

EXTENDED LEVEL

PRACTICE TEST
1

TEST 1

Exercise 1

Read the following information about a Roman fort, and then answer the questions on the opposite page.



ARBEIA ROMAN
FORT AND
MUSEUM

LOCATION AND
HISTORY

Arbeia Roman Fort is situated on Hadrian's Wall. This mighty frontier system was the most important structure built by the Romans in Britain, and it has now been designated a World Heritage Site. In AD 122 the Emperor Hadrian ordered the wall to be built across northern Britain, from coast to coast.

Overlooking the mouth of the River Tyne and built around AD 160, Arbeia Fort was the military supply base for the soldiers who were stationed in the seventeen forts along Hadrian's Wall.

The fort has been gradually excavated to reveal its secrets and to show what life was really like in Roman Britain. Some original parts have been revealed, and there are spectacular reconstructions that show how Arbeia would have looked.

THE
RECONSTRUCTIONS

The reconstructions of the Commanding Officer's house and soldiers' quarters are strikingly different. The accommodation for the soldiers is cramped and would have been dark and uncomfortable, while the Commanding Officer's house was spacious and luxurious, with mosaics on the floors, and courtyards with fountains for him and his family to enjoy.

THE MUSEUM

Visit the museum and see the artefacts found at Arbeia which show what daily life was like for all the occupants of the fort. You will see weapons, armour and jewellery.

Discover how the Romans buried their dead and see tombstones and altars which survive to this day. These

honour Romans, soldiers and civilians alike, who had come a long way from their homelands in France, Spain and Syria.

TIME QUEST

This 'hands-on' area allows visitors to dig on the excavation site and study their finds with the help of museum staff. You can piece together pottery, or try writing just as the Romans would have done.

OPENING TIMES AND
GETTING THERE

1 April – 31 October:

Monday to Saturday 10 – 5.30
Sunday 1 – 5

1 November – 31 March:

Monday to Saturday 10 – 4,
closed Sunday. (Closed 25 & 26
December and 1 January.)

Entry is free.

Arbeia is only a ten-minute walk from the main metro and bus station at South Shields. The fort is signposted from Ocean Road. Free car park nearby.

Website:
www.twmuseums.org.uk/arbeia

- (a) How do you know from the text that Hadrian’s Wall is still important today?
..... [1]
- (b) Why was the situation of Arbeia Fort important to the Romans?
..... [1]
- (c) How were the conditions for the officers and the ordinary soldiers different? Give **two** details for each.
- Officers:
- (i)
(ii) [1]
- Ordinary soldiers:
- (i)
(ii) [1]
- (d) Name **two** things you can see in the museum that were there in Roman times.
- (i)
(ii) [1]
- (e) Name **three** things you can do in Time Quest.
-
•
• [1]
- (f) What time does the Fort close in winter?
..... [1]
- (g) How long does it take to walk from the bus station to Arbeia?
..... [1]

[Total: 8]

TEST 1

Exercise 2

In the following article, Terese Hart talks about her work in Africa for the Wildlife Conservation Society of Congo. Read the article, then answer the questions on the opposite page.

CONGO'S RARE AND BEAUTIFUL FOREST CREATURES

I spend several months a year in the Ituri rainforest in the Democratic Republic of Congo, living among the Mbuti people. My work includes studying the okapi, or forest giraffe. They are rare and beautiful creatures, with the hindquarters of a zebra, the body of an antelope and the face of their cousin, the savannah giraffe. The way they have survived for hundreds of thousands of years is to stay away from other animals, even each other. Although related to the savannah giraffe, the okapi is extremely well adapted to its forest surroundings. For example, its colours are forest colours: shadowy and dark. This is perfect camouflage, making them almost invisible at times.

As with any at-risk animal species, we have to study them if we are to save them. We need to find out where they are in the forest, what they eat and how reproductive they are. But because of their shy nature, their tendency to avoid each other, and the fact that they are spread out over a wide region, this has not been easy to do. We have found that the most successful way to study the okapi is to dig pits in the forest to catch them, with the help of Mbuti trackers. Then we attach radio collars to their necks and set them free. The radios allow us to track their activities – to know what they are doing and when they are doing it. Over the years we have built up quite a detailed picture of the way they spend their time.

When a calf is born, the female okapi hides the newborn from leopards and other animals which

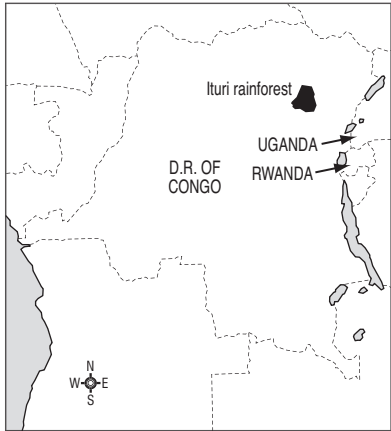


would prey on it and kill it. She spends a lot of the day searching for food in the forest, returning two or three times a day to nurse her calf. Pregnancy lasts a long time, around 14 months, and the young quickly learn to become independent. While a calf is dependent on its mother for food, she becomes very thin and weak.

Recent civil wars in neighbouring countries have reduced the numbers of okapi. During the wars, armies from both sides moved through the forest causing huge destruction and killing people and wildlife. There were also many refugees in the area. Another result of the conflicts was

that large numbers of high-tech guns and other weapons became available, increasing the scale of hunting. Although they also hunt the okapi, the Mbuti people are traditional hunter-gatherers who live in harmony with the forest. The scale of their hunting is not destructive, as they depend on the animals and respect them.

The eco-system of the Ituri forest is very important to the welfare of the okapi. For example, two nature reserves in nearby Rwanda were cleared and made into farmland and, because the areas shared the same eco-system as the Ituri forest, the forest itself has been affected negatively. The speed at which the lovely and elusive okapi are disappearing is a big worry. We are working with other agencies, such as the World Wildlife Fund and the International Rhino Foundation. Together we approached the Congolese government and got their agreement to take action against illegal hunting and to protect the National Parks, which are vital for conservation.



TEST 1

- (a) Why might someone in the forest be quite close to an okapi and not be able to see it?
..... [1]
- (b) Give **two** reasons why it is difficult to carry out research on the okapi.
(i)
(ii) [2]
- (c) How does the research team manage to capture the okapi?
..... [1]
- (d) Explain how an okapi female cares for her calf.
.....
..... [2]
- (e) What is the effect of the weapons that became available because of the wars?
..... [1]
- (f) Why is hunting by the people who have always lived in the forest not a problem for the survival of the okapi?
..... [1]
- (g) Where exactly is the Ituri rainforest?
..... [1]
- (h) Describe what happened in the rainforest when neighbouring nature reserves were cleared for agriculture.
..... [1]
- (i) Based on what you have read, make a list of **four** things which can be done to protect the okapi.
•
•
•
• [4]

[Total: 14]

TEST 1

Exercise 3

Nadia van den Brok, who came with her family from the Netherlands to live in India, attends the Bombay International College. She lives at Bungalow 4, Block 11, Kalyan Road, Bombay. Her email address is: nvandenbrok@aol.com.

Nadia’s college supports the work of an international cancer research charity, Cancer Hope. This year the charity is organising a demanding three-day running competition, the Ten Hills Challenge, in the south of the country. Nadia and some of her friends decide they would like to take part.

First much fundraising must be done to cover the costs of entering the competition, and to pay for travel and accommodation. Nadia and her friends decide to do this by selling tickets for a garden party at her home, with musical entertainment. The college has offered to match what these students raise by donating an equal amount. Additionally, the students must find sponsors for the actual challenge – from among their friends, families and local businesses.

Nadia hopes that her group will all be able to stay together in a youth hostel rather than in the hotel or camping accommodation offered by the challenge organisers. Applicants must be at least 18 years old – luckily Nadia was born on 3rd July 1988. She and most of her friends are vegetarian.

College examination dates mean that the students will need to do the challenge training during the last week of January and the actual challenge during the first week of April. Nadia intends to ask her older brother to be the emergency contact during the trip. He is Ashok van den Brok and he always carries his mobile phone with him: 07703 987 765. Nadia and her fellow-students speak Dutch as their first language, but they would prefer to join an English-speaking group during the training and challenge, so that the experience will benefit their English language skills.

Imagine you are Nadia and complete the form on the opposite page, using the information above.



The Ten Hills Challenge

– raising funds for research into cancer



PARTICIPANTS' APPLICATION FORM

SECTION A

Name (in BLOCK CAPITALS): _____

Date of birth: _____

Occupation: _____

Country of residence: _____

Full address: _____

Email address: _____

Emergency contact number (family member, please): _____

SECTION B

Dates available for training: _____

Which language should the trainer use for you? (please tick)

☐ Hindi ☐ English ☐ Other (please state): _____

Preferred dates for actual Ten Hill Challenge (please circle):

March 30–April 1 April 4–6

Accommodation type preferred: _____

Please specify any special dietary requirements: _____

SECTION C

Write one sentence of **12–20 words** explaining how you intend to raise funds to enter the Ten Hills Challenge.

TEST 1

Exercise 4

Read the article below about the town of Limone in Italy which is famous for its lemons, then complete the notes on the opposite page.



Does the lemon, the famous citrus fruit of Limone, contain a secret ingredient that fights heart disease? Limone, a small lemon-growing town on the shores of Lake Garda in northern Italy, holds a mystery which has made it popular with tourists in search of health. About 20 years ago scientists discovered that many people from the town (its very appropriate name means ‘lemon’ in Italian) had a unique protein in their blood which made them immune to heart disease. Incredibly these residents of Limone remained unaffected by heart disease even if they smoked, drank alcohol or ate large quantities of animal fat.

This discovery was wonderful for the livelihood of the people who lived in Limone; nowadays a million tourists visit their town between March and November each year. That makes 4,000 tourists per day — four times the actual population of the town. It is popularly believed that the protein must come from the lemons, which the town has grown for centuries. Until the discovery of the protein, the fruit was the only real source of income for the townspeople. Scientists have named this mysterious chemical ‘apolipoprotein A1 Milano-Limone’. It is carried by 235 people, who are all descendants of a couple who married in Limone in 1644.

Lemons, which were brought to Europe from the Middle East in the 12th century, have many well-documented powers. Over the years they have been used to treat all sorts of illnesses, including typhoid, malaria, migraine and rheumatism. At its peak in the 19th century, the lemon industry in Limone produced as many as 15 million of the fruit annually. The crop was so successful because of the situation of Lake Garda: although

it is relatively far north, it is shielded from the winter cold by the mountains which surround it. Also, the lemon growers here used ‘limonaiae’ in which to grow the lemons — rows of white stone columns linked at the top by wooden beams to form a frame that could be covered over with glass in winter or left open in warm weather. The writer D.H. Lawrence described them in his *Twilight in Italy* as ‘like ruins of temples ... as if they remained from some great race that had once worshipped here’.

Nowadays, sadly, competition from southern lemon producers has meant that Limone concentrates more on its tourist industry than on lemon growing and even sells ceramic lemons as souvenirs. The few remaining growers still produce the best quality lemons, however. Signor Ezio Ceruti, a lemon producer, says, ‘To grow these lemons you need to love the trees and learn from the old people who still remember how it was once done. The trees respond by being healthy and producing beautiful fruit.’ Although scientists do not yet know for certain whether this fruit contains the magic ingredient that protects the people of Limone against heart disease, Signor Ceruti’s recommendation for health is simple: each day slice a whole lemon into a mug, fill with boiling water, cover, leave overnight, then strain and drink.



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..... [1]

..... [1]

..... [1]

..... [1]

..... [1]

..... [1]

..... [1]

..... [1]

[Total: 8]

TEST 1

Exercise 5

Read the following article about the Fairtrade organisation and then write a summary describing its benefits to small farmers.

Your summary should be about 100 words. You should use your own words as far as possible.

You will be given up to 6 marks for the content of your summary, and up to 4 marks for the style and accuracy of your language.

If you think Fairtrade is just about selling coffee and tea, wake up and try our chocolate chip cookies. Why not try some Fairtrade muesli, spread a little marmalade or honey – Fairtrade of course – on your bread, and drink a glass of Fairtrade orange juice? Choose too from fresh Fairtrade bananas, mangoes, plums, oranges, pineapples, grapes and lemons. You can even choose a bunch of our hand-picked flowers.

To many of us, international trade seems an issue that does not affect us – but when world prices of cocoa or coffee beans, for example, fall it can have a devastating impact upon the lives of millions of small-scale farmers. This forces many producers into debt and many lose their land or their home and consequently their livelihood. If their means of making a living is taken away from them, they are left helpless.

Fairtrade’s function is to prevent this and to ensure that all the farmers they work with get a guaranteed fair price for what they have grown, whatever the world situation. Sometimes small farmers do not even earn what it has cost them to produce their crop, but the formation of the Fairtrade certification system in the late 1980s has helped to put this situation right and has ensured a better, more stable future for thousands of producers and their families. Now many are able to build their own houses and send their children to school for the first time. Supermarkets and other retailers buy the crops direct from certified producers so that consumers can choose to buy products with the FAIRTRADE



Guarantees
a **better deal**
for Third World
Producers

Mark, knowing they are helping the farmers who grew them.

This type of trading has brought dramatic results to the lives of some farmers. In the Dominican Republic, for example, banana producers report very positively. Since 2000 when they started selling to Fairtrade their lives have been transformed. Farmer Alfredo Martinez, who was once at the mercy of wildly changing market prices, says ‘Now I have a regular income and food for my three children.’ After years of living in poor-quality rented housing, farmer Gregorio Alvarez is finally building his own home since starting to sell his banana

crop into the Fairtrade system.

The Fairtrade ‘premium’ (an additional amount paid to producers to invest in social, economic and environmental projects) has enabled Dominican farmers to provide toilets and fresh water supplies for their communities. In one area they used it to set up a community canteen where local people can get a midday meal at a reduced price. Even local sports teams have been helped with free uniforms and equipment.

Fairtrade certified products are now sold in mainstream shops in 20 countries. The range of goods is growing all the time, and so is their popularity with consumers. So look for the distinctive FAIRTRADE Mark and choose these high-quality products – not only will you enjoy them, but other people will benefit from your purchase. For more information, visit www.fairtrade.org.uk.

TEST 1

Exercise 6



Recently you were invited to an important family celebration held in another town. Unfortunately you were delayed on the journey and arrived late. Write a letter to a friend explaining what happened.

Your letter should be about 150–200 words long.

Don't forget to include:

- why the celebration was being held
- what kind of problem you had on the journey
- what happened in the end.

You will receive up to 9 marks for the content of your letter, and up to 9 marks for the style and accuracy of your language.

TEST 1

Exercise 7

Your local newspaper is leading a campaign to open a post office in your village, which will also provide internet and international telephone facilities for the community. The editor has asked people to write to the newspaper saying whether they support this idea. Here are some of the comments received:

‘It’s a long walk to the nearest post office at present.’

‘We’re looking forward to being able to buy stamps and send parcels from our own village.’

‘I haven’t got a computer at home and I’d like to be able to use the internet for information and communication.’

‘It will cause all sorts of problems - people will crowd in to use it and drop rubbish everywhere.’

‘It will create several new jobs in the village, which we really need.’

Write a letter to the newspaper giving *your* views about the idea. Your letter should be about 150–200 words long.

Begin your letter ‘Dear Editor’. Do not write an address.

The comments above may give you some ideas, but you are free to use any ideas of your own.

You will receive up to 9 marks for the content of your letter, and up to 9 marks for the style and accuracy of your language.

[18]