

## 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.'