

For each question, choose the correct answer.

Buddy Jones, musician

I'm a session musician, which means that people hire me when they need a musician, rather than me working for a particular band or on my own. It's still important to me that I'm doing what I like and believe in, so I don't accept all the work I'm offered. I've been doing this job for quite some time and I'm happy to consider the offers and then decide.

You need certain qualities to be a good session musician. One such quality is that you have to be able to fit quickly into a team. It's no good if you go to the studio and have an argument with the trumpet player. It helps if you get along with people you've just met, as very often you play with musicians you've never seen before. Then of course there are particular musical skills you need. For example, you've got to learn parts very quickly and be able to play a lot of different musical styles. And of course, despite all your talents, you are in the background, so you have to be prepared to let somebody else be admired.

Another very important quality that you definitely need to have is flexibility. Some bands may have rehearsals at specific times and you need to be there when they need you. Sometimes a band or a solo artist may call you for a recording at the last minute because a musician hasn't turned up, and it's important that you can be there at short notice.

I've found there's plenty of variety in this work. Sometimes I'm asked to play guitar for a top band at a big live concert. Or I might go on a long tour with a famous singer. But my main income has always been from studio work. I might do one short section of a song, or I could be asked to join a band for a whole album.

Most session musicians generally get paid the same amount. It's fairly good money, but of course if an album I work on sells a million copies, the band make a huge amount of money, but nobody gives me a big cheque.

- 1 What does Buddy say that a session musician does?
 - A pays other musicians to work with him/her
 - B makes money with his/her own band
 - C earns money performing alone
 - D works for different bands for a payment
- 2 According to Buddy, what makes a good session musician?
 - A someone who's willing to spend a lot of time learning
 - B someone who can play many types of music
 - C someone who admires many famous musicians
 - D someone who's flexible about attending long rehearsals
- 3 What does Buddy say about his job?
 - A He doesn't like being away from home.
 - B He'd like to record his own album one day.
 - C He rarely gets to work with famous musicians.
 - D He gets to do a lot of different things.
- 4 What does Buddy say about his pay?
 - A He gets paid extra if an album does well.
 - B Most of it comes from making recordings.
 - C He usually gets a large cheque when he's finished.
 - D Different session musicians get different amounts of money.
- 5 What might Buddy say about his life as a musician?
 - A I like my job because I get to do a lot of different things in music and I'm not worried about being famous.
 - B I'm good at my job because I like entertaining people and appearing on television.
 - C I love being a musician because I get a chance to meet famous people and earn a lot of money.
 - D I enjoy my job because I get the chance to play a lot of instruments and try out different types of music.

Coasteering

Lily Carter had no idea what present she wanted for her 14th birthday. But she'd always been keen on challenging sports, especially to do with water, like surfing and sailing. So when her parents heard about an activity called coasteering – exploring rocks along the coast by climbing and swimming – they thought Lily would love it. They found a course offered at an activity centre called Porthdean, just along the coast from the family home, which was perfect. So after checking it was led by experienced instructors, they signed her up.

Lily had seen a TV show about coasteering, and was interested in doing it, although she'd thought only adults could take part. But then she discovered that on courses at Porthdean, there'd also be people her age jumping from rocks into the sea, and also exploring caves – which she was never normally allowed to do, so she really wanted to go. But she still asked her dad to go along too and, although he wondered whether he'd like coasteering himself, he knew how much Lily wanted someone to accompany her, so he agreed.

Lily and her dad drove to Porthdean, where they attended a session with their instructors to learn basic safety and techniques and be given helmets and special wetsuits to keep the cold out. The group they joined was quite small, which meant they got lots of individual attention.

Says Lily, 'The entire trip was awesome – although the water was freezing! But our instructors encouraged the whole group so much, we were ready to try absolutely all the challenges, even stuff we hadn't expected at all, like jumping off high cliffs! I must admit, the one I jumped off wasn't that high, but Dad went much higher!'

'Anyway, Dad and I hadn't realised how hard it would be physically, so we were glad we were fit,' explains Lily. 'Even so, afterwards, we actually felt like we'd done loads of hard exercise in the gym! But I'll keep the memories of that trip forever, I reckon. And the instructors are

going to put a video of it onto the website, so my friends will see it. They'd never believe me otherwise!

1 Why did Lily's parents choose Porthdean for her coasteering present?

- A It offered various courses in her favourite watersport.
- B The instructors there were highly recommended.
- C It wasn't too far away from where they lived.
- D She had already tried some activities there.

2 How did Lily feel about the coasteering course?

- A pleased that it included something she'd always wanted to try
- B excited about doing the experience all on her own
- C keen to find out more about what it involved
- D interested to see whether she was the only teenager

3 Lily particularly liked her instructors because they made sure everyone

- A was comfortable with the kit they were given.
- B felt confident about the new things they would attempt.
- C got the same amount of attention.
- D knew all the activities they would take part in.

4 Lily says that after the course, she was

- A happy she'd shared something so exciting with her dad.
- B sorry she hadn't worked at getting fitter before she went.
- C proud that her friends all thought she'd done well.
- D surprised at how exhausted she was by the activities.

5 What would Lily text to a friend while she was away on the course?

- A I don't think Dad was sure before he came that he'd enjoy it – but actually, he's been braver than me!
- B I wanted to do the coasteering course, and mentioned it to my parents before my birthday. But I never expected they'd let me go!
- C Our session before the activities was great, although I really didn't think I'd need a wetsuit for the cold – and I was right!
- D Going into caves was amazing. I'd love to explore them by myself when we're next at the beach – I'm sure my parents will let me!

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.

- 1 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.
- 2 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.
- 3 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.
- 4 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.
- 5 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.

Cross-country skiing in Sweden

by Jenna Walton, aged 15

Last year, Mum and I wanted to try a winter sport called cross-country skiing – travelling on skis across the countryside. And pictures of one area in Sweden, with people skiing along through forests on wonderful white snow, persuaded us that destination was a good choice. We hadn't done much skiing, though, so weren't sure how difficult cross-country skiing was, compared with skiing fast down steep mountains. But we signed up to join a group of people, of all ages, plus a guide. We'd read about the place we went to before we left, so we knew it was close to where Sweden ends and Norway starts. And our family knew we couldn't text home, as there was no internet connection – and actually, it was relaxing to be far from anywhere, or anyone. What we hadn't realised was that from there, we'd be able to see amazing coloured lights in the sky, which appeared at certain times of year, called the Northern Lights – what a sight!

On our first day there, I hated getting up in the dark, but it meant I saw the sun come up over the forest, so I was glad I did. And sunshine was forecast for the week, I was delighted to hear! But the real problem was my 15kg rucksack, full of food and clothes – I had no idea it would weigh that much. Anyway, we skied for hours across mainly flat snow. Having special light skis was supposed to help us climb the few hills there were – although I still couldn't do it!

Finally we stopped for the night. It wasn't until we'd reached our hut that our guide mentioned we'd just crossed a frozen lake to get there – but nothing surprised us by that point! Anyway, he gave us all jobs to do – cutting fire wood and cooking food – and soon we were having dinner, made from whatever food we'd brought – a strange mix, but it tasted delicious. And everywhere was so peaceful outside that none of us stayed awake long.

Mum and I want to try another winter sports trip, maybe snowboarding. But we'll probably end up just as exhausted as we were after this trip!

1 Jenna and her mum decided to go cross-country skiing in Sweden because

- A they wanted a change from mountain skiing holidays.
- B they'd heard the sport would be easier than skiing down hills.
- C they'd met a group of people who wanted to go, too.
- D they found a place there that they were keen to visit.

2 After their arrival, what did they discover about where they were staying?

- A It wasn't far from the border with another country.
- B They could get great views of a spectacular natural event.
- C It was at a point where they couldn't use technology.
- D They weren't near local people of their homes.

3 How did Jenna feel about the long trips through the snow on skis?

- A surprised she had to carry such a heavy bag
- B pleased about the weight of the skis she was given
- C glad that going uphill wasn't as hard as she'd thought
- D worried the good weather they were having wouldn't last

4 Regarding their accommodation, Jenna says everyone

- A had difficulties getting to sleep there.
- B was unhappy at the quality of the food.
- C had to help out with all the housework.
- D was shocked to hear details of their journey there.

5 What would Jenna text to a friend about her trip?

A One reason we chose this trip was that we thought we'd be among loads of trees, which we love – but that hasn't happened so far.

B The people in our group were really friendly – but they were all Mum's age and older, really.

C I'm not used to getting out of bed so early to do things! But it was worth it, as the sunrise was wonderful.

D Mum and I have agreed that although the trip was great, we might attempt something less tiring on our next winter holiday.

Georgina Johnson writes about the mobile phone

Looking back to when I was younger in the 1980s, I can remember dreaming of two inventions I thought would change my world but were probably not likely to happen in my lifetime. One was a tiny video camera that I could carry around in my pocket and film moments whenever I had the opportunity. The other was something I could use to see and speak to people miles away. I often saw them in science fiction films, and they didn't even need to be plugged in!

I find it incredible that during my adult life these two dreams have become a reality. And not even two separate inventions. Just one phone, small enough to keep in my pocket so that I hardly know it's there. I can video call or chat to friends and relatives, catch up with the latest news, watch videos of my favourite bands, check the weather forecast or send messages. Thanks to satnav I never have to worry if I get lost when I make a journey somewhere I have never been before. I can shop as much as I want and even take a course in any subject I want ... the list goes on.

Along with the internet, the mobile phone must be the biggest change in technology ever. So why do many of us feel slightly worried about how much time we spend on the phone in our lives? It's strange that the opportunities it has offered us for communication seem to have limited the time we actually spend talking to each other. We are all used to seeing friends and families who are always looking at their screens and taking very little notice of those around them.

The mobile phone is here to stay and we have to find a way of dealing with the problems it might create. I believe these are challenges we have to solve individually rather than expecting something or someone else to come to our rescue. It's up to us to be careful about the time we spend online and remember that it's

good to talk with those sitting nearby. We can still feel amazed to have such a powerful piece of technology available when we need it.

- 1 What does Georgina say about the 1980s?
 - A She didn't have a TV.
 - B Some inventions seemed a long way in the future.
 - C People were always watching science fiction films.
 - D She had friends who lived a long way away.
- 2 Georgina says that a mobile phone
 - A is easy to carry.
 - B can be hard to know how to use.
 - C is easy to lose.
 - D is helping her with her studies.
- 3 What changes does Georgina say the mobile phone has created?
 - A We now depend on the internet.
 - B It stops us seeing friends and relatives as often.
 - C We communicate with people in a different way.
 - D We spend more time communicating with people.
- 4 Georgina thinks that people who use a mobile phone
 - A don't realise how powerful it can be.
 - B should speak to others for help.
 - C are beginning to wish it hadn't been invented.
 - D are responsible for using it sensibly.
- 5 What would be a good introduction to this article?
 - A Georgina Johnson explains how her dreams have come true now the mobile phone has made her life so much easier.
 - B Are you spending too long on your mobile phone? Georgina Johnson warns of some of the dangers.
 - C One of the greatest inventions of all time or something we should be a little concerned about? Georgina Johnson gives her views on the mobile phone.
 - D Do you dream about what the future may be like and what technological inventions will occur? They are unlikely to come true says Georgina Johnson.

Harry Parnell: Photographer of the Stars

I've always been interested in photography. When I was a child, I used to borrow my parents' camera. This annoyed them, so, when I was about ten years old, they bought me my own camera. After that, I spent my free time going around taking pictures. I enjoyed taking pictures of flowers, trees and animals, but most of all, I liked taking pictures of people. I still have my childhood photo albums. Most pictures weren't that great, but I like looking at them. They remind me of what I first felt when I started taking pictures.

When I finished school, I did a photography course and then I got a job working for my local paper. I liked the people I worked with, but I found it quite boring after a while. I used to have to take dull pictures of local buildings and new types of cars; that kind of thing. After a couple of years, I trained in digital photography and portraits with another photographer. Then, I moved to a national newspaper and that was more interesting, but I finally decided to work for myself taking pictures of famous people. I like exploring how settings and people interact. Many famous people got to know me and liked my artistic talent. I have been working as a portrait photographer for many years now.

When I tell people what I do for a living, they imagine that I'm an unpleasant person who follows famous people, takes embarrassing pictures of them and makes a lot of money. Actually, I don't do that. Usually the people I photograph want me to photograph them. We create an atmosphere in their own garden or outdoors where they can feel comfortable. The only thing that can happen is that sometimes they suddenly decide they don't want to be photographed. That can be annoying, especially if they've asked you there in the first place. But that doesn't happen very often.

I find my job exciting and challenging. It has a creative side and also a technical side. I have to imagine and shoot the best photo and I also have to use different accessories to get different effects.

- 1 What does the writer say about his childhood?
 - A He liked taking pictures of his parents.
 - B He discovered he enjoyed taking pictures of people best.
 - C He disliked taking photos of nature.
 - D He never had his own camera.
- 2 What did the writer do in his first job?
 - A He took pictures of ordinary people.
 - B He photographed uninteresting things.
 - C He travelled around the country a lot.
 - D He stayed in the office most of the time.
- 3 What does the writer think people believe about him?
 - A He doesn't earn much money.
 - B He has an embarrassing job.
 - C He will probably be famous one day.
 - D He isn't a nice person.
- 4 When talking about the people he photographs now, the writer says
 - A they are usually happy to be photographed.
 - B they're often unpleasant.
 - C nobody ever upsets him.
 - D they sometimes forget to pay him.
- 5 Which of the following is the best description of the writer?
 - A The talented photographer who has worked in different places but has always enjoyed his career.
 - B The photographer who prefers taking pictures of people and enjoys embarrassing the rich and famous.
 - C The photographer who likes working for himself and enjoys his work most of the time.
 - D The photographer who has taken pictures for many years and has always wanted to be famous.

Headteacher Mary Collins talks about healthy school days

Since I took up my role of Head at Franley Junior School I have been keen to educate our children on the importance of developing healthy habits. I started by working with our restaurant manager to come up with tasty new menus that contain lots of healthy ingredients. We change the menu Monday to Friday to encourage the children to try different things and keep unhealthy fried food to a minimum. The children have enjoyed the meals and eat a wide range of fruit and vegetables.

We've also rented an area of land near the school for a vegetable garden and made gardening a part of the school curriculum.

Children now prepare the ground for planting, plant the seeds and watch as these turn into healthy fruit and vegetable plants. We're planning to create a child-friendly kitchen so our pupils can discover the pleasure of cooking. I believe all this gives the children an understanding of where our food comes from and very important skills that will stay with them for life.

To support this healthy-eating campaign, we have also made changes to the amount of physical exercise we get our children to do during the day. We start every morning before classes with a 'wake and shake' session in the playground when children get the chance to burn off energy with fun exercise routines. We also have different play times during the day so the playground isn't crowded, which means the children can run around safely. To support this we have also invested in sports equipment such as tennis, football and gym equipment to encourage the youngsters to take up sports. But it's not just the children who are developing a healthy lifestyle. Several of our teachers have signed up for the Franley Fun Run this summer for the first time and have started a training programme in order to get fit. Many of our pupils have joined them

and will be taking part in the run as well. I'm sure that seeing their teachers beside them will inspire them to finish. We have even had several parents show an interest in doing the event as well, so this is something we're all really looking forward to.

- 1 Since Mary joined the school
 - A fried food is no longer on the menu.
 - B the school has employed a new restaurant manager.
 - C the menu changes daily.
 - D they serve food two days a week.
- 2 What does Mary say about gardening?
 - A It is part of a course of study.
 - B The children are producing food for the school kitchen.
 - C The children are learning to cook the food they grow.
 - D It takes place inside the school.
- 3 Play times
 - A only take place at the start of the day.
 - B result in the playground getting crowded.
 - C are timed to prevent accidents.
 - D have not cost the school any money.
- 4 What does Mary say about the teachers?
 - A They are all doing the fun run.
 - B They are training with the children.
 - C They have done the fun run before.
 - D They are training with the parents.
- 5 What would be a good introduction to this article?
 - A Franley's new Head Mary Collins explains how she set about getting fit with the children.
 - B Read how Mary Collins, the new school Head, reacted when she was ordered to improve the quality of food on the school menu.
 - C Mary Collins explains how the first aim she set herself in her new job was to create a focus on healthy living.
 - D Since taking on a new job at Franley Junior School, Mary Collins tells us how she has discovered the joy of healthy living.

For each question, choose the correct answer.

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.

- 1 When did Sarah's sleeping problems begin?
 - A when she was a student
 - B after she finished at university
 - C a few weeks ago
 - D at different times during the week
- 2 Writing a list of jobs to be done
 - A helped Sarah read.
 - B meant Sarah worked harder the next day.
 - C was the first thing Sarah did at bedtime.
 - D helped her think more clearly.
- 3 What does Sarah say was the problem with her bedroom?
 - A Her friends didn't like it.
 - B It didn't have a TV.
 - C She often left her laptop switched on.
 - D It was too bright.
- 4 Sarah says that now
 - A she never finds it difficult sleeping.
 - B she keeps a record of how well she sleeps.
 - C she never thinks about work at night.
 - D sleeping better is helping her at work.
- 5 What would be a good introduction to this article?
 - A Our sleep expert Sarah Forbes explains how you can make sure you get a good night's sleep.
 - B Sarah Forbes has not slept well for years. She told us how it affects her work.
 - C Sarah Forbes suddenly found herself having trouble getting to sleep. But she took control of the situation.
 - D Sarah Forbes knows what it's like not being able to sleep. Here she explains the dangers of lying awake at night.

For each question, choose the correct answer.

Jessica Hail – Comedian

I've always enjoyed performing and making people laugh. When I was at school, I used to annoy some of my teachers as I was always telling jokes in class. All my classmates used to laugh a lot and I had a great time.

When I left school, I got a job in a fast food restaurant during the day and took acting classes in the evening. I also started performing in theatres at the weekends. Sometimes the audience loved me, but other times nobody laughed at my jokes. That was the worst feeling in the world.

After two or three years, I appeared on TV a few times and became better known. I finally got a part in a TV comedy show and I've worked on TV ever since. I still do theatre work, and although it's harder than being on TV, I enjoy it much more. During those years when I performed in theatres, I learned so much. It was great to start performing while I was still young. It gave me a lot of experience and it helped me become confident on stage.

It isn't easy to keep on being successful because it's so difficult trying to think of new ideas all the time. When I can't think of anything to write about, I get very miserable. Then I usually go for a walk. Walking is a great way to relax and it also helps you to think. I can go out for a walk in the morning with no ideas in my head.

When I return, my head is full of them and I can't wait to write them down!

As well as walking, mountain climbing and diving help me to relax, too. I'm planning a climbing trip to Nepal soon, which I'm really looking forward to! I'm sure I'll come back with a lot of new jokes and ideas. Inspiration is very important in my profession. If I'm inspired, I can create new performances and make people laugh

out loud! It's fantastic. I think comedy is the cure for many things. It can take away your worries and help you relax.

- 1 What does Jessica say about her life at school?
 - A Her friends were very funny.
 - B She enjoyed performing for her classmates.
 - C She disliked the teachers.
 - D Her jokes were bad.
- 2 What did Jessica do when she left school?
 - A She trained to be a teacher.
 - B She started performing in a restaurant.
 - C She got a job and studied acting.
 - D She got a job in a theatre.
- 3 What does she say about her working life?
 - A People have always enjoyed her performances.
 - B Being on TV is the most difficult thing she's done.
 - C Her first job was in a theatre.
 - D She's worked in a variety of places.
- 4 Why does Jessica like walking?
 - A It makes her laugh.
 - B It helps her to get ideas.
 - C It takes away her worries.
 - D It allows her to empty her mind.
- 5 Which of the following is the best description of the writer?
 - A The comedian who never stops laughing herself.
 - B The funny person who loves her work but never has time to relax.
 - C The successful comedian who is always looking for new ideas.
 - D The popular star who loves being on TV more than anything else.

For each question, choose the correct answer.

Jon Levenson 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.

- 1 What does Jon say about his time at university?
 - A It was where he discovered he could make people laugh.
 - B He started a comedy club.
 - C He performed in front of people.
 - D He enjoyed watching other people tell jokes.
- 2 At the events he performs at
 - A the audience think he is funny.
 - B people laugh even if they don't find him funny.
 - C he gets support from other fathers.
 - D he tells jokes.
- 3 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.
- 4 What does Jon say about performing?
 - A He finds it very scary.
 - B He's not good enough to make a career out of comedy.
 - C Making people laugh isn't easy.
 - D It means he spends less time at work.
- 5 What would be a good introduction to this article?
 - A In this article, Jon Levenson explains the difficulties of trying to make a career out of comedy.
 - B Do you think you're funny? Jon Levenson tells us the steps to take to become a comedian.
 - C In this week's personal story, Jon Levenson tells us about his unusual hobby – making people laugh.
 - D Life doesn't always go as planned, and Jon Levenson explains how he took a career change at university.

For each question, choose the correct answer.

Karina Moore – teenage high diver!

Several times a week, teenager Karina Moore trains at her local pool to jump from the high-diving board into the water – in an attempt to become a national diving champion.

Karina first learned about diving during a family break in Spain, where the resort's pool had a high-diving board. Young people were diving off it, and it looked fun, but Karina didn't join in, even though she was a strong swimmer. Then after returning home, she discovered a long-distance runner she'd always admired had started diving for relaxation – so she became more interested.

Karina joined a beginners' diving class at her local pool. They had several sessions jumping onto soft materials before trying the high board. 'The water looked a long way down,' says Karina, 'but after our training, I felt I'd handle it – without injuring myself? They'd warned me I'd land in the water fast – at around 60 kph – but I was prepared. I couldn't wait to get started – although the others weren't so keen! Anyway, I wasn't disappointed by the experience.'

In Karina's area, there's now lots of interest in high diving, but it's sometimes difficult for swimmers to find suitable practice facilities. Although the pools are deep enough, they're in use so often by diving clubs that other people don't get opportunities to practise. Fortunately, though, Karina's coach noticed her talent and helped her develop her techniques. After also two years, she's winning competitions in her area.

But what's it like to concentrate so much on diving? 'I train 20 hours a week' says Karina, 'and I won't pretend it's easy – you have to enjoy it to spend so much time doing it! It's not easy for my parents either, though – they drive me to training sessions early in the morning, and that costs money. But they're had financial help from sports

organisations, luckily. And my schoolwork and social life are good. I still meet my mates – and there's always the phone! The only thing I hadn't realised was that the pool water would damage my hair – I used to love my long hair, but I've had to cut it short because it looked awful! But I'll definitely keep on diving!

- 1 What made Karina keen to take up diving?
 - A She wanted to repeat her holiday experience.
 - B She found out her athletics hero had taken it up.
 - C She'd visited a pool where some teenagers were doing it.
 - D She wanted a new challenge after her success at swimming.
- 2 How did Karina feel the first time she used the high board?
 - A worried about how far it was above the pool
 - B pleased to experience it with other beginners
 - C confident that she wouldn't get hurt
 - D shocked to hit the water at such speed
- 3 What does the writer suggest about diving facilities in Karina's area?
 - A They're not used as much as they could be.
 - B There aren't enough coaches teaching people to use them.
 - C There aren't as many boards as there used to be.
 - D They're not available to the public for long enough each day.
- 4 How does Karina feel about spending so much time diving?
 - A surprised by one effect it has had on her
 - B sorry she no longer sees her friends so much
 - C anxious about the amount of money it costs
 - D grateful to be able to focus on something she loves
- 5 What would the writer say about Karina?
 - A She's a young girl who's achieved a lot by becoming a national diving champion – and all with very little support.
 - B She's made enormous progress in a very short time – after only a couple of years, she's already showing great signs of success.
 - C She has a lot of natural talent, but she's already thinking of having a break from the high board for a while.
 - D She's sad that she's given up almost everything for her sport – and her lifestyle really sounds quite hard.

For each question, choose the correct answer.

Kirsty Wade, young athlete

I've always been keen on sport and very fit so a few years ago I decided to join my local athletics club. In the beginning I put all my effort into the long jump because it was my best event, but the coach encouraged me to try different things.

I ended up as a middle-distance runner, which means I don't run the short distances like 100 metres, or long cross-country races, but the in-between ones like 800 metres. It's an interesting type of running because you have to mix speed with strength. You also have to think a lot about how you race, and choose the right moment to run at your maximum speed. You need to do quite a lot of regular training when you first start and it helps if you have a good coach who can keep you motivated and teach you the basics. I take part in some quite major competitions now, but I still remember my first race. I was so nervous before it started. And when it finished, I could still feel my hands shaking. It was a great race and I came second so I was very pleased. Since then I've learned to stay calm before and during races. I do a lot of breathing exercises that help me stay focused and relaxed. Competing has really helped me to trust in my own abilities. And now I find that I love running in front of a crowd – I suppose it's a sort of performance.

One thing I don't enjoy so much is how hard you have to work to stay fit and strong enough to race, although it helps that I often train with others. I try to eat and sleep well, but I don't have a special diet. Mostly it's a case of getting plenty of variety and eating more of everything because I'm so active.

I sometimes watch Olympic athletes on TV and imagine myself in their position. It must be a fantastic experience, but at the moment I

don't feel that is necessarily where I'm aiming. I think you have to give up so much if you want to reach that level.

- 1 Why did the writer join an athletics club?
 - A Because she enjoyed taking part in sports.
 - B Because she thought she should get more exercise.
 - C Because she wanted to become an athletics coach.
 - D Because she wanted to become a professional long jumper.
- 2 What does the writer say about 800-metre running?
 - A You have to know when to run fastest.
 - B It's harder than running in the 100 metres.
 - C It's more important to be quick than strong.
 - D You need to forget everything and just run.
- 3 What does the writer say about competing in races now?
 - A It always makes her feel scared.
 - B It feels good to be in front during the race.
 - C It's helped her to develop new skills.
 - D She enjoys people watching her race.
- 4 What does the writer say about the food she eats?
 - A If she eats a lot, she can run faster.
 - B Eating plenty of food helps her to sleep better.
 - C She eats the same kind of things as other people.
 - D She would like to eat different types of food.
- 5 Which best describes the writer?
 - A A young athlete who trains hard and hopes to be selected for the Olympics in the future.
 - B A girl who was good at the long jump and likes running, but who doesn't see herself becoming an international athlete.
 - C A girl who is a keen athlete, but doesn't like running in front of a crowd and who finds the training very boring.
 - D A keen athlete who finds it enjoyable to practise with other people and compete as part of a team.

For each question, choose the correct answer.

Mark Charles: Extreme Weather Photographer

Mark Charles is a storm chaser and a weather photographer. During his career, he's taken photos of all kinds of amazing weather, including tornadoes, thunderstorms and hurricanes. His photos have appeared in many scientific magazines.

Mark has also successfully appeared in documentaries on American TV to discuss severe weather, storm chasing and global warming. He's an energetic and keen speaker. He's written fascinating articles about our changing weather and is the author of a very popular blog about extreme weather and several books. So how did Mark begin his career?

Mark grew up in Wisconsin in the USA, where ice storms, blizzards, floods and tornadoes are common. When he was six years old, he saw his first hurricane at close hand and he never forgot the experience. A few years later, his mother bought him a camera. Mark was more interested in recording the sound effects of weather than taking photographs. He used to spend hours recording sound outdoors. He did it as a hobby when he was a little boy, but he soon became very interested in extreme weather. He has journals with notes and some pictures that he collected. He discovered how some weather factors interacted and when you could expect to have a thunderstorm or ice storms. He was just an observer but that was enough to teach him quite a lot about the world around him. When he was a teenager, he used to read about all sorts of extreme weather events in the newspaper and he sometimes went to the library to look for scientific magazines on specific topics. He even joined an after school club that organized trips to observe weather patterns.

Mark studied journalism, not photography, at university and began his career as a writer working on local newspapers. He was good at his job and he never regretted that he'd become a journalist, but he kept his

childhood interest in storms and when, in his late twenties, he saw an advert for a storm-chasing holiday in Tornado Alley, he joined the group and took his camera with him. Eventually, Mark's photography took over from journalism and he became the artist he is today.

- 1 What does the writer say about Mark's photos?
 - A They show a lot of incredible weather conditions.
 - B They have been published in many important books.
 - C They have been the subject of several popular documentaries.
 - D They have changed a surprising amount over time.
- 2 What does the writer say about Mark?
 - A He can't share his knowledge about extreme weather on the Internet.
 - B He's good at talking about weather.
 - C He dislikes writing about extreme weather events.
 - D He isn't keen on appearing in the media.
- 3 What do we learn about Mark's childhood?
 - A He enjoyed taking photographs of hurricanes.
 - B He became interested in extreme weather.
 - C He was afraid of severe storms.
 - D He got hurt during a hurricane.
- 4 What does the writer say about Mark's early career?
 - A He wished he had studied photography at university.
 - B He was good at writing about the news.
 - C He took excellent photographs of local events.
 - D He was better at art than at journalism.
- 5 What is the writer's main aim in writing the text?
 - A to give advice on becoming a photographer
 - B to encourage people to take up photography
 - C to describe the career of one photographer
 - D to explain how to take photos of extreme weather

Our Great Ocean Road adventure

by Donna Waverley

My family and I recently went to Australia, to see my grandparents. But before we visited them, we went sightseeing along the Great Ocean Road, on the Australian coast.

Dad had intended to drive, but even though he was used to driving miles without getting exhausted, he then read on the website that the road wouldn't be an easy drive, with a number of sharp bends. Anyway, we thought he deserved to enjoy the fantastic views too, which he couldn't do as our driver. So instead, we persuaded him to book discount bus tickets and off we went.

Our first stop was where wild kangaroos lived – and Dad and I were taking a walk when a big one appeared! For a moment, it seemed to consider coming towards us, which made me slightly nervous – but then it went off along the road, stopping to check if we were following. Although it was with us a while, I was so excited I didn't even manage to pull out my camera. Then it looked back once more, and went off into the bushes.

That wasn't the only wildlife we saw. I thought it unlikely we'd see Australia's famous koala bears during our short visit, as I'd heard they were rare – but we weren't disappointed at our next stop. In fact, we discovered there were roughly six million in that area! Sadly, some gum trees they were in had very few leaves left, which people told us was because of the koalas, although I'd read that lack of water is actually the problem. Still, I guess that looked cute, and were easy to find – we just followed the tourists looking up into the trees!

Dad had booked a campsite for the night, with ready-made tents – for an adventure! I wasn't sure about that, but they were actually luxury tents, within walking distance of some famous rocks and other places we hoped to visit. However, Dad also said the sounds of wild creatures would help us sleep. That sounded worrying – until the 'wild creatures'

turned out to be frogs! So I was embarrassed by my fears – and kept awake by the frogs! But we had fun making meals together – we'd brought food, as we knew there'd be nowhere to eat.

In fact, this whole trip was fantastic!

- 1 Donna's Dad decided not to drive the Great Ocean Road himself because
 - A he realised he wouldn't enjoy the views as much.
 - B he thought it would be too tiring for him.
 - C he discovered the bus would be a cheaper option.
 - D he found out the route was very challenging.
- 2 When Donna saw a kangaroo along the route, she was
 - A worried that it might approach her.
 - B amazed at the size of it.
 - C sad that it didn't stay with them long.
 - D disappointed that she had forgotten her camera.
- 3 Donna says that the koala bears they saw were
 - A responsible for damage to the trees.
 - B even more attractive than people had told her.
 - C more common than she'd expected.
 - D very skilled at hiding away from tourists.
- 4 What was Donna's opinion of the place where they stayed?
 - A She found it was less comfortable than she'd hoped.
 - B She liked the fact that it was convenient for sightseeing.
 - C She enjoyed hearing the sounds of nature as she slept.
 - D She was disappointed there was no restaurant nearby.
- 5 What might Donna write in her blog during the trip?
 - A The bus we're travelling on is pretty comfortable, with great views from the window. Grandma and Granddad are enjoying it, too!
 - B We can see quite a lot as we drive along. I just wish we could stop and get out to explore properly.
 - C Yesterday we went to see some huge rocks near our campsite – and we were really impressed! I'm surprised they're not well known.
 - D I wasn't looking forward to camping, in case there were wild animals, but we haven't seen anything at all dangerous, so I feel silly now!

For each question, choose the correct answer.

Our school newspaper

by Michael Williams

Some years ago, our head teacher, Mrs Waters, decided to start a school newspaper, and get as many students as possible to take on the job of producing it – and parents, too. She felt the newspaper would help them learn more about school life, through articles on things like sports achievements and arts projects, which not all students know about if they're not taking part. Students took the whole thing very seriously – and we now have a prize-winning newspaper!

Some of my friends joined the newspaper team immediately and enjoyed it. I'd always loved creative writing and drawing cartoons, which I thought would be perfect in the newspaper, so I signed up. My dad, who's a journalist, was pleased – he thought that even though I wasn't keen on a job like his, the newspaper would be a great opportunity for me. And he was right – I loved it! Dad often came along to give advice, which was popular with the students. It was difficult sometimes, if he was busy, but he learned a lot about the school that way.

My first job was writing a report about a sports event – a writing style I'd never attempted before. But Dad reminded me it was similar in some ways to writing a story – getting information in the right order. Once I'd understood that, there was no stopping me – and after my first efforts, I developed quite a professional style, which was brilliant. Sometimes the team couldn't use what I'd written, or my cartoons, for whatever reason, but I didn't mind. And sometimes it was hard to finish stuff on time, but I usually got there.

I'm now one of the editors – we decide what goes into the newspaper, so our names no longer appear in print. And it's stressful sometimes as we don't have much time, but we try to manage that properly. We also correct mistakes in people's articles, which we all had to get used to, but we were soon doing it without thinking – and in our own schoolwork, too.

I still put off calling people outside school for comments on stuff, but I guess it's all good experience – at least, that's what Dad says!

- 1 Michael's head teacher wanted to start a student newspaper to
 - A provide an activity for students not interested in sport or art.
 - B make students feel more confident about taking part in something.
 - C keep students better informed about what was happening at school.
 - D give students the experience of being responsible for something.
- 2 Michael decided to join the newspaper because
 - A he had ideas about some work he could do for it.
 - B he was considering a career in journalism.
 - C his friends had encouraged him to do so.
 - D he liked the idea of being part of a team.
- 3 When Michael first started working on the newspaper, he was
 - A disappointed when his stories sometimes weren't used.
 - B delighted at the way his writing skills improved.
 - C pleased to find he could make use of his art skills.
 - D worried he'd be late completing some of his writing.
- 4 What does Michael say about his role on the newspaper now?
 - A He feels uncomfortable about correcting other students' work.
 - B He still needs to improve the way he manages his time.
 - C He's happier to handle making telephone calls to others.
 - D He's become better at making articles more accurate.
- 5 What would Michael's dad say about the newspaper?
 - A I was surprised at how keen Michael was to get involved – he's never shown that much interest in writing before.
 - B I occasionally had problems finding the time to help out at Michael's school, but the students really seemed to like my suggestions.
 - C Michael would never admit it, but I know he's proud to see his name in the newspaper these days – and I am, too!
 - D It's been great to finally find out about life at the school through reading the newspaper. I didn't really know much about it before.

For each question, choose the correct answer.

Painting in Spain

My husband, David, is an artist and has always been interested in painting pictures of the Spanish countryside. We've both always loved Spanish culture and have spent many holidays in Spain. Five years ago, we decided to give up our jobs in London, sell our house and move to a small village in the south of Spain.

We thought it would take months to get organized, but in just three months, we'd sold our home, found a house to rent, booked our ferry and said goodbye to our friends. We were so excited to move! At first, we thought we'd stay here for a year, but when we arrived on a beautiful September evening, we were amazed to realize immediately that we wanted to stay longer. The owners of our new house were waiting to show us around and cooked us a lovely meal. Gradually, over the following weeks, we settled into a routine. I got a job teaching English and began to learn the language while David painted.

David loved the scenery and he was inspired by the wonderful landscape around us. But mostly he fell in love with the bright light of the sun in the south. As a painter, he's always looking at the contrast between colours and light. During the first six months, he spent hours outdoors painting. His paintings were always about the same landscape but each one of them had something special. The elements in his work were always changing and each new painting was even more beautiful than the previous one.

The following May while we were visiting a small town, we saw an empty shop. David thought it would make a lovely art gallery and we decided to rent it for a year. We filled the shop with David's paintings and after two days, sold our first picture. Over the next few months, a lot of tourists bought paintings, but the tourists went home in November and our shop became very quiet. But we

advertised online and soon business improved. We started getting orders from different places. Everyone loved David's paintings. Today our gallery is a great success and we both feel we're living a perfect life.

- 1 Why does the writer say she moved to Spain?
 - A to find out more about Spanish culture
 - B because she and her husband loved the country
 - C because she had never been there before
 - D because she lost her job in London
- 2 What does the writer say about leaving London?
 - A It was difficult to sell their home.
 - B None of their friends wanted them to leave.
 - C They organized everything quickly.
 - D They rented their house to some of their friends.
- 3 What did the writer find surprising about her first day in Spain?
 - A She was offered a job teaching English.
 - B She and her husband decided to live in Spain for more than a year.
 - C The owners of the rented house were unfriendly.
 - D There was already somebody living in her new house.
- 4 When talking about the shop, the writer says that
 - A they sold nothing for several weeks.
 - B it was popular with tourists.
 - C they sold some paintings on the first day.
 - D it became very busy in November.
- 5 What might the writer say about living in Spain?
 - A I'm glad we came to live here, but I wish we hadn't rented the gallery.
 - B The gallery has been a great success, but now we'd like to move back home.
 - C We've had very few problems. It's definitely the best thing we've ever done.
 - D I wish we hadn't moved here. I really miss my friends and family.

Paul Harris talks about how he studied by distance learning before going to university

I didn't follow the normal route to university. Most of my teenage friends stayed on at school, passed their exams, chose their favourite university and continued their education. I couldn't wait to get to work and left without any qualifications, feeling that having a salary was more important. I spent a few years doing different jobs but always wondered what might have happened if I had followed my friends' example.

It was ten years later, in my late twenties, and after I discovered a love of history, that I finally decided I wanted to go to university. I thought about giving up my job and spending a year at college getting the exams I needed for university, but I couldn't afford to do this. So I decided to study on a distance-learning course and keep my job. This was long before the internet and online learning. My course consisted of a parcel brought by the postman with all the books I needed for the year, a study plan and the contact details of my tutors. No telephone number, just an address of a business where I had to post my work.

I would spend a week or two studying the next unit, write an essay and post it to the tutor. I would then wait, usually for at least two weeks, for the tutor's reply. It was always a very exciting moment when the postman arrived and I opened the envelope to see how well I had done. My tutor's comments were always very helpful, though I often wished I could phone him for the chance to discuss some of the things he had written.

I passed the exams and did indeed go to university. And the distance-learning course taught me the importance of hard work and the need to focus. It wasn't easy studying like this without the technology available today. I wasn't able to ask the questions I had

and get the quick response that communication tools now make possible. But I also think it was much easier to concentrate then. There was no mobile phone to turn to every five minutes or social media to follow. I'm glad I did it my way.

- 1 How did Paul feel about going to university when he left school?
 - A He wanted to be like his friends.
 - B He didn't think he could get the qualifications he needed.
 - C He wanted to earn money.
 - D He regretted not going.
- 2 Paul chose a distance-learning course
 - A because he loved his job.
 - B so he could continue working.
 - C because he couldn't find a history course at college.
 - D because it was too late to go to college.
- 3 What does Paul say about the course?
 - A He would have liked more contact with his tutor.
 - B He didn't understand his tutor's comments.
 - C His tutor's handwriting was difficult to read.
 - D The post service was very poor.
- 4 Paul thinks that
 - A he would have done even better if the internet had existed.
 - B it was difficult to focus during his studies.
 - C online learning is more effective.
 - D the internet can make studying difficult.
- 5 What would be a good introduction to this article?
 - A Paul Harris warns against choosing distance learning after his negative experiences.
 - B Forget college: distance learning is the best way to get that university place, says Paul Harris.
 - C Paul Harris describes his experiences of studying at a distance without the use of modern technology.
 - D Distance learning should be avoided if you are not serious about your goal, writes Paul Harris.

Robert Taylor talks about his new art show

Like all children, I was always getting myself and the kitchen table in a mess when I first took an interest in painting. Unlike many kids, who give up activities like art for other subjects when they go through school, I continued painting throughout my childhood. Now, after years of enjoyment, I've finally taken the scary decision to show off some of my favourite pieces of work by holding an exhibition at Glebe Street library. Inviting people to see my work is a new idea and one which I'm looking forward to.

I've never had any formal art training. When I was trying to decide what I should study at university, art as a subject never entered my head. I always thought my parents wanted me to follow a subject that would be useful when I was looking for a job, so I ended up taking a business course. Looking back, my parents would probably have supported me whatever my decision, but I decided to do what I thought was best for everyone.

And during my time at university, I rarely did much in the way of painting. It wouldn't have been easy to paint anyway as I lived in university accommodation and had very little space. I kept an interest in art though and visited local exhibitions whenever I could, but that was about it. It was later in my thirties while I was working that I discovered my love of the activity again. Since then I've made a point of spending at least one evening a week painting.

However, my works have only ever been seen by trusted friends and relatives. They've always given me plenty of support and encouraged me to continue with my art. But I've always wondered what people who I didn't know would think, people who could give me an honest opinion of my ability. The library have been very helpful and offered me a room for the show. They've asked me to supply questionnaires about the event and I've included a section for

visitors· comments about the works. I'm very much looking forward to reading these opinions.

- 1 What does Robert say about art?
 - A Children usually continue doing it at school.
 - B He had to give it up to do other subjects.
 - C The thought of showing off his work is a little frightening.
 - D He has often thought about letting people see his work.
- 2 When deciding what to study at university
 - A Robert didn't consider doing art.
 - B his parents didn't want him to study art.
 - C he thought he would need a job while he was studying.
 - D Robert understood correctly what his parents wanted him to do.
- 3 What happened while Robert was at university?
 - A He didn't do any painting.
 - B He discovered his love of painting again.
 - C He was still keen on art.
 - D He painted at least one evening a week.
- 4 Robert is holding the exhibition because
 - A his friends and relatives encouraged him to do this.
 - B the library asked him to.
 - C he is interested in getting opinions from friends and relatives.
 - D he wants to know what strangers think of his work.
- 5 What would be a good introduction to this article?
 - A Robert Taylor tells us how a love of art can lead to a change of career.
 - B If your child shows an interest in art, Robert Taylor will explain how to support this activity.
 - C After years in the shadows, Robert Taylor is about to face the public with his works.
 - D If you're keen on developing your artistic skills, Robert Taylor explains how to get support from friends and relatives.

Steve Cummins talks about starting his own business

I'd worked for the company for almost ten years. They were good employers and the money wasn't that bad. They trusted in my ability and always left me to get on with my work. And I shared an office and met some lovely people, so I certainly wasn't unhappy there. But I just couldn't stop wondering how better my life would be if I had my own business and could make my own decisions. And so one year ago this week I left my job.

We don't have a spare room at home, so the kitchen table has been my office. It was difficult to begin with, but I soon got used to working in this way. I started by visiting small businesses in the area to see if I could interest them in my services. My proudest moment was making my first sale, a website for a local cake shop. Soon after, I started getting calls from other people asking for help with websites of their own and I found myself getting quite busy. Of course, there have been challenges. I'm not earning quite as much as before but it's enough. I don't have to pay for transport to work anymore so that means I'm not spending quite so much. My biggest problem has been managing my time. There's no boss to tell me what to do and I'm sometimes a little lazy. I have this rule that work stops on a Friday afternoon so I can spend time with the family at weekends, so I need to pay more attention to this.

So, I wouldn't say it's been easy, but I don't regret my decision at all. I've enjoyed being my own boss and I'm quite hopeful about the future. During the next 12 months I plan to rent some office space as I'd like to be able to separate work from my home life. I'm going to need to earn more money to pay for it but I think it will help me to focus on my work.

1 Why did Steve leave his job?

A He didn't like attending meetings.

- B He wanted more control of his work.
 - C He had a great idea for a product.
 - D He wanted to earn more money.
- 2 Steve's greatest pleasure so far has been
- A getting his first customer.
 - B not having to drive to work.
 - C having his own office.
 - D not having to answer the telephone.
- 3 What does Steve say is the most difficult about working for himself?
- A working hard enough
 - B not having a regular salary
 - C feeling lonely
 - D working at the weekend
- 4 In the next year, Steve thinks
- A he will get an office job.
 - B he will earn less money.
 - C he might not need to work in his kitchen.
 - D there will be much more competition.
- 5 What would be a good introduction to this article?
- A In this article, Steve Cummins explains the problems of starting your own business and dealing with difficult customers.
 - B Thinking of starting your own business? Steve Cummins did just that and now wishes he had done it sooner.
 - C Steve Cummins made a big decision last year to leave his job. Read on to find out about the ups and downs of being your own boss.
 - D Steve Cummins explains below how he dealt with not enjoying his job by leaving his employer and starting his own business.

Whale-watching trip

by Jack Madison, 15

A while ago, my friend Olivia was telling me about a whale-watching trip she'd been on, in Canada. I wanted to tell her I was about to do the same thing, off the north coast of the UK, where my grandparents live. Whales had recently appeared there again, and my grandparents were convinced we'd see some – so I was sure my trip would be as good as Olivia's! But then I saw some review of the trip my dad had booked for us, when no-one had seen any whales at all. So, in the end, I decided not to tell Olivia anything about my trip, in case it wasn't successful!

Anyway, Dad and I set off on our trip – which was Dad's idea – and it was fantastic! Travelling out to sea on the tour boat with our guide, we soon reached the spot where whales often appeared. Then we waited – and nothing happened. I was sure this wouldn't last, though. People kept calling out they'd seen one, which was exciting – but then it turned out they were wrong. Then finally I saw something move under the water – a minke whale! So I felt like a hero for the rest of the trip!

The whale was a wonderful sight, with its huge back not far from the boat. Our guide said it was around five tonnes in weight and around 10 metres long. Yet, despite its size, it swam alongside us at speed, and with little effort. We waited to see if more appeared, and some time later, we saw three more some distance away, that kept diving under the water and coming up again. Then just after I'd filmed them, they disappeared.

Although the water's less deep around the coast, larger whale species appear in the area with minke whales, feeding on fish. But minkes are curious creatures, so they're more likely to approach tourist boats – which was why we were successful! Then later, up on the cliffs, we looked out to sea, searching for signs of whales.

Sometimes seabirds diving into the water means whales are around, as they're stealing the whales' meal. We were unlucky, sadly – but we'll be back!

- 1 Jack wasn't keen to mention his whale-watching trip to Olivia because
 - A he thought her trip sounded a lot more exciting.
 - B he'd read some negative reports about where he was going.
 - C he wasn't sure if his dad had definitely arranged it.
 - D he didn't know whether she was very interested in whales.
- 2 On board the whale-watching boat, Jack
 - A was proud to be the first person to see a whale.
 - B began to worry that they might all be disappointed.
 - C tried not to get excited when anyone saw something.
 - D was glad he'd persuaded his dad to come with him.
- 3 When Jack saw the minke whale, he was
 - A surprised at how close it came to the boat.
 - B amazed that it was so much bigger than he'd imagined.
 - C impressed that it moved through the water so easily.
 - D delighted to see it had arrived with several others.
- 4 Jack suggests minke whales appeared in the same area as the boat because
 - A they knew there were plenty of fish there.
 - B they were attracted by the arrival of the visitors.
 - C they didn't have to compete for food with seabirds.
 - D they preferred how deep the water was there.
- 5 What would Jack text to his grandparents about the whales?
 - A I'll send you my video of the group of whales – they only appeared briefly, so they weren't as interesting as the first one we saw.
 - B Dad said he'd really wanted to go to Canada to watch whales, like my friend Olivia – but now we're really happy we came here.
 - C I must take you up to the cliffs to look for whales – we've seen them every time we've been there, so far.
 - D You were so sure our whale-watching trip would be a success, while I still had doubts – but you were right.