pauker

Abschluss2023

Realschulprüfung Hessen



Englisch Prüfung 2019

Englisch

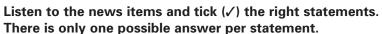


rüfungen

A. Listening Comprehension

Part One

(Audiotrack: QR-Code rechts / Hörtext S. 11)





There is only one possible answer per statement.	
News Item 1: 10,000 Year Clock	4 p
 a) The clock hand moves once every year. one hundred years. one thousand years. c) The clock gets its power from	b) Work on the clock started in 1995. 2000. 2011. d) Jeff Bezos hopes the clock will
changes in temperature. giant gears and dials. solar energy.	connect with future generations of clocks. change how we think about time. never be repeated.
News Item 2: Pies on π-Day	4 p
 a) Pi Day celebrates the scientist Albert Einstein. delicious American pies. a famous number. 	 b) In Los Angeles, the pie-eating competition begins in the afternoon. in the evening. at night.
c) On Pi Day in Princeton, you can practice your math. dress up as Albert Einstein. make pies.	d) Pi was first calculated accurately by theGreeks.Egyptians.Babylonians.

Part Two

(Audiotrack: QR-Code S. 2 / Hörtext S. 12)

Survey: Summer holidays

7 p

Listen to these people talking about summer holidays. Who thinks what? Write the correct letters in the chart.

Be careful - there is one statement more than you need.

- **A** I want to do water sports and relax with friends.
- **B** My parents always want to keep a close eye on me. That's annoying.
- **C** Going on a nature holiday with the family is wonderful.

- **D** I like learning a foreign language and meeting new people.
- **E** Some parents behave on holiday as if they were still teenagers.
- **G** If you want to do something different, try a working holiday.
- **F** It's important to make summer holidays a family decision.
 - **H** A holiday with friends on a party island is the best.

Rosie	David	Jessica	Dean	Kendra	Mark	Emily

Part Three

(Audiotrack: QR-Code S. 2 / Hörtext S. 12)

Interview: Katie McDonnell

10 p

Listen to the interview and write down the information needed. Fill in only one detail per box.

where she found out about freerunning	
what sport she did before freerunning	
types of work (2 details)	
types of work (2 details)	
most exciting thing about her job	
training /2 dataile)	
training (2 details)	
number of Internet followers	
how you can get involved in freerunning	
what she loves about the sport	

B. Reading Comprehension

1. Somalia's team on ice

- 1 Sweden, now home to more than 200,000 refugees and asylum seekers, once called itself a "humanitarian superpower" with an open door policy for new arrivals. Yet the rising number of refugees has worsened tensions across the country. Somalis living in Sweden are experiencing increased hostility as the political climate changes against migrants. Some new arrivals have been forced to live in camps, others have experienced death threats and arson attacks.
- 2 Hans Grandin was nearing retirement when he realized he wanted to do something to change the social structure of his town Borlänge. It is around 200 km north of Stockholm and home to more than 3,000 Somalis. "Integration is not, was not, as good as it can be. It takes a long time, especially in Sweden, where people are cold and slow," he says. "There was already a refugee football team, and I thought we could do something similar, helping the Somalis get on ice." So the idea was that they should play bandy, a version of ice hockey played with a ball.
- 3 Bandy originated in the UK in the 19th century before spreading to Scandinavia and the USSR¹, who set up the Federation of International Bandy in 1955. In fact, it is still very popular in Sweden and Russia today. "Bandy is similar to football, the rules, positions and the gameplay, but the hardest thing is to be able to skate quickly and manage the stick," explains Mohammed Ahmmed, a Somali player, 19 years old. Most of Somalia's bandy team had never seen snow or ice before they arrived in Sweden as refugees in their late teens.
- After helping to establish the team, Grandin met film-maker Patrick Andersson, who had the idea to register Somalia with the International Bandy Federation, and things accelerated. Soon after, they entered the 2014 world championships and found themselves with just six months to assemble a strong group of worthy players. "We hold the record for the world's worst team ever to play in the championship," says Grandin. But although they didn't find sporting success last year, they certainly caused a sensation in Sweden's media.
- The team's chairman, Mursal Ismail, a 34-year-old who has lived in Sweden since 2002, said it's an important way "for Somalis to show themselves doing good things for their host country". He admits that he has faced "some hostilities" but maintains that "the majority of the people are very welcoming". Though the players talk of being under a lot of pressure and are training hard, Ismail says it is not just about the sport. It is also about trying to "make integration work". For Grandin, the success of the project will be shown in how "political language changes and how people's hearts change".

5 p

Adapted from: Maeve Shearlaw, © Guardian News & Media Ltd 2020, https://www.theguardian.com/world/2016/jan/04/the-cool-runnings-of-the-refugee-crisis-somalias-bandy-team-at-home-on-ice (abgerufen am 04.01.2017, adaptiert).

Match the five correct headings to each part of the text (1 - 5). Be careful – there are two headings more than you need.

A A FAST GAME ON ICE

B MORE THAN SPORT

C RESEARCH ON INTEGRATION

F TRYING TO KEEP PEOPLE OUT

G GETTING WORLDWIDE ATTENTION

D A NEW IDEA FOR INTEGRATION

d dering worldwide Affention

part of the text	1	2	3	4	5
heading					

¹ USSR – abbreviation for the Union of Soviet Socialist Republics (1922-1991)

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2. The story of circus

- In honour of the 250th anniversary of the circus, we decided to put together a brief history of circus milestones. In 1768, Philip Astley, a former cavalry officer, opened an equestrian¹ school in London, giving riding lessons in the morning and performing trick riding stunts in the afternoon. Performances took place in a circular ring but it was not called a
 - circus. Within two years, acrobats and clowning were part of the mix.
- The first structure to be called a circus, however, was the Royal Circus, built in 1782 in south London by Astley's rival, Charles Hughes. Acts included horsemanship, tightrope walking, trampoline and tumbling acts. A decade later, the Scotsman John Bill Ricketts opened the US's first circus in 1793, with President George Washington as one of the early attendees.
- It was in 1825, though, that Joshua Purdy Brown erected the first circus tent in Wilmington, Delaware. It was a year before the first circular tent which, together with the sawdust² ring, became so associated with travelling circuses in Europe and America. The tent was one of the most important features in allowing circus to develop, reach new audiences and do shows regardless of rain or storm.
- Jules Léotard gave the first public performance of an aerial³ trapeze act in 1859, which he developed by hanging swings above his father's swimming pool in Toulouse. The water broke his frequent falls during training. During public performances, he used mattresses or no protection at all because the safety net was not invented until 1871. Léotard also gave his name to the one-piece costume.
 - Fourteen-year-old Rossa Matilda Richter, who performed under the stage name Zazel, was the first recorded person to be launched out of a cannon. It launched her more than six metres before she landed in a net in a performance at the Royal Aquarium in 1877. She continued to perform her act for another 14 years, until her career was ended when she was shot from a cannon in New Mexico, the net failed and she got hurt.
 - Love them or hate them, clowns descendants of the jester⁴ figure, which dates back to the times of knights and kings are an essential part of circus shows. Right from its start, clowns began entertaining audiences and are still a feature of traditional circuses. In the UK, the most prominent was Coco the Clown, who was born Nicolai Poliakoff in Latvia in 1900. The arrival of railways in the 1830s had a huge influence on circus: now companies could travel widely with ease. PT
- Barnum had a train to transport 1,000 staff members, 30 elephants and a big top⁵. Without the railways, circus would never have become such a popular entertainment in the US.
 - Canadian troupe Cirque du Soleil was founded in Montreal in 1984. Its modern, dazzling, high-quality acts with theatrical elements have come a long way from the simplicity of the sawdust ring. It is now serious professional entertainment. In the USA, the Ringling Brothers Circus, the "Greatest Show on Earth", gave its last performance in 2017 after 146 years on the road, claiming there had been a sharp drop in ticket sales after the company stopped using elephants. The use of wild animals in performance is in fact banned in some countries today.
 - ¹ equestrian here: connected with riding horses
 - ² sawdust powder that falls when wood is cut
 - ³ aerial in the air
 - ⁴ jester professional joker or "fool"
 - ⁵ big top large circus tent

Adapted from: Lyn Gardner, @ Guardian News & Media Ltd 2020, https://www.theguardian.com/stage/2018/jan/19/chainsaw-juggling-human-cannonballs-and-coco-the-clown-the-astounding-250-year-story-of-circus (abgerufen am 19.01.2018, adaptiert).

Tick (✓) the right statement. There is only one possible answer per statement.

10 p

a)	Philip Astley's performances included	
	trapeze acts, acrobats and riding stunts.	tightrope walking, clowns and tumbling.
	horse-riding, acrobats and clowns.	horse-riding, human cannon balls and trampolines.
b)	The name "circus" was first used in	
	<u> </u>	1793.
	<u>1782.</u>	1825.
c)	The first circus tent was built by	
	Charles Hughes.	Joshua Purdy Brown.
	John Bill Rickets.	Philip Astley.

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d)) The use of tents enabled circuses to				
	develop trapeze acts.	associate with European circuses.			
	perform in a sawdust ring.	perform in all weathers.			
e)	Jules Léotard trained using				
	thick mattresses.	no protection at all.			
	the safety net.	his father's pool.			
f)	Zazel, the first human cannonball, p	erformed her act until			
	she was shot in Mexico.	she missed the safety net.			
	the cannon failed.	she had an accident.			
g)	Clowns have been part of the circus	s since			
	its beginning.	<u> </u>			
	<u> </u>	<u> </u>			
h)	Circuses gained in popularity after the	he introduction of			
	the safety net.	train tracks.			
	elephants.	the big top.			
i)	Since 1984, elements of modern cir	cus have often included			
	wild animals.	a sawdust ring.			
	theatre.	clowns.			
k)	Many people stopped going to the circus because				
	the ticket prices went up.				
	of a new wild animal act.				
	they couldn't see elephants any	more.			
	the Ringling Brothers gave their last performance.				

3. Winter classroom

1 Fourteen-year-old Madeline lives with her parents in the beautiful wild woods of northern Minnesota (USA). The area where they live is rather isolated and she is an outsider at school.

In the following extract, she is sitting in class.

- PAPERS PASSED ALONG IN A PILE. That's what high school was. They went down one aisle between desks, came back around the next, looped slowly to the back of the classroom. The gifted and talented kids [...] licked their fingers to extract their portion. They always set to work like the swim team doing laps, breathing from the sides of their mouths, biting down on their pencils. The hockey players had to be prodded awake when the stack came down their aisle, had to be treated with great deference¹ or else we would lose the District Championship. Again. They woke from their naps long enough to take one paper and pass the rest on, long enough to dump open bags of chips into their mouths, wipe
- the salt from their lips, and return to their dreams of Empire. What else would hockey players dream about? It was their world we lived in. When I was fifteen, I figured this out. They dreamed it into fact. They got teachers to forgive their blank worksheets, they got cheerleaders to scream out their names at pep rallies² [...]. We were in a new building that year, a bigger classroom with pale brick walls, but outside it was the same thing it had been since we were children. Winter boomeranged back.
- 15 Outside: four feet of snow sealed in a shiny crust.
 - Inside: European History, American Civics, Trigonometry, English.
 - Life Science³ came last. It was taught by our old eighth-grade gym teacher, Liz Lundgren, who trudged over from the middle school at the end of the day in her Polartec parka and camouflage snow bib⁴. Ms. Lundgren had a tic. Whenever she got irritated or inspired, she switched instantly to whispering. She thought that would make us listen better; she thought it
- 20 would make us pay attention to protists and fungi⁵; she thought we would try harder to understand meiosis if we couldn't

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quite catch all the words in her sentences. "The spores ... in absence of water or heat ... maneuver in great quantities," she would murmur, and it was like hearing some obscure rumor that, due to over-telling, no longer held any relevance we could make out.

In that class you could always hear the clock tick. From every window, you could see snow blow away in gusts, then drift back the next day in piles as high as houses. One day near the end of Evolution, a late-season storm brought a huge poplar branch down in a wumff of ice. Through the window, I watched it cascade to the ground and narrowly miss a small blue car pulling out from the grocery store across from school. At the board, Ms. Lundgren was chalking out the pros and cons of natural selection in squeaky cursive. The window fogged as I leaned toward it. I leaned back. Someone in a huge hooded parka got out of the blue car, dragged the branch from the road, got back in. Then the Honda drove a wide arc around the perimeter, crunching a few twigs beneath its tires.

Minutes after that the sun came out: brilliant, stunning us all. Still, it was no surprise when we were let out of school a half hour early due to the windchill.

Adapted from: Emily Fridlund, History of Wolves, Atlantic Monthly Press, London 2017, S. 20 - 22, adaptiert.

Answer the questions.

a)	Which two different groups of students can be found in the classroom? (two details)
b)	Name two examples which show that some students are not interested in learning.
c)	Why does Ms. Lundgren start whispering when she gets irritated or inspired?
d)	How does Madeline feel about Life Science?
e)	What are winters in Minnesota like? (two details)
Yo	u cannot find the answers to the following questions directly in the text:
f)	Why do the teachers forgive the hockey players for handing in blank worksheets?
g)	Why does Madeline watch the scene outside the window so intently?

¹ deference – respect

² pep rally – a motivational speech

³ Life Science (US) – Biology

⁴ snow bib – snow trousers

⁵ protists and fungi – simple biological organisms

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C. Use of Language

1. Mediation

Volunteer work

Du bist mit Tiffany, einer Verwandten aus den USA, im Urlaub an der Nordsee. Ihr besucht die Insel Wangerooge und nehmt an einer geführten Wanderung teil. Eure Führerin ist Claudia, die auf der Insel ein Freiwilliges Ökologisches Jahr macht. Tiffany möchte mehr darüber erfahren.

Vermittle zwischen Tiffany und Claudia. Ergänze den folgenden Dialog mit den wichtigsten Informationen in der jeweils geforderten Sprache.

Hinweis: Wörter in Anführungszeichen können übernommen werden.

Tiffany:	I understand that Claudia is doing some volunteer work here on the island. Could you ask her what kind of volunteer work that is?	
Du [Deutsch]:		1 p
Claudia:	Ich mache ein sogenanntes Freiwilliges Ökologisches Jahr. Nach der Schule wusste ich nicht genau, was ich weiter machen sollte – da habe ich schon erst mal in der Luft gehangen. Aber da ich mich schon immer für Naturschutz interessiert hatte, dachte ich, das Freiwillige Ökologische Jahr wäre die perfekte Sache für mich.	
Du [Englisch]:		2 p
Tiffany:	Oh, that sounds interesting. Especially in such a beautiful place! What are her tasks here on the island?	;
Du [Deutsch]:		1 p
Claudia:	Hauptsächlich mache ich Führungen. Besonders mag ich die Besuche von Schulklassen, denn die Kinder sind immer so begeistert! Manchmal muss ich auch noch Büro- und Gartenarbeiten machen. Das macht mir nicht immer so viel Spaß, muss aber auch sein man kann ja nicht alles haben.	
Du [Englisch]:		2 p
Tiffany:	Wow, that's truly impressive. What has been the most exciting thing that has happened to her so far?	
Du [Deutsch]:		1 p
Claudia:	Das war vor zwei Wochen, als Touristen ein verlassenes Seehundbaby am Strand meldeten. Ich schnappte mir sofort das Fernglas und rannte los, um das zu überprüfen. Zum Glück war es ein falscher Alarm und die Mutter holte das Kleine ab.	
Du [Englisch]:		2 p
Tiffany: Claudia:	Wow, that sounds really exciting. We saw some of them today. They are so cute. Tiffany wirkt so überrascht. Gibt es so etwas Ähnliches nicht auch in Amerika?	
Du [Englisch]:		1 r

Tiff	any:	Not exactly. But we do have the "Peace Corps", where you can volunteer for projects around the world. Last year, a friend of mine went to Tanzania, a country in Africa, to build water tanks. What she told me about that experience really impressed me.						
Du	[Deutsch]:	build water tanks. What she told me about that experience really impressed me.	2 p					
Cla	udia:	Das hört sich aber auch spannend an! Ich bin froh, dass ich euch getroffen habe. Lasst uns doch unsere Nummern austauschen und in Kontakt bleiben.						
Du	[Englisch]:		1 p					
Tiff	any:	Great idea! Here is my number! I'll give her my e-mail address too!						
2.	Words a	and structures						
	Read the	text, then tick (✓) the correct words.	12 p					
	Getting I	kids interested in chemistry						
	•	nagine a teacher who breathes fire and makes explosions? Kate Biberdorf is no imaginary						
		lecturer from Texas, she describes ① as a kid at heart.						
		plosions, mixing things up and seeing what will happen," she says. "I'm always						
	•	d dirty. I 2 love my job."						
		volves 3 thousands of students chemistry every year.						
		s to show kids that chemistry is exciting and that 4 can						
		chemist. Through her hands-on approach to teaching, Biberdorf is breaking down the						
	image of t	he stereotypical scientist. She is also reaching students that otherwise						
	5	intimidated by science and hopes to host an explosive science						
		as Vegas one day.						
	6	does she love chemistry so much? Because she says it "explains						
	everything	in life", including computers and flowers, how clocks work, why cement						
	7	from liquid to solid, what happens when you breathe, your						
	emotions	and even why you sweat. Biberdorf also loves teaching her students about the science						
	of healthy	living and encourages them to exercise, eat 8 and drink						
	more wate	er. If she wasn't a chemist, she says, she 🧐 a fitness						
	instructor,	someone who actually helps others to find a better and healthier lifestyle.						
	Students'	Students' emotional responses, rather than pure memorization of facts, is key to Biberdorf's way						
	of teaching	g, as well as science in general. She has an important piece of advice for kids who are						
	interested	in 10 with subjects like chemistry, biology or physics						
	and perhap	os becoming a scientist one day. Especially in math and science, she recommends						
	studying h	ard 1 school.						
	"The best	thing to do is to ask why," she says. "If you're always asking questions, you're						
	12	a scientist."						

Adapted from: https://www.washingtonpost.com/lifestyle/kidspost/this-teacher-aims-to-get-kids-fired-up-about-chemistry/2018/03/26/c99e7bf6-225f-11e8-badd-7c9f29a55815-story.html?utm_term=.a57889933644 (abgerufen am 10.05.2018 https://www.katethechemist.com/bio (abgerufen am 07.06.2018) http://www.katethechemist.com/ (abgerufen am 04.09.2018)

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D. Text Production

Choose one of the following tasks and write about 150 words. Count your words and write the number at the end of the text.

What is the story behind the picture?

Imagine this photo is the object of a creative writing competition and you decide to enter.

Write a text and include at least four of the following aspects:

- ▶ Who is the boy?
- ▶ Why is he there?
- ▶ What happened before?
- ▶ Why is the cat with him?
- ▶ What will happen next?



25 p

http://www.llamadaweb.org/que-pasara-el-23-de-setiembre/ (abgerufen am 12.04.2018).

or

Glamour and Glory

Your school had a competition on the coolest classroom and your class has won the first prize of 100 Euros.

Write a report for your English school magazine and include at least four of the following aspects:

- ▶ What did you do to improve your classroom?
- ▶ What motivated your classmates to get involved?
- ▶ How did you organize the work of your classmates?
- ▶ Why was your classroom better than the others?
- ▶ What will your class do with the prize money?

LCT 2019

Part One

(Audiotrack: QR-Code rechts / Aufgaben S. 2)

News Item 1: 10,000 Year Clock

Deep inside a mountain along the Texas-Mexico border stands a 60-metre tall clock that ticks just once a year. It also has a clock hand that moves once every one hundred years, and a cuckoo which will appear once every 1,000 years. This is the 10,000 Year Clock!

Although inventor Danny Hillis first had the idea in 1995, it was not until 2011, when American CEO Jeff Bezos agreed to finance the project, that work on a full-scale version of the 10,000 Year Clock began properly. The clock is still under construction and will cost approximately \$42 million. It is housed in a 150-metre tall tunnel inside a mountain owned by the billionaire.

It is made of tough, long-lasting materials, like titanium, ceramic and stone and works with the help of giant gears and dials. Its power comes from thermal energy captured by changes in day and nighttime temperatures on the mountain top.

The timepiece's bells will ring ten times a day, playing unique melodies that will never be repeated over the 10,000 years. Bezos says he hopes the clock will "change the way humanity thinks about time and encourage people to take a longer view of things". It turns out Bezos is not the only one who thinks the 10,000 Year Clock is a brilliant way of connecting with future generations. A second one is already being planned inside a mountain in eastern Nevada.

Adapted from: DOGOnews.com, https://www.dogonews.com/2018/3/31/massive-clock-buried-under-texas-mountain-top-will-keep-ticking-for-10000-years by Daksha Morjaria (last accessed on 01.05.2018).

News Item 2: Pies on π -Day

Everybody knows that pi is the number 3.14, and that you need this number to calculate, for example, the surface area of a circle, but did you know that in America, there is a special day celebrating this mathematical phenomenon?

Pi Day is on March the 14th, which also happens to be Albert Einstein's birthday. Students at the California Institute of Technology in Los Angeles celebrate Pi Day by holding a pie-eating contest, which begins at 1:59 am and features 26 pies, with five different flavors. This might seem a bit strange, but put all the numbers together – 3.14 (the date), 159 (the time), 26 (the number of pies) and 5 (the flavors) – and you have the first nine digits of pi: 3.14159265!

Princeton University in New Jersey, on the other hand, where Einstein lived from 1935 until his death in 1955, celebrates Pi Day with many festivities. Visitors can go to concerts and shows, eat fruit pies and even take part in an Einstein look alike contest.

Although the celebration is just 25 years old, the number itself is almost 4000 years old. The Babylonians first calculated pi to a value of three, and the ancient Egyptians calculated pi as 3.165 in 1650 BC. It was the Greeks, however, who first worked out pi accurately in the third century BC.

If you remember that this number was discovered without the help of computers, their results are truly amazing! Happy Pi Day!

Adapted from: DOGOnews.com, https://www.dogonews.com/2018/3/13/prepare-to-celebrate-your-math-skills-and-sweet-tooth-on-pi-e-day by Kim Bussing, (last accessed on 25.03.2018).

Part Two

(Audiotrack: QR-Code S. 11 / Aufgabe S. 3)

Survey: Summer holidays

Reporter: Hello everybody! What is the ideal holiday for teenagers? Some teens want to hang around the

pool, while others like to explore the world. This morning, I talked to some teenagers in Greenwich

and I asked them about their ideas for a perfect holiday. Here are their opinions:

Rosie: My name is Rosie. Holidays on the beach are boring, so last year I went to a summer camp for

international students in Alicante in Spain. I enjoyed learning Spanish and I made lots of new

friends. The programme also had a great mix of cultural, sporting and leisure activities.

David: Hello, my name is David. Last year I went to Spain with my parents. We stayed in an amazing

hotel and I met loads of nice people and had a fantastic time! But my parents ...! In the evenings, I had to be back in my room by 10 pm. I was so angry about that, so we often quarrelled with each

other. They worry far too much, even on holiday.

Jessica: Hi, I'm Jessica. Last summer I went to the island of Corfu with some friends. Our hotel was in

Kavos and the city really comes alive at night. There are discos and great bars full of young people.

I didn't get much of a suntan, but it was definitely the highlight of the year for me.

Dean: My name is Dean. I prefer holidays with my friends too. We all love surfing and St. Ives in Cornwall

is just perfect for improving your boarding skills. If you don't feel like surfing, however, there is plenty of other stuff to do, for example kayaking and stand-up paddling or simply just chilling out

at a beach cafe. It's ideal.

Kendra: Hello everyone! I'm Kendra. The last time I went on holiday with my parents, my mum kept bor-

rowing my clothes and my dad acted as if he was 19. I was so annoyed with them. This year, I'm

going to Rimini in Italy with a group of friends. That will be much better.

Mark: Hi everybody! My name's Mark. I love family holidays. We often go hiking and cycling in Snowdon

National Park in Wales. The views from the top of Mount Snowdon are amazing. It might not be everybody's cup of tea, though. There's nowhere to plug in your phone, so that might be a problem

for some people.

Emily: Hi. I'm Emily. Next year I want to work abroad. This will give me the chance of earning some

money over the summer before I go back to university in September. Working abroad also gives

you the feeling of being on holiday, and I like that too.

Reporter: Thank you all for your interesting comments.

Part Three

(Audiotrack: QR-Code S. 11 / Aufgabe S. 3)

Interview: Katie McDonnell

Reporter: Our guest this morning is freerunner Katie McDonnell. Good morning, Katie. Thank you for coming

in today.

Katie: Hi, thanks for having me.

Reporter: Katie, you're a freerunner, otherwise known as a professional parkour athlete. Could you please

tell our listeners what freerunning is? I'm not sure they all know.

Katie: Well, freerunning is basically moving in open spaces. This involves running, climbing, swinging and

jumping and it's normally done in built-up areas.

Reporter: Right, I see. And how did you get into this sport?

Katie: It all started while I was at university. I was in my first year and I was looking for a new hobby,

so I started cheerleading in my free time. I went along to gym sessions and that's where I met a group of guys who did freerunning. They showed me a few moves and gradually I found that I was

spending more time training for freerunning than for cheer leading.

Reporter: And when did you realize you could make a living by leaping off buildings?

Katie: I was in my final year at university and I was offered a few commercial jobs. When I realized that

there was actually potential for me to do this as a career, I started thinking, "Wow, I really am going

to have a go at this."

Reporter: And it has worked out great, hasn't it? Let us talk about the type of work you have done. You have taken part in advertising campaigns and in films. You have also been on TV and performed live.

Yes, the last six years really have been amazing. I have done stunts for various actresses as well. For example, I doubled Milla Jovovich in the film "Resident Evil", I had to complete a parkour sequence in a laser beam tunnel. The most exciting thing about my job, however, is that it allows me to travel so much. I've been on film location in Venice, Barcelona, Rome, LA, Buenos Aires, all over the world.

Reporter: You make it look so simple. How much training do you do?

Katie: A lot! I work hard in the gym as well as on the streets. I need to keep my body in shape, so I do an hour or two most evenings, doing pull-ups and 10 kg weights, as well as running for fitness and leg strength. I try to train in a way that will increase my explosivity, that's really important in parkour.

Reporter: Well, you look great, Katie, if I may say so! Katie, you have over 160,000 followers online and this has helped make freerunning more and more popular. How can people get involved in this sport?
 Katie: I would look for classes online. If you want to get into parkour properly though, you should try and find out whether there is a parkour community near where you live. Training with other people who have more experience is a great way to learn and progress. There are loads of tutorials online to

help you get started.

Reporter: Thanks for the tip! What do you like best about freerunning?

Katie: What I love about this sport is that there are no limitations, no rules. You can train anywhere, in the city, in the jungle or in the forest. It's all down to your own creativity.

Reporter: Thank you for joining us on the show today, Katie.

Adapted from: http://www.bbc.co.uk/bbcthree/clip/50efdfdf-ee35-4494-8e1b-b147b0ffcd8c (last accessed on 08.03.20 18), http://metro.co. uk/2015/10/0/incredible-freerunner-reveals-the-secret-to-her-rock-hard-abs-5404346/ (last accessed on 08.03.2018).