Part 1

For questions 1–8, read the text below and decide which answer (**A**, **B**, **C** or **D**) best fits each gap. There is an example at the beginning (**0**).

In the exam, mark your answers **on the separate answer sheet.**

Example:

0 **A** meet **B** link **C** join **D** unite

0	A	B	C	D

What is a coincidence?

A coincidence is a surprising thing that happen to us. For example, two friends go shopping alone on the same day. When they **(0)** ..... up afterwards, they discover that they've each bought an identical T-shirt. Many people **(1)** ..... coincidences as significant or mysterious. But the simple **(2)** ..... could be that friends tend to have similar taste in clothes.

In reality, life is **(3)** ..... of coincidences, but normally we don't notice them. For example, in almost fifty percent of all football matches, two players share the same birthday. This seems surprising, **(4)** ..... that there are 365 possible birthdays in the year. But most of these matches will be played without anybody being **(5)** ..... that the coincidence exists. **(6)** ..... your birthday is today or tomorrow, you don't generally go around telling people when it is. What's more, without realising it, you probably **(7)** ..... into contact with lots of people born on the same day as you. But when a coincidence is **(8)** ..... to your attention, it still seems amazing.

1	**A**	regard	**B**	think	**C**	consider	**D** believe
2	**A**	explanation	**B**	definition	**C**	motivation	**D** resolution
3	**A**	heavy	**B**	rich	**C**	full	**D** crowded
4	**A**	given	**B**	except	**C**	even	**D** instead
5	**A**	noticed	**B**	known	**C**	aware	**D** intelligent
6	**A**	Therefore	**B**	Whereas	**C**	Meanwhile	**D** Unless
7	**A**	make	**B**	come	**C**	have	**D** go
8	**A**	taken	**B**	carried	**C**	brought	**D** shown

LIVEWORKSHEETS

Part 2

For questions **9–16**, 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**).

In the exam, write your answers **IN CAPITAL LETTERS on the separate answer sheet**.

Example: 0 | T | H | E | M | S | E | L | V | E | S | | | | | | | | |

The Recyclists

What do you do to help fight climate change? Two teenage boys from Scotland have just won an award for their efforts. Niall Watson and Roarke Hughes call **(0)** ..... the Recyclists. They pedal **(9)** ..... their neighbourhood on their bikes collecting rubbish to be recycled. In the area **(10)** ..... the boys live, the local council only collects a few types of refuse to be recycled, so the boys help their community to recycle more, in **(11)** ..... for a small fee.

Their business venture started three years **(12)** ..... as a way of making some extra pocket money. Now Niall and Roarke have expanded their business. They have invested **(13)** ..... some chickens and now also sell their own organic eggs **(14)** ..... they cycle round the town.

The judges of the 'Ethical Kids Award', **(15)** ..... the boys won, were very impressed by them, saying: 'The Recyclists captured our imaginations straightaway. Their idea was innovative and green at the **(16)** ..... time.'

LIVEWORKSHEETS

Part 3

For questions **17–24**, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line.** There is an example at the beginning (**0**).

In the exam, write your answers **IN CAPITAL LETTERS on the separate answer sheet.**

Example: 0 TWENTIETH

Travel posters

Travel posters were an important form of advertising in the first part of the **(0)** ..... century. The classic travel poster was designed to make people believe that they could **(17)** ..... a more luxurious lifestyle. They aimed to tempt people away from their ordinary working lives by presenting them with images of **(18)** ..... and glamour. — **TWENTY** — **JOY** — **RELAX**

As travel became less **(19)** ..... , posters were produced to advertise railways, cruise liners, motoring and airlines, as well as individual tourist destinations. The golden age of posters, however, was the period from 1910–1950, before television made other ways of advertising more **(20)** ..... . — **SPEND** — **EFFECT**

The value of a poster is often linked to the **(21)** ..... who created the original. Some of the leading poster designers, influenced by **(22)** ..... such as cubism and surrealism, created their own style and use of colours, which is **(23)** ..... recognisable. Posters designed by these people are often the most striking and can command **(24)** ..... high prices. — **ART** — **MOVE** — **INSTANT** — **SURPRISE**

LIVEWORKSHEETS

Part 4

For questions **25–30**, 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. Here is an example (**0**).

Example:

0 What type of music do you like best?

FAVOURITE

What ..... type of music?

The gap can be filled by the words 'is your favourite', so you write:

Example: | 0 | IS YOUR FAVOURITE |

In the exam, write **only** the missing words **IN CAPITAL LETTERS on the separate answer sheet.**

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25 Is it all right if I turn the television off?

MIND

Would ..... the television off?

26 We're not going to have our car washed because it costs too much.

AFFORD

We ..... have our car washed.

27 Grace knows a lot about Web design, even though she has never studied it.

HAVING

Despite ..... , Grace knows a lot about Web design.

28 Damon looked so funny in his brother's tracksuit that we had to laugh.

HELP

We ..... at Damon because he looked so funny in his brother's tracksuit.

29 An electric fence kept visitors away from the animals.

PREVENTED

An electric fence ..... close to the animals.

30 Graham likes to spend time alone just before a race.

BY

Graham likes to spend time ..... just before a race.

LIVEWORKSHEETS

Part 5

You are going to read an extract from a novel. For questions **31–36**, choose the answer (**A**, **B**, **C** or **D**) which you think fits best according to the text.

In the exam, mark your answers **on the separate answer sheet.**

'This came today, Jo. I forgot to tell you', Dad said, an opened brown envelope in his hand. He took out a letter, saying as he handed it to me, 'The big house at the back of ours has been bought by a property developer. The letter's from the City Council, asking if we object. They've applied for permission to pull down the house and put up an apartment block instead, plus eight three-storey houses on the garden.' This came as such a shock that I didn't say anything about it at all at first.

Dad had been right when he'd said that whoever bought the big house would probably really be buying the garden. What neither of us had realised, though, was that it wouldn't be the garden itself they'd be after. I couldn't imagine it with a big block of flats and houses standing on it, the earth covered over and suffocated; my greatest fear was that there would be nowhere for the butterflies and bees to come any more. Some might move into our little gardens, but there wouldn't be much room.

That night I had a dream about bulldozers and I woke up in the morning with a terrible jump. I supposed that everyone else in our street would have had the same letter as us. I wondered why they weren't all out there, talking over their garden walls – painting banners, tying themselves
ne 16 to trees – protesting. Come to think of it, why wasn't I? Before I had time to feel guilty about that, though, the scramble to get to school began and I stopped thinking about it for a while.

I often go into Dad's study after school. He always pretends he wants to be left till about six, but he's on his own all day and I think he must need a bit of company by four-ish, to see him through. That day he was trying to finish designing a book called *Home Maintenance*. He'd scanned a lot of pictures and diagrams into the computer and he was busy numbering them, muttering that the text was too long as always.

'Everyone will have had that letter we had, won't they?' I said, leaning against his work table to watch him. Dad said they would. I noticed he was wearing his chewed-up grey sweater, the one he puts on when he's expecting a job to be challenging. 'Well, will they do anything?'

'Like what?' He wasn't paying attention. He was sliding a diagram about on the screen, and trying to fit some text in beside it. It wasn't going to be easy.

'Well, will they do something to stop it happening?'

'Shouldn't think so,' he said. 'It's not going to be stopped by anything we say.'

I felt sure he was missing the point. Even though he was making a big thing about looking at me and not looking at his screen, I knew what his mind was really on. 'The developers have asked for permission,' I said, in the same annoyingly patient voice he'd been using. 'If you ask for *permission* that means someone could refuse. The Council must be able to.'

'They could,' said Dad, speaking even more 'patiently'. 'Our not wanting it isn't a good enough reason, Jo. We've got our own houses and gardens, nobody's taking those away.'

'We could try,' I said, but Dad shook his head.

LIVEWORKSHEETS

31 From the first paragraph, we learn that the letter Jo's father gave her

A informed the family of a decision already made.
B contained news that the family had been expecting.
C was replying to a question that the family had asked.
D was giving the family the chance to give their opinion.

32 What concerns Jo most about the proposed housing development?

A how it would change her family's garden
B how the building work would be carried out
C the effect it would have on the local wildlife
D the type of buildings that would be constructed

33 The word 'that' in line 16 refers to Jo's

A attitude towards her neighbours.
B failure to protest against the plans.
C dream about the proposed buildings.
D lateness in getting reading for school.

34 In the fourth paragraph, we discover that Jo's father usually

A spends most of his day working alone.
B works for a company that makes computers.
C gets home from work at a regular time each day.
D welcomes interruptions during his working day.

35 Jo realised that her father was having a difficult day because of

A the look on his face.
B the way he was sitting.
C the way he was dressed.
D the fact he stopped to talk to her.

36 How does Jo's father feel about the proposed building development?

A resigned to its going ahead
B angry not to be able to prevent it
C sure that they'd soon get used to it
D worried about the council's attitude towards it

LIVEWORKSHEETS

Part 6

You are going to read an article about white-water kayaking. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (**37–42**). There is one extra sentence which you do not need to use.

In the exam, mark your answers **on the separate answer sheet**.

Paddle power

Before tackling white-water rapids in a kayak, you need to get your basic skills sorted

'I guarantee you'll be getting wet today,' says my kayaking coach, Sarah Lind. I've come to the Bala Watersports Centre in North Wales for a crash course in white-water kayaking. If anyone knows what they're talking about, it's thirty-five-year-old Sarah. Having started her kayaking career at the age of eleven, she went on to win a gold medal for Great Britain. For years I've dreamed of paddling white water and this is my big opportunity.

The sleepy Welsh town of Bala is the white-water capital of Britain. Local residents include Matt Cook, who once came fourth in the freestyle world championships, and former European freestyle champion Lynsey Evans. **37** These create a natural playground for paddlers. One of the toughest sections of white water lies on the Tryweryn river, which cuts straight through Bala. Graded four out of six (six being impassable), it is a swirling mass of furious white water, interspersed by slippery rocks. Used for the world championships, it's where the world's best paddlers pit their wits and strength against nature. And later on today, it will be the venue for my first white-water voyage.

Before allowing us near any white water, Sarah insists that we head out onto the calm waters of Bala Lake to learn a few basic skills. **38** As I paddle my first few strokes, it causes my boat to bob about alarmingly. I'm having trouble simply going in a straight line.

The most important thing you need to master before going out into white water is the 'low brace turn', which breaks down into three main elements. The first is the 'sweep stroke'. **39** While doing this you need to 'edge' – or cause the kayak to tip slightly towards the side that you wish to turn. This is achieved by straightening the leg that corresponds to the direction in which you wish to turn, while bending your other leg and bracing it against the top of the boat.

Finally, you need to put your paddle into the 'brace' position: bar held against your stomach, arms parallel with your shoulders. The idea is that if at this point you find yourself tipping over too far, you can use your paddle to prevent the kayak turning over. **40** I flounder around in the freezing cold lake like an ant stuck in a puddle, and my breath is snatched away.

After we eventually master the basics, it's time to tackle some world championship level white water, on the Tryweryn. **41** I can hardly hear myself think. The first section of the course involves crossing a segment of high-speed water punctuated by slippery stone slabs. This is where the 'edging' technique I learned earlier comes into play.

The next section involves traversing an even angrier patch of white water. All I remember is paddling frantically through a narrow corridor of rocks, as the water splashes up in my face and my boat bounces its way through the swirling torrent. **42** Eventually, things slow down slightly and I'm able to take stock. This is it. I'm off and running: racing down the river at ridiculous speed. Awesome!

LIVEWORKSHEETS

A A stiff breeze is blowing across this massive open space.

B Basically, you use the paddle to turn the boat sharply in the opposite direction.

C Despite my understandable trepidation, Sarah is confident that she can get me to complete it in one piece.

D Despite my best efforts, however, I end up in the water almost immediately.

E Only a shout of 'Right paddle!' from Sarah saves me from going over again.

F Standing on the bank, psyching myself up, the sound of the raging water crashing over rocks is deafening.

G They're attracted here by the huge number of rivers that cascade down from the surrounding mountains.

LIVEWORKSHEETS

Part 7

You are going to read an article about a man who holds a number of world records. For questions **43–52**, choose from the sections **A–D**. The sections may be chosen more than once.

In the exam, mark your answers **on the separate answer sheet.**

In which section do we read about ...

activities that help Ian prepare for a trip? **43** ☐

Ian having problems finding his way on a trip? **44** ☐

the achievement that gives Ian the most satisfaction? **45** ☐

Ian needing to stay awake because of an unexpected danger? **46** ☐

Ian's desire to do something that few other people had managed before? **47** ☐

Ian feeling that a lot must be achieved in a lifetime? **48** ☐

an example of Ian not being successful at the first attempt? **49** ☐

a specific activity designed for people less experienced than Ian? **50** ☐

Ian seeing something that inspired him to go on further trips? **51** ☐

a delay that didn't prevent Ian achieving something? **52** ☐

LIVEWORKSHEETS

For the record

Ian Couch holds a number of records for adventurous trips.

A Ian Couch and his travelling companion Ben had prepared themselves thoroughly for the physical and mental demands of the 600 kilometre crossing of the Greenland ice-cap. But two days into the trek, snow was blowing so forcefully there was no distinguishing sky from ground and the temperature had hit -40°C. All they could do was blindly follow their compass and hope they were heading in the right direction. Fortunately, conditions did improve but improved visibility only revealed another potential danger: two male polar bears were following their party. After more than fourteen hours of exhausting skiing and running, they had to set up camp. Despite being exhausted, they decided to take it in turns to sit on guard for hourly watches. The next day local hunters were sent to chase off the bears and, although Ian and Ben had lost vital hours, they still completed the journey in fifteen days – the fastest-ever British crossing. It's just one of eight records that Ian holds.

B Ian became hooked on endurance events after a record-breaking row across the Atlantic Ocean, and he's drawn to tackling super-human challenges. 'Partly it's about finding out what I'm capable of,' says the forty-year-old, who was also part of the first crew to row the entire Indian Ocean unassisted, 'and partly it's knowing we have a limited amount of time to see so many things.' Two years ago, Ian set up Adventure Hub, an activity company that offers support and advice to people who wish to test themselves with ocean rowing, polar exploration, trekking or mountaineering. Ian has been doing this sort of thing since childhood. While still at university, he joined an unsupported row across the Atlantic in 2007. The appeal, he says, was because there weren't many challenges that either hadn't been done before or were still unusual.

C The crew rowed 2,600 miles and set a world record for the fastest thousand-mile row by boat, despite battling incredible storms and close encounters with sharks and whales. He recalls: 'One morning, I came out of the cabin to take the dawn shift and a pod of forty dolphins was swimming around the boat. At that moment, I decided I wanted to do it again.' The following year, Ian started training for the Greenland ice-cap expedition with friend Ben. Hours spent on a cross-country skiing machine and dragging tractor tyres on a harness around his home village to improve his fitness counted for little when Ben suffered severe frostbite on his thumbs two days into the attempt and they had to be evacuated by helicopter so that he could receive medical attention. Although hugely disappointed at the time, the pair returned this April and claimed the British record.

D Not one to rest for long though, six months later he was signed up to lead a crew of twelve people on another trans-Atlantic rowing trip, for which he was awarded his proudest world record to date: the fastest triple ocean crossing. While the four-hour sleep rotas were a luxury for the father of two young children, Ian admits he missed his family greatly. At Adventure Hub, plans are underway for another Atlantic row, for which the boxer Jackson Williams has signed up. Nearer home, he's recently organised a sixty-mile ultra run that takes in forest, cliff-top and stony beach. 'It's a flat route, but a good way for non-adventurers to push themselves out of their comfort zone.' There's also an unsupported South Pole trip planned which, for the very first time, will be tackled not use kites or dogs. It's therefore just too tempting for this record-breaking adventurer to resist.

LIVEWORKSHEETS