

PART 3

Questions 11 – 15

Read the text and questions below.

For each question, mark the correct letter **A, B, C** or **D** on your answer sheet.

Sarah Forbes talks about how she gets a good night's sleep

I can't remember when I started to have problems sleeping. As a student I seemed to spend half of my life sleeping. But after my graduation I found myself spending hours lying awake until the early hours of the morning. After a few weeks of this I decided to do something about it. I often went to bed at different times; perhaps there was a programme on TV I wanted to watch, or I'd be watching videos on my phone. So I tried going to bed at the same time each night. This took a while to get used to but slowly I found myself getting into a regular routine.

I also took the advice of a friend and made sure I did things to help me relax before I went to bed. I'd start by writing a list of things I needed to do the next day so I wouldn't end up thinking about them during the night. I got into the habit of having a nice warm bath before bedtime and then did some relaxation exercises like meditation. Reading also seemed to work, but not in the way I expected. I would sometimes just fall asleep in the middle of a chapter!

I also found some suggestions online about how to make your bedroom sleep-friendly. I used to have very thin curtains that let the light from outside shine through, so I changed these for thicker ones. I also removed all technology from the room like the TV and the laptop as these are not supposed to help you sleep, even if they are switched off. And of course I left the mobile phone downstairs!

And the result? I'm pleased to say it's worked. Of course, there are some nights where I find it difficult to go to sleep but mostly I'm getting a good seven hours' sleep a night. I started to make a note of my sleep patterns and this is also useful as it helps show things that were making me lie awake, like problems at work. So, I have to say it has been a very successful experiment.

11. When did Sarah's sleeping problems begin?

- A.** when she was a student
- B.** a few weeks ago
- C.** at different times during the week
- D.** after she finished at university

12. Writing a list of jobs to be done

- A.** was the first thing Sarah did at bedtime.
- B.** helped Sarah read.
- C.** meant Sarah worked harder the next day.
- D.** helped her think more clearly.

13. What does Sarah say was the problem with her bedroom?

- A.** She often left her laptop switched on.

- B. It was too bright.
- C. Her friends didn't like it.
- D. It didn't have a TV.

14. Sarah says that now

- A. she never thinks about work at night.
- B. she never finds it difficult sleeping.
- C. she keeps a record of how well she sleeps.
- D. sleeping better is helping her at work.

15. What would be a good introduction to this article?

A.

Sarah Forbes suddenly found herself having trouble getting to sleep. But she took control of the situation.

B.

Sarah Forbes has not slept well for years. She told us how it affects her work.

C.

Our sleep expert Sarah Forbes explains how you can make sure you get a good night's sleep.

D.

Sarah Forbes knows what it's like not being able to sleep. Here she explains the dangers of lying awake at night.

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Jon Leverson talks about working in comedy

At school I was always the one with the funny comment, the class clown who never took things too seriously. I enjoyed making my friends laugh, and to be honest, I seemed to be quite good at it. This was why, at university, I decided to join a comedy club, a small group of people who wanted to practise their joke-telling in front of a live audience. Once a week I would go on stage in front of a small group of people and tell my jokes. This was my introduction to becoming a **comedian**.

Over the past few years I've continued with my hobby. Instead of jokes I like to talk about things that I experience in life that I find amusing. I'm a dad to a young son and a lot of my act is about some of the funny things he does or about being a father. The events I perform at only

attract small audiences, but you get a lot of support and people do at least try to laugh, even if they don't like your act.

I work in an office 9–5 and I perform at the weekend. But don't think for one minute that it's just a few hours' work. Thinking of ideas is difficult. And you need to test these ideas and see what makes people laugh and what doesn't. You then throw some things out completely or change them a bit and try again the next week. In addition to the content it's about finding your style – what makes you special – and that only comes with practice.

Some people say doing what I do must be quite scary. I'm not sure about scary, but it's certainly true that standing in front of an audience and trying to make them laugh is quite a challenge.

But it's worth it when you're successful. It's great to make people feel happy and to know that all the time you've spent in preparation has worked. This will always be a hobby rather than a career for me, but one that will hopefully give me a great deal of pleasure for years to come.

11 What does Jon say about his time at university?

- A. He performed in front of people.
- B. He started a comedy club.
- C. He enjoyed watching other people tell jokes.
- D. It was where he discovered he could make people laugh.

12 At the events he performs at

- A. people laugh even if they don't find him funny.
- B. the audience think he is funny.
- C. he gets support from other fathers.
- A. he tells jokes.

13 Jon explains that

- A. his act doesn't last very long.
- B. he often repeats his act but with changes.
- C. the audience make him feel special.
- D. he sometimes feels he has failed a test.

14 What does Jon say about performing?

- A. He finds it very scary.
- B. Making people laugh isn't easy.
- C. It means he spends less time at work.
- D. He's not good enough to make a career out of comedy.

15 What would be a good introduction to this article?

A.

Life doesn't always go as planned, and Jon Leverson explains how he took a career change at university.

B.

In this article, Jon Leverson explains the difficulties of trying to make a career out of comedy.

C.

Do you think you're funny? Jon Leverson tells us the steps to take to become a comedian.

D.

In this week's personal story, Jon Leverson tells us about his unusual hobby – making people laugh.

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For each question, choose the correct answer.

Corinna Held talks about attending a music festival

I've always been mad about music, whether it's something I'm listening to on my headphones, dancing to at a club or enjoying at a concert. But my greatest love has always been going to music festivals. They are a great place to listen to your favourite musicians and to enjoy yourself with friends, and they are also an opportunity to meet new people. But the experience can be spoilt if you don't take care, so here are some things I've learnt along the way.

Let's start with what you should take. You can't be sure of the weather so I'd suggest preparing for anything. Take sun cream. If it's sunny you'll be out in the open all day. And don't forget something to keep you dry in a thunderstorm, even if it's only a large plastic rubbish bag. Your mobile phone and charger are essentials, of course, but apart from these don't take anything you wouldn't want to lose. Take comfortable shoes as you'll be on your feet all day, and if you're camping bring a tent that's easy to put up and weatherproof.

Once you're there, take a tour of the area so you know exactly where everything is. If you're with friends, agree on meeting points. Your tent is likely to be a long way from the action so you need places to find each other closer to the stages. This will help if you and your friends decide to see different bands, which is likely as your taste in music is probably not exactly the same. Be polite to people camping near you as they could become good friends. Drink lots of water and check the programme carefully so you don't miss your favourite acts.

And when it's all over? Here's my number one request: before you go home, please pick up all your litter in and around your tent. I can't believe the mess people create at festivals. Some people even leave their tent behind. And as you leave, enjoy the feeling that you've just felt, with a wonderful connection to all those around you. You've just had an amazing opportunity to see lots of different bands and make friends and generally had an experience you'll never forget.

Corinna says that

- A Music festivals are the best way to listen to music.
- B Listening to music is her biggest love.
- C Music festivals can be a great social event.
- D Careless behaviour spoils music festivals for other people.

What does Corinna advise people to do?

- A Be careful not to lose anything.
- B Be prepared for any weather.
- C Keep all your things in a plastic bag.
- D Leave your mobile phone at home.

Corinna says you should agree on a meeting point

- A So you can find your way back to your tent.
- B In order to discuss which bands are on.
- C So you can talk about your taste in music.
- D Because this is more convenient than going to your tent.

What does Corinna say about litter?

- A People should request more litter bins.
- B You should clear the area where you've been camping.
- C People often leave litter in their tent.
- D Take it home with you.

What would be a good introduction to this article?

A

Going to a music festival? Corinna Held recommends some simple steps to make the experience a happy one.

B

Music festivals can be a wonderful way to spend the weekend. Corinna Held tells us about her favourite events.

C

With more and more of us attending music festivals, Corinna Held explains what it is about them people find so enjoyable.

D

We all love listening to music. But do we get the best experience using our headphones? Corinna Held tells us why we should be going to music festivals.

