

TASK 1
SCHOOL RULES IN JAPAN

ANSWER BOX

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

DISTRACTORS: A, J

TRANSCRIPT

B. Classroom kept tidy by students

0. Imagine walking into a classroom and seeing students scrubbing floors instead of sitting at desks. In Japan, **students participate in a daily cleaning ritual for their classrooms**, hallways, and restrooms just before lunch.

E. Meal preparation training

1. How would you feel if **you had to make your own lunch every day**? In Japan, **students bring their own bento boxes for lunch, turning mealtime into a culinary art** that reflects parental love and care.

I. School clothes reflect cultural values

2. Ever thought your school uniform was strict? You haven't seen anything yet. Japanese schools have some of the strictest dress codes in the world. **Students wear uniforms that represent their school while promoting discipline and unity**. Interestingly, there's often a switch between summer and winter uniforms to match the seasons.

G. Remove footwear worn outside

3. What if I told you that shoes are banned in Japanese classrooms? That's right. **Students must wear indoor shoes or uwabaki**. They switch from outdoor to indoor shoes as soon as they enter the school. Often, students have designated cubbies to neatly store their outdoor shoes.

D. Leave your devices at home

4. Think you can sneak a peek at your phone during class? Not in Japan. In Japanese schools, **smartphones and tablets are a no-go during lessons**. This rule helps students focus on their studies without distractions. Instead of texting or scrolling, they engage fully in discussions and learning activities.

K. The culture of working together

5. Do you love group projects? In Japan, **group projects aren't just common; they're mandatory**. Students often work in teams to complete assignments, promoting collaboration and communication. This method teaches them how to work with others, resolve conflicts, and share ideas.

C. Demonstrations of classroom etiquette

6. In Japan, bowing is a sign of respect, and **students bow to their teachers at the start and end of each class**. This cultural norm highlights the importance of respect in the classroom, reinforcing the student-teacher relationship, and showing appreciation for the teacher's efforts.

H. Respect personal space

7. How would you feel about a no-touch policy at school? **In many Japanese schools, physical contact is discouraged, meaning** no hugging or high-fives between students and teachers. While it may seem cold, this practice aims to maintain a respectful professional atmosphere.

F. No going home for meals

8. In Japan, **students aren't allowed to leave school grounds during lunch or breaks**. This rule is designed to ensure safety and maintain focus on studies. Instead of heading out for a snack, students enjoy their meals in designated areas within the school.

(Adapted from: youtube.com/watch?v=BcXwA5KP2mU, 3:05 minutes)

TASK 2

THE QUIET POWER OF INTROVERTS

ANSWER BOX

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

TRANSCRIPT

I am an introvert, and I love it, and I'm not alone. **Introverts are everywhere (0)**. And our quiet approach to life, our need for solitary time, isn't a flaw. It's a gift.

But as an introvert, it's not always easy to realize how wonderful you are. **The world feels like a place that rewards extroverts. Where being loud is mistaken for being confident (9)** and happy. Where everyone has something to say, but nobody listens. A world of open plan offices, networking parties, and big personalities. **For those who speak softly, it's easy to feel left out (10)**.

As a child, I blended into the background. **Many thought that I had little to say or that I simply didn't like others. But that wasn't true (11)**. People often think introverts are shy or antisocial, **but these are misconceptions (12)**. Introverts, like anyone, can find socializing fun, but while parties leave extroverts energized, after some time, introverts need to recharge away from everyone.

There's a scientific theory for this. There are two important chemicals found in all our brains: dopamine and acetylcholine. Dopamine is like a hit of energy when we take risks or meet new people. And it makes extroverts feel great. **But introverts are more sensitive to dopamine (13)**, and get quickly overstimulated. That's why we prefer the more slow burn feeling we get when our brains release acetylcholine. That happens when we concentrate, read, or focus our minds. **It makes us introverts feel relaxed, alert, and content (14)**. But it barely registers with extroverts. Of course, like anything, it's a sliding scale. You can lean one way or another, or be a bit of both, known as an ambivert.

Now I understand myself better. I am deeply grateful for how I am. Instead of filling up space with small talk, I listen patiently and make my words matter. I have few friends, but our connection is deep. **I love spending time alone. It's where the chaos of a long day can finally settle (15)**. I can reflect and listen to my thoughts. And eventually reconnect with myself. Only after that, am I ready to share with the world again. I've learned strategies for finding comfort in our noisy world. From using music to create bubbles of peace, to escaping to a quiet park at lunchtime. I adore the intensity and chaotic beauty of the world. But it's in quiet spaces where I feel truly at home.

If introversion were more valued by society, it could make a massive difference to our collective future (16). The unique attributes of introverts really are a deep, quiet strength. And as Gandhi put it, in a gentle way, you can shake the world.

(Adapted from: youtube.com/watch?v=o1Y4Z0oh1GE, 3:30 minutes)

TASK 3
THE EIFFEL TOWER

ANSWER BOX

0.	entrance
17.	metals
18.	18,000 / eighteen thousand
19.	march
20.	temporary
21.	(valuable) way
22.	wind resistant
23.	rusting
24.	reddish brown
25.	inspiration

TRANSCRIPT

Over the streets of Paris, France, rises the Eiffel Tower. An internationally recognized symbol of France and one of the most famous structures in the world, the Eiffel Tower was originally built as the **entrance (0)** to the 1889 World's Fair, to celebrate the 100th anniversary of the French Revolution. More than 100 artists competed with plans for the monument.

But the contract was given to Alexandre Gustave Eiffel, a bridge builder, architect, and **metals (17)** expert, who had already designed the framework for the Statue of Liberty. The final design required more than **18,000 (18)** pieces of iron and 2.5 million rivets to construct. It took hundreds of workers more than two years to finish, and when it was completed in **March (19)** of 1889, it was almost 1,000 feet, or more than 300 meters high, more than twice the height of the pyramids at Giza, making it the tallest structure in the world until the Chrysler Building was completed in 1930.

The tower was originally meant to be a **temporary (20)** structure and only stand for twenty years. Many of the people of Paris disliked the tower. They thought it was ugly, or that it was dangerous and might fall down. By the time the tower was supposed to be removed; however, people had realized that it was a **valuable way (21)** to transmit wireless telegraph and radio signals, and city officials decided to keep it.

It continues to be used for communications today, with more than 100 antennas on it.

Despite its height, the Eiffel Tower is incredibly **wind resistant (22)**. It only sways up to five inches in wind, but when the side facing the sun heats up and expands, the top may move up to seven inches

from its original position. The tower is completely repainted every seven years to protect it from **rusting (23)**, using sixty tons of paint each time.

Originally, the tower was **reddish brown (24)**, and the colour was changed sometimes when it was repainted. It was once even painted yellow. These days, it is painted a bronze colour called Eiffel Tower brown. Today, the Eiffel Tower is the most popular paid attraction in the world, with about seven million visitors each year.

It has been the **inspiration (25)** for replicas and imitations around the world, from Japan to Guatemala to Las Vegas. No longer considered an eyesore, the Eiffel Tower is an icon of France and is inside the World Heritage Site that includes certain parts of Paris.

(Adapted from: [youtube.com/watch?v=DUafW5QkASA](https://www.youtube.com/watch?v=DUafW5QkASA), 2:53 minutes)