

Exercise 1

Read the blog written by a teenager called Lana Bridges about her hobby, and then answer the questions.

Cosplay

by Lana Bridges

I'm really into cosplay. If you haven't heard of it, don't worry, I'll tell you all about it. After reading this, you might want to take up cosplay too!

So, what exactly is cosplay? It's when people dress up in costume to look like a character from a film, book or video game. The term 'cosplay' comes from two words, 'costume' and 'play', joined together. Although it wasn't called cosplay then, it started in 1939, when fans wore costumes at the first ever world science-fiction conference. The name was actually created in 1984, by a Japanese man who had attended that conference. And since around 1990, there's been a rapid growth in the number of people who, like me, enjoy cosplay. I've made so many friends since I took it up!

Anyway, cosplay isn't all about science fiction. Although I like that, fantasy is what I'd choose before anything else. There are also people who do historical cosplay – dressing up like eighteenth-century soldiers, for example, though that's not really my thing. But whatever type of cosplay people are into, I'm sure they'll all agree that they've gained confidence from doing it. I certainly have!

These days there are cosplay competitions around the world, and even if you can't attend them in person, they're amazing to watch online or read about. There's EuroCosplay, which I've been to in London; the Nordic Cosplay Championship, in Sweden; and the best known of all is the World Cosplay Summit, which takes place in Japan.

Some of the cosplay costumes I've seen are incredible, and can be really complicated. You don't just need the right clothes, but also make-up, hairstyle, and various objects – like a particular ring or a wooden stick. Having to come up with some of my costumes means I've become much more creative! Since I took up cosplay, I've tried a wide range of characters, including an old man with a beard. What I'm preparing for now is a non-human role. I've got one in mind, but I generally keep my plans secret until my costume is ready! I really admire people who make their own costumes themselves. I do that more now that I've learned to sew, which I'm really proud of!

If you look online, you'll find lots of people selling cosplay costumes. Though it can be a good way to make money, I personally can't imagine selling mine – I like the idea of reusing them. Professional cosplayers can earn lots of money too, promoting a particular event or product. Taking photographs at cosplay events is my plan. I'd charge people for them, so I'd be able to attend all the events and make a living at the same time!

Question 1

When was the term 'cosplay' invented?

..... [1]

Question 2

What type of cosplay does Lana prefer?

..... [1]

Question 3

What is the most famous cosplay contest called?

..... [1]

Question 4

What type of character is Lana planning to be next in cosplay?

..... [1]

Question 5

How would Lana like to make money from cosplay in the future?

..... [1]

Question 6

How has Lana benefited from doing cosplay?

Give **three** details.

.....

.....

..... [3]

[Total: 8]

[Turn over

Exercise 2

Read the article about four people (A–D) who enjoy wild swimming. Then answer **Questions 7(a)–(i)**.

Wild swimming

Swimming outdoors in rivers, lakes and the sea

A Conor

Recently, I was looking through old photos of family summer holidays in Scotland – there were pictures of us all swimming in the clear blue sea, with the sun blazing overhead. I clearly remembered the freezing temperature of the water, which certainly isn't the impression given by the images! I've always been a keen swimmer, though I admit that most of the year I go to the local sports centre where I can swim indoors. I'm definitely a seasonal wild swimmer – when it's warm enough, I head to my local river for an evening swim. Without exception, I emerge feeling more positive than when I got in. Occasionally friends join me – I talk about it so much that they've come along to see for themselves what it's like. I must admit though that it's the occasions when I have only myself for company that I appreciate the most.

B Emine

Swimming is so good for you, both physically and mentally, whether you're swimming indoors or out in nature. I live by the coast, and have a few favourite spots nearby for swimming. I tend not to reveal them though, as regular swimmers like me value our private places! I love swimming out from the beach, watching birds fly overhead. I try to go as often as I can – it's only when it's too windy that I'll accept it's not wise to swim in the sea. But otherwise, you'll find me out there most times of the year, sometimes even in the winter months when the thought of getting into cold water isn't the most appealing. If you've never tried it before, the trick is to get into the water slowly, let your body get used to it, and then warm up as quickly as possible when you get out.

C Omar

My first experience of wild swimming was in my teens. My friend and I were on a boat near an island, and although I'd never swum in the sea before, it was such a hot sunny day that I didn't hesitate to jump in. Talking to my friend about it recently, I said I could almost imagine the wonderful cool water around me. What I had to be reminded of was my concern at the time about what creatures might have been in the deep water beneath me! That thought doesn't bother me anymore, and I'll happily swim in the sea whenever I have the chance. I swim indoors regularly too, but given the choice between fresh air and chemicals, I know which I'd go for. Sometimes I swim on my own; other times I meet up with a group to try a different location. I love finding new places!

D Ana

I'm a member of a wild-swimming club – there are about twelve of us now, and we range in age from sixteen to over seventy! We meet up almost every week. I also have a blog about it, so if anyone wants to join us, they can find out where to go. Some people prefer to keep their favourite swimming places secret, but I'm a believer in sharing information with anyone else who's interested. As far as I'm concerned, it doesn't matter how cold or wet it is – I'll turn up. There have been some occasions when I've been the only one there, and I admit that I'll still go in on my own, though I'm well aware that's not a good idea. Recently we were doing a coast swim, when a seal popped up right next to me. It was a magical moment, and not one I was expecting at all!

For each statement, write the correct letter, A, B, C or D, on the line.

Question 7

Which person ...

- (a) suggests why wild swimming is better than swimming in a pool? [1]
 - (b) explains why they avoid saying where they swim? [1]
 - (c) says that they prefer to go wild swimming alone? [1]
 - (d) mentions that they were surprised to see some wildlife while swimming? [1]
 - (e) describes the effect that wild swimming has on their state of mind? [1]
 - (f) says that they will go wild swimming whatever the weather? [1]
 - (g) suggests that a memory of wild swimming might have been inaccurate? [1]
 - (h) gives some advice for people who are new to wild swimming? [1]
 - (i) suggests that they have done something risky when wild swimming? [1]
- [Total: 9]

[Turn over

Exercise 3

Read the article about ways of reducing cars in cities, and then complete the notes.

Car-free cities

Robert Curry investigates

Getting cars out of cities has become a target for countries around the world. The number of cars on our roads has risen rapidly in recent years, causing traffic jams and an increase in pollution, and contributing to global warming. I decided to look into what has been done and what I could do personally.

One study, carried out at Lund University in Sweden, found that 75% of the methods introduced to cut car use were put in place by local city governments. The most successful cities have created policies which govern what people can or can't do, while also encouraging people to change their behaviour where possible.

One strategy that has an obvious impact on drivers is removing parking places. Over ten years ago, urban designer Alison Lee was involved in a project in Melbourne, Australia, which did just this. Despite complaints from some traders and residents, it has been a success. My city council recently proposed the same thing and it made me think about what I could do. I realised there are plenty of alternatives to driving. Renting an e-bike was one thing I did to see how well I could manage without my car. Elsewhere, creating car-free zones has led to a reduction of city-centre traffic. In Barcelona, Spain, there are areas in the city that can only be accessed by residents and emergency services in vehicles, along with bicycles and those on foot.

Charging drivers to enter parts of a city is another approach. In London, UK, traffic in the centre has been reduced by around 33% since this began in 2003. Other cities have done the same, but although this has clearly led to significant reductions in car use, traffic problems cannot be avoided completely while city design continues to favour car use. One answer is better public transport, which some cities have already provided. Another option I was interested in is sharing a car, which I've now been doing for a while with friends who live in my area.

A large medical centre in Rotterdam, the Netherlands, reported a 20–25% reduction in employee car journeys by introducing parking charges outside the workplace. But we know people need encouragement as well as rules. One widely explored idea is making a personal travel plan. I wasn't entirely sure what this meant, so I decided to give it a go. Basically, it involves getting personalised advice on the best ways to avoid car use in the city, and I found it really helpful.

Mobile phone technology offers another way to limit car use. When I was living in Bologna, Italy, I came across an example of this. It involved downloading an app that records environmentally friendly trips around the city. I did this and found it really motivating. Initial results showed that 73% of people used their car less, although the number of car trips or distances travelled by car were not recorded, so the overall effectiveness of this app is unclear.

Imagine you are going to give a talk to your classmates about reducing car use in cities.

Use words from the article to help you write some notes.

Make short notes under each heading.

Question 8

Policies that have been introduced to reduce car use:

-
-
-
- [4]

Question 9

What the writer has tried doing in order to reduce his own car use:

-
-
- [3]

[Total: 7]

[Turn over

Exercise 4

Read the article about a research laboratory called ToddlerLab, and then answer the questions.

ToddlerLab

Science reporter Carolina Baker visits a laboratory where psychologists study toddlers (children who are about two or three years old) and young children

I'm visiting ToddlerLab, a multimillion-pound laboratory that has been set up at the University of London. In front of me is Serena. She's a perfectly ordinary-looking six-year-old girl, apart from the fact that there's a cap on her head with wires sticking out of it. There's nothing wrong with her at all – she's simply part of a group of children who have been studied by a team of researchers since the age of three. Rather than studying intelligence, they are actually interested in investigating how the brains of very young children develop.

In terms of their brains, there is no doubt that young children are extraordinary. 'The change between two and five years of age is pretty spectacular: there is a lot going on in terms of brain development,' said Natasha Kirkham, a professor of developmental psychology, who I met at the lab. She went on to tell me that babies' brains have been extensively studied. This is typically done by recording their eye movement and the electrical activity in their brains. However, opportunities to study young children's brains have been more limited because, until fairly recently, they needed to be attached to a machine for the technology to work. And this means that they can't move around – which is tricky, as it isn't part of a young child's natural behaviour to sit still for long periods of time. The development of new wearable technology is now enabling researchers to extend their studies.

I observe as one of the members of the team gives Serena a pair of bright pink gloves, which are covered in bits of silver-coloured reflective material. These allow special cameras on the ceiling to follow the exact position of Serena's hands as she completes various tasks. She carefully puts them on, then heads towards a table which has been set up to look like it's in a pre-school classroom, covered with several boxes and a computer screen.

One of Serena's tasks is to build a house using plastic blocks of all colours, shapes and sizes. She is shown a recording in which an adult quickly demonstrates how to press a button to release a range of blocks from the boxes, and then use them to build a house. Serena is told to copy what she has observed, and she does just that, producing a solid, colourful house, with a garden full of plastic flowers. I ask her if she would like to live in this house, and she promptly tells me what each room is – she clearly has a sense of imagination. The last time Serena performed this task, although she won't recall it, the result was very different – three-year-olds are much less able to understand a set of complex commands. And it is this ability that the study is focused on understanding more clearly.

It's been a really fascinating visit. Just before I leave, I ask Serena to tell me what she thinks about ToddlerLab. 'I like coming here to play all the different games,' she says, while she runs around the room. And **as she does so**, she whispers to me: 'I'd like to be a scientist when I'm older.'

For each question, choose the correct answer, A, B or C, and put a tick (✓) in the appropriate box.

Question 10

In the first paragraph, the writer suggests that Serena is interesting because

- A she's unusually clever.
- B she's wearing a special device.
- C she's the only participant in an experiment.

☐
☐
☐

[1]

Question 11

What information does the writer give in the second paragraph?

- A what has been learned from studying babies' brains
- B how babies' brains differ from those of young children
- C why young children's brains have been harder to study

☐
☐
☐

[1]

Question 12

Why is Serena asked to wear gloves?

- A to make her fingers more visible
- B to protect some equipment
- C to record her movements

☐
☐
☐

[1]

Question 13

Serena begins her house-building task by

- A describing her design.
- B watching a short video.
- C choosing what material to use.

☐
☐
☐

[1]

[Turn over

Question 14

Serena's house-building task is part of research into how young children

- A** follow instructions.
- B** develop creativity.
- C** remember details.

☐
☐
☐

[1]

Question 15

The phrase '**as she does so**' in paragraph 5 refers to

- A** speaking quietly.
- B** moving rapidly.
- C** visiting the lab.

☐
☐
☐

[1]

[Total: 6]