

Test 8

PAPER 1 READING

PART 1 Questions 1-5

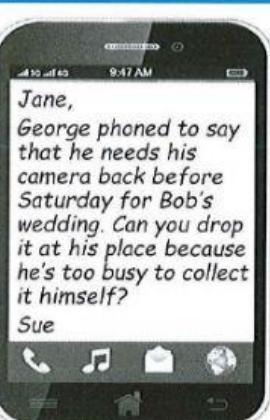
For each question, choose the correct answer.

1

Memo

All students should finish their reports by Wed for the Fri class. Mr Jones will collect the finished reports.

2



3

If red light flashes, check copier for paper jam.

If there is no jam, turn off copier and restart it.

If toner is low, red light will flash on and off.

4

Please do not park in front of drive. Access required at all times for lorries making deliveries.

yêu cầu

tối vào

xe tải

giao hàng

5

Gift Voucher

Dear member,
introduce a friend to the gym and receive a free health and beauty session including massage.

Valid till 31st December.

collect (v) thu lại, thu thập

- A. All reports must be collected at Friday's class.
B. All reports are needed before Friday's class.
C. Students will finish their reports at Friday's class.

wedding (n) đám cưới
drop (v) làm rơi/ để lại

invite (v) mời
place (n) nơi

let (v) để cho

- A. George is inviting Jane to Bob's wedding and he needs her camera.
B. Sue will collect Jane's camera from George's place because he's very busy.
C. Sue is letting Jane know that George is going to use his camera on Saturday.

flash (v) lóe lên
copier (n) máy photocopy
jam (v) mắc kẹt

turn off (v) tắt
toner (n) mực
low (adj) mờ

stuck (v) kẹt
replace (v) thay

- A. If paper is stuck in the copier, the red light will come on.
B. If the red light flashes, you must turn on the copier.
C. If the red light flashes, replace the toner and paper.

warn (v) cảnh báo
vehicle (n) phương tiện

allow (v) cho phép
inform (v) thông báo

prohibit (v) cấm
specific (v) cụ thể

The sign

- A. warns vehicle owners that parking is only allowed at certain times.
B. informs drivers that deliveries must be left just in front of the driveway.
C. prohibits parking in this specific location at any time of day.

introduce (v) giới thiệu

- A. This is an offer for people who already belong to the gym.
B. This is a special package for people joining the gym before the end of the year.
C. If you and a friend join the gym now, your friend will get a free massage.

PART 2 Questions 6-10

For each question, choose the correct answer.

The people below all want to go on holiday. There are eight holiday reviews. Decide which holiday would be the most suitable for the people below.



6. Jackie is 18 and wants to go on holiday with her best friend Sarah. They are starting university in September to study archaeology. They want to relax, swim and go on some excursions.

tham quan

6



7. John is retired. He loves birdwatching. He and his wife would like to go somewhere beautiful. They don't want to cook on holiday and they would prefer to stay in a place that is not noisy.

muốn

7



8. Stephen is very sporty. He doesn't enjoy sitting on the beach all day. He likes meeting new people on holiday and enjoys lively, late nights out. He'd prefer accommodation without meals included.

sống động

chỗ ở

không

8



9. Sandra and Dave have two young children aged six and eight. They like to go to places where there are facilities for children. Dave quite enjoys short trips but Sandra prefers to play on the beach with the children.

9



10. Mary is 68. She's travelling alone. She is very interested in history, art and culture. She doesn't want to cook on holiday and likes to meet new people. She doesn't enjoy being in warm countries.

10

Holiday Choices

self catering: tự phục vụ

A. Oceanview Village

surroundings: xung quanh

Our beautiful holiday village offers self-catering accommodation in beautiful surroundings close to the beach. There is evening entertainment every night and an afternoon kids' club which is run by our team of trained staff. Excursions are available three times a week.

first class: hàng đầu

award winning chef: đầu bếp hàng

B. Oaktree Park Hotel

dầu

Situated in beautiful grounds in the countryside, Oaktree Park offers first-class accommodation with a delicious menu offered by our award-winning chef. The landscaped grounds include a stunning lake and nature reserve. A beautiful retreat for anyone who wants to get away from it all for a while.

chalet: nhà gỗ

C. Kidsland Adventure Park

supervision: giám sát

A child's heaven, Kidsland caters for children aged 11 to 18. Accommodation is in ten-bed chalets with adult supervision. We offer sport, art and craft, computer technology, music, cookery lessons and lots more. Leave your children with us for a week or two and they will make friends for life. All meals included and entertainment provided every night.

D. Bob's Diving Centre

We offer courses for both beginners and more advanced divers. Also on offer are various watersport activities including jetskis, surfing and water volleyball. Self-catering accommodation at affordable prices with a handy shop on-site for all your supplies. Evening entertainment arranged every night plus a weekly barbecue.

E. Sandybeach Hotel

Sandybeach Hotel is only a two-minute walk from the beach. There are plenty of bars and restaurants nearby and a nightclub where you can dance until the early hours of the morning. Breakfast and evening meal are included in the price and two-day trips to local places of interest and historical sights are offered too.

challenge: thử thách

trek: dã ngoại

F. Desert Walking Holidays

Give yourself a challenge this year and cross a desert. Organised trips (camels to carry your bags, included). Professional guides will lead you through the sand. Campfire cooking and fantastic landscapes. Trek all day and enjoy quiet nights round the campfire under starry skies.

G. Scandinavian Cruises

deck: xe trượt

Experience the beauty of the north. Watch the amazing Northern Lights in the Scandinavian sky. Double or single cabins available with full-board catering. Don't forget to bring your winter coat for those romantic walks on deck in the snow!

H. Woodside House

A beautiful hotel in the heart of the city but surrounded by lovely gardens. Come and enjoy a relaxing holiday in luxury. Within walking distance of the main sights and places of culture. We also offer art classes and talks on cultural issues. Learn to make a ceramic pot or improve your painting or photography skills.

PART 3 Questions 11-15

For each question, choose the correct answer.

Getting fit and slim

I know that many people, myself included, each year make a promise to themselves to get fit and slim, join a gym and start a diet. But what happens to these gym visits and the lettuce diet? At least half of us who try to get fit and thinner give up after less than a month. Many people seem to blame their failure on lack of time. Lack of willpower is even more important, though.

Much of this has to do with the fact that we set unrealistic fitness goals - a flat stomach in eight weeks and a celebrity diet plan - instead of doing what we know will have the best results in the long term: exercising a bit more and eating a bit less. Most fitness clubs get many new members from January to March, but their use of the gym tends to decline after that. So how can someone beat the temptation to give up? First, no one should expect to fail as soon as they start; we must stay positive, even if we've failed before.

Many people are fooled into believing that they really need to follow an expensive fitness and eating plan. But this is simply not true. The only correct answer seems to be to search for the thing that really interests and motivates you. It's fine to have many small motivations, but you should write them down and put them together to make a list of things to keep you going.



You also need to change the way you think about things. Women, for example, feel particularly guilty about exercising two or three hours a week, thinking this is 'selfish time' that takes them away from responsibilities to family and friends. But it is much better to see this as vital 'self-care' time. Many people also think that three hours is a lot of time out of their ordinary week, but as we spend around 98 hours a week awake, that leaves us nearly 95 hours to do everything else that we need to do.

- 11. What is true of most people at the start of the year?**
 - A. They have already given up getting fit.
 - B. They are not sure whether they'll continue exercising.
 - C. They decide to make an effort to get fit.
 - D. They are too bored to start exercising.

- 12. What is the main reason why people give up exercising?**
 - A. They haven't got enough time.
 - B. They have no one to exercise with them.
 - C. They do not really want to do it.
 - D. They have tried too many times before.

- 13. Another reason why people quit a fitness programme is that**
 - A. they have achieved their goals.
 - B. they expect too much of themselves.
 - C. they become too tired.
 - D. they can't afford to continue.

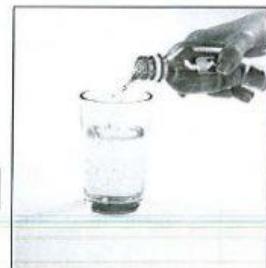
- 14. In order to continue a successful fitness programme**
 - A. you need to find a strong and lasting reason.
 - B. you need a friend to exercise with.
 - C. you can't avoid suffering for many hours.
 - D. your friends and family will have to suffer.

- 15. What would the writer say about exercise?**
 - A. It isn't actually worth all this effort because of how slow the results are.
 - B. No one should overdo themselves because it does not make much difference.
 - C. Going to the gym is a waste of time and very boring.
 - D. If you really want to get fit, you need to find the time and a reason why and then commit to it.

PART 4 Questions 16-20

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

Don't drink the water!



People often don't think about the water they drink. However, it's a very different story if we are travelling abroad. In some countries the water is simply not safe to drink. **16**

Try to learn anything you can about the water **tình trạng** of the place where you are travelling.

không an toàn

nghiêm trọng

The health problems from drinking unsafe water can often be really serious if you don't.

The water you need to worry about is water that could be dirty. Unsafe water does not actually mean it will kill you.

Local people can drink the water where they live and are fine because their bodies are used to it. **17**

quen với

Even a tiny amount can have unpleasant results. On your travels it's best to ask the locals about the quality of the **nước máy**. These are the people who are living there, so they are your best guide.

thông báo

18 If the water is unsafe, there will usually be a notice in your room. This also means you should not clean **thuốc** your teeth with tap water. And, of course, don't take any pills with it. Use bottled water instead.

mối nguy

Another danger, of course, could be swimming. Check that natural water lakes and rivers are safe before you swim.

miệng

And don't open your mouth when swimming! **19** It's the same tap water!

cân nhắc

What many people don't consider until it's too late is food which has not been cooked; salad or fruit, for example.

20 So only eat food which has been cooked or that has an outside peel or skin (like an orange or banana) **vỏ da** which you can remove. And finally, don't have ice in your drinks! Remember, before it became ice, it was tap water!

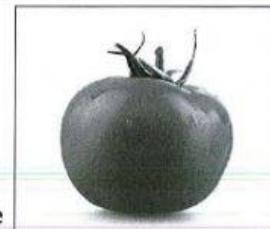
- A.** It will have been washed in water.
- B.** Of course, food in other countries can be delicious.
- C.** So you must get all the relevant information.
- D.** They can't eat and drink without worrying.
- E.** Of course, your hotel will let you know if the water isn't safe to drink.
- F.** Also remember to keep it closed in the shower, too.
- G.** Drinking from rivers and lakes by mistake cannot cause any serious harm.
- H.** But yours is not, so you could get seriously ill.

PART 5 Questions 21-26

For each question, choose the correct answer.

Tomatoes - the whole truth

Leading scientists have (21)..... that tomatoes can be of great **lợi ích** benefit to our health. A lot of (22)..... has been done in recent years, trying to understand why that is. It now seems that it's the whole **giảm nguy cơ ung thư** tomato that may lower cancer risks, not parts of it, according to some new studies.



chuyên gia

Experts have (23)..... that simply taking the antioxidant lycopene - a substance which **hợp chất chống lão hóa** **chất thực phẩm chức năng** is found in tomatoes but is highly popular as a health food supplement because of its link to a(n) (24)..... risk of cancer - did not work as well as eating whole tomatoes.

This is why scientists today believe that people should eat tomatoes in pastas, salads, tomato juice and pizza, rather than take supplements. Recent findings suggest that the risks of poor eating (25)..... cannot simply be reversed with a pill.

phức tạp

We shouldn't (26)..... easy solutions to a complex problem.

- | | | | |
|----------------------|------------------|--------------------|------------------------|
| 21. tuyên bố | B. promoted | C. considered | D. convinced |
| A. announced | điều tra | sự cải tiến | nghiên cứu |
| tiếp cận | B. investigation | C. improvement | D. research |
| 22. khám phá | phát minh | đã | truyền cảm hứng |
| A. approach | B. invented | C. developed | D. inspired |
| tăng | chia | giảm | đo lường |
| 23. phong tục | B. divided | C. reduced | D. measured |
| A. customs | biểu hiện | biểu hiện | quy trình |
| cương quyết | B. habits | C. manners | D. procedures |
| 24. insist | B. agree | mong đợi | dè dặt |
| | | C. expect | D. mention |

PART 6 Questions 27-32

For each question, write the correct answer. Write ONE word for each gap.

thái độ Changing attitudes

văn hóa truyền thống tổ chức
Every culture has its own traditional ways of celebrating the birth of a child. In the
Indian village of Piplantri, for instance, baby girls are an opportunity to plant 111 trees.



làng xem như tồn tại hệ thống hôn nhân
In most Indian villages, daughters (27)..... considered a problem. There still exists an old marriage system:
this means the parents of the girl must give a 'dowry' when the time comes for a girl to marry. In (28).....
tài sản hôn nhân words, property or money. This means the marriage of a girl costs a lot.

thực tế hoàn toàn đi ngược lại tổ chức
However, the practice of planting trees completely goes against this idea. (29)..... celebrating girls in this
way, the villagers hope to change attitudes. When born, daughters are given money by the villagers (30).....
độc lập that they can be independent when they grow up.

The parents (31)..... to agree that the girls will be educated and that they will not get married (32).....
they are eighteen. And of course, the 111 trees have to be cared for! So, both the women of tomorrow and the
cố lợi chăm sóc khía cạnh local environment benefit to a great extent.

PAPER 3 LISTENING

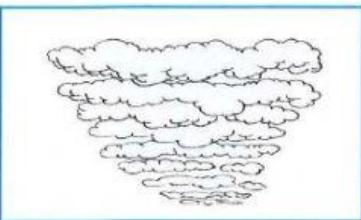
PART 1 Questions 1-7

For each question, choose the correct answer.



▶ Play audio

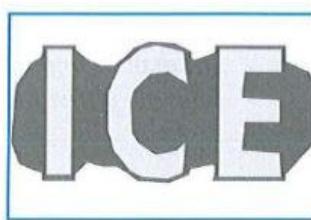
1. What is dangerous about the weather tonight?



A



B

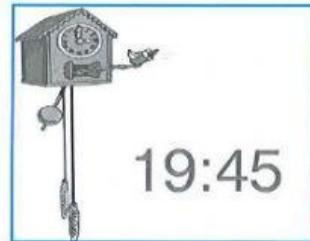


C

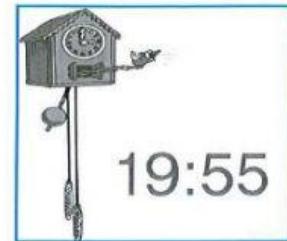
2. What's the time?



A

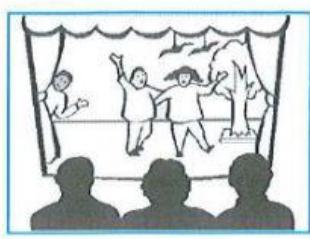


B

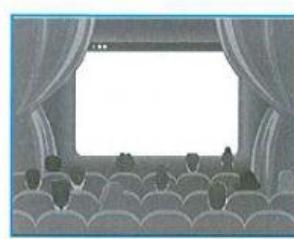


C

3. Where are they going?



A

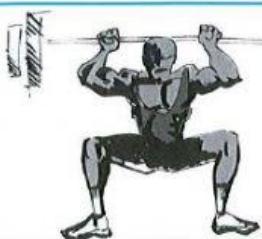


B



C

4. Where will the boy go first after school?



A



B



C

5. How did the girl break her arm?



A



B

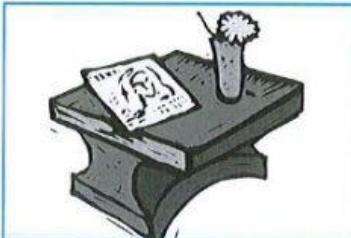


C

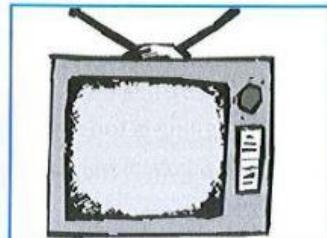
6. Where is the remote control?



A



B



C

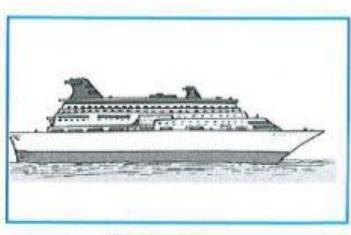
7. Where are they staying on holiday this year?



A



B



C

PART 2 Questions 8-13

For each question, choose the correct answer.



- 8.** You will hear two friends talking about an exam.

The boy advises the girl to

- A. be more positive.
- B. get some rest.
- C. not be in such a hurry.

- 9.** You will hear two friends talking about the new school cafeteria.

They agree that

- A. it's good for vegetarians.
- B. it's quite expensive.
- C. the old cafeteria was better.

- 10.** You will hear a girl talking about her weekend.

How did she feel about the weather?

- A. nervous
- B. unsafe
- C. relieved

- 11.** You will hear two friends talking about exercise.

They agree that

- A. the gym is quite expensive.
- B. jogging is too tiring.
- C. the gym is more sociable.

- 12.** You hear a girl talking about moving abroad.

The boy advises the girl to

- A. meet lots of people.
- B. see it as an opportunity.
- C. contact her friends often.

- 13.** You hear two friends talking about a book.

The girl thinks that the story

- A. has great characters.
- B. is really boring.
- C. is not realistic.