

# Early birds

Recent research suggests that teenagers find it biologically harder than others to get up in the morning and should start school later in the day. We decided to ask some people what they think about this idea and they prove it's certainly not true of all teenagers! Find out what inspires them to get out of bed early and get moving!

## A Camille

People say 'The early bird catches the worm,' but we're at the beach early because we're after waves, not worms! It's 6.30 a.m. and we're horse surfing. If you haven't heard of this sport, check it out. It's getting more popular every year.

It's basically a mix between surfing and waterskiing, but with a horse instead of a boat. My friend Manon rides her horse, with a rope attached to its saddle, and I surf behind them holding the rope. We got into it after seeing a video clip online. The guy in the video does incredible jumps, and although mine are much smaller, they're still amazing fun! It's only possible to go horse surfing on an empty beach – we don't want to crash into anyone. That means early mornings, unfortunately, but they're definitely worth it.

## C Petra

The 'golden hours' – that's what photographers call the hour after sunrise and the hour before sunset. When the sun is low in the sky, the light can be spectacular.

If you're into wildlife photography like my brother and I are, sunrise is the time to get the best shots. Lots of animals are out and about then, and there are rarely any humans to disturb them. Even in my local park, we come across a huge number of different species at that time.

I don't always feel like getting out of my nice warm bed when it's still dark and cold outside, and when I do, nine times out of ten I don't get a good photo. But that doesn't put me off, because the tenth time, wow! Capturing nature in all its beauty – what could be better than that?

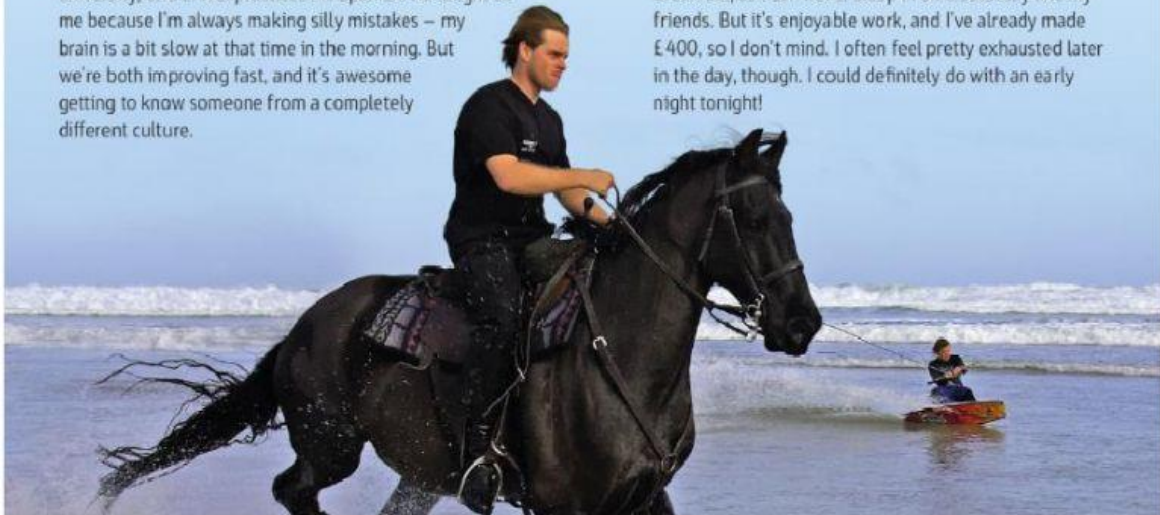
## B Antonio

Well, you'll probably think I'm mad, but I get up at 6.15 a.m. every day for a video chat with my friend Li Wei in China. The time is a bit crazy, I know, but we're both busy with school and other stuff, and China is fifteen hours ahead of this part of Mexico. So, 6.15 is the only time we can get together.

We've been doing this since I saw Li Wei's advert on a language exchange website about six months ago. I practise my Chinese (which is really useful because it's my ambition to study it at university) and Li Wei practises his Spanish. He laughs at me because I'm always making silly mistakes – my brain is a bit slow at that time in the morning. But we're both improving fast, and it's awesome getting to know someone from a completely different culture.

## D Josh

It's 5.45 on Saturday morning, and I'm baking bread. The first five loaves are already in the oven and they smell great. I've been selling bread to neighbours for the last three months. I'm aiming to make enough money to pay for a school trip to Kenya that I'm desperate to go on. It takes me about an hour every Friday evening to prepare the dough, and another three hours in the morning to do the baking. Most of my customers want their loaves for breakfast, so I can never sleep in on a Saturday like my friends. But it's enjoyable work, and I've already made £400, so I don't mind. I often feel pretty exhausted later in the day, though. I could definitely do with an early night tonight!



### exam tip: multiple matching

Sometimes the information you need isn't stated directly in the text. You have to infer the information from the evidence in the text by using logic.

Read paragraph B again. Which country does Antonio live in? Does he like Li Wei? Underline the evidence in the text that helps you to infer the answers.

- 4 e** Read the article again more carefully. Match the questions (1–10) with the people (A–D). The people may be chosen more than once.

Which person:

- 1 is doing the activity so that they can go abroad?
- 2 was inspired to do the activity by another person who does it?
- 3 can't always think quickly in the morning?
- 4 does their activity early in the morning because it's safer for others then?
- 5 is getting better at their activity?
- 6 does an activity that more and more people are choosing to do?
- 7 says they haven't had enough sleep at the moment?
- 8 isn't often pleased with the results when they get up early?
- 9 thinks the activity will help their education in the future?
- 10 likes how things look in the early morning?

- 5** Find words in the article that mean the following.

- 1 a small, long, thin animal without legs that lives in the ground (text A):  
w.....
- 2 a seat used for riding a horse (text A): s.....
- 3 further in the future than (text B): a.....
- 4 photos (text C): s.....
- 5 interrupt someone while they are doing something (text C): d.....
- 6 meet someone or see something by chance (text C): c.....  
.....
- 7 wake up later than usual in the morning (text D): s.....  
.....
- 8 quite (text D): p.....