

Part 4

Read the text and answer the questions. Use a maximum of three words for each answer.

A Short History of Tourism

Visiting other places for enjoyment is not a new idea. When rich young British men finished university at the beginning of June during the 17th and 18th centuries, they went on the Grand Tour. They travelled through France and then into Italy. Some Grand Tourists continued their journey to Greece and Turkey, but most went on to Germany and then back home. They travelled for several months to find out about other cultures. They visited art galleries where they saw paintings and statues which were in books at home so that they could imagine what they looked like in real life. They learned new languages and took dancing lessons. They were interested in fashion and bought expensive clothes. People saw how sophisticated they were and how much they knew about the places on their Grand Tour. Women did not go on the Grand Tour until the 19th century and they always went with an older person, usually a family member.

The Grand Tour was a popular subject for writers. The poet Lord Byron started his journey in 1809 and the novelist E.M. Forster wrote about a young woman and her aunt who visit the Italian city of Florence in *A Room with a View*.

However, the Grand Tour became less popular with the very rich in the 19th century because of new and cheaper ways to travel – trains and ships. People with less money who worked in factories and shops in towns and cities started going to seaside towns for a week or sometimes only for a day. They thought that the sea air was healthy, especially as the big cities were full of pollution from the factories.

In the 20th century, the holiday business really grew and the number of travel agents increased. The cost of flying came down so that most people could have a package holiday, which included the cost of a flight and a hotel. Tourists loved swimming in the warm sea and they also had food which was new and interesting. That is still true today. The places that people went to see during the Grand Tour continue to be popular holiday destinations, although people didn't use to book online in the 17th century!

1 What type of British people went on the Grand Tour in the 17th and 18th centuries?

2 In which month did the Grand Tour start?

3 Which countries did Grand Tourists always visit?

4 According to the text, who usually went with a young woman on the Grand Tour? *a*

5 Who is the author of *A Room with a View*?

6 Where did people with less money start going on holiday in the 19th century?

7 Which type of travel became cheaper in the 20th century?

8 What type of holiday includes transport and accommodation in the price?

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The History of Parkour and Free Running

Free running is a sport created by Sébastien Foucan, a Frenchman from Guadeloupe, who wrote a book on the subject. In 2003, Foucan's parkour group moved away, and that was when he started the sport of free running. Parkour, the sport of which free running is a 'child', has existed since the 1980s and was first developed to help soldiers train.

The difference between parkour and free running focuses more on the way athletes move. The tricks they can do are not so much about exercising or training. The expression 'free running' first appeared in the documentary *Jump London*. The name was suggested by G. Pelletier, who was working with Foucan at the time. In the documentary, free running was given as an English translation of parkour. The basic idea of free running is that people should show their feelings by moving easily in their environment; there are no limits on how to move. Foucan gives more details about the sport in his book.

In Europe, the idea of jumping and running over walls or from rooftops as a form of exercise or as a sport started when Georges Hébert noticed that people in some African countries were excellent athletes, although they had never had any training. He created the 'natural method' system to train people using the same ideas. His ideas eventually led to parkour, which is now used in military training.

A young man, Raymond Belle, used these techniques to become stronger and protect himself when he lost his family during a war. When he moved to France and started his own family, he passed the ideas and skills on to his son. Thirty years later, other young people became interested in the activities and a small group, which included Foucan, formed the Yamasaki. This group trained together for several years and in 1997, through David Belle's brother, they started to attract attention and were invited to perform at events. The Yamasaki eventually stopped working together as a group, because some members wanted to do things differently.

- 1 Why did Foucan start free running?

- 2 Which sport does 'free running' come from?

- 3 Who gave Foucan the idea for the name of the sport?

- 4 Where did Foucan mention his ideas about free running?

- 5 Where did Hébert get his ideas for a new way of training?

- 6 Who did Raymond Belle teach?

- 7 What was the name of the team who followed Belle's ideas?

- 8 When did parkour athletes first show their skills to an audience?
