

### Listening 1:

Click en el link [https://www.youtube.com/watch?time\\_continue=8&v=F-175C95uGE&feature=emb\\_title](https://www.youtube.com/watch?time_continue=8&v=F-175C95uGE&feature=emb_title) reordena estas frases:

- When you meditate, you pay attention to your breathing and feelings
- Learning to meditate will cure you of boredom – you will never be bored again
- People experience boredom less nowadays than they did in the past
- People avoid boredom by watching things, reading and communicating on their devices
- But if you always distract yourself, you will never learn how to do nothing
- Once you know how to meditate, you might still find that some activities are a waste of time

### Listening 2:

Click en el link:

[https://www.youtube.com/watch?time\\_continue=70&v=yrnNmzSSn0w&feature=emb\\_title](https://www.youtube.com/watch?time_continue=70&v=yrnNmzSSn0w&feature=emb_title)

Y completa el cuestionario:

1. Ann says that people often expect her to be extremely.....
  - a) Curious
  - b) Talkative
  - c) Intelligent
2. Ann is fascinated by insects because they are tiny but...
  - a) Strong
  - b) Complex
  - c) Beautiful
3. She says that if we want to help the environment, we need to ...
  - a) Recycle
  - b) Study science
  - c) Change
4. Ann's friend in the Philippines had no electricity so she had bad...
  - a) Health
  - b) Exam results
  - c) Quality of life
5. The flashlight is hollow so that it can generate electricity between your warm hand and the cold...
  - a) Air
  - b) Plastic
  - c) LED light
6. Ann says that the number of people in the world without electricity is...
  - a) 1.4 million
  - b) 1.4 billion
  - c) Over 4 billion

## The kingfisher

*Wildlife photographer Charlie James is an expert on the kingfisher: a beautiful blue-green bird that lives near streams and rivers, feeding on fish.*

Old trees overhang the stream, half shading shallow water. Soft greens, mud browns and the many different yellows of sunlight are the main colours, as soft as the sounds of water in the breeze. The bird cuts like a laser through the scene, straight and fast, a slice of light and motion so striking you almost feel it. It has gone in a split second, but a trace of the image lingers, its power out of proportion to its size.

Charlie James fell in love with kingfishers at an early age. (1)  After all, it is the stuff of legend. Greek myth makes the kingfisher a moon goddess who turned into a bird. Another tale tells how the kingfisher flew so high that its upper body took on the blue of the sky, while its underparts were scorched by the sun.

(2)  For despite the many different blues that appear in their coats, kingfishers have no blue pigment at all in their feathers. Rather, the structure of their upper feathers scatters light and strongly reflects blue.

(3)  It's small wonder that some wildlife photographers get so enthusiastic about them. Couple the colours with the fact that kingfishers, though shy of direct human approach, can be easy to watch from a hideout, and you have a recipe for a lifelong passion.

Charlie James's first hideout was an old blanket which he put over his head while he waited near a kingfisher's favourite spot. (4)  But it took another four years, he reckons, before he got his first decent picture. In the meantime, the European kingfisher had begun to dominate his life. He spent all the time he could by a kingfisher-rich wood land stream.

The trouble was, school cut the time available to be with the birds. So he missed lessons, becoming what he describes as an 'academic failure'. (5)

At 16, he was hired as an advisor for a nature magazine. Work as an assistant to the editor followed, then a gradual move to life as a freelance wildlife film cameraman. What he'd really like to do now is make the ultimate kingfisher film. (6)  I'm attracted to the simple approach. I like to photograph parts of kingfisher wings ... .'

The sentence trails off to nothing. He's thinking of those colours of the bird he's spent more than half his life getting close to, yet which still excites interest.

(7)  But, as Charlie knows, there's so much more to his relationship with the kingfisher than his work can ever show.

- |   |   |
|---|---|
| A. This is why a kingfisher may appear to change from bright blue to rich emerald green with only a slight change in the angle at which light falls on it.  | D. The movement sends a highly visible signal to rivals, both males and females, as it defends its stretch of water against neighbours. |
| B. But his interest in this, the world's most widespread kingfisher and the only member of its cosmopolitan family to breed in Europe, was getting noticed. | E. The bird came back within minutes and sat only a metre away.   |
| C. A sure sign of his depth of feeling for this little bird is his inability to identify just what it is that draws him to it.                              | F. The photographs succeed in communicating something of his feelings.  |
|   | G. 'No speech, just beautiful images which say it all', he says.  |
|   | H. There is some scientific truth in that story.  |

---

## NEW WATERPROOF CLOTHING

There are few experiences as unpleasant as being (0) *bitterly* cold and dripping wet on board a boat. The (25) ..... that you may be several hours away from warm, dry clothing is enough to slow down even the (26) ..... sailor.

**BITTER**

**KNOW**

**TOUGH**

However, recent (27) ..... developments in the types of material used to make waterproof clothes have, hopefully, put an end to the (28) ..... of the sailor. New suits, trousers and jackets have been designed which allow people to stay warm and dry at sea and can be worn (29) ..... for days on end.

**SCIENCE**

**SUFFER**

**COMFORT**

The new clothing is by no means cheap, but that will not stop it from selling well, and not just in the sailing market. (30) ..... previous types of waterproof clothing, which tended to leave the wearer hot, sweaty and sticky even after a (31) ..... short burst of (32) ..... activity, these new clothes are manufactured with an (33) ..... inner layer. This is made of a special material which allows the clothes to 'breathe' – in other words, body heat can escape so that the body stays dry, but still maintains its (34) ..... in all weathers.

**LIKE**

**RELATIVE**

**ENERGY**

**ADDITION**

**WARM**

**Writing:** Escribe una review de entre 140-190 de la mejor película y serie que hayas visto durante todo este tiempo encerrado en casa. Usa los apuntes o la parte de atrás del libro para ayudarte.