

TASK 1

You are going to read a magazine article about crime prevention. For Questions 1-6, choose the correct answer A, B, C or D.

A recent survey of crime statistics shows that we are all more likely to be burgled now than 20 years ago and the police advise everyone to take a few simple precautions to protect their homes.

The first fact is that burglars and other intruders prefer easy opportunities, like a house which is very obviously empty. This is much less of a challenge than an occupied house, and one which is well-protected. A burglar will wonder if it is worth the bother.

There are some general tips on how to avoid your home becoming another crime statistic. Avoid leaving signs that your house is empty. When you have to go out, leave at least one light on as well as a radio or television, and do not leave any curtains wide open. The sight of your latest music centre or computer is enough to tempt any burglar.

Never leave a spare key in a convenient hiding place. The first place a burglar will look is under the doormat or in a flower pot and even somewhere more 'imaginative' could soon be uncovered by the intruder. It is much safer to leave a key with a neighbour you can trust. But if your house is in a quiet, desolate area be aware that this will be a burglar's dream, so deter any potential criminal from approaching your house by fitting security lights to the outside of your house.

But what could happen if, in spite of the aforementioned precautions, a burglar or intruder has decided to target your home? Windows are usually the first point of entry for many intruders. Downstairs windows provide easy access while upstairs windows can be reached with a ladder or by climbing up the drainpipe. Before going to bed you should double-check that all windows and shutters are locked. No matter how small your windows may be, it is surprising what a narrow gap a determined burglar can manage to get through. For extra security, fit window locks to the inside of the window.

What about entry via doors? Your back door and patio doors, which are easily forced open, should have top quality security locks fitted. Even though this is expensive it will be money well spent. Install a burglar alarm if you can afford it as another line of defence against intruders.

A sobering fact is that not all intruders have to break and enter into a property. Why go to the trouble of breaking in if you can just knock and be invited in? Beware of bogus officials or workmen and, particularly if you are elderly, fit a chain and an eye hole so you can scrutinise callers at your leisure. When you do have callers never let anybody into your home unless you are absolutely sure they are genuine. Ask to see an identity card, for example.

If you are in the frightening position of waking in the middle of the night and think you can hear an intruder, then on no account should you approach the intruder. Far better to telephone the police and wait for help.

1 A well-protected house:

- A is less likely to be burgled.
- B is regarded as a challenge by most criminals.
- C is a lot of bother to maintain.
- D is very unlikely to be burgled.

2 According to the writer, we should:

- A avoid leaving our house empty.
- B only go out when we have to.
- C always keep the curtains closed.
- D give the impression that our house is occupied when we go out.

3 The writer thinks that hiding a key under a doormat or flower pot:

- A is a predictable place to hide it.
- B is a useful place to hide it.
- C is imaginative.
- D is where you always find a spare key.

4 Gaining entry to a house through a small window:

- A is surprisingly difficult.
- B is not as difficult as people think.
- C is less likely to happen than gaining entry through a door.
- D is tried only by very determined burglars.

5 According to the writer, window locks, security locks and burglar alarms:

- A cost a lot of money but are worth it.
- B are good value for money.
- C are luxury items.
- D are absolutely essential items.

6 The writer argues that fitting a chain and an eye hole:

- A will prevent your home being burgled.
- B avoids you having to invite people into your home.
- C is only necessary for elderly people.
- D gives you time to check if the visitor is genuine.

TASK 2

You are going to read a magazine article about Sarah Bryant, an acupuncturist. Six sentences have been removed from the article on the left. Choose the most suitable sentence from the list A-G on the right for each part (1-6) of the article. There is one extra sentence which you do not need to use.

This month in lifestyles we feature Sarah a practising acupuncturist.

1

I've done a lot of travelling in Europe and Asia throughout my adult life and it was whilst I was teaching in China that I became interested in acupuncture. It is common for people there to have acupuncture treatment, not only if they're ill but also to prevent the onset of diseases. It was after returning from China and witnessing how successful it had been that I reached the decision to become an acupuncturist myself. I was lucky to discover that the town where I lived had a famous and well-reputed college of traditional acupuncture.

Alternative medicine is particularly important for me because I firmly believe that it works on the level of body, mind and spirit.

2

Of course this medicine is very powerful and can consequently have powerful side effects. Alternative medicine like acupuncture on the other hand is aimed at treating the person as a whole. When a person's ill, there's something in their life which is putting their energy levels out of balance. What alternative therapies try to do is help to gradually push that energy back into balance. The result is that any disease present might naturally disappear as it cannot survive when energies are balanced. The treatments consist largely of balancing the energy between the different meridians of a person's body.

3

Treatment aims to free blocks of energy in these meridians which may be causing ill health and which may have been there for many years. It would be an odd state of affairs if a practising alternative therapist had not had treatment themselves and this is certainly not the case for myself.

4

I've never suffered particularly from physical problems but treatment for my mental and spiritual wellbeing has been very successful. I've treated a wide range of people for various conditions, for example people suffering from stress and anxiety and helped them to cope with stressful situations in their lives.

5

There's another woman who suffers from arthritis of the hip and at the moment I'm treating an old lady who has several health problems, one of them being Parkinson's Disease. All these people have found that acupuncture has made them feel more balanced in themselves and they have certainly benefited from the treatment. To date I currently own the Licentiate in Acupuncture. This course lasted three years and I had to go to the college about one weekend in three.

6

I had a large amount of homework to do and practical work, which I did two or three evenings a week. This entailed locating points on different people. As you can imagine, this isn't straightforward as people are different sizes and have different shaped bodies. In the future I hope to set up an alternative health clinic which will involve myself as an acupuncturist but perhaps other people as well.

7

I'd like to set this up somewhere in a rural setting, where people could enjoy coming not only for the treatment but where they would be able to sit and enjoy the scenery, go for walks and basically feel free from the stresses of life.

TASK 3

A Homes For All

Organisations that help the homeless are warning that people will face even greater hardship this winter unless urgent action is taken to offer shelter to those without a home. This warning follows publication of figures showing an increase in the number of homeless people. Susan Evans of the organisation 'Homes for All' said: "With a shortage of accommodation, more people than ever before - young and old - are having to sleep rough. A cold winter is predicted this year which means that these people will have to put up with sub-zero temperatures. Action must be taken urgently to offer these people shelter." A nationwide demonstration to raise awareness of the problem will take place this weekend. Supporters welcome.

B Village Protest

Residents of local village, Shilden, are preparing for a night of protest to save their village from Government planners. Proposals for a new motorway to be built that will run within 2 kilometres of Shilden have caused uproar amongst residents. They claim that they were given insufficient time to respond to the proposal. Tony Fellows, spokesperson for the 'Village Protest' campaign explains: "The planned route cuts across some of the most picturesque countryside in the region. Shilden welcomes thousands of tourists each year. Many of the shopkeepers depend on this trade and would almost certainly face ruin if tourists were put off coming by the damage this road is likely to cause". The all-night protest will take place in the fields where the building work is likely to begin.

C New Youth Club

Youngsters in the city-centre will lose out on a much-loved project if substantial funds are not found this year. The 'New Youth Club', which is open to young people from the ages of 10 to 17, is being threatened with closure by Health and Safety officials who claim the building is unsafe. The club, built 30 years ago, was badly damaged by heavy storms last year and city engineers estimate that one hundred thousand pounds is needed to repair structural damage. With only limited funds at their disposal, managers fear the club will have to close. Youngsters from the club have organised an Open Day on Tuesday in an effort to raise some of the money needed to enable the repairs to be undertaken. "This alone won't be enough, however" warned Adam Ross, Youth Leader.

D Save lea Valley

A rare species of butterfly and many native plants face extinction if the 'Lea Valley office complex' project goes ahead. This is the claim made by local environmentalists involved in the 'Save Lea Valley' campaign. They argue that the proposed development, to be built on the site of woodland dating back hundreds of years, will rob the country of several rare species of wildlife. 'Local people would be horrified if they knew of the consequences of this project,' claimed environmentalist Ian Wilson yesterday. "We need to instigate a local campaign to alert everyone to the dangers. We are starting by writing letters to everyone in the area asking for their support. The office complex developers must not be allowed to do this."

1 Local businesses could be badly affected.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

2 People in the area are not aware of the problem.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

3 There are plans to build a brand new building.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

4 The campaign do not have to meet together.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

5 The problem affects all age groups.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

6 The problem was caused by bad weather.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

7 If the plan goes ahead it will spoil the look of the area.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

8 The campaign cannot raise enough money on its own.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

9 The problem was announced shortly after a report was published.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley

10 Young people are in danger.

- A Homes For All
- B Village Protest
- C New Youth Club
- D Save Lea Valley