

TASK 1
WHY HAVING A HOBBY MATTERS

ANSWER BOX

EXTRACT	0	1	2	3	4	5	6	7	8
STATEMENT	F	E	J	I	D	H	C	A	K

Distractors: B, G

TRANSCRIPT

Having a hobby that we enjoy brings us joy and enriches our lives. There are many reasons why all of us should have at least one hobby, but here are the main advantages:

F. helps you use your time well.

0. It helps prevent bad habits and wasting time. There is an old saying that idle hands are the devil's workshop. If you have good hobbies to fill up your free time, then **you will be less likely to spend that time on wasteful or negative activities.**

E. helps you teach others.

1. People who have hobbies have experiences and stories that they can share with others. **They also have specialized knowledge that they can teach to anyone who also has an interest in the same topics as they do.**

J. reduces the level of stress.

2. It helps to **relieve stress** by keeping you engaged in something you enjoy. **Hobbies give you a way to take your mind off the stresses of everyday life.** They let you relax and seek pleasure in activities that aren't associated with work, chores, or other responsibilities.

I. makes you realize that learning takes time.

3. **Hobbies help you become more patient.** In order to develop a new hobby, you have to learn how to do something that is brand new to you. The odds are there will be a learning curve and **you will need to be patient in order to build your skills.**

D. helps you meet new people.

4. Having a hobby can help your social life and create a bond with others. A hobby is something that you can frequently enjoy with other people, whether you join a club, play in a league, or just give to others with the fruits of your labour, **a hobby is a great way to meet and get closer to people** who have the same interests as you do.

H. makes you feel more confident.

5. **It increases your confidence and self-esteem.** The odds are that, if you really enjoy an activity, you are usually pretty good at it. Any activity that you can excel in is an opportunity for you to build your confidence and develop pride in your accomplishments.

C. gives you something to fill your time.

6. Hobbies help reduce or eradicate boredom. **They give you something to do when you find yourself with nothing to fill your time.** They also give you an activity that you can look forward to and get excited about.

A. allows you to develop new talents.

7. **It helps you develop new skills.** A hobby that you really dedicate your time to will lead you to build new skills. As you spend more time at your hobby, you will become better and better at it.

K. shows a different view of things.

8. It enriches your life and gives you a different perspective on things. No matter what type of hobby you choose, you will definitely be exposed to new ideas. Hobbies help you grow in various ways, including exposing you to new opinions and to new ways to look at life.

(Adapted from: youtu.be/-UFgAjuaTSw?si=vRTfPFRApRe1Dqfm, 3:07 minutes)

**TASK 2
FACTS ABOUT COLDS**

ANSWER BOX

STATEMENT	0	9	10	11	12	13	14	15	16
ANSWER	C	A	B	B	A	C	B	B	B

TRANSCRIPT

Narrator: Do you think getting cold can give you a cold? Is it bad to drink milk when you have a cold? Can chicken soup cure a cold? **Ranit Mishori is a family medicine doctor at Georgetown University Medical Centre in Washington (0).** She says colds are more common in winter. But not because of low temperatures. The cold weather just means people stay inside more.

Mishori: **People tend to congregate and be together, and the way the common cold virus is transmitted from one person to another is through handshakes (9),** through sneezing or coughing on one another.

Narrator: **Adults generally get 2 to 3 colds a year (10).** Children are likely to catch four or five. Doctor Mishori says some people mistakenly believe they can become resistant to colds.

Mishori: **There are about 200 different viruses that cause the common cold; people think that once you get infected one time, you develop immunity for the rest of your life. This is wrong (11).**

Narrator: There is still no cure for the common cold, but Doctor Mishori says there are ways to feel better sooner.

Mishori: So, if you get a cold on day one and you start **taking about two grams of vitamin C a day, there is evidence that it might shorten the number of days that you will be suffering with these symptoms (12).**

Narrator: She says honey can also help.

Mishori: There's increased evidence that it helps shorten the duration of, of the common cold, sometimes even by two to three days.

Narrator: Doctor Mishori says **honey seems to be especially effective in children with colds (13),** but the Agriculture Department says never to feed honey to babies less than one year old. It says even honey in prepared foods may contain substances that can make babies very sick. Some people believe in treating a cold with chicken soup, does it work?

Mishori: **Chicken soup has anti-inflammatory properties (14),** so it helps reduce the duration of the, of the cold but also it helps clear the mucus.

Narrator: Mucus is the sticky substance that can make you cough and have trouble breathing during a cold. Have you ever heard the old saying, "feed a cold, starve a fever"? Doctor Mishori says this is not necessarily a good guideline to follow. She says if you have a cold but do not feel hungry, then don't eat.

Mishori: But you have to drink a lot and you can drink water or you can drink tea. **Anything that gets fluids into your body (15).** That's very important.

Narrator: But what about drinking milk during a cold? Some people think it only causes more mucus. Doctor Mishori says yes and no.

Mishori: Dairy products do not cause increased secretions, but they can thicken the secretions. So, **it's possible that the discomfort is somewhat more enhanced when you drink milk (16)**, but obviously if you're a baby and that's all you drink, you should not stop giving babies milk.

(Adapted from: manythings.org/voa/health/4072.html, 3:35 minutes)

TASK 3 MARCO POLO

ANSWER BOX

GAP	WORDS
0.	1254
17.	small sections
18.	(the) goods
19.	leader
20.	adventures
21.	south
22.	luxury
23.	twenty years
24.	a writer / Rustichello
25.	available

TRANSCRIPT

Marco Polo was a merchant and explorer who travelled throughout the Far East and China for much of his life. Marco was born in Venice, Italy, in **1254 (0)**. Venice was a wealthy trading city and Marco's father was a merchant.

The Silk Road

The Silk Road referred to a number of trade routes that went all the way from Eastern Europe to Northern China. It was called the Silk Road because silk cloth was the major export from China.

Not many people travelled the entire route. Trading was mostly between cities or **small sections (17)** of the route and products would slowly make their way from one end to the other, trading hands several times. Marco Polo's father and uncle wanted to try something different. They wanted to travel all the way to China and bring **the goods (18)** directly back to Venice. They thought they could make their fortune this way. It took them nine years, but they finally made it home.

Marco first left for China when he was 17 years old. He travelled there with his father and uncle. His father and uncle had met the Mongol Emperor, Kublai Khan, during their first trip to China and had told him they would return. Kublai was the **leader (19)** over all of China at the time.

It took Marco Polo three years to get to China. Along the way he visited many great cities and saw many sites including the holy city of Jerusalem. He met a lot of different types of people and had many **adventures (20)**.

Marco lived in China for many years and learned to speak the language. He travelled throughout China as a messenger and spy for Kublai Khan. He even travelled far to the **south (21)**, where Myanmar and Vietnam are today. He saw many places and things that no one from Europe had ever seen before.

Marco was fascinated by the wealth and **luxury (22)** of the Chinese cities and of Kublai Khan's court. It was nothing like he had experienced in Europe.

After **twenty years (23)** of traveling, Marco, along with his father and uncle, decided to head home to Venice. They left home in 1271 and finally returned in 1295. A few years after returning home, Venice fought a war with the city of Genoa. Marco was put under arrest. While he was under arrest, Marco told detailed stories of his journeys to a **writer (24)** named Rustichello, who wrote them all down in a book called *The Travels of Marco Polo*.

The Travels of Marco Polo became a very popular book. It was translated into multiple languages and read throughout Europe. After the fall of Kublai Kahn, the Ming Dynasty took over China. They were very wary of foreigners and little information about China was **available (25)**. This made Marco's book even more popular.

(Adapted from: ducksters.com/biography/marco_polo.php, 2:56 minutes)