

COMPLETE PET Reading Part 1-6

READING PART 1

Boat trip

Due to bad weather, this has been put off until the same time tomorrow morning. Lunch will still be provided.

The notice for the boat trip is telling customers ...

- A the refreshments have changed.
- B the time has changed.
- C the day has changed.

Hi Dan

I had loads of fun today! My friends and I went sailing before playing tennis. Then we had a barbecue on the beach and ate the fresh fish we'd caught. See you soon, Vicki



- A After playing tennis, Vicki went on a boat trip.
- B Vicki ate dinner on the beach before going sailing.
- C During her boat trip, Vicki went fishing.

From: Dave

To: Rob

Subject: Snowboard

Can I still borrow your snowboard for the trip? Pete says he can lend me his but I think yours is better. Let me know.

- A Pete's snowboard is not as good as Rob's.
- B Dave would rather borrow Pete's snowboard.
- C Rob would prefer to lend his snowboard to Pete.

Pool Rules

Please shower before entering

Diving is only permitted in the deep end

No food or drink in the pool area

- A Eating and drinking is not allowed next to the pool.
- B After swimming, please use the showers provided.
- C Diving is forbidden in all parts of the pool.

Jane,

Please check I'm up before you leave for work. I don't want to miss the bus for the trip and I'll need to make some sandwiches.

Claire

Claire is asking Jane to ...

- A Make her some sandwiches for her trip.
- B Make sure she is awake by a certain time.
- C Drive her to the bus stop.

READING PART 2

Read the guide. Decide which event would be the most suitable for the people (2–5).

1



Tom and Ian have a free afternoon but neither of them like crowds. They're interested in theatre and exhibitions, but they don't have much money.

2



Alice wants to take her 14-year-old cousin to see something brand new and have a meal afterwards nearby. They will go by public transport but they don't want to walk too far.

3



Jack is keen on cartoons. As he'll be alone, he would like to go somewhere where he can get to know people with similar interests and also add to his collection of old books and magazines.

4



Two friends, Patricia and Steph, would love to see a live performance in a foreign language. Whenever they go out together, they always buy something to eat during the interval.

5



Simone has offered to take her mum to see a show with music for her birthday. They would like to see an enjoyable story but her mum isn't fond of rock or pop.

A Beautiful Sunset ★★★

This rock band returns once again to play songs from their latest album. Expect an amazing performance from these musicians who have sold over 80 million records. Tickets are on sale for €60, the price includes a free souvenir T-shirt. Enjoy a meal in our restaurant after the show. Public transport nearby.

The Sports Palace

C Captain Rob's Adventures in 4DX

Not cheap, but this animated version of a well-known film is an experience you definitely can't get at home. The picture and sound quality is fantastic, and the 4D effects are amazing. Feel the wind and the waves, as you sail with Captain Rob. Choice of restaurants nearby. Public transport within easy walking distance.

Filmworld 4DX

B Our lives, their lives

Now in its second year, this display explores the changing lives of people from around the world through photographs and cartoons, music and interviews. Some of the interviews are with grandparents who compare their lives with those of their children and grandchildren. Free entry to this popular museum which is rarely busy after 3pm. Don't miss the excellent gift shop.

Jameson Museum

F In Paris ★★

Paris during the French Revolution and Marco Morelli has fallen in love with a rich young woman. However, one of the family's servants is also in love with her. This is a new version of the Italian opera with amazing singing and real classical music! Audiences of all ages will be entertained. Food and drink not permitted in the theatre.

Elizabeth Theatre

D The Music Teacher

Based on a film, this musical is now showing on stage. An out-of-work guitarist tells some lies and gets a job as a teacher. He persuades some of his students to create a rock group so that they can take part in the Battle of the Bands competition. Afternoon and evening performances from €50. Refreshments available.

Queens Theatre



G Big Sight

Held over three days, this comic market celebrates Japanese animation. In this huge conference centre, fans can meet other fans, buy rare comics, dress up as their favourite characters and take selfies. No admission fee, reasonably priced food but expect long queues!

The Conference Centre

E Rubbish ★

The Opera House has been turned into a big tent for *Rubbish*. Set on the streets in the 1940s, young artists do gymnastics, dance and theatre using rubbish like wheels, furniture and boxes. First performances this week! Under-15s must be accompanied by an adult but ask about family discounts at our restaurant. A two-minute walk from the underground.

Opera House

H Traditional Future

For less than €8, watch Anuang'a Fernando from Kenya as he uses traditional words from his country, modern music and movement to perform this work of art. Anuang'a Fernando has already performed this show in Paris and Italy. Book soon – the theatre only holds 200 people. Snacks will be available. Close to public transport.

Drake Hall

READING PART 3

For each question, choose the correct answer.

EXERCISE AT WORK

How many hours a day do you spend sitting down? According to research from AXA PPP Healthcare, nearly three-quarters of workers spend 4 to 8 hours sitting during office hours. In addition, 27% sit for 30–60 minutes travelling to and from work, and 81% spend between 2 and 6 hours of their leisure time sitting down. Worryingly, 73% have had health problems such as back, neck and shoulder pain, which may all be caused by long periods without moving.

Evie Scott experienced just that after she had changed job. 'I used to work in a department store, where I was on my feet talking to customers all day,' she says, 'but I needed a higher salary so I got an office job instead. That meant many hours sitting at a desk and I soon found I had less energy and also various aches and pains. Although the challenge of the new job was quite exciting and I quickly made friends there, for a while I wondered whether I'd made a big mistake.'

So Evie, who travels into town by rail every day, decided to do something about her fitness level. She explains: 'I didn't want to move house and it took far too long by bike, but what's really helped is getting off several stations before the city centre and then walking. I'm also thinking of going to the gym opposite work, and I might also take up squash after work, too. Some of my workmates say it's made them much fitter.'

She's made some small changes at work, too. 'I avoid sitting still for too long, for instance by making phone calls standing up, walking over to colleagues' desks rather than emailing them and simply standing up every ten minutes. I've even moved things like my printer so that I have to get up to use it. I get some funny looks but I really don't care. Actually, it helps if others are involved because then you can have short meetings standing up, or walking around the office. Over a working day all this adds up to a fair amount of extra exercise, which I'm convinced helps me work more efficiently – and happily.'

- 1** What is the writer doing in the first paragraph?
 - A** advising people what to do if they have back pain
 - B** warning people against taking office jobs
 - C** suggesting ways office workers can get more exercise
 - D** explaining why most people are spending more time sitting down
- 2** At first, how did Evie feel about working in the office?
 - A** She found her job rather boring.
 - B** She missed chatting with other shop assistants.
 - C** She felt she wasn't paid enough there.
 - D** She began to feel less healthy.
- 3** Evie believes that she feels better as a result of
 - A** doing sports with colleagues.
 - B** training in a gym near her office.
 - C** doing shorter train journeys.
 - D** cycling to and from work.
- 4** What does Evie say about getting exercise in the office?
 - A** Don't listen to any colleagues who start laughing at you.
 - B** You may find that it reduces the amount of work you can do.
 - C** Doing a lot of little things can make a big difference.
 - D** It's best for each person to exercise on their own.
- 5** Which message might Evie send to a friend?
 - A** 'I'd like to do more exercise at work but I worry about what my colleagues might think.'
 - B** 'I'm enjoying this job a lot more now that I'm keeping myself more active during the day.'
 - C** 'I really regret leaving my job at the store and one day I would like to go back there.'
 - D** 'I would rather live near the office so that I could spend less time travelling to and from work.'

READING PART 4

You are going to read an article about dealing with stress. Five sentences have been removed from the text. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

- A** One I particularly like has a 'quick tips' section for stressful situations.
- B** It was so funny that I felt more cheerful straight away.
- C** That made me realise I couldn't go on feeling so stressed.
- D** I knew I had to finish that first.
- E** It recommended that everyone should laugh more often every day.
- F** So I took up dancing instead.
- G** People who do so often seem to be miserable.
- H** If it's longer, I find it hard to concentrate on my original task.

How I dealt with stress

1 For months I'd been unable to relax and I felt awful. I worried about things, I wasn't sleeping well and I couldn't concentrate on my work in the office. Then my best friend told me that everyone thought I was always in a bad mood. (1)

2 I began by making some simple changes to my routine. Each morning when I woke up I thought about things I was looking forward to so that I started the day in a more positive mood. I kept doing that until it became a habit. I also knew I should do more exercise but to tell the truth I don't enjoy doing sports. (2) That really helped me to relax, particularly when I learnt to concentrate on enjoying the experience rather than let negative thoughts go through my mind.

3 I changed the way I worked, too. I used to answer every email as soon as it came in, but this meant that I kept stopping and starting work, and I could only make slow progress which made me feel really stressed. Nowadays, I leave most messages until later in the day and reply to any urgent ones only when I take a break. I do this every 40 minutes or so, usually for no more than ten minutes. (3)

4 I've also discovered some great anti-stress apps such as Headspace, Pacifica and Calm. Apps like these have breathing exercises, relaxing sounds such as the ocean, rain or streams, and suggestions for making changes in your daily life to help you relax. (4) Some of these apps are free.

5 Last month I read an article which said people with a good sense of humour are usually happier and more relaxed. (5) Having fun with friends or watching your favourite comedy series are easy ways to achieve this. And when you aren't stressed, it can make it much easier to do your job!

READING PART 5

Remember to write the word. Choose the correct word for each space

Most people live in flats or houses, but right now biologist Emilia Ruiz is waking up somewhere in the Pacific Ocean, because her home is a 20-metre boat. She has (1) the last two years sailing with her colleagues Ryan and Charlie, who are also scientists.

Emilia's work (2) of studying large sea creatures such as whales and dolphins as they cross the oceans, so she often travels very long distances and has (3) friends all over the world. She is doing a Master's degree online and her studies are going well.

Her way of life, though, is sometimes uncomfortable. Space on board her boat is limited and bad (4) that lasts days is common, (5) in winter. Storms at sea can be frightening, although modern boat equipment usually helps sailors (6) them and Emilia nearly always feels safe. She contacts friends by social media and whenever they get together they have great fun in the places they visit.

- 1 **A** passed **B** used **C** taken **D** spent
- 2 **A** includes **B** consists **C** requires **D** involves
- 3 **A** added **B** formed **C** caught **D** made
- 4 **A** temperature **B** forecast **C** weather **D** climate
- 5 **A** particularly **B** extremely **C** completely **D** absolutely
- 6 **A** prevent **B** control **C** avoid **D** remove

READING PART 6

Fill the gaps with the correct word

INFLUENCER #3

Are all influencers just interested in being famous and making money? Perhaps not in the case of Emma Watson. Emma (1) born in Paris but brought up in England. She took up acting at an early age and starred in her first Harry Potter film (2) she was just eleven years old. By the time she was 19, she was earning more money (3) any other Hollywood actress.

Around that time, Emma went to university to do an English degree. She also became well known (4) a speaker on how men and women should be given the same opportunities. She travelled to places like Bangladesh and Zambia (5) support education for girls. Thousands of Emma Watson's fans follow her on social media, but she uses her accounts to discuss issues such as women in society and the effect of fashion (6) the environment.