



## Practice questions

### Key points to remember:

- ✓ This is bringing information together from more than one source;
- ✓ Make it clear which text you are talking about – Text A/ Text B;
- ✓ Highlight what is asked for in question – question will have a focus;
- ✓ **NO comparison needed;**
- ✓ Synthesise will always be used in the question;
- ✓ Make sure you have points from both texts;
- ✓ Systematically work through – point (adjective) /evidence (quote);
- ✓ Consider **title/ tone/ language choices/ images/ presentational devices and structure** from both texts and respond to these ideas in your answer.
- ✓ **Time and marks:**
  - \* **10 marks = 15 minutes reading and answering the question;**
  - \* **8-10 points = 10 mark question**

Q: Using information from Text D and Text E, synthesise the feelings of the writers to the activities they describe. [10 marks]

*Text D is taken from an internet blog written for families by Paul Birmingham.*

### The joy of kite-flying – who knew?



It's taken me 34 years on planet Earth to experience the thrill of flying a kite. I know, I know, what was I doing as a child? Sadly, it seems I lived an unfulfilled, kiteless childhood...

#### Homemade heaven

Earlier in the year my kitelessness ended when the family and I attended a local kite festival. Apart from it being an awesome spectacle with giant octopus, sharks and dragons filling the skies (a spectacle so good it kept my kids away from the flashing swords and ice cream sellers for a record-breaking half an hour!) we got to make our own kites. For just a couple of pounds and the assistance of some friendly folk on the stand, the children had their very own kites and it was time to give them a go...

Disappointingly, the kites were great and the kids loved them. Yes, I did say 'disappointingly' and the reason being that the kids required no help from me. They were happy with just themselves and their new toys and I didn't get a look in! Even my three-year-old told me, "Get off Daddy. Go away!" Charming. But seriously, what joy from a piece of plastic, a couple of sticks, tape and string. And never fear, leave the kids long enough and it's inevitable that they'll get tangled-up, giving you the perfect excuse to assist and show them how it's done!

*Text E is adapted from 'The Mountains of My Life', which is a collection of autobiographical writing by famous mountaineer Walter Bonatti.*

I was living in Italy in the years after the Second World War. They were hard times, too, for a boy with no prospects facing life in a defeated country. It was during those years that I came to know and love the mountains. And despite the fact that, in those days, I only went by the paths, I couldn't help but be fascinated by the spires and crests of the beautiful peak on which, with wonder and envy, I used to see climbing ropes at work. I would stand for hours on end watching those lucky people, then try to imitate them only a few feet from the ground on a nearby boulder.

One day my usual companion arrived with his mother's clothesline in his backpack. This was the first time I ever tied myself on to a climbing rope, but I tried to put into practice what I had been watching.

A real, genuine climb was to follow not much later, thanks to a chap called Elia who was to become a friend of mine. One day, Elia discovered me intently watching the progress of a roped pair that was climbing on the rock face above. It must have touched him because he came up to me, decked out in all his climbing gear, and, with the air of an expert, said, "How'd you like to try it?"

"I couldn't think of anything I'd like more!" I replied.

Five minutes later we were climbing. We roped up and, after giving me some instructions, Elia set off. However, after climbing no more than ten feet or so, my new friend seemed to struggle. I watched him as he tried to go on, bending first to one side, then to the other. He curled himself up, then tried again, and yet again. But he stayed right where he was.

Finally he decided to turn back.

"My soles are slipping!" he said to excuse himself, then added, "Go on! You have a try!"

I was wearing a pair of enormous army boots with square toes, and a wide leather strap.

If Elia couldn't get up wearing climbing boots, I thought, how on earth will I be able to do it without a rope holding me from above? In spite of this, I wanted to try so much that I took his place. I don't know how I did it, but I somehow managed to climb that first difficult pitch. Suddenly I felt I was at the centre of a delirious dream. When the rope ran out, Elia, now held by me from above, was able to come up and join me.

Q: Using information from both texts, synthesise what you learn about Enzo Calzaghe [10 marks]

## Relative Values

*Enzo Calzaghe talks about his son, the boxer Joe Calzaghe.*

I was brought up in Sardinia and Sardinian culture is very simple: you're a football player, a boxer, a waiter, or a cook. That's about it. I wanted Joe to be a football player, but he wasn't picked for this and that, and then when he was eight, I gave him a punchball and he was pretty good. I took him to the gym, aged 10, and the trainer said: "You have an open-class kid." I said: "What does that mean?" He said: "It means he's very, very good."

Now I'm not stupid. I know class. People say don't push your kid. But I'm completely the opposite. If you've got a kid with class – whether it's in tennis, studying or whatever – they've got to be pushed, because the day they don't make it, they will say, "It's because of my old man. He didn't give me any encouragement." But then, if it all goes wrong and you did push them, it'll be "Dad ruined my life". I've never been scared of pushing Joe, because my son is not a run-of-the-mill talent. He's a genius. I noticed that, and I was not going to let him live a normal life and destroy what I'd spotted. There was something unique there. Obviously, he wanted to play with other kids, but I was trying to make him understand his ability. Encouragement became an order.

I'm a dad only to the door of the gym. Then we're purely fighter and trainer. We switch off. Moody in the gym? Joe's a psycho. That works for us. That chemistry is exactly what we need in order for me to push him, and him to want to be pushed. That's the beauty of it. In the lead-up to a fight, I call him a chameleon, a snake of different colours. He changes all the time. His eyes go from passionate and warm to cold and ice. I don't get any communication out of him. He's what you'd call arrogant and psyched up. That's what I want to see.

I never think of the danger. At the end of the day, boxing is a sport, no worse than driving a car. I've got no reason to be anxious or stressed. It's his job and he does it well. Because I've trained him, I know he's better than the other guy so I've never had the eyes of a father in the ring. It sounds as if I'm a sadist but we love each other to bits. I would never be training Joe if I didn't have the ability for it. A few years ago, there were some selfish remarks in a newspaper. They were saying he wasn't performing, even though he won. They were saying: "Change your father as a trainer." That hurt me because they wanted Joe to leave me. I'd got a win out of him so what was the problem? I said to Joe: "If you want to go, go. But I don't deserve this." But we rode that storm.

I don't know why Joe has never got the recognition he deserves. The problem in Britain is they love losers and Joe has never had the respect. He's too good for his own good – that's the bottom line.

We've never been tempted to leave Wales. When you've got enough, you've got enough, and the warmth we have as a family – you couldn't get that if you were a billionaire. You can't buy love. The family is the most important thing. If the fighting finished tomorrow, my job is done. I've been rewarded as a father and as a trainer. I'm happy – absolutely over the moon with myself.





Since Joe Calzaghe won the world super middleweight boxing title ten years ago, the Welshman has remained the champ. In fact, he hasn't lost a single fight since he was eighteen. That makes him a great fighter; some say the greatest British boxer of our time. What makes him unique is the fact he has been coached since the age of nine by his dad, Enzo, a former rock musician who has never thrown a professional punch in his life. Father and son, who live near each other in the Welsh valleys, have had huge bust-ups within days or even hours of big fights. Calzaghe, who has a strong Welsh accent, says: "At times I hated him. When I was a teenager he kept pushing me into training when I wanted to go out with girls and have a drink like everybody else my age. He's a hard taskmaster and I wanted to rebel but he knew how far to push me. One day I'd say I was quitting, but the next I'd be back asking him for a lift to the gym. Now I can see when he's in a mood and, if I'm in a mood too, it kicks off pretty quickly. But ten minutes later it's forgotten. It's like any close relationship. When you see each other every day you start arguing about tiny things. But we don't hold grudges."

Calzaghe believes the pair remain close, despite all this, because they are careful to keep their personal and professional lives separate. Eight years ago, 'Calzaghe Sacks His Dad' was splashed across the sports pages. People were always on at Calzaghe to get a 'proper' trainer to replace Enzo. Calzaghe, then at a low point in his career, was tempted. He recalls: "When dad saw the headlines he was absolutely gutted. I could see it was ripping him up inside, but all he said was, 'You're my son. Do what's best for you.' After a few days I decided it was because of the injuries that I wasn't fighting well. I thought, who can train me as well as my dad? Who am I going to respect as much as my dad?" It was a wise move.

## The Boxer's Tale

Outside the ring Calzaghe is not what you might expect. He doesn't look like a boxer, perhaps because his nose has never been broken, and he's tall and slim rather than muscle-bound, with a thick silver earring and shades. He never trains with weights and he's proud that he has only one visible scar, next to his left eye, because the lack of damage is proof of his immense skill and speed. He is also, he admits, quite vain. He insists he'll never run to flab, as older boxers often do. That's not to say that Calzaghe's weight does not give him grief.

Making the weight has been torture since he started boxing as a boy. Between fights, his weight creeps up and he says, "Fighting is easy compared to making the weight. Before a fight I get obsessed. I weigh myself six times a day, have a little sip of water and then see how much I've put on. It's painful. When you haven't eaten you get so edgy, everything irritates you... I used to pick on my girlfriend if I saw her eating a biscuit. Then, after a fight, I binge on all the stuff that was forbidden such as cakes, crisps and beer. I eat even when I'm not hungry. What keeps me happy before a fight is thinking about what I'll eat afterwards."

He admits that the mood swings, caused by the dieting and the anxiety in the build-up to a fight, can make him hard to live with at times. He gets bored easily, but what gets him out of this mood is pride and a formidable will to win. He hates losing and he still remembers crying bitterly every time he was defeated as a boy. He's not sure where this inner steel comes from, but it has seen him through a fight with a fractured hand and coming back from being knocked down to win a fight.

What is puzzling is that while Calzaghe is regarded as a legend by anyone in the know (and anybody in Wales) he's hardly a household name. He shuns the celebrity circuit and when Marks and Spencer asked him to model underwear, he turned it down, partly because his girlfriend didn't like the idea. Nor is he one for gimmicky showmanship or stagey entrances. And, unusually for a boxer, he needs no entourage to big him up: he prefers to spend the hours before a fight alone with his iPod. In the past few years he has developed a fear of flying after a few turbulent flights and watching too many air-crash documentaries. At one point it got so bad he refused to get on a plane to New York at the last minute. He had checked in but when he discovered the plane wasn't a jumbo, he panicked. These days he takes medication to control the fear. Calzaghe recognises the need to 'sell himself' more, but deep down he feels slightly

aggrieved that, given what he has achieved, he can't just be taken on his own merits. He is also quite shy. He blames it on a horrible period at school when he was bullied. He says, "In my third year I started getting picked on. I was quiet and one of the smallest boys in the year and they'd call me names and take the mickey. No one would talk to me and I just went into my shell. It really affected me, but I didn't tell my mum or dad. I bottled everything up and got really depressed."

What's so ironic is that, at the time, he was British schoolboy boxing champion. It's not hard to see why the boxing ring became such a welcome escape.

Although boxing has been his life, Calzaghe hopes that his two sons won't follow him into the ring. He couldn't bear to watch them get bashed about. Perhaps he now understands why his mum has never watched him box. He's happy for his boys to train, but encourages them to try sports that don't involve getting the hell beaten out of you if you're not very good.

*Celia Dodd*

*Reproduced from the Times*



Q: Using information from both texts, synthesise what the personal qualities that are important for young people to have or to develop. [10 marks]

3

## **Children need risk to thrive as adults, says Dragons' Den judge**

We are in danger of creating a generation of children wrapped in cotton wool and afraid to take risks, a leading businessman has claimed. Simon Woodroffe, founder of the Yo! Sushi restaurant chain and a judge on the BBC show *Dragons' Den*, has argued that children must be exposed to more danger to help them to cope with the daily risk-taking required in the modern business world. He said that he was in despair when he heard that some schools were no longer taking pupils on challenging activities like canoeing or camping in case they injured themselves.

"My greatest fear is our children will grow up expecting to be looked after their whole lives. We need to encourage children to push themselves, to go beyond their limits, in order to build a nation of bold and confident people. We need them to become independent and self-reliant."

Mr Woodroffe, 56, who was awarded the OBE in 2006, is patron of the Go4It awards for schools, run by the Heads, Teachers and Industry (HTI) enterprise, to encourage qualities like sensible risk-taking, competitiveness and determination to succeed among pupils. The awards were launched last year in response to concerns of employers over the 'cotton-wool kids' culture.

HTI leaders were horrified at last year's Go4It awards to discover that one of the winning schools was not allowed to attend because the local authority thought the journey to London would be too risky for the pupils.

There is increasing concern that health and safety is stifling schools. Some schools have banned traditional playground games such as conkers, snowball fights and cartwheeling. Some schools have even prohibited pupils from doing the backstroke in swimming lessons.

Mr Woodroffe said: "We need to expose ourselves to danger to build the muscles of self-protection. If you don't learn to protect yourself when you are young, you may end up in even more danger later on."

Mr Woodroffe left school at 16 with no qualifications, and spent 30 years in the entertainment business. He was a lighting technician for Led Zeppelin before he went on to help stage the Live Aid concert in 1985. He went into television shows with the BBC and Sky before setting up Yo! Sushi in 1997. A new venture to produce extreme sport videos in the 1990s was a flop. He said, however, that he had not been afraid to fail and neither should children. His latest business venture has been to open an international chain of hotels called "Yo!el".

The Go4It awards will be presented tonight to schools which have developed a positive approach to risk. One winner is Langdale, a primary school in Cumbria, where pupils have just swum across Lake Windermere, and take geography lessons up mountains.

Meanwhile, the Children's Society has conducted a two-year inquiry about the pressure and restrictions on young people. It found that the average distance a nine-year-old girl is free to wander from her front door has been reduced from 840 metres in 1970 to 280 in 1997. The limit today appears to be the bottom of the garden, the charity said. It also found that today only 9% of primary school-age children make the journey from home to school on their own, compared to 80% in 1970.

# LIFE'S A JOURNEY. ENJOY THE RIDE! ADVENTURE & CHALLENGE



## THE ONE AND ONLY

The Outward Bound Trust is an educational charity that uses outdoor experiences and challenges to help and develop young people. For over 65 years we've been inspiring thousands of young people to unlock their potential, raise their self-esteem, and prepare them to face their future with confidence.

We are famous for providing challenging outdoor adventure in the UK. We're proud that we've set the highest standards for safety while giving over a million people an experience that showed them the meaning of the greatest sentence in the English language, "I can."

Our expert instructors provide the chance to practise and refine new skills to help young people take more responsibility for themselves. Finally those skills are tested in the mountains or at sea as young people take control of their own expedition - and ultimately, of their own lives.

As Kurt Hahn, the Co-founder of Outward Bound, said more than 65 years ago, "We are all better than we know. If only we can be brought to realise this, we may never be prepared to settle for anything less".

**"If you face your fears, your life will be better for it; and if you set your mind to it you can do things you had only dreamt of."**  
DAVID SHUTT

If we told you we could take a young person on an adventure, spend some quality time with them in an inspiring location, have lots of fun, and send them home and back into school or college with increased self-awareness, improved concentration, more enthusiasm to learn, more determination to succeed, and a greater sense of respect and compassion for others and the environment ... we guess you'd say, "Yes, please!"

## HOW IT WORKS

What we do at The Outward Bound Trust is simple. We take young people on a journey - both physical and mental. We introduce them to new people and activities; we encourage them to review their progress; we help them to try new things in a safe and controlled environment; and we support them in finding out just how special they are.

Our impact is phenomenal.

Every young person discovers something personal to them, especially on expedition. All gain confidence and self-reliance and are exposed to life's most valuable lessons - taking responsibility for their choices, making personal judgements, and working together.

**"If I ever come across something I think I can't do, I will just remember the course and how many things I have achieved here. It has set me up mentally for life."**  
ANYA DIABU

**"Outward Bound gave me a chance to be really good at something for the first time."**  
JESSICA TARPOR

**"I had a go at everything; that's good enough for me."**

ADAM BANNERSTOCK



**"With most of the young people, the first thing they shed is their isolation; the fear of not being in school groups soon gives way to strong bonds within their new groups. Confidence increases, friendships develop and they begin to open up more to other people's opinions."**

EDWARD GRIESL

[Teacher, Cardinal Newman High School]

Our courses are about young people pushing themselves beyond their expectations, achieving things that they never thought possible, and working together to meet new challenges. Trying things like canoeing, rock climbing and abseiling, or the high ropes course, helps them to better understand themselves, their abilities and how they can take advantage of the opportunities in their lives.



## OUTWARD BOUND OFFERS:

- Personal challenge
- Genuine adventure
- The chance to develop effective team skills
- The chance to gain confidence to overcome new challenges
- The chance to increase self-awareness and personal responsibility
- Skills and experience for action-planning and goal-setting
- Lots of fun!

**"I learnt to have confidence in everything I do, trusting my abilities and friends and overcoming my fears. I also learnt never to put myself down; I am strong, I am worth it!"**

SHYLA SOHAIL



Pushing the boundaries

from Outward Bound Trust brochure

\*Remember to join the HWB class - see your teacher for further details



Q: Using information from both texts, synthesise what you learn about Lewis Hamilton's family from these texts? [10 marks]

## Profile: Lewis Hamilton

**'He's one of a new breed of young sportsmen who are a breath of fresh air, and he's hugely exciting.'**

**Formula 1's first black driver is in pole position to be Britain's biggest sports star.**

Albert Park, Melbourne, and on the opening day of the Grand Prix season, Lewis Hamilton is preparing for his Formula 1 debut. Remarkably for a 22-year-old, his black-and-silver McLaren sits on the second row of the grid, in front of eighteen cars piloted by vastly more experienced drivers.

McLaren's team boss, Ron Dennis, has asked reporters not to ask questions but Hamilton just squats against the pit wall, listening calmly to the final words from the man who has guided his career.

The race, in which he astonished observers by finishing third, announced his prodigious gifts as a driver. He passed two cars, including the world champion, on the first corner. As a declaration of intent and talent, it has rarely been matched. Mark Blundell, a former Formula 1 driver, said, 'He's one of a new breed of young sportsmen who are a breath of fresh air, and he's hugely exciting. He's the first black driver but after three races all we are talking about is whether the sport has found a new superstar.'

To appreciate the significance of Hamilton's rise you have to consider where he started. Formula 1 has never had a black driver and few have come from such an ordinary background as Lewis Hamilton. His father, Anthony, moved to the UK from the West Indies when he was three and grew up in Hertfordshire. He started a family – Lewis has a brother, Nicolas, who has cerebral palsy – while working for British Rail. Separated from his wife when Lewis was two, Anthony raised the boys alone, indulging his own interest in motorsport by encouraging Lewis to take an interest.

Aged five, Lewis began driving a remote controlled car, and he won his first kart race aged eight. At 14 he competed in a televised karting series, a series backed by McLaren. He won and was signed by Ron Dennis who has guided his career since.

Lewis Hamilton has been groomed for stardom and he is a young man apparently fully prepared for the demands of Formula 1. Drivers comment on his pace, engineers praise his ability to analyse the performance of a car and suggest technical improvements, and broadcasters and sponsors adore his level-headed, well-mannered personality.

To succeed in Formula 1 you need the talent to drive fast, the courage to go faster than you think you can, and the determination to win. If you've got all that you need to be 100% focused, and if you can do that for ten years, then you have Lewis Hamilton.



## How Lewis Hamilton went from nought to sexy

There has been much fevered activity in recent weeks on the elegant boulevards of Monaco as well-dressed 'property finders' scour the country on behalf of a mysterious client. He is said to be in the market for a luxury apartment with views of the Mediterranean. But the word is already out that the shadowy buyer is none other than Formula 1 golden boy Lewis Hamilton. The fresh-faced, 22-year-old is quickly developing a taste for the good life, as his exploits on the race track propel him to the summit of sporting stardom. This week, for example, he has taken up residence on a yacht which is available to hire at an eye-watering £285,000 a week to anyone wanting the last word in ocean-going luxury. But since it is owned by a shareholder in Hamilton's McLaren team, the boy racer and a gaggle of his friends are being put up for free.



The super-confident Lewis seems to be coping admirably with his sudden change of fortune since he exploded onto the Formula 1 scene this season. He is not remotely 'fazed' by the moneyed circles into which he has suddenly been catapulted. He has come to expect and demand nothing but the best. Only the finest hotel suites will do, and he has taken to travelling to lucrative sponsorship events by helicopter.

Meanwhile, he has developed a taste for 'bling', jewellery which includes a garish diamond ring in the shape of a tyre. His sudden fame has won him a new and glamorous circle of celebrity admirers, including rapper P Diddy, who made him guest of honour at a lavish party he threw at a private club in London. At the same time he has swapped his economical Smart car for a tank-like Mercedes.

More significantly perhaps, he has also traded in his girlfriend of four years who stood by him as he rose from penniless go-kart racer to sport's most bankable poster boy. He was photographed this week with a shapely brunette who was most definitely not the girl he met when they were both college students.



for all his happy-go-lucky public image, her son has, it seems, inherited his mother's spirited approach to life. He has clashed with other drivers, including his own team mate. His swift rise to stardom has come at the expense of his privacy. He can't go anywhere without being mobbed by fans and he says he is going mad because he can't escape, even on the golf course.

No wonder Formula 1's boy wonder is planning to leave Britain for the millionaire's playground of Monte Carlo.

Paul Scott

These are heady days for a young man who just a few months ago was almost unknown. It is a world away from Hamilton's childhood upbringing by a single parent in a council house in Hertfordshire.

As the first black man to win a Formula 1 grand prix, his earning potential is huge and Hamilton is a marketing dream. With his good looks, megawatt smile and rags-to-riches story, he has breathed new life into a sport that was recently on its knees. He has his father Anthony to thank for his determination and will to win. The former British Rail worker took on three jobs to pay for his son's rise through the ranks from karting to Formula 1. Mr Hamilton, whose family came to Britain in the 1950s from the West Indies, separated from his son's mother Carmen when Lewis was two years old. Lewis lived with his mother until he was ten but when she married again, he chose to live with his father. Hamilton senior nurtured his son's talent for racing and would ferry Lewis around the country in his rusting Vauxhall Cavalier, while well-off competitors travelled in gleaming mobile homes. However, now it is estimated that before his career is over Lewis could be the world's first sporting billionaire.

While he remains as close as ever to his father, there have been rumours that his relationship with his mother has been strained. Despite her son's sudden wealth, she claimed this year that she could not afford the airfare to see him in action in Australia. She even entered a local radio competition in a failed bid to win tickets. Neighbours say she is known for her fiery temperament. Certainly,

Q: Using information from both texts, synthesise what you learn about the same holiday [10 marks]

3

## Help! It's the scare bear bunch

*When 200 bears pay an annual visit, it's time for the people of Churchill in Canada - polar bear capital of the world - to keep their heads down. Peter Baumgartner reports on an adventure holiday he took there.*

Churchill is the polar bear capital of the world; every year, in November, the town's 1000 inhabitants have to share their living space with 200 of them. The bears invade Churchill while waiting for Hudson Bay to freeze over so that they can hunt on the ice for seals, their favourite food. Just before winter begins in earnest, Churchill has a six-week 'season', and adventure tourists from around the world make for the Arctic Circle to watch them. But amusing and clumsy as they look, polar bears are among the most dangerous predators on earth. Fast, strong and unpredictable, they weigh up to 600kg and attack without warning.

Denise, our tour guide, cautions me at once when I try to photograph a warning sign that reads, 'Polar bear alert. Stop. Don't walk in this area.' The notice is at the edge of town in front of a few rocks. Behind it is the slowly freezing bay. "That is not a good idea," she snaps, pulling me back. She has twice seen a bear appear suddenly from behind the rocks.

"What do you do in such cases?" I ask.

"Take your clothes off and slowly walk backwards," she laughs. "Bears are naturally curious. They stop at each garment and sniff it. You must never run away. The best thing is gradually to make for the nearest house."

In Churchill, house doors are supposed to be unlocked all the time for just such emergencies. If someone sees a bear in town, they call the polar bear police, and the rangers come and knock it out with an anaesthetic gun. The sleeping white giant is placed in the 'polar bear jail'. At the jail we find just two bears under lock and key. There is space for 32. Last year the rangers caught and freed 108 bears. When the jail is full, the bears are flown out 20 or 30 miles to the north and released.

The next morning we drive in a Tundra Buggy (a converted bus with giant wheels) to Gordon Point, out in the treeless and endlessly flat tundra. We almost miss our first bear: he lies whitely dozing on the permafrost. Getting out of the vehicle now would be deadly. His looks can be misleading: a polar bear can manage a speed of 50km/h and he can kill with just one swipe of his massive paw. So feeding is forbidden. The occupants of the smaller buggy ahead of us are already scared. One of the bears has reared up and is sniffing at the vehicle. His mouth easily reaches the slightly open window. The tourists pull back, horrified, but the bear is only sniffing. His nose is his most important tool: with it, he can smell seals under a metre-thick ice cover.

By the second day of our buggy tour, the bears love us. Two males give an impressive wrestling bout lasting for several minutes, but they are only playing. Either could kill the other with no difficulty at all. They are so near that we can see their sharp teeth and claws without telephoto lenses.

On the way back we see how the bears from the polar bear jail are flown out. Anaesthetised, they hang in the net below the helicopter that will take them back to the tundra. Hopefully they won't wake up before they are released to freedom.



# INTERNATIONAL WILDLIFE ADVENTURES

## The Wonders of the Natural World Await You

Our company, International Wildlife Adventures (IWA), was set up for one very special reason: to enable you to experience the amazing natural and wildlife wonders of the world up close in a safe and environmentally responsible way.

We believe that seeing the natural world close up helps us to understand the massive importance of protecting our fragile earth. This is something that can't be adequately achieved by visiting animals in a zoo or watching a wildlife program on television.

Only by experiencing animals in their natural environment can we begin to understand, and appreciate, the delicate balance of our planet.



## The Polar Bears of Churchill

Each year, in the fall, along the west shore of Canada's Hudson Bay, one of the world's most fascinating wildlife events occurs. Scores of polar bears gather along the shore near Churchill waiting for the bay to freeze to begin the annual hunt for their choice prey, seals. If you have been fortunate enough to view one of the many television documentaries that feature these Lords of the Arctic, chances are it was filmed in Churchill from one of our original Tundra Buggies.



Polar bears are normally solitary creatures, but in Churchill, at this time of year, we can see them gathering, often even mothers and cubs. Wildlife watchers and photographers from all over the world travel to Churchill to witness this remarkable event. As the owners and operators of the original Tundra Buggies, we are able to offer more ways to see the polar bears than any other company. In fact, we offer over 60 different options to choose from.

International Wildlife Adventures strongly believes in protecting the bears and their habitat while allowing you the honor of watching them safely from the warmth and comfort of the buggies.

Join us to see and photograph the incredible polar bears of Churchill and have an Arctic adventure you will never forget!



## The Ultimate Polar Bear Experience: Tundra Buggy Lodge at Cape Churchill



- **The ultimate polar bear experience**
- **More time with the bears than any other tour**
- **Merv and Lynda Gunter, co-owners of IWA, will be your hosts**
- **Expert professional photographer and naturalist leaders**
- **7 to 8 full days of bear viewing**
- **All meals included**



**Expedition 1:  
November 7-18, 2003**

From Winnipeg, 8 nights at Tundra Buggy Lodge, 1 night Churchill plus 2 nights hotel in Winnipeg and roundtrip airfare to Churchill. Price \$3,000 per person. All meals included.

Join us on one of the most unique expeditions on the planet! These trips are based on the shores of Hudson Bay itself, at Cape Churchill. The Cape is the location for the most breathtaking and exciting polar bear photography available. Most of the polar bear documentaries you have seen on TV have been shot on this very trip. Recognized as one of the world's greatest wildlife spectacles, the polar bears of Cape Churchill will take your breath away - and only International Wildlife Adventures can take you there!

Guests will stay in the Tundra Buggy Lodge, our specially designed facility, set up like a train but with a larger scale interior.

There are open-air platforms, which provide safe viewing and photography areas. The five units consist of two sleeping modules (complete with shared bathrooms and shower facilities), a lounge module, a dining module, and a module which houses supplies and the camp's power station.

This is a specialist trip and is intended for those interested in the ultimate bear watching and photography expedition. Experience it yourself with this IWA exclusive. Space is extremely limited on this one-of-a-kind expedition. Reserve your space early.



\*Remember to join the HWB class – see your teacher for further details

Q: Using information from both texts, synthesise what you learn about e-waste in these texts [10 marks]

## **Deadly e-waste dumped in poor nations, says United Nations**

Millions of computers and other electronic devices are creating a mountain of dangerous e-waste that is being dumped illegally in developing countries, the United Nations (UN) has warned.

The global amount of electronic waste is expected to grow by 33% in the next four years, according to the UN. Last year, nearly 50 million tonnes of e-waste was produced worldwide – or about 7kg for every person on the planet. These are electronic goods made up of hundreds of different materials and containing poisonous substances. An old-style computer monitor can contain up to 3kg of lead, for example.

The UN is concerned that e-waste, which even includes electric toothbrushes, is now the world's fastest growing type of waste. China generated 11.1 million tonnes last year. In Europe, Germany throws away the most e-waste in total, but Britain is now the world's seventh highest producer of e-waste, discarding 1.37 million tonnes.

In 2010, the USA threw away 258 million electronic products such as computers, TVs and mobile phones. Only 36% was recycled. Only 12 million mobile phones were collected for recycling in 2011 even though 120 million were bought. Meanwhile, newer phone models are racing on to the market leaving old ones likely to end up in rubbish dumps. Most phones contain precious metals including gold. The circuit board can also contain valuable materials such as copper and zinc, yet only 10% of mobile phones are dismantled and re-used. The failure to recycle is also leading to shortages of rare minerals to make new electronic equipment.

Much of this e-waste is being sent to Africa or Asia illegally and some of the poorest countries are now in danger of becoming the world's rubbish dumps. Working on this waste in these countries usually occurs in huge open rubbish dumps. This causes significant environmental pollution as deadly materials seep out into the environment, contaminating land, water and the air. In addition, products such as old fridges are often dismantled in unsafe conditions. Those who work at these sites suffer frequent bouts of illness, and many workers have suffered liver damage. There are also increased reports of cancers and lung disease for local workers.



## ‘This is not a good place to live’: inside Ghana’s dump for electronic waste

Agbo is Ghana’s vast dumping site for electronic waste. In this bleak landscape, young people scavenge for scrap metal amid the smoke from plastics fires. The health risks are obvious – but the money is too good to ignore.



The appliances at Agbo are dismantled for their tiny nuggets of precious metals such as copper. Old video players, cassette recorders, sewing machines and computers lie randomly on large mounds in the dump, which stretches as far as the eye can see.

“Electric waste comes here from all over the world – but especially from Europe,” says Karim, 29, who has been salvaging, buying and selling

at the dump for 10 years. “We get a lot of health problems here. Many workers here have died from cancers but we manage, because we need the money.”

Last week, the United Nations warned that the global amount of such rubbish is set to grow by 33% over the next four years. Much of it will be dumped in sites such as those in Agbo, poisoning the land with lead, mercury, and other dangerous materials.

Agbo seems chaotic in places, but there is an order to the large, desolate, rubbish-strewn site. At one side, boys and young men gather in groups, picking their way through piles of old hard drives, untangling wires, and breaking up old air-conditioning units.

Abdoullaye, 19, and a group of other teenage boys sit under flimsy shelters on the upturned cases of old PC monitors, working at a pile of e-waste with chisels and pliers and by hand. The boys are surrounded by rows of rusty chest freezers, each with a heavy padlock. Inside them, they store what they have collected – piles of copper and aluminium – until the metal is bought by traders.

“I came here five years ago,” said Abdoullaye. “I make between 50p and £1.30 each day, and each month I send £13 back to my family in the north. I would like to go back home, but my family needs the money, so I stay. We get many problems here. Sometimes I have to go to the hospital when I have breathing problems. It’s not good for us.”

Deeper into the heart of Agbo, huge plumes of foul-smelling smoke rise up from three large fires, where the dismantled items are burned to remove traces of plastic, leaving the metal behind. The fumes are head-pounding, but the men, women and children weaving in and out of the fires don’t seem to notice. The death rate for babies is high here.

Roles are divided at Agbo. Women and girls wander the sprawling site, selling peeled oranges, water and cooked food. Many have tiny babies wrapped in cloth tied tightly to their backs, all inhaling the poisonous fumes. There are special jobs for children, who trawl the site with magnets tied on to the end of a piece of string, picking up any tiny scraps of metal such as tin left behind in the dirt.

In the centre of the dump, a clearing has been turned into a football pitch, and two teams are in the middle of a game. Agbo is not just a site for trading, burning and dumping electrical waste; it’s also home to thousands of people, who carry on their lives and raise their children in the midst of its filth and fumes. Families live in the shacks dotted throughout the central area of the dump.

“This is not a good place to live. But we don’t want the people in Europe and all those places to stop sending the waste,” said Karim. “This is a business centre, and we are using the money we make here to help our families to have a better life.”

By Afua Hirsch



Q: Using information from both texts, synthesise why Centre Parcs is popular with people of all ages [10 marks]

## **FAMILY FUN AT CENTER PARCS**

**THERE are no stresses, just the welcome strain of working your way through a huge range of adult and child-friendly activities. A Center Parcs stay is a revelation, says actor Robert Lindsay.**

The problem with being a parent is kids! Now don't get me wrong, I love my kids, but come on – I've got a life, they've got a life, we all have. So let's try to meet halfway. We found the perfect solution at Center Parcs. I had a short holiday that came at the same time as half-term for Sam, eight, and five-year-old Jamie, so we decided to give one a go.

The overwhelming positive for me as we arrived was the lack of cars. I hate cars, even though I drive one. At the Parc they have a big parking area concealed by bushes. Vehicles disappear for the duration of your stay, while you use bikes to get around. No traffic! What a stress-beater.

Our "executive" lodge had cool furnishings and wall-mounted plasma TV, a nice forest view and even a sauna. The kids went crazy when they saw where we were staying; there was bags of space, an open fire and even a table that converted into a pool table.

The first thing my wife Rosie and I did was go for a massage in the spa lodge, which was fantastic. We then did an exploration and located the huge main arena, housing everything from indoor swimming pool to cinema, where we picked up our bikes for the stay. The arena proved to be about a 10-minute gentle cycle away from our lodge.

Our stay was from a Thursday to a Sunday. In the mornings, we'd wander down to the shop to buy our food for breakfast, the only meal of the day we'd eat at the lodge. Then we'd depart for our different activities. The boys would go to archery or quad-biking, for example, while I went fishing. We'd then all get together to do something like sailing on the Parc's lake. The instructors were amazing. I don't know where they find them but they are superb. We'd either leave the boys with them, or stay and wait while they did their activities, and there was always something for the adults to do as well. You'll never have experienced such active days. On offer were such things as abseiling, rollerblading, badminton and bowling. There are just so many ways to busy yourself at Center Parcs and work up an appetite for a meal.

The restaurants cater for every taste. There were ones with their own wine lists and ones with child-friendly zones, so the children could have fun while you can pretend to be an adult for a while. I love Sunday brunch, and there was a great restaurant for this, stocked with every Sunday newspaper. One night we were given a cabaret – well, actually more of a full-blown show. Our food continued to be served as it played out. After dessert, there was a lovely nightcap for the two grown-ups, while the boys sat enthralled by the show.

It was an invigorating break, one that restored my confidence in holidaying in Britain with my children. Just a word of advice – if you're visiting during the school holidays, make sure you book activities in advance. Will we go back? We use it all the time now – for a weekend break, or just to have a change of scene and get away from the domestic stresses and enjoy being with the kids!

## Family Activity Holidays and Activity Breaks | Center Parcs

### Activity Holidays



Why choose an Activity Holiday? Perhaps you want to return home feeling as though you've achieved something. Or you know that the best way to keep the children happy is to satisfy their thirst for trying new activities. Relaxation is great, but maybe you're the sort of person who gets a real buzz from sport and fitness. Feel the breeze as you sail across the lake or enjoy an enchanting guided walk with our friendly Conservation Rangers. And if you want to do something more adventurous, you could always try the 3G-Swing, Tree Trekking, or the High Ropes of the Action Challenge.

Whatever your choice, Center Parcs works tirelessly to create Activity Holidays that will leave you feeling refreshed, relaxed and ready for anything. Indoors and outdoors, we offer a vast range of activities in beautiful, natural surroundings.

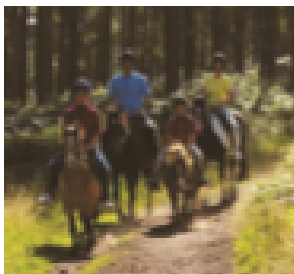
An Activity Holiday at Center Parcs can be whatever you want it to be, but to give you a hand planning your break, here are a few ideas:

### Children's Activity Holidays

Learning and fun go hand in hand, and this is especially true during childhood. At Center Parcs, we have created a wide range of activities for children of all ages, run by expert staff and designed to involve you as much, or as little, as you want. See your children learn new skills and become more creative, and share the wonders of nature with them. Then have some well-earned time to yourself, secure in the knowledge that they are in safe hands.



### Outdoor Activity Holidays



Located in 400 acres of beautiful forest, each Center Parcs offers an inspiring choice of outdoor activities for couples, families and groups of all ages. From horse riding to bird watching and from archery to watersports, the accent is placed firmly on quality and choice, with most skill levels catered for and instructors on hand to help build confidence whilst making sure that enjoyment comes first.

One thing's for sure. At the end of a day spent learning, exploring, playing and relaxing, you'll all want to get together over a family meal. You can do this at one of our many superb restaurants and bistros, where you can relive your experiences and remember what makes your family special. With our variety of themed restaurants and continental menus, you'll be spoiled for choice.

## Memories that your child will savour forever

Cast your mind back to the carefree days of childhood and family holidays full of fun and laughter. Live them again with your own children and share their wonder. In the beautiful setting of the forest, even simple activities take on a new dimension. Let the magic rub off and see their confidence grow.



A Children's Activity Holiday at Center Parcs will give the whole family the chance to spend precious time together, as well as quenching your children's enormous thirst for the sort of non-stop fun that can leave adults trailing in their wake. Thankfully, we believe in looking after everybody, which means that when you need a little time to yourself, there are plenty of supervised activities for the children to get their teeth into while you sneak off for some time on your own.

Take the Time Out Clubhouse, for example. Here, your kids will make new friends of their own age and take part in expertly organised activities that will develop their creativity, satisfy their curiosity and keep them amused while you just enjoy a little peace and quiet.

Indoors and outdoors, our range of children's activities is enormous. From soccer skills training, abseiling and horse riding to canoeing and paintballing, to movie making, fashion and DJing, there's something for every age and temperament. Letting your youngsters out of your sight has never been safer and more fun, and at Center Parcs it balances the time you'll spend together, making memories that will last forever.



For families with young children, our commitment to creating a safe, relaxing and fun environment for the whole family is second to none. As well as providing free play areas for under-5s, we've included extra touches to make life easier for parents with babies and toddlers. This attention to detail has helped us achieve the Tommy's Parent Friendly Award and Prima Baby Best Buy in recognition of our child-friendly facilities.

Whatever their age and interests, your children will find more to keep them entertained at Center Parcs than they could possibly cram into a single visit. So don't be surprised if they're soon pestering you to come back. Hopefully, you'll share their enthusiasm.



Q: Using information from both texts, synthesise what both texts say about food waste [10 marks]

## **Britain's colossal food waste is adding to climate change**

British shoppers were warned yesterday that they must swap their wasteful habits with food by buying less and eating leftovers if the UK is to play its part in preventing climate change. The amount of food wasted is now increasing by a million tonnes each year.

Research shows that Britons throw away one third of their food, at an enormous financial and environmental cost. Annually, the UK dumps 6.7 million tonnes of perfectly good food each year, costing the average home over £400; for a family with children, the annual cost rises to £610. Most of this unnecessary waste – which nationally costs £8 billion – is sent to rubbish dumps where it rots, producing the dangerous greenhouse gas, methane.

The Environment Minister said, "These findings are staggering, and at a time of global food shortages this kind of wastefulness becomes even more shocking. Preventing waste has to be a top priority." Another government adviser described the amount of food wasted as "an outrageous scandal".

The Waste & Resources Action Programme (WRAP) is a government-funded agency that has been investigating food waste. It has conducted research that showed consumers were, in effect, dumping one in three bags of shopping straight in the bin.

In an attempt to change attitudes, WRAP has devised a campaign 'Love Food Hate Waste', launched yesterday by TV chefs Ainsley Harriott and Marco Pierre White. These two chefs are backing WRAP's advertising campaign that encourages people to plan their shopping, and make meals from leftovers.

WRAP's estimate of waste was compiled after polling almost 3,000 households and getting 300 people to keep diaries of what food they threw away. Although 90 per cent of people thought they threw away little, the true picture was revealed by the diaries.

WRAP said most waste happened because people had "over-shopped" as a result of not planning meals in advance. People also failed to keep their fridges cold enough, and threw away edible food that had passed its 'best before' date. About 30 per cent of households were particularly wasteful, mostly busy younger working people aged 16-34 and families with school-age children. Fruit and vegetables were the most binned food, followed by stale bread.

The 'Love Food Hate Waste' campaign includes a website, [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com), which gives advice and practical ideas on food preparation, storage and recipes.

### There are lots of ways to reduce food waste

#### Here are some tips to get you started

- 🍷 Most fruit and veg can be kept in the fridge to make it last longer.
- 🍷 Check what's in your cupboard or freezer – not forgetting the back of your fridge – before you shop for more.
- 🍷 If you are tempted by 'buy one get one free' offers, be sure you can use everything, or alternatively freeze a portion.



- 🍷 Older vegetables can be made into meals such as soups, curries or casseroles.
- 🍷 Try planning your meals for the week ahead and buy what you need.
- 🍷 Buying fresh fruit and veg twice a week rather than bulk buying will mean you throw less away, eat fresher goods, and probably save money too.

For further information please look at our website  
[www.midsussex.gov.uk/refuse&recycling](http://www.midsussex.gov.uk/refuse&recycling)  
 Email [wastematters@midsussex.gov.uk](mailto:wastematters@midsussex.gov.uk)  
 Telephone 01444 477440



MID SUSSEX  
DISTRICT COUNCIL



## What a waste!



**We already recycle 40% of our waste in Mid Sussex, but around 30% of what is left is food. Most of this is, or once was, perfectly good food.**





Throwing away good food is a terrible waste. In the UK we throw away about 30% of all the food we buy. That's one shopping bag out of every three!

#### The main reasons for this are:

- 🌱 Too much was prepared
- 🌱 We don't use up 'leftovers'
- 🌱 We forgot what was in the cupboard and missed its 'Use-by' date

Some food waste is made up of things like peelings and cores, but the majority is, or once was, perfectly good food. If we planned, stored and managed our food better, we could reduce our food waste and save ourselves money.

On average UK households spend £420 a year on food that they then throw away. For example, each day 1.3 million unopened yoghurt pots, 5,500 whole chickens, and 440,000 ready meals are thrown away in the UK. Add to this the cost for local authorities to send this waste to huge rubbish dumps and the total cost is high.

Food waste sent to rubbish dumps generates methane, a greenhouse gas far more powerful than carbon dioxide. Methane increases the problem of global warming. Eliminating this waste would have the same impact on carbon emissions as taking 1 in 5 cars off UK roads.



#### Home Composting

Home composting is a great way to prevent unavoidable food waste such as peelings, cores, eggshells and teabags ending up in rubbish dumps, and can do wonders for the garden. West Sussex County Council offers compost bins at subsidised prices. Please call 0845 077 0757 for details.



#### Date Labels Explained

##### Use-by

'Use-by' dates are usually found on chilled products such as cooked meats, soft cheeses and dairy-based desserts. In terms of safety, never eat products after this date, and observe storage instructions.

##### Best before

'Best before' dates are usually on longer shelf life foods such as frozen, tinned or dried goods, and refer to quality rather than safety. It should be safe to eat food after the 'best before' date, but food may no longer be at its best.



Q: Using information from both texts, synthesise the ways both text try to encourage readers to donate blood [10 marks]

## Urgent blood donor appeal

**SARAH HALL**

This Christmas people in Norwich are being urged to give blood, as stocks have become low owing to the high numbers of people suffering from flu over the Christmas period. Shock new figures have today revealed that seasonal blood stocks are now so low that supplies of some blood types will only last hospitals across the region for four days.



People in Norwich are being urged to give blood

The National Blood Service (NBS) is encouraging as many people as possible to give blood to help people with cancer and other serious diseases; it is also vital for those who need blood after accidents or hospital operations, and for those people with rare blood disorders.

Each year the NBS needs to collect about 35,000 units of blood from Norfolk donors alone to ensure local hospitals get all the blood they need. Across the country, the NBS delivers 2.1 million blood donations to hospitals in England and Wales every year. People can give blood if they are aged between 17 and 70, weigh more than 7st 12lb (50kg), and are in good health. The age limit on blood donations was raised from 65 to 70 in 1998.

William Ireson, a 68-year-old grandfather, is delighted he will be able to carry on giving blood. He said, "I'm proud that I've given 71 units of blood over the years, and pleased that now I can give a few more. It makes me feel great knowing that my blood could save someone's life. It's my way of giving something back to the community. I always try to donate around Christmas because I know the hospitals need extra support during the winter months. I would encourage anyone of any age to give blood. It's not hard, and to be honest I am a bit squeamish, but it's not painful and it has never bothered me. I know some people have to have regular transfusions because of their conditions, so it's important to me to keep donating for as long as I can. It only takes an hour or two out of my day, but at the end of it I know I could be saving someone's life." William has gone on to encourage family and friends to give blood, because as he says, "You never know when, where or why we may need blood ourselves one day."

David Cooke from Norwich needed a complete blood transfusion as part of his treatment for cancer in 2002. The 65-year-old said he would not have survived his illness without the regular contributions of blood donors. "It is vital that people keep donating regularly to save the lives of people like myself," he said. "I would not have been here if donors had not been there for me. Thanks to the wonderful people who give blood, I continue to lead a full and active life. My heart goes out to all these great people who have donated blood, especially at this time of year."

Currently only 4% of the eligible population are active blood donors. Donors can give a unit of blood, just under a pint, every 16 weeks – or three times a year. There are four main blood groups – O, A, B and AB. Group O is the most common and therefore the most in demand. Regular blood supply is vital because red blood cells only last 35 days and platelets, another important component of blood, last only five days.

----

*Turn now for Section B*



## Practically anyone can do something amazing

Becoming a blood donor really is very simple. If you would like more information or advice, or you want to enrol to become a blood donor, ring our donor helpline on 0845 7711 711. Our donor helpline is open 24 hours a day – every day of the year. We'll send you a new donor welcome pack and an invitation to the next donor session, either at a centre near you or at one of our mobile collection units.

As a rule, as long as you're in good health and aged between 17 and 60, you can become a regular blood donor.

The National Blood Service, which covers all of England and North Wales, needs nearly two and a half million blood donations each year to help the NHS save lives.

**But, only 6% of the UK population who are currently eligible to give blood currently do so.**

In December 1993, Tim Wood was diagnosed with leukaemia. He fought the disease but in May 1996 a bone marrow transplant became essential. By the end of his treatment, Tim was estimated to have received more than 75 units of blood and 250 units of platelets, which means at least 1000 donors were needed.

## Do something amazing today



## What's so **amazing** about giving blood?

When you give blood, you'll be doing one of the most amazing things anybody could dream of – saving a life.

You can enable someone to receive a desperately needed transfusion. Some operations,

for instance, require pints and pints of blood. Or just as importantly, components extracted from blood, such as plasma, can play a key role in a range of procedures such as treating burns or preventing infection.

Diane Crawford has had Sickle Cell disease all her life. She gave birth to a daughter, Chi, after receiving 19 units of blood during her pregnancy. "Blood donors gave me the chance to have a family," says Diane. "Now I want to play my part in encouraging more people to help others like me by giving blood."



• 2 •

## It's **amazing** how easy it is to save a life

It's all types of blood we need – not just rare ones. In fact, the commoner the blood type, the more we need.

So even if your blood is one of the most common types – group O for example – you can be sure that by donating regularly, three times a year, you really are doing something amazing.

Your session will last about an hour in all. When you arrive, we'll ask you a few routine questions about your health. We'll then take a drop of blood just to make sure you're not

anaemic. If all is well, we'll take your donation.

This only takes about ten minutes, during which time we collect 470ml. (about three quarters of a pint) of blood. Most people hardly feel a thing, and after a short rest, a drink and biscuits, you'll be up and about and ready to go. All equipment used in the collection of your blood is new and sterile and is never re-used, so you don't have to worry about risks to your health in the collection of your blood.

**Do something amazing today**

**Save a life**

**Give blood**

• 3 •

\*Remember to join the HWB class – see your teacher for further details