



PART 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.



Listening test audio

Labyrinths

Definition

- a winding spiral path leading to a central area

Labyrinths compared with mazes

- Mazes are a type of 31
 - 32 is needed to navigate through a maze
 - the word 'maze' is derived from a word meaning a feeling of 33
- Labyrinths represent a journey through life
 - they have frequently been used in 34 and prayer

Early examples of the labyrinth spiral

- Ancient carvings on 35 have been found across many cultures
- The Pima, a Native American tribe, wove the symbol on baskets
- Ancient Greeks used the symbol on 36

Walking labyrinths

- The largest surviving example of a turf labyrinth once had a big 37 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 38 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 39
 - research has shown that Alzheimer's sufferers experience less 40

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