

# Eat and drink – but at the right time!

In our super-busy 21st-century lives, most of us try to do as much as we can in 24 hours. However, we usually do things whenever it suits us, and experts say that this is disrupting our body's natural cycle, making us feel tired at times when we should feel awake, and vice versa. Science shows that by doing things at the right time, we can be happier and healthier.

## **Have breakfast at 8.00 a.m.**

In a recent study, researchers found having breakfast at this time is good for our blood sugar levels, so the food you eat now will give you the energy you need. It's also important not to skip breakfast. Another research team, from Sweden, suggested that people who ate a regular breakfast as teenagers were 32% less likely to be at risk of heart disease as adults.

## **Don't drink coffee in the morning. Have one at 3.00 p.m.**

Most coffee drinkers make a cup as soon as they wake up. However, researchers have suggested that early morning is the worst time to drink coffee, because it stops the body from producing the stress hormone cortisol, which we need at this time to help us to wake up. The best time to drink coffee – or caffeine in general – is between 2.00 p.m. and 5.00 p.m., when it can make us more mentally alert, according to a study carried out by the University of Sheffield a few years ago.



## **Have lunch between 12.00 and 2.00**

This is when our body digests food best, because this is when the stomach produces most acid. So it's the ideal time to have your main meal of the day. An experiment by nutritionists at the University of Surrey found that blood glucose levels after an evening meal were much higher than when people had the same meal earlier in the day, and high levels of glucose can cause diabetes.

## **Have dinner at 7.00 p.m.**

Have your evening meal early. It should be delicious – our sense of smell and taste are at their best at this time – but light. And if you want a small glass of wine, have it before dinner, as 6.30 is when the liver is most efficient at dealing with alcohol.

## **More good times for your body**

- Ideally, you should get up when the sun rises. When we see daylight, we stop producing the sleep hormone melatonin and start getting ready for the day ahead.
- Do yoga or go for a walk before breakfast.
- Do important tasks at 11.00 a.m., when your brain is working best.
- Weightlifting sessions are best done at midday – that's when your muscles are strongest.
- The best time to run or cycle is 5.00 p.m., when your lung capacity – important for endurance sports – is at its greatest.
- Go to bed between 9.00 p.m. and 11.00 p.m. This is when your body temperature starts to go down and the brain begins producing melatonin.

# The modern family

Family life is changing all over the world, and it's not just the structure of the family, but also its habits. A recent survey of British family life showed some surprising statistics.

## Family structure

60% of families have married parents.

22% are single-parent families. Only **(1)**  of the single parents are men.

**(2)**  of families have one child, **(3)**  have two, and 15% have three or more.

11% of families have stepchildren.

On average women get married at **(4)** , and men at **(5)** .

## Family habits

20% of families only eat together once or twice a week, and **(6)**  never eat at the same time.

They visit friends or extended family twice a month.

**(7)**  of people have family members who they never speak to or contact.

75% of people are happiest with their families, and 17% with their friends.

The average family has **(8)**  rows each day, and the most common cause is children or teenagers refusing to put down their phones or tablets.

# How birth order influences your personality

Nowadays, it is an accepted fact that our position in the family – that is, whether we're an oldest child, a middle child, a youngest child, or an only child – is possibly the strongest influence there is on our character and personality. So what influence does it have?

## The oldest child

Firstborn children often have to look after their younger brothers and sisters, so they're usually sensible and responsible as adults. They also tend to be ambitious and they make good leaders. On the negative side, oldest children can be insecure and anxious. This is because **(1)** H .

## The middle child

Middle children are more relaxed than the oldest children, probably because **(2)** . They're usually very sociable – the kind of people who get on with everybody. They are also usually sensitive to what other people need, because **(3)** . For the same reason, they're often quite good at sorting out arguments, and they're always sympathetic to the ones on the losing side, or in general, to people who are having problems. On the other hand, middle children can sometimes be unambitious, and they can lack direction in life.



## The youngest child

Youngest children are often very outgoing and charming. This is the way they try to get the attention of both their parents and their older brothers and sisters. They are often more rebellious, and this is probably because **(4)**  . They can also be immature and disorganized, and they often depend too much on other people, because **(5)**  .

## The only child

Only children usually do very well at school, because they have a lot of contact with adults. They get a lot of love and attention from their parents, so they're typically self-confident. They're also independent, as they spend so much time by themselves. And because **(6)**  , they're often very organized. Only children can sometimes be spoilt, because **(7)**  by their parents. They can also be quite selfish and get impatient, especially when things go wrong. This is because **(8)**  .

# One woman's 'no-spend year', and how she survived



**She cycled 120 miles to a wedding, and her lunch budget was just 51p a day.**

**A** Michelle McGagh, a 34-year-old journalist, had a mortgage of £230,000 which she wanted to reduce. Last November, she looked at her finances and she discovered that every year she spent a lot of money unnecessarily – for example, £1,570 in the pub, £1,110 in restaurants, and £400 on coffees. So she made a radical plan – to stop spending money for a year. She continued to pay her broadband, gas, and electricity bills, and allowed herself £30 a week to buy food and household essentials. But she couldn't spend money on anything else – no clothes, no buses or flights, no meals out, no drinks, and no cosmetics.



- B** She cooked large quantities of curry and bolognese sauce, which lasted her a week, and which she ate with rice or pasta. It was cheap and healthy, but also ‘really boring’. She also experimented with home-made cleaning products and beauty treatments, like using vinegar for cleaning or olive oil as moisturiser, but she decided that most of them didn’t really work.
- C** At first, she tried to see her friends as often as before. She cycled 120 miles to be at a friend’s wedding, and camped in their garden to avoid paying for accommodation. The following weekend, she rode 60 miles to Brighton to meet friends. But she couldn’t join them for dinner in a restaurant, and when they went to the pub, she drank tap water. In the end, she simply went out less, which made her feel more isolated.
- D** Of course, she couldn’t afford to go abroad, so she missed a trip to Ibiza with friends. Her only holiday was a cycling trip to East Anglia, where again she camped. Here, for the first and only time in the year, she bought food that she had not cooked herself – a bag of chips for £1.95.
- E** At the end of the year, she had saved £23,000. She was much slimmer and fitter – over the year, she had cycled 6,500 miles. She says she now feels freer and happier, because she appreciates the simple things in life. She also gained confidence and a sense of adventure.
- F** But she learned the hard way that you can’t really socialize if you don’t want to spend money. The evening after her year-long challenge ended, she bought all her friends a drink in the pub. But she has not gone back to her past spending habits. She occasionally pays to socialize and go on holiday. She has even taken a taxi. But after buying a few new clothes and some perfume, she insists, ‘I have absolutely no interest in buying anything else.’



**G** So what's her key tip for those who want to save?

'Whenever you open your wallet, think about whether what you are buying is something you need or something you want. We all say, 'I need to buy this.' Most of the time, we want to buy it. Maybe we don't know the difference between needing something and wanting something any more.'

# Subject: Business opportunity

Dear Friend,

I know this message will be a surprise. I am Naomi Cooper and I work at the International Bank in Lagos, Nigeria. My parents **have died** last month and left 4.6 million US dollars in **there** account. I would like to transfer this money out of Nigeria and **I am needing** your help.

I **can to transfer** all the money to you in the UK, and you can then keep 20% of the money for yourself (920,000 US **dolars**) and transfer the rest to an **account** in Switzerland. It will be very quick and easy. I would be very grateful if you can do this for me – it's my parents' money and I want to keep **him** safe for my family.

Please reply to this email as fast as you can – **I want organize** everything in the next two days.

Thank you in advance for **you** help.

Naomi Cooper

# The polar challenge

TV presenter Helen Skelton has never been afraid of a charity challenge. She has run the 78-mile Ultra Marathon in Namibia, and she has kayaked 3,200 kilometres down the Amazon, from Nauta, in Peru, to Almeirim, in Brazil, for the charity Sport Relief, which helps poor and disadvantaged people. Now she has decided to leave the heat of Africa and South America to take part in a polar challenge, a 500-mile ski, kite-ski, and bike journey to the South Pole, the bottom of the world. During the challenge, Helen is writing a blog.



- A It's over a month since we arrived in Antarctica,** and if everything goes to plan, we should reach the South Pole late tonight. We've been here for so long it's almost become a routine. We camp, get up, ski, camp, get up, ski. I'm wearing a face mask because of the wind and sun. I may look like Darth Vader, but it will help me get there.
- B My first night in Antarctica.** It's summer here, and the 24-hour daylight is weird. The plan, until 3rd January, is to train before starting our trek. Today was my first full day on cross-country skis, pulling a sledge full of my food, tent, and supplies. It was a nightmare! Still, the scenery was incredible. I'm now going to try out the ice bike for the first time, and we're also going to practise kite-skiing.
- C The first day of the trek is over!** We managed to make the bikes work! But we need to do a minimum of 25 miles a day, and we only managed 15 miles today. After nine hours of cycling (and a lot of pushing), we had to stop, because I was completely exhausted.
- D We've only been in Antarctica for four days,** but there's been a huge snowstorm for the past 48 hours. It's freezing outside, so we can't train – we've had to stay in the tent. The winds are 70 miles per hour, with a temperature of  $-15^{\circ}\text{C}$  and lots of snow. The visibility is terrible, too. However, we're staying warm and morale is still good.



**E This morning, the second day of our trek,** we set off on the kite-skis, and straight away we were travelling fast. In the first hour, we'd gone eight miles. I thought we could do 60 miles today, but late this afternoon the wind dropped, so we decided to stop and put up camp. But we'd travelled 41 miles – I'm very proud of that. I've only kited a few times before. But I'm trying to complete my challenge in 20 days, and there's still a long way to go...

**F We're now only 150 miles from our destination.**

For the last few days, we've only been using bikes and cross-country skis, not kite-skis. We had a ten-hour day yesterday with the bikes. The morning went well, but then we hit some soft snow and we ended up pushing the bikes for the last six miles. Today, we decided to use skis, but progress has been slow.

**G We've completed our 500-mile journey in 18 days!**

When I talked to Dad on the phone, saying we've done it, I cried. This is the biggest thing I have ever been part of.

**H We're on our way to the halfway checkpoint today,** where we can have a rest...and I've been promised lots of hot water so I can have a good wash – my second one since arriving in Antarctica. I have to admit it, I smell awful...and my hair is absolutely filthy.

**I The training is over and we're starting our 500-mile journey today!** We've been cycling, walking, and kiting for ten days. I washed and changed my clothes. I'm not going to get clean clothes again for three weeks!

# TopGear challenge

## What's the fastest way to get across London?

On **Top Gear**, a classic BBC series about cars and driving, they decided to organize a race across London to find the quickest way to cross a busy city.

The idea was to start from Kew Bridge, in the south-west of London, and to finish the race at the check-in desk at London City Airport, in the east – a journey of approximately 15 miles. Four forms of transport were chosen: a bike, a car, a motorboat, and public transport. The show's presenter, **Jeremy Clarkson**, took the **boat**, and his colleague **James May** went by **car** (a large Mercedes). **Richard Hammond** went by **bike**, and **The Stig** took **public transport** (a bus, the Tube, and a train).

They set off on a Monday morning in the rush hour...

### Jeremy in the motorboat

His journey was along the River Thames. For the first few miles, there was a speed limit of nine miles an hour, because there are so many ducks and other birds in that part of the river. The river was confusing, and at one point, he realized that he was going in the wrong direction. But he **turned round** and got back onto the right route. Soon, he was going past Fulham Football Club. He phoned Richard and asked him where he was. Good news for Jeremy! He **was ahead of** the bike! He got to Wandsworth Bridge. The speed limit finished there and he could now go as fast as he liked. Jeremy felt like the fastest-moving man in all of London. He was flying, coming close to 50 miles an hour! How could he lose now? He could see Tower Bridge ahead. His journey was seven miles longer than the others', but he was now going at 70 miles an hour. Not far to the airport now!



## Richard on the bike

Richard could use bus lanes, which was great, but of course he had to be careful not to **crash into** the buses. He hated buses! Horrible things! When the traffic lights **turned red**, he thought of cycling through them, but then he remembered that he was on TV, so he had to stop! When he got to Piccadilly, he was delighted to see that there was a terrible traffic jam – he could go through the traffic, but James, in his Mercedes, would **get stuck**. He got to Trafalgar Square and then went into a cycle lane. From now on, it was going to be easier...



## James in the car

He started off OK. He wasn't going fast, but at a steady speed – until he was stopped by the police! They only wanted to check the permit for the cameraman in the back of the car, but it meant that he lost three or four valuable minutes! The traffic was **getting worse**. Now he was going really slowly. 25 miles an hour, 23..., 20..., 18... It was so frustrating!

**1 mile** – the unit of distance used in the UK and the USA (= 1.6 kilometres); 15 miles = approximately 25 kilometres

**The Stig** – the nickname of one of the members of the Top Gear team

**Oyster card** – a travel card which you use on public transport in London

# Common stereotypes about men and women – but are they really true?

Scientists and psychologists say that there are certain gender stereotypes which they have **proved** are true, for example, a recent academic study **found** that men are better at assembling IKEA furniture than women! But can we really believe the results of these studies? Here are five more stereotypes which researchers claim are true.

- (1) Scientists in Norway asked 18 men and 18 women to find their way through a virtual maze, completing various tasks along the way. Men were able to solve 50% more of the problems than women in the same time. 'Men's sense of direction was more effective. They simply got to their destination faster,' said Dr Carl Pintzka of the Norwegian University of Science and Technology.
- (2) Researchers from the University of Maryland separated baby rats from their mothers and **discovered** that baby rats with more Foxp2, a kind of protein necessary for the development of speech and language, made more noise and called to their mothers more often. Moving on to humans, scientists then discovered that women have 30% more Foxp2 than men.
- (3) Australian researchers gave 20,000 men and women a list of questions to answer, to discover how they feel if their partner has a problem. Women said they were very affected, but men showed no change. 'It is not that men are unemotional, but they simply are not very emotional when it comes to the feelings of their partner,' said the study's author, Dr Cindy Mervin.



- (4) Psychologists at the University of Herefordshire gave 50 male and 50 female students eight minutes to perform three tasks at the same time: maths problems, finding restaurants on a map, and drawing a plan for finding a lost key in a field. To make it more difficult, they were asked some general knowledge questions while they worked. The women, **it turned out**, easily did all four things at once, but not the men – so it seems that this old cliché is true.
- (5) Professor Laura Mickes and a team of psychologists from the University of California asked men and women to write captions for cartoons in The New Yorker magazine. Without knowing the author, a group of male and female judges preferred the men's jokes. The psychologists **argued** that men use humour to attract women, who in turn are attracted to men with a good sense of humour.

## And some that aren't true...

For every stereotype verified by science, many others turn out not to be true. Recent research **shows**, for example, that women are just as competitive and aggressive as men, better at driving, and no worse at mathematics. Men, on the other hand, are more insecure in relationships, make worse bosses, and are more likely to panic in stressful conditions.

# Conductor throws out audience member whose phone went off



At the National Music Auditorium in Madrid, Wednesday's performance of Handel's **Messiah** was interrupted by a mobile phone going off in a row close to the stage, during the aria **He was despised**. Conductor William Christie stopped the performance, turned, pointed at the phone owner, and shouted, 'Out! You have just ruined one of the most beautiful passages of one of the most beautiful works ever written.' The phone owner got up and quickly left the hall.

## Comments

**danny 23 December 14.50**

Good for him. It's time people protested against this kind of behaviour. If people can't live without their phones for two hours, **(1) they shouldn't go to concerts**. We need a new rule for concert halls and theatres: **(2) you have to leave your phone**, or any other device, in the cloakroom, similar to the way you have to check in most bags and backpacks in museums. And the same for the cinema!



**reply cassie 23 December 17.30**

Great idea. I would also add another rule: if you are caught with a mobile device in the auditorium, **(3) you must immediately pay a fine!**

**reply anton 23 December 19.43**

If you ban mobile phones from concerts, you'll lose a lot of the audience. There are people who have work phones, and their companies tell them **(4) they mustn't give their phones to anyone**, because of company IT policies.

**reply kasia 24 December 01.16**

I think all concert halls **(5) should block mobile phone reception**. Reception could be available until right before the concert begins, during the interval, and immediately after it finishes.

**reply marcel 24 December 07.08**

Blocking reception wouldn't solve the problem. Often when mobiles go off, it's an alarm that the owner has forgotten was on, which **(6) doesn't have to have** reception to go off.

# Thirteen annoying things people do with their phones

- take selfies all the time and post them online
- talk loudly on their phones on public transport
- put their phones on the table in front of them in a restaurant, in a cafe, or in your house
- play noisy games on their phones
- send or receive messages in the cinema
- text while they're doing other things, e.g. talking to someone else, or walking in the street
- tweet about everything, from what they had for breakfast to what time they went to bed
- keep posting photos of their babies and small children
- listen to music with headphones, but with the volume so loud that other people can hear it
- take photos of everything they eat
- video or photograph every single event they go to and every minute of their holiday
- post a message to you on your birthday, but never get in touch during the rest of the year
- swipe through all your other photos when you are showing them just one

# Debrett's Guide to Modern Dilemmas

Debrett's is a British publisher which specializes in books about modern manners. For nearly 100 years, **Debrett's Handbook** has advised the British public on social etiquette, that is, how to behave in social situations. The **Handbook** receives more than 10,000 enquiries a year. Jo Bryant, editor of the **Handbook**, said, 'The number of enquiries we receive demonstrates that manners are still hugely important to people. The key is to always consider those around you.'



The most frequently asked questions have changed a lot over the years. In 1994, one of the most common questions was 'What should you do if you meet the Queen?', and in 2004, people asked, 'Is it acceptable to ask for money as a wedding present?'

Debrett's has given us a preview of its latest guide to good manners, which answers some of the questions that most trouble the British public today.

## Social greeting: kissing

Many people are unclear on the subject of social kissing. Debrett's advice is that **kissing is not appropriate in many professional situations**. On the whole, it should only be used among friends, but not on a first meeting. An air kiss, without contact, may seem rude or impersonal, so very slight contact is best, but no sound effects are needed.

## Eating and putting on make-up on public transport

According to Debrett's, you should avoid both. **It's inconsiderate to eat smelly food in a closed environment**, and applying make-up on public transport makes you appear disorganized.



## Reclining your seat on aeroplanes

This is a common problem. Debrett's says that it's selfish to recline your seat during short daytime flights. When travelling by plane, always stay within your own space and **don't monopolize the armrest**. Also avoid kicking the back of the seat in front of you, or using it to help you stand up.

## Giving up your seat on public transport

In a recent experiment, only 20% of London Tube passengers offered to give up their seat to a visibly pregnant woman. According to Debrett's, passengers should always offer to give up their seat to any individual who is pregnant, elderly, or clearly in need. It is important to remember, however, that **it is also rude to aggressively decline the offer of a seat**.

## Eating before everyone is served

The final question is one that we've all asked ourselves: is it rude to start eating at the table before everyone else has been served? Debrett's says that the simple answer is yes, **unless the host or hostess (or in a restaurant, the other diners) gives their permission for people to start**.



**Does anyone have any good tips for practising English outside class? I'm a B1 level (I think – I hope!) and I'm studying in Colombia...**

**Nelson, Medellin**

## Comments



**1** One very easy thing you can do is to change the language to English on your phone, laptop, or tablet. That way, you're reading English every day and you learn a lot of vocabulary without really noticing – for example, the things you see on your screen. I've found it really helpful.

**Sara, Brazil**



**2** My tip is to do things that you already like doing, but in English. So, for example, if you're interested in a sport or in photography, read about it in English. If you like the cinema, watch films in English with subtitles. I'm interested in jazz, so I read magazines and articles online in English. For me, it's better than reading books.

**Marc, Switzerland**



**3** The thing that really helped me to improve my English was having an Australian boyfriend. He didn't speak any Hungarian, so we spoke English all the time, and I improved really quickly. So my tip is: try to find an English-speaking boyfriend or girlfriend!

**Agnes, Hungary**



**4** I think that learning vocabulary is very important, so I got a vocabulary app for my phone. It has a lot of useful words, all in categories, but it also lets me add my own words and phrases, too. The best thing is that I can test myself whenever I get a quiet moment, like on the bus, and it just takes a couple of minutes.

**Vasily, Russia**





**5** My tip is to learn to sing songs in English. First, I find the words online and try to understand them. Then I go to YouTube and sing along with the singer and try to copy the way he or she sings – fantastic for your pronunciation. Then, when I can do it well, I get a karaoke version of the song and I sing it. It's fun, and my English has improved.

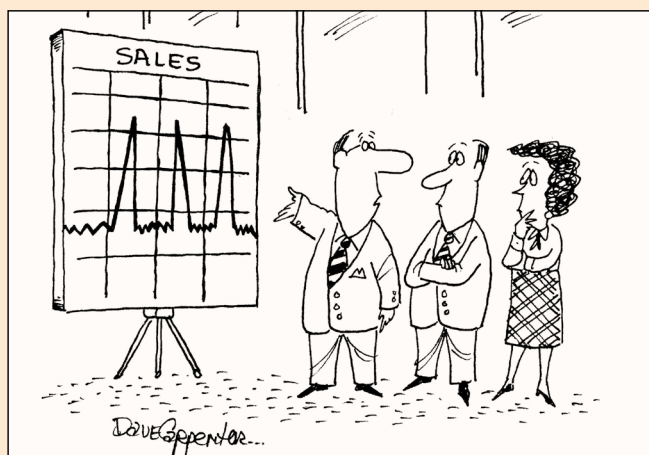
**Sandra, Italy**



**6** Practise saying things in your head. It could be anything – you could describe your job or your holiday plans, or talk about yourself or your family, or what's happening in the news. Then, when you really need to speak English, it's easier, because you've done it in your head. (I do this on the way to my English class every week.)

**Marta, Mexico**

# Do 'lucky socks' really work?



'I'm not superstitious either, but those were the days Harris wore his lucky socks.'

## 1 Sport has always been full of superstitions, even for the best athletes in the world.

Long-distance runner Mo Farah always shaves his head before a race. Judo star Kayla Harrison always wears the lucky socks that were a gift from her grandmother. Footballer Cristiano Ronaldo always steps onto the pitch with his right foot first. And tennis legend Serena Williams always bounces the ball five times before a first serve, and twice before a second serve.

## 2 Do actions like this have any real effect on sports

**results?** According to a study at the University of Cologne, it seems that they can increase confidence and a sense of control, which might help athletes. The study showed that people who were given a golf ball that they were told was 'lucky' played better than those who used a 'normal' ball. And it isn't just sports. In another experiment, people who were allowed to carry their lucky charm performed better at memory tests than people without one. The researchers concluded that superstitions make people feel more confident, which makes them perform better.



### **3 Superstitions may also have a positive physical effect.**

Dan Abrahams, a sports psychologist, says that sporting rituals can cause the release of adrenaline and other chemicals which help the athlete to focus better.

### **4 Most psychologists, however, say that superstitions can be bad as well as good.**

Abrahams tells the story of a professional football club where two players had the same superstition – they both had to be the last person to leave the changing room before the game. They couldn't agree how to solve the problem, and it had a really negative effect on them and on the team. And what happens if you sit down to take an exam and realize you've forgotten your lucky pen?

# Alistair sacrifices gold...to help his brother

Nobody will remember who won the world triathlon in Cozumel, Mexico, in 2016. Instead, they will remember the sacrifice of Alistair Brownlee, who stopped to help his brother, Jonny, instead of winning the gold medal himself.

As Jonny, 26, entered the last kilometre of the 10 km run, he was winning by a long way – he'd gone very fast in the swimming and cycling stages. But then he began to feel ill, because he hadn't drunk enough in the hot conditions, and he stopped at the side of the road. His brother, Alistair, was running behind him, but when he saw that Jonny had stopped, he didn't run past him to win the race. Instead, in a wonderful act of brotherly love, he took his brother's arm and helped him to run the final few hundred metres. Seconds before they reached the finishing line, South African Henri Schoeman, who had been behind them until then, ran past them both and won the gold medal.

Alistair said, 'It was a natural human reaction to my brother, but for anyone, I would have done the same thing.'



# The way we met

## Tiffany's story

Three years ago, I stopped at the supermarket on my way home from work to get some food. After checking out, I walked out of the store and pressed the unlock button on my car keys to open my white Jeep Cherokee. But as I got nearer, I noticed the rear door on the passenger's side was already open and there was a guy standing beside it. At first, I thought he was trying to steal my car, or rob me. But when I got a little nearer, I noticed he was actually unloading his shopping into the car. I was scared. I went up to him nervously and said, 'Um, hi.' He said, 'Hi,' and looked at me in surprise while he continued to unload his shopping. Then I said, 'Um, this is my car.' He laughed at me as if I was crazy and replied, 'No, it isn't, it's mine.' So I pressed the lock button on my car keys to show him that it was definitely my car. His face turned white.

## Kristina's story

I came to New York to do a Master's degree in Creative Writing. Matt was a personal trainer, and he was studying for his doctorate in Chinese medicine at another university in New York. At the time, I used to do a lot of running – I'd run two marathons – and I started to get really bad back pain. I saw lots of doctors, and they all said different things, like 'do yoga' and 'maybe you need an operation'. None of them knew what was wrong. The final one suggested acupuncture, so I thought I'd try it as a last resort. When I walked into the clinic for the session, I saw Matt. He was the acupuncturist. The moment we looked into each other's eyes, we connected. But he didn't ask me out; he was very professional. On my last session, I asked him how old he was. He said he'd be 29 the following week, but that he wasn't going to celebrate, because he had to study.

# The world of extras

Without extras, most film and TV scenes would be empty and unrealistic. But while we're obsessed with movie stars, we never hear much about the extras, because, of course, that's their job – not to be noticed. So what is the world of extras really like?

## 1 They have to be [redacted].

Days on set can be very long, sometimes lasting more than 15 hours. A lot of that time is spent just sitting around, waiting to be used in a scene, or repeating a single shot a dozen times. Extras usually spend their 'waiting time' reading or playing cards. 'There are days you get to the set and you wait and wait, but you aren't used,' says Amy Rogers, a regular extra in TV shows, including **Homeland**.

## 2 They need to be good at [redacted].

Extras often need to make a scene appear alive and busy, while at the same time remaining totally silent so as not to interfere with the actors' dialogue. This means they have to pretend to have a conversation without actually making any noise. Also, dance scenes are often filmed in silence and the music is added in later. When a crowd scene was being filmed for the movie **Jersey Girl**, the extras had to pretend to clap and cheer. But it was all done in silence, and when they clapped, their hands never touched.

## 3 They have to put up with all kinds of [redacted].

Sometimes, when a winter scene is being filmed, and all the extras are wearing thick jackets and hats and gloves, it's actually 30 degrees and the snow is fake. You can tell whether it's really cold if you can see the breath coming out of people's mouths. Also, when scenes are being filmed inside during the summer, the air conditioning has to be turned off because of the noise.



On the set of  
Bollywood film  
**Nayak**



On the set of  
**Ripper Street**



#### 4 They have to be able to keep [redacted] .

Phones aren't allowed on set, and photos are strictly forbidden. While the film **Insurgent** was being made, one extra took a photo of the set and posted it online. Since then, she has never been employed as an extra again.

#### 5 They are extremely [redacted] .

Although extras aren't individually very well paid, a film with a lot of extras needs a big production budget, especially in Britain. The cost of extras is one of the reasons why epics such as **Ben-Hur** are largely a thing of the past. **Gandhi** was the last one – the funeral scene alone needed 300,000 extras. This is why now a lot of British films are being shot in countries where extras are paid less, for example, in Eastern Europe.

#### 6 Sometimes they are not [redacted] .

Nowadays, where possible, crowds are digitized. In **Gladiator**, they used 2,000 live actors to create a digital crowd of about 35,000 people. For some of the crowd scenes, in addition to the real-life extras and the digital ones, they also used cut-outs made of cardboard. But digital extras can look fake, and cardboard extras can look very two-dimensional, particularly if the camera moves. The latest thing is inflatable extras, which look more real. They can be deflated, stored – a crowd of 10,000 can fit into one large truck – and reused.

#### 7 They can't watch films like [redacted] people.

Once you know how a movie has been filmed, it's hard to just watch it like any other person. 'I can't watch TV any more without looking at the extras to see who's doing it right and who's doing it wrong,' said one extra.



'Inflatable crowd' dolls

# What your profile photo says about you

Choosing a profile photo is a serious business. It will be the first thing old school friends, jealous exes, and even potential bosses see when they search for you online. Your image depends entirely on your choice of photo. Here are the most common types of profile photo on social media.

Is yours one of them? And if so, what does it say about you?

## A The portrait

A clear, close-up photo.

**What it says about you** You are quite boring. If it's a selfie, you are quite annoying.



## B The childhood photo

A cute picture of you as a baby.

**What it says about you** You are the type of person who thinks that everything used to be better than it is now. You still listen to the same music, wear the same clothes, and love the same things you did at school, and you'll probably never change.



## C The pet

Your pet looking adorable.

**What it says about you** It depends on what kind of animal it is. Cat: You are a woman without a boyfriend. Dog: You are a man without a girlfriend. Snake: You are a teenage boy or death metal fan.



## D The wedding photo

Man, woman, dress, suit – you know, the usual.

**What it says about you** You want everyone to think that you are a grown-up. You don't go out and have a good time any more. No, you are married! Also, you don't feel you exist as an individual any more, and don't have any friends of your own.



### E The family photo

A photo of your children / baby.

**What it says about you** The main thing you have accomplished in your adult life is having children. You used to be fun and fabulous and have a lot of friends, but now all you talk about is nappies and children's TV.



### F The popular culture reference

A picture of a cartoon character, a movie poster, a book cover, a musical act, a celebrity, etc.

**What it says about you** You have no personality of your own. Your identity depends on your entertainment choices – television, music, sci-fi, literary, or other. You own at least two T-shirts with stupid slogans on them.



### G The party photo

You, often with other people, enjoying yourself at a party.

**What it says about you** You are young and stupid, and will be fired from at least one job for something you posted on Facebook. One day, you might regret this picture and replace it with a wedding picture, and then photos of your children.



### H No photo at all

An icon, not a photo.

**What it says about you** You are technologically incompetent and don't know what a jpeg is; or you think you're too busy to find a photo; or you think not having a photo is 'cool'. Having no profile photo is annoying for everybody else. Get a photo.



- 1 You adore animals – in fact, in many ways, you prefer them to people.
- 2 You are a normal person and are happy with your appearance.
- 3 You're a dedicated parent and your children always come first.
- 4 You're a very private person. You prefer to talk to people face to face rather than use social media.



- 5** You're very up to date – you know everything about the latest films, TV, and books.
- 6** Your friends and your social life are what matter most to you.
- 7** The day you got married was the happiest day of your life.
- 8** You had a wonderful childhood.



# Is it really worth going to uni?

## Comments

- 1** It depends what you want to do. Some degrees are worth it, like medicine or dentistry. But I think media studies, and things like that, are a waste of time.
- 2** Uni gives you the time and space to find out what you really want to do in life. And it has a lot of social benefits, like friends, clubs – that sort of thing.
- 3** There are so many better alternatives out there, in my opinion. I got a place at uni to do accountancy, but I chose to do an apprenticeship. All my friends are now at uni and in debt. I'm 20 and I'm earning money and learning on the job.
- 4** It still amazes me how everyone thinks that uni is the only solution to their future. Trust me, it isn't. Some people are just not made for uni.
- 5** I'm a software engineer at a global tech company. A degree is preferred, but not essential. The recruitment team always say if they have two people, and one is self-taught and has experience, and the other has just finished uni with no experience, they'll choose the first. But often they ask for a degree and experience.

# University or not?

## Student A

### **Jack Turner, 23, studied Fine Art in London.**

When I was at university, my friends and I were free to do what we wanted from the first day of the first year to the last day of the third year. We painted ten hours a day, we partied with our tutors, we shared ideas. I loved it.

After graduating, I moved to Manchester with my girlfriend. She had a good job and I was flexible. I planned to get any job that paid the bills and spend my free time painting. Since then, I've applied for at least 100 jobs and most of them never got in touch. I realize now that I spent too much time at uni focusing on art and not enough getting real-world experience.

Now I'm unemployed. I admit that I sometimes ask myself the question, 'Why did I study Fine Art?' But I'm still applying for jobs and I'm optimistic. As soon as I get one that gives me some financial security, I'll start making art again. I just want to be able to enjoy Manchester with my girlfriend and to paint. It's difficult at the moment, but I'm very happy I studied Fine Art. It was a once-in-a-lifetime experience and it will always be a big part of who I am.

# University or not?

## Student B

### Emily-Fleur Sizmur, 17, runs her own photography business.

I left school at 16. I've never been very interested in school or academic achievement. I still don't know my GCSE results – a friend went to school to pick them up for me, but I've never opened the envelope!

When I left school, I was ready to start a business. Three of my sisters were getting married and I saw a gap in the market for wedding photographers in our area. I'd always loved taking photos and I saw an opportunity to make money doing something I liked. One of my science teachers was getting married and I asked her if I could take some pictures. She agreed and I put up my photos on Facebook the following day. Within a week, I had bookings for two more weddings. When I'd done six weddings, I spent £3,000 on better equipment.

I don't think my age was a disadvantage, in fact, I think starting out young has been a huge help. People are more prepared to give someone young a chance. If I was 30 and starting out in this business with no experience, I think it would be much more difficult. A lot of my friends are going to university soon, but I don't envy them. They'll have to get out into the real world one day and I'm already here.

**GCSEs** – national exams taken by English and Welsh schoolchildren at the age of 16

# Things you know if you still live with your parents

In the UK, 25% of young adults aged 20–34 still live at home with their parents. This has gone up by 20% in the last 20 years. So what are the pros and cons?

## The downside

It doesn't (1) \_\_\_\_\_ how old you are, you'll always be a child to them. They'll tell you to put a coat on every time you leave the house.

It's really (2) \_\_\_\_\_ when you meet new people to admit you're still sleeping in your childhood bedroom.

You have to (3) \_\_\_\_\_ them know all your movements and text them to say you're going to be home late.

99% of the time after a night out, your parents will be (4) \_\_\_\_\_, waiting for you – even if it's 4.00 a.m.

Every day of your life, you (5) \_\_\_\_\_, 'You treat this house like a hotel.'

You become the household IT technician. If anything goes (6) \_\_\_\_\_ in the house to do with phones, broadband, or TV, you're called to the rescue.

## But on the other hand...

At weekends, you wake up with the smell of bacon and eggs.

The fridge and cupboards always have something in them, and generally a lot better than you could (7) \_\_\_\_\_.



There's nothing better than home-cooked food, and you've **(8)** that you'll never be able to cook as well as your parents.

You've also realized that your mum has magical laundry powers that **(9)** all the stains from your washing and make it super clean.

You had no idea how much **(10)** cost. In fact, you didn't even know until recently that you had to pay for water!

So, despite how much you complain about still living with your parents, you know perfectly well that they've allowed you to save money, you have somewhere (nice) to live for far less than the cost of renting elsewhere, and they fill your stomachs with good food. And for that, you're eternally grateful.

# In the Dragons' Den



From left to right: Duncan Bannatyne, Nick Jenkins, Deborah Meaden, Kelly Hoppen, Peter Jones

**Dragons' Den** is a UK TV series, with similar versions in many different countries, which has been on TV every year since the original show in 2005. In the UK programme, contestants have three minutes to present their ideas for a product or service to five very successful business people. These people are nicknamed 'the Dragons', and the intimidating room where they meet the contestants is 'the Den'. The Dragons, who are multi-millionaires, are prepared to invest money in any business that they believe might be a success. In return, they take a share in the profits. The contestants are usually young entrepreneurs, product designers, or people with a new idea for a product or a service. They have three minutes to make their pitch, then the Dragons ask them questions about it and its possible market. Finally, the Dragons say if they are prepared to invest or not. If they are not convinced by the presentation, they say the dreaded words, 'I'm out'. So far, the Dragons have agreed to invest in more than 250 businesses.



**den** – the hidden home of some types of wild animal

**entrepreneur** – a person who makes money by starting or running businesses

**make a pitch** – present something you're trying to sell

## Tingatang

Gill and Clare, from Leeds, in the north of England, designed Tingatang, a range of silver jewellery for men and women to show that they're single, in the same way that a wedding ring shows that you're married. The pair asked the Dragons to invest £500,000 in their business.



## Slappie watches

David, from Birmingham, asked the Dragons for £50,000 in exchange for 25% of his watch company, Slappie. The watches, which cost under £20, are on straps of many different colours, and the watch faces are also available in different designs. The straps and watch faces can be bought separately and are interchangeable, so you can create your own watch.



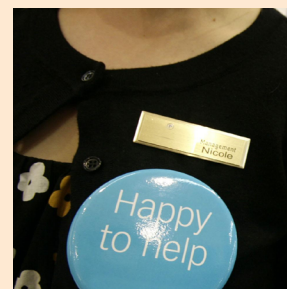
## Tangle Teezer

Shaun, a hairdresser from London, set up a company to produce brightly-coloured plastic hairbrushes which were especially good at untangling hair. He demonstrated the brushes on the show and asked for an £80,000 investment in exchange for 15% of his company.



# When ‘happy to help’ becomes a problem

**Jonathan Haynes**



It's my lunch break. I work near King's Cross, a major London train station, and I've gone to the shopping mall there to buy a new wallet. It's a very simple shopping trip. At least, I think it's simple, but five minutes later, I'm not so sure.

As I enter the shop, a sales assistant at the far end shouts at me:

**‘Hi, how are you doing today? Do you need any help?’**

I answer:

**‘I’m fine. I’m just looking, thanks.’**

That should be the end of the conversation, and I go to look at the wallets.

**‘Hello, do you need any help?’**

Here is another sales assistant, who I will call SA2.

Me: **‘I’m fine, thanks. I’m just looking.’**

I don't know why he needed to ask me this, as I'm certain he heard me tell his colleague.

SA2: **‘Are you going anywhere nice?’**

This seems a strange question. I expected, ‘Are you looking for anything in particular today?’ As I don't answer, he repeats the question.

SA2: **‘Are you going anywhere nice?’**

I remember that I'm in a shop in a train station and I now understand his question.



Me: **'No. I work near here. I just came in to look for a new wallet.'**

SA2: **'Where do you work?'**

Me: **'Oh, er, I work in an office round the corner.'**

I try to look at wallets, and hope he goes away.

SA2: **'Do you like football?'**

It's a simple question, but I know that if I say yes, he will ask me questions about 'your team'. I'm not sure how this helps me to buy a wallet.

Me: **'Er, it's OK.'**

SA2: **'Are you going to watch the England match?'**

I want him to stop.

Me: **'No, I'm not.'**

I walk to another part of the shop. The sales assistant follows me.

SA2: **'What are you doing after work?'**

Me: **'I'm having dinner with a friend.'**

SA2: **'Are you doing anything for the rest of the day?'**

Me: **'Um, thank you for your help!'**

I run away without a wallet. His never-ending questions lost him the sale. Shopping didn't use to be like this. In the USA, perhaps, but not in the UK. It is a big improvement that sales assistants nowadays acknowledge your existence and are sometimes actually helpful. But there's a difference between being helpful and trying to pretend you're a shopper's best friend.

# Going the extra mile

In the age of social media, a story about a good (or bad) customer service experience is not limited to you and your friends. The best stories can go viral on social networks very quickly, bringing good or bad publicity to companies overnight. Here are five heart-warming true stories that reached millions of people because of the power of the internet.

## Nordstrom

**A** One day, a member of the security staff in a Nordstrom department store noticed a woman crawling around on her hands and knees in the clothes department. She said she was looking for a diamond that had fallen out of her wedding ring while she was trying on clothes earlier that day. The man got down on the floor and searched with her. Then he asked a group of cleaners to help, and they searched, too. Finally, they looked through

\_\_\_\_\_ !

## Morton's, The Steakhouse

**B** Peter Shankman was boarding a flight to Newark Airport, near New York. It was dinnertime, and he knew he would be starving when the plane arrived. There's a Morton's near the airport, one of Peter's favourite restaurants, so he tweeted, 'Hey, Morton's – can you meet me at Newark Airport with a steak when I land in two hours? Thanks.' He was joking, but amazingly, when he got off the plane, in the Arrivals area there was \_\_\_\_\_ .



## Ritz-Carlton Hotels

**C** Chris Hurn's family spent their holiday at the Ritz-Carlton Hotel in Florida. Unfortunately, when they got home, they realized that they had left Chris's young son's favourite toy, Joshie the giraffe, at the hotel. The child was very upset, so Chris told him that Joshie was staying at the hotel for a bit of extra holiday. That evening, the hotel phoned to say that they had found Joshie. Chris thanked them and explained that he'd told his son that Joshie was having an extra holiday. Two days later, a parcel arrived. In it was Joshie, a present of a Frisbee and a football, and a photograph of [REDACTED].

## Trader Joe's

**D** At Christmas a few years ago, in Pennsylvania, USA, it snowed so hard that an 89-year-old man couldn't leave his home. His daughter was worried that he didn't have enough food. She called several stores and asked if they would deliver food to her father's home, but they all said no. Eventually, she spoke to someone at a store called Trader Joe's. They also told her that they didn't deliver – normally. But because she was so worried, they said that they would make an exception. The employee then wished her a Merry Christmas. Half an hour later, the food arrived at her father's house, with [REDACTED] !

## Apple

**E** A man bought the latest iPad online, but when his wife saw it, she thought it was too expensive, so he immediately sent it back to Apple. He put a Post-it note on the screen that said, 'Wife said no'. Apple employees thought this was very funny, and the story reached two senior managers, who decided to do something about it. They refunded his money, but they also sent the iPad back to him with another Post-it note saying, '[REDACTED]'.

# The ticket inspector



**I was living in a student flat in North London** when the police knocked on my door one night. I thought it was because I hadn't paid the rent for a few months, so I didn't open the door. But then I wondered if it was something to do with my mother, who I knew wasn't very well. There was no phone in the flat, and this was before the days of mobile phones, so I ran down to the nearest phone box and phoned my dad in Leeds, in the north of England. He told me that my mum was very ill in hospital and that I should go home as soon as I could.

When I got to the station, I found that I'd missed the last train to Leeds. There was a train to Peterborough, from where some local trains went to Leeds, but I would miss the connection by about 20 minutes. I decided to get the Peterborough train – I was so desperate to get home that I thought maybe I could hitchhike from Peterborough.

'Tickets, please.' I looked up and saw the ticket inspector. He could see from my eyes that I'd been crying. 'Are you OK?', he asked. 'Of course I'm OK,' I said. 'You look awful,' he continued. 'Is there anything I can do?' 'You could go away,' I said rudely.



But he didn't. He sat down and said, 'If there's a problem, I'm here to help.' The only thing I could think of was to tell him my story. When I finished, I said, 'So now you know. I'm a bit upset, and I don't feel like talking any more, OK?' 'OK,' he said, finally getting up. 'I'm sorry to hear that, son. I hope you make it home.'

I continued to look out of the window at the dark countryside. Ten minutes later, the ticket inspector came back.

# How to improve your luck and win the lottery twice (possibly)

## Richard Wiseman

A British couple have just won £1m in the EuroMillions lottery for a remarkable second time. The chances of this happening are more than 283 billion to one. They are clearly incredibly lucky – but is there anything we can all do to increase the chances of being lucky ourselves?

**(1)** I studied the lives of more than 400 people who considered themselves either very lucky or very unlucky. I asked everyone to keep diaries, complete personality tests, and take part in experiments.

**(2)** Nor are people born lucky or unlucky. Instead, lucky and unlucky people create much of their good and bad luck by the way they think and behave. For example, in one experiment, we asked our volunteers to look through a newspaper and count the number of photographs in it. However, we didn't tell them that we had placed two opportunities in the newspaper. The first was a half-page advert clearly stating, 'Stop counting. There are 43 photographs in this newspaper.' A second advert later on said, 'Tell the experimenter you've seen this and win £150.' The lucky people quickly spotted these opportunities, partly because they tended to be very relaxed. In contrast, the unlucky people focused anxiously on the task of counting the photos and so tended not to see the advertisements. Without realizing it, both groups had created their own good and bad luck.



(3)

Lucky people create and notice opportunities by developing a relaxed attitude to life and being open to change.

Lucky people tend to listen to their intuition and act quickly. Unlucky people tend to analyse situations too much, and are afraid to act.

Lucky people are confident that the future will be positive, and this motivates them to try, even when they have little chance of success. Unlucky people are sure that they will fail, and so they often give up before they have begun.

Lucky people keep going, even when they are likely to fail, and they learn from their mistakes. Unlucky people get depressed by the smallest problem, and think that the problems are their fault, even when they aren't.

(4)

I asked a group of 200 volunteers to use the four key principles and to think and behave like a lucky person. The results were remarkable. In a few months, about two-thirds of the group became happier, healthier, and more successful in their careers.

(5)

Unfortunately not. Lotteries are purely chance events, and nothing can really influence your chances of success. However, the good news is that being lucky in your personal life and career is far more important than winning the lottery.

**A** But **is it possible** to use these techniques to win the lottery?

**B** A few years ago, I led **a large research project** about luck.

**C** Eventually, we uncovered **four** key psychological **principles**.

**D** In **a second phase** of the project, I wanted to discover whether it was possible to change people's luck.

**E** **The results revealed that** luck is not a magical ability, or the result of random chance.

# Eleven ways to tidy up your digital life

A clean, tidy room makes you feel better about your home. In the same way, a tidy phone, tablet, or computer makes you feel better about your digital life. So if your digital life is a mess, try these tips – the benefits are huge.

## 1 Inbox messages

Most people have too many emails in their inbox. You don't have hundreds of unopened or unanswered letters in your house, so why should you have hundreds of unopened or unanswered emails? If you can  an email in less than two minutes, do it right away. If it will take longer, don't leave it in your inbox – move it into a 'work in progress' folder and reply later.

## 2 Old software or apps

Uninstall software or apps that you don't use. This will  a lot more space on your hard drive or phone.

## 3 Photos

You wouldn't put bad photos in a physical photo album, so don't keep bad photographs (or videos) on your phone – just delete them. Having poor-quality photos just makes it more difficult to  a good photo when you need one.

## 4 Music and movies

One of the best things about digital media is that you have every song and movie at your fingertips. Unfortunately, one of the worst things about digital media is that you have every song and movie at your fingertips.  any music or movie files that you're never going to listen to or watch again.



## 5 Facebook friends

Having too many friends on Facebook makes it more difficult to [ ] in touch with the ones you really care about. You can ‘unfollow’ Facebook friends without them knowing, so you won’t hurt their feelings.

## 6 Old contact information

[ ] contact information regularly and delete contacts you no longer need. Most people don’t do this often enough.

## 7 Passwords

Use a password manager app, like 1password. This gives you as many different passwords as you need and remembers them for you. You’ll never [ ] a password again.

## 8 Email marketing

If you get too many emails from companies and organizations, don’t just delete them – unsubscribe. It should only take a few seconds. Just [ ] on the ‘unsubscribe’ link at the bottom of the email.

## 9 Email accounts

Never [ ] more than two email accounts (work and personal). For most people, one should be enough.

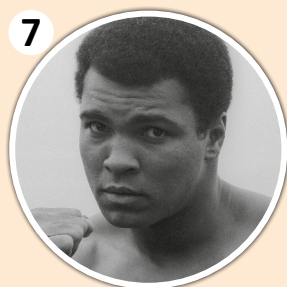
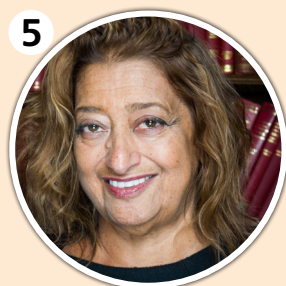
## 10 Desktop background or wallpaper

[ ] a simple background or wallpaper for your screens. This will improve your productivity and attention span more than you think.

## 11 Old digital devices

If you’ve been using technology for any length of time, you probably have a small collection of devices that you no longer use – cameras, memory sticks, MP3 players, and mobiles. If you can’t give them to somebody who would use them, [ ] old devices properly.

# The year our heroes died



Many people think that 2016 was one of the worst years in history for deaths of influential people. They were people who entertained us and educated us, people we loved and people we hated, but all of them were icons...

## 1 Died 10 January 2016 aged 69

His death came as a shock to many, including his friends, and in the hour after his death was made public, 20,000 tweets a minute were posted about him. He had released his album **Blackstar** only two days before he died. It went on to win five Grammys in 2017.



## 2 Died 14 January 2016 aged 69

From Shakespeare to Severus Snape in the Harry Potter films, his voice was memorable in every role he played. He was 41 when he made his breakthrough film performance, playing opposite Bruce Willis in **Die Hard**. When he died, J.K. Rowling tweeted, 'There are no words to express how shocked and devastated I am to hear of his death. He was a magnificent actor and a wonderful man.'

## 3 Died 19 February 2016 aged 89

She wrote one of the United States' best-loved novels, **To Kill a Mockingbird**, which is considered a classic of modern literature and has sold more than 40 million copies worldwide. After its publication in 1960, she retreated from public life and became an object of curiosity in the modern media age. Her only other novel, **Go Set a Watchman**, was written before **To Kill a Mockingbird**, but not published until July 2014, 54 years later.

## 4 Died 24 March 2016 aged 68

A football legend who made his name as a forward with Ajax and Barcelona, he was European Footballer of the Year three times and later became a successful coach. The Dutch FA described him as the 'greatest Dutch footballer of all time and one of the world's best ever'.

## 5 Died 31 March 2016 aged 65

Born in Iraq, she was a world-famous architect, whose Aquatic Centre at the 2012 London Olympics was probably her best-known work in the UK. Her buildings were modern and futuristic, with sensuous lines, and she was the first woman to receive the Royal Institute of British Architects Gold Medal.



## 6 Died 21 April 2016 aged 57

Born in Minneapolis, USA, he was a child prodigy and a self-taught multi-instrumentalist, best known for hits including **Purple Rain**, **When Doves Cry**, and **Alphabet St.** In addition to making 39 studio albums himself, he also wrote many songs for other artists.

## 7 Died 3 June 2016 aged 74

Born Cassius Clay and nicknamed 'The Greatest', he was widely considered to be the best heavyweight boxer of all time. He was famous for his comments both before and after matches almost as much as for his boxing skills. He also became a prominent civil rights figure, who campaigned for black equality and refused to fight in the Vietnam War.

## 8 Died 7 November 2016 aged 82

A Canadian singer-songwriter, poet, and novelist, his most famous song was probably **Hallelujah**, recorded by more than 300 different artists. At the age of 60, he moved to California, where he lived as a Buddhist monk for five years. One of his muses was Marianne Jensen, the Norwegian woman who he lived with on the Greek island of Hydra and for whom he wrote the song **So Long, Marianne**. Her death in early 2016 inspired his final album, **You want it darker**.

## 9 Died 27 December 2016 aged 60

She was the daughter of actress Debbie Reynolds and singer Eddie Fisher and it was the role of Princess Leia in the first Star Wars film which made her famous. From 1977 to 1983, she dated musician Paul Simon, who she met on the set of Star Wars, and she was later very close friends with the singer James Blunt.

# The greatest unsolved crime

One of the greatest unsolved **(1)** murder mysteries of all time is that of Jack the Ripper.

In the autumn of 1888, a brutal **(2)** walked the dark, foggy streets of Whitechapel, in east London, terrorizing the inhabitants of the city. The **(3)** were all women and the police seemed powerless to stop the murders. There were no **(4)** to the crimes, so the police had no idea what the murderer looked like. Panic and fear among Londoners was increased by a letter sent to Scotland Yard by the murderer. In the letter, he made fun of the police's attempts to catch him and promised to kill again. It finished, 'Yours truly, Jack the Ripper'. This was the first of many letters sent to the police. The murders continued – five in total. But in November, they suddenly stopped, three months after they had first begun.

Jack the Ripper was never caught, and for more than a century, historians, writers, and **(5)** have examined the **(6)** and tried to discover and **(7)** his identity. Hundreds of articles and books have been written and many films made about the murders. But the question, 'Who was Jack the Ripper?' has remained unanswered. There have been plenty of **(8)**, including a doctor, a businessman, a painter, a sailor, a singer, and even a member of the royal family, and all sorts of people over the years have tried to **(9)** this real-life murder mystery.



# May and June

## By Ruth Rendell

### Part 1

Mr and Mrs Thrace called their daughters May and June because of the months when they were born.

May was the oldest. She was changeable like the month, sometimes warm, sometimes cold, and neither pretty nor clever. June, however, was both, and her sunny personality brought her many admirers. When May was 20, she met a young lawyer called Walter. He was extremely good-looking and his father was wealthy. May fell passionately in love with him. He asked her to marry him and of course she accepted. During that time, May almost became beautiful, but the intensity of her passion frightened Mrs Thrace.

June was away from home studying to be a teacher when May and Walter got engaged, so Walter had never met her. But a month before the wedding, June came home for the summer holidays. It was all very unfortunate, Mrs Thrace said, over and over again. If Walter had left May for some unknown girl, they would have been furious. But what could they say or do when he had fallen in love with their younger daughter?

May became violent and tried to attack June with a knife. 'We're all terribly sorry for you, darling,' said Mrs Thrace. 'I shall never marry now,' said May. 'She's ruined my life. She stole my husband.' 'He wasn't your husband, May,' her mother replied.



When June and Walter came to visit, May always went out, but she knew about them because she always read June's letters to her mother. She knew that they had a big house, that they collected furniture and pictures, and that they didn't have any children. She knew where they went for their holidays and who their friends were. But she could never discover if Walter loved June or not. She thought that perhaps he was sorry that he had married June and not her. This thought was the only thing that comforted her.

## Part 2

May never married and she continued to live at home for over 30 years, until her parents died. Mrs Thrace died in March and her husband, six months later. At her father's funeral, May saw Walter and June again. Walter was still good-looking and May wanted to die when she saw him. 'Please come and speak to your sister,' he said to her. But May refused.

It was only at another funeral that they were reconciled. May learnt of Walter's death from the newspaper and the pain was as great as when her mother had told her that Walter wanted to marry June. Inside the church, her sister came up to May and asked her to forget about the past. 'Now you know what it's like to lose him,' May said.

Two days later May got a letter from June. June asked her to come and live with her, now that they were both alone. 'Now that you've retired and haven't got very much money, I'd like to share my beautiful house with you,' she wrote. 'Perhaps this way I can give you something in return for what I took away from you.'



May decided to accept. She thought it was right. During their first evening together, she asked June to talk about her marriage, about her life with Walter. But June didn't want to talk. May looked in the house for letters or presents from Walter, jewellery, or pictures. She couldn't find anything. Even June's wedding ring wasn't as beautiful as the engagement ring Walter had given May all those years ago. 'He never really loved her,' she thought. 'All these years, he loved me.' She decided to start wearing her engagement ring again – on her little finger, which was the only one it now fitted.

# 1 A description of a person

## Inbox



**From:** Angela Vernon

**To:** Sofia Lugo

Hi Sofia,

I hope you're well. I'm looking for an au pair to look after Mike and Sally and I remembered your Polish friend Kasia, who I met last summer. She said she might be interested in working in England as an au pair, so I thought I would write and ask her. The thing is, I don't really know her, so before I write and suggest it, could you tell me a bit about her (age, personality, etc., and what she likes doing) so that I can see if she would fit in with the family? Please be honest!

Angela





**From:** Sofia Lugo

**To:** Angela Vernon

Hi Angela,

Kasia is one of my best friends, so of course I know her **very** well. She's 22 and she's just finished economics at university, but she doesn't have a job yet and I'm sure she would be interested in going to the UK. Her parents both work and she has two younger brothers. She gets on very well with all of them and they are a very close family.

Kasia's an intelligent girl and very hard-working. She's good with children – she often looks after her brothers, so she has a lot of experience – and she's also very mature and responsable. She can be **quite** shy at first, but when she gets to know you she's **incredibly** friendly. The only problem with Kasia is that she's **a bit** forgetfull... she sometimes loses things, like her keys, or her phone. Also, to be honest, her English isn't fantastic, but I'm sure she'll improve very quickly.

In her free time, she likes going to the cinema, listening to music, and she's also very good at fotography – she always has her camera with her. She's **really** independant and happy to do things on her own, so you won't have to worry about taking her to places.

I think Mike and Sally will love her. Let me know if you need to know anything else. I hope this helps!

Love,

Sofia

## 2 An informal email



**From:** Kasia <kasia\_new@redmail.com>

**To:** Angela <avernon1970@yahoo.com>

**Subject:** Thanks

**(1)** H i [ ] Angela,

**A** I'm really sorry for not writing earlier, but I've been very busy since I got back from the UK!

**B (2)** Th [ ] for a wonderful six months. I loved being in Chichester and I had a great time. Also, my English got a bit better...don't you think?

**C** I really enjoyed looking after Mike and Sally. I thought they were adorable and we had a fantastic **(3)** t [ ] together. I have really good memories, for example, our trip to the Isle of Wight and the zoo there! I've had several messages from the children since I've been back! Please tell them from me that I **(4)** m [ ] them.



**D** I've been a bit stressed for the last few weeks, because I've been working at a restaurant while I look for a permanent job. Being a waitress is very hard work, but I can now afford to rent a flat with Sofia and two other friends and I'm saving to buy a car! I've also been **(5)** sp [redacted] a lot of time with my family – my brothers have changed so much over the past six months!

**E** That's all for now. Thanks again for everything. And I hope you know you're welcome in Gdansk at any time – my family would love to meet you. Summer here is usually lovely.

**F** Give my regards to Matt and **(6)** h [redacted] to hear from you soon.

Best **(7)** w [redacted] ,

Kasia

PS I **(8)** a [redacted] a photo I took of me with the kids.  
I hope you like it!

# 3 An article for a website

## Transport in London

### The Underground (the Tube)

This is the quickest way to get **(1)** around the city and there are many stations all over London. The cheapest way to use the Underground is to get an Oyster card. You put money on it and then top it up when you need to. Then you use it every time you get **(2)** or **(3)** the Tube. You can buy Oyster cards at Tube stations and online. You can also use a contactless bank card to pay, or your smartphone (if you have a mobile payment app). Some Tube lines operate 24 hours a day at the weekend.

### Buses

Buses can be quicker than the Underground if there isn't too much traffic. The easiest way to use them, like the Underground, is with an Oyster card, contactless card, or smartphone. Some buses operate 24 hours a day, so you can use them late at night. Travelling **(4)** the top deck of a double-decker bus is also a very good way to get to know London and see some of its famous buildings.



## Bikes

Bikes are now more popular than ever in London, especially (5) \_\_\_\_\_ tourists and commuters. It's a good way to get some exercise. There are quite a lot of cycle lanes and there's a good bike-hire programme. You pay at a docking station with a credit or debit card and it costs £2 to access bikes for the next 24 hours. During this time you can use as many bikes as you like. The first 30 minutes for any bike is free. If you want to use a bike for a longer journey, you have to pay more – each extra 30 minutes costs £2.

## Taxis and minicabs

London's black taxis (black cabs) are expensive, but they are comfortable and the taxi drivers know London very well. You normally tell the driver where you want to go before you get (6) \_\_\_\_\_ the taxi. Minicabs are normal cars which work for a company and most people book them with an app. They are usually much cheaper than black taxis. Taxis or minicabs are probably the safest way to travel late (7) \_\_\_\_\_ night.

# 4 Telling a story

## Disastrous journeys!



We asked you to tell us about a time you had a problem when travelling. Begoña from Spain wrote to us...

This happened a few years ago. I live in Alicante, in Spain, and my husband and I had rented a house in Galicia for the summer holiday. We were going to drive first to Tarragona to stay for a few days with some friends and **(1)** then drive from Tarragona to Galicia.

The first part of the journey was fine. We were using our new satnav for the first time and it took us right to the door of our friends' house. Three days later, **(2)** we continued our journey, we put in the name of the small town in Galicia, Nigrán, which was our final destination. We started off, obediently following the instructions. **(3)**, after a while we realized that **(4)** driving west towards Lleida, we were going north. In fact, soon we were quite near Andorra, right on the border with France. I was sure we were going in the wrong direction, **(5)** my husband wanted to do what the satnav was telling us – it was his new toy! It was only



when we started seeing mountains that even he admitted this couldn't be the right way. **(6)** [ ] we stopped, got out an old map, and then turned round. We had wasted nearly two hours going in the wrong direction!

It was an awful journey, **(7)** [ ] as well as getting lost, we had another problem. When we were nearly at our destination, we stopped for a coffee at a little bar, but **(8)** [ ] we got back onto the motorway we realized that we had left our dog under the table in the cafe! For the second time that day, we had to turn round and go back. Luckily, the dog was still there! And luckily, **(9)** [ ] the beginning of our trip was a disaster, we had a wonderful holiday!

# 5 A film review

## Classic films you must see Please post your suggestions

### The Force Awakens (2015)

**The Force Awakens** is the seventh film in the Star Wars saga, created by George Lucas. The film was (1) \_\_\_\_\_ by J.J. Abrams. It (2) \_\_\_\_\_ John Boyega as Finn, Daisy Ridley as Rey, and Harrison Ford as Han Solo. It was (3) \_\_\_\_\_ for five Oscars in 2016, but it didn't win any.

The film is (4) \_\_\_\_\_ a long time ago in a galaxy far, far away. It was (5) \_\_\_\_\_ in the UK, Ireland, and Abu Dhabi.

The story begins 30 years after the events of **Star Wars: Episode VI Return of the Jedi**. Finn, a stormtrooper, leaves the evil organization called the First Order. He follows a little robot, BB-8, who has information about how to find Luke Skywalker, a Jedi who can use a special energy called the Force. Finn and BB-8 are helped by a young woman called Rey, and together they escape and find Han Solo, a space pilot, and his alien friend, Chewbacca. They help Finn and Rey in their search for Skywalker and their mission to destroy the First Order's new superweapon.

I strongly (6) \_\_\_\_\_ **The Force Awakens**. It has (7) \_\_\_\_\_, drama, a great (8) \_\_\_\_\_, and a good plot, but above all, amazing (9) \_\_\_\_\_. I think I will always prefer the classic Star Wars films, because I watched them when I was young, but I loved this film, too.



# 8 An email of complaint



**From:** Chris Mason <chrismason.1952@fastmail.com>

**To:** sandra.adams@johnleavis.com

**Subject:** Complaint

Sandra Adams  
Head of Department  
John Leavis Customer Service  
PO Box 908  
Swindon

May 19th 2018\*

(1) [redacted] Ms Adams,

Last month, on 25 April, I ordered a coffee machine from your website (order (2) [redacted], #CE437184). Before placing the order, I read the conditions carefully and the item was (3) [redacted]. Your website says that items in stock are (4) [redacted] in 48 hours.



Two weeks passed and nothing arrived. **(5)** [redacted] ,  
I noticed that payment had been taken from my credit  
card. I phoned your customer service line and the person  
that I spoke to, Becky, was rude and **(6)** [redacted] . She  
said that the item was not in stock and that she didn't know  
when it would arrive. She could not explain why the money  
had been taken from my card.

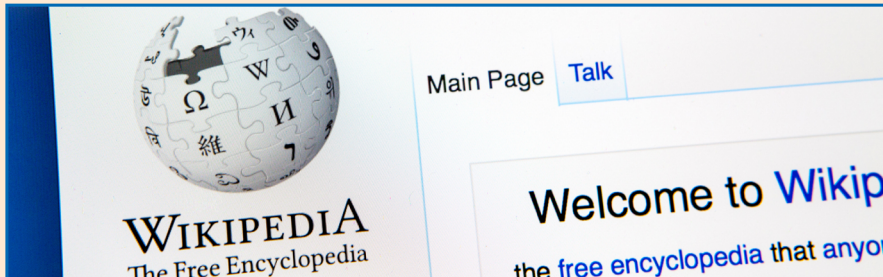
I have bought many things from you over the years, both  
from your London shop and your website, and I have always  
had good **(7)** [redacted] . I can only imagine that this is  
a departure from your usual high standards and I am sure  
you will be able to resolve the situation in a satisfactory way.

I look **(8)** [redacted] to hearing from you.

**(9)** [redacted] sincerely,

Chris Mason

# 9 An article – advantages and disadvantages



## Wikipedia, for and against

Wikipedia is **(1)** a online encyclopaedia. It has become the main information source for **(2)** millions of people every day. It is a wonderful resource, but it has both advantages and disadvantages.

The first advantage of Wikipedia is that it has information about more or less everything and the information is easy to find. Secondly, Wikipedia **(3)** usually gives a good basic introduction to a topic. Thirdly, it gives links and references to other sources, so it's easy to find out more if you want to.

**(4)** In the other hand, there **(5)** is also disadvantages. For example, the information on Wikipedia is sometimes inaccurate, which is a problem if **(6)** it's your only information source. Also, you don't know who has **(7)** written the articles. It may be an expert, but it may be an amateur, and sometimes there is a personal or political bias.

**(8)** To conclusion, if **(9)** you're looking for information, Wikipedia is an excellent place to start. But it shouldn't be your only source – it's important **(10)** get your information from other places too.