

Marathon Dreams

The idea of taking part in long-distance running races

seems (0) After all, who hasn't watched TV

APPEAL

(17) of the London or New York Marathon and been

COVER

moved by the stories of everyday people tackling that most

epic of (18) races. From the comfort of your armchair,

ENDURE

your heart swells with (19) for the contenders as they

ADMIRE

cross the finish line, on the point of (20), yet exhilarated.

EXHAUST

Inspired, you vow to (21) your own previous fitness

GAIN

levels and do something similar. In fact, tomorrow you'll put on

your trainers and have a go at 20 minutes around the park.

But when tomorrow comes, the motivation is not quite so strong.

(22), you give up because you find the wet weather rather

POSSIBLE

(23), or you make the effort and ache terribly afterwards.

COURAGE

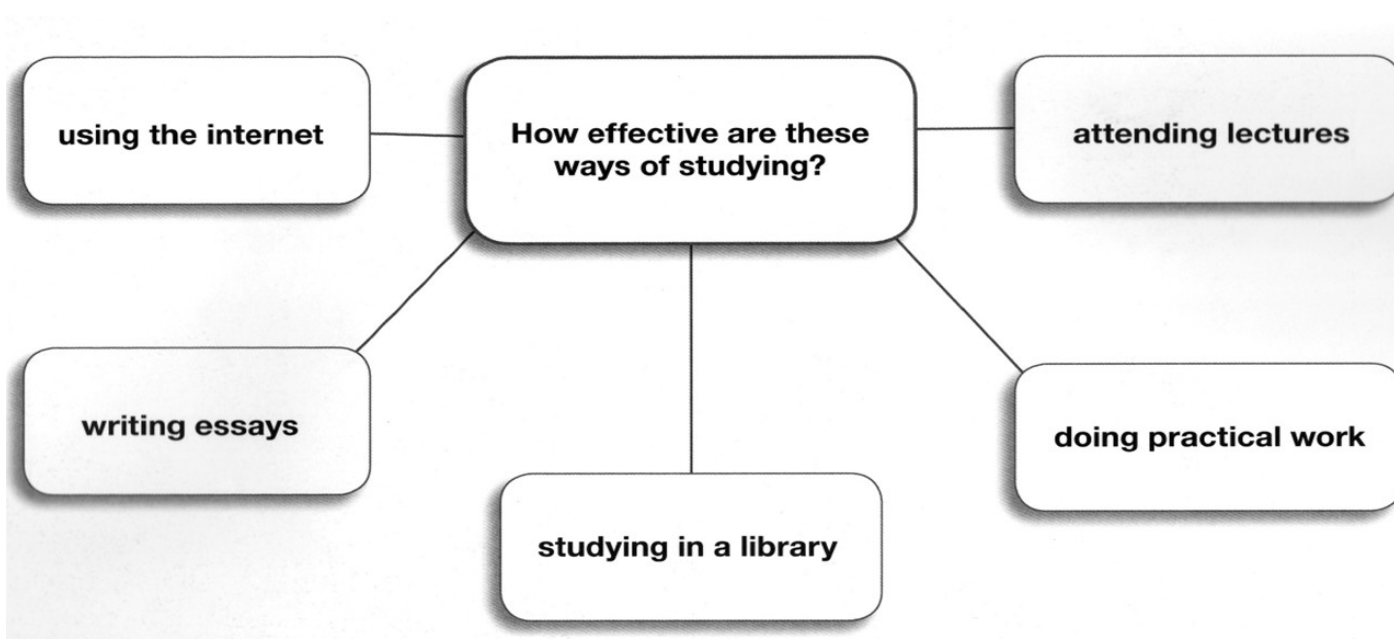
This happens when you try to do too much too soon. Indeed,

top runners say that it's (24) to begin with a trip to the

ADVISE

doctor to see if you are physically fit enough to embark on

the training.



- Do you think people learn more on their own or when they study with a friend? (Why? / Why not?)
- To what extent does the best way of studying change according to what subject is being studied? (Why?)
- What study advice should schools give to young people who are about to go on to higher education? (Why?)
- Why are evening classes popular with many people who work during the day?
- What are the advantages and disadvantages of online courses? (Why?)

TASK ONE

For questions 21–25, choose from the list A–H each speaker's present occupation.

TASK TWO

For questions 26–30, choose from the list A–H the activity in which each speaker won a competition.

While you listen you must complete both tasks.

| | | |
|-------------------------|-----------|-------------------------|
| A pilot | Speaker 1 | <input type="text"/> 21 |
| B factory worker | Speaker 2 | <input type="text"/> 22 |
| C lawyer | Speaker 3 | <input type="text"/> 23 |
| D politician | Speaker 4 | <input type="text"/> 24 |
| E professional gardener | Speaker 5 | <input type="text"/> 25 |
| F business manager | | |
| G artist | | |
| H engineer | | |

| | | |
|-----------------------|-----------|-------------------------|
| A playing golf | Speaker 1 | <input type="text"/> 26 |
| B nature photography | Speaker 2 | <input type="text"/> 27 |
| C short-story writing | Speaker 3 | <input type="text"/> 28 |
| D general knowledge | Speaker 4 | <input type="text"/> 29 |
| E growing vegetables | Speaker 5 | <input type="text"/> 30 |
| F playing chess | | |
| G cookery | | |
| H designing jewellery | | |

Choose the two correct contrast links in *italics* in each sentence.

- 30 years ago almost everyone lived in the countryside *whereas / even though / while* nowadays most people live in cities.
- Whereas / Although / However* the poorest 10% have become poorer, the richest 1% are now even richer.
- In spite of / Despite the fact that / Even though* aid has increased, famine still exists.
- A generation ago most doctors were male. *In contrast / While / However*, today the majority are female.
- Contrary to / Whereas / In spite of* what many people think, discrimination is still common.
- By law all children must attend school. *Nevertheless / Despite this / Although*, many still work in the fields.
- In spite of the fact that / In contrast / Though* the war is over, the border region is still dangerous.
- The south of the country is flooded. *Conversely / Contrary to / On the other hand*, the north is suffering from drought.

Complete the second sentence so that it means the same as the first sentence.

- 1 Many ordinary criminals have been released, though political prisoners remain in jail.
Whereas
- 2 Health care has improved, but it is still not up to international standards.
Even
- 3 Although unemployment has fallen, the number of homeless people has risen.
In spite
- 4 Though the workers' income is increasing, their quality of life is going down.
On the one hand
- 5 That country produces a lot of food, but ordinary people have little to eat.
Despite the fact
- 6 Some people say that we spend enough on overseas aid, but this isn't true.
Contrary.....
- 7 In spite of the rise in fruit prices, farmers are getting paid less.
Although
- 8 The Government bans all opposition but claims the country is a democracy.
The Government claims the country is a democracy. Conversely,
.....

Write your answer in 220–260 words in an appropriate style.

You have listened to a discussion on how people in richer countries can be made more aware of poverty in other parts of the world. You have made the notes below:

Ways of raising awareness of poverty as a global issue.

- education
- campaigns by charities
- increased media coverage

Some opinions expressed in the discussion:

"Schools should teach every child the terrible effects of poverty."

"We should support charities that expose the awful reality of poverty."

"People would be shocked if they saw real poverty on TV every evening."

Write an essay for your tutor discussing **two** of the approaches in your notes. You should **explain which approach you think would be more effective, giving reasons** to support your opinion.

Read the model essay in the next column and answer these questions.

- 1 In which paragraph does the writer introduce the topic?
- 2 Which two of the notes does she use? In which paragraphs?
- 3 Which of the opinions expressed does she include, and where?
- 4 Which approach does she prefer? Where does she state this? What reasons does she give?
- 5 Is her essay the right length? Is it fairly formal or quite informal in style?
- 6 Which contrast links does she use?

There exists today an ever-widening wealth gap between different parts of the world, with an increasing number of people living in extreme poverty. Urgent measures are needed, and the first step must surely be to raise awareness in richer countries of just how desperate the situation is. To achieve this, there would appear to be two possible approaches.

Firstly, the media could cover world poverty much more frequently and in far greater depth. Currently, television rarely focuses on this human tragedy, despite the awful conditions in which hundreds of millions of people spend their entire lives. Regular in-depth reports, however, would surely bring it home to viewers that this appalling situation never goes away, leading to greater pressure on governments to take steps such as increasing overseas aid.

Schools could also have an important role to play. Although it is essential that pupils are taught about the social problems of their own country, attention should also be paid to the difficulties of those, especially children, in poorer nations. Students need to learn why such terrible living conditions exist, both by studying the history of those countries and by looking at the political, economic and social factors that make poverty so difficult to eliminate.

Nevertheless, relying on the education system would take many years to bring results, whereas change is needed right now. It should also involve the whole population, not just young people. Only the media can have this immediate impact, and nowadays it is only the media that almost everyone pays attention to.