

Test 4

Reading

SOME TRICKS TO GET YOU MOTIVATED AND MOVING

1

Looking for something that not only gets you a stronger body, but a stronger mind? Get your gloves on. 'The confidence boost you get from knowing how to react quickly to what life throws at you is addictive,' says Cathy Brown, a former professional boxer who runs a women-only class at London's Third Space. 'It's also a great way to channel anger or frustration. Rather than feel exhausted at the end of the class, you'll feel energised and upbeat.' We're hooked.

2

High-intensity interval training, or HIIT, has caused a real buzz in the fitness world – and for good reason. It turns every regular cardio workout, from fast walking to rowing, into a super-effective one. Step up to Fitness First's 20-minute HIIT-inspired Tabata classes, where you will do 20 seconds of intense exercise followed by a 10-second rest to a rotation that lasts four minutes.

3

Research has established that music does more than just motivate you to reach the finish line. A study in The Online Journal of Sports Psychology proves it enhances your mood and relieves tension. It also stimulates heart rate and breathing patterns, helping cells to deliver oxygen to your muscles faster and more effectively, making your run feel easier.

4

A positive mind-set leads to positive results. 'Once you control your mind, you can control your body,' says celebrity personal trainer Jamie Baird, resident head trainer at the Sanderson Hotel. 'The secret is to plan your training.' And if you do slip up? Ask yourself what you can do differently, how you can learn from it. 'If you're not a morning person, don't plan a 7am run,' says Baird. 'Do what you love, at times that work for you and you'll stay on track.'

5

Bored by your regular cardio class? Right now, fitness classes from Pilates to spinning are cranking up the thermostat. In fact, in LA, you'd be hard pressed to find one that doesn't have a heated version. 'Hot classes aid detoxification, increase your heart rate for an intense workout and improve flexibility,' says Lisa Campbell, founder of London's Yotopia. [78]

- A. Turn up the heat
- B. Do the write thing
- C. Think fit
- D. Boost the fun
- E. Power your playlist
- F. Monitor your moves
- G. Speed up
- H. Sign up for the fight club

TASK 2

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

WHY YOU SHOULD BE SAFE, EVEN ON A LITTLE JOB

Brian Grant was wearing a T-shirt, shorts and jandals when he fired up his chainsaw. It was his kids who pointed out he didn't have any safety gear on. Not wanting to set a bad example, he went and got his helmet, chaps and boots. It was a decision that would end up saving his life.

"I wasn't going to bother with the safety gear because it was a nice hot day," he says. "And I was only planning on doing a five minute job, trimming some branches off a tree."

Luckily for him, his two children had recently been to a farm safety day where they had learned about chainsaw safety so Brian was wearing the correct protection when the chainsaw kicked back towards his head.

In a split second, he had fallen from his ladder and was on the ground. His helmet was ruined - when the chainsaw struck, it glanced off the visor and sliced through an earmuff.

The branch Mr Grant was cutting also came down with him, shredding his chaps in the process.

It was a very lucky escape.

"Without my helmet, the chainsaw would have ended up in my head. And without the chaps, my legs would have been ground to the bone."

He acknowledges he took some other risks that day. For instance, he was using the chainsaw up a ladder. Another rule he broke was to hold the chainsaw above his head, as he stretched to reach some high branches.

"I'm a bit embarrassed because I was doing all the wrong things, and I knew that," says Brian. "I won't pick up the saw without proper gear now. Even for a five minute job." [74]

6. What happened to Brian?
- A. He was cutting a tree and fell from the branch on the ground.
 - B. He fell from the ladder and broke his helmet.
 - C. The tree fell on him and injured his head.
 - D. He couldn't keep hold of his chainsaw and was struck by it.
7. The accident happened because Brian...
- A. worked without special uniform.
 - B. didn't want to hurt his children.
 - C. was in a hurry.
 - D. had a careless attitude towards the job.
8. Brian's children...
- A. had helped him to use the chainsaw.
 - B. had learned to help those who use chainsaws.
 - C. had been introduced to domestic equipment safety.
 - D. had bought safety gear for him.
9. Which safety rule did Brian break while using the chainsaw?
- A. Cut only one log at a time.
 - B. Ensure that you have secure footing and well balanced stance.
 - C. Know how to use the controls before starting a chainsaw.
 - D. Do not leave a saw running unattended.
10. How did the accident influence Brian?
- A. He is going to work only with all necessary protective devices.
 - B. He doesn't want to use the chainsaw anymore.
 - C. He will pick up the saw only for a very short job.
 - D. Proper gear is not necessary for short jobs.

TASK 3

Read the texts below. Match choices (A - H) to (11 - 16). There are two choices you do not need to use. Write your answers on the separate answer sheet.

Where in London you can...

- A. watch a semi-verbatim performance.
- B. listen to Jack White.
- C. enjoy delicious night out.
- D. hear Angie Stone.
- E. visit the new harmonious exposition.
- F. watch a fashion show.
- G. learn about freedom from interference.
- H. learn to deal with ordered information.

YOUR LONDON TO-DO LIST

- 11 Does the world need to be told how to draw up a list? Apparently so, if this 'collaborative workshop for list-lovers and over-achievers' at the ever eccentric Drink, Shop & Do in King's Cross is anything to go by. DJ Helix provides the soundtrack, so grab a pen, settle down with a cocktail and get scribbling.

When & where: Tonight, Drink, Shop & Do.

www.drinkshopdo.com

- 12 The king of blasted punk blues plays a one-off London date in support of forthcoming album Lazaretto.

When & where: Jul 5, Hammersmith Apollo.

www.eventim.co.uk

- 13 Knitting, symmetry and mathematical shapes are among the influences at work on New York artist and occasional fashion designer Tauba Auerbach's brightly coloured geometric sculptures, in her first ever solo exhibition in Britain.

When & where: Until Jun 15, ICA.

www.ica.org.uk

- 14 Rising star James Graham takes on private data, email, social media and the question of just who exactly is watching who in this semi-verbatim play about the digital world.

When & where: until May 31, Donmar Warehouse.

www.donmarwarehouse.com

- 15 Stevie Parle, of Notting Hill's Dock Kitchen, and wine expert Ruth Spivey hit east London with this new southern Italian-inspired restaurant, bringing grilled meats, fish and a terrifically well-stocked bar to the Dalston crowd.

When & where: 434 Kingsland Road.

www.rotorino.com

- 16 The queen of neo-soul airs her gutsy, earthy, gospel-inflected music during the London stop-off on her European tour, heading a stellar line-up that includes British soul stars Mica Paris and Omar.

When & where: Tonight, Shepherd's Bush Empire.

www.o2shepherdsbushempire.co.uk

[117]

TASK 4

Read the text below. Choose from (A-H) the one which best fits each space (17-22). There are two choices you do not need to use. Write your answers on the separate answer sheet.

GET SOME GREEN, RAISE YOUR SPIRITS

The more green space where you live, (17) – and some surprising new statistics prove it.

When satellite data were compared with a survey of 2,500 Wisconsinites in 229 neighborhoods, it revealed that people (18) were much more likely to feel depressed, stressed, and anxious.

Amazingly, (19) : poorer residents in greener areas were, in general, happier than richer ones in treeless areas, says the study in the International Journal of Environmental Research and Public Health. “Nature can provide relief from our daily need to complete tasks, providing us with something inherently fascinating (20),” says study co-author Kirsten Beyer, Ph.D. Plus, she adds, the outdoors also promotes physical activity and social interaction (21) If there isn’t much foliage around your crib, (22) : Related studies also show you’ll feel happier and healthier if you have live plants in your indoor spaces – so green up your home or office and start chilling out. [32]

- A. the happier you are
- B. both known stress relievers
- C. the results weren’t skewed by wealth
- D. whose houses sank in the greenery
- E. don’t panic
- F. that holds our attention without our having to work at it
- G. living in areas with less than 10% “tree canopy”
- H. the healthier you turn out to be

TASK 5

Read the text below. For questions (23-32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Carrie was alone in the house. It was a Saturday, and her parents were out shopping: she was ten years old, and (23) her piano practice. She had borrowed her parents' alarm clock and put it on top of the piano to time herself—she had so many twenty-minute practices to make up, it seemed as though she'd have to sit there (24) While she was playing, she often looked up at the clock, willing the time to pass; sometimes she just (25) at it stonily, letting her fingers wander at random around the notes. Her younger brother, Paul, had a (26) of cricket going outside with his gang of friends, on the stretch of worn grass enclosed by railings that was a kind of garden for the whole terrace, (27) only the children used it. The chock of the (28) against the bat and the boys' voices calling to one another sounded dreamy at this distance, travelling across the road through the summer (29) Carrie shuddered; it was still cool indoors and she wished she had her cardigan on. This room at the front of the house was always dark. They (30) it the dining room, though they used it for dining only on special (31) ; mostly, they watched television in here. A dinner party was planned, in fact, for that night, and the room seemed braced in anticipation: the (32) Carrie played fell into an alert silence. [39]

23	A	producing	B	learning	C	making	D	doing
24	A	however	B	ever	C	forever	D	never
25	A	saw	B	viewed	C	watched	D	stared
26	A	period	B	play	C	round	D	game
27	A	although	B	nevertheless	C	even	D	in spite of
28	A	stone	B	shuttlecock	C	ball	D	puck
29	A	fever	B	heat	C	hot	D	hotness
30	A	identified	B	mentioned	C	named	D	called
31	A	occasions	B	cases	C	chances	D	opportunities
32	A	texts	B	diaries	C	notes	D	records

WATCH WHALES IN NEW ZEALAND

Hop on a catamaran in Kaikoura on the east coast of (38) South Island and you're likely to have an experience you'll never forget. Chugging out from the coast, the boat is soon dwarfed by the snowtipped mountains that (39) over the water. To the bow, the ocean stretches out to the horizon. Birds float in (40) breeze above. Then, in the distance, the water breaks as if it is boiling, and the nose of a sperm whale lifts into the air with a spray and splutter; its colossal body follows, before smacking back into the deep fathoms of the Pacific, (41) with a wave of its Y-shaped tail. The only thing that will top the sight is seeing another emerge (42) seconds later. [111]

38	A	New Zealand	B	New Zealands	C	New Zealand's	D	New Zealands'
39	A	loom	B	looms	C	is looming	D	are looming
40	A	a	B	the	C	–	D	this
41	A	exciting	B	is exciting	C	excited	D	is excited
42	A	few	B	a few	C	little	D	a little

TASK 6

Read the texts below. For questions (33-42) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

A THIMBLE OF COFFEE ANYONE?

A few years ago I (33) a coffee plant, *Coffea arabica*, to grow as a houseplant. I knew that it wasn't frost hardy so I put it in the bathroom on a window ledge where it was frost free, and it could benefit from mottled sunlight and some steam when I had a bath. And each spring I (34) the compost to give it a boost of nutrients.

To my glee it's now flowered and produced coffee beans that (35) from green to red. I think they could be roasted, (36), and used to make a small amount of Arabica coffee, though it would be a very small amount!

I'm so thrilled to see this plant actually produce beans that I think I'll leave them on the plant until they (37) off naturally as they look so decorative. Given that it's a plant native to the other side of the world where it would get much higher levels of sun and rain every year, it's a joy to see. [19]

33	A	gave	B	had been given	C	was given	D	was giving
34	A	replenish	B	replenished	C	was replenishing	D	was going to replenish
35	A	have turned	B	turned	C	are turning	D	turn
36	A	grinded up	B	grind up	C	ground up	D	grounded up
37	A	will fall	B	fall	C	falling	D	fell

ЧАСТИНА «ПИСЬМО» / WRITING

43. Your friend has sent you a letter in which he complains that her parents make her do a lot of work about the house. Write a letter to her. In your letter touch upon the following:

- traditions of sharing household duties in Ukraine and abroad;
- your own family's traditions;
- give her some advice how to manage her duties.

Write a letter of at least 100 words. Do not write your own name, any dates, addresses or other personal information. Start your letter with ...