

Name: _____

Teacher's name: _____



First Certificate I - Final Exam

A) LISTENING COMPREHENSION

You will hear five different people talking about their favourite teacher. For questions 19-23, choose from the list (A-F) what each speaker says. Use the letters only once. There is one extra letter which you do not need to use.

- A My favourite teacher trained me in skills which are useful in my present job.
- B My favourite teacher prevented me from making a mistake.
- C My favourite teacher encouraged me to create something original.
- D My favourite teacher believed lessons should be amusing.
- E My favourite teacher allowed me to break a school rule.
- F My favourite teacher wouldn't let me miss any classes.

Speaker 1 **19**

Speaker 2 **20**

Speaker 3 **21**

Speaker 4 **22**

Speaker 5 **23**

/10

B) OPEN CLOZE

For questions 1-8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Example: (0) NO

Running a marathon

So you want to run a marathon? There is (0) doubt that running 42 kilometres is a great achievement. Many training plans involve running four times a week for at (1) three months, and sometimes longer. Experts strongly recommend that you should (2) used to running long distances gradually. If you don't, it can increase the chances (3) picking up an injury. It (4) generally thought that runners should initially go on fairly relaxed training runs. The pace should be gentle enough to allow you (5) have a conversation with someone running alongside you.

Don't make the mistake of eating too little before the race, or you will rapidly run (6) of energy. But (7) should you eat a large meal. It goes without saying that choosing the right footwear is also essential. (8) you do, avoid clothes made (9) cotton and go for artificial materials, or even some types of wool such as merino. Choose clothing that will (10) comfortable.

/10

C) VOCABULARY**Use the words from the box in the correct form to complete the sentences**

brainwave	drawback	mugging	brainchild	arson
smuggling	breakthrough	burglary	setback	kidnapping

- Patrick was the victim of a violent _____ as he was walking across the park. The thieves took his wallet and phone!
- Republicans suffered a serious _____ in yesterday's election, losing all three contested seats.
- Scientists are hoping for a _____ in the search for a cure for covid - 19.
- A cinema was burned out in north London last night. Police suspect _____.
- Inventions can come from laboratories, universities, garages or even from the random _____ of a gifted person.
- The statue in the centre of the park is the _____ of a local landscape artist.
- There were 10 _____ in the area last month. If the police do not do anything to prevent crime, more houses will be broken into.
- One of the _____ of living with someone is having to share a bathroom.
- An air hostess was arrested and charged with drug _____.
- The wife of a businessman was rescued by the police after she was taken from her home by force in London last night. Two youngsters have been arrested and charged with _____.

/10

D) KEY WORD TRANSFORMATION

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do NOT change the word given. You must use between two and five words, including the word given.

- It's really important that you pay the bill today. **REMEMBER**
You must _____ the bill today.
- Julia cut down on eating fried food but she still could not lose weight. **TRIED**
Julia _____ less fried food but she still could not lose weight.
- I didn't want to say that. I'm really sorry. **REGRET**.
I _____ that. I'm really sorry.
- I didn't want to upset you. **MEAN**.
I didn't _____ you.

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5. I can't wait to go back to school. **FORWARD**
I look _____ back to school.
6. Do you think you could answer the phone? **MIND**
Would you _____ the phone?
7. I believe scientists will succeed in finding a cure for covid-19. **MANAGE**
I believe scientists will _____ a cure for covid-19.
8. "Lionel, you've eaten the lamb chops," said his flatmate. **ACCUSED**
Lionel's flatmate _____ the lamb chops.
9. I'll always remember the time when I won the competition. **FORGET**
I'll never _____ the competition.
10. He was driving and he stopped because he had to answer the phone. **STOPPED**
He was driving and he _____ the phone.

_____ /20

E) Read the sentences below and replace the words in bold and *italics* with a phrase with "to" or "get"

1. The police worked 24-7 **to capture** the criminals.
The police worked 24-7 to get the criminals.
2. You need to **start work** if you want to finish the assignment on time.
You need to _____ if you want to finish the assignment on time.
3. **What annoys me** is that people do not wear face masks in the street.
_____ is that people do not wear face masks in the street.
4. The bank robbers **escaped** in a white van.
The bank robbers _____ in a white van.
5. I would like to talk to her **in person**.
I would like to talk to her _____
6. **Frankly**, I think you need to follow your teacher's advice.
_____, I think you need to follow your teacher's advice.

_____ /10

F) WORDBUILDING.**Use the word given in capitals to form a word that fits in the gap.**

1. It is said that exams test short-term memory and _____, which is forgotten immediately after the exam. **KNOW**
2. Your essay was _____ but, with a little more research, it could have been much better. **SATISFY**
3. Mr. Smith is the person _____ for timetabling classes. **RESPOND**
4. We learnt all the words with _____. **DIFFICULT**
5. Those hackers used their computers to access information _____. **LEGAL**

/5

G) READING COMPREHENSION**You are going to read a magazine article about four athletes. For questions 1-15, choose from the athletes (A-D). The athletes may be chosen more than once.****Top Form**

Athletes who compete at the highest level in their sport have to work hard to achieve the ideal physical condition.

A**Jessie, 31, is a 100m hurdler**

"People are always commenting on my arms. I think I'm lucky genetically because I had good muscle tone ever before I started training. I've actually been earning some extra money recently by posing for some photographers who appreciate the beauty of the strong, fit bodies athletes possess. Obviously, I have to watch what I eat carefully, and as desserts and chocolate are a weakness of mine, it can be a problem! I tore the ligaments in my knee three years ago and since then I've been in constant pain, and have had it operated on four times. But I'm running well at the moment. I train about three to four hours a day, six days a week. I have friends who say they wish they looked like me, but it's hard work to maintain my body in peak condition."

C**Sophie, 21, is a backstroke swimmer**

"Three years ago, I took three months out because I knew I had to do it if I was to carry on. I now know that every time I get in the water, it's because I really want to be there. In my time out, I occasionally treated myself to chocolate, which is normally forbidden. I didn't train either, so it was hard when I started swimming again. My body is a tool for me and I don't see it in the way other women view theirs. I was approached by a major chain store once about modelling swimwear, but I wasn't keen on the idea. I train seven days a week, which is tiring, but missing a session is never an option. I swim for two hours in the morning, then spend two hours in the gym before going back to the pool. Now that I have the advantage of financial sponsorship, I can train full-time and no longer have to get up at 4.45 am to swim before going to the office."

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B

Natasha, 16, is a gymnast.

My mother got me into gymnastics because I was an over-active child – I was always getting into trouble for standing on my head and leaping around. At the moment, I train up to six hours a day and Sunday is my only day off. I don't worry about my weight or what I eat as my parents do that for me – they think I don't know when to stop. But I do have to keep off peanuts! Anyway, it's more about muscle tone than weight. I don't envy models their bodies because they're a different shape. We're not skinny, we're toned and muscled. Most of us retire at 19 or 20 because you invariably get bigger then. Three years ago, I had a hip injury which put me out of the sport for 18 months and I had to be really committed to get through it. There are days when you're so worn out that you think "I can't do it today," but you must try to work through the exhaustion.'

D

Karen, 28, is a modern pentathlete

"I'm very competitive and I can push myself too far in training. I'm never tempted to miss it, except when I feel ill. A typical day's training is: shooting from 8 am to 9.30 am; running from 10 am to 11 am; swimming from 11 am to midday; riding from 1 pm to 3 pm; and the 45 minutes fencing. I snack on bananas to keep up my energy levels, but it's impossible to fit in time to eat and digest anything substantial until the end of the day's work-out. I limit my coffee-drinking because it's bad for me, but I can eat anything really, as long as it's in moderation. I only eat around 2,500 calories a day, which isn't much more than the average woman needs. I was studying to be a vet when I started competing in pentathlons. I was training every day and fitting it in round my coursework, which was exhausting, so eventually one of them had to go. I'm more focused now."

Which athlete...

...started doing her sport as a way of using up energy?

	1
--	----------

...thinks she sometimes demands too much of herself?

	2
--	----------

...has worked as a model?

	3
--	----------

...sometimes feels too tired to go on?

	4
--	----------

...took a break from her sport to improve her motivation?

	5
--	----------

...used to have to combine training for her sport with a job?

	6
--	----------

...hasn't completely recovered from an old injury?

	7
--	----------

...feels people's envy is misplaced?

	8
--	----------

...doesn't avoid any particular type of food?

	9
--	----------

...knows the time when she can continue in her sport is limited?

10

...wouldn't consider having a day in the week free of training?

11

...goes straight from the running track to the pool when she is training?

12

...says she has a different attitude to her body from non-athletes?

13

...feels that she was born with certain advantages?

14

...gave up something time-consuming to concentrate on her sport?

15

/15

/80