

### GRAMMAR

#### 1 Complete the sentences. Use the correct form of the verb in brackets.

Example: We 've lived (live) next door to the Parkers for 20 years.

- 1 I wanted to meet Anja, but she \_\_\_\_\_ (already leave) when I got to the barbecue.
- 2 I \_\_\_\_\_ (write) my report for an hour when my computer crashed and lost it all.
- 3 I immediately regretted \_\_\_\_\_ (send) the text.
- 4 You \_\_\_\_\_ (not sit) here now if Jay hadn't managed to get us the invitation.
- 5 They \_\_\_\_\_ (practise) the dance for months, so the performance should go well tonight.
- 6 I wish we \_\_\_\_\_ (not buy) that car. It's been nothing but trouble!
- 7 I'll bring something to eat in case we \_\_\_\_\_ (get) hungry.
- 8 You shouldn't \_\_\_\_\_ (spend) so long in the sun yesterday – you've got sunburn.
- 9 I think I'd have got the job if I \_\_\_\_\_ (not ask) that stupid question.
- 10 We couldn't go inside the town hall because it \_\_\_\_\_ (redecorate).
- 11 I think I \_\_\_\_\_ (learn) enough Japanese by the time I go to Japan.
- 12 One of the greatest paintings of the 19th century \_\_\_\_\_ (report) to have been stolen.
- 13 Call an ambulance! Mrs Patel's foot \_\_\_\_\_ (run over) by a taxi!
- 14 I can't meet you until 8.00 because I'm on a late shift – I \_\_\_\_\_ (still work) at 7.30.
- 15 I'll let you know your exam results as soon as I \_\_\_\_\_ (discuss) them with your tutor.

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#### 2 Complete the sentences with one word.

Example: **A** I loved the play. **B** So did I.

- 1 Oh dear, it sounds as \_\_\_\_\_ the neighbours are arguing again.
- 2 Don't \_\_\_\_\_ me for forgetting to feed the cat – it's your responsibility!
- 3 We \_\_\_\_\_ have been crazy to buy this house! There's so much wrong with it.
- 4 I don't speak German very well, but my sister \_\_\_\_\_.
- 5 I can't \_\_\_\_\_ used to this smartphone – it's so different from my old one!
- 6 Neither Rob \_\_\_\_\_ Bea are interested in joining the reading group.
- 7 There's \_\_\_\_\_ milk in the fridge. Can you go and get some from the corner shop?
- 8 Chloe sang that song really well, \_\_\_\_\_ she?
- 9 I wish you \_\_\_\_\_ keep leaving the door open when you go outside! It's freezing!
- 10 It was \_\_\_\_\_ a big shock that we all had to sit down.
- 11 I don't really feel \_\_\_\_\_ going out tonight – let's stay in and watch a film.
- 12 Marc didn't \_\_\_\_\_ to do much sport, but now he's really into volleyball.
- 13 We're \_\_\_\_\_ the roof fixed next week – the rain is starting to come through it.
- 14 Do you have any idea \_\_\_\_\_ Catriona is coming to football practice this week?
- 15 I offered Lily and Freya a snack but \_\_\_\_\_ of them was hungry.

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**3 Complete the sentences with the correct word(s).**

Example: Who painted this picture? I love it!

Who painted    Who did paint    Who paint

- 1 \_\_\_\_\_ are becoming an increasingly large proportion of many societies.  
Elderly    The elderly    The elderly people
- 2 I really like my neighbour's cat, but generally I prefer \_\_\_\_\_ dogs.  
some    the    (–)
- 3 I just love \_\_\_\_\_ in this holiday house!  
the furnitures    the furniture    a furniture
- 4 \_\_\_\_\_ the very steep climb up the last hill, we all really enjoyed the walk.  
Although    In spite    Despite
- 5 Does anyone know where \_\_\_\_\_?  
lives Sofia    Sofia lives    does Sofia live
- 6 That's a \_\_\_\_\_ chair – where did you get it?  
little lovely wooden    lovely little wooden    lovely wooden little
- 7 I \_\_\_\_\_ when I'm cleaning my flat.  
play music often    play often music    often play music
- 8 \_\_\_\_\_ of our team played well today – that's why we lost.  
Neither    None    Some
- 9 We played the music quietly \_\_\_\_\_ wake the children.  
to not    not to    so as not to
- 10 Our eldest daughter is at \_\_\_\_\_ university. She's studying Genetics.  
the    a    (–)

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Grammar total	40
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**VOCABULARY**

**4 Write the words after the definitions.**

Example: the thing which planes take off from and land on = runway

- 1 feeling like you have little hope and are ready to do anything to get out of the situation  
= \_\_\_\_\_
- 2 not allowing water to go through it = \_\_\_\_\_
- 3 a group of people who sing together = \_\_\_\_\_
- 4 you use these to breathe = \_\_\_\_\_
- 5 extremely confused = \_\_\_\_\_
- 6 a snow storm with very strong winds = \_\_\_\_\_
- 7 someone who tries to avoid spending money = tight-\_\_\_\_\_
- 8 being unable to sleep for many nights = \_\_\_\_\_
- 9 the person who controls how an orchestra plays = \_\_\_\_\_
- 10 unsure how to react to something because your emotions are so strong = \_\_\_\_\_

- 11 a person who sees a crime happening = \_\_\_\_\_
- 12 a person who is currently looking for work = \_\_\_\_\_
- 13 you put your head on this when you sleep = \_\_\_\_\_
- 14 the person in charge of a newspaper who decides what will go in it = \_\_\_\_\_
- 15 the opposite of tight (trousers) = \_\_\_\_\_

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### 5 Complete the sentences with the correct word.

Example: Oh no, it's drizzling today. How am I going to get my washing dry?  
warm chilly drizzling

- 1 The man was charged \_\_\_\_\_ both fraud and bribery.  
of with for
- 2 I'm \_\_\_\_\_ and tired of listening to you complaining about your job – why don't you just quit?  
fed up bored sick
- 3 I find it \_\_\_\_\_ when apps keep updating themselves all the time.  
confusion confused confusing
- 4 The audience made so much noise at the end of the concert that the band came back twice to give \_\_\_\_\_.  
encores choruses performances
- 5 You have to take Natalia's age into \_\_\_\_\_ when you judge her work.  
place care account
- 6 I wore my new trainers on my run today, and now I've got \_\_\_\_\_ on my feet!  
burns blisters rashes
- 7 It's difficult to get the truth from newspapers in this country – they're all \_\_\_\_\_.  
objective accurate censored
- 8 We were \_\_\_\_\_ when we heard that Will's ankle wasn't broken, only sprained.  
disappointed relieved upset
- 9 Zoologists working in South America have \_\_\_\_\_ an important discovery.  
carried out done made
- 10 Have you \_\_\_\_\_ finished that magazine? I really want to read it!  
yet nearly still
- 11 I think Elliott was very tired – he's \_\_\_\_\_ asleep on the sofa.  
full fast deep
- 12 Please keep reminding Nadia about the meeting – she's quite \_\_\_\_\_-minded.  
narrow open absent
- 13 I was trying hard not to \_\_\_\_\_ my voice, but I was getting angrier and angrier.  
put up raise rise
- 14 That jacket really \_\_\_\_\_ you. It goes really well with your eye colour.  
matches fits suits
- 15 This restaurant is part of a \_\_\_\_\_ – I went to one in Birmingham last year.  
chain branch company

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**6 Complete the sentences with one word made from the word in brackets.**

Example: We *misunderstood* the instructions so we couldn't set up the new TV properly.  
(understand)

- 1 This phone is \_\_\_\_\_, even if you drop it on a hard surface! (break)
- 2 We have a lot of \_\_\_\_\_ people in the capital because housing costs are so high.  
(home)
- 3 The weather here is so \_\_\_\_\_, it could be very different later. (change)
- 4 \_\_\_\_\_ is a big problem in this area. (vandal)
- 5 I felt very \_\_\_\_\_ when I couldn't remember her name. (embarrass)
- 6 I don't suffer from \_\_\_\_\_ – I really enjoy spending time on my own. (lonely)
- 7 I like a good drama series as long as there's no strong \_\_\_\_\_. (violent)
- 8 Jordan likes green vegetables, \_\_\_\_\_ spinach. (special)
- 9 I'm \_\_\_\_\_ to peanuts, but I can eat all other kinds of nuts. (allergy)
- 10 My home town is quite \_\_\_\_\_ at the moment but there are plans to transform it next year. (develop)

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Vocabulary total	40
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**PRONUNCIATION**

**7 Circle the different sound.**

- 1 /bird/      merge firm **journalist** heart
- 2 /horse/    **launch** drought stalk yawn
- 3 /shower/   pressure infection **choke** rash
- 4 /judge/    **generate** budget smuggler agenda
- 5 /bike/      linen height biased mild
- 6 /tree/      illegal relieved colleague leather
- 7 /up/        multicultural flood hooded luggage
- 8 /boot/      loose blood lose chew
- 9 /buzz/     raise cause course physics
- 10 /train/    baggage faint lay ache

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**8 Underline the stressed syllable.**

Example: leather

- 1 col|mmen|ta|tor
- 2 objec|tive
- 3 mul|ti|na|tio|nal
- 4 eye|brow
- 5 old|-fash|ioned
- 6 ex|port (verb)
- 7 un|con|scious
- 8 neigh|bour|hood
- 9 gob|smacked
- 10 tur|bul|lence

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Pronunciation total	20
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Grammar, Vocabulary, and Pronunciation total	100
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**READING**

Read the article. For questions 1–5, choose the correct answer (A, B, C, or D).

## Going to extremes

We tend to think that people who do extreme sports are just addicted to the adrenaline rush you get along with the thrill of danger. However, recent research shows that the many are motivated by the emotional experience of being in nature, and the psychological benefits it can bring.

A recent study based on interviews with people who practise a range of high-risk extreme sports, suggests that exposure to natural environments in early childhood can provide significant psychological and health benefits. It can also help people to form a strong, life-long emotional connection to nature.

The majority of the participants reported that nature provided powerful emotional experiences, which had drawn them to engage in outdoor activities such as climbing, kayaking, and surfing. They mentioned the importance of their early childhood experiences in the outdoors and how these had influenced their adult lives as extreme sportspeople.

Richard, a skyrunner – who runs on high paths in the mountains – said, ‘My best childhood memories are of being out in nature. Camping by the beach, swimming in the sea, climbing on the rocks, lighting fires in the woods, hiking up mountains ... the natural environment in Scotland where I grew up is incredible. I just wanted to be out in it. I still do.’

Similarly, for surfer Mika, the natural world was an inspiration: ‘I lived by the sea, and from an early age I was drawn to the water. I can’t remember not being able to swim. It just came naturally to me – I can’t really separate myself from the sea. It’s such a huge part of who I am.’

Mika also emphasized how being in close contact with nature, away from the urban environment, has led to a commitment to the environment and nature conservation: ‘My deep connection to the sea led me to become a marine biologist. It’s so important to me that the marine environment is protected.’ Her views on conservation were shared by many of the other participants.

Obviously, extreme sports present a high level of risk to survival. The participants acknowledged this but almost all felt that the connection to nature was as important, if not more so, as the excitement of risk-taking. Nick, an ice climber and professional mountain guide said, ‘When you’re climbing in winter, you’re in extreme conditions all the time. It’s a constant battle between fear and attraction, but the psychological benefits for me are huge. I’d never give it up.’

Extreme mountain biker Louise has a similar attitude: ‘I could do my sport on an indoor track and it would give me that adrenaline hit I enjoy, but it wouldn’t be the same. It’s the experience of cycling in the natural environment that attracts me more than anything. You can’t beat that feeling.’

Other positive factors were related to the senses. Sound was said to have a calming influence. Skyrunner Richard said, ‘When I run, I notice the thud of my feet on the ground, the rhythm of my breath, I hear the sounds of my environment – birds, water flowing in the hill streams. My mind is empty of worry and stress.’

## End-of-course Test Reading and Writing

A

Jake, a free diver, appreciates the silence he experiences under water: 'I suffer from noise sensitivity and I find urban environments exhausting. When I dive, it's incredibly still and silent. It works like meditation for me.'

Touch and smell also featured highly in the participants' responses. Free climber Holly explained, 'I like the feel of the different types of rock under my hands, and also the smells. Where I climb, there are native herbs that grow on the rocks. The smell helps me stay relaxed and focused when I'm climbing.'

Overall, the results of the study showed that participants valued the greater connection with nature that extreme sports provided, and most felt that their attitude towards the environment was positive and more caring as a result. This led to them spending more time outdoors, not only while practising their extreme sports, but also when they were with family and friends, therefore reducing and preventing stress in others too.

The study's results are particularly significant because they provide evidence to support the development of waterways and natural spaces in urban areas in order to promote outdoor sports and leisure activities. It is hoped that this will in turn boost both the physical and mental health of whole communities.

- 1 A popular view of people who practise extreme sports is that they do it because they ...
  - A want to be closer to nature.
  - B lack emotional experience.
  - C are highly competitive.
  - D are addicted to risk-taking.
  
- 2 Which factor was a particularly strong motivation for most study participants?
  - A competition prize money
  - B psychological problems
  - C early childhood experiences
  - D improved fitness levels
  
- 3 What additional benefit from practising extreme sports did the participants report?
  - A better career prospects
  - B a stronger commitment to environmental conservation
  - C better relationships with family and friends
  - D improved life skills
  
- 4 Most of the participants felt that extreme sports reduced stress by ...
  - A stimulating their senses.
  - B improving their quality of sleep.
  - C increasing their adrenaline levels.
  - D making them physically stronger.
  
- 5 The study provides evidence that ...
  - A most people don't engage enough with nature.
  - B outdoor activities are most popular in childhood.
  - C people could do extreme sports in urban areas.
  - D people of all ages would benefit from engaging with nature.

Reading total		10
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**WRITING**

**Write a report on the following topic.**

‘Cities of the future.’

**Include the following information:**

- **say what you think the cities of the future will be like**
- **say why you think changes in cities will take place**
- **discuss how the changes will affect residents’ lives.**

**Write 140–180 words.**

Writing total		10
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Reading and Writing total		20
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**LISTENING**

**1 Listen to five students talk about their designs for a city of the future. Choose from the list (A–H) what each speaker says they have included as the main feature of their design. Use the letters only once. There are three extra letters you do not need to use.**

- A hi-tech monitoring systems
- B creating a more natural environment
- C energy solutions
- D reducing rubbish
- E a design centred around the residents of the city
- F urban sprawl
- G consumerism
- H an environmentally friendly transport model

- Speaker 1 [   ]
- Speaker 2 [   ]
- Speaker 3 [   ]
- Speaker 4 [   ]
- Speaker 5 [   ]

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**2 Listen to a talk about the mystery of the Loch Ness Monster by a man who lives beside Loch Ness in Scotland. Underline the correct answer.**

- 1 Calum says that people believe the Loch Ness monster **used to / couldn't / might be able to** live undiscovered in Loch Ness.
- 2 Calum thinks that the Surgeon's Photograph **shows a dinosaur / isn't as good as his photographs of Nessie / looks real.**
- 3 Calum says that **there are no eyewitness sightings of Nessie / Nessie sightings are fake news / people often mistakenly think they've seen Nessie.**
- 4 Calum suggests that people who see a 'monster' are actually looking at **seals or otters / a model / a dinosaur.**
- 5 According to Calum, the recent DNA study **solves the mystery of the monster / detected the monster's DNA / does not spoil the mystery of the Loch Ness Monster.**

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Listening total		10
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**SPEAKING**

**1 Make questions and ask your partner.**

- 1 Would / like / try / extreme sport? Why / Why not?
- 2 Can / share a regret about your life so far?
- 3 What / do / in ten years' time?
- 4 How / favourite music make you feel?
- 5 When / last feel annoyed? Why?

**Now answer your partner's questions.**

**2 Listen to your partner. Do you agree with him / her?**

**3 Talk about one of the statements below, saying if you agree or disagree. Give reasons.**

'People who post fake news stories on the Internet should be punished as criminals.'

'Advertising that targets children and their parents should be banned.'

'Taking care of the environment is the responsibility of politicians and large companies, not ordinary people.'

Speaking total		20
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Listening and Speaking total		30
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