

A) READING COMPREHENSION.

PART I

Climbing Annapurna 1



Most people have heard of Everest. Not so many people have heard of Annapurna 1. Situated in the Himalayas in Nepal, this mountain is 8,091 metres high and ranks as the tenth highest peak in the world. The base camp for climbers is more or less half way up the mountain and it boasts some of the most striking scenery in the world. Any trek to Annapurna is likely to start at Pokhara, the second largest city in Nepal. The south of the city stands at an altitude of over 827 metres and rises to 1,740 metres in the north, which borders the Annapurna mountain range.

If you're keen to become one of the 70,000 visitors who take on the challenge to reach the base camp every year, make sure you're prepared for what you're getting into. We weren't.

A friend and I decided that we would hire a porter to carry our bags, as we didn't want the added hindrance of shifting our stuff for ourselves on an already physically demanding trip. Binning stuff we didn't need before we went was purely out of compassion for the poor guy who would have to carry it. We set off, optimistic that we would manage to get to the base camp without too many problems.

The first thing that struck me on our eight-day trek was not so much the unclear paths, but rather how much we went downhill only to have to go uphill again. This became a major psychological obstacle that we would just have to overcome. This was far from my first mountaineering challenge, but I was naïve to think that this one would be all uphill.

The second problem was altitude sickness. The guest houses along the way were a thriving oasis of international travellers looking for a bed and a good meal in an otherwise remote and unforgiving environment. What I didn't know was that I wouldn't actually be hungry. This is coming from a person who never skips a meal. Gradually, food became more and more unappealing, and I didn't know why. I mean, we were walking for about eight hours a day, and all I was managing to eat was a bowl of soup. In little over a week, I was to lose around 7 kg. The most serious issue was the ever-present danger. You are a delicate creature in this huge mountain range, especially as you get higher. A few times, we heard the crack of an avalanche, but thankfully they were never close enough to cause a threat to our safety. They were often the result of snow accumulating above us and then melting under the midday sun. Obviously, our guides ensured that we set off early in the morning to minimize the risk, and didn't burden us with any scary stories *en route*.



Another more predictable problem was the cold. Our night spent at the base camp was in a wooden hut, and the temperature was -15°C, which was fairly typical for that time of year. That wasn't my main concern though. My sleeping bag barely covered half my body as a result of it getting wet at the bottom earlier in our journey. I don't recommend that to anyone.

We dug our heels in for the final stretch. I must admit that, although we'd enjoyed it, it was a weight off our shoulders when we succeeded in reaching our destination. Days and even months later, I felt enormously empowered as a result of our achievement. When you're surrounded by views of 8,000 metre peaks, you feel like you are on top of the world ... Well, you actually almost are!



CENTRO CAMBRIDGE DE IDIOMA INGLES
FIRST TERM TEST 2020 - JUNIOR VI

Name : _____

Read the text. Circle the correct answer (a-d).

- 1 The Annapurna base camp is
 - a) over 8,000 metres above sea level.
 - b) about 4,000 metres above sea level.
 - c) almost 2,000 metres above sea level.
 - d) just under 1,000 metres above sea level.
- 2 Before starting their walk, the writer and her friend
 - a) decided they wouldn't need a porter.
 - b) were already tired from a previous climb.
 - c) got rid of any stuff they didn't need to take.
 - d) were nervous about reaching their destination.
- 3 The trek was hard psychologically because
 - a) the tracks weren't obvious.
 - b) the writer was inexperienced.
 - c) it would take them over a week.
 - d) there was a lot of downhill walking.
- 4 The writer lost weight because
 - a) she didn't have an appetite.
 - b) the menu was limited to soup.
 - c) the local food wasn't very nice.
 - d) she didn't have much time to eat.
- 5 The thing that scared the writer most was
 - a) the danger posed by the heat of the sun.
 - b) stories she had heard about the trek.
 - c) heavy snowfall on the higher ground.
 - d) the close proximity of the avalanches.
- 6 The guides on their trek
 - a) made sure they didn't have to get up early.
 - b) protected them from an avalanche in their path.
 - c) kept their own frightening experiences to themselves.
 - d) stressed how insignificant they were in those surroundings.
- 7 The writer advises others to
 - a) go in a warmer season.
 - b) get a better sleeping bag.
 - c) not let things get wet.
 - d) stay in a hotel.
- 8 The writer got cold because
 - a) her sleeping bag had got wet
 - b) the temperature was unusually low..
 - c) she was sleeping in a tent.
 - d) she didn't have any dry clothes to wear.
- 9 On the last part of the trek, the climbers
 - a) had aching feet.
 - b) a very heavy rucksack.
 - c) had to be very determined.
 - d) realized they hadn't enjoyed the trek.
- 10 On completing the climb, the writer felt
 - a) very powerful.
 - b) very emotional.
 - c) very tall.
 - d) extremely relieved.



B) LISTENING COMPREHENSION

🔊 Listen to a radio host talking to Tom Monkton about his new television series.

Are the sentences true (T) or false (F)?

- 1 Tom talks about his own problems in his new series. ____
 - 2 The man in the first programme started eating more after a sad event in his life. ____
 - 3 The professionals who work on the show are encouraging the man not to quit. ____
 - 4 The radio host thinks the man could struggle to maintain his new lifestyle. ____
 - 5 People in the show often reject suggestions that are made to them. ____
 - 6 Filming people taking on challenges makes it harder for them to quit. ____
 - 7 The woman's house was so full that there was no room for her relatives. ____
 - 8 The only area which wasn't full of rubbish was her garden. ____
 - 9 Hoarding can originate from wanting to do the right thing all the time. ____
 - 10 On the show, they focus solely on the people's problems. ____
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C) WRITING - Choose ONE of the following tasks.

PART II

- Write a short story for the competition. (140 - 190 words)

Are you an up-and coming writer?

Our website wants to include five new short stories to celebrate our tenth anniversary.

Your story must begin with this sentence:

As soon as I posted the comment, I wished I hadn't.

i. Your story must include:

1. A secret
2. Something lost and/or found
3. An apology

You see this advertisement in an English language magazine for young people.

- Write your article. (You should write 140-190 words)

Inspiring people

Write an article about a person who has influenced
your plans for the future

The best article will be published in the magazine.