READING PASSAGE 1

You should spend about 20 minutes on Questions 1-13.

THE UNIVERSITY OF LIFE

Katherine Demopoulos meets students who took a break from study to volunteer overseas and returned with a new sense of purpose.

The majority of 18-year-old students entering higher education go straight from school to university. For many school leavers, however, there is the irresistible attraction of the 'gap year', a time between school and university when they decide to experience something new, different or exciting. Many of these so-called 'gappers' go off travelling around the world, often supplementing their limited funds by taking on casual work, while others may do voluntary work in a village in a distant part of the world.

For the majority of gappers, the gap year is simply a chance to enjoy life as an independent adult for the first time. Increasingly, however, they are also proving a great way of reinvigorating a lapsed or flagging interest in education, offering a chance to think about why you should study, or if you need to study at all. A growing number of students, having taken a break after school, are heading back into further and higher education via a roundabout route of working and 'gapping'. According to the latest data from the British university admissions service, UCAS, 105,000 students aged 19, and 44,400 aged 20, entered higher education last year - figures that show a steady annual increase in this age group over the previous three years.

19-year-old student Christine Samways is a typical example. She left school at 16 with nine good exam passes at grades A to C, but did not want to continue studying at the time. She was also worried that, despite having all the attributes of a good student, she would find the challenges of higher education too great and would be forced to drop out. Instead, she gained a vocational qualification in hairdressing. However, she very quickly began to realise it was not quite what she wanted and that going back into some kind of education could be her next step. Like many 16-year-old school leavers starting work for the first time, it dawned on her that if you don't have qualifications, or the right qualifications, you have fewer work choices. 'The things that you want to do just aren't available to you,' she says.

Unsure of what her next step should be, Christine decided to head to Mexico to do voluntary work at a children's home. She was there for a year under the auspices of the International Cultural Youth Exchange (ICYE) - an organisation which has been running since 1949, when it sent 50 German students to the US as peace ambassadors. She never expected that working in Mexico would give her such a sense of confidence and, perhaps just as importantly, direction. On returning home to the UK, she decided to make a fresh start in education by enrolling on a course in Social Sciences and Humanities to prepare herself for university. Her new sense of confidence helped at her college interview. Previously, a formal interview would have made her very nervous, but she now found it much easier to talk on an informal and formal level to people she didn't know. 'I feel more comfortable in these situations,' she says. 'Mexico was the first time I'd been out of my comfort zone. Now I think I can cope with things better.'

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Christine is now working towards a degree in International Development at Bath University, a choice of subject informed by her experience of working with Mexican children. And, as well as finding some direction in her career, she now speaks good Spanish - a skill she says she intends to keep up, perhaps by working abroad. She knows that the Mexican children's home benefited from her time there, just as she did. As well as being 'an extra pair of hands', she helped to streamline the children's timetable so they spent more structured time on homework. The children began to 'do better in school,' she says. 'You only move up a year if you pass a year - I got four children that at the beginning of the year were told they were going to stay down, but they moved up. It's a good feeling.'

ICYE also brings students to Europe from the countries that European students traditionally visit. Agnes Eldad, from Kampala, Uganda, has just graduated with a degree in Social Work. She came to the UK in January this year, getting a voluntary work placement relieving full-time carers of elderly people in Bexleyheath, Kent. With her social work background, she wanted to understand how elderly people were treated in Britain and to see for herself how their relationships with their children, grandchildren and in-laws worked.

Agnes found the experience extremely beneficial, but says that the ICYE only really works if participants have a focus for what they want to do, see and study. Ironically, for her, this could be the only chance to work with elderly people before she goes back home in January. In Uganda, old people live with, and are supported by, their families, so she won't have an opportunity to work with them. Instead, she now wants to set up her own vocational training programme for young girls in northern Uganda. Agnes says her time in the UK has helped her to set her goals for the future.

Questions 1 - 5

Do the following statements agree with the information given in Reading Passage 2?

In boxes 14-19 on your answer sheet, write

TRUE	if the statement is true
FALSE	if the statement is false
NOT GIVEN	if the information is not given in the passage

1. The majority of young people who go travelling during their gap year must work in order to finance their trip. .....
2. Taking a gap year can give young people time to consider whether or not they want to continue with their studies. .....
3. The number of university students has increased in the last few years. .....
4. Christine Samways lacks the right qualities to be a good student. .....
5. Christine Samways believes that if you lack educational qualifications, your career options are reduced. .....

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Question 6 -10

Complete the notes below

Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

Christine Samways: ICEY participant

Carried out **6** ..... in Mexico.

Programme gave her more **7** ..... in herself.

Returned to **8** ..... when she was back in the UK.

Currently studying **9** .....

Thinks that **10** ..... maybe a good day of maintaining her Spanish.

Question 11-13

Answer the questions below

Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

11. According to Agnes Eldad, what do people need in order to benefit from an ICYE exchange programme? .....

12. Who does Agnes Eldad plan to work with when she finishes her ICYE programme?

.....

13. What does Agnes Eldad have now that she didn't have before she came to the UK?

.....

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READING PASSAGE 2

You should spend about 20 minutes on Questions **14-26**.

What is an unfair advantage in sport?

Olympic athletes increasingly depend on technology to help them win- but is that fair?

A. What happened to the Australian athlete Ron Clarke in the 10,000 metres at the Mexico City Olympics of 1968 is now virtually forgotten, though at the time it was headline news. Clarke was the greatest distance runner in history he'd broken more world records than anybody else. But in front of 55,000 horrified spectators, the event went disastrously wrong in the third lap, one runner keeled over and with six laps to go, two more were carried away. Yet the race was being conducted at a relatively leisurely speed: the halfway time was the slowest since the Paris Olympics of 1924 with two laps to go. Clarke was in the leading pack. 'I'd never felt better in a race,' he says. But suddenly he too began to struggle, and as the frontrunners moved up a gear, a gap opened up. Clarke remembers nothing of his last lap which he ran in 90 seconds 'Normally I would run it in 64,' he explains He stumbled across the line in sixth place and collapsed, He was administered oxygen and stretchered off the track.

B. Mexico City is surrounded by mountains and is over 2,240 metres above sea level. That the altitude would have an impact on the Games was predicted Clarke had raised the issue himself, but had been told by the Australian sports authorities that complaining was regarded as bad sportsmanship. As it turned out, he had good reason to do so Cleary, the link between athletic performance and altitude needed further investigation.

C. Although there were few standout performances in distance running at the Mexico Games, they marked a turning point: the start of an astonishing record of success by east Africans. While Clarke lay crumpled in a heap, runners from Kenya and Ethiopia were celebrating their gold and silver medals. The record books confirm how entrenched this pattern has become. The names of the seven fastest men in history over 5, 000 metres are Bekele, Gebrselassie, Komen, Kipchoge, Sihine, Songkok and Chereno. They are all from either Kenya or Ethiopia. Between 1997 and 2011 the 10,000 metres men's world record was smashed five times, dropping from 26:31.32 to 26: 17.53. Each time, the record was broken by a Kenyan or an Ethiopian. While there is a complex mix of economic, political, social and cultural explanations for the pre- eminence of east Africans, one factor is surely that many of these athletes have lived most of their lives in thin air. MS

D. At high altitudes, a number of physiological alterations occur, most importantly. More red blood cells and haemoglobin are produced. This, in tum, increases the capacity of the blood to carry oxygen, which feeds the muscles and which gives an advantage to the athletes when they return to sea level. However, it is impossible to train with the same level of intensity in the mountains-aerobic capacity and cardio-respiratory function both suffer at altitude. As a result, the consensus is that the optimum approach to athletic preparation is: Live High, Train Low (LHTL) Yet that has obvious practical drawbacks. Not

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many people live in the mountains and those who do would prefer not to spend several hours each day driving up and down winding treacherous roads.

E. That's where the altitude tent-sometimes called the hypoxic tent-comes in Around two decades ago, two different scientists had the same exciting thought. If they could artificially control the atmosphere within a confined space, they could simulate the effects of high altitude and save an athlete at sea-level from the time and expense of travelling to higher ground. Altitude tents have improved over the years: they're not as hot or as noisy as the early prototypes, and are much cheaper too. They are also perfectly lawful. Five years ago, when the tents were investigated by Wada (the World Anti-Doping Agency), it was ruled that they did not violate the spirit of distance running. It is now routine for athletes to sleep in them in preparation for an event.

F. However, it is not the case that all new technologies gain approval. In 2008, a staggering 105 world records were broken in swimming. the vast majority achieved by competitors wearing the new Speedo LZR Racer suit These suits use a high-tech fabric tested in Nasa's wind tunnels, which reduces drag and improves buoyancy. The LZR was initially sanctioned by Fina, the international swimming body. But as better suits were produced by Speedo and other manufacturers, and more records were broken, they became increasingly controversial. In a 2009 ruling, Fina changed its mind. banning all suits made with this high-tech fabric.

G. Going faster, higher, stronger is integral to the logic of athletics in general, and the Olympics in particular. Athletes believe they need records all the time. And the only way minute changes of 0.0001 of a second. But when a new technology is invented, the relevant sports authority has to consider whether to embrace or reject it. In some cases. athletes are granted permission to use the technology: in others, it is banned. But whatever the outcome, rulings should not appear arbitrary: arguments have to be examined and weighed and the rules of logic ought to apply in every case.

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Questions 14-20

Reading Passage 2 has seven paragraphs, **A-G**.

Choose the correct heading for each paragraph from the list of headings below.

Write the correct number, **i-ix**, in boxes 14-20 on your answer sheet.

List of headings

i. Early research into athletes' physiology
ii. A convenient method of acclimatization
iii. The need for a rational approach
iv. Changes in the body
v. The athletes who break the rules
vi. Well-founded concerns
vii. The surprising outcome of a race
viii. The reversal of a decision
ix. The runners who dominate

14. Paragraph A .....
15. Paragraph B .....
16. Paragraph C .....
17. Paragraph D .....
18. Paragraph E .....
19. Paragraph F .....
20. Paragraph G .....

Questions 22 and **22**

Choose **TWO** letters, **A-E**

Write the correct letters in boxes 21 and 22 on your answer sheet.

Which **TWO** of the following statements about Ran Clarke are made in the passage?

A Clarke was not performing well immediately prior to the Mexico Games.

B The worries Clarke had before the Mexico Games were not taken into account.

C Clarke's experiences at the Mexico Games are widely talked about today.

D At one stage of the Mexico Games 10,000 metres, Clarke was near the front.

E Clarke was the only runner at the Mexico Games who appeared to be affected by the altitude.

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Questions 23-26

Complete the summary below.

Choose **ONE WORD ONLY** from the passage for each answer.

Write your answers in boxes 23-26 on your answer sheet.

Do all new technologies gain approval?

Some people may be puzzled by attitudes towards performance-enhancing technologies in sport. For example, why is the altitude tent considered acceptable, but not the LZR Racer suit? For distance running. Wada concluded that the attitude tent was not contrary to the **23** ..... of the sport. However, the LZR swimsuit, which is made from a special fabric that aids buoyancy and cuts down **24** ..... was banned.

Athletes think they have to continually set fresh **25** .....This is made possible by better **26** ..... and training, as well as improved clothing and equipment. However, when sports authorities have to decide whether to give permission for a new performance-enhancing technology to be used, it is important that their decisions are not seen as arbitrary.

READING PASSAGE 3

You should spend about 20 minutes on Questions **27-40**, which are based on Reading Passage 3.

New Zealand home textile crafts of the 1930s to 1950s

Objects made by previous generations of women should be valued more highly

Domestic crafts do not build monuments to their makers, nor do they create wealth, and too often they have not survived. In consequence, the domestic crafts produced by mothers, grandmothers and great grandmothers in New Zealand are often overlooked. But needlework should be preserved, for it helps to convey a sense of people's identity and past beliefs in these remote islands in the Pacific Ocean.

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Women of previous generations expected to sew; they had to dress their families in an item when few people could afford to buy what they were capable of making. For some women this work may have been unwelcome drudgery, but for others it was an opportunity to explore their identities, beliefs and dreams with the only means readily at hand-a needle, some thread, and a piece of fabric.

Textiles are frustrating to collect. They are fragile; they stain; they develop rust marks; they fray and rot. If they are used, they deteriorate; yet if they are merely stored, the owner does not fully enjoy the pleasure of possession. That is probably why they have not been a popular thing to collect compared, for example, to antique furniture or fine china, which are more durable investments. It is also true that domestic crafts are seldom signed. We like signatures because we can more readily assign value-and high prices-if we can identify the marker. But most women at this time would never have considered signing their work. They were not expecting it to be seen outside their homes, where the creator's identity was never in doubt. And they probably did not even expect it to last very long.

It does not help that such work falls into the category of crafts either, rather than fine arts, because crafts are looked on too often as a poor cousin to true creativity. Worse, they are made in a domestic context, so do not belong in the consciously elevated tradition of craft objects which compete with the arts, such as furniture. If things are made to be useful, especially only within the home and by ordinary housewives, we seem to have agreed they cannot be art. Why not?

It might be argued that the collector of textiles is a little like an archaeologist. Archaeology is a combination of history and detective work, and it involves treasure that is often beautiful. Likewise, digging for the past is what textile collectors do in junk shops, and the objects they find are a way of understanding the past through physical evidence.

The domestic crafts of this period, the 1930-1950, cannot be separated from the women's magazines that were so popular at the time. The primary purpose of these publications was to allow women to glimpse how more prosperous people lived, by showing them photographs of the interiors of their houses. In these days before television, magazines provided realistic and achievable inducements to social betterment. I parallel to this, women were provided with much more down-to-earth and useful means of improving their homes in the form of printed patterns, which were readily available from fabric shops at low cost from the 1920s and 1930s onwards. Mostly, such patterns were for everyday items that fulfilled some domestic often keep offcuts from their purpose - aprons, tea cosies, curtains, bed-spreads, chair covers and the like. With the benefit of hindsight, it is possible

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to distinguish this regulated tradition of needlework, governed by printed patterns, from the more individual work that women dreamed up themselves and whose form and execution were reflections of their own ideal and imagination. Although both schools have their merits, it is surely the latter tradition that will provide the collector with the greatest enjoyment. Most intriguing of all is work which suggests serendipity, even a certain element of chance, the piece having taken on a life of its own, determined perhaps by what resources were available at the time and the skill levels of the items maker. When it comes to needlework, flaws can be enjoyable, even failure may bring pleasure, and in this respect, needlework can be contrasted with other art forms, where successful completion is paramount.

Some people collect out of a sense se of nostalgia, a desire to evoke a comforting time that seems gentler than the present. But nostalgia should not always be trusted as it can be a sanitised form of history that blots out harsh reality. However, if a certain degree of nostalgia can be felt for the fabrics of the past, it is because they remind us of the care and attention with which women selected them. The texture of certain abstract patterned fabrics from the 1950s has the power to transport us all back to the dress and fabric shops of that time where women agonised over which choices to make, though they probably loved every minute of it. Old patchwork quilts in particular are evocative, because they represent an unknown family's compressed history: pyjamas ball gowns, smart summer frocks, school dresses, all thrown together, a jumble of decorative traditions, past ceremonies and dreams. Women of the past would often keep offcuts their dressmaking and use them for patchwork, as a means of recording their family's story for others to appreciate.

These may sound like nostalgic thoughts, but we should also remember how hard women's lives were, that family life was not always idyllic, and that having no money was no fun. Such fabrics, then, should be seen as a wish for ideals and imaginations, although both something better, a way of daydreaming about a life that would turn out well in the end.

Questions 27-32

Choose the correct letter **A, B, C or D**

Write the correct letter in bores 27-32 on your answer sheet

27 What does the writer say about domestic crafts in the first paragraph?

A They can be sold for high prices today

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B They were used to tell stories in the past

C They are sources of information about society

D They have been well documented by historian

28 What is the writer's main point in the second paragraph?

A Women sewed to make money.

B Women used to have larger families.

C Sewing was enjoyed as a social activity.

D Sewing could be a means of self-expression

29 According to the writer, domestic crafts are not frequently collected because

A they are difficult to see

B they are easily damaged

C they provide little enjoyment

D they have no practical use today

30 What point does the writer make about signatures on textiles?

A Many women at that time could not sign their names

B The signatures have faded over time and cannot be seen

C The style of stitching served as an alternative to a signature

D They were unnecessary since everyone would know the maker

31 What is the writer doing in the fourth paragraph?

A suggesting that needlework is not a true art form

B challenging the usual distinction between 'arts' and crafts

C arguing that functional objects were seldom made in the home

D criticising the attitude of women today towards domestic crafts

32 Why does the writer compare textile collecting to archaeology?

A They both require hard work.

B They involve similar processes.

C They can both be done on a low budget.

D They are both undervalued in society today.

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Questions 33-36

Complete the summary using the list of words, A-G below.

Write the correct letter A-G in boxes 33-36 on your answer sheet.

Needlework in the first half of the twentieth century

Women's magazines in this period mainly influenced the domestic crafts because of their aspirational character as they focused on the **33** ..... society. At the same time, more **34** ..... assistance came the form of printed patterns. The resulting aprons, and so on, can be contrasted with work that demonstrates the **35** ..... side of the maker of the two traditions, work that is less structured in nature is of greater interest to collectors. Most interestingly, the writer points out that many appreciate work that is **36** ..... and it is this characteristic that is believed to distinguish needlework from other arts.

A skillful	B creative	C wealthy	
D practical	E imperfect	F industrious	G detailed

Questions 37-40

Do the following statements agree with the views of the writer in Reading Passage 3 in boxes 37-40 on your answer sheet, write

YES if the statement agrees with the views of the writer

NO if the statement contradicts the views of the writer

NOT GIVEN if it is impossible to say what the writer thinks about this

37 Nostalgia can promote an unreliable image of the past

38 In the 1950s, women chose fabric according to its durability

39 Patchwork quilts are only of interest to the makers' family

40 Needlework was a way for women to escape the reality of their lives

Good luck!

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