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SECTION A

In this section, you will hear the principal of a school telling the students about the arrangements for Sports Day.

*Listen and complete the sentences. Write no more than **THREE** words and/or a number for each answer.*

SPORTS DAY

- [1.] The competition will take place during the
- [2.] Students should bring a to sit on.
- [3.] Students may not buy food or drink from the
- [4.] Prefects will have to pick up the on Sports Day.
- [5.] In the event of bad weather, Sports Day will be on
- [6.] The school will provide students with on Sports Day.
- [7.] Heats for all events will be held during before Sports Day.
- [8.] Dr Westgate, a champion, will award the prizes.
- [9.] Students must tell their if they are getting a lift.
- [10.] Parents can park at the nearby.

(Total 10 marks)

Section A

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SECTION B

In this section, you will hear a radio interview with Fredrick Stanthorpe, an Antarctic explorer and scientist, discussing tourism to the continent.

Listen and answer the questions.

Indicate your answer by marking the box (☒). If you change your mind, put a line through the box (☒) and then indicate your new answer with a (☒).

ANTARCTIC TOURISM

11. Scientists did not welcome tourists who they thought

- (a) would interrupt their work.
- (b) would not pay enough.
- (c) would frighten the wildlife.

12. Fredrick is now in favour of visitors because

- (a) they will help preserve Antarctica.
- (b) they will remain on cruise ships.
- (c) they will see rare penguins.

13. What is the main focus of activities for passengers on board ships to Antarctica?

- (a) Conservation
- (b) Education
- (c) Entertainment

14. At the Arctic, what is the main focus of activities for visitors?

- (a) Camping
- (b) Learning
- (c) Leisure

15. According to Fredrick, who has damaged Antarctica most?

- (a) Workers
- (b) Scientists
- (c) Tourists



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16. What aspect of the US Antarctic Programme does Fredrick say has had the greatest impact?

- (a) Snow road
- (b) Hotels
- (c) Aircraft

17. Who controls tourism in Antarctica?

- (a) Governments
- (b) The Antarctic Commission
- (c) The tourism industry

18. How can the number of tourists to Antarctica be controlled?

- (a) By not allowing ships to land
- (b) By reducing the size of ships
- (c) By ensuring ships operate correctly

19. According to Fredrick, which are the safest ships for journeys to Antarctica?

- (a) Large ships
- (b) Fishing ships
- (c) Ice-strengthened ships

20. What does Fredrick worry about most?

- (a) An accident involving a lifeboat crew
- (b) An accident involving many passengers
- (c) An accident involving several ships

(Total 10 marks)

Section B

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SECTION C

In this section, you will hear a talk about our emotions and how to manage them.

*Listen and complete the sentences. Write no more than **TWO** words and/or a number for each answer.*

MANAGING OUR EMOTIONS

ANGER

[21.] When you feel angry, increased amounts of affect your heart and blood pressure.

[22.] Repeated feelings of anger can lead to problems with digestion and

[23.] An American study found that angry young people had more difficulty compared with calmer peers.

HAPPINESS

[24.] Research has found that optimistic people are less likely to suffer from the effects of a

[25.] A recent study of in Britain found that happiness seemed to improve health.

[26.] Writing down a series of can help you put problems into perspective.

GRATITUDE

[27.] Feelings of gratitude have been found to reduce in a recent study.

[28.] It is important to develop a feeling of gratitude.

GENERAL ADVICE

[29.] Try to turn an argument into a

[30.] Reduce the number of you have. This will help to reduce your levels of stress.

Section C

(Total 10 marks)

TOTAL FOR PAPER: 30 MARKS

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