

TASK 1
CHILDCARE COSTS

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	C	B	B	A	A	A	B	C	A

TEXT

For the first time in decades, the number of women not returning to work after having a baby is on the rise (0). To find the reason why, we don't have to look much further than the spiralling cost of a full-time nursery place for a child under two, which has risen from an average of £236 a week in 2018, to £274 in 2022. That means, for many women with two or more young children, the cost of childcare far outstrips their salary (1).

We are also witnessing the gendered after-effects of the height of the pandemic, when mothers of small children lost work at three times the rate of fathers.

These women are described as "economically inactive", a misnomer that lays bare the extent to which our economy fails to acknowledge the unpaid labour of women. Some commentators have suggested that the number of women leaving the workforce is the result of a "realignment of priorities", which suggests that it is a pleasant choice women have happily made for themselves (2). But a survey of 27,000 parents revealed that childcare costs have forced 43% of mothers to consider leaving their jobs.

As always, it is the most vulnerable mothers who are paying the highest price. The cost of living crisis means that one in four parents have had to cut down on necessary expenses such as food or heating to afford childcare, choices no family should have to make.

And it isn't only the cost of childcare that is holding women back, but also the difficulty of accessing it in ways that fit around paid work. With the government sending a strong message that it expects employees to return to offices, many women have found that their employers aren't prepared to accept reasonable flexible working requests (3) that would allow them to make childcare and working hours compatible. It seems to have escaped the government's notice that not all of us are incapable of working effectively from home without being distracted by chunks of cheese. For some women, the ability to work flexibly isn't a matter of snacks, it's the choice between holding down a job or being forced out of the workplace.

The preschool years may be a relatively short period, but they have long-lasting effects. Women who return to work after a childcare break when their children start school will face the prejudice and disadvantages of a system that views their time off as a black mark on their CV, and does not recognise the injustice that caused it (4), nor appreciate the stunningly complex set of skills they will have acquired during that time. When the labour of childcare goes unpaid and underappreciated, so too do the transferable skills that come with it.

Further down the road we are creating another timebomb: the eventual impact on the pensions of women who are already fighting the unjust impact the system has had on them. When a system is built by and for men, when women are simply not included in the equation, they will continue to be collateral damage (5).

Perhaps most outrageous of all is that the government's response to this has been to suggest trying to make childcare cheaper, by loosening the rules around the number of children that nursery staff can care for (6), a proposition described by experts as a "disaster for the sector". Research has shown that less regulation leads to poor-quality provision, without fees going down. Ratio relaxations would only exacerbate the already existing crisis of recruitment and retention of early-years staff.

Government investment is needed desperately. The average wage in the UK early-years sector is a measly £7.42/h (below minimum wage), yet 86% of childcare providers say that government funding for the three- and four-year-old early entitlement scheme **does not cover the cost of delivering places**, causing many to operate at a loss and **a significant number of settings to close their doors permanently (7)**, adding yet further pressure on working parents as places become increasingly scarce.

The UK could learn a few lessons from Luxembourg, where the government provides subsidised childcare to all children aged between one and four. Or Iceland, which offers lengthy non-transferable leave to both parents. Mandating the right to flexible working (rather than the toothless “right to request”) and normalising uptake among men as well as women, would also be steps in the right direction toward sharing the burden of childcare equally.

There are solutions (8) that can support our children’s development and women’s careers. The real question is whether our cabinet – comprised of six women and 17 men – care to implement them.

(theguardian.com/commentisfree/2022/jun/15/childcare-costs-women-britain-work-mothers, 29/12/2022, 760 words)

TASK 2

EVERYTHING YOU NEED TO KNOW ABOUT 3D BIOPRINTED HUMAN ORGANS

ANSWER BOX

GAP	0	9	10	11	12	13	14	15	16	17
SENTENCE	D	G	J	B	C	E	I	A	L	M

TEXT

Ways to Make It Happen

Biomedical researchers were able to effectively create a 3D model for bladder, cartilage, and skin tissues and perform successful transplants in the 1990s. **However, the 3D modeling of major organs was not practicable (0)**. In the 2010s a fully bioprinted 3D model of a kidney was created using stem cells that were taken from a human. However, the kidney model did not last for long. **In the year 2020, a significant breakthrough was made when a 3D model of a tiny kidney was successfully printed and survived (9)**.

The Organ Printing Procedure

The procedure of bioprinting human organs is not the same as any other 3D printing technology (10). Other 3D printing technologies print out models of structures using plastics, metals, graphites, and carbon fiber. Bio printers, on the other hand, use bio-ink that contains biological matters to print out biological organs.

Bio ink containing living cells and essential nutrients is used to layer up tissues on top of one another to create a 3D model of living cells along with their bio-chemicals which mimics the natural state. **After being printed, the printed organs should function as natural organs, allowing nutrients to flow and tissues to regenerate (11)**. The overall procedure of bioprinting an organ is as follows:

- Defining the function of the 3D model
- Characterizing the details of creating layers of tissues according to the defined function of the model.
- Designing a 3D structure of the model
- Feeding the bio-printer with all the design protocols of living cells and biochemicals
- Allowing maturation process to culture the biochemicals fed into the bio-reactor

Benefits of Bioprinting Organs

The most essential benefit is that organ donors are not required at all. Many have lost their lives due to a lack of organ donors. **Bio-printing technology is reassuring custom-made models of biological organs to be used (12).** In addition, since bioprinted tissue models utilize living cells that are extracted from patients' own cells, there won't be risks of organ rejection.

In addition, the practice can be used as an effective educational tool during surgical training (13). Surgeons can have the opportunity to calculate all possible odds prior to operations in a realistic 3D printed model.

Combating Organ Trafficking

Organ transplanting is one of the most astonishing achievements of the medical field (14). However, due to the scarcity of supply of organs, according to several reports, criminal groups targeted underprivileged groups of the society for illegal organ trafficking.

The good news is that bioprinting organs can be used as an excellent solution for combating organ trafficking as it can eventually avoid the need for receiving organs from humans. **After all, why harvest humans' organs when it's possible to make a custom-made organ of one's own (15).**

Present Day Challenges

At the current stage of development, bioprinting human organs is still a science-fiction scenario. There has never been a transplant of major organs, besides tissues of skins, bladder, and cartilage. **This is due to the difficulty in replicating the complex bio-chemical environment of the human body (16).** Furthermore, the nozzle of the bioprinters is extremely narrow to pass the high-density complex forms of biochemicals in the bio-ink solution.

Another downside of the technology is that it is absolutely expensive. **This means it's only beneficial to those who can afford it (17).** Besides, due to the significant processing time for tissue growth, printing realistic 3D organs takes a long time.

(youthtimemag.com/everything-you-need-to-know-about-3d-bioprinted-human-organs, 09/01/2023, 564 words)

TASK 3
SOLO TRAVEL IDEAS

ANSWER BOX									
TRIP	0	18	19	20	21	22	23	24	25
PHRASE	D	C	F	A	B	K	H	L	E

TEXT

Here's our pick of the top trips to take if you're going solo.

D. Best for... a grand tour

0. India by rail: Dozens of books have been written about Indian rail, but perhaps only *The Great Indian Railways* captures the wonder of **a behemoth made of 42,226 miles of track, 108,000 daily services to**

7,325 stations and 1.2 million employees. This 15-night solo departure includes airport lounges and a tour of the Golden Triangle by first-class train.

C. A glimpse at local agriculture

18. Splendorous of Sri Lanka: This two-week *Splendours of Sri Lanka* tour follows the classic circuit from Colombo to Wilpattu National Park before heading through the island's green heart via the ancient cities of the Cultural Triangle, **the tea country** and the beach. There's a bit of climbing and the odd hike involved, so you do need to be mobile.

F. Active travellers

19. Explore the Canadian Rockies: Look north from Waterton Lakes on the second day of this eight-day camping trip to the Canadian Rockies and spare a thought for Alexander Mackenzie, the explorer who made the first east-to-west crossing of America in 1793. You'll be following in his footsteps as part of a new small-group adventure that takes you from Calgary to Lake Louise and the Iceline Trail. **It's a demanding itinerary requiring a decent level of fitness and includes hiking**, rafting and camping under a billion stars

A. A 'legendary' experience

20. Magic of Ireland: There are gogochs, or fairies, in Donegal, and islands formed from rocks thrown by irritated giants. It's a county so far from Dublin that it seems to have developed in isolation. You have six days to explore **this myth-ridden land**, crossing the border to see the Giant's Causeway, exploring Donegal Town and visiting wild Malin Head, the Doagh Isle Famine Village and Glenveagh Castle. **You'll hear stories told** in song in the pubs and bars of Letterkenny, your base for this stirring solos tour.

B. A chance for romance

21. Douro river cruise: Solo tours aren't necessarily quests for love, but let's face it, a slow cruise up the Douro river fuelled by red wine and the warm Portuguese sun is going to be unavoidably unforgettable. The itinerary lists eight guided visits and excursions, on-board fado music and lots of time to sit and watch the hill villages slide by. **Who knows what could happen...**

K. Letting the wind carry you in style

22. Turkey by gulet: A gulet is a hand-built, two or three-masted **wooden sailing ship**, often made in the shipyards of Bodrum and Marmaris. It offers the **most luxurious way to explore** Turkey's Turquoise Coast — dining on fresh fish, swimming off empty beaches and, on deck or in your private cabin, enjoying perhaps the most restful sleep you'll experience. The only thing wrong with this solo-only seven-night cruise is that it's too short.

H. Hassle-free exploring made easy

23. The heart of Italy: The tour operator Leger has thought of everything for this eight-night Treasures of Tuscany, Rome and the Green Heart of Italy tour for solos: pick-up from your home if you want it; **no flights; one base** — Hotel Astra in the spa town of Chianciano Terme — for the entire trip, so **you don't have to pack up every day**; your own room; and an itinerary that does what it says on the tin, visiting Florence, Assisi and Rome.

L. Visiting at a peak moment

24. Safari in Botswana: Baboon burglary and elephant trespass are manageable irritants in the bush, but the biggest deterrent to solo travellers remains the single supplement. Lebala Lodge and Lagoon Camp in the Linyati have done away with the supplements for green-season travel between November and March. "Green" is a euphemism for rainy, but don't be put off: **this is the time when wildlife activity is at its most frenetic**.

E. A way of staying connected

25. Happy ever after in Italy: It's easy to find happiness on holiday, but the feeling can be hard to recreate at home. *Borgo Egnazia*, a spa resort in the Puglian countryside, believes that true and lasting happiness can be attained by a **body and soul approach** that begins, rather unromantically, with a questionnaire but advances through a six-day programme of group and individual classes designed to **help you to forge lasting relationships with others and to understand your inner self**.