

Insight Intermediate Final Test

Name: _____

Class: _____

Everyday English

1 Wybierz poprawne odpowiedzi (a–c) aby uzupełnić dialogi.

- 1 'Sarah and Claire are both tall and fair-haired.'
'Yes, I know. I think that Sarah _____ a lot like Claire.'
a seems **b** looks **c** appears
- 2 'It's raining, so we can't go for a picnic. I'm so disappointed.'
'Oh, _____ up! Let's watch a good film on TV instead.'
a cheer **b** clear **c** hurry'
- 3 'What's your view on banning hunting with dogs?'
'To _____ you the truth, I'm not sure what to think.'
a say **b** tell **c** make
- 4 'Would you _____ opening the window? It's very hot in here.'
a mind **b** like **c** possibly
- 5 'I think Picasso was a genius.'
'I agree _____ you.'
a for **b** to **c** with

Listening

2 Wysłuchaj wywiadu z Cathy Smith, reprezentującą organizację Amnesty International. Wybierz trzy zdania, które nawiązują do wspomnianych przez Cathy kampanii.

- A Reduce prison sentences for all prisoners.
- B Release people who are in prison for political reasons.
- C Abolish all armies.
- D Stop selling arms to countries that don't respect their citizens.
- E End all civil wars now.
- F Ban the death penalty in every country in the world.

3 🎧 **Wysłuchaj wywiadu raz jeszcze. Czy poniższe zdania są prawdziwe (P) czy fałszywe (F)?**

- 1 Cathy has been working for Amnesty International for a number of years. ____
- 2 Amnesty International started in 1951. ____
- 3 Amnesty International began as a result of the actions of a lawyer in London. ____
- 4 Amnesty International is supported financially by governments that agree with its actions. ____
- 5 Amnesty International wants to prevent sales of guns to countries where there is a civil war. ____
- 6 Amnesty International is fighting for a teenager who wants to join the army, but has been refused permission. ____
- 7 The presenter says that Amnesty International has succeeded in all its campaigns. ____

Reading

SAD

You don't have to be a genius to know that, generally, most people are more likely to feel on top of the world on bright, sunny days in the height of summer and down in the mouth on dark, grey, miserable days in the depths of winter. For a significant number of people, however, facing up to the winter blues can be a really serious problem. In winter, they suffer from SAD, or seasonal affective disorder, which is a feeling of extreme tiredness and depression that is caused by the dark, cold weather. SAD is now widely accepted by doctors and psychiatrists as a serious medical condition, and it is thought to affect millions of people.

Scientists don't yet have a complete understanding of how or why some people are affected by SAD. Although the vast majority of us don't suffer from it, research has discovered quite a lot about it. It is believed to have something in common with the hibernation cycle of animals. A number of mammals, such as bears, fall asleep for the winter, when there isn't enough food to eat and it's too cold and dark to survive outside. As winter approaches, and the days grow shorter, these animals become increasingly sleepy and slow-moving. It seems that victims of SAD respond in the same way. They don't actually hibernate but their bodies behave as if that's what they are about to do.

Unsurprisingly, the overwhelming majority of people with SAD live in parts of the world where the length of days varies greatly between summer and winter, and, although it isn't unknown in countries closer than thirty degrees to the equator, it is extremely rare. Interestingly, people who were born near the equator and decided to move to northern countries later in life are more likely to develop SAD.

Typical problems of SAD sufferers include feeling anxious and unable to deal with everyday problems, feeling bad-tempered and very negative about life, falling out with friends and family, and finding it hard to sleep properly. SAD sufferers often can't stay awake during the day and keep waking up in the middle of the night. Not all SAD sufferers have the same symptoms, of course, and the intensity of how bad people feel varies from one person to the next.

Historically, the treatment for depression was to use drugs, and, for many years, doctors told their patients with SAD to take antidepressants. However, now that the diagnosis of the illness has become much better, sufferers are being treated differently. They are being given 'bright light treatment', using specially designed light boxes that give off a powerful light and trick the body into believing that it isn't winter. After four or five days of using one for just half an hour a day, most sufferers start to feel happier and less depressed.

4 Przeczytaj powyższy test. Wybierz poprawne odpowiedzi (a–d).

1. According to the text,
 - a. only people with SAD feel blue during short, wintry days.
 - b. a majority of people get seriously depressed in winter.
 - c. fewer people feel down in the summer than in the winter.
 - d. the number of people with SAD is growing significantly.
2. The text says that most doctors
 - a. have doubts that SAD is really a medical condition.
 - b. have started treating all their patients for SAD.
 - c. believe that SAD has an effect on many people.
 - d. are tired of having to deal with so many cases of SAD.
3. Research has shown that
 - a. most people have some form of SAD.
 - b. we know very little about what SAD is.
 - c. hibernating animals sometimes develop SAD.
 - d. SAD sufferers behave as if they want to hibernate.
4. People with SAD
 - a. almost always live in regions which are quite close to the equator.
 - b. tend to share almost identical symptoms of tiredness and irritability.
 - c. can be very argumentative and have poor, interrupted sleep patterns.
 - d. very rarely live in the arctic regions of the very far north.
5. The current treatment for SAD
 - a. involves constant light treatment for four to five days.
 - b. hasn't changed much in recent times.
 - c. makes sufferers' bodies think that it's summertime.
 - d. has more or less solved the problem.

Vocabulary

5 Wybierz poprawną odpowiedź (a–c).

1. The explorers went on a long, difficult _____ to discover lost tribes in the Amazon.
a excursion **b** expedition **c** tour
2. Emma has got so much _____ that she can spend hours in the gym without getting tired.
a stamina **b** self-reliance **c** discipline
3. Ron's _____ is really extreme: he gets very nervous among new people.
a modesty **b** shyness **c** arrogance

4. The disease started in the south and _____ all over the country.
a contaminated b preserved c spread
5. Jeff's colleagues had a lot of _____ for him because he was extremely professional.
a honesty b respect c offence
6. Last summer, my brother managed to make a small _____ from his car cleaning business. He made €3.00 per car, after he took out his costs.
a consumer b profit c retail
7. The woman _____ at the man stood across the road. She knew him from somewhere, but where?
a blinked b peered c stared
8. People decided to _____ the foreign goods and produce their own.
a struggle b boycott c threat

6 Przeciagnij słowa do odpowiednich zdań.

lifelike fragile out-of-date assertive reliable whopping chic challenging

- 1 Be careful with that box. It's full of very _____ glasses which will break easily.
- 2 The information on the website is useless and _____.
- 3 I've been using my computer for ages and it never breaks down. It's very _____.
- 4 Some people are not _____ enough to ask for help.
- 5 I bought a _____ little hat in a fashionable boutique.
- 6 My cousin spent a _____ €200 on clothes last weekend!
- 7 Daniel has a _____ job. It is both difficult and interesting.
- 8 People in his paintings are so _____ ! They look real.

7 Wpisz po jednym brakującym wyrazie w każdą lukę.

An average teenager spends from three to six hours communicating with friends on blogs and social networks every day. I'm not an exception! In fact, I think that the internet is a really important part of my life. You can ¹_____ and choose from forum websites, social networks or blogs to communicate with your friends, and there's also a chance to meet new people and hit it ²_____ with them. Sometimes, of course, there are people who pick ³_____ and criticize you, but also there are always good friends who stick ⁴_____ ⁵_____ you. They help and comfort you when you break ⁶_____ ⁷_____ tears. Personally, I don't use social networks very often. I just visit them to make sure all my friends are alive and ⁸_____. But I love blogging! Every week I try to get round ⁹_____ writing a post about my life. I also think that things like writing letters or sending postcards are dying ¹⁰_____. Last year, my mum created an account on Facebook. Of course, at first she felt thrown ¹¹_____ ¹²_____ the deep end, but then she relaxed after I explained how everything worked. Now, she has even more friends than I do!

8 Uzupełnij zdania odpowiednimi formami rzeczownikowymi utworzonymi od wyrazów w nawiasach.

- 1 Copeland's music shows a lot of _____ (original).
- 2 If you go on like this, you'll get in trouble for such bad _____ (behave).
- 3 You can only learn a language by constant practice and _____ (repeat) of the new words.
- 4 The _____ (major) of the people who came to see the exhibition were artists.
- 5 Composing music requires good _____ (know) of musical theory.
- 6 There was no _____ (necessary) to use a dictionary: the test was too easy.
- 7 Crying is a good way to release a strong _____ (emote).
- 8 Peter refused to tell me what had happened out of _____ (stubborn).

Grammar

9 Uzupełnij zdania poprawnymi formami czasowników w nawiasach.

- 1 _____ (I / practise) skiing all day! I'm exhausted and hungry.
- 2 'How often _____ (you / go) to the exhibitions this year?'
- 3 At this time tomorrow, _____ (I / work) in a charity shop.
- 4 _____ (Sally / buy) a wireless microphone last week.
- 5 Next week _____ (we / go) on holiday. We've already booked our hotel.
- 6 While _____ (we / travel), we made friends with a lot of new people.
- 7 Look! _____ (he / try) to steal the old lady's purse!
- 8 Dave remembered that _____ (he / forget) to switch off his computer.
- 9 So far this year, _____ (Kevin / win) two golden medals in sports competitions.
- 10 By 11.00 a.m. tomorrow, _____ (Daryl / come) back from the demonstration.

10 Wybierz odpowiednie formy (a–c).

- 1 If Jack goes on the march, he _____ about it in his blog.
a 'll write **b** would write **c** wrote
- 2 Eve _____ silver last week.
a her car painted **b** had painted her car **c** got her car painted
- 3 I _____ start learning Spanish next year, but I'm not sure if I'll have time.
a would **b** will **c** might
- 4 If I were you, I _____ for this job.
a will volunteer **b** would volunteer **c** volunteered
- 5 You _____ switch off your mobile during the exam. It's the rule.
a can **b** may **c** must
- 6 The kitten _____ after properly. He looks too thin and hungry.
a doesn't look **b** isn't being looked **c** isn't looking

11 Uzupełnij zdania brakującymi wyrazami.

- 1 When I was a young girl, I _____ to watch children's TV programmes all weekend.
- 2 I remember the time _____ Bob and I went to the theme park at midnight.
- 3 Ellen told Nick _____ stop laughing at her.
- 4 If you _____ followed the guide, you wouldn't have got lost.
- 5 Albert Einstein, _____ was a scientific genius, hated going to school.
- 6 Everybody did badly in the test. In fact, _____ of you passed!
- 7 If you hadn't reminded me, I would _____ completely forgotten about the meeting.
- 8 I _____ I could go swimming with you, but I haven't got time. Sorry!