



General Certificate of Secondary Education  
Foundation Tier  
November 2013

## English/English Language

ENG1F

Unit 1 Understanding and producing non-fiction texts

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### Insert

The three sources that follow are:

- **Source 1:** an online article entitled *How Harry almost lost his ears conquering the pole...* by Claudia Joseph
- **Source 2:** An extract from a non-fiction book called *Race to the Pole* by Ben Fogle
- **Source 3:** The World Wide Fund for Nature (WWF) webpage *Adopt a polar bear*

Please open the insert fully  
to see all three sources

Source 1

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## How Harry almost lost his ears conquering the pole ...

By [Claudia Joseph](#)

Guide Inge Solheim spotted the danger signs immediately. As the explorers stood chatting on the icecap during an expedition to the North Pole, the ears of one of his team suddenly turned white, a symptom of frostbite.

Without hesitation, he skied across to warn the man to put his hood up while trekking in one of the world's most inhospitable environments, where temperatures can drop to minus 50C and winds reach speeds of 110mph.

It was a relatively small incident in a place where tragedy is only one misplaced step away, except for one thing: the young man whose ears had been saved by the quick-thinking guide was Prince Harry.

The Prince, who is third in line to the Throne, was with a group of injured soldiers – servicemen who were all seriously injured in Afghanistan. They were about to set out on one of man's greatest challenges: a 12-day trek across the 'Devil's Dancefloor', part of the Arctic.

Now a new TV documentary, *Harry's Arctic Heroes*, reveals the bonds the servicemen forged in such a hostile environment.

It was on the Prince's final day that he got frostnip<sup>1</sup>. 'I was happily here chatting,' he says during the programme, 'and then Inge came over and said, "Your ears! Your ears!" Apparently they went white quite quickly.'

Although Harry did not join them for the full 160-mile journey, he spent ten days with them – including three days on the ice – sharing the very real dangers. Last year, only two unsupported expeditions to the North Pole succeeded, and those were by able-bodied teams.

Despite its raw beauty, the Arctic remains one of the most dangerous places on Earth. The weather can turn in seconds and polar bears are an ever-present threat.

Harry arrived on March 29th – a month before he was best man at his brother's wedding. 'I wish my brother were here actually,' he joked to the crew. 'Willy would love this.'

<sup>1</sup>frostnip – the first stage of frostbite



Arctic Heroes: Harry joined the group of injured soldiers who were completing one of man's greatest challenges: a 12-day trek across the 'Devil's Dancefloor'



**Source 2****Race to the Pole**

*In this extract, Ben Fogle describes the training that he and his colleague James went through before undertaking a race across Antarctica.*

A fierce wind scoured our faces, and ice snapped at our heels. The inside of my nose had frozen and icicles were beginning to form on my eyelashes. The cold cut through to the core, and my bones ached from the chill.

On we trudged. I'd long lost all feelings in my fingers, and my toes felt like ice cubes. I shook my arms furiously in an effort to get the blood flowing again. Every breath stung as the freezing air burnt my throat, while the moisture from my exhalations formed ice crystals on my unshaven chin.

It was minus 40 degrees Celsius, a temperature at which, even in polar clothing, the body is pushed to its limit. I knew that my fingertips had dropped below freezing; the moisture in the skin had frozen and if I didn't do something about it soon, I would be in danger of losing them to frostbite. Even my eyelids were beginning to stick together.

I looked across at James. His hair was tangled with ice, his balaclava was covered in a thick layer of frost and his legs were buckling with fatigue. We had been going for twelve hours and it was time to admit defeat, get inside and warm up.

Minutes later, we clambered into the tent and collapsed with exhaustion. Unzipping the door with my frozen hands had been like buttoning a shirt with an oven glove. The thin fabric gave us some protection from the wind chill, but even inside, as I struggled to light the stove, it was still minus 25.

The lighter had frozen. I fumbled with a box of matches, but the stove was too cold to ignite. I started to feel the pressure of the situation. We had to get the stove alight, or we'd freeze. We were hungry and dehydrated, but above all we needed heat. I began to wonder what we'd let ourselves in for.

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## Source 3



for a living planet

Adopt a polar bear



If the ice disappears then it will be game over for the polar bear.

Act now. Adopt now. Adopt a polar bear. With your continual support we can do more to help the polar bear in its struggle for survival.



## A continuous struggle...

Climate change is causing the Arctic ice to melt and what remains is thinner and more treacherous. Polar bears need the ice to hunt so they are having to travel further and further to reach their prey. As the sea ice melts the area is also opened up to shipping and oil exploration adding pollution to the many threats the polar bear already faces.



### Did you know...

...polar bears shelter their cubs in the safety of their snow dens when they go hunting for food. But as the ice melts, these dens are collapsing on the cubs - leaving them vulnerable and exposed to extreme weather conditions.

...experts predict that Arctic sea ice could disappear completely in summer by 2040.



### Adopt a polar bear today...

...by adopting a polar bear you can help us save the polar bear and its home from the effects of climate change and pollution.

We must act now to try and save the polar bear from extinction.

Your support will also help fund other essential WWF conservation work around the world.

### Order now

Start giving a regular donation today and you'll receive your adoption pack within the next couple of weeks. It contains an irresistibly fluffy polar bear cub, WWF bag, certificate, photos and a greetings card. We'll also send you three updates through the year, letting you know how your donations are helping. A WWF Adoption would make a great present, so why not give the gift that makes a big difference!



Don't forget you can also keep track of our group of polar bears, with our special online tracker. You will find all the details of this in your adoption pack.

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**Open out this page to see  
Source 2 and Source 3**