

Task 3

Read the text and complete the gaps with one word only.

Keeping your mind active

There is little doubt that aging gracefully affects our mental ability and agility. (41) _____, studies have shown that people (42) _____ engaged in actively 'exercising' their brain often do not suffer (43) _____ the same mental decline. There are numerous ways that you can do this in order to keep your mind active. Reading engages your brain (44) _____ words as you try to understand them and apply them to areas of existing knowledge or experience. (45) _____ affects brain functions at many different levels. Don't get caught (46) _____ in the past. Try meditating for five to ten minutes every day and learn (47) _____ to focus on the present. Meditation has the power to strengthen the brain. Find a physical activity that you are interested in and enjoy, as your brain gets encouraged (48) _____ the exercise to work at its optimum capacity. Taking up a new hobby (49) _____ as learning a new language or playing a musical instrument stimulates the brain and (50) _____ the mind sharp. A strong brain can last you decades and make your later years fulfilling and pleasurable.

Task 4: Read the text and complete the gaps with one word only.

Solo travelling

If I told you I wanted to travel alone in Latin America for three months, what's the first thing that pops into your head? Now imagine what my mom thought when I, her only child who doesn't speak Spanish, told her that. That was three months ago. Now I'm in Mexico, (41) _____ I've almost finished my trip and nothing bad has happened to me. So here are a couple of tips for travelling solo: Always do your research; don't just read travellers' blogs, use reliable sources and (42) _____ to factual information so you can feel prepared. Bear in mind that there are always some articles online that discuss extreme situations, are inaccurate or (43) _____ stuff up to scare people. For example, I was a little concerned (44) _____ Cuba before I read up on the current state of affairs and found out (45) _____ it was changing. Remember to call your family and friends (46) _____ time to time. Maybe surprise them and go old-school (47) _____ sending a postcard (it's in the mail, Mum!). Maintaining a strong connection with the people (48) _____ know you best is important. Make friends and hang around with them. Be with others at night (49) _____ than being alone. Be wise and use common sense. Once you feel safe and confident, you can focus (50) _____ the magical experiences and wonder that come with travelling.