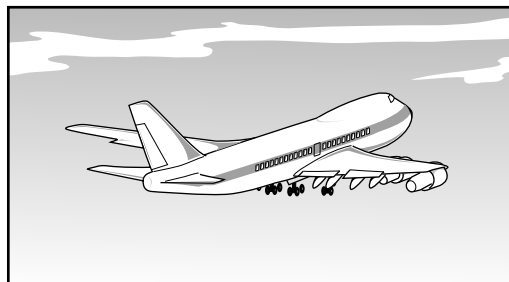


Exercise 1

Read the following brochure for a holiday tour in Morocco, and then answer the following questions.

Destination Holidays to Morocco

Morocco is a north African country of outstanding beauty, with the flat, west Sahara Desert and the high Atlas Mountains. In the busy cities, you can explore the narrow streets and buy souvenirs in colourful, bustling markets. Destination Holidays offers the following four-day tour to visitors:



Day 1: Arrive in Casablanca and evening in Marrakech

After your arrival at Casablanca's international airport, you will board your coach. Before leaving the city for Marrakech, you will have the opportunity to visit the Hassan II Mosque, which has the tallest minaret in the world. This mosque is a fine example of magnificent Moroccan architecture, and is the most popular attraction for visitors in Casablanca. By late afternoon, you will reach your hotel in Marrakech, and you will have the evening to enjoy a walk through the city streets, stopping to visit markets.

Day 2: Marrakech

You will have a full day in Marrakech and a choice of visitor attractions. The Majorelle Garden is famous for its trees and exotic plants. Here you can walk in the shade, past refreshing streams and pools filled with water lilies and lotus flowers, while listening to the birds. The garden offers a calming retreat from the heat of midday and the busy city traffic.

The Museum of Marrakech was once a palace. It still has fountains in the central courtyard and traditional seating areas, though most of the intricate tile work and carvings are replicas. The museum holds exhibits of both modern and traditional Moroccan art, together with fine examples of historical books, coins and pottery.

If you prefer not to walk, look for the little yellow taxis that are everywhere in the city. You can normally travel anywhere in Marrakech for under 50 Dirhams, and a ride from the famous Jamaa El Fna Square to Gueliz, the new town, should cost no more than 15 Dirhams. You can find yellow taxis outside your hotel, but the fare will be higher.

Day 3: Sahara Desert

You will set off for an overnight trip to the Sahara. Visitors will never forget the camel ride and the sunset over the golden dunes. Instead of a hotel for the night, your accommodation will be a Bedouin-style tent, with Moroccan carpets used to cover the sand. You will sleep well in a cosy bed but don't expect soft mattresses to sleep on.

Day 4: Return to Casablanca

Your coach will return to Casablanca, with plenty of time for shopping before your flight. Make sure you also sample delicious traditional pastries and mint tea in one of the many cafés, and don't forget to pick up some last-minute souvenirs.

(a) What would a tourist find attractive about the Moroccan landscape?

.....[1]

(b) What could you visit on the first day in Casablanca?

.....[1]

(c) Where would you sleep on your first night of the tour?

.....[1]

(d) How can visitors avoid the hot sun in the Majorelle Garden?

.....[1]

(e) What remains of the original palace in Marrakech?

.....[1]

(f) How much is a taxi ride from Jamaa El Fna Square to Gueliz?

.....[1]

(g) What will visitors always remember about the Sahara Desert? Give **two** details.

.....
.....[1]

(h) What makes a night in a tent on the Sahara trip more comfortable? Give **two** details.

.....
.....[1]

(i) When shopping in Casablanca, what should you try in a café? Give **two** details.

.....
.....[1]

[Total: 9]

Exercise 2

Read the following article about sitting, and then answer the following questions.

Too much sitting is bad for you!

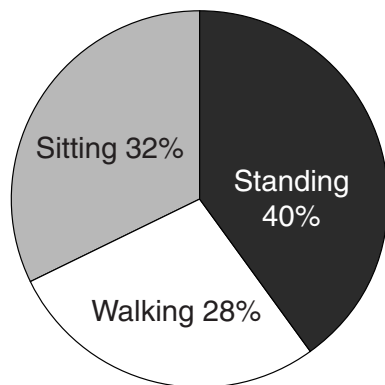
Most of us are guilty of excess sitting. We sit at school, at our computers and in front of the TV, moving only to change from one seat to another. Some studies suggest that people who sit all day reduce their life expectancy by around two years compared to those who are more active. Medical researchers have found evidence that sitting for long periods increases the risk of obesity and diabetes. According to Dr Amir Khan, an expert in teenage development, "Today's teenagers are particularly at risk because of the hours they spend using digital technology." It is clear that constant sitting at home, at school and in the workplace is harmful to health.



In the nineteenth century, many office workers stood at their desks and moved around a lot more. However, this changed in the twentieth century when the number of employees in a typical office grew and it was much easier to supervise people when they were sitting down. Today, companies with modern offices face a huge challenge to reduce the amount of time people spend sitting, and schools are becoming aware of a similar need to change.

A school in Minnesota decided to experiment with a new 'standing classroom' design. They removed the standard desks and replaced them with high tables. These new tables are at chest level and have a swinging footrest. As well as the expected health advantages, teachers have noticed other improvements. The students appear to be more attentive, more alert and able to concentrate better. At the beginning of the experiment, there were no chairs, but the school has now added some high chairs because not all of the students wanted to stand all day.

Improved time spent being active or seated at school



Students are happy with their new environment and especially enjoy the background music, which has been added to improve their learning. Results show that their time is now divided fairly equally between when they stand, when they walk around the classroom and when they sit, with each of the three activities accounting for about one third of their time.

Other schools are now calculating the costs and benefits of using standing desks. Many are keen to improve their students' results, and they carefully consider all their performance and attendance data before making a final decision. Parents also need to be consulted as they may have doubts about the effect of these changes on their children. Some schools even organise after-school events where parents, students and teachers can experience a lesson in the new-

style standing classroom. It is essential that everyone understands the value of these changes as they are expensive to introduce. A classroom with traditional desks and chairs costs less than half that of a 'standing classroom'.

Dr Khan is unsure how much teenagers can change. He believes that, at that age, they have firmly established habits and they don't want to do things differently. They might be reluctant to stand for lessons and they should be allowed to choose whether to stand or sit. He adds that a mix of standing desks and traditional seating ensures that all students can work in the way that suits them.

- (a) What do studies show that people must do to live two years longer?
[1]
- (b) What **two** health problems can be caused by too much sitting?

[2]
- (c) When was it normal for office workers to stand at their desks?
[1]
- (d) Why did employers prefer their workers to sit?
[1]
- (e) How were the new desks in a school in Minnesota different from their old ones?
[1]
- (f) In what **two** ways did standing help improve the behaviour of students?

[2]
- (g) What changes were made to the original classroom design?
[1]
- (h) According to the chart, how much of their time did students spend seated in their new classroom?
[1]
- (i) How can parents find out about the new style of classroom?
[1]
- (j) What are the challenges of introducing a 'standing classroom'?

[4]

[Total: 15]