

# Exam preparation for Catalunya

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# 1 Reading

## Fly on the wall

### *The not-so-secret blog of an intern, aged 21*

Who am I? I'm Gerry Higgins and I'm from Donegal, Ireland. I graduated just over a year ago with a degree in Public Relations. At the moment, I'm an intern in a well-known market research company.

#### 7.06 p.m. on Friday 22 October

What a day! I must admit, when I first started my internship (about two months ago for those who haven't read my previous posts!) I dreamt of days like this. There's a lot of bad press about being an intern. Sure, it's unpaid work; sure, I have to make other people's tea and coffee; but if you're as ambitious as I am, it's one of the best ways to get work experience.

But let me get back to today. To celebrate the company's 25<sup>th</sup> anniversary, we had an office party. It wasn't all fun and games, though. Six weeks ago, it was made clear that I would be responsible for making most of the arrangements. That included clearing an area for the party on the day without breaking any of the safety regulations, sending emails giving details about the party and replying to all staff, and typing up and printing 136 name tags.

At first I enjoyed all the responsibility, but by the week before I was beginning to ask myself why they had trusted me to do all this. The biggest challenge on the day of the party was dealing with the caterers. I won't go into the boring details, but it's very annoying when the wrong food is brought in the wrong quantities *and* the bill is higher than we agreed.

But my big moment came just after the party started. 'Gerry, I hear you're a bit of a singer. Would you like to help me out with the entertainment? I was planning to play guitar and sing myself, but I've got a throat infection,' the boss explained to me as he played a tune on his Fender. 'I'd love to,' was my reply. Even though I was exhausted, I finally had the chance to do what I'm best at. We made a tremendous double act. Now, the staff don't see me as just *the intern*, but as an entertainer. As a result, they've given me a new nickname: *the intern-tainer!* Pretty cool, I thought!

Read the blog. Choose A, B, C or D in each question below. Only *one* choice is correct.

- When did Gerry start his internship?
  - immediately after graduating
  - about two months ago
  - just over a year ago
  - on Friday 22 October
- What is Gerry's opinion of working as an intern?
  - It's a useful experience.
  - He doesn't enjoy the work.
  - He thinks he should be paid.
  - He feels he's treated badly.
- What happened six weeks ago?
  - It was the company's 25th anniversary.
  - The staff spent a day playing games.
  - Gerry was given a new responsibility.
  - Gerry broke one of the safety rules.
- What was the problem with the food at the party?
  - The caterers didn't come on the right day.
  - The caterers brought the food too late.
  - The caterers charged too little.
  - The caterers brought the wrong food and charged too much.
- Gerry's boss invited Gerry to sing at the party because ...
  - he heard Gerry was a better singer than him.
  - he wasn't well enough to sing himself.
  - he had forgotten to bring his guitar.
  - he didn't want to sing himself.
- What was the result of Gerry's performance?
  - He was offered a job as an entertainer.
  - The staff don't want to see him.
  - He's embarrassed by his new nickname.
  - The office staff were impressed with his talents.

## 2 Reading

# Inspiration Mars

**If we believe sci-fi films and books, our days on Earth may be coming to an end. In the distant future, humans might be living on space colonies. But are we really ready to go off into outer space? Dennis Tito is trying his hardest to make sure we are.**

The year is 2001; businessman Dennis Tito pays a mind-boggling \$20 million to spend six days on the International Space Station. He returns safe and even more committed to space travel.

Fast-forward to 2018 and Tito's Inspiration Mars Foundation is preparing to send a woman and a man into space to fly past Mars. The astronauts will get as close as 100 miles to the Red Planet, but won't actually set foot on it.

In 2018, Inspiration Mars will be taking advantage of the fact that the distance between Mars and Earth will be much shorter. This phenomenon takes place every fifteen years in the cycle of the planets and it will mean that the time necessary to get from Earth to Mars will be greatly reduced. It is estimated that the complete voyage will take 501 days instead of around two to three years.

The two astronauts involved will be taking huge risks. Even though Mars will be closer to Earth than usual, it will still be an incredible 75 million miles away. If anything goes wrong, a rescue mission won't be sent to save the astronauts.

Added to that, the effects on their future health are unknown – that is, assuming they make it back to Earth safely. One of the main reasons Inspiration Mars wants to be ready for 2018 is that not only will the planets be closer to one another, but also the level of radiation from the sun will be much lower. If they waited until the next alignment in 2033, the astronauts would be exposed to much higher levels of solar radiation.

In the light of these risks, wouldn't the astronauts involved have to be crazy to agree to volunteer for this mission? Given the knowledge and experience that will be gained, Inspiration Mars Foundation claims the astronauts will take space travel to the next level.

As a result, they believe it is well worth taking these risks.

**Read the magazine article. Choose A, B, C or D in each question below. Only one choice is correct.**

- Who is Dennis Tito?
  - a writer of sci-fi films and books
  - a successful businessman
  - a professional astronaut
  - a space scientist
- Where did Tito spend six days?
  - on a space colony
  - at the Inspiration Mars Foundation
  - on Mars
  - at the International Space Station
- On the 2018 mission, the astronauts will ...
  - land on Mars.
  - fly close to Mars.
  - walk 100 miles on Mars.
  - spend 100 days on Mars.
- Mars and Earth are closest to each other every ...
  - 501 days.
  - two years.
  - three years.
  - fifteen years.
- Radiation levels from the sun will be low ...
  - in 2018 only.
  - in 2033 only.
  - in both 2018 and 2033.
  - from 2018 to 2033.
- Inspiration Mars Foundation feels the 2018 mission will be ...
  - more exciting than useful.
  - completely safe.
  - worthwhile.
  - too dangerous.

## 3 Reading

### Amy MacDonald – Is this the life?

Amy MacDonald, who was born on 25 August 1987, is unlike many recording artists of her generation. At the age of twelve, Amy bought herself an old guitar and headed for an online guitar tutorial. Three years later, Amy could be seen performing live acoustic sets in the clubs of her hometown of Glasgow and it wasn't long before she was ready to record her first album.

Amy's first album *This is the Life*, which sold over 3 million copies, was released in 2007 and reached number one in the UK charts. Despite this success, the singer-songwriter has remained down-to-earth and continues to play acoustic guitar live on stage. In contrast to most other performers of her age, Amy writes her own songs and can entertain using only her talent. There are no fancy light shows or dancers surrounding the singer for a reason: she doesn't need them to keep her fans entertained.

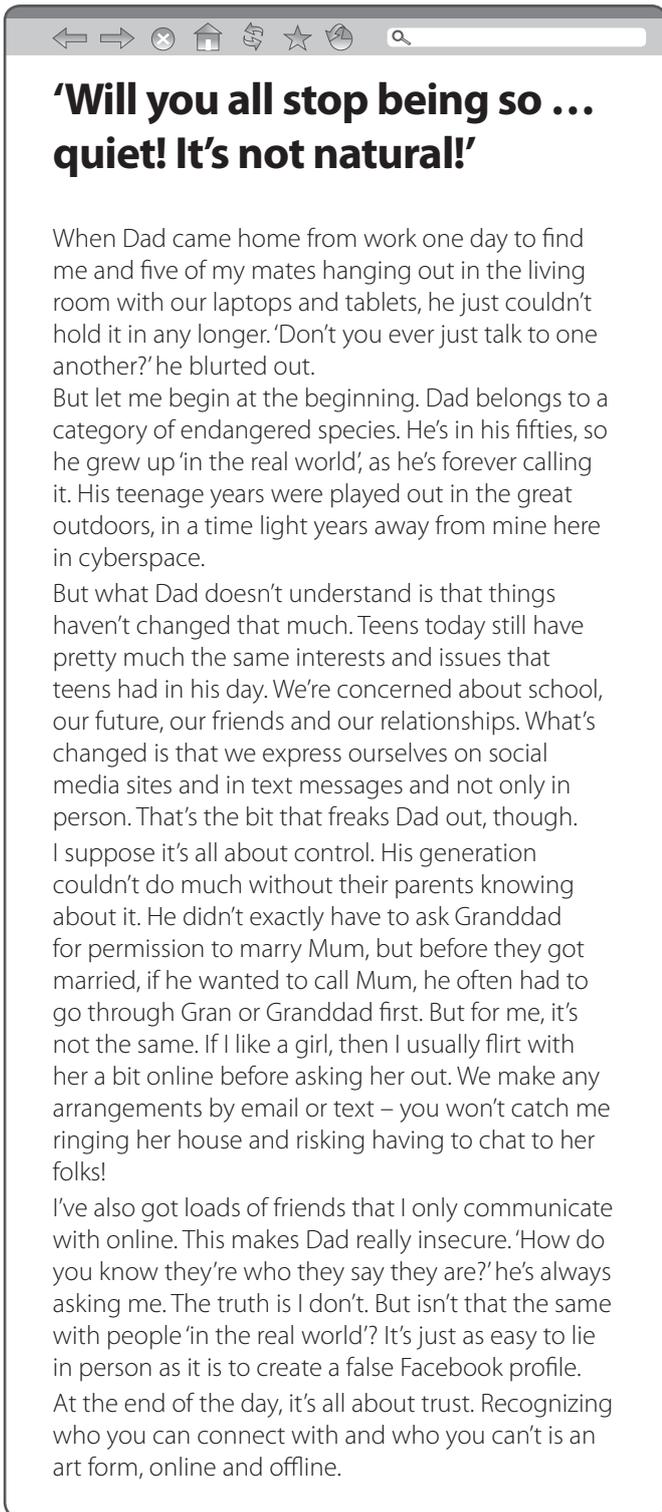
As a songwriter, Amy isn't afraid to touch on real issues that affect real people. The album *Life in a Beautiful Light*, which was released in 2012, contains many songs about human suffering. Her track 'Human Spirit' tells the tale of the Chilean miners who spent 69 days trapped underground. 'Across the Nile', on the other hand, narrates the downfall of Egyptian President Hosni Mubarak following riots in Cairo in 2011. At the other end of the scale, 'Left That Body Long Ago' is a ballad about living with Alzheimer's, a condition that Amy's grandmother suffered from.

The winner of countless awards, Amy seems to be going from strength to strength. At the same time, though, she still lives in the real world. A keen racing driver and football fan, Amy loves nothing more than spending time hanging out with her friends. 'I like the simple life. I like songs you can sing along to; songs that say something,' says Amy. In material terms, Amy may not be as successful as Lady Gaga or Justin Bieber. But that doesn't matter. Her honest voice and her ability to be herself show she has true originality and talent.

Read the magazine article. Choose A, B, C or D in each question below. Only *one* choice is correct.

- Why did Amy do first?
  - She performed live on stage.
  - She bought a guitar.
  - She watched a guitar lesson online.
  - She went to a live guitar concert.
- Amy's first album ...
  - sold five million copies.
  - reached number one across the world.
  - was called *Is this the Life?*.
  - was released in 2007.
- What is *not* true about Amy?
  - She writes her songs herself.
  - She still gives live performances.
  - She's accompanied by dancers on stage.
  - She enjoys playing acoustic guitar.
- The Chilean miners that Amy sings about ...
  - were trapped below ground.
  - were involved in riots.
  - spent 69 days in Egypt.
  - weren't real people.
- Which of Amy's songs is about one of her relatives?
  - 'Life in a Beautiful Light'
  - 'Human Spirit'
  - 'Across the Nile'
  - 'Left That Body Long Ago'
- Since her career has taken off, Amy ...
  - has won less awards than expected.
  - has won numerous awards.
  - no longer has time to see her friends.
  - has become a different person.

## 4 Reading



**'Will you all stop being so ... quiet! It's not natural!'**

When Dad came home from work one day to find me and five of my mates hanging out in the living room with our laptops and tablets, he just couldn't hold it in any longer. 'Don't you ever just talk to one another?' he blurted out.

But let me begin at the beginning. Dad belongs to a category of endangered species. He's in his fifties, so he grew up 'in the real world', as he's forever calling it. His teenage years were played out in the great outdoors, in a time light years away from mine here in cyberspace.

But what Dad doesn't understand is that things haven't changed that much. Teens today still have pretty much the same interests and issues that teens had in his day. We're concerned about school, our future, our friends and our relationships. What's changed is that we express ourselves on social media sites and in text messages and not only in person. That's the bit that freaks Dad out, though. I suppose it's all about control. His generation couldn't do much without their parents knowing about it. He didn't exactly have to ask Granddad for permission to marry Mum, but before they got married, if he wanted to call Mum, he often had to go through Gran or Granddad first. But for me, it's not the same. If I like a girl, then I usually flirt with her a bit online before asking her out. We make any arrangements by email or text – you won't catch me ringing her house and risking having to chat to her folks!

I've also got loads of friends that I only communicate with online. This makes Dad really insecure. 'How do you know they're who they say they are?' he's always asking me. The truth is I don't. But isn't that the same with people 'in the real world'? It's just as easy to lie in person as it is to create a false Facebook profile.

At the end of the day, it's all about trust. Recognizing who you can connect with and who you can't is an art form, online and offline.

Read the online magazine article. Choose A, B, C or D in each question below. Only one choice is correct.

- 1 What does the writer's father find unnatural about the writer and his friends?
  - A They only communicate online.
  - B They don't make any noise.
  - C They never go outside.
  - D They all have laptops and tablets.
- 2 The writer says that his father ...
  - A is concerned about protecting endangered wildlife.
  - B grew up in the 1950s.
  - C was raised in a different part of the world.
  - D is between 50 and 59 years old.
- 3 What is *not* true about teenagers today?
  - A They've got a lot in common with their parents when they were teenagers.
  - B They dislike face-to-face contact with others.
  - C They communicate with others in several ways.
  - D They worry about their relationships.
- 4 When the writer's parents were dating each other, his father ...
  - A often had to speak to her parents on the phone.
  - B had no control over how their relationship developed.
  - C had to ask her father if he could marry her.
  - D was not allowed to call her.
- 5 If the writer is interested in a girl, he normally ...
  - A flirts with her online and then asks her out.
  - B arranges dates by phoning her.
  - C has long chats with her by email and text.
  - D hangs out at her house and meets her parents.
- 6 What does the writer think about trusting people?
  - A It's easier to trust someone who you've met in person.
  - B Most people lie on their Facebook profiles.
  - C Trusting people online and offline carries the same risks.
  - D You can only trust someone if you've met them online and offline.

## 5 Reading

# RISK-TAKING *and feeling good*

Astronaut Buzz Aldrin and mountaineer Conrad Anker are big risk-takers. But what does it mean to 'take a risk'? Aldrin said that 'risk means putting your life, your mission ... in jeopardy' and in doing so we risk losing everything. Anker said that 'risk is the price of exploration' – it's something risk-takers do knowing that they 'might not come back'.

While the risks taken by Aldrin and Anker are extreme forms of risk-taking, for most people, taking a risk means participating in activities such as dangerous sports, like sky-diving or deep-sea diving. For adolescents, it can mean staying out past a curfew, not doing your homework or styling your hair in unusual ways. These activities and actions make people feel good in some way.

The question is, though, why does it feel so good to take a risk? Research carried out by psychology Professor David Zald of Vanderbilt University studied the behaviour of 34 people (equal numbers of men and women). Professor Zald and his research team asked participants questions based on characteristics such as decision-making, doing things spontaneously, breaking rules and looking for new experiences. These characteristics are linked with risk-taking. The scientists then used brain scans to examine levels of the chemical dopamine in the brain while the participants carried out an exciting activity.

The research showed that dopamine plays an important role in risk-taking. Risk-takers produced more dopamine during exciting activities than people who don't usually take risks. This release of dopamine gives risk-takers a bigger 'thrill' and leads them to continue doing risky or exciting activities so that they can maintain this feeling. Professor Zald explained that levels of dopamine increase when we receive any kind of reward and this makes us feel good. Rewards can be anything from food to recognition among peers.

This helps to explain why, on average, teenagers are more likely to take part in risky activities than older people. Not only do teenagers produce more dopamine than adults, but they are also more influenced by what their peers think about them. As a result, they are more likely to consider the rewards which come when participating in risky activities than a possible negative outcome – something most worried parents fail to recognize.

Read the magazine article. Choose A, B, C or D in each question below. Only *one* choice is correct.

- 1 What do Buzz Aldrin and Conrad Anker have in common?
  - A They both take big risks.
  - B They have both been into outer space.
  - C They both climb dangerous mountains.
  - D They have both come close to losing their lives on an expedition.
- 2 In his research, Professor Zald studied ...
  - A 34 men.
  - B more men than women.
  - C 17 men and 17 women.
  - D mainly women.
- 3 The participants in Professor Zald's study had to ...
  - A answer questions about risk-taking whilst having a brain scan.
  - B do something exciting and then talk about it.
  - C take a pill containing the chemical dopamine.
  - D have a brain scan whilst doing something exciting.
- 4 How is dopamine linked with risk-taking?
  - A It discourages people from taking risks.
  - B It makes people feel good when they take a risk.
  - C It is produced in the same quantity by everybody when they take a risk.
  - D It can be taken to reduce fear of risk-taking.
- 5 Which type of people are most likely to take risks?
  - A men
  - B adults
  - C teenagers
  - D everybody equally
- 6 What might cause teenagers to take risks?
  - A They don't produce enough dopamine.
  - B They want to be different from their parents.
  - C They want people to worry about them.
  - D They want their friends to be impressed.

## 6 Reading

### A techie's travel guide to shopping in Asia

As a techie, shopping in Asia can be great fun, but where are the best places to go? Here are some of my favourites.

#### Funan Digitalife Mall, Singapore

No trip to Singapore would be complete without a visit to Funan Digitalife Mall. This part of Asia is well known for its IT malls and Funan Digitalife is certainly very popular. Whether you love to shop for gadgets or find all the leading IT companies under one roof, there's something here for everyone.

Consumers can shop from trustworthy sellers who take a real interest in their products. Internet addicts will be pleased to learn that there's free unlimited wi-fi access throughout the mall. Foreign tourists can take advantage of the Downtown Cash Refund Centre. Here they can get an instant tax refund on any purchases made in the mall.

Oh, and I almost forgot to mention that gaming championships often take place in the mall. Check out the mall's website to see if any events are scheduled when you're there.

#### Akihabara, Tokyo, Japan

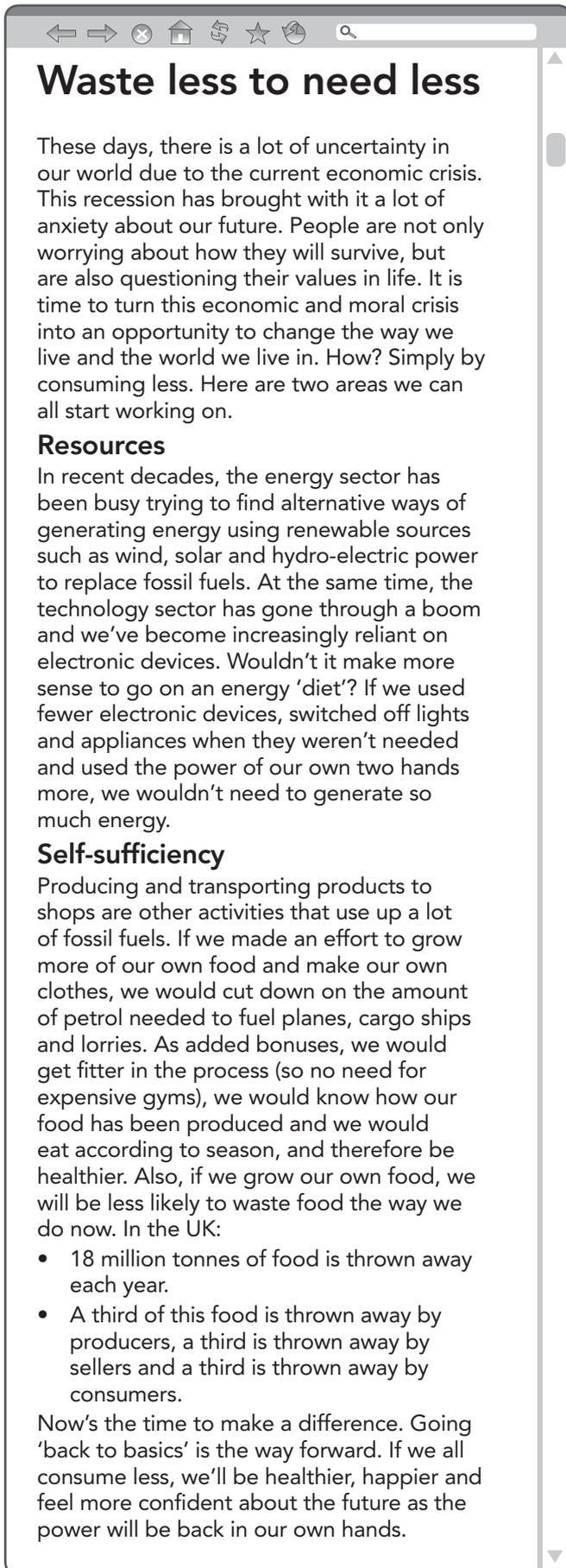
Less than five minutes by train from Tokyo station, Akihabara is *the* shopping district to find all kinds of hi-tech gadgets. In the main shopping street, you'll find new electronic equipment, computers and games, as well as new parts for building your own PC. In the back streets, enthusiasts can buy used electronic goods at bargain prices. It's also famous for being home to one of the first stores which deals only in personal robots and robotics technology – great for robotics fans. For foreign tourists, it's best to stick to the duty-free shops which specialize in appliances for the international market.

Don't forget to check when buying electronic goods that they can be used outside Japan and make sure you bring your passport with you to buy your goods tax free. Also remember that tax can only be refunded if your date of entry into Japan is within the last six months.

Read the blog. Choose A, B, C or D in each question below. Only *one* choice is correct.

- 1 What does the writer say about the two technology shopping destinations they recommend?  
A They are the best in the world.  
B They are the biggest in Asia.  
C They are the only ones he's visited in Asia.  
D They are among the best in Asia.
- 2 According to the writer, the Funan Digitalife Mall in Singapore is ...  
A the only IT mall in Singapore.  
B an essential part of a trip to Singapore.  
C not well known in Singapore.  
D mainly of interest to gamers and owned by the world's leading IT company.
- 3 The gaming championships at the Funan Digitalife Mall ...  
A are held almost every day of the year.  
B are unscheduled events.  
C are publicized on the mall's website.  
D need to be booked in advance.
- 4 In the Akihabara district, where can you buy parts if you want to build your own computer?  
A in a shop five minutes away by train  
B in the main shopping street  
C in the smaller, back streets  
D in the duty-free shops
- 5 Tourists visiting Japan can only avoid paying tax if ...  
A they have their passports with them.  
B they entered Japan more than six months ago.  
C they stay in Japan for more than six months.  
D they buy products which were made in Japan.
- 6 What can you find at both the Singapore and Tokyo shopping destinations?  
A all the major IT producers under one roof  
B a wide range of gadgets  
C gaming championships  
D specialist robotics stores

# 7 Reading



**Waste less to need less**

These days, there is a lot of uncertainty in our world due to the current economic crisis. This recession has brought with it a lot of anxiety about our future. People are not only worrying about how they will survive, but are also questioning their values in life. It is time to turn this economic and moral crisis into an opportunity to change the way we live and the world we live in. How? Simply by consuming less. Here are two areas we can all start working on.

**Resources**

In recent decades, the energy sector has been busy trying to find alternative ways of generating energy using renewable sources such as wind, solar and hydro-electric power to replace fossil fuels. At the same time, the technology sector has gone through a boom and we've become increasingly reliant on electronic devices. Wouldn't it make more sense to go on an energy 'diet'? If we used fewer electronic devices, switched off lights and appliances when they weren't needed and used the power of our own two hands more, we wouldn't need to generate so much energy.

**Self-sufficiency**

Producing and transporting products to shops are other activities that use up a lot of fossil fuels. If we made an effort to grow more of our own food and make our own clothes, we would cut down on the amount of petrol needed to fuel planes, cargo ships and lorries. As added bonuses, we would get fitter in the process (so no need for expensive gyms), we would know how our food has been produced and we would eat according to season, and therefore be healthier. Also, if we grow our own food, we will be less likely to waste food the way we do now. In the UK:

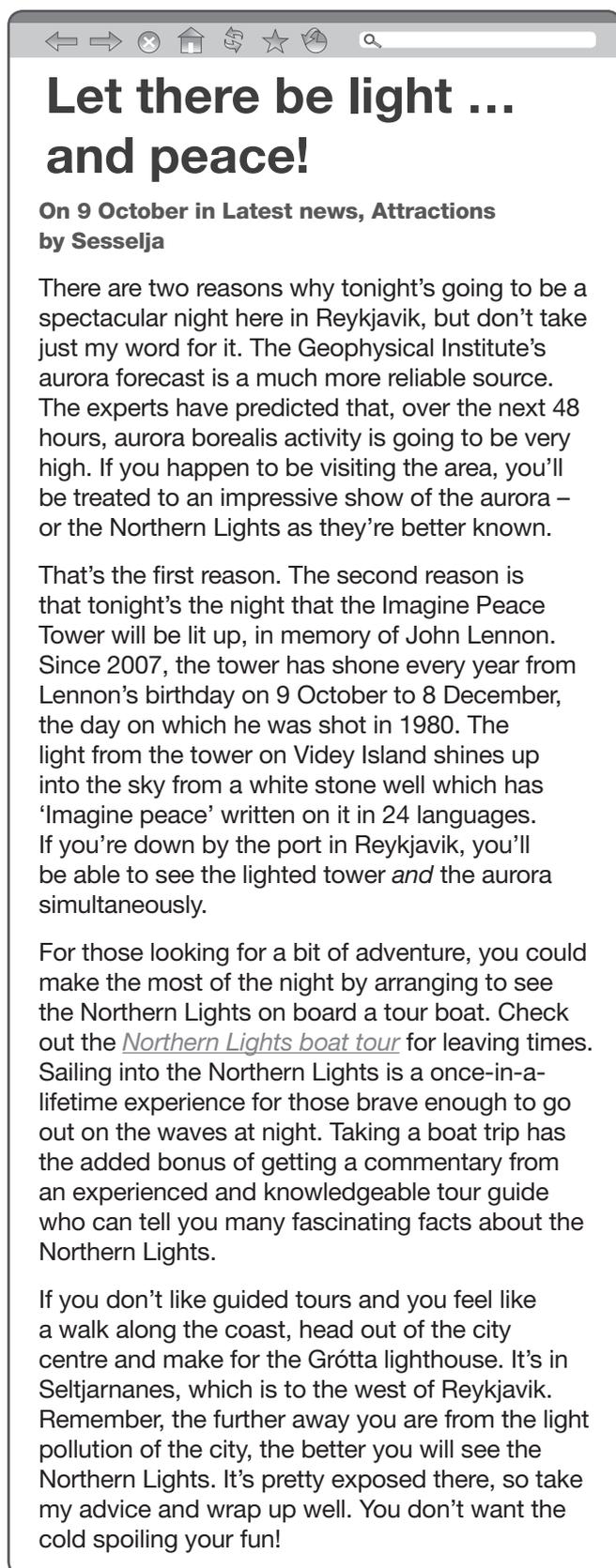
- 18 million tonnes of food is thrown away each year.
- A third of this food is thrown away by producers, a third is thrown away by sellers and a third is thrown away by consumers.

Now's the time to make a difference. Going 'back to basics' is the way forward. If we all consume less, we'll be healthier, happier and feel more confident about the future as the power will be back in our own hands.

Read the blog. Choose A, B, C or D in each question below. Only *one* choice is correct.

- 1 The writer says the current economic crisis is ...  
A financial only.  
B nothing to worry about.  
C getting worse.  
D positive in a way.
- 2 Which is *not* a renewable source of energy?  
A fossil fuels  
B wind power  
C solar power  
D hydro-electric power
- 3 What might the 'diet' mentioned mean?  
A eating less food in general  
B buying less food from shops  
C using less electricity  
D leading less energetic lives
- 4 Which is *not* a benefit of growing your own food?  
A It uses less energy from fossil fuels.  
B It gives a wider choice of food all year round.  
C It helps to keep us fit.  
D We know how our food was produced.
- 5 At the moment in the UK, ...  
A producers waste the most food.  
B sellers waste more food than producers.  
C consumers are the worst group for wasting food.  
D producers, sellers and consumers waste food equally.
- 6 The writer believes that ...  
A it's too late to change things.  
B most people are confident about the future.  
C the key is to reduce our consumption.  
D people need to take power back from their governments.

## 8 Reading



**Let there be light ... and peace!**

**On 9 October in Latest news, Attractions by Sesselja**

There are two reasons why tonight's going to be a spectacular night here in Reykjavik, but don't take just my word for it. The Geophysical Institute's aurora forecast is a much more reliable source. The experts have predicted that, over the next 48 hours, aurora borealis activity is going to be very high. If you happen to be visiting the area, you'll be treated to an impressive show of the aurora – or the Northern Lights as they're better known.

That's the first reason. The second reason is that tonight's the night that the Imagine Peace Tower will be lit up, in memory of John Lennon. Since 2007, the tower has shone every year from Lennon's birthday on 9 October to 8 December, the day on which he was shot in 1980. The light from the tower on Videy Island shines up into the sky from a white stone well which has 'Imagine peace' written on it in 24 languages. If you're down by the port in Reykjavik, you'll be able to see the lighted tower *and* the aurora simultaneously.

For those looking for a bit of adventure, you could make the most of the night by arranging to see the Northern Lights on board a tour boat. Check out the [Northern Lights boat tour](#) for leaving times. Sailing into the Northern Lights is a once-in-a-lifetime experience for those brave enough to go out on the waves at night. Taking a boat trip has the added bonus of getting a commentary from an experienced and knowledgeable tour guide who can tell you many fascinating facts about the Northern Lights.

If you don't like guided tours and you feel like a walk along the coast, head out of the city centre and make for the Gróttu lighthouse. It's in Seltjarnanes, which is to the west of Reykjavik. Remember, the further away you are from the light pollution of the city, the better you will see the Northern Lights. It's pretty exposed there, so take my advice and wrap up well. You don't want the cold spoiling your fun!

Read the blog. Choose A, B, C or D in each question below. Only **one** choice is correct.

- The aurora borealis will be particularly impressive ...
  - tonight only.
  - tomorrow night only.
  - over the next 48 hours.
  - for around two months.
- Since 2007, on which nights has the Imagine Peace Tower been lit up?
  - on the anniversary of John Lennon's birth
  - on the anniversary of John Lennon's death
  - from 9 October to 8 December
  - every night
- Where can you see the words 'Imagine peace'?
  - in the sky
  - on the walls of the Imagine Peace Tower
  - at the port of Reykjavik
  - on a stone well
- The boat tours are ideal for people who ...
  - would like an interesting commentary.
  - aren't feeling brave.
  - are already very knowledgeable about the lights.
  - prefer to watch the lights in silence.
- The Gróttu lighthouse ...
  - is in Reykjavik city centre.
  - provides guided tours.
  - is too far to reach on foot from Reykjavik.
  - is west of Reykjavik.
- What is the advantage of heading out of the city to see the Northern Lights?
  - There are more guided tours available.
  - You will be able to see the lights better.
  - There is a more fun atmosphere in the countryside.
  - It's not as cold as Reykjavik.

# 1 Listening

**🔊 T01** Choose the best answer according to the recording. Only **one** answer is correct.

- Trish Holden has written a book which ...
  - is called *Unusual People*.
  - was published in the 1990s.
  - is about vampires.
  - is about actors who have played vampires.
- Which series did Robert Pattinson appear in?
  - Twilight* only
  - True Blood* only
  - Twilight* and then *True Blood*
  - True Blood* and then *Twilight*
- Trish first became interested in vampires when she ...
  - read a vampire book.
  - was a student.
  - saw *True Blood* and *Twilight*.
  - played a vampire in a film.
- What did Trish find interesting?
  - books about vampires
  - TV series about vampires
  - the history of vampire films
  - people's fascination with vampire books and series
- The book *Dracula* was written in ...
  1819.    B 1890.    C 1897.    D 1931.
- The author of *Vampyre* was ...
  - Bram Stoker.
  - Bela Lugosi.
  - John Polidori.
  - Edward Cullen.
- According to Trish, Renfield's Syndrome ...
  - is a real condition.
  - is invented by its sufferers.
  - has caused the vampire myth.
  - is spread by chickens.
- The twins mentioned are called ...
  - George and Edward Cullen.
  - Simon and George Cullen.
  - Simon and Edward Cullen.
  - Robert and George Cullen.
- As a result of having HED, the Cullen brothers ...
  - have fangs and can't sweat.
  - have fangs and are pale.
  - can't sweat and are pale.
  - have fangs, can't sweat and are pale.
- How many people suffer from HED worldwide?
  - 7,000
  - 17,000
  - one in 7,000
  - one in 17,000

# 2 Listening

**🔊 T02** Choose the best answer according to the recording. Only **one** answer is correct.

- Carla shows Ron ...
  - a poster for a film festival.
  - a programme for a film festival.
  - a programme for a music festival.
  - an album of music from the 1980s and 1990s.
- What is Ron interested in?
  - a film called *Flashdance*
  - 1980s and 1990s music
  - dance, but not politics
  - politics and dance
- In *White Nights*, Nikolai Rodchenko is ...
  - a Russian dancer who joins the KGB.
  - a Russian KGB official who wants to live in the USA.
  - the only survivor of a plane crash.
  - an injured dancer who is forced to stay in Russia.
- Where does Kolya live when he returns to Russia?
  - near the Russian border
  - in Raymond Greenwood's apartment
  - in his old apartment
  - with a KGB official
- Why is American dancer Raymond Greenwood important?
  - He assists Kolya in escaping from Russia again.
  - He rents an apartment to Kolya.
  - He persuades Kolya not to return to the USA.
  - He betrays Kolya to the KGB.
- In the film, Kolya's ex-girlfriend is played by ...
  - Helen Mirren.
  - Isabella Rossellini.
  - Darya Greenwood.
  - Galina Ivanova.
- What happened in 1974?
  - Seven Cuban dancers refused to go back to Cuba.
  - The actor who played Kolya in *White Nights* left Russia in real life.
  - Baryshnikov got his first dancing role in the USA.
  - A film was made about Baryshnikov's life.
- How many Cuban ballet dancers stayed in Mexico?
  - seven    B six    C one    D none
- Why can't Carla go to see *White Nights* on Friday?
  - She has to go to band practice.
  - She's helping some relatives move house that day.
  - She has already made other plans with Gerry.
  - She's sure Gerry would dislike the film.
- When do Carla and Ron decide to go to see *White Nights*?
  - on Saturday afternoon
  - on Saturday evening
  - on Sunday afternoon
  - on Sunday evening

### 3 Listening

**🔊 T03 Choose the best answer according to the recording. Only one answer is correct.**

- What do baby kangaroos look like?  
A worms with fur  
B pink miniature kangaroos  
C small kangaroos without fur  
D worms
- What must a joey *not* do as soon as it's born?  
A climb up its mother's body  
B find its mother's pouch  
C drink its mother's milk  
D climb out of its mother's pouch
- How long does a joey stay in its mother's pouch in total?  
A about 190 days  
B about 135 days  
C about 235 days  
D about 5 days
- What do all members of a species display?  
A the ability to climb at birth  
B the ability to find their way to the sea  
C the same automatic behaviour  
D previous knowledge of skills needed to survive
- ... makes baby sea turtles go towards the sea.  
A Instinctive behaviour  
B Learned behaviour  
C Previous knowledge  
D Behaviourism
- Pavlov was a ...  
A Russian psychologist.  
B Spanish doctor.  
C Russian physiologist.  
D Russian veterinary surgeon.
- When did Pavlov present his research on dogs?  
A in 1901    B in 1903    C in 1914    D in 1930
- Pavlov's research has shown us how we can train ...  
A psychologists.  
B animals.  
C people and animals.  
D teachers.
- Aida says that each day, teachers have to ...  
A manage behaviour problems in the classroom.  
B control their aggression.  
C listen to their students' problems.  
D ignore students who interrupt the lesson.
- What is *true* about the reward system mentioned?  
A All students have their own sets of rules.  
B All students should be able to see the rules.  
C It is effective with students of all ages.  
D Only positive behaviour should be recorded.

### 4 Listening

**🔊 T04 Choose the best answer according to the recording. Only one answer is correct.**

- Francis Peterson used to be ...  
A a police officer.            B a student.  
C a radio reporter.            D an activist.
- Francis says that most protests are ...  
A too violent.                  B unexciting.  
C very noisy.                    D identical.
- What does Francis *not* say?  
A He wants to join a group of political activists.  
B He would rather protests were non-violent.  
C Police officers don't usually need to use aggression.  
D In general, sit-ins are uneventful.
- In July 2001, Genoa was the location for the ... G8 summit.  
A seventh                        B twentieth  
C twenty-second                D twenty-seventh
- When he died, Carlo Giuliani was protesting about ...  
A local politicians in Genoa.  
B police violence.  
C the presence of world leaders in Genoa.  
D powerful people living in his city.
- Derek mentions petrol bombs as an example of ...  
A a way to get more attention than using humour.  
B effective ways of protesting.  
C how drama can be used in protests.  
D a less effective way to protest.
- Derek says the huge heads worn by protesters were ...  
A funny.  
B scary.  
C offensive.  
D disastrous.
- According to Francis, dramatic protests ...  
A are never humorous.  
B are sometimes frightening.  
C are not effective.  
D are not necessary.
- Francis believes ... scare people.  
A *Scream* masks and heads of powerful people  
B *Scream* masks and Guy Fawkes masks  
C heads of powerful people and Guy Fawkes masks  
D *Scream* masks, Guy Fawkes masks and heads of powerful people
- Derek believes that masked protesters ...  
A are cowards.  
B have become very popular.  
C want to make people react.  
D are not serious protesters.

# 5 Listening

**1) T05 Choose the best answer according to the recording. Only one answer is correct.**

- 1 The presenter describes bees as ...
  - A numbering around 7 billion globally.
  - B a threat to food production.
  - C being important to the way humans live.
  - D a good subject for films.
- 2 Wild bees are needed to pollinate ...
  - A all of the UK's crops.
  - B all of the world's crops.
  - C less than a third of the world's crops.
  - D more than 33% of the world's crops.
- 3 What do bees *not* contribute to?
  - A keeping the cost of food down
  - B keeping fruit trees healthy
  - C preventing food shortages
  - D supporting the honey industry
- 4 Each year, honey from the UK is sold for ...
  - A £33 million.
  - B £200 million.
  - C £1 billion.
  - D £50 billion.
- 5 Dr Wood says that since 1961 the bee population ...
  - A has stayed the same.
  - B has increased too much.
  - C has increased, but not enough.
  - D has decreased.
- 6 According to Dr Wood, having more bees ...
  - A adds to the problem.
  - B would cause disease in bee populations.
  - C is necessary to solve the problem.
  - D might destroy food crops.
- 7 Colony collapse disorder ...
  - A is a bee disease.
  - B affects sick bees.
  - C causes bees to attack their colony.
  - D causes bees to leave their home.
- 8 What is *true* about research into colony collapse disorder?
  - A Very little research has been done.
  - B Scientists are certain that pesticides are the only cause.
  - C Research started about 30 years ago.
  - D The exact cause has not yet been discovered.
- 9 Farmers have been using pesticides ...
  - A to help their bees.
  - B to get rid of some insects.
  - C for the last two years.
  - D in European countries only.
- 10 Unusual weather patterns mean that ...
  - A bees have to go further to find food.
  - B farmers plant their crops later.
  - C bees are killed by higher temperatures.
  - D plants don't produce the flowers that bees need.

# Exam practice 1

## Living in the moment

Many of us dream of winning the lottery. We imagine that if we could buy an expensive house, a yacht, designer clothes and all the latest gadgets, we would surely be happier. However, there have been many surveys into the nature of happiness, and one key conclusion seems to be that spending money on life experiences, instead of material items, makes humans happier. Most of us will not win the lottery, but we can still ask ourselves how many experiences we should try to fit in, and just when we should try to achieve these.

Psychologists sometimes classify people according to which period of their lives they focus on. People who live 'in the moment' focus on the present time and on finding fun and excitement in their lives through new or enjoyable experiences. This type of people is described by psychologists as having a '**hedonistic time perspective**'. This contrasts with people who focus on the past, and those who spend their lives planning for, or worrying about, the future. Hedonistic types seem to be extremely happy. But why is that the case, and should we all try to do it?

On the whole, psychological studies have shown that people who live in the moment feel positive emotions more frequently than those who focus on the past. These emotions, such as joy, love, amusement and **compassion**,

have important physical benefits too. The more you experience a range of positive emotions, the more of a chemical called serotonin you have in your brain cells. Serotonin helps regulate sleep, and assists memory and learning. Serotonin levels can also be boosted by doing aerobic exercise and getting exposure to sunlight – the sort of things you are likely to experience if you take up a new sport or outdoor activity.

Because they often enjoy new experiences, people who try to live in the moment are often better at dealing with changes and new challenges. This is usually a result of not having a fixed way of doing things, and therefore being more flexible when circumstances do not go as planned. Another big benefit is that in choosing to take on new experiences, people will often be more sociable. Having fun with friends and meeting new people are likely to lead to the serotonin-producing positive emotions mentioned above, and recent tests have shown that extroverts (people who are more outgoing) tend to be happier than more introverted people.

There are, however, disadvantages to living in the moment, focusing on pleasure and filling your life with new experiences. It seems that people with a hedonistic time perspective may be very good at planning activities to fill their time, but they are not so

organized when it comes to saving money. Financial security is also one of the biggest contributors to overall happiness. Therefore, while focusing on enjoying the present is useful, it needs to be balanced with planning how much you spend, so that you are not left with little to live on in the future.

Perhaps the best solution would be to combine a present- and future-focused attitude. This would enable you to think carefully about all the things you want to achieve, and then save money to realize these goals. Increasingly, people are writing 'bucket lists' of experiences that they want to have in their lifetime, and then making these happen with careful planning. This way people can compromise by planning adventure and excitement, while working towards raising the funds to cover the costs. And in the event that your dreams do not actually come true, research has shown that just thinking about the things you want to do will make you feel better!

**hedonistic** – hedonista  
**perspective** – perspectiva  
**compassion** – compassió



# Exam practice 2

## Predicting the future

Throughout the ages people have wondered about the future of mankind. Whether the predictions have been by scientists trying to determine how we will best survive in a new and challenging environment, or by artists and writers imagining new worlds, the need to map out what is to come seems to be a key part of being human. Some of these ideas will stay science fiction, but some very interesting predictions have come true.

In December 1900, an American engineer named John Elfreth Watkins wrote an article for the *Ladies' Home Journal* magazine which predicted what life would be like in the year 2000. These predictions were based on interviews with important American scientists and academics. Watkins' article accurately predicted mobile telephones, the popularity of pre-prepared meals and television. Sadly, some of his predictions did not come true. He believed that mosquitoes would have been exterminated by humans, and that all cars in city centres would have been replaced by underground or raised railways. Although not entirely correct, even these predictions hold some truth. Humans can manipulate the lives of other creatures in many ways, and cars are banned from many urban areas. What is interesting is how accurate, or close, we can be at guessing what will happen in the future.

So what about predictions being made now? Around the world there is a growing number of futurologists

who analyse data to work out how we will live 100 years from now. There is much **debate** about what life is going to be like, but there are some key themes emerging in the predictions. Many of these focus on population growth and the environment because, unfortunately, rather than being positive and exciting, our future currently looks rather worrying, with too many people in the world and increasing damage to the natural world which supports us.

It has been estimated that the global population will be around 10 billion by 2115, compared with just over 7 billion today. That is an increase of almost half in about 100 years. As we will need to feed this **vast** number of people using the same amount of land that we have today, futurologists are predicting that we will need to farm the oceans to meet demand. This will not mean just farming for fish – there will be an increase in farming algae, a range of simple types of seaweed. They will be used as a source of biofuels, and possibly also to feed other animals in the food production chain. It has been suggested that genetically modified saltwater algae could be used to create fresh water from the oceans. This would prevent the 'water wars' that some scientists have predicted will happen in the next century, when natural sources of fresh water can no longer sustain the human population.

What about the environment? There are already signs that climate

change will affect weather patterns and make conditions less predictable. Many scientists in the US support a programme which explores methods of engineering the Earth's climate and using technology to protect against the worst effects of climate change. Some weather control technology already exists – for example, we can make it rain by spraying electrically-charged **particles** into clouds – but in the future we may be able to cool the environment by spraying sun-reflecting particles into the atmosphere. Scientists are also investigating ways to 'iron out' tornadoes or blow storms away from land. In the longer term, some people have even predicted that Mars will be engineered to become habitable. Whatever happens, where we live will be a very different place from what it is today.

**debate** – debat

**vast** – enorme

**particles** – particules



# Exam practice 3

## The effects of 3D cinema

You may think that the ability to make and watch films in three dimensions, or 3D, is a modern development. But in fact, 3D films have been around for a long time – the first film where the audience wore 3D glasses was shown in 1922. It was 30 years later that the ‘golden era’ of 3D film-making began, when big studios started to put money into projects using the technology. The aim of these studios was to try to draw audiences away from the ever more popular televisions, and back to the cinema. During this period many films were advertised as having powerful effects on the audiences – it was suggested that 3D films would leave audiences shocked and amazed, but much of this was just an attempt to gain more publicity in a competitive world. Interest in 3D films gradually decreased.

In recent years 3D cinema has returned to our screens. This return has created a lot of debate over the cost and the quality of the experience. Critics think that 3D gives cinemas an excuse to increase ticket prices, and that the scenes designed to **display** the effect are predictable and often unnecessary. But some supporters feel that 3D could save the film industry, which is currently suffering tremendous competition from the DVD and online download markets.

Many people prefer to watch a film in the comfort of their own homes, at

a time of their choosing and with the option of stopping for breaks whenever they want. Could 3D technology rescue the cinema industry by injecting a new and greater level of excitement? Its supporters believe that modern 3D technology makes going to the cinema a more realistic and personal experience. But is this true?

Some recent research by Dr Brendan Rooney, of University College Dublin, has shown that 3D cinema could have physical and psychological effects on the viewer. Scientists carried out experiments in which viewers were asked to watch eight short film clips while alone in a cinema. The scientists chose frightening or disgusting clips so that people would be more likely to have an emotional response. The viewers were divided into two groups – one group watched the clips in 2D, and the other in the 3D format. During the viewing, researchers **monitored** the viewers’ heart rates and perspiration.

After watching the clips, the 3D audience said that they found the scenes more realistic compared to the 2D group. They also had higher heart rates than the 2D group. Scientists believe that this **occurred** because their brains told them that what they were seeing was real. They felt upset or scared because of the images, so their hearts beat faster. This is different to reactions to a 2D film because what people see then is less realistic, so

viewers can remind themselves that it is not real – their brains help keep them calm. Interestingly, however, the viewers of the 3D clips did not say that they enjoyed the clips more than the 2D group. Maybe this is because frightening or disgusting scenes are not really ‘enjoyable’, in which case more research is needed to see how 3D compares with 2D when more pleasant images are viewed, and whether it is the technology used or the subject matter that influences a film’s success.

Although research into the effects of 3D cinema is at a very early stage, it is making people think about how these effects may be used by film studios in the future. It also makes us ask ourselves how real we want our films to be. Perhaps in the future films will come with a health warning; something that happened with those ‘shocking’ 3D films in the past.

**display** – mostrar  
**monitor** – controlar  
**occur** – passar



# Exam practice 4

## Working across the generations

In recent years the retirement age in many countries has changed because people are living longer. What is more, some employees are now choosing to stay on at work after the normal retirement age. As a **consequence**, employers are working out how to deal with a workforce where there may be four generations and an age gap of more than 50 years between the oldest and youngest employees. Varying ages often mean varying attitudes, raising lots of questions about how companies can get the most from workers who think about work differently.

According to research, there are four main generations in the workforce – Traditionalists, who were born before or during World War II, Baby Boomers, who were born during the ‘baby boom’ (when birth rates were very high) between 1946 and 1964, Generation X, who were born between 1965 and 1980, and Generation Y, who were born after 1980. Because of economic and social differences in the eras they grew up in, they often differ in the number of companies that they have worked for, their loyalty to a company, their understanding of technology, and how they view the balance between work and life.

Currently many Baby Boomers, who form the majority of leaders and managers, are retiring and are rapidly being replaced by Generation X, who have a very different understanding of the work environment and management techniques. Generation

Y is the fastest-growing section of the workforce. In fact, in a few years these ‘millennials’ (who started working since the millennium) will account for almost 50% of all employees. These workers are more technologically aware than other employees, and have the most flexible approach to work – often working long hours away from the office. Many of their attitudes come from a better understanding of digital media – millennials are more used to being able to **access** information when and where they want, and therefore never feel ‘disconnected’. They are also more used to a merging of home and work life, as gadgets such as phones and laptops enable them to access both at the same time.

Having employees from different generations does not need to be a problem, but it is something that companies need to be aware of. Working in an intergenerational environment with people of all age groups can be extremely useful, as the different perspectives and needs of each generation can add to the success of a business. If employers understand these differences and ensure that employees share ideas with one another, good working relationships should bring rewards. The technology company Cisco Systems is one of the leaders in this field, and has seen positive results in employees’ attitudes. Senior staff can even record their knowledge and insights on video so that even after they have left the

company, younger staff can still benefit from their experience. Another area that managers need to be particularly aware of is the way they give their employees feedback and training. The different generations have very different needs and attitudes when it comes to evaluating and developing their workplace performance.

Increasing globalization has meant that companies need to be more understanding of cultural differences at work. Now, with more intergenerational workplaces, the focus has to be on understanding differences due to age. These differences bring more opportunities for social learning, where employees from different generations **collaborate** on tasks to teach one another skills. Another positive approach is to have mentoring systems where older employees provide guidance and ideas to younger generations. This kind of approach allows organizations to build a more united workforce, and deal with the challenges of relationships at work.

**consequence** – conseqüència

**access** – accedir a

**collaborate** – col·laborar



# Exam practice 5

## Why are you clapping?

The music stops. There is a short pause, then suddenly the sound of clapping fills the room. Applause seems to be a simple appreciative response to what we have heard – our way of saying ‘thank you’ or ‘your performance was very good’. However, recent research has shown that the quality of a performance is not the main factor behind the amount of applause an audience gives. Instead, scientists at the University of Uppsala have revealed that clapping is contagious – it spreads from one person to another. And how long the clapping lasts is also influenced by how others in the audience behave.

Researchers studied videos of undergraduates as they watched presentations. The students were told that as the presentations were free, they should show their appreciation when they ended. The films of the audience showed that it took only one or two people to clap before the applause spread. And it only needed one or two to stop for the applause to **die out**. Researchers observed that the starting or stopping reaction was caused by the overall volume of sound in the room, rather than what the person next to someone was doing. This crowd reaction, and other similar behaviour, is often referred to as ‘social contagion’.

Social contagion is a way of describing how people change their behaviour in response to others. New behaviour within a group usually **emerges** first in a few people, before

quickly spreading to everybody else. By studying the way actions like clapping start and stop, scientists hope to better explain similar behaviour in other areas. Their studies could provide more information on how trends go in and out of fashion, how ideas spread on the internet, and why new technologies are adopted or dropped. In our modern era, where we are able to communicate with people despite not being in the same room, or even the same country, we have developed ways of ‘online clapping’. On social networking sites, we show our appreciation by ‘liking’ and ‘sharing’. This shows others that we are enthusiastic about something, and they in turn ‘like’ and ‘share’, and so the enthusiasm spreads, just like clapping in a room. For social networking sites, and the businesses that use them for advertising, these studies will have important consequences.

Clapping is affected by other things too. There are few things in life more embarrassing than realizing that you are the only person making a noise in a crowded room, but that does often occur when people clap in the ‘wrong’ situation. Classical music concerts are one place where this behaviour is sometimes displayed, as clapping here has special ‘rules’. For audience members and performers, clapping at the end of a performance is welcomed, but the timing of this applause is important. For more serious or sad pieces of music, a few

moments of silence at the end form part of the performance, so audiences should pause to allow these moments of silence before clapping. And, of course, clapping in the middle of a performance, in other words, between the sections, or ‘movements’, is thought to be poor behaviour.

However, music historians have discovered that these ‘rules’ of clapping behaviour only began at the start of the twentieth century. In earlier times, including when the music was actually written, audiences clapped when they wanted to. They also had refreshments or even a different performance between the movements of a piece of music. They would often talk during performances too, whereas our society dictates that we must sit in silence in order to show our respect for the music and the performers. So social contagion, it seems, can change greatly over time.

**die out** – apagar-se

**emerge** – aparèixer



# Exam practice 6

## Design solutions

Almost half of the world's population currently lives in urban areas, and that figure is set to rise to 60% by 2030. Almost all (95%) of that increase will occur in the **sprawling** cities of the developing world, which are already struggling to provide enough affordable housing. On top of this, there is a need for more sustainable ways for us to live. Constructing buildings from traditional materials such as concrete and glass has a negative effect on the environment, and is becoming increasingly expensive. One possible design solution to this crisis in housing might be the growth of 'cargotecture'.

Cargotecture is the growing practice of reusing steel shipping containers as housing units. The containers are rectangular and taller than a person, so they can be used as compact **modular** housing – all fitting together like a large collection of Lego blocks. These containers are extremely strong, and converting them into a home uses around 5% of the energy required to reuse the steel in other ways. It is estimated that there are around 18 million cargo containers currently in use, but sometimes they arrive in a port containing cargo, then are not used again because that port is not exporting as much as it imports. Two million of these containers are stacked up empty, but cargotecture provides a way of giving them a second life.

One of the leading companies in cargotecture is Amsterdam-based Tempo-housing. The company was formed more than ten years ago to

create affordable housing solutions for students. The Netherlands has a high population density, and student accommodation in the city was extremely difficult to find. By 2004 the company was fitting out 40 container homes per week. From this beginning, Tempo-housing moved into designing low-cost worker accommodation, cafés, supermarkets, an office building, and even the **prototype** of a **mobile** miniature hospital.

Now many other cities are looking at shipping container housing for students. Universities in Berlin have recently approved plans for additional units to be built. Many of the units will be the **standard** size, but some double and triple units will be available for shared living. These larger combined units have also proved popular as temporary 'pop-up' shops and art galleries in Europe and New Zealand. In Britain, an affordable hotel of 300 rooms opened in 2008, the first in Europe to be built from cargo containers. The containers were converted for accommodation in China, and then quickly assembled on the UK site. But containers are also being used for private accommodation all round the world, thanks to enterprising architects with imagination and creative flair. With large windows and doors, and built on many floors linked by staircases, the origins of these properties are almost unrecognizable.

Cargotecture projects around the world save builders a great deal of energy and materials – they claim

savings of between 20 to 50 per cent – compared to traditional building methods. Worldwide, 800 million people live in slums – that is, they live in basic accommodation without clean running water and bathroom facilities – but container homes, with fully-fitted bathrooms and kitchens, can be provided at a fraction of the cost of traditionally built buildings. But as well as this, another great benefit is that containers can be easily transported and then assembled in just three weeks. This means that the units are especially useful as temporary housing after disasters. In fact, many of the earliest examples of cargotecture can be found in areas where earthquakes have destroyed conventional homes, and as they are resistant to earthquakes, hurricanes and tornadoes, container homes make a safe choice for people living in vulnerable areas of the world.

**sprawling** – que creixen  
desordenadament

**modular** – modular

**prototype** – prototip

**mobile** – mòbil

**standard** – estàndard



# Exam practice 7

## Giving – if you're worth it

Donating to charity is something that most people do at some point in their lives. It may be that we feel a sense of social responsibility, or donating could be a way of 'paying back' a service or organization that has supported us in times of need. Most of us feel that if we had more money, we would donate to more causes. Certainly, there are many multi-millionaires who often write large cheques to meet community needs such as providing education or preventing hunger. But there are a growing number of **philanthropists** who want to give a lot, but only if the results of giving are worth it.

This approach to donating, which has the goal of **transformational change**, is practised by people like Laura and John Arnold. The couple have a fortune of over \$4 billion, which they plan to give away to charity, and indeed they are already amongst the highest charitable givers in America. But they only want to give large amounts to charities that can prove the work they do will make society better through lasting changes. To do this, the Arnolds use an unsentimental approach to giving – relatively small initial donations are given to test the chances of success before further, larger sums are donated. The idea uses a strategy similar to one that has been successful in certain kinds of banking, which is not surprising given that John Arnold's past includes a

successful spell in the finance industry, where he made large profits from his investments. He understands that all investments carry some level of risk, but he is able to take risks that governments or private corporations are unwilling to take, and then invest further if the project is successful.

One key area that the Arnolds are interested in funding is research into **obesity**. They are paying for a \$26 million study that uses technology to look at the effects of food on our bodies. The hope is that the results of this study can be used to **tackle** the obesity crisis that is facing the US, and affecting healthcare. Rather than giving money to improve existing facilities, the Arnolds' approach looks at long-term solutions. To them, \$26 million is a relatively small amount, but they believe that patience in waiting for results is important. Their approach means that while the Arnolds may eventually give larger amounts to charities, those donations will depend on whether their initial investment will have an effect far into the future.

However, there is a lot of work being done at the moment which does have short-term benefits for those in need. In their local city of Houston, Texas, the Arnolds have funded a food bank that sorts and packages food to distribute to the many families in need. The food bank receives goods donated by

supermarkets and local farms. But even the decision to donate to this cause was based on data which showed that many people who received food from the food bank also had other problems with health and money. The Arnolds looked at the information about who was using the food bank services, and decided that, as well as promoting efficiency in distributing food, they could also work through the food bank to tackle **broader** problems. Now the food bank is considering offering not only food, but job training, advice on financial skills, and testing for diabetes. Writing a cheque to improve things for a short time was not enough for the Arnolds; they knew there had to be a way to get long-term change from the act of giving.

**philanthropists** – filantrops  
**transformational** – transformacional  
**obesity** – obesitat  
**tackle** – abordar  
**broader** – més amplis



# Exam practice 8

## A fair break?

The idea of the all-inclusive holiday was first introduced in the 1950s by Belgian sportsman Gerard Blitz, who founded the Club Méditerranée, or Club Med, holiday company. From its small beginnings as a collection of army tents on a Spanish beach, the concept has grown into a huge industry. For millions of holidaymakers worldwide, the ease of paying a tour operator in advance for everything you will need has proved extremely popular. Although the initial cost of the holiday might be higher than a self-catering or half-board holiday, tourists know they will avoid any nasty surprises when they add up how much they have spent on eating out, and the overall cost will undoubtedly be lower. And as sports and activities are also already paid for, tourists can enjoy resort facilities without carrying any money.

However, there are obvious drawbacks to this financially successful idea. Resorts that have so many **desirable** facilities available mean that tourists have very little reason to go anywhere else in the country they are visiting. In turn, this has a negative effect on local restaurants, shops, transport and tour guides, and may mean reduced income from entry fees to natural or cultural heritage sites. Tour companies, often owned by large overseas businesses, make profits while local communities get little in return. In fact, research done in Turkey found that only ten per cent of the money spent

on all-inclusive holidays found its way into the local economy, and in Majorca, local businesses organized a day of protest against all-inclusive holidays.

It is not only the lack of spending that affects these holiday destinations. Holidaymakers, and the resorts that they stay in, use significantly more energy and water than local people. Also, the amount of waste generated by the businesses means that the environmental impact is considerable. In the past, concerns about the effects of such tourism led governments to consider banning all-inclusive resorts. Such an approach was tested in the Gambia in the late 1990s, but it had a huge impact on the overall economy as tourist numbers for all kinds of travel decreased. Moreover, all-inclusive holidays damage the cultural exchange between locals and tourists – tourists learn nothing about the country they are visiting and locals resent the tourist industry for harming their livelihoods and, in some cases, even preventing them from accessing their local beaches.

In the last few years, mainly due to the global economic crisis, all-inclusive holidays have become an increasingly popular way for people with a limited budget to enjoy a break in the sun. It could be argued that the companies who run all-inclusive resorts are providing a good service for cash-strapped families, and the **infrastructure** to deal with growing

tourist numbers. In doing this, they take the pressure off local governments and services, and reduce any negative impacts of tourism by keeping the tourists all in one place. But what can be done to deal with some of the more difficult issues that all-inclusive holidays raise?

For tour companies to really contribute to the destinations they use, they need to think about adding to the local economy. Many all-inclusive resorts are found in areas which have high levels of unemployment and poverty. Although resorts provide considerable local employment, they need to offer their employees better wages and working conditions, and support local farmers by buying food and produce locally. Resorts could encourage their holidaymakers to take excursions out of the resort to experience the local scenery and culture, and they could even allow local craftspeople to sell their products inside the resort. Only in these ways will money be shared, giving everyone a fairer deal.

**desirable** – desitjables

**infrastructure** – infraestructura

