

READING AND USE OF ENGLISH

Read the text below and think of the word which best fits each gap. Use only one word in each gap.

What is ski touring?

Ski touring is exactly that - touring on skis. It combines

_____ (0) best bits of skiing and mountaineering and

provides the perfect way to explore the mountains in winter. The

advantages _____ (1) ski touring are that you can

really escape the crowds, enjoy the solitude of the mountains and

_____ (2) rewarded with breathtaking views and

exhilarating descents.

Ski touring involves both going up and down the mountain, so even

for experienced skiers new skills _____ (3) to be

acquired. _____ (4) is much to learn about 'skinning up'

(getting up the mountain) that improves efficiency and saves

energy. Similarly, you want to be _____ (5) to enjoy

going down, which means learning to cope with the variety of snow

conditions you will encounter off-piste. _____ (6) all ski touring is very demanding, you must be _____ (7) good physical condition. The fitter you are, the _____ (8) fun you will have.

The happiest day of the year

A British psychologist says he can prove that the last Friday in June is the happiest day of the year. Cliff Arnall, a University of Cardiff psychologist specialising _____ (0) seasonal disorders, _____ (1) created a formula for finding happiness. The research looks _____ (2) everything from increased outdoor activity and rising energy levels, to picnics and beach trips with families. Mr Arnall's happiness formula depends _____ (3) six factors: outdoor activity, nature, social interaction, positive memories of childhood summers, temperature, and holidays and anticipation of time off. 'At the end of June, the days are at their longest _____ (4) means

there are more hours of sunshine to enjoy. It's _____

(5) people tend to have lots of gatherings with friends and family,'

Mr Arnall said. 'Happiness is associated with many things in life and

can _____ (6) triggered by a variety of events.

Whether it's a sunny day _____ (7) a childhood memory

that triggers a feeling of happiness, I think this formula proves

that the path to finding happiness is very _____ (8)

simpler than people imagine.'