

## LISTENING – TAPESCRIPT

### *KELLY HOLMES*

*You will hear Kelly Holmes, a double Olympic gold medallist, who will share with us how vital certain values are to her, and how exercise is the key to living a more positive life.*

It was important for me to be honest about my struggles with mental health in my new book, *Running Life*. I wanted to share the story of being the high-achieving athlete people know me for, but also to talk about the reality of what I went through. People look at the gold medals and think you're a superhero, but I fought hard to get there.

I want people to find something in my book that speaks to them, to help inspire them and motivate them to change their lives. There's advice for starting a fitness regime and some healthy recipes. I'm not an expert – I just decided to share how I live my life and what works for me, along with professional people who I trust to provide the scientific backup. I'd like people to flick through the book and take what's relevant for them, whether it's training tips, finding something tasty to eat for lunch or coping with a bad day.

When I feel low, it's due to taking on too much – I want to give my best to everyone but when I try to do it all, I'm of no use to anyone. You have to know yourself, recognise the signs of stress and be prepared to make a change. I'm a very driven person – people say I'm a Duracell bunny! – but when I don't give myself enough time, it gets serious. Self-care is really important, there's nothing I enjoy more than spending time with my friends, having a laugh and just being myself.

Exercise is one of the best ways to increase motivation, you become more self-aware because of the endorphins and serotonin released, which is empowering. I'd like people to think of exercise as something that helps them in many ways.

I'm so proud of the work my charity (the Dame Kelly Holmes Trust) has achieved since I set it up 10 years ago. At the time, the focus was on helping sportspeople cope with retirement, but now, a big part of it is helping young people from disadvantaged backgrounds. We encourage them to think, "I can do this, I can change" and give them the tools to progress. Seeing them at the end of our programme, when they are standing proud and talking articulately and confidently about their experience, makes me well up.

If you have a public voice, I believe it's important to use it in a positive way. I love travelling to new places, too. I visited Malawi recently, which was such a humbling experience. The people were wonderful – they had no concept of what an Olympic champion was, so when they saw me and my gold medals, they went crazy! I also filmed groups of kids and showed them the video on my phone and they'd never seen anything like that before, they were laughing at seeing themselves. It really makes you think about what we take for granted in the West and how lucky we are.

Kindness is important to me; if you've got a kind heart, it shows. There's always someone worse off than you, so you need to be kind to others, as you don't know what people are going through. If everyone could recognise the humanity in people and engage with them, the world would be nicer.

Respect and honesty are my core values. It's also important to respect yourself and not let others put you down. As for other people and their attitude, you shouldn't just expect respect from them, you gain it through getting the best out of yourself and having drive and determination.

**K E Y****READING (1 point is awarded only if all completed words within a statement are correct):**

1. education policy
2. software
3. system of writing
4. local community (local communities)
5. arrival of Europeans
6. local environment
7. six-point (6-point) scale
8. historical knowledge
9. losing speakers
10. majority language

10 points

**VOCABULARY:**

- |                               |                 |
|-------------------------------|-----------------|
| 1. B, 2.C, 3.D, 4.B, 5.A      |                 |
| 6. bureaucratic               | 7. disenchanted |
| 8. aggression, aggressiveness | 9. rudeness     |
| 10. powerless                 |                 |

10 points

**GRAMMAR:**

1. for
2. much
3. until
4. so
5. whenever
6. themselves
7. in
8. others / friends
9. up
10. per
11. at
12. rather
13. order
14. Even so
15. whereas

15 points

**LISTENING (½ a point for each correct answer)**

1. healthy recipes (accept training tips)
2. scientific backup (accept scientific back-up)
3. self-care (accept selfcare)
4. increasing motivation
5. disadvantaged backgrounds
6. articulately, confidently (accept proudly instead of either articulately or confidently)
7. humbling
8. humanity
9. respect, honesty (in either order)
10. drive, determination (in either order)

5 points  
**40 points**

## R O L E – P L A Y

### STUDENT:

You are a representative of the TWC Company that was responsible for carrying out research to find out the reasons why sales in Buckson's Supermarket have been dropping slowly for the last ten years.

You are talking to the owner of a local grocery store and informing him about the results of your research. Your research involved face-to-face interviews with 30 of Buckson's customers and the staff. You have also interviewed the customers of the rival supermarket, Shop Mart. The results of your research include long lines at the checkout, no Internet presence and no delivery service. On the other hand, Buckson's goods are of high quality, according to customers. You will have to suggest practical steps needed for upgrading services, preparing the staff for company changes, modernizing facilities, promoting goods, etc.

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**Olympiáda v anglickom jazyku, 29.ročník, krajské kolo 2018/19, kategória 2B – riešenia a úlohy**

### TEACHER:

You are the owner of a local grocery store (Buckson's Supermarket). Because sales have been dropping slowly for the last ten years, research has been conducted to find out the reasons why. A representative of the TWC Company will talk to you and let you know the results of the research. At the same time, he/she will give you practical suggestions on how your supermarket should upgrade its services (Internet presence, delivery service, etc.) and how you should prepare your staff for the company changes. You ask about details of the upcoming changes.

## PICTURE – STORY

Based on the picture, create a story about a Korean couple who experienced an embarrassing situation while visiting a foreign country. Your story should include some culture clash or misunderstanding.



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