

1st Part: Reading

Artist Peter Fuller talks about his hobby

There's a popular idea that artists are not supposed to be into sport, but mountain biking is a huge part of my life. It gets me out of my studio, and into the countryside. But more importantly, racing along as fast as you can leaves you no time to worry about anything that's going on in your life. You're too busy concentrating on not crashing. The only things you pay attention to are the pain in your legs and the rocks on the path in front of you.

I'm in my sixties now, but I started cycling when I was a kid. In the summer my friends and I would ride our bikes into the woods and see who was brave enough to go down steep hills, or do big jumps. The bikes we had then weren't built for that, and often broke, so I used to draw pictures of bikes with big thick tires that would be strong enough for what we were doing. They looked just like modern mountain bikes. However, it wasn't until many years later that someone actually invented one. By the 1980s, they were everywhere.

At that time I was into skateboarding. I did that for a decade until falling off on to hard surfaces started to hurt too much. Mountain biking seemed a fairly safe way to keep fit, so I took that up instead. I made a lot of friends, and got involved in racing, which gave me a reason to train hard. I wanted to find out just how fit and fast I could get, which turned out to be fairly quick. I even won a couple of local races.

In the end I stopped racing, mainly because I knew what it could mean to my career if I had a bad crash. But I still like to do a three-hour mountain bike ride every week. And if I'm out cycling in the hills and see a rider ahead, I have to beat them to the top. As I go past I imagine how surprised they would be if they knew how old I am.

1. Peter enjoys mountain biking because

- A it gives him the opportunity to enjoy the views.
- B he can use the time to plan his work.
- C he is able to stop thinking about his problems.
- D it helps him to concentrate better.

2 What does Peter say about cycling during his childhood?

- A He is sorry he didn't take more care of his bike.
- B His friends always had better quality bikes than he did.
- C His bike wasn't suitable for the activities he was doing.
- D He was more interested in designing bikes than riding them.

3 Peter says he returned to cycling after several years

- A because he had become unfit.
- B so that he could enter races.
- C in order to meet new people.
- D to replace an activity he had given up.

4 How does Peter feel about cycling now?

- A He is proud that he is still so fast.
- B He is keen to do less now that he is older.
- C He regrets the fact that he can no longer compete.
- D He wishes more people were involved in the sport.

5 What would be a good introduction to this article?

- A For Peter Fuller, nothing matters more than mountain biking, not even his career. Here, in his own words, he tells us why.
- B Artist Peter Fuller takes mountain biking pretty seriously. Here he describes how it all began and what he gets out of it.
- C In this article, Peter Fuller explains how he became an artist only as a result of his interest in mountain biking.
- D After discovering mountain biking late in life, Peter Fuller gave up art for a while to concentrate on getting as good as possible.

Part 2: Writing

- Choose the present simple or the present continuous/progressive. Watch out for stative verbs.

1. Julie _____ (read) in the garden.
2. What _____ (we / have) for dinner tonight?
3. She _____ (have) two daughters.
4. I _____ (stay) in Spain for two weeks this summer.
5. He often _____ (come) over for dinner.
6. The class _____ (begin) at nine every day.
7. What _____ (you / eat) at the moment?
8. What _____ (Susie / do) tomorrow?
9. I _____ (not / work) on Sundays.
10. She _____ (not / study) now, she _____ (watch) TV.
11. How often _____ (you / go) to restaurants?
12. I _____ (not / go) on holiday this summer.
13. I'm sorry, I _____ (not / understand).
14. She _____ (work) as a waitress for a month.
15. She _____ (take) a salsa dancing class every Tuesday.

- Choose the present perfect or past simple:

1. I _____ (never / go) to Vienna.
2. My great great grandfather _____ (have) five sisters
3. He _____ (live) in Manila for a year when he was a student.
4. Oh no! I _____ (lose) my wallet!
5. _____ (you / see) Julie today?
6. At the weekend, they _____ (play) football, then they _____ (go) to a restaurant.
7. I _____ (read) six books this week.

8. Amy _____ (live) in Portugal when she was young.
9. She _____ (visit) her grandmother last month.
10. The Vandals _____ (invade) Rome in the year 455.
11. She _____ (live) in seven different countries, so she knows a lot about different cultures.
12. I _____ (go) to the cinema last night.
13. Ow! I _____ (cut) my finger!
14. _____ (you / see) 'The King's Speech'?
15. John _____ (never / understand) the present perfect.

Part 3: Listening

- **Making a Decision**

Choose the best option to complete the sentence.

1. The objective of the meeting is to ...
- a. decide on the role of each team member.
 - b. agree when each phase of the project will happen.
 - c. improve team communication.
2. Emiko wants ...
- a. to be told what to do.
 - b. everyone to make a decision together.
 - c. to check the decision with the head office.
3. David ...
- a. prefers a structured approach.
 - b. is happy to take a flexible and agile approach.
 - c. agrees with the decision they make in the end.

4. Carolina doesn't say much at first because ...
- a. she doesn't have a specific opinion on the topic.
 - b. she is worrying about something else.
 - c. she is considering people's suggestions.

5. The decision they take is based on ...
- a. a vote.
 - b. a recommendation from Jani's boss.
 - c. a majority decision to follow the team leader.

6. David suggests they should ...
- a. allow some extra time later in the project.
 - b. get help from another team.
 - c. use an online project management tool.

- **An introduction to a lecture**

Listen to the introduction of a psychology lecture to practice and improve your listening skills

Write a number (1–6) to put the topics in the order they are mentioned.

- _____ What makes a happy life?
- _____ Csikszentmihalyi and his work
- _____ An outline of the rest of the lecture
- _____ The difference between psychology and positive psychology
- _____ Examples of flow
- _____ One definition of a happy life

Write True (T) or False (F) in the following statements

- ____ Positive psychology focuses on people's problems.
- ____ The teacher asks the students to define a happy life.
- ____ Mihaly Csikszentmihalyi believes that external events are the main things that make us happy or sad.

_____ Csikszentmihalyi believes that a happy life means being very focused on what you do.

_____ Csikszentmihalyi studied depression, and from there learned about happiness.

_____ Flow means being completely absorbed in what you are doing.

_____ Csikszentmihalyi was influenced by watching creative people.

_____ The rest of the lecture will look at what other psychologists think of this theory