Every Finnish household owns a sauna. Simon Kuper thought he’d be left cold, but he was wrong. Soon after I arrived in Helsinki, my friend Mika invited me to a sauna at his parents’ house just outside town. (0) ........ It being a social event in Finland, we drank beer. ‘I’m sorry that our beach is so small,’ said Mrs Lipponen, who must have been about 60, but looked much younger. (1) ........ Mr Lipponen, Mika and I stripped naked and walked across the garden to their 150-year-old sauna, where we sat side by side on a wooden ledge. Occasionally we talked. Sometimes we just sat. (2) ........ After eight minutes, feeling like a lobster, I asked Mr Lipponen how long one should stay in the sauna. ‘As long as you want,’ he said. Becoming quite garrulous, he added: ‘(3) ........’ I explained that I was feeling quite warm. ‘Britons’, he nodded, ‘are the worst saunatakers.’ But being a kind man and I being his son’s business partner, he suggested that we jump into the sea to cool down. (4) ........ Jumping into the sea in Finland in autumn is a counterintuitive act, even if your body has just been heated to record temperatures. (5) ........ ‘A bit of a shock,’ I said. ‘In winter,’ said Mika, ‘we cut a hole in the ice and jump in. That is more of a shock. But when you come out your body tingles. It is addictive.’ (6) ........ Warm, even. But then we trudged back to the porch to drink beer. When friends came round, Mr Lipponen explained, it was customary to invite them to share a sauna. With close friends, the sauna would be mixed-sex. However, he had noticed that nudity embarrassed foreigners. (7) ........ I thought the sauna was over, and was gearing up to return to the office. Then, however, we went back into the sauna. (8) ........ The Finnish sauna, he explained, is like a smorgasbord: you choose whatever combination you want.
The beers, the swimming, the sauna went on for what was probably two hours. It was hard to tell. (9) ........ After our last spell in the sauna, we washed with soap: the heat opens your sweat pores so wide that you can clean yourself thoroughly.

The Observer

### A
After 10 days in Helsinki, I felt as you do after a good sauna: it was the effect of being surrounded by polite, calm people.

### B
Whatever is comfortable; it’s not about setting records.

### C
And indeed, seconds later I began to feel good.

### D
An African colleague of his had refused the offer of a sauna on the grounds that not even his wife had ever seen him unclothed.

### E
As luck would have it, the large garden of their wooden, yellow house backed on to the sea, so we sat on their beach in deckchairs eating rye bread with fresh salmon.

### F
The Finns believe in a right to remain silent: there is no compulsion to babble.

### G
We chilled for half an hour and then she left to cook an enormous meal of healthy food.

### H
Then we jumped into the sea again, except Mika, who chose to have another beer on the porch instead.

### I
So we trooped down the back garden and plunged nude into the sea, watched incuriously by the neighbours drinking beer on their porch.

### J
As I swam frantically in circles to avoid freezing to death, Mika asked how it felt.

### K
The repetitions meant I lost track of time, which is very relaxing.

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Quelle: [http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Reading.html](http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Reading.html)
Task 2

Read the article and choose the best answer, A, B, C or D.

A New Life

By Jillian Simensky

I have always loved the water. The earliest home I can remember was in a small seaside community, a view of the water from the bedroom, the sound of the waves crashing on the shore lulling me to sleep as a child. I have lived in many places since then, most of them on land, none of them offering me the peace and serenity that I found near the sea.

Life is a series of changes. Some of them small, some major. But it’s usually the ones that we are most afraid of that pay off most in the end. And so was the change I made two years ago, moving from life on land onto a boat.

I began my new life aboard towards the end of summer. The place I found is a small boatyard with room for about forty boats and a homey feel to it, unlike most of the fancier marinas. The owner lives on site and takes care of us like family. There are ten of us here in the yard living aboard year round, divided among seven boats. Our little community is wonderful. Someone is always around to offer a hand when you need one. There’s always a little get together going on, gatherin at a picnic table in the summer, on someone’s deck in the winter.

In the few years I have lived here, I have never locked the door to the boat (as a matter of fact, I don’t know where the key is). In all the years on land, I couldn’t go to sleep without checking the doors and windows and making sure the alarm was on. The summers are filled with activity. The yard fills with seasonal boaters, friends we see only for those glorious months. Spending weekends on the bay, or a trip to Fire Island instantly washes away a week’s stress. Starting the day off with a cup of coffee on deck, feeding the ducks and swans that gather noisily at the waterline makes all the difference in dealing with the upcoming day at work. By fall, the rest of the boats come out of the water, leaving us to the peace and quiet that the winter brings. Those months have their own charm, a time of silence and serenity, cozy and warm in our cabins.

Looking back, I was amazed how much this life aboard has changed me. The boat has become my little cocoon, sheltering me from both the weather and the stress of New York Life. I have reduced my possessions by half, throwing away the things that no longer add value to my life. My wardrobe contains only the things I actually wear. I no longer have a desire, or the space, for the latest gadget, another seldom-used appliance or dust-collecting knick-knacks. Now you’ll find displayed a small collection of items I’ve picked up in my travels, each one holding special meaning. Typical American consumerism is rapidly becoming a thing of the past for me.

My free time is spent differently, too. Quiet has become something I crave. The TV no longer plays for background noise, the programmes seem superficial and dull compared to the nature that surrounds me. Evenings are more likely spent reading or listening to music.

I have gained an incredible amount of self-sufficiency also. A boat requires a different type of maintenance than a house. I’ve never heard of a house sinking from neglect, but a boat needs frequent checking for wear and tear. Inevitably, things deteriorate faster in the salty environment, and with each new repair to deal with, I come out a little more accomplished from the experience. I have also learnt a great deal of patience, accepting that things will go wrong, that I’ll be able to handle the challenges that come my way and even being able to laugh at myself in the process. All in all, this life is one I wouldn’t trade for the world.
10 When did the writer first enjoy the calming effect of the sea?
A When she moved to a boatyard two years ago.
B When she was a younger girl and lived by the sea.
C When she used to fall asleep on the beach as a child.
D When she returned to the ocean from living inland.

11 What is the writer’s opinion of changes in life?
A The small changes are often the most important.
B The biggest changes are the most difficult.
C The most frightening changes bring the most satisfaction.
D The changes we look forward to never pay off.

12 What is the boatyard community like?
A There are forty boats, but the owner lives in a different marina.
B There is a family atmosphere and everyone is very helpful.
C The owner is very friendly and organises small parties and picnics.
D The marina is rather exclusive and only for experienced sailors.

13 How does she feel about security on a boat?
A It’s safer than living in a house.
B It’s not as safe as living in a house.
C She can’t go to sleep without locking the door.
D She needs to set the alarm only once in a while.

14 When does she usually spend time with visitors to the boatyard?
A At the weekends all year round.
B In the autumn and winter.
C In the summer months.
D At the special events organised in fall.

15 How has living on a boat changed the writer?
A She feels more isolated and wears more practical clothes.
B She has become more of a typical American consumer.
C She spends more time on social networking sites.
D She feels less stressed and now values her possessions.

16 What is her attitude to TV now?
A She only has it on for background noise.
B She only enjoys nature programmes.
C She prefers other free-time activities.
D She uses it to combat the silence on the boat.

17 Why doesn’t the writer want to go back to living on land?
A Because a house needs more maintenance.
B Because she prefers life on a boat, although it’s hard work.
C Because she doesn’t want to deal with difficult situations.
D Because it is more expensive to keep a house in good repair.

Quelle: Premium B2 level Workbook, Pearson Longman, Unit 3 S24f, adaptiert
Listening (18 minutes)

Task 1

You are going to hear a text about roller-skating in Paris. First you will have 45 seconds to study the sentences below. Then you will hear the text twice. While listening, fill in each gap (1-11) in a maximum of FOUR words. There is one example (0) at the beginning. After the second listening, you will have 30 seconds to finalise your answers. Start studying the sentences now.

PARIS SKATERS

Problem: Skaters are counted as *pedestrians* (0) but many of them use the roads. 

Plan: to change the ______________________ (1)

Skating became popular after the ______________________ (2) in 1995.

The number of skaters on Sundays: ______________________ (3)

Why Paris is excellent for skaters: – ______________________ (4)

– they get on well with the police

Main reasons for fining skaters: – ______________________ (5)

– passing through red lights

Maximum speed skaters can reach: ______________________ (6)

Per cent of misbehaving skaters: ______________________ (7)

Skaters will be allowed to ride in the streets if they:

– have experience

– ______________________ (8)

Some complaints against skaters: – jumping ______________________ (9)

– taking ______________________ (10) the wrong way

Planned time for the change: ______________________ (11)

Quelle: [http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Listening.html](http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Listening.html)
Task 2
You are going to hear a discussion on the wildlife in British parks. First you will have 30\(^3\) seconds to study the task below. Then you will hear the text twice. While listening, match the opinions (A-G) to the groups of people (1-5). There is one example (0) at the beginning. There is one opinion that you do not need to use. After the second listening, you will have 30\(^4\) seconds to finalise your answers. Start studying the task now.

**ATTITUDES TO PARKS**

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<th>Focus Groups around Brighton</th>
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<td>A ‚Friends Group‘ member</td>
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<td>The interviewer</td>
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<th>Parks maintenance should attract more wildlife.</th>
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<tbody>
<tr>
<td>A</td>
<td>Tidy parks are more refreshing than the countryside.</td>
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<td>B</td>
<td>Bird singing in the morning is loud but refreshing.</td>
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<td>C</td>
<td>Parks shouldn‘t look like the countryside.</td>
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<td>D</td>
<td>Mixed feelings about more wildlife in parks.</td>
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<td>E</td>
<td>Long grass may hide frightening creatures.</td>
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<td>People leave more rubbish in untidy parks.</td>
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Quelle: [http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Listening.html](http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Listening.html)

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\(^1\) Siehe Fußnote 1

\(^2\) Siehe Fußnote 2
Language in Use (30 minutes)

Task 1
You are going to read a text about two unusual animals. Some words are missing from it. Write the missing words on the lines (1—14) after the text. Write only one word on each line. There is an example at the beginning (0).

KOALAS AND KIWIS

Most of Oceania’s people live on the continental islands of Australia and New Zealand. Geographically, New Zealand (0) ...... part of Polynesia. Unlike most other islands of Oceania, New Zealand and Australia are populated mostly (1) ...... Europeans. The recent histories of these nations are similar, as are their economies. English is the official (2) ...... in each nation.

One of the similarities (3) ...... Australia and New Zealand is the importance of sheep to the economies of both nations. In addition to its domestic animals, Australia and New Zealand (4) ...... also home to many forms of wildlife found nowhere (5) ...... in the world.

One animal found only in Australia is the koala. The koala (6) ...... often referred to as a bear. However, it is not a bear at all but a marsupial, an animal with a pouch. Unlike bears, koalas (7) ...... not eat meat. They eat only (8) ...... leaves of the eucalyptus tree.

(9) ...... a koala is born, it is about as thick as a pencil and only one-inch long. This tiny creature crawls into (10) ...... mother’s pouch, where it stays for about six months.

New Zealand (11) ...... has unusual forms of wildlife. The kiwi, for example, is a bird (12) ...... cannot fly. Instead it runs very fast. The kiwi has whiskers (13) ...... a cat and a long, straight bill (14) ...... digging up worms and insects. The kiwi is the national symbol of New Zealand, and its picture appears on stamps, coins, and the national seal.

Quelle: http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Reading.html

Write your answers here:

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Task 2

You are going to read a part of a short story. Some words are missing from the text. Choose the most appropriate answer (A, B, C or D) for each gap (1-12) in the text. Write your answers in the boxes after the text. There is one example at the beginning (0).

Quick thinking

It happened in 1921, one year before I joined the Indian Police. I had just passed out of the Police College in England and had not been placed very high in the list. I never was much (0) ..... at examinations, you know. One day an advertisement in The Times (15) ..... my attention. It said something about ‘young man wanted for unusual work. Must have cool head.’ Well, (16) ..... was only three years after the war and there were (17) ..... of young men who could probably do whatever it was. But I sat down and wrote to the paper and two days later I had a note asking me (18) ..... at one of London’s best hotels in Piccadilly and ask (19) ..... Mijnheer Van Lutjens. Well, I put on my best suit and (20) ..... at eleven o’clock I knocked at the door of room 169.

Van Lutjens was, of course, a Dutchman, and a very pleasant Dutchman. Small, round; you know, the kind of fellow, with no angles at all but with small bright eyes. He offered me a smoke and (21) ..... to talk business at once. It sounded easy (22) ..... . Van Lutjens was one of Amsterdam’s leading diamond merchants. An American group of diamond buyers (23) ..... asked him to come over to New York with the famous Rozelles ear-rings. He explained that (24) ..... were two valuable diamonds, perfectly matched, which he had some time before obtained from a member of one of Central Europe’s royal families in Paris. He was going to sail in the Berengaria two days (25) ..... and he wanted someone to watch over the ear-rings. It sounded rather dull and I didn’t understand why it (26) ..... a ‘cool head’, as the advertisement said. But the money he offered me was generous, and so I accepted.

0 A more B better C good D well
15 A gathered B paid C collected D attracted
16 A I B there C it D these
17 A many B plenty C lot D several
18 A calling B call C calls D to call
19 A for B about C from D of
20 A exactly B shortly C sharply D directly
21 A had started B was starting C started D has started
22 A also B enough C very D quite
23 A had B have C were D has
24 A any B where C some D they
25 A past B later C over D before
26 A needs B has needed C will need D needed

Quelle: http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Reading.html
Task 3: You are going to read a text about the Loch Ness monster. In most lines of the text there is one unnecessary word. Write the unnecessary word in the space provided after each line. Some lines are correct. Indicate these lines with a tick (✓). The task begins with two examples (0).

The search for Nessie

The clock in the 200-year-old church tower near Foyers, Scotland, had just struck me nine on the morning of April 23, 1960. For Tim Dinsdale, standing start with his movie camera on the shore of Loch Ness, it was the most exciting hour of the most important day in his all life. Only a few seconds before, Dinsdale had been sighted the legendary Loch Ness monster. Now he was filming it in the water. Suddenly, the monster sank beneath the water. Dinsdale waited a few moments to be seemingly sure the creature would not surface again. Then he had jumped into his car and drove off to have got the film processed. Those few moments of film changed Dinsdale’s way of his life. It also started the hunt for the creature that has captured the imagination of the world. The film was always responsible for setting up the Loch Ness Phenomena Investigation Bureau even in 1961. The bureau acts as such a conductor for all searches and keeps track of a growing list of sightings. The Loch Ness monster is said to have been first sighted in the sixth century. Since then there have been more than over 3,000 reported sightings of “Nessie,” as the monster is called. People who would have seen it describe it as an ugly, shy, greenish-blackish creature, although from five to sixteen feet long and from one to five feet wide. It is said to have a snakelike head and a long neck tie sticking out from a wide, flat body. The body, itself, is reported to have from one to seven camel-like humps.

Quelle: [http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Reading.html](http://www.lancs.ac.uk/fass/projects/examreform/Pages/IE_Reading.html)
The Council of Europe is trying to set European standards for sports facilities in schools. In order to find out the needs and wishes of young people, schools have been asked to send in reports on what their students would like to have. Your school has interviewed students aged 14 – 18 with the following results:

Write a report.

In your report you should

- analyze the chart
- evaluate the benefits and costs of each feature
- recommend two sports facilities

Write about 250 words.