ESB C2 Level 3 Reading (Part One)

Read the following text about *ikigai*. For questions 21 – 27, choose the correct answer A, B, C or D.

The Japanese Art of Purposeful Living

Many people in today's world struggle to find a purpose in life. Some choose to follow a passion and stay true to the dreams of their youth which, while possibly being satisfying in its own right, does not necessarily provide a sufficient level of income. In contrast, there are those who dedicate their lives to achieving money and status by any means possible, unconcerned about whether what they do is enjoyable or even of any value. Both of these paths may eventually lead to feeling a loss of purpose, something which researchers have found can have negative consequences on the health of individuals. One international study found that those who do have a purpose in life often lead healthier lifestyles and are more motivated and resilient, and these factors protect them from stress and burnout. As a consequence, they are at lower risk of early death and heart disease.

From Japan, the land of the rising sun, and the nation famous for such things as the samurai warriors, sushi and J-pop, comes a concept known as *ikigai*. This has no direct translation into English, but it means something like "the reason to get out of bed in the morning", although there is more to it than that. *Ikigai* is best thought of as the balance of lifestyle that incorporates both the spiritual and the practical, where the things that the world is willing to pay for **intersect** with your talents and passions. For example, if you can find the common ground between what you love to do, what you are good at doing, what the world needs, and what you can get paid for, you have found your *ikigai*.

There are some differences between *ikigai* and the western notion of following one's dreams. For example, your *ikigai* should be challenging and lead to personal growth and mastery in a certain field. It should be your choice and you should feel a sense of freedom in its pursuit. It should also make you feel better and more energised. It need not be something that will change the world. Everyone will find their *ikigai* in different areas of life and it may take some time and self-exploration and self-reflection to find, but it is almost certainly worth it.

As such, finding one's *ikigai* is a personal journey. You may not know what your skills actually are, and the internet will almost certainly prove a fruitless source. You may have to ask for advice from friends and family as to where your talents lie. It is entirely possible you have not yet discovered the thing you are adept at. It is also important to be honest with yourself. You might have an image in your head that does not conform to reality. There is what is described by the author Neil Parischa as 'The Saturday Morning Test'. What do you do on Saturday morning when you have nothing to do? This might be where your *ikigai* is hiding. Once you have found it, see if it feels right to you and test it.

It is important to remember that if your *ikigai* is your career, then you must make time for family and friends. Not every moment of every day need, nor should, be committed to *ikigai*. Take some time for other activities too. Also, remember that pursuit of *ikigai* does not mean that every moment of every day will be rosy. There will be many

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challenges and obstacles on the road. You will doubtless need to make compromises along the way, but the experts say that as long as you let your *ikigai* guide you, it will more often than not steer you in the right direction.

21. Paragraph one suggests that people in the modern world often

A. have unrealistic aspirations.
B. question the reason for their existence.
C. have more money than sense.
D. prioritise a career at the expense of their youth.

22. The writer implies that finding your *ikigai*

A. can protect against serious illness.
B. is a very religious endeavour.
C. requires physical coordination.
D. necessitates cooperation.

23. What aspect of Japan is NOT mentioned?

A. Cuisine.
B. Music.
C. War.
D. Weather.

24. The word '<u>intersect</u>' in paragraph two can best be replaced with

A. blend.
B. converge.
C. fuse.
D. mingle.

25. According to the text, following your *ikigai*

A. will never make you rich.
B. might be exhausting.
C. can be a lengthy procedure.
D. definitely will not change the world.

26. What is recommended in the search for *ikigai*?

A. Seeking help from online sources.
B. Staying open-minded about different options.
C. Spending Saturday mornings testing yourself.
D. Reading the works of Neil Parischa.

27. Which word best describes the author's attitude to *ikigai*?

A. Patronising.
B. Puzzled.
C. Intrigued.
D. Disrespectful.

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ESB C2 Level 3 Reading (Part Two)

Read the following text about pies.
For questions 28 – 35, choose the correct answer A, B, C or D.

The English Pie

The English pie has been around since the Middle Ages and has inspired idioms, nursery rhymes, and even been mentioned by Shakespeare himself. Up to the present day, there are pie competitions around the country, one of the most famous being the British Pie Awards held in Melton Mowbray, Leicestershire, England, every March. There are also records of taxes being offered to the Crown in the form of pies in the 11th century, something which continued for hundreds of years. Records of Henry VI's coronation speak of a suitably regal pie of partridge and peacock, while a 1465 feast for the Archbishop of York saw guests scoff 5,500 venison pies. One of the great artists of the 18th century, William Hogarth, put a pie seller centre stage in one of his paintings.

Since their early days, pies served different functions for the poor and the rich. While for the former they were a portable food, as the crust both carried and preserved the filling, for the latter it was an opportunity to show off not only the delicious food they could afford, but sometimes simply to show off. The 16th and 17th centuries saw the rise of the 'surprise pies', which were enormous creations designed to house the unexpected. A favourite one was one containing musicians who began to play when emerging from the pie. Another popular trick was to conceal live birds which would fly out after the pie was cut: this led to the line 'four and twenty blackbirds baked in a pie' from the nursery rhyme 'Sing a Song of Sixpence'.

Pies have enriched the English language in many other ways. The Bedfordshire Clanger was a pie with both savoury and sweet contents: a main course and a dessert. As such, it was rather long, difficult to hold on to and, therefore, frequently dropped, hence the expression 'dropping a clanger' for making a big mistake. The word 'clanger' was from the Bedfordshire dialect word meaning 'heavy'. The phrase 'eating humble pie', meaning to be in a position where one is humiliated and must apologise, comes from the medieval period where the spoils of the deer hunt were divided according to social status: those of higher rank taking the finest cuts of meat, while those of lower status took the *nombles* (a Norman French word for deer offal), which they would bake into a pie. And, over time, 'nombles' pie became 'humble' pie. We get the expression 'a finger in every pie', indicating someone who has a lot of interests in a lot of things, from Shakespeare's 'Henry VIII'. Shakespeare mentions pies again, talking about something called a 'warden pie', in 'The Winter's Tale', which was a pie made from a hard type of pear that needed to be cooked. His obsession continues with yet another pie, by far the most **gruesome** object in all of Shakespeare's works. It is to be found in 'Titus Andronicus', which features two brothers who are killed, baked into a pie, and then served to their mother. However, this was not an original idea as the same situation can be found in the Latin verses of the classical poet, Ovid.

Most regions of the country seem to have their own specialist pie, and the most eye-catching of these must be the Stargazy pie from Cornwall, in the extreme southwest of England. This pie is cooked with seven different types of fish looking up from the crust and has its roots in the 17th century. The story behind the pie is that a local Cornish fisherman, Tom Bawcock, braved December storms to land a huge haul of

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fish that saved his village from starvation and so it is celebrated there to this day. And why not celebrate? After blessing the pies, a tradition of the British Pie Awards in Melton Mowbray, Reverend Kevin Ashby suggests, "We must have pies. Stress can't exist in the presence of a pie!"

28. The text in paragraph one implies that pies

A. were once used in place of currency.
B. used to be served to all new monarchs.
C. heavily feature in the works of Hogarth.
D. have their origins in Leicestershire.

29. Paragraph two states that pies

A. were a preserve of the wealthy.
B. presented opportunities to boast.
C. inspired musical hits.
D. were frequently shocking.

30. The Bedfordshire Clanger gets its name from

A. having two different fillings.
B. being a huge mistake.
C. being difficult to hold.
D. its excessive weight.

31. Today, humble pie is

A. a profuse apology.
B. made from venison.
C. only used in an expression.
D. served to the poor.

32. In paragraph three, the word '<u>gruesome</u>' is closest in meaning to

A. horrific.
B. surprising.
C. degrading.
D. complex.

33. The author believes Shakespeare

A. was a fan of the Roman poets.
B. mentioned pies far too often.
C. must have cooked pies himself.
D. always aimed to shock.

34. The Stargazy Pie

A. is said to relieve stress.
B. is unique to the Cornish region.
C. was named after a famous mariner.
D. is a favourite of religious people.

35. An alternative title for the whole article might be

A. How Shakespeare Popularised the Pie.
B. An Award-Winning Staple of English Cuisine.
C. A Dish Fit for Kings, Clergy, and Commoners.
D. How the Pie Arrived in England.

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