

GRAMMAR

1 Complete the sentences with one word.

Example: **A** I didn't enjoy the film at all. **B** Neither did I.

- 1 I don't really feel _____ going out tonight – let's stay in and watch TV.
- 2 Helena didn't _____ to read much, but now she's really into crime novels.
- 3 Do you have any idea _____ Maria is coming to class this week?
- 4 The news was _____ a big shock that we all had to sit down.
- 5 Anja sang that song beautifully, _____ she?
- 6 I'm _____ that window fixed next week – the handle on it is broken.
- 7 Don't _____ me for forgetting to post Sarah's birthday card – you forgot too!
- 8 I offered Safiyah and Adeel a snack but _____ of them wanted anything.
- 9 Neither Bella _____ Raul are interested in joining the drama group.
- 10 We _____ have been crazy to buy this house! There's so much wrong with it.
- 11 Oh dear, it sounds as _____ my flatmates are arguing again.
- 12 I don't speak French very well, but my brother _____.
- 13 There's _____ bread left. I'll have to go and buy some at the corner shop.
- 14 This new computer is so different from my old one – I can't _____ used to it!
- 15 I wish Felix _____ keep leaving the door open when he goes outside. It's freezing!

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2 Complete the sentences with the correct word(s).

Example: Who designed this card? It's lovely!

Who design Who designed Who did design

- 1 My youngest son is studying medicine at _____ university.
a (–) the
- 2 Unfortunately, we lost the match because _____ of our team played well today.
some none neither
- 3 Does anyone know where _____?
does Mattias work works Mattias Mattias works
- 4 Who made this _____ spoon?
lovely wooden little little lovely wooden lovely little wooden
- 5 I _____ when I'm driving to work.
play often music often play music play music often
- 6 We all really enjoyed the holiday _____ the bad weather.
in spite although despite
- 7 We turned down the volume on the TV _____ wake the baby.
not to so as not to to not
- 8 Services for _____ are improving in our area.
the elderly the elderly people elderly
- 9 I just love _____ in this hotel!
the furnitures the furniture a furniture
- 10 I really like my fashionable shoes, but for comfort I generally prefer to wear _____
trainers.
some (–) the

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3 Complete the sentences. Use the correct form of the verb in brackets.

Example: I 've worked (work) with Jarrod for about 10 years now.

- 1 Do you think I _____ (learn) enough Spanish by the time I go to Madrid?
- 2 We had to work from home last week because our office was _____ (redecorate).
- 3 I'm on a late shift so I _____ (still work) at 7.30. I can meet you after 9.00 though.
- 4 One of the most valuable necklaces in the world _____ (report) to have been stolen.
- 5 Let's take something to drink in case we _____ (get) thirsty.
- 6 We wanted to meet the new neighbours, but they _____ (already leave) when we got to the barbecue.
- 7 I shouldn't _____ (spend) so long in the sun today – I've got terrible sunburn.
- 8 Call an ambulance! Martina's foot _____ (run over) by a car!
- 9 Gemma immediately regretted _____ (send) the email.
- 10 Tomasz wishes he _____ (not buy) that car. It's been nothing but trouble!
- 11 We _____ (not sit) here now if Ella hadn't managed to get us the tickets.
- 12 I'll let you know your test results as soon as I _____ (discuss) them with your doctor.
- 13 I _____ (write) my essay for two hours when my computer crashed and I lost it all!
- 14 If I _____ (not ask) that stupid question, I think I'd have got the job.
- 15 We _____ (practise) the piece of music for months, so the performance should go well this evening.

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Grammar total		40
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VOCABULARY

4 Complete the sentences with the correct word.

Example: It's freezing today. I'll have to get the ice off the car before I drive to work!
chilly freezing warm

- 1 Is this restaurant part of a _____? I think I went to one in Manchester last year.
company chain branch
- 2 Geneticists working in the USA have _____ an important discovery.
done carried out made
- 3 I really want to read that magazine! Have you _____ finished it?
yet nearly still
- 4 That shirt really _____ Javier. It goes well with his eye colour.
matches fits suits
- 5 The team was _____ to hear that Roberto's ankle was only sprained rather than broken.
upset disappointed relieved
- 6 At the end of the concert, the audience made so much noise that the band came back to give _____.
a performance an encore a chorus

**End-of-course Test
Grammar, Vocabulary, and Pronunciation**

B

- 7 I'm _____ and tired of my boss complaining all the time – I'm going to quit this job!
sick bored fed up
- 8 I find it _____ when my computer keeps updating itself all the time.
confused confusing confusion
- 9 The teacher was trying hard not to _____ her voice, but she was getting angrier and angrier.
rise raise put up
- 10 Newspapers in this country don't always tell the truth – they're all _____.
accurate objective censored
- 11 Leah wore her new trainers to the gym today – now she's got _____ on her feet!
rashes burns blisters
- 12 You have to take Aidan's age into _____ when you judge his performance.
account care place
- 13 Pablo was really tired. In fact, now he's _____ asleep on the sofa!
deep full fast
- 14 The two women were charged _____ both bribery and blackmail.
for of with
- 15 We'll have to keep reminding Philip about the appointment – he's quite _____ - minded.
narrow open absent

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5 Complete the sentences with one word made from the word in brackets.

Example: The bus home was so overcrowded that I couldn't get a seat! (crowded)

- 1 Freya likes green vegetables, _____ broccoli. (special)
- 2 _____ is a big problem in this area of the city. (vandal)
- 3 Luca is _____ to peanuts, but he can eat other types of nuts. (allergy)
- 4 At the moment, my home town is quite _____ but there are plans to transform it next year. (develop)
- 5 I really enjoy being on my own – I don't suffer from _____ at all. (lonely)
- 6 There are a lot of _____ people in this city because housing costs are so high. (home)
- 7 Apparently, this phone is _____, even if you drop it on a hard surface! (break)
- 8 The weather in Scotland is so _____ – it could be very different in an hour. (change)
- 9 I like a good drama series as long as there's no strong _____. (violent)
- 10 I felt so _____ when I couldn't remember Marta's husbands' name! (embarrass)

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6 Write the words after the definitions.

Example: the card you have to show before you can get on a plane = boarding pass

- 1 to the part of the body that you breathe with = _____
- 2 the name for someone who sees a crime happening = _____
- 3 not knowing how to react because your emotions are so strong = _____

End-of-course Test Grammar, Vocabulary, and Pronunciation

B

- 4 a person who tries to avoid spending money = tight-_____
- 5 being unable to sleep for many nights = _____
- 6 the thing you put your head on when you sleep = _____
- 7 the opposite of tight (trousers) = _____
- 8 feeling like you have little hope and are ready to do anything to get out of the situation = _____
- 9 the person in charge of a newspaper who decides what will go in it = _____
- 10 a group of people who sing together = _____
- 11 the person who controls how an orchestra plays = _____
- 12 extremely confused = _____
- 13 not allowing water to go through it = _____
- 14 a snow storm with very strong winds = _____
- 15 a person who is currently looking for work = _____

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Vocabulary total		40
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PRONUNCIATION

7 Underline the stressed syllable.

Example: au|to|pi|lot

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

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8 Circle the different sound.

- 1 /rash/ **sh**ower **pr**essure **ch**oke **in**fection
- 2 /luggage/ **u**p **h**ooded **mu**lticultural **f**lood
- 3 /mild/ **b**iased **l**inen **b**ike **h**eight
- 4 /loose/ **l**ose **bl**ood **bo**ot **ch**ew
- 5 /lay/ **f**aint **tr**ain **a**che **ba**ggage
- 6 /buzz/ **c**ourse **r**aise **ph**ysics **c**ause
- 7 /journalist/ **m**erge **bi**rd **h**eart **f**irm
- 8 /horse/ **d**rought **l**aunch **y**awn **s**talk
- 9 /agenda/ **b**udget **g**enerate **sm**uggler **j**udge
- 10 /tree/ **l**eather **il**legal **co**llleague **r**elieved

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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 **B**

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 The majority of people think that extreme sportspeople take risks because ...
A they are extremely competitive.
B risk-taking gives them a thrill.
C they feel better in natural environments.
D their emotions are underdeveloped.

- 2 A particularly strong motivation factor for the study participants to do extreme sports was ...
A the opportunity to achieve better physical fitness.
B the money they would get from winning competitions.
C the need to improve mental health issues.
D their early life experiences of nature.

- 3 Another benefit of practising extreme sports that the participants reported was ...
A the fact that it developed their life skills.
B a wider choice of careers.
C motivation to participate in environmental conservation.
D improved personal relationships.

- 4 How did most of the participants feel extreme sports reduced their stress levels?
A It improved their physical strength.
B They enjoyed the adrenaline rushes.
C It stimulated their senses.
D They slept much better.

- 5 According to the researchers, the results of the study provide evidence to suggest that ...
A people could get the same benefits from doing extreme sports indoors.
B engaging with nature could benefit people of all ages.
C the majority of people don't engage with nature.
D outdoor activities are only beneficial to children.

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 reducing rubbish
- B urban sprawl
- C hi-tech city management
- D a model which encourages consumerism
- E renewable energy
- F a transport network to reduce pollution
- G nature as part of the urban landscape
- H a design focused on its local residents

- 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 Calum says that, the recent DNA study **detected dinosaur DNA / does not take away the mystery of the Loch Ness Monster / has finally solved the mystery of the Loch Ness Monster.**

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Listening total		10
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SPEAKING

1 Answer your partner's questions.

Now make questions and ask your partner.

- 1 How / doing your favourite hobby or activity make you feel?
- 2 Who / most interesting person / ever met? Why?
- 3 Can / share something you wish you had or hadn't done?
- 4 Which city / like to live in / in the future? Why?
- 5 What / do / in ten years' time?

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

'Life skills, such as cooking and knowing how to organize your time and repair things, should be given as much importance as academic subjects in schools.'

'People who don't try to reduce their waste and energy use at home should have to pay a fine.'

'If everyone worked four days a week instead of five, it would be better for society.'

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

Speaking total		20
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Listening and Speaking total		30
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