

**Exercise 1.** Complete the tasks below.

**a.** Listen to [Track 1] *Completion (2)* and complete the notes below. Write **ONE WORD ONLY** for each answer.

**LABYRINTHS**

**Definition**

- a winding spiral path leading to a central area

**Labyrinths compared with mazes**

- Mazes are a type of (1) .....
- (2) ..... Is needed to navigate through a maze
- the word 'maze' is derived from a word meaning a feeling of (3) .....
- Labyrinths represent a journey through life
- they have frequently been used in (4) ..... And prayer

**Early examples of the labyrinth spiral**

- Ancient carvings on (5) ..... Have been found across many cultures
- The Pima, a Native American tribe, wove the symbol on baskets
- Ancient Greeks used the symbol on (6) .....

**Walking labyrinths**

- The largest surviving example of a turf labyrinth once had a big (7) ..... At its centre

**Labyrinths nowadays**

- Believed to have a beneficial impact on mental and physical health, e.g., walking a maze can reduce a person's (8) ..... Rate
- Used in medical and health and fitness settings and also prisons
- Popular with patients, visitors and staff in hospitals
  - patients who can't walk can use 'finger labyrinths' made from (9) .....
  - research has shown that Alzheimer's sufferers experience less (10) .....

b. Read the transcript for Track 1 and complete the table below.

Key words in the question	Their paraphrases in the audio
A type of	(1) .....
(2) .....	Find your way
Be come from	(3) .....
(4) .....	A state of
Centre	(5) .....
(6) .....	Slower breathing
Experience less from anxiety	(7) .....

Now, open the Student's book Fighter 4 and complete the following tasks.

Task	Requirement	Status
IELTS Practice task 2	Complete questions 1-5 (p.18)	<input type="checkbox"/>
IELTS Practice task 3	Complete questions 1-6 and 7-10 (p.19)	<input type="checkbox"/>
Vocabulary 1	Exercises 10, 11, 12, 14, 16 and 17 (p.27, p.28)	<input type="checkbox"/>