

Exercise 1. Complete the tasks below.

- a. Listen to [Track 1] *Completion (2)* and complete the notes below. Write **ONE WORD ONLY** for each answer.

LABYRINTHS

Definition

- a winding spiral path leading to a central area

Labyrinths compared with mazes

- Mazes are a type of (1)
 - (2) Is needed to navigate through a maze
 - the word 'maze' is derived from a word meaning a feeling of (3)
- Labyrinths represent a journey through life
 - they have frequently been used in (4) And prayer

Early examples of the labyrinth spiral

- Ancient carvings on (5) Have been found across many cultures
- The Pima, a Native American tribe, wove the symbol on baskets
- Ancient Greeks used the symbol on (6)

Walking labyrinths

- The largest surviving example of a turf labyrinth once had a big (7) At its centre

Labyrinths nowadays

- Believed to have a beneficial impact on mental and physical health, e.g., walking a maze can reduce a person's (8) Rate
- Used in medical and health and fitness settings and also prisons
- Popular with patients, visitors and staff in hospitals
 - patients who can't walk can use 'finger labyrinths' made from (9)
 - research has shown that Alzheimer's sufferers experience less (10)

b. Read the transcript for Track 1 and complete the table below.

Key words in the question	Their paraphrases in the audio
A type of	(1)
(2)	Find your way
Be come from	(3)
(4)	A state of
Centre	(5)
(6)	Slower breathing
Experience less from anxiety	(7)

Now, open the Student's book Fighter 4 and complete the following tasks.

Task	Requirement	Status
IELTS Practice task 2	Complete questions 1-5 (p.18)	☐
IELTS Practice task 3	Complete questions 1-6 and 7-10 (p.19)	☐
Vocabulary 1	Exercises 10, 11, 12, 14, 16 and 17 (p.27, p.28)	☐