

A day in the life of an airline pilot

Carole is an aeroplane pilot. She usually works during the week and has weekends off, but she sometimes works Saturdays or Sundays. When Carol has to work, her day usually starts very early in the morning. She wakes up at 4 a.m. and gets ready for work. She has a shower and gets dressed. She wears a uniform. At 4.30, Carole has cereal with milk and drinks a large coffee. After that, she packs her flight bag for the day.

At 5 o'clock, she gets in her car and drives to the airport. Before the flight, she meets the rest of her crew. The first officer helps her fly the plane and the cabin crew look after the passengers during the flight. They talk about the weather while they get on board the plane all together.

During the flight, the cabin crew give food and drinks to the passengers. Carole talks to the passengers. She gives them some information about the flight. She tells them how long the flight is, how fast they fly and how high they are. When they land at their destination, Carole says goodbye to the passengers and meets her crew to check if everything is OK. After work, Carol drives home.

Carol arrives home at 5 pm. At home, she does yoga for 30 minutes to relax. Then, she cooks some food and has dinner at 7 pm. After dinner, she checks her emails for 45 minutes. Flying a plane is very tiring and Carol goes to bed very early, at 9 pm. Sometimes, she reads a book for one hour before sleeping.

1. How many days does Carole normally fly every week?

a.two

b.four

c.five

2. What does Carole do at 4.30?

a.She wakes up

b.She eats breakfast

c.She packs her bag

3. What do Carole and her crew talk about?

a.the plane

b.the weather

c.the passengers

4. What does Carole NOT mention to the passengers?

a.The duration of the flight. (độ dài của chuyến bay)

b.Information about the destination.

c.The speed. (tốc độ)

5. After the flight, Carole _____.

a.says goodbye to the passengers

b.says goodbye to the crew

c.checks if the plane is OK

6. When does Carole cook dinner?

a.before going to bed

b.while watching TV

c.after doing yoga

7. How long does Carole read her book for?

a.30 minutes

b.45 minutes

c.60 minutes

Tips for travelling alone

Travelling alone seems scary if it's the first time you are going to leave the comfort of home. You will probably think about the potential risks or difficult situations. What happens if I get ill, or have an accident? Isn't it dangerous to go out alone at night? What happens if I get attacked? Isn't it strange to eat at restaurants alone all the time?

Most travellers have these worries and more before their first trip alone, but all these fears disappear when they see all the benefits of this great experience. Here I'm going to give you 3 tips on how to travel alone and have a good time.

Speak the language

Humans are sociable creatures. We all need to talk to other people. If you are travelling alone, it's a good idea to go somewhere you speak the language.

Sleep with the locals

Hotels are comfortable but very lonely, and hostels are perfect for people who travel alone, but you will only speak with other tourists. Try to rent a room in an apartment. This will give you a connection with local residents and they can give you a lot of tips on what you can do.

Don't be shy

Don't be afraid of asking. Ask for directions in the street, or ask about the place, the culture or the customs to the local people that you find in bars, parks, etc. You will be surprised how much people like to talk about their town or their culture. Remember you are alone. Asking can be an effective way to start a conversation and meet new people.

1. The writer thinks that travelling alone is...

a.worse than staying at your comfortable home.

- b.dangerous.
- c.a good idea.

2. The writer wants to...

- a.help people who want to travel alone.
- b.talk about the possible risks of travelling alone.
- c.talk about his or her experiences travelling.

3. If you travel alone, it's a good idea...

- a.to learn the language of the place before you go there.
- b.to go to a place where you can speak their language.
- c.to speak to other tourists.

4. The writer thinks that if you travel alone, hostels are...

- a.the best option.
- b.very good but not the best option.
- c.worse than hotels.

5. The local residents can help you...

- a.to find a good hotel or hostel.
- b.by giving you ideas for your trip.
- c.to find a cheap room that you can rent.

6. The best thing about asking is that...

- a.you get the information you need.
- b.you can find the places where you are going.
- c.you can talk to the local people.

ON THE PLANE

Let's continue our lessons about air travel. When we board (= get on) the plane, we are greeted by flight attendants who help us find our seat. Everybody must remember to put their carry-on bag in the overhead locker (= a special cupboard where we keep our bags during the flight) and fasten (= fix together) their seatbelts when a plane takes off (= leaves the ground). It is very important to be safe on the plane. If there are some problems during the flight (= a trip by plane),

the plane can be delayed (= late). Before the plane lands, we need to fasten our seatbelts again and put our seat in the upright position (= a position in which we can only sit). Now we are ready to finish our flight safely.

Complete the sentences with words from the text

1. If you want a drink on the flight, you have to call the flight
2. Please put your seat in the position before we land.
3. I will take the camera with me on the plane in a bag.
4. Please fasten your
5. The plane is ready to take – it will leave the ground (rời khỏi mặt đất) any minute now.
6. Please put your bags in the overhead

NO TOILETS

One of the cheap airlines has announced recently that, in an attempt to maximize profits and increase the number of seats that can fit on a plane, they are considering getting rid of toilets on their planes. As a result, eight more passengers might be able to travel on each of the altered machines. The airline spokesperson assures the travelers that only short-distance flights will be affected, as most people are able to hold their biological needs for an hour or so. So, don't drink too much before the flight!

1. What is the airline considering to remove from their planes?
 - a) Extra seats
 - b) Toilets
 - c) Flight attendants
2. Why does the airline want to remove the toilets?
 - a) To reduce ticket prices
 - b) To make flights more environmentally friendly
 - c) To increase profits and add more seats
3. Which type of flights will be affected by this change?
 - a) International flights
 - b) Short-distance flights

c) Long-distance flights

4. How many additional passengers might the airline accommodate with this change?

a) Four

b) Six

c) Eight

5. What advice is given to passengers in the passage?

a) Bring their own toilet facilities

b) Avoid drinking too much before the flight

c) Use the bathroom right after boarding