1. Public Transport Notice

Passenger Alert: Due to ongoing station improvements, the lift is currently out of order. Staff are available to assist with luggage via the stairs, or alternatively, passengers requiring step-free access should remain on the train until Northgate Station, where a shuttle bus will return them here.

What is the notice explaining?

- A) Passengers with heavy bags must wait for a shuttle bus to Northgate.
- B) Those who cannot use stairs have to travel further to reach this destination.
- C) Station improvements have been delayed due to lift maintenance issues.

2. Email from a Tutor

To: Physics Students The deadline for the lab report has been extended by 48 hours. However, please note that any reports submitted during this extension will not be eligible for the 'Early Submission' bonus marks.

- A) Students who hand in their work now will get extra marks.
- B) The tutor will not accept any reports after the new 48-hour deadline.
- C) You can have more time to work, but it will cost you a potential reward.

3. Workplace Sign

Meeting Room B: Please ensure all personal belongings and catering waste are removed promptly at the end of your booking. Failure to do so may result in your department being charged an additional cleaning fee.

- A) You must pay a fee every time you book Meeting Room B.
- B) The room must be left empty and tidy for the next group.
- C) Your department is responsible for ordering food for meetings.

4. Social Media Message

Hey Sarah! I've managed to get us into that new rooftop restaurant tonight! They had a cancellation, but we have to be there by 6:30 PM sharp or they'll give the table away. Let me know if you can make it, otherwise I'll invite my brother.

What is the sender doing?

- A) Asking Sarah to choose between a restaurant and a family dinner.
- B) Warning Sarah that their reservation depends on being on time.
- C) Telling Sarah that he has already invited his brother to join them.

LIVEWORKSHEETS

5. Museum Label

Interactive Display: This exhibit is currently undergoing digital calibration. While the physical models are still viewable, the touchscreen features will remain inactive until further notice. We apologize for the restricted experience.

- A) The exhibit is closed to the public while it is being repaired.
- B) Visitors can see the models but cannot use the electronic parts.
- C) The digital features have been permanently removed from the display.

6. Hotel Policy

Check-out: Please vacate your room by 11:00 AM. A late check-out may be requested at reception for a small fee, subject to availability. Please leave your key cards in the box provided in the lobby.

- A) You can stay later in your room if the hotel isn't fully booked.
- B) Key cards must be handed directly to a member of staff.
- C) There is no way to stay in the room after 11:00 AM.

7. Sports Club Notice

Tennis Tournament: All players must sign in at the desk at least 15 minutes before their scheduled match time. Players who arrive late will forfeit their first set automatically.

- A) You will be disqualified from the tournament if you are 15 minutes late.
- B) Arriving exactly at your match time will result in a penalty.
- C) You must spend 15 minutes warming up at the desk before playing.

8. Text Message

Hi Jo! I'm still at the dentist—it's taking longer than expected. Don't bother picking me up; I'll just grab a taxi straight to the restaurant. See you there around 8:00!

- A) Jo should wait for a call before leaving the house.
- B) Jo no longer needs to provide a lift for the sender.
- C) The sender wants to cancel the dinner at the restaurant.

9. Store Window Sign

Final Clearance: Everything must go! Discounts of up to 70%. Please note that our standard 28-day return policy does not apply to clearance items—all sales are final.

- A) You have 28 days to bring back anything bought in this sale.
- B) Items in the sale are cheaper but cannot be returned for a refund.
- C) The shop is closing down and moving to a new location in 28 days.

LIVEWORKSHEETS

10. Shared Kitchen Note

Notice: The fridge will be cleared out every Friday at 4:00 PM. Any items without a name tag or an expiry date will be disposed of to ensure hygiene standards are maintained.

- A) You should only put items in the fridge if they expire on Friday.
- B) Staff will throw away food if they don't know who it belongs to.
- C) You must empty the fridge yourself every Friday afternoon.

LIVEWORKSHEETS

*Read the following article about a young man who decided to live without a smartphone for a month and choose the best answer (**A, B, C, or D**).*

The Digital Silence When twenty-four-year-old Mark Stevens told his friends he was switching off his smartphone for thirty days, the reaction was a mixture of disbelief and pity. To his peers, he was effectively cutting himself off from civilization. Mark, however, felt his habit of checking his phone every four minutes was beginning to erode his ability to concentrate. "I wasn't really living in the moment," he admits. "I was living in a constant state of wondering what everyone else was doing."

The first few days were, predictably, the hardest. Mark describes a 'phantom vibration' where he would feel his pocket buzzing, only to realize his phone was locked in a kitchen drawer. He found himself staring at the floor on the subway, feeling awkward without a screen to shield him from the eyes of strangers. However, by the second week, something shifted. Without the constant stream of notifications, his commute—previously a blur of social media scrolling—became a time for observation. He noticed the architecture of the buildings he passed every day and found himself eavesdropping on conversations, which he found far more entertaining than any viral video.

The most significant change, though, was social. Mark discovered that his relationships were forced to become more intentional. He couldn't send a quick 'on my way' text, so he had to be punctual. He couldn't look up a restaurant's rating on the fly, so he had to rely on his own instinct or ask a local for a recommendation. "It was nerve-wracking at first," Mark says, "but it led to much richer interactions. When I met friends for dinner, I was entirely there. I wasn't glancing at a screen under the table or taking photos of my food for an audience that wasn't present."

By the end of the month, Mark didn't feel like he had missed out on anything important. In fact, he felt he had gained a new perspective on how he spent his time. He eventually turned his phone back on, but with a drastically different approach. Most apps were deleted, and the device now stays in another room after 8:00 PM. Mark hasn't returned to his old habits, claiming that while technology is a useful tool, he no longer allows it to be the architect of his daily life.

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1. In the first paragraph, what was the general attitude of Mark's friends toward his experiment?

- A) They were inspired by his commitment to change.
- B) They were skeptical that he could survive the month.
- C) They viewed his decision as a social mistake.
- D) They were annoyed that he would be harder to reach.

2. What does Mark suggest about his life before the experiment?

- A) He was physically exhausted by his busy social schedule.
- B) His attention span was being negatively affected by his phone.
- C) He felt lonely despite being constantly connected to others.
- D) He was failing to keep up with the latest digital trends.

LIVEWORKSHEETS

3. What did Mark experience during the first week without his phone?

- A) He felt a sense of relief from the pressure of notifications.
- B) He struggled with the physical habit of checking for his device.
- C) He found it difficult to navigate the city without digital maps.
- D) He enjoyed the new privacy he had from his friends.

4. During his commute in the second week, Mark realized that...

- A) he had previously ignored his physical surroundings.
- B) people on the subway were generally quite unfriendly.
- C) he needed to find a more productive way to spend his travel time.
- D) digital entertainment is less interesting than real-life events.

5. How did the lack of a phone affect Mark's social life?

- A) It made his friends angry because he was often late.
- B) It forced him to plan his time more carefully.
- C) It led to him spending less time with his close friends.
- D) It made him realize that he didn't actually like his social circle.

6. What is Mark's current relationship with his smartphone?

- A) He has decided to stop using it entirely.
- B) He uses it just as much as before but feels less guilty.
- C) He has established strict boundaries for his phone usage.
- D) He only uses it when he is traveling for work.

LIVEWORKSHEETS

The Future of Urban Living

Architects are currently looking for **(1)** _____ solutions to the problem of overcrowding in cities. One **(2)** _____ proposal is to build "vertical forests," where trees grow on the balconies of skyscrapers. This would not only improve the **(3)** _____ of the air but also provide a much-needed **(4)** _____ of greenery in grey urban areas. Many city dwellers suffer from **(5)** _____ because of the constant noise of traffic, and these green buildings could act as a sound barrier. However, the **(6)** _____ of such projects is often questioned due to the high costs involved. Despite this, supporters argue that the **(7)** _____ benefits far outweigh the initial **(8)** _____. It is **(9)** _____ that we rethink our urban spaces to ensure the **(10)** _____ of future generations.

1. **INNOVATE**
2. **IMAGINE**
3. **PURE**
4. **THICK**
5. **IRRITATE**
6. **FEASIBLE**
7. **ENVIRONMENT**
8. **EXPEND**
9. **CRITIC**
10. **SURVIVE**

A Remarkable Discovery

The **(11)** _____ of a lost city in the jungle has caused a huge stir among historians. For centuries, its **(12)** _____ remained a mystery, hidden by dense vegetation. The lead explorer explained that the team had to be extremely **(13)** _____ during the excavation to avoid damaging any artifacts. Some of the items found are of **(14)** _____ value and will be displayed in the national museum. The **(15)** _____ of the site was much larger than anyone had originally **(16)** _____. Researchers are now working to **(17)** _____ the inscriptions found on the stone walls. This discovery will undoubtedly lead to a **(18)** _____ of our understanding of ancient cultures. Many people are **(19)** _____ to see the full report, which will be published **(20)** _____ later this year.

11. **REVEAL**
12. **EXIST**
13. **CAUTION**
14. **CALCULATE**
15. **EXTEND**
16. **THOUGHT**
17. **IDENTITY**
18. **DEEP**
19. **PATIENT**
20. **SHORT**

LIVEWORKSHEETS

*For questions **1–10**, read the text below and decide which answer (**A, B, C, or D**) best fits each gap.*

The Mystery of Sleep

Despite years of intensive research, scientists are still not entirely sure why we sleep. While it is **(1)** _____ clear that sleep allows our bodies to recover from the physical **(2)** _____ of the day, the role it plays in brain function is more complex. Some experts believe that sleep provides the brain with a chance to **(3)** _____ information and store memories. Without enough rest, our ability to **(4)** _____ on tasks quickly begins to fail.

Recent studies have **(5)** _____ to light that sleep deprivation can have a serious **(6)** _____ on our emotional health as well. People who regularly **(7)** _____ out on a good night's sleep are more likely to feel stressed and anxious. To **(8)** _____ the most of your rest, experts suggest keeping a regular schedule and avoiding caffeine in the evening. Although it may **(9)** _____ like a waste of time to spend eight hours doing nothing, sleep is actually a highly active state that is **(10)** _____ to our long-term well-being.

	A	B	C	D
1	perfectly	extremely	highly	utterly
2	efforts	stresses	labors	works
3	process	develop	manage	produce
4	focus	aim	direct	point
5	come	brought	given	appeared
6	impact	result	power	force
7	lose	fail	miss	lack
8	take	get	make	do
9	look	seem	show	appear
10	basic	essential	required	needed

LIVEWORKSHEETS

CD 2
IR 7

Part 2

You'll hear part of a radio documentary about a dessert. For questions **9-18** complete the sentences.

Pavlova

Pavlova is a meringue-based dessert named after the [9] Ánna Pávlova.

The dessert is believed to have been created to honour the dancer during or after one of her tours to Australia and New Zealand in [10]

All currently available research suggests the recipe originated in [11]

Professor Helen Leach, a culinary anthropologist at the University of Otago in New Zealand, has researched the pavlova, and has compiled a library of cookbooks containing [12] pavlova recipes.

It has been claimed that Bert Sachse originated the dish at the Esplanade Hotel in [13] in 1935.

Matthew Evans, a restaurant critic for *The Sydney Morning Herald* said it was unlikely [14] about the pavlova's origins would ever be found.

Pavlova is made by [15] to a very stiff consistency before folding in caster sugar, white vinegar, cornstarch, and sometimes vanilla, and slow-baking the mixture similarly to meringue.

Raspberry is a popular topping in [16]

A commercial product is available that includes pre-mixed ingredients for baking the meringue shell, requiring only the addition of [17]

Te Papa, New Zealand's national museum in Wellington, celebrated [18] in February 1999 with the creation of the world's largest pavlova.

LIVEWORKSHEETS