

Imagine that you are preparing a project with your friend. You have found some interesting material for the presentation and you want to read this text to your friend. You have 2 minutes to read the text silently, then be ready to read it out aloud. You will not have more than 2 minutes to read it.

Sleep is a very important part of our lives. Unless we sleep enough hours every day, we cannot work or perform our regular duties. People are really different in terms of sleep. Some people are like camels – they can sleep very little for six days and then sleep for 24 hours on the last day. Others have to sleep for some hours each day of the week. Some people find that they only need five or six hours of sleep. Others need eight hours or even more. Women usually sleep a bit more than men.

Our need in sleep also changes with age. You see, children sleep more than adults. They also sleep during the day. Most doctors consider that eight hours a night is a norm. However, it is important to consider how much sleep you need on an individual basis.

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These are photos from your photo album. Choose one photo to describe to your friend.

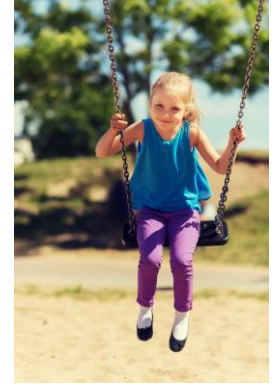
Photo 1



Photo 2



Photo 3



You will have to start speaking in 2 minutes and will speak for not more than 2 minutes (12–15 sentences). In your talk remember to speak about:

- where and when the photo was taken
- what/who is in the photo
- what is happening
- why you keep the photo in your album
- why you decided to show the picture to your friend

You have to talk continuously, starting with:

“I’ve chosen photo number... ”