**Paper 1 Reading and Use of English PART 6**

*You are going to read a magazine article about one person's experience of being aware while she is dreaming, called lucid dreaming. Six sentences have been removed from the article. Choose from the sentences **A-G** the one which fits each gap **37-42**. There is one extra sentence which you do not need to use.*

## Lucid Dreaming

The other night I experienced a lucid dream. In the dream I was sitting gazing into our fish aquarium. I peered in closely, examining our spotted suckerfish. I often gaze at him because he never moves much in the daytime. I watch him to see if he is OK. As I stared at him, suddenly I noticed there were two more suckerfish! They were identical to the original.

37 Then I wondered where they could have come from. As I pondered this I abruptly realised that I must be dreaming! 38 I jumped up and looked around. There were other people in this dream with me. I had a husband, a son and a dog. Before looking at the fish, I had been going along, living my daily life in a mundane fashion. The last thing I had remembered doing was feeding the dog and kissing my little boy on the head while he played on the kitchen floor.

As I looked at these people, I realised it wasn't my real husband or either of my real children – I excitedly blurted out at them that we were all dreaming. 39 I yelled again "WE ARE DREAMING!!!" As I became even more self-conscious, I announced that I could test my theory by flying.

If this really was a dream, I should be able to fly! So I jumped up and flew to the ceiling. I can still see the look on the man's face as he watched me float up to the ceiling. Unfortunately, as I watched the fear and doubt on his face, I began to fall. I sank all the way back down and landed with a hard thud on the floor. When that happened, I began to doubt my own perception and lost my awareness as I fell back into a regular dream state.

The above is an example of lucid dreaming. 40 You are aware that you are dreaming, while dreaming. If you have ever had it happen to you spontaneously, you understand how exciting it is, the heart races with excitement at your prospects.

Gazing at something in your home or on your body, such as your hands during your regular workday is a technique used by dream researchers to induce lucid dreaming. Another technique is to continually ask yourself throughout the day if you are dreaming. 41 On another occasion just before becoming lucid in a dream, I noticed that my kitchen cupboards were the wrong colour, which alerted me. The duplicated fish are another example.

Stephen LaBerge, the pioneer of lucid dreaming research, suggests that once you can become lucid, there is no limit to what your imagination can create in a dream. 42 You can even try out things you've always wanted to try and see what it is like. It has been discovered, and my experience supports this, that when you do become lucid, it is extremely difficult to stay that way. Research has shown though that the more you do it, the better at it you get and the better your control is. Often a few seconds of lucidity is all that is manageable. It is still a thrilling experience.







A. "Of course!" I said; that explains this.

B. At first I was startled and shocked, surprised that there were more.

C. It truly is amazing, from flying, to inventing, to art.

D. After waking from the dream and becoming lucid, I remember gazing at my hands and noticing that they were an odd shape.

E. My husband looked at me, perplexed.

F. If you develop these habits – if you happen to be in a dream state while looking at your hands – you will be tipped off when your hands look odd.

G. Lucid dreaming is the state of being conscious in your dreams.



LIVEWORKSHEETS

**Paper 1 Reading and Use of English PART 7**

*You are going to read four accounts of people who have followed their dreams and travelled someplace amazing. For questions 43–52, choose from the people A–D. The people may be chosen more than once.*

**Which person:**

| | |
|---|---|
| interacted closely with wild animals? | 43 |
| was participating in a water sport? | 44 |
| did not think he/she would like the place so much? | 45 |
| was in relatively close proximity to dangerous animals? | 46 |
| refers to documenting their travel experiences? | 47 |
| appreciated the advantages of travelling alone? | 48 |
| spent time near places of worship? | 49 |
| told someone all about his/her experience? | 50 |
| compared the place he/she visited with other places? | 51 |
| was shown around by a professional? | 52 |







# Following a Dream

## Harry A

Just north of Fregate I met two manta rays. They were seven or eight feet wide with massive outstretched fins that seemed like rubberized wings. The water was murky, rich with plankton that attracted the giant rays that filtered it through their wide mouths. They treated me with caution, maintaining a constant distance if I turned towards them, but were content to let me swim on a parallel course, as if I, too, was feeding on the plankton. For a few minutes we were companions, until, circling and shifting shape against the depths, they became faint black shadows in the gloom and were gone. The deep blue of the Indian Ocean has captured my heart and drawn me back again and again to these pure shores. On Praslin there were dolphins offshore and a pair of octopus, sliding across the coral as they flashed signals to one another with changing skin tones as remarkable as – but much faster than – any chameleon. At Conception, close to Mahe, giant rocks formed an underwater cathedral beckoning me into its vaults where moray eels gaped at me, the strange visitor to their liquid world.

## Gabriel B

And so my first real trip to Asia unfolded in what seemed a series of dream-panels - adventures and faces and events so far removed from my day-to-day experience that I could not convert them into any tongue I knew. I revisited them again and again, sleepless, in my memories and notes and photographs, once home. Almost every day of the three-week trip was so vivid that, upon returning, I gave a friend a nine-hour account of every moment. The motorbike ride through Sukhothai; the first long lazy evening in an expat's teak house in Sunkumvhit; the flight into the otherworldly charm of Rangoon and the Strand Hotel, and the pulse of warm activity around the Sule Pagoda at nightfall. Long hot days in the silence, 5,000 temples on every side; slow trips at dawn along Inle lake, seeing a bird-faced boat being led through the quiet water; a frenzied morning back in Bangkok, writing an article while monsoon rains pounded on the windows all around me.

## Maya C

As I stepped off the six-seater Cessna plane after a bumpy flight over the Okavango Delta and my feet touched the arid ground I knew this was what I'd been waiting for all my life – Africa. Our first day was at the Selinda Camp in one of the driest parts of the Delta and when we arrived I thought that nothing could possibly survive under the relentless sun. I was almost immediately proved wrong, as Selinda is near a small lagoon – home to a group of hippos. At night we could hear their bark-like call. Our guides warned us that although hippos may seem harmless, if threatened, they could easily kill a man! We went on to stay in various other camps that were situated in different habitats. Jacaru Camp was surrounded entirely by water and only accessible by boat. But my favourite place was the Kalahari Desert. Our final camp was located just on the edge of the Makgadikgadi Salt Pans, which are home to many rare species of animal, such as the brown hyena.

## Tom D

I'd been to New York three times in the past but not for long and I couldn't remember much of it.
This time I only had four days but I was on my own and this seems like a better way to get to know a city: less being sociable, more walking and visiting different places. Perfect. I liked New York; even more than I expected and it's right up there on my list of foreign cities where I'd like to live. It's fighting for the top spot with San Francisco, with the next position occupied by Paris. I stayed at the Incentra Village House, which was lovely: reasonably priced, really friendly, comfortable rooms. I'd stay there again. I did a lot of walking and could easily have done a lot more. I rarely left Manhattan. One day I walked more than 12 miles, including the length of Central Park and on down Fifth Avenue. Fifth Avenue was the least pleasant place; it felt like London's Oxford Street. I also walked along the High Line, which is very nicely done, although rather shorter than Paris's Promenade Plantee.



LIVEWORKSHEETS

**Paper 1 Reading and Use of English PART 6**

*You are going to read an article about the illegal international trade of whale meat. SIX sentences have been removed from the article. Choose from the sentences A-G the one which fits each gap 37-42. There is one extra sentence which you do not need to use.*

## Eating Endangered Species?

The International Whaling Commission was established in 1946 to manage dwindling stocks of whales. Quotas were set to limit the number of whales that could be killed each year for commercial use, but these were often ignored and whale numbers continued to decrease. In 1975, the Convention on International Trade in Endangered Species of Wild Flora and Fauna (CITES) gave full protection to several species including the blue, grey, humpback and right whales. International pressure on the IWC continued and in 1986 it finally put a limit on commercial whaling.

37 This is achieved by issuing scientific research permits, as killing whales for research is not forbidden. The stated aim of the Japanese research programme is to establish sustainable whaling in the Antarctic Ocean. Both Japan and South Korea are also permitted to trade, within their own countries, whale meat from animals killed as an incidental result of other fishing. 38 Also, in an attempt to control hunting, individual whales are logged on a DNA register so that they can be identified.

The value of 'lethal sampling', that is, the practice of killing whales in order to study them, is a highly contentious issue. 39 On the other hand, opponents say this information is not strictly necessary, and moreover, there are better ways to get it. The selling of whale meat from the lethal sampling to fish markets is purportedly to help fund the research. This claim, however, is disputed by opponents as being a cover for illegal whaling. Now there is evidence to support their views.

A team of scientists, led by Professor Scott Baker, have used DNA to analyse samples of sushi from restaurants in Los Angeles and Seoul. 40 The results of the study were handed over to local and national authorities and have since resulted in criminal proceedings against the Los Angeles restaurant.

The researchers used DNA sequencing to identify the species of whale and then used DNA profiling – the same technique used to identify human individuals in criminal forensics – to identify the source of the meat. 41 In addition, some of the meat purchased in Seoul came from Antarctic minke whales, a species which is not local to South Korea and must therefore also been traded illegally.

Although Japanese authorities keep a DNA register of each whale destined to be sold commercially, this information is not available for monitoring purposes. 42 As the authors state, "The illegal trade of products from protected species of whales, presumably taken under a national permit for scientific research, is a timely reminder of the need for independent, transparent and robust monitoring of any future whaling".







A. The DNA results showed that the whale meat in the Los Angeles restaurant had almost certainly originated in Japanese 'scientific' whale hunts.

B. However, the export of any whale meat from these countries to the U.S.A. is strictly prohibited.

C. The researchers suggest that urgent action is needed in making this information available to scientists so further monitoring and analysis of commercially available whale meat can take place.

D. Despite the 1986 ban, Japan has continued to hunt whales legally.

E. Some claim that it is required in order to learn about the eating habits and lifespan of whales.

F. Since the 1986 international moratorium, it has been assumed that there is no international trade in whale products, but this does not seem to be the case.

G. The sushi was found to be made from the illegally-traded meat of protected whale species.



LIVEWORKSHEETS

**Paper 1 Reading and Use of English PART 7**

*You are going to read some extracts about four people's favourite buildings from around the world. For questions 43–52, choose from the people A–D. The people may be chosen more than once.*

***Which person:***

| | |
|---|---|
| originally visited it only because it was famous? | 43 |
| implies that his/her favourite building could change? | 44 |
| likes a building that is no longer in use? | 45 |
| mentions a building designed using a novel tool? | 46 |
| does not mention who designed the building? | 47 |
| describes a special place to see a movie? | 48 |
| seems to value personal freedom of expression? | 49 |
| mentions the incorporation of a natural feature into a building? | 50 |
| talks about a place with limited public access? | 51 |
| would like to visit the building again for a specific reason? | 52 |







## Buildings from around the world

### KEIRA A

There is no contest! The Taj Mahal in India, definitely! I visited it while travelling recently, not because I knew anything about it, just because it's considered one of the seven wonders of the world, you know. But it was completely breathtaking. The great white domes of the mausoleum, standing out against the sky, and mirrored in the reflecting pool. I've never seen anything like it. It's decorated very simply, with geometric shapes, following what the Islamic religion believes is appropriate for places of burial.

It's an amazingly romantic building. It was built by the grief-sticken emperor, Shah Jahan, after the death of his third wife, as an expression of his sorrow. I would love to get married there one day; I can't think of a better place for a wedding, although I suspect it would be very very costly. Oh well, it doesn't hurt to dream.

### GEORGIA C

My favourite building? Anything designed by the Austrian architect, Hundertwasser! I can't choose just one. He was a real character and his buildings are all so creative and progressive; they stand out wherever they are located and make an impression on everyone.

To give you an idea about what he believed in, he proposed something called the 'Window Right'. He said a person in a rented apartment must be able to lean out of his window and scrape off the masonry within arm's reach. And he must be allowed to take a long brush and paint everything outside within arm's reach, so that it will be visible from afar to everyone in the street that someone lives there who is different from the imprisoned, enslaved, standardised man who lives next door.

Hundertwasser condemned the sterile grid system of conventional architecture. He rejected rationalism, the straight line and functional architecture, and demanded instead creative freedom of building, and the right to create individual structures. His designs included forested roofs, the spiral house, the eye-slit house, the high-rise meadow house and even an inaudible Green Motorway.

### DYLAN B

My favourite building, this year at least, is the Experience Music Project Museum in Seattle. It was designed by Canadian architect Frank Gehry and his client was Paul Allen of Microsoft fame. Gehry was the first person to use a computer modelling system called CATIA – which was used in the aerospace industry. As he said, "we did a building by computer for a computer guy"!

The building is formed from 400 tons of steel. It is covered by 21,000 aluminium and stainless steel shingles. At the heart of the structure is the Sky Church – a high-tech cinema with a 70 ft high ceiling and the world's largest LED screen. It is an amazing place.

I think this is truly a design where art and architecture merge. It is challenging, the colours are amazing and the wow factor is high! I'll admit I had mixed views about the exhibits that were inside the building – but that doesn't take away from the building itself!

### AARON D

First of all, I have many favourite outdoor places here in the UK; Golitha Falls on Bodmin Moor - a very special one; in fact, most of Bodmin Moor is very special. I love being outdoors in a natural environment at any time of day or night.

A favourite building? That's more difficult; there is a tiny chapel on top of St Ives Island that used to be used by fishermen. I have spent many nights walking round St Ives Island and always wanted to look inside this little building that was kept closed to the public.

One day I was lucky to find a cleaner working there, giving the place a clean, so I couldn't resist. I asked him nicely if I could have a look inside, he didn't seem to mind. There was nothing in there but a huge Bible and a window looking out to sea. It had a rather mysterious, rather sad atmosphere. I have been back there many times but, as usual, the place is always locked up. I'm so pleased I managed to go inside and look around at least once.



LIVEWORKSHEETS