

1. Read the text and decide if each sentence is *T* (true) or *F* (false).

The Galápagos Islands

Imagine hiking through stunning scenery in one of the world's most remote islands. The waves are crashing against the shore and iguanas are swimming in the bay. This amazing island, with its incredible variety of wildlife and landscapes it's perfect for taking pictures, is part of the Galápagos Islands in the Pacific Ocean. Famous for inspiring explorers and scientists such as Charles Darwin, there are very few places in the world as unspoilt as the Galápagos.

Made up of 21 different islands, the Galápagos Islands are 563 miles west of Ecuador, and are actually part of that country. They include the Galápagos National Park (a UNESCO World Heritage site) and the Galápagos Marine Reserve, which both help protect the area's many rare and endangered animals and plants. With so many incredible things to see it's easy to understand why it's the perfect destination for adventure seekers!

The Islands include mountains, volcanoes, cliffs, beaches and wild coastline. However, they aren't just the home of amazing wildlife, people also live there too. In fact, there are towns, a population of around 26,000, and even a capital city, Puerto Baquerizo Moreno, on San Cristóbal Island. Here you can find hotels, shops, and a natural history museum. It's also a good place to enjoy extreme sports such as surfing and scuba diving. Snorkelling is very popular, too.

Although the Galápagos Islands are in South America, the weather isn't as good as you'd expect. While it can be sunny, the warm season only goes up to 25°C, with the cold season falling to 22°C. In addition to this mild weather there is also rain throughout the year. For most visitors, the best time to explore the Islands is December to May during the warm months, but make sure you bring a raincoat or an umbrella during those showers!

One thing is for sure, whenever you decide to visit you can have a once-in-a-lifetime experience in a place that hasn't changed for thousands of years! The Galápagos Islands are full of breath-taking beauty that makes you feel like you're in another world!

- 1 The writer suggests having a camera when visiting the Galápagos Islands.
- 2 Charles Darwin was the only scientist to visit the area.
- 3 The Galápagos Islands are close to the coast of Ecuador.
- 4 The Galápagos Marine Reserve is a UNESCO World Heritage Site.
- 5 There are two main protected areas on the Islands.
- 6 San Cristóbal is the name of the capital city.
- 7 Outdoor activities are not allowed on the Islands.
- 8 The climate on the Galápagos Islands can be very wet.
- 9 In the summer the temperature doesn't go above 25 degrees.
- 10 December is a cold time of year to visit the Galápagos Islands.

2. The people below (1-4) all want to go shopping somewhere in London. Read the description of the six shopping areas (A-F). Decide which shopping area would be most suitable for each person.

A Oxford Street

Oxford Street is the heart of London's shopping scene, and is probably the busiest place to shop, too. All the familiar high-street shops, over 300 of them, can be found in this convenient area. However, unless you enjoy rushing crowds, it's best to go on a weekday in the morning.

B Mayfair and Bond Street

Shop where the rich and famous shop. For designer labels and luxury clothing and jewellery Mayfair and the nearby Bond Street is the place to go. Large department stores with excellent service mean you can find exactly what you want quickly and easily. But make sure you have plenty of cash or a credit card because you will need it in this very expensive area.

C Westfield London

A tempting destination on a rainy day, Westfield London is an American-style indoor shopping mall, with high-street and luxury clothes shops, a cinema, a gym and several restaurants. It has got everything in one place, so shopaholics, and their friends and family, can spend the whole day there.

D Savile Row

Savile Row is famous world-wide for its excellent suits; if you want something made traditionally by hand, just for you, this is the place to go. With prices being as high as you would expect, however, most people can only afford to window shop. But for anyone curious about fashion, this unique street is a great experience.

E Camden

You never know what treasure you might find in Camden. While it's not the best place to go if you need something specific, if you are open to the unexpected you will have a great time exploring the stalls and shops that sell not only unusual clothes but also jewellery, music, antiques and souvenirs. It is also a great place to relax and take a walk along the canal.

F Carnaby Street

Ever since the 1960s, Carnaby Street has been popular with fashion fans who love bold styles. Nowadays, it has lots of big brands, but also still has independent boutiques where new designers sell their work at fair prices. There are plenty of cafes and restaurants in the area, too, and it has a lively atmosphere.

- 1** Ben's mum loves shopping and often takes him along. He doesn't really like shopping, though, so he prefers to do other activities he enjoys at the same time like working out or seeing a film.

- ☐ ☐ Jessica is a student of fashion design. She doesn't need to buy anything but she is interested in learning about the fashion industry and seeing how luxury clothes are made.
- ☐ ☐ Beth likes creative and unusual designer clothes but doesn't have enough money to buy famous brands. She enjoys shopping in busy areas where lots of people are hanging out.
- ☐ ☐ Adam is not worried about cost and wants the very best quality clothes in the most fashionable new styles. He knows exactly what he wants and would rather not spend a lot of time looking for it.

3. Read the text and match the headings (1-6) to the paragraphs (A-E). One heading does not match.

- 1 Listen to your body
- 2 Maintain healthy habits
- 3 Take it slow
- 4 Choose the best activity
- 5 Mix it up
- 6 Get the right gear

How to avoid injury when exercising

Being physically active is essential for good health, yet doing most kinds of exercise comes with some risk of injury. But luckily, if you follow these tips, you can get fit and keep safe, too.

A ☐

One of the most common reasons people injure themselves is because they try to do too much too soon. If you dive right into a difficult activity, your body is not prepared and you could pull a muscle. That's why it's essential to warm up before

you exercise, every single time. Also, it's risky to suddenly start working out more frequently or longer than you're used to. Instead, increase your activity gradually, a little bit each day.

B

It is also important to know your limits. It's normal to have sore muscles the day after exercise, but if you feel pain while exercising, this is your body's way of telling you something is wrong. If you need to, stop and rest. If you ignore pain, and try to push through it, you could end up with an injury that takes months to heal.

C

Often, injuries can be caused by doing the same movement over and over again. A good way to avoid overworking a particular muscle or body part is to change your routine and do different kinds of exercises on different days. Another advantage is that exercising in a variety of ways stops you from getting bored doing the same thing.

D

While the importance of trendy fitness accessories is often exaggerated, wearing the correct shoes is vital, especially for high-impact activities like running. Also, if you are using any kind of equipment, it should be in good condition. Broken equipment, or even the wrong equipment, can do more harm than good!

E

Finally, what you do for the rest of the day can also help you keep safe while exercising. Eating healthy foods will provide you with carbohydrates to burn for energy and protein, vitamins and minerals to build and maintain muscle. Getting enough sleep will help keep you focussed so you avoid mistakes or accidental injuries. That's why resting and eating right is important, too!