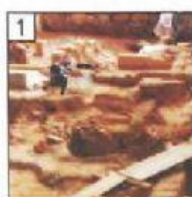


Reading

A The pictures below show people's workplaces. What do we call the people who work in these places? What skills and qualities are necessary for these jobs?



B Now read the text. Which of the jobs you mentioned in A did the writer imagine herself doing when she was a child? What job does she actually do today?

Word Focus

Use a dictionary to find definitions and / or synonyms for the words below from the text.

- | | |
|------------|-----------------|
| 1 galley | 4 realm |
| 2 artefact | 5 hippodrome |
| 3 tagged | 6 fortification |

OCEAN HERO

Beverly Goodman introduces us to her world at sea and explains how she juggles work and family life

I was born and bred in Milwaukee, Wisconsin and, I must say, as I was growing up I was always chopping and changing what I wanted to be when I was older. One minute I wanted to be an archaeologist, the next an architect, a painter, a photographer, a pianist or a deep sea explorer. I guess I'm required to do a little bit of all these things as a marine archaeologist. Whenever I'm asked why I chose this profession, I look back on my childhood. As a youngster, I was inspired by museum visits, finding arrowheads around my home and also the time I spent in and on the water. My grandfather and his love of boating also had an important role to play. I would often be taken, along with his other grandchildren, out on the lakes in Wisconsin and on trips to historical ships and submarines. All these things that I had been influenced by in my formative years came together when I studied anthropology and geology at university. Being a marine archaeologist means there's no such thing as a typical day! When I'm at sea doing field work, it's an early start – around 5 am. First, I gather together tools and equipment and, once they've been checked and I'm confident they're in good shape for a hard day's work, I make for the ship's **galley** for a bite to eat with the rest of the crew. Breakfasting together gives us the opportunity to go over our plans for the day ahead. It's also the time for any questions or issues to be raised that weren't solved the previous day. After that, we head for the work location and anchor the ship. It's my responsibility to brief the dive team and the team that remains on board about the specifics of the work for the day. Once that has been done and a final check on the dive gear and equipment has been carried out, it's into the water we go! Any **artefacts** we discover during dives are brought aboard, analysed and given a catalogue number. On archaeological excavations, everything needs to be **tagged** and protected by a series of conservation steps so that no harm comes to them. Then I spend my evenings checking my field notes, rewriting anything that's unclear and improving sketches and drawings. All the information is

Scuba divers exploring a coral reef



Exam Task

For questions 1 – 7, choose the answer (a, b, c or d) which you think fits best according to the text.

- 1 As a child, Beverly
 - a knew exactly what she wanted to do with her life.
 - b couldn't quite make up her mind about which profession to follow.
 - c was certain her job would involve various occupations.
 - d decided she would study anthropology and geology.
- 2 Beverly reflects on her childhood as being
 - a uneventful.
 - b sheltered.
 - c normal.
 - d stimulating.
- 3 During breakfast, the crew
 - a tie up loose ends from the day before.
 - b check all equipment is in working order.
 - c receive detailed instructions from Beverly.
 - d decide who will dive and who will stay on board.
- 4 Archaeological objects found at sea are
 - a recorded and examined in the ocean.
 - b only examined once they get back ashore.
 - c handled with great care.
 - d put into a catalogue.
- 5 Beverly needs to be patient when working in the lab or office because
 - a analysing artefacts is a very slow process.
 - b she has to show students what to do.
 - c it's a long way to travel from the sea.
 - d there are too many samples to examine.
- 6 What are Beverly's children always eager to do?
 - a swim with dolphins
 - b help out in the lab
 - c go out to sea
 - d learn about the coastline
- 7 In the final paragraph, Beverly concludes that
 - a nobody realises the negative effect we have on the sea.
 - b her children are fully aware of the danger the ocean is in.
 - c ocean life will be completely wiped out unless we treat it with more respect.
 - d her work is essentially about teaching people to respect the ocean.

D Complete the sentences with these adjectives.

day-care field formative fragile
marine rigorous

- 1 Her _____ years were spent in Miami.
- 2 Ecologists are concerned that we are upsetting Earth's _____ balance.
- 3 _____ work is a part of all researchers' jobs.
- 4 As both parents were working, they had no option but to send their children to _____.
- 5 Fishermen who use trawlers cause devastation to _____ life.
- 6 _____ analysis needs to be carried out before we can draw any conclusions about artefacts.

then entered into the computer for safekeeping.

Days in the laboratory or office are a million miles away from those at sea. A lot of patience is required for this part of the job as lab analysis can take months and months. Sometimes it seems to last forever! The samples that are collected in the field undergo rigorous analysis in order to understand the history of a coastline or archaeological site. Throughout the day, I have students and research assistants work through the thousands of samples gathered in the field.

Although I'm dedicated to my work, it doesn't consume all my time and energy. As a working mum and wife, my family comes first. Like most working mums, when I'm away I've got one ear to the phone in case there's a problem with one of my loved ones. But work and family life aren't two separate realms for me. I encourage my children to get involved in my work and often bring them into the lab to lend a hand with

simple tasks – counting snails, rinsing sand, that kind of thing. Going on a boat is something they're always eager to do, and sometimes they get to do the most amazing things, like swimming with dolphins. On days when I'm working near home I take my youngest to his day-care by bicycle. Commuting along the seashore is a great learning experience as we pass by hippodromes, crusader fortifications and more. Every day we see something new.

By exposing them to my work, I hope to make them aware of the fragile balance of ocean life. This is really what my work is all about: helping others to appreciate the ocean and how our activities affect it. If we all took more responsibility for the sea and marine life, it would help to save the ocean.

Vocabulary

A Match the opposites.

- | | |
|-------------------|--------------------------|
| 1 hectic | ☐ |
| 2 pricey | ☐ |
| 3 provincial | ☐ |
| 4 sedentary | ☐ |
| 5 solitary | ☐ |
| 6 unsophisticated | ☐ |
| a cosmopolitan | |
| b energetic | |
| c relaxed | |
| d reasonable | |
| e metropolitan | |
| f sociable | |



B Complete the sentences with some of the words from A.

- | | |
|--|--|
| 1 New York is a very _____ city with lots of people of many different nationalities living there. | 4 It's a shame that so many elderly people lead such _____ lives with no one to talk to. |
| 2 One of the worst things you can do for your health is to lead a(n) _____ lifestyle devoid of any exercise. | 5 We're going to move to the western suburbs as the property prices are more _____ there. |
| 3 What with my family, career and hobbies, life can get pretty _____ at times! | 6 They say that people who live in the countryside are more _____ and welcoming towards newcomers. |

C Think of one word only which can be used appropriately in all three sentences.

- I think it's _____ to say that pedestrianised shopping areas attract more business. Fortunately, the missing child was found _____ and sound. There are some cities where you don't feel _____ being out alone at night.
- While the police were looking for him in Europe, the bank robber was _____ a life of luxury in the Bahamas. Sebastian was looking forward to graduating and getting a job so he could really start _____. Many business travellers complain about the stress of _____ out of a suitcase.
- Many inner city residents are _____ about the rising crime rate. The report is mainly _____ with the lack of parking facilities in the town centre. The event had to be cancelled, so he sent emails to all _____.
- Danny has been unwell, but he's on the _____ to recovery now. It's getting late; we'd better hit the _____ if we want to avoid the traffic. I witnessed a serious _____ accident on my way to work this morning.

D Complete the sentences using both words.

balance / juggle

- 1 It's hard to _____ university studies and a job, but you just have to find the right _____.

endure / struggle

- 2 Many families on low incomes _____ great hardship and _____ to get by on the little they earn.

excel / outdo

- 3 To climb the corporate ladder, employees feel they must _____ at everything so as to _____ their colleagues.

ruin / spoil

- 4 Some parents _____ their children and thus _____ their chances of becoming responsible and hard-working adults.

Word formation

E Complete the text with the correct form of the words.

Modern woes

In the 1990s when we began buying the first home computers and connecting to the fledgling World Wide Web, who would have thought that – for many millions of people – this would lead to Internet (1) _____? And yet, we have always had a certain (2) _____ to the siren's call of modern technology.

A generation ago, TV was the culprit, and still is to a lesser extent. (3) _____ with TVs was impossible, so we became couch-bound, passive (4) _____ in the activity of watching. Then came the Internet. Constant, unstoppable, (5) _____ browsing has become a daily routine, and any interruption can cause great (6) _____ – one of the signs of addiction.

Mental health professionals are warning us about the mood-altering effects of online chatting, gaming, networking and blogging. This has become such a serious (7) _____ problem that (8) _____ programmes are available for those who just can't stop.

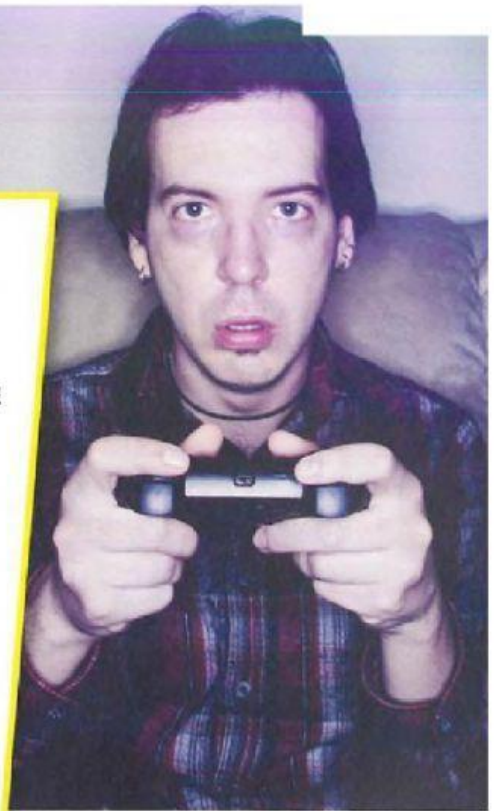
ADDICT
SUSCEPTIBLE

INTERACT
PARTICIPATE

OBSESS

IRRITABLE

SOCIETY
RECOVER



Phrasal verbs

F Read the definitions and complete the sentences with these phrasal verbs in the correct form.

bounce back come up against do without get by pull together wear down

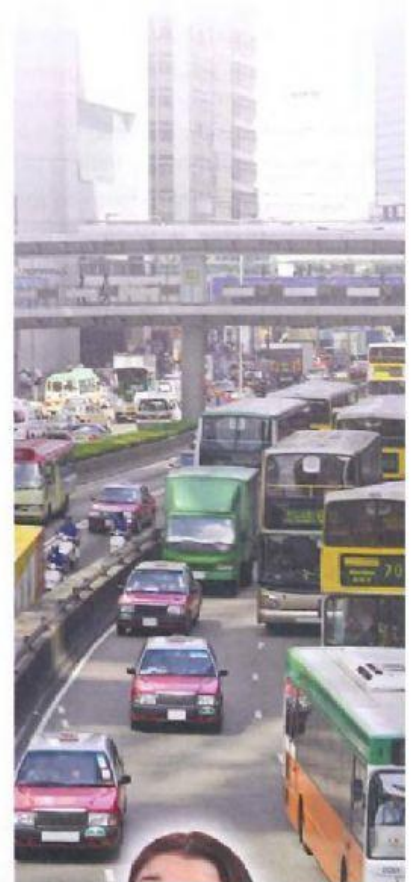
- Throughout history, communities _____ in times of financial or social crisis. (work as a team to achieve something)
- I wonder how they _____ on such a low income; it must be very difficult. (have just enough money to live)
- The stress and strain of modern life can really _____ you _____. (make weaker)
- Gerald had never _____ such a problem before and had no idea what to do. (be faced with or opposed by)
- I don't think my son would be able to _____ his PlayStation and mobile phone! (cope well despite not having something)
- Everyone is hoping that the economy will _____ sooner rather than later. (recover from a bad situation)

Collocations & Expressions

G Replace the words in **bold** with these expressions.

burn the candle at both ends hit rock bottom keep your head above water
run yourself into the ground throw in the towel

- You will **become extremely tired** if you keep working at that pace.
- It must be difficult to **survive financially** when you earn so little.
- Of course you'll learn how to do the job; it's too soon for you to **admit defeat**!
- Ted **was in the worst possible situation** when his restaurant received terrible reviews.
- Nicky cannot continue to **live such a hectic life** without badly affecting her health.



FURTHER PRACTICE

A. Complete the words in the sentences.

1. Paris, London and New York are lively, c_____ cities with multi-ethnic populations.
2. Emily's injuries mean she's had to lead a much more s_____ life than she used to and has therefore put on a lot of weight.
3. Paul's f_____ years were spent in the country, so it is no wonder that he has decided to leave the city for village life.
4. Pilots undergo r_____ training before they are allowed to fly commercial planes.
5. I'm reading a book about p_____ life in the 19th century. It's set in a small town 100 kilometres from London.
6. I think this table is a bit p_____ for us. We can't really afford it.
7. He never socialises, preferring to lead a quiet, s_____ life.
8. My life is so h_____ at the moment, I haven't got time for any leisure activities at all.

B. Complete the text with these words in the correct form.

balance concern endure excel juggle outdo spoil struggle

Life as a single parent

Few people would choose to bring up their children on their own. However, there are two million single parents in Britain today – just over a quarter of all households with dependent children. But who are these parents (1) _____ to raise their children alone?

The average single parent is female, close to 40, and divorced. Contrary to what many would have us believe, over half of the UK's single parents aren't unemployed. They are (2) _____ work and child rearing. Many are also (3) _____ a life of poverty compared to parents with partners. It is no wonder, then, that life for typical single mother, Maria Barton, is a(n) (4) _____ act between work and childcare. Maria is (5) _____ about her children's welfare and future. There is little chance of her (6) _____ her children – on the contrary, by the time they started school, both Josh and Ruby had taken on responsibilities their cousins had yet to master at college: making their own breakfast, keeping their rooms tidy and helping out with housework. Maria was determined not to be statistic – a single mother living in poverty. She has (7) _____ at her job, has been promoted every couple of years and has now (8) _____ all her married friends in terms of salary and the home she can afford for herself and her children.