

**Task 4**

Read the text below. Match choices (A–H) to (17–21). There are three choices you do not need to use. Write your answers on the separate answer sheet.

**THE 5-STEP PROCESS TO TRAIN YOUR BRAIN TO FOCUS**

There's a growing body of research about how counterproductive multitasking can be. While we may feel like we're getting more done, the reality is that regular multitasking can leave us with a ability to focus. Put these practices into place to sharpen your concentration and be more effective.

**17**

While we may immediately think of task-related issues that affect focus, our attention span happens within a bigger physiological context. If you're not getting proper rest at night or feeling a great deal of stress, you may find it hard to focus, even in the best circumstances.

**18**

When people try to meditate for the first time, it's common for their minds to wander or for unwanted thoughts to creep in. We call that the monkey mind — and the same thing can happen when it's time to focus. This is where keeping a journal or even a list can come in handy. Write down the thought or to-do list items that pop into your mind so you can let them go or deal with them later.

**19**

Like any practice, focus happens best when you set yourself up for success. Be sure you have the resources and materials for the job at hand and block out time to work on the task. Be sure to turn off notifications for email and social media. When push notifications are activated, other people are deciding where your focus goes.

**20**

It sounds simple, but in order to focus on something, you have to commit to doing it. Without such commitment, you're going to be distracted by your thoughts or other demands on your time. You've got to decide that this is the work you'll complete now — without multitasking — and do it.

**21**

Regaining focus may require practice. You may need to start out with 10 minutes at a time, forcing yourself to stay on task. Then, work on incrementally increasing the amount of time you're focused on a task. The goal is to get yourself staying on task for between 25 and 90 minutes, depending on the type of work you're doing and what your personal focus thresholds are.

- A** Get more sleep
- B** Shift to something completely different
- C** Integrate 'distraction' breaks
- D** Take brief breaks from time to time
- E** Practice
- F** Commit to what you're doing
- G** Write down what is distracting you
- H** Turn off digital distractions

## Task 5

Read the text below. For each empty space (22–26) choose the correct variant (A, B, C, D). Write your answers on the separate answer sheet.

### INVESTIGATING POLLUTION

No roads lead to Kuujjuaq. You can only get to this village, high in the Canadian Arctic, by boat or plane. The trees here are stunted and small, but the bears grow big. The 500 kids who live in Kuujjuaq have unusual chores: they help their parents catch fish and hunt caribou to eat. This place might seem far away from the big problems of big cities, like water pollution and air pollution. But even here, people can't escape those problems. Pretty little Kuujjuaq, with its blue skies and crystal clear waters, also has an invisible pollution problem that rivals any city.

Toxic chemicals have a surprising way of finding their way up here to the Arctic. They are gushed out of factories and cities thousands of miles away, and they travel to the Arctic like birds flying north for the summer. The birds go back home, but the chemicals stay. Everyone in Kuujjuaq has the chemicals in their bodies. No one knows their full effects, but they may hurt children in a slow and silent way. They could cause babies to get sick a little more often. And they might even cause kids to do worse in school.

No one would have dreamed that people in such a clean and beautiful place could be hurt by pollution from thousands of miles away. Then, in 1989, some scientists made a discovery. Eric Dewailly, a doctor at Laval University in Quebec, Canada, was studying chemicals called persistent organic pollutants, or POPs. These are chemicals that can hang around for a long time in people's bodies or in the environment. Dewailly and his team tested people in the cities of southern Quebec to see how much of these chemicals were in their bodies. Dewailly's team wanted to compare this group with people in the Arctic. They reasoned that people in the Arctic lived far from pollution, and so would probably have lower levels of POPs in their bodies.

So the scientists went up to Nunavik, the remote, northern part of Quebec which includes Kuujjuaq and 13 other native Inuit villages. When they tested people in Nunavik they were surprised. People there had five to ten times as much of these chemicals in their bodies as people living in polluted cities. Some of the chemicals came from as far away as Russia!

Scientists now understand why this happens. The POPs include hundreds of different chemicals. Some are used in electronic gadgets like TVs, or in the lights and electrical wiring of buildings. Some are used in paints or for making windows waterproof. Others are sprayed onto crops as pesticides. But POPs have one thing in common: They like to evaporate. POPs turn slowly into vapor and drift into the air. Winds can carry them thousands of miles.

POPs travel in the air until they reach a cold place. Have you noticed that on a hot day, a glass of lemonade with ice cubes in it collects little drops of water on the outside? This is because water vapour, which is a gas in the air, 'condenses' onto the cold glass and forms those droplets — the opposite of evaporating or drying. The same thing happens with POPs, says Knut Breivik, an environmental chemist at the Norwegian Institute of Air Research in the city of Kjeller.

'Things tend to evaporate in warmer regions and condense when it gets colder,' says Breivik. So when winds carry POPs into the Arctic or Antarctic parts of the world, cold temperatures cause them to condense onto plants or rocks or snow or oceans. And then they stay where they landed and build up over time.

22 Kuujjauq is often visited by scientists because \_\_\_\_ .  
A this place is absolutely clean  
B the air there is full of crystals to be studied  
C the bears grow bigger there than anywhere else  
D people are point at issue there

23 The kids' activities are called strange because they \_\_\_\_ .  
A get food for the whole family  
B play with bears  
C build roads  
D cause water pollution

40 A lot of poisonous substances can be found in Kuujjauq because \_\_\_\_ .  
A the birds bring them there  
B there are many factories in that place  
C water is very polluted  
D they stream there from far away countries

25 The effect of the chemicals on the people \_\_\_\_ .  
A has already been proved  
B is being proved  
C will be proved in the future  
D was proved in the last century

26 The amount of dangerous things was higher \_\_\_\_ .  
A in the people's bodies in the Arctic  
B in the bodies of the people who live in the cities  
C in the environment  
D in the snow

## Task 6

Read the texts below. Match choices (A–H) to (27–32). There are two choices you do not need to use. Write your answers on the separate answer sheet.

### POPULAR HOTELS

#### 27 ITC MAURYA (New Delhi)

It is a swanky hotel that is popular with executives and dignitaries. The self-proclaimed 'Greenest Luxury Hotel in the World' was given the U.S. Green Building Council's Leadership in Energy and Environmental Design award in 2010. Some initiatives include a 'Reduce, Reuse, Recycle' program, getting suppliers to adopt cleaner and greener practices, and creating water and energy games that are both educational and fun.

#### 28 LA CASA QUE CANTA (Playa La Ropa, Mexico)

A unique Mexican architectural concept, La Casa Que Canta is perched on a cliff surrounded by the Sea of Zihuatanejo Bay, with a magnificent panoramic view. The Exclusive Resort offers ten pool suites, eleven grand suites, three terrace suites facing the ocean, all inspired by the beauty of Mexican Art. The Resort features two of the most elegant swimming pools found anywhere in the world.

#### 29 DON CESAR BEACH RESORT (St Pete Beach, FL, United States of America)

Located in St Pete Beach, Florida, Don CeSar Beach Resort, a Loews Hotel, has everything from romantic getaways, vacations, and honeymoons to spa and wedding services. Known as Florida's Legendary Pink Palace since 1928, the luxury resort is revered internationally for its sprawling, sugar-white beach, unparalleled dining, rejuvenating Beach Club and Spa, fabulous fishing, children's programme, nearby tennis and golf and award-winning meeting facilities.

#### 30 PARK HYATT TOKYO (Tokyo, Japan)

Park Hyatt Tokyo is an elegant oasis of space and calm that offers spectacular views of Tokyo and the Kanto Plain all the way to Mount Fuji. Designed to feel more like a modern private residence than a hotel, Park Hyatt Tokyo's attention to detail extends to a range of specially commissioned works of art that are displayed throughout the hotel. The 178 rooms and suites are the most spacious hotel guest rooms in Tokyo, providing a serene retreat and an efficient private office with the latest amenities and high-tech communications.

#### 31 PETER ISLAND RESORT (Peter Island, British Virgin Islands)

Accessible only by boat or helicopter, the largest private island in the British Virgin Islands is surrounded by the sparkling waters of the Atlantic, Caribbean, and Sir Francis Drake Channel. For those seeking an unparalleled way to experience the serenity of the island, the resort's luxury villas are unmatched. For today's travelling elite, it has always been the impossible dream — to have the comfort of a villa and, at the same time, all the facilities of a leading resort.

#### 32 ALEENTA RESORT AND SPA (North Phuket, Phangnga, Thailand)

For those craving complete self rejuvenation, Aleenta Resort and Spa is truly unbeatable. The stunning beauty of Phangnga Bay is just a mere 15 minutes away. Aleenta Phuket breaks with sybaritic conformity; you come here for the self renew of energy. It is a stimulating and rewarding experience that combines with good food, traditional spa therapies, relaxation by the pool, exploring the hongs (local bay caves) and much more.

**Which of the following hotels...?**

- A** attracts with an array of refreshing and renewable activities
- B** ensures fresh, healthy, organic food
- C** provides both kids and parents alike with an amazing hotel experience
- D** offers an unforgettable homelike atmosphere
- E** is an excellent place for calmness and comfort seekers
- F** offers quick deliveries to rooms
- G** is an ideal place for gaining weight
- H** is perfect for swim lovers

### Task 7

Read the text below. Choose from (A–H) the one which best fits each space (33–38). There are two choices you do not need to use. Write your answers on the separate answer sheet.

Climate change is a global problem with potentially devastating local consequences. Global warming is (33) \_\_\_\_ in the atmospheric concentrations of Greenhouse gases (Carbon Dioxide, Methane etc.) since the industrial revolution. Such gases in the atmosphere trap the sun's energy, (34) \_\_\_\_ . The burning of fossil fuels, industry, deforestation, changing land use and agriculture release greenhouse gases and (35) \_\_\_\_ .

The rate at which the planet warms (36) \_\_\_\_ , with temperate change predicted to be the most severe in northern regions. Climate models predict temperature (37) \_\_\_\_ in some areas of the Russian and Canadian Boreal forest over the next century. Alaskan winter temperatures have already risen (38) \_\_\_\_ since the sixties. To put this in context the world has only warmed by a mere 5°C since the last Ice Age, 15,000 years ago, which saw most of the northern hemisphere buried under kilometres of ice.

- A is influenced by the wind
- B contribute to global warming
- C a consequence of a dramatic increase
- D an average 4.5°C
- E increases as much as 5–10°C
- F is expected to accelerate
- G increasing global temperatures
- H a contribution to the global warming