Reading

To make your own dreams come true is good, but to make someone else's dreams come true is better. At just nine years old, even Conner Long knows this. His younger brother, Cayden, was born with cerebral palsy: this means he cannot walk or talk and will never be able to. Conner wanted to do something special for his brother to make the little boy's life better.

Have you ever tried competing in a triathlon? The race consists of swimming, running and cycling. Some of the toughest races in the world are triathlons and athletes have to be incredibly fit to take part. Conner Long takes part in these races and takes Cayden along with him. He pushes him in a special chair for the run; pulls him on a raft for the swim, and tows him in a cart for the ride. Their mother says that they always got on well, but working for the triathlon races has brought them even closer together. She says that it has made a huge difference to both their lives.

In their first triathlon, Conner only wanted to make it to the finish line. Now he has dreams of making it to the final and he and Cayden are training hard. Because of his cerebral palsy, Cayden can't get out of the house on his own. Whenever he is training or racing with his brother, he smiles and laughs. Conner says that this makes the extra effort worthwhile – and he now refuses to take part in a race on his own. 'It wouldn't be fair,' he says.

Another person hoping to make dreams come true by taking part in a triathlon is Dan Martin. He is planning to complete a global triathlon – swimming the Atlantic, cycling across Europe, Russia and Siberia, and running across the USA – to raise money to educate children in Africa. If he manages to complete all the parts of the race, it will be one of the most extreme endurance events ever finished. But just like Conner, he knows that his hard work will make a huge difference to the lives of others.

1 Read the article quickly. Choose the best title.

A Making a difference

B Making dreams come true

C Keeping control

2 Read the text. Choose the correct answer: a, b or c.

A. Cayden Long cannot …

a walk

b talk

c walk or talk

B. Which of these sports is NOT part of a triathlon?

a running

b kayaking

c swimming

C. How does Cayden take part in the swimming part of the triathlon?

a on a raft

b in a chair

c in a cart

D. Where will the swimming part of the global triathlon take place?

a the Atlantic

b Europe

c Africa

E. Why does Dan Martin want to do a global triathlon?

a to keep fi t

b to raise money

c to practise his swimming

3 Choose the correct meaning for the words.

1 competing (paragraph 2)

a taking part

b making a difference

c making it to the final

2 a raft (paragraph 3)

a something with an engine

b something with wheels

c something which floats on the water

3 refuses (paragraph 4)

a doesn't want to do something

b isn't happy to do something

c is afraid to do something

4 raise money (paragraph 5)

a earn money for yourself

b spend money

c collect money for charity

Listening

1. You will hear a radio interview with a music student. Listen and write a short phrase to explain why these words are mentioned.

1 burger

2 Biology

3 New York

2 Listen again and complete the sentences with a word or short phrase.

1 Raj's sister Nisha plays the .

2 A famous actress posted on her blog.

3 The music was originally written for .

4 Raj is going to go to to perform his music.

5 In his video, you can see Raj singing and dancing while dressed as a .