Mary Arnold-Forster lives in an isolated place, even by the standards of Skye, so when visitors from London come to the house she has built in a spectacularly beautiful location on the southernmost tip of the island, the emptiness of the landscape can come as a shock. A surprising number have made the long trip north, from experienced travellers to nervous stay-at-homes. 'Whoever they are, they look at the wide expanse before them and seem a bit overwhelmed at first – as if they don’t quite know what to do with it,' says Mary.

A couple of years ago, Mary was one of many architects in London. What set her apart, though, was her other life, far away from the concerns of London, in the empty Highlands of Scotland. As a child, Mary had often visited her grandmother in Edinburgh, Scotland’s capital city. And when she grew up she developed an obsession for hill-walking and climbing. On Fridays, as the working week ended, she was increasingly to be found taking a sleeper train from London to somewhere in Scotland, returning on Monday morning to go straight to work. Then she met two brothers who had already set up a successful architectural practice on Skye. The three architects found they got on so well that it seemed natural for the brothers to invite Mary to become a partner in the growing practice.

At first, she slept on various friends’ floors on Skye, but she’d always planned to build her own house. 'Building your own home is usually associated with starting a family and nest-building, but life is too short,’ she says. ‘Sometimes I think about me not having a partner, but then I realise that friends are just as important as having a family, so maybe it isn’t the worst thing that could happen to you.' Mary found a spot on the Sleat peninsula for sale at a reasonable price. ‘I spent hours and hours over a couple of months just sitting here and watching the sun and tracking the light, so that I knew just what width the house should be and what angle it should be set at and how I wanted it to feel inside. I knew if I got that right then everything would be fine.’ Work started in April 2000 and by the following August Mary had moved in.

Many of Mary’s friends were excited by the idea of her moving to a place of space and beauty, and impressed by her ability to get things done on her own. However, there were others who thought she was completely mad, and were even slightly offended that a woman with many friends and connections would take herself off from her home in London for longer than a short holiday, build her own house and decide to live alone.

‘I love people coming to stay here,’ she says. ‘That’s why the house has got so many bedrooms and such a huge kitchen table. I certainly wasn’t trying to get away from people, but just from the daily hustle and bustle. When London friends come to stay now, we get to talk in a way that we hardly ever got the chance to before. Here, we can have lovely, long gossipy walks day after day. Some friends wouldn’t dream of coming up from London to visit me, though, because they just can’t see what there is to do here.' There is, in fact, quite a lot to do. There seems to be an intense social scene on the island which, she says, goes across the generations.

Mary admits to feeling lonely occasionally during the winter: ‘Not as lonely as I sometimes felt in London, though, when I was imagining everyone else sharing a joke at a party I wasn’t at and probably wouldn’t want to have been invited to anyway. Any time I have felt really lonely here, it goes away more quickly because I can always change my mood by going out climbing or walking.’
Paper 1  Reading

1 What do Mary’s visitors think about the place where she lives?
   A They react in different ways.
   B They are favourably impressed by it.
   C They experience a range of emotions.
   D They need time to get used to it.

2 Mary chose to move to Skye because she
   A wanted to be closer to her grandmother.
   B wanted a change of career.
   C was offered work there.
   D was told it was especially good for climbing.

3 What does ‘it’ refer to in line 36?
   A living in a remote place
   B being part of a family
   C being single
   D moving home

4 Mary didn’t build her house immediately because she
   A wanted to work out the ideal position.
   B wasn’t sure how big it would need to be.
   C needed to save up some money.
   D wasn’t sure if she wanted to live alone.

5 In the fourth paragraph, we learn that some of Mary’s friends
   A doubted the seriousness of her intentions.
   B were jealous of her independent lifestyle.
   C felt she placed too little value on their relationship.
   D expressed a desire to do the same thing themselves in the future.

6 What does ‘hustle and bustle’ mean in line 59?
   A the constant demands of city life
   B the problems of making new friends in a city
   C the increasing crime rate in cities
   D the pollution in a city environment

7 In the fifth paragraph, what is suggested about Mary’s feelings towards her London friends?
   A She particularly misses them when they go home.
   B She enjoys introducing them to the locals.
   C She welcomes them as she dislikes walking on her own.
   D She enjoys the opportunity to get to know them better.

8 What does Mary say about feeling lonely?
   A It often happens during very bad weather.
   B It is rarely a major problem for her.
   C It happens more frequently than it used to.
   D It is something she knows she needs to deal with.
Women storm the sumo ring

Thea Jourdan explains how a once male-only sport is now helping women to improve their fitness and confidence.

'Hakkyoi!' At this signal, two crouching sumo wrestlers rush towards each other and the contest starts. Loud grunts fill the air as the opponents collide and, less than a minute later, it's all over. The loser, a 140-kilo mountain of muscle and fat, lies flat on his back, brought down by a hip throw. The winner, 60-kilo Chantal Freebury, bows low to her fallen rival.

This dojo, or sumo ring, is in England, and Freebury is not a typical sumo wrestler. Sumo has been a male-only martial art since it first began in Japan 1,300 years ago. No longer. According to the International Sumo Federation, which oversees women's sumo, female wrestlers are now represented in 17 countries.

'I started doing sumo because I wanted to get in shape in a fun and exciting way,' says Freebury, who trains with other female sumo enthusiasts in her area. 'I have actually lost weight since I started learning sumo three years ago. It has really toned up my muscles.' 'I can come to a session and get rid of it fighting an opponent,' she says. 'It makes me feel great. I can forget everything when I come to the sumo ring.'

Sumo master Steve Patemen, who has coached Freebury for the past three years, says the sport is ideally suited to women. 'It is not just about brute force,' he says. 'Anyone can win through technique and tactics. ‘Stability is everything in sumo,’ he says, ‘and women benefit because they tend to have shorter legs so their centre of balance is naturally closer to the ground.’

The risk of injury is minimal, too, as sumo is one of the more straightforward martial arts. The idea is to push your partner out of a five-metre round ring, or force him or her to touch the ground with any part of their body other than the soles of their feet. As Patemen says, 'Kick-boxing and karate are much more violent.'

Freebury trains twice a week, and each hour-long session starts with a warm-up. The shiko, or leg-stamping exercise, important for developing balance and thigh strength, involves a crab-like movement where each bent leg is raised in turn and stamped back down on the floor. But collision training is the most demanding.

According to Patemen, 90 per cent of a sumo contest has been won before it begins. He encourages Freebury to adopt a frightening manner, and smiling is forbidden. Freebury says she feels mentally stronger since taking up sumo. 'You learn to give an impression of strength,’ she says.

Freebury clearly loves doing her sport. Freebury is not convinced. 'A lot of girls would like it if they gave it a try, but they are put off by the look of it,' she says.
A. Women are even at an advantage because of their body shape.

B. There are 48 legitimate techniques for doing this, but kicking, punching and hair-pulling are not allowed.

C. Each contest might last only seconds, but high levels of physical effort are required.

D. So what is the likelihood of it becoming popular among women?

E. Physical preparation is important but psychological toughness is key to winning sumo contests.

F. Despite some protests from traditionalists, there are numerous women-only sumo contests and a female world champion.

G. This involves charging and pushing another wrestler across the ring until both parties are red-faced and sweating.

H. The Japanese art is also a great way to deal with stress.
Test 1

Part 3

You are going to read a magazine article about four magazine editors, the people who decide on the contents of a magazine. For questions 16–30, choose from the options (A–D). The people may be chosen more than once.

Mark your answers on the separate answer sheet.

Which person

mentions a certain lack of direction in their youth?  
compares magazine readers now and in the past?  
is uncertain about the success of a future magazine item?  
is proud to have reached the highest point in their working life?  
mentions a positive change in their own approach to the job?  
wants to bring back something that used to be in the magazine?  
mentions a type of reading text they do not want to publish?  
mentions a part of the job they would prefer to avoid?  
likes to keep an eye on what the competition is doing?  
emphasises the need to have clear goals for a magazine?  
mentions the possible result of getting something wrong?  
wants to encourage self-confidence amongst their readers?  
was concerned about a lack of opportunities for young writers?  
managed to prove someone’s negative opinion wrong?  
admits their first impression of a job was wrong?

12
I started *Children First*, an on-line magazine for children aged 7 to 12, after looking at what was on offer for that age range and realising there aren’t a lot of print or on-line magazines out there publishing authors under the age of 17. I wanted my magazine to give them a chance, along with established children’s writers. The magazine has fiction as well as poems, crafts, puzzles and games. From the next issue we’ll also have interviews with children’s book authors, though it’s a bit of a risk as I’m not convinced this will be a winner with most readers. For anybody out there who might be interested in writing for this magazine, we’d welcome new talent. However, any non-fiction articles must have up-to-date information and must be engaging, because kids read enough dull book reports at school. And for anyone who wants to start an on-line magazine, I’d say first make sure you know exactly what you want to get across in your publication, and the type of readers you want to attract.

Rather than promoting an image of what girls are supposed to look like, which is what other magazines tend to do, we give them the message that they are all cool – no matter what their height, their shape and their hair colour. I like to keep on top of the latest trends, and being the mother of two teenage girls isn’t enough, so we send out written questionnaires and ask our readers what’s cool and what’s not. We also look at other magazines and see what they are writing about, which is not to say we steal their ideas. The magazine had a section a few years ago called ‘Try it!’, which challenged girls to get out there and break new ground. The former editor decided to drop it and now I’m trying to re-establish it. Soon I’m going to be looking for young people with exciting new ideas, but for the moment we are not commissioning new writers.

As a teenager, I was an avid reader of music magazines, and as I didn’t seem to know what to do with my life, my mother said: ‘You love stuff with magazines, why don’t you do something in publishing?’ And so I did, though I almost dropped the whole idea when a teacher told me I didn’t have the confidence to make it as a journalist. Editing this magazine is the peak of my career and it’s satisfying to see that the teacher’s assessment of my abilities was mistaken. Apart from the usual editing work, I travel a lot, which I’d rather do without, but it’s essential to the magazine’s international flavour. One of my biggest challenges is deciding what goes on the cover every month – if I don’t do it well, the negative effect on sales can be dramatic.

My first job as editor was great – I was chosen to be the editor of the student paper at university. It wasn’t easy finding work as an editor after graduation. Eventually I got a job as assistant editor on *Radio Fans* magazine, which I mistakenly thought would be dull, but it was here I developed into somebody who takes pride in analysing every page in the magazine very closely. People are much more visually literate these days, so editing isn’t just about having good writers, but about designing pages that will attract readers. In the past I’d paid little attention to how things looked, but it’s so true that a well-designed magazine sells more easily.
Test 1

PAPER 2  WRITING (1 hour 20 minutes)

Part 1

You must answer this question. Write your answer in 120–150 words in an appropriate style.

1  Your English-speaking friend Jo is studying film-making and wants to come and make a film about your area. Read Jo’s email and the notes you have made. Then write an email to Jo, using all your notes.

<table>
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<th>email</th>
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<tr>
<td>From: Jo Greenhill</td>
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<td>Sent: 15th May</td>
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<td>Subject: My film</td>
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As you know I’m doing a film-making course at the moment and I’ve decided to make a short film about your area.

I need to start planning what I’m going to do. What is the most interesting thing I could film in your area? I’d really like some advice!

In the film I’d like to interview someone who has lived in the area for a long time and can tell me how things have changed. Can you think of anyone?

I’m hoping to film at the beginning of September. Would you be able to come and help me?

Reply soon,
Jo

Write your email. You must use grammatically correct sentences with accurate spelling and punctuation in a style appropriate for the situation.
Part 2

Write an answer to one of the questions 2–5 in this part. Write your answer in 120–180 words in an appropriate style.

2 You have recently had a discussion in your English class about friendship. Now your teacher has asked you to write an essay answering the following question:

*What qualities do you look for in a best friend?*

Write your essay.

3 This is part of a letter from your English-speaking friend Peter:

I’m doing a project on houses in different countries. Could you give me some information about typical houses in your country? You know, what they look like, how many rooms they have, what they’re made of, how they’re decorated and so on.

Thanks

Peter

Write your letter.

4 You have decided to enter a short story competition in an international magazine. The story must begin with the following words:

*Sam looked in his bag to check he had everything he needed, and realised that something was missing.*

Write your story.

5 Answer one of the following two questions based on one of the titles below.

(a) *Jurassic Park* by Michael Crichton

You have seen an advertisement in an international magazine asking for articles about stories in which technology plays an important part. You have decided to write an article about how important computers are in *Jurassic Park.*

Write your article.

(b) *The Woman in White* by Wilkie Collins

Your English class has had a discussion about the characters Sir Percival and Count Fosco in *The Woman in White.* Now your English teacher has asked you to write this essay for homework:

Who behaves worse in *The Woman in White*, Sir Percival or Count Fosco?

Write your essay.
Test 1

PAPER 3  USE OF ENGLISH (45 minutes)

Part 1

For questions 1–12, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Mark your answers on the separate answer sheet.

Example:

0  A fixed  B solid  C firm  D steady

0  

The changing landscape

The landscape of the world is never (0) .......... but changes from year to year. While some of these changes are caused by human (1) .......... , most of them are natural. Snow and ice, for example, have a considerable (2) .......... on the environment in the northern hemisphere.

An ever-present problem in areas that (3) .......... harsh winters is the possibility of water pipes freezing. When they do, they crack and (4) .......... because of the expansion of the ice inside. Exactly the same thing happens in nature. On icy mountains, water (5) .......... into cracks in exposed rocks and when it freezes, the water turns into ice. The pressure of the ice (6) .......... the cracks, breaking the rocks apart. As a direct result of this (7) .......... action, broken blocks of stone can often be seen sloping downwards from high mountain (8) .......... .

A similar process brings stones to the surface of the soil. Water beneath a buried stone freezes more easily than water in the (9) .......... soil because the stone (10) .......... heat more quickly. Ice (11) .......... beneath the stone expands and brings the stone upwards. In permanently cold regions, the whole soil surface is raised and the stones that have been (12) .......... to the surface lie in lines on the soil, making a ridged pattern.
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