

INTERNATIONAL TRAINING COLLEGE - LINGUA

Towards Educational Excellence

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LANGUAGE DEPARTMENT

SECOND SEMESTER ASSIGNMENT 1 2022

COURSE : CERTIFICATE (OA, BA, AF, HRM, TT, IT, HOSPITALITY) LEVEL 3

SUBJECT : ENGLISH LEVEL 3

EXAMINER : C.VAN WYK

MARKS : 50

Student Surname: _____

Student First name: _____

Student Number: _____

DUE Date: 28th SEPTEMBER 2022

FT PT Distance

(Please Tick one box only)

MARKS

50 = _____ %

Question 1

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

My first skydive

Teenager Ellie Beltram describes an exciting birthday present.

Everyone knows I like new experiences. My brother and I have done lots of adventure sports, but one thing I'd never thought of trying was skydiving – jumping out of a plane, wearing a parachute. Aware of this, my uncle Tom arranged for me to do a tandem skydive for my eighteenth birthday. I'd be attached to an instructor, and we'd fall freely for a time before the instructor opened the parachute. Mum and Dad had seen TV programmes about skydiving, and were quite worried, but I was excited. I'd expected to have a few weeks to research skydiving online, but then I got a call from the skydiving company. Someone had cancelled, so they asked me to come the next day. I couldn't believe my luck!

We had to get up early for the drive to the airport. I thought I might oversleep, so I set two alarm clocks. Although we set off on time, there was a lot of traffic on the road. We were 15 minutes behind schedule, which didn't worry me, but the information and safety talk was already over, and that did bother me. Instead, I received a shorter version, and all I could remember afterwards was that the instructor touches you on the shoulder to let you know it's time to get your arms and legs into 'touch down' position. When it came to my jump, I reacted too slowly, so my instructor had to shout 'bend your knees or you'll break your legs!' into my ear as we landed.

The time of each person's skydive depended on the time they'd registered that morning, so for me that meant a long wait, which

made me rather anxious. There were benches in front of the airport building though, so I watched the first group of skydivers preparing, which was helpful. It was too early for me to get my jumpsuit on. In each group there were eight people, each paired with an instructor. Each skydiver put on a harness – the straps which would later attach them to their instructor – then everyone boarded the plane and it took off. Twenty minutes later, I suddenly became uneasy when the first pair of skydivers appeared in the sky.

Three more groups jumped, then my name was finally called. I got up, pulled my jumpsuit on and was introduced to my instructor. He fitted me with my parachute harness and we all walked towards the plane. As we boarded, he explained that the last person to get on the plane is always the first to jump out. After such a long wait, I was pleased that meant me.

The rattling noise the plane made was enough to worry even the most relaxed flyer. However, once my instructor had double checked our equipment and handed me a helmet, my nerves disappeared. After all, I was attached to someone who'd done thousands of jumps before.

When we reached the required height, the door opened and we moved towards it. Sitting in the doorway of the plane was probably the scariest moment of the day. Then we leaned forwards until we fell out. I was aware of the cold wind on my face. I later found out that we'd reached speeds of up to 195 kilometres per hour. I could see incredible views all around me. The strangest thing was the sensation of being pushed upwards. Then my instructor opened our parachute, and we went suddenly from free falling to slowly gliding back down to the ground. It was a fantastic experience, and one I'll never forget.

1 Who had the idea for Ellie to try skydiving?

..... [1]

2 What had Ellie planned to do before the day of her skydive?

..... [1]

3 Why did Ellie arrive late for her skydive?

..... [1]

4 How does the instructor usually indicate that it is time to prepare for landing?

..... [2]

5 What did Ellie spend her time doing while she was sitting outside?

..... [1]

6 Why did Ellie have to do her skydive before the other people in her group?

..... [1]

7 What did Ellie have to put on just before she left the plane?

..... [2]

8 What could Ellie feel during the free fall part of the skydive? Give two details.

.....

..... [2]

[Total: 11]

QUESTION 2

Read the article about three people (A – C) who have an idea for a new national holiday. Then answer Question 9 (a) – (h).

If you could invent a new public holiday, what would it be?

A Samuel Akinta

If I could choose a new public holiday in my country, I'd create National Switched Off Day, where all electronic devices like mobile phones, tablets, computers and TVs would have to be turned off for the whole day. I know we all love being connected to our friends 24 hours a day, but sometimes we forget to talk to the people around us. Parents and kids have such non-stop lives nowadays, with work and school, clubs and hobbies, that it's really important for them to stop staring at their screens sometimes and just hang out with each other instead. Otherwise we risk just rushing around all the time, cut off in our own little worlds. National Switched Off Day would make us take a break. I'm aware that not all teenagers would be particularly interested in taking part, but if they gave it a go I think they might enjoy getting some proper rest every once in a while.

B Yasmina Al Ansari

My suggestion for a new public holiday is National Get Involved Day. This holiday would allow everyone to take a day off from their daily routine at work or college and get together to help those in the area where they live. This would make us all feel much more connected to, and be part of, our neighbourhood. Around me, there are quite a few elderly people who live alone and always need help with lots of little jobs around the house. Other people might like to bake a cake to share or pick up rubbish from their street together. Of course, not all younger people will be that interested, but it could be a good opportunity for teachers to get their students involved by setting up a project. Helping others doesn't need to be just about giving money to charity – your time is just as valuable. And it's a well-known fact that helping others can often increase people's happiness and self-confidence – you could be really proud of having done something good on that day.

C Kristie Cheng

How about having a National Rhythm Day? That would be my suggestion for a new public holiday. Everybody enjoys music, so what could be better than having a public holiday with the single purpose of listening and dancing to music? Music is an incredibly powerful force in our lives. It cheers people up if they're feeling down and makes even the worst day feel better, so imagine what a great day it would be if everyone was singing and dancing to all their favourite music! There's no way anyone would disagree with that. And National Rhythm Day wouldn't just have to be about listening to music. Musicians could show their friends or family how to play a particular musical instrument, or they could even organise a concert and give all of the profits to charity. And why stop there? You could also learn how to make your own musical instrument or discover more about other countries by listening to music from around the world. I think that'd be fantastic.

9 For each question, write the correct letter A, B or C on the line. Which person ...

- (a) is confident that everyone will support their nation day? [1]
- (b) suggests that schools could help organise events for their national day? [1]
- (c) believes that busy families should try to spend more time together? [1]
- (d) says that people could learn about other cultures? [1]
- (e) mentions the benefits of their national day for local communities? [1]
- (f) mentions a way that money could be collected to help other people? [1]
- (g) states that their national day will give people a sense of achievement? [1]
- (h) thinks that their national day will make people relax? [1]

[Total: 8]

QUESTION 3

Read the article about a student who plays volleyball for her university in the USA, and then complete the notes.

Volleyball star

Jennifer Allen is a college student in the USA, studying medicine. Like many US students, she was given a scholarship to study at a college, based on her abilities in sport. When she tells other students that she plays for one of the college's sports teams, their first reaction is usually, 'How can you study AND play for a team? That's way too demanding. We struggle to keep up just with the studying!' In a way their reaction is understandable, but for Jennifer it is worth the effort.

Jennifer started playing volleyball when she was six years old, and the sport later became so much a part of her life that when she was given the opportunity to play at university level, she didn't hesitate. Even so, many people, including her own family, questioned her decision, telling her it would have a negative effect on her

says with a smile that it has actually added to her experience, because in her teammates, she has made friends for life. As she says herself, 'I don't think I will ever forget them.' She also recognises that her coaches have had a very positive impact on her life.

Jennifer explains that getting up early every morning is a struggle, whether it's for an early class or for volleyball practice before classes start. As a self-confessed 'night owl', she claims that getting out of bed is actually more of an effort than getting everything ready that she needs for the day, but she finds that it's easier if you have a routine to follow. Jennifer has never liked eating first thing in the morning, and admits that she still hasn't got used to eating breakfast before training. Although she needs to spend her free time doing volleyball practice, she wouldn't have it any other way. However, listening to her describe her daily schedule, it's clear she has far less time for her studies than other students have. Of course, she appreciates the fact that she's in better physical shape than most other students, but injuries are common too when you play sport as much as she does, and Jennifer has often had to stop playing for a while because of them

Then there's the social aspect of university life. Jennifer says that, overtime, she's got used to the looks people give her when she says she can't go to a party because of a match or practice the next day. 'It's true I'm missing out now,' she says, 'but they're just parties – I'll be invited to many more in the future.' In contrast, being able to represent the college that she loves is a once-in-a-lifetime experience.

Of course, everyone grows up while they're at university, especially if they live away from home, but Jennifer feels she has learned useful skills such as how to manage her time effectively. After all, she doesn't really have any choice but to do all of her academic work, plus her volleyball commitments and, occasionally, have fun. Jennifer feels strongly that playing volleyball for her college is the best choice she has ever made. I wish her luck with her future, whether in sport or medicine.

You are going to give a talk to your class about Jennifer's experience of playing volleyball at college. Prepare some notes to use as the basis for your talk.

Make short notes under each heading.

10 What Jennifer enjoys about playing for the university volleyball team:

.....

.....

..... [3]

11. What Jennifer finds difficult about playing for the university volleyball team:

.....

.....

.....

..... [4]

Read the article about a man called Wim Hof, who can survive in extremely cold temperatures.

Write a summary about what Wim Hof has managed to do in cold temperatures, AND the advice Wim Hof gives about how to get used to the cold.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary and up to 6 marks for the style and accuracy of your language.

Wim Hof – ‘the iceman’

Wim Hof, born in 1959 in the Netherlands, is known as ‘the iceman’ for a very good reason. He has an unusual ability, which is simply that he doesn’t feel cold at all, even in very low temperatures. Scientists say that what he is capable of should be impossible.

What exactly can Hof do? By the time he was a teenager, he could easily run in the snow without shoes on. This was the first of many achievements which have surprised doctors and scientists. But he says that anyone can learn to do what he is capable of – the key to success is to concentrate on what you are doing. Over time, Hof has developed a method which he claims is not at all complicated to follow.

The body temperature of a ‘normal’ person would drop dangerously if they spent much time in extremely cold temperatures. But Hof broke a world record by sitting in a large container full of ice for 1 hour and 52 minutes, and throughout this time his body temperature remained the same. This is not the

Only amazing thing he has done. He has swum under ice in a lake for 120 metres, without taking a breath. He has also run a marathon in the Arctic, wearing only shorts and sandals. And, in the same clothes, he has climbed almost to the top of Mount Everest.

Most people would not want to try to do the things that Hof has achieved, but some do. He now teaches people how to cope with extreme cold. The first thing to learn is to control your breathing. He has developed special exercises which help you to do this. After that, he says you should gradually get used to the cold – for example, you can start by standing under a cold shower for a few seconds. While you are doing this, you should relax and enjoy the experience because, as Hof says, ‘the cold is your friend!’

[14]