beginning (0).

Write your answers IN CAPITAL LETTERS on the separate answer sheet.

Example:

0 TECHNIQUES

Laughter therapy

A laughter therapist is paid to conduct talks, workshops and one-to-one sessions using (0) ..... that get people to laugh. It is thought that laughing may (17) ..... the body's immune system, stimulate blood (18) ....., produce endorphins (hormones that reduce pain and increase (19) .....) and reduce stress. One laughter therapist, Enda Junkins, says, 'Laughter is the human gift for coping and survival.' As a practising psychotherapist, Enda (20) ..... people to use laughter to heal (21) ..... problems. Other laughter leaders operate more relaxed laughter clubs.

Laughter therapists may encounter tears as well as laughter, but most feel (22) ..... rewarded by teaching people to tackle their problems with laughter. 'It's terrific,' says laughter leader James L Scott. 'You can't think about anything else when you're laughing, which is why it's such a natural stress (23) ..... tool that totally clears stress.' Plus, it doesn't need any special (24) .....

TECHNICAL
STRONG
CIRCULATE
HAPPY
COURAGE
PSYCHOLOGY
GREAT
MANAGE
EQUIP

Example:

0 A possibility B chance C moment D occasion

0	A	B	C	D
	☐	■	☐	☐

Setting sail

Many young people dream about sailing on oceans around the world, but few actually get the (0) ..... to do it. Last year, the call went out for young people (1) ..... in joining the crew of the Gypsy Moth IV (GMIV).

Amie Mayers had (2) ..... about the GMIV project at school and was doing work experience at the United Kingdom Sailing Academy (UKSA) when the call for crew went out. She had enjoyed her week of work experience and was (3) ..... about the prospect of doing something she'd never done before, (4) ..... she applied to join the crew, and was accepted. Before setting sail, Amie had to make sure she was (5) ..... prepared for her time at sea. Her training included sea survival, health and safety, and (6) ..... the ins and outs of sailing a yacht.

Amie says her experience at sea changed her life, and it seems it has because (7) ..... after her voyage, she was (8) ..... a scholarship by the UKSA. She is now training to become a professional water sports instructor.

1	A willing	B attracted	C eager	D interested
2	A gathered	B heard	C grasped	D found
3	A keen	B fond	C excited	D fascinated
4	A that	B as	C so	D then
5	A properly	B accurately	C rightly	D precisely
6	A in fact	B with regard to	C surely	D of course
7	A recently	B soon	C quickly	D little
8	A rewarded	B assigned	C awarded	D donated