitted bees with tiny electronic instruments, which enabled the scientists to track all their movements over several kilometres. What this showed them was that bees seem to know exactly how far the wind is blowing them off course, and they react to this by adjusting their flight direction accordingly.*

Aircraft pilots do something similar, using computers to calculate wind speed and direction.

**10** **B** *Bees, on the other hand, do the same thing by checking the position of the sun and watching how the ground appears to be moving below them. If the wind is affecting the way they are going, they change direction.*

During this experiment, the researchers also discovered that the wind speed affects the height at which bees fly. On windy days, it appears, bees flying against the wind tend to fly lower than usual. **11** **H** *This, they found, is because it normally blows more strongly higher up. Bees flying in the same direction as the wind, however, can use this to save energy by flying at greater heights.*



## Advice

**9** Look for words like *one, do and so* used to link ideas, e.g. There were six cakes. I ate one; They love surfing. I do, too; He says it's a good idea. I don't think so.

**10** Underline vocabulary links, e.g. use of the same word in both main text and sentence, or words with similar or opposite meanings.

**11** When you see a word like *that* or *it*, decide what it refers to. Remember that it may refer backwards or forwards in the text.

- 3 Gaps 10 and 11 have also been completed with the correct sentence. Underline the expressions that link text and sentence.

## Action plan

- 1 Read the instructions, the title and any background information. What kind of text is it? What's the topic?
- 2 Quickly read through the main text. What is each paragraph about?
- 3 Look quickly at sentences A–H. Do any of them obviously fit particular gaps?
- 4 For each gap 9–15, study the ideas and words that come before and after it.
- 5 Look for similar or contrasting ideas in the list of sentences.
- 6 In both the main text and sentences A–H, underline vocabulary links, reference words such as *this* or *her*, and linking expressions like *also*, *even though*, *one, do* and *so*.

**Tip!** Before you choose a sentence, check that the verb forms, singular/plural, etc. in the main text all agree.

- 7 When you have chosen your answers, read the complete text. Does it make sense?

**Tip!** Each time you choose one of A–H, cross it out so that you don't have to keep reading through the whole list. This will save you time.

### 1 Look quickly at the exam task on page 16.

- 1 What kind of text is it and what is it about?
- 2 What is each of the main paragraphs about?

### 2 Follow the exam instructions, using the advice to help you.

- |  |   |
|--|---|
| <b>A</b> Once you manage to find a more worthwhile website, however, there are real advantages.  | <b>E</b> Others require a large joining fee in order to progress to more advanced activities.   |
| <b>B</b> Of course, it's not easy to include exercise in your daily routine if you are lazy and spend all day sitting around at home.  | <b>F</b> Because of the amount of time they spend on the Internet, many of these people are actually doing less exercise than before. |
| <b>C</b> Best of all, you can do so with the support of an online community who have the same aims as you.   | <b>G</b> Good eating habits are essential for achieving this, particularly if you want your weight to decrease, or increase.          |
| <b>D</b> Otherwise it's just too easy to give up, because you've paid nothing and nobody cares if you log onto (or off) the website, or whether you actually do any exercise at all. | <b>H</b> True, but it can be hard to know exactly what that is when there is such an enormous range of online choice.                 |



You are going to read an article about fitness websites on the Internet. Seven sentences have been removed from the article. Choose from the sentences A–H on page 15 the one which fits each gap (9–15). There is one extra sentence which you do not need to use.



## The benefits of online fitness training

Thanks to the Internet you can now get into shape dressed in your pyjamas. By Lucy Atkins

**F**itness experts these days generally agree that 'natural exercise' is the answer to our unhealthy lifestyles. An activity such as stair-climbing or running for the bus, they say, gets the heart rate going for five or ten minutes, several times a day, without the boredom of going to a gym or jogging round the park.

**9** But thanks to the Internet it is now at least theoretically possible to get into great shape without even changing out of your pyjamas. The web is packed with creative, instant and varied exercises that are often available free. Just start typing and watch the kilos disappear.

Joanna Hall is a fitness expert who has set up a walking club on the Internet. At her *Walkactive* website, she promises that in six weeks you can achieve a 25% increase in fitness levels by following her activity programme based entirely on walking. 'These days people are used to finding what they need online,' she says.

**10** Perhaps the best way to deal with this problem is just to have a look around and see what's out there.

One click of your mouse can take you, for instance, straight into an aerobics, dance or yoga class, or introduce you to a variety of other lively activities. You can put together your own strength training programmes, concentrate on particularly weak body parts or learn fun new ways of getting fit.

**11** There are so many possibilities that you could spend the entire day sitting on your chair just surfing the websites and chatting with all these new friends you have made.

Quality, however, can be harder to find. Some sites try to tempt you into buying DVDs after they've started you off with free beginners' programmes. **12** Sometimes the quality of the picture or the sound can be extremely poor.

You may have to put up with advertisements that suddenly appear on the screen, and there is the annoying tendency of some computers suddenly to pause in the middle of an activity, then return to the beginning of the video when you start clicking the mouse.

**13** 'Online programmes allow you to fit your training times around other things you have to do, such as going to college or work,' says Hall. 'They can be a very effective and achievable way to exercise, something you can do all year round.' You can use them any time of the day or night, in an office, hotel room or at home. In addition, you do not have to turn up at a gym or studio on time, wear embarrassing clothing, or deal with annoyingly fit people.

If a particular fitness programme doesn't completely suit you, the website may suggest ways of adjusting it to your own needs. It should also, most importantly, offer advice on healthier living in general. **14** Some sites will help you bring this about by providing charts showing how much change you can expect for a given amount of exercise. They may even encourage you to keep to your training programme by sending you regular emails, perhaps including a daily 'fit tip'.

All that is fine, but the trouble is that you do also need to have a certain amount of self-discipline to ensure that you keep going once you have started. **15** There's also the danger that family, friends or colleagues could come in and start laughing at you at any time. And there is a risk of injury if you don't follow the more complex instructions (though this issue arises with exercise DVDs and poorly taught classes too). Still, if you want a cheap, possibly funny and definitely varied way to get fit, then sit back and surf.

### Advice

**9** Look at the paragraphs before and after. Which sentence could refer back to 'stair-climbing' and 'running for the bus'? Where do people wear 'pyjamas'?

**10** The sentence before mentions 'what they need'. Which sentence has a reference word linking back to this? Which describes a 'problem' with internet research?

**11** This paragraph mentions lots of good things. Look for an expression that introduces something even better.

**12** The sentence before the gap begins 'Some'. Which of A–H begins with a word that contrasts with this? The sentence needs to be another negative point about websites.

**13** The previous paragraph describes bad websites. Which sentence mentions good ones, with a linking word showing contrast?

**14** Look for a sentence with a reference word linking back to 'healthier living'. Does it also describe 'change'?

**15** Which sentence gives reasons why you may not 'keep going'?



## Task information

- In Part 3, there may be one long text divided into sections or a number of shorter texts.
- There are 15 questions which you match with the sections or short texts (**A, B, C**, etc.), according to the question at the top, e.g. *Which person or people ...*
- Part 3 tests your ability to find particular information in a text. You need to understand detail, attitudes and opinions in the questions, and find the part(s) of the text which express the same idea.
- The instructions tell you what kind of text it is and what it's about. It always has a title.
- You may be able to choose more than one option for some questions. If so, there will be extra spaces, e.g. 18 and 19, next to the question.
- The information you need may not be in the same order as the questions.

## Finding evidence; avoiding incorrect answers

- 1 Study questions 16–21 on page 18 and extract C from a Part 3 text below. Match the underlined text with the correct question (17, 18 and 20) by drawing a line.

**Tip!** There may be evidence for a particular answer in more than one sentence, or part of a sentence.

### Which person

- |   |                         |
|---|-------------------------|
| took up this means of transport for environmental reasons?      | 16 .....                |
| feels that travelling this way is more comfortable than it was? | 17 ..... <u>C</u> ..... |
| once arrived late at work because of transport delays?          | 18 ..... <u>C</u> ..... |
| dislikes having to travel surrounded by a lot of people?        | 19 .....                |
| has to walk a considerable distance every day?                  | 20 ..... <u>C</u> ..... |
| thinks they pay too much to travel to and from work?            | 21 .....                |

- 2 Look at questions 16, 19 and 21. Which two are answered correctly by extract E below? Underline the parts of the text that tell you, and write the question numbers on the right. Which is not answered correctly by E? How do you know?

**C** Shop assistant Laura Sánchez recently switched from the bus to the tram to get to work. 'I wasn't keen at first,' she says, 'because the nearest stop is more than a mile from my house, and that's quite a long way on foot twice a day. I also used to think that trams were cold, noisy things with hard wooden seats, but when I saw how much nicer they are these days, I decided to make the change. The only problem,' she adds, 'is that if one breaks down there's a complete tram jam. One Monday morning I was stuck like that for over an hour, and my boss wasn't pleased.'

**E** Justin Mackenzie works in the city centre and takes the train every day. 'It's handy for the office,' he says, 'but the fares keep going up and up and at this rate I'll have to think about using my car to come into town.' **17** He thinks that would be 'crazy', pointing out that 'it was because of all the pollution it caused' that he gave up driving to work and started going by rail instead. **18** 'I really wouldn't want to have to do that,' he says, adding: 'I don't even mind the fact that the rush-hour trains are so crowded, because at least it means there are fewer people using their cars.' **20**

## Test 1 Exam practice Reading Part 3

### Action plan

- 1 Read the instructions and the title to find out what kind of text it is and the topic.
- 2 Quickly read the questions underlining the key words.
- 3 Go quickly through the first section to see which questions it answers.
- 4 When you find information that seems to answer a question, read the question again and study the evidence in the text carefully.

**Tip!** Different texts or parts of the text may contain similar ideas, but you have to read carefully to decide which say **exactly the same thing** as the questions.

Follow the exam instructions, using the advice to help you.

You are going to read a magazine article about people who stayed in tree houses. For questions **16–30**, choose from the people (**A–D**). The people may be chosen more than once.

### Which person

says they probably would not stay in a tree house again?

16

was sometimes keen to get back to the tree house?

17

was glad there was protection from insects?

18

enjoyed the view from the tree house?

19

did not have to walk up to the house?

20

took part in water sports?

21

liked the fact that local people benefit from the tree houses?

22

immediately accepted an unexpected offer?

23

spent a lot of time walking?

24

had stayed in a tree house before?

25

was pleasantly surprised by the local food?

26

wishes they had gone there as a child?

27

felt hot despite the cooling system?

28

was in a house with clean water from the ground?

29

regretted not taking something with them?

30

### Advice

**16** There's no need to read the whole text first. It's quicker to read the questions, then go through each section in turn. Look for another way of saying 'probably would not ... again'.

**17** Think of a phrasal verb that means 'feel happy thinking about'.

**18** Look for a type of insect, but be careful: one person had no 'protection' from them.

**19** Make sure you choose the person who liked the view 'from' the house, not 'of' it.

**20** What can you take to go up to an apartment? Look for this word, then read the next sentence.

**21** All four people talk about water, but only one mentions actual 'water sports'.

**22** Look for ways in which 'local people' are employed.

**Tip!** Don't expect to find answers in the text that use the same words as the questions. Look for words, phrases and sentences that express the same ideas.

**Tip!** You will need to use the same option for more than one question e.g. four answers might all be A.



# Holidays in a tree house



**A**

Primary-school teacher **Anisha Kapoor** went to the Green Magic Nature Resort in Kerala, south-west India. 'It wasn't my first experience of tree house living,' she says, 'but it was certainly the best. I was pleased to see that in a region where there aren't many jobs, the houses are entirely built and maintained by workers from the area, using traditional techniques and local materials. For instance, the lifts up to the front doors are made of cane grown in nearby fields. They work fine, by the way, and I was glad there were no stairs to climb – the houses are 25 metres up! That's good, though, because at that height there's often a cool breeze blowing through the branches. For power there's solar energy, and the taps in the kitchen and bathroom are supplied by pollution-free natural springs in the nearby hills. There's even a pretty good shower.'

**C**

Australian technician **Richie O'Hara** was a guest at the Hinchinbrook Island Wilderness Lodge, on an island off the north coast of tropical Queensland. 'The wooden tree house was quite comfortable,' he says, 'and they had all the advertised facilities such as running water and a fridge. Actually, I hadn't fully read the brochure, so when I arrived, I was surprised to find an internet connection in the house and I wished I'd brought my computer with me. Still, I found plenty of healthy things to do, like canoeing and diving, and in the evening I could sit in the living room looking out above the rainforest to the Pacific beyond. That was great. After a week or so, though, I was a little tired of the climb to and from the house, so I doubt whether I'd repeat the tree-top experience. But I'm sure kids would love it – it's just a pity I didn't go there when I was about ten!'

**B**

Ever since TV researcher **Whitney Martin** worked on a programme about tree houses, she'd dreamt of staying in one. So when her neighbours happened to mention they had just such a place in Alaska, and asked whether she'd like to spend a fortnight there in July, she said 'yes' without a moment's hesitation. 'I couldn't believe it when I saw it,' she says, 'it had everything: even hot running water and cable TV. Though I rarely watched that because I was out most of the time. Just a few steps from the house there were trails that seemed to go on forever through the forest to some really fantastic rivers and lakes. And of course that far north the days are really long in summer, so I could keep going until very late. I hardly ever felt cold, though, and on those occasions when I did, I had a nice warm place of my own to look forward to. The only disadvantage of being there at that time of the year was the huge number of mosquitoes. I must have been bitten a hundred times.'

**D**

Medical student **Kirsty Hammond** spent a week in Tanzania's Lake Manyara National Park, at the Lake Manyara Tree Lodge. 'As we approached it,' she says, 'we glimpsed the buildings up among the branches, with the Great Rift Valley in the background. It was a wonderful sight. The houses were comfortable, too, with running water, a well-equipped bathroom and, fortunately, large mosquito nets above the beds – I'm very aware of the dangers if they bite you. I also liked the fact that almost everything was above ground, even the restaurant. To be honest, I'd had my doubts about some of the traditional meals I'd seen people eating, but once I tasted them I realised how good they were. The only problem there was the high night-time temperature: although my bedroom had an overhead fan, I didn't sleep very well. But generally I had a great time. There's some fantastic wildlife around, including tree-climbing lions – though perhaps luckily I didn't actually see any of those.'