



Question 1

Question Text:

What can be inferred about the overall mood and setting of the training camp in Lanzarote, considering both the audio and visual elements?

Options:

- **A:** The training camp in Lanzarote is described as a solitary and isolated experience, with participants training independently and without much interaction.
- **B:** The training camp in Lanzarote is primarily focused on leisure activities, with minimal emphasis on physical training and preparation.
- **C:** The training camp in Lanzarote is depicted as a highly formal and rigid environment, with strict rules and little room for personal expression or relaxation.
- **D:** The training camp in Lanzarote is characterized by a blend of intense physical activity and a relaxed, supportive atmosphere, with a strong emphasis on preparation and camaraderie.

Correct Answer: D

Question 2

Question Text:

How does the transition from the initial outdoor setting to the planning session inside a room reflect the participants' preparation and mindset for the triathlon?

Options:

- **A:** The transition from the initial outdoor setting to the planning session inside a room highlights the participants' need for rest and recovery after an intense training session.
- **B:** The transition from the initial outdoor setting to the planning session inside a room suggests a break in the training schedule to allow participants to socialize and build team morale.
- **C:** The transition from the initial outdoor setting to the planning session inside a room indicates a shift in focus from individual training to team coordination and strategy.
- **D:** The transition from the initial outdoor setting to the planning session inside a room reflects the participants' methodical approach to preparation, balancing the physical demands of training with strategic planning and mental readiness.

Correct Answer: D

Question 3

Question Text:

At 00:03:57.480, what combination of sounds and visuals suggests a shift in the daily routine of the person, and how does this reflect their activities?

Options:

- **A:** The combination of the runner's steady pace, the sounds of chimes and mechanical operations, and the transition to a bedroom labeled "DAY 2" suggests a shift from a morning run to a session of swimming and water sports activities.
- **B:** The combination of the runner's steady pace, the sounds of chimes and mechanical operations, and the transition to a bedroom labeled "DAY 2" suggests a shift from a morning run to a visit to a local market for supplies.
- **C:** The combination of the runner's steady pace on a road, the sounds of chimes and mechanical operations, and the transition to a bedroom labeled "DAY 2" suggests a shift from morning exercise to rest and preparation for the next day's activities.
- **D:** The combination of the runner's steady pace, the sounds of chimes and mechanical operations, and the transition to a bedroom labeled "DAY 2" suggests a shift from a training camp to a leisurely afternoon at a resort.

Correct Answer: C

Question 4

Question Text:

From 00:05:53.160 to 00:08:07.200, how do the beachside conversations and the background music contribute to the atmosphere of the water sports activities?

Options:

- **A:** The beachside conversations and the background music have little impact on the atmosphere, as the focus is entirely on the technical aspects of the water sports activities and the physical challenges they present.
- **B:** The beachside conversations and the background music create a tense and competitive atmosphere, emphasizing the seriousness of the water sports activities and the high stakes involved.
- **C:** The beachside conversations and the background music create a relaxed yet energetic atmosphere, complementing the water sports activities and enhancing the sense of camaraderie and enjoyment among the participants.
- **D:** The beachside conversations and the background music contribute to a somber and reflective mood, highlighting the personal struggles and sacrifices of the participants in their training.

Correct Answer: C

Question 5

Question Text:

Which time range best captures the moment when the group prepares for a swimming activity on a sandy beach with clear, shallow waters and a partly cloudy sky?

Options:

- **A:** 00:10:28.120 - 00:11:52.840
- **B:** 00:01:30.200 - 00:03:57.440
- **C:** 00:03:57.480 - 00:05:53.120
- **D:** 00:08:07.240 - 00:10:28.080

Correct Answer: D