



Learning Resource Network

LRN LEVEL 2 CERTIFICATE IN ESOL INTERNATIONAL (CEF C1)

LEVEL C1

LISTENING
WRITING
READING AND USE

EXAM PAPER - JANUARY 2018

DURATION:

LISTENING	35 MINUTES
WRITING READING USE	2 HOURS AND 30 MINUTES

INSTRUCTIONS:

- Do not open this paper until you are told to do so.
- Read the instructions before answering the questions.
- You will hear Section 1, Section 2 and Section 3 of the Listening TWICE.
- You will hear Section 3 of the Listening AGAIN in Writing, Section 1.
- Answer **all** the questions.
- Mark your answers on the separate Answer Sheet in pencil.
- Use a pencil HB 2.
- Do TWO Tasks in the Writing.
- Write your Tasks in the Writing Booklet in pencil.
- You must ask any questions now as you cannot speak during the Test.

Read the text below about *the Importance of Sleep* and then answer the questions that follow. For questions, **1-9**, choose the best answer (**A, B or C**).

Mark your answers on the separate Answer Sheet.

The Importance of Sleep

It is a fact that most of us underestimate the importance of sleep. Getting enough quality sleep may not make us immune to diseases, but it certainly gives our body the energy it needs during the day to function at its best. Lack of a good night's sleep, however, can cause several problems.

During sleep, the brain performs a lot of complicated functions to make sure that our daily tasks can be accomplished. According to research, one of the most impressive processes that our brain goes through during sleep is the removal of toxic waste, which could explain why we cannot think clearly after a sleepless night. If these toxic chemicals are left to build up, they can result in Alzheimer's disease and other serious neurological diseases.

Another benefit of sleep is that it helps learning and memory in two ways. First, if we sleep well, our brain is more alert, which allows for better concentration and more efficient learning. Secondly, during sleep, the brain is busy creating new memories and preserving old ones. Therefore, students should think twice before spending a great part of the night using electronic devices. Without enough sleep, they will have difficulty focusing the next day and their ability to learn new information can drop by almost fifty percent.

Studies have also shown that sufficient sleep can be one of the best ways to lose weight. Getting around eight hours of sleep per night can reduce our stress levels and make us more motivated to eat healthily and exercise more. However, insufficient sleep is associated with obesity; the reason is that without enough sleep, we are under more stress, which can hinder us from following the demands of a weight loss programme. In addition, lack of sleep **disrupts** the balance of key hormones controlling appetite so sleep deprivation may make us hungrier during the day.

More than that, mood and sleep are closely connected. Inadequate sleep may lead to negative feelings such as irritability and anxiety. On the other hand, our mood can affect sleep as well. The more anxious we are, for example, the more sleep problems we have. Persisting sleep problems may increase the risk of serious psychological problems such as depression or panic disorders. Similarly, poor sleep may affect our social life. Research shows that when we are deprived of a good night's sleep, we are more likely to feel threatened by others and _____, we may avoid human interaction altogether.

Sleep is as important to our health as eating, drinking and breathing. Ignoring the effects of poor sleep can cause us serious problems.

1. According to the text, sleeping well can
 - A. protect us from all illnesses.
 - B. ensure that we have a lively night.
 - C. prevent us from having several problems.
2. What is **TRUE** according to the 2nd paragraph?
 - A. Having a sleepless night can affect how we think.
 - B. During sleep, toxic waste is built up in the brain.
 - C. The brain remains inactive while we sleep.
3. Sleep affects our memories because
 - A. when we sleep, the brain is too busy to make new memories.
 - B. old memories are removed when we sleep at night.
 - C. sleeping allows memories to be maintained.
4. According to the 3rd paragraph, what are students cautioned against?
 - A. depriving themselves of adequate sleep
 - B. using technology excessively during the day
 - C. learning too much new information after sleeping
5. What is **TRUE** according to the 4th paragraph?
 - A. The more we sleep, the more weight we gain.
 - B. Insufficient sleep could lead to an increase in body weight.
 - C. Stress is hardly ever linked to poor sleep.
6. What can best replace the word '**disrupts**' in the 4th paragraph?
 - A. forces
 - B. upsets
 - C. denies
7. According to the 5th paragraph, which of the following might **not** be associated with inadequate sleep?
 - A. annoyance
 - B. cheerfulness
 - C. tension
8. What is **FALSE** according to the 5th paragraph?
 - A. Sleep loss is tied to emotional reactions.
 - B. Even one sleepless night will lead to serious psychological disorders.
 - C. Disturbed sleep can influence our relationships.
9. Which of the following can fill in the blank in the 5th paragraph?
 - A. though
 - B. nevertheless
 - C. consequently

Read the following two passages about *Two Famous Towers*.
For questions **10-20**, choose the best answer (**A, B or C**).

Mark your answers on the separate Answer Sheet.

Two Famous Towers

Passage A

The Eiffel Tower

Initially, the Eiffel Tower was criticised by some artists as a useless and monstrous iron structure. By 1918, however, the Eiffel Tower, named after the engineer Gustave Eiffel, had become a symbol of Paris. When finished in 1889, it surpassed the height of the Washington Monument and became the tallest man-made structure in the world, a title which it held until the Chrysler Building in New York was built in 1930. Today, it is one of the world's most celebrated and most visited admission-charging monuments, with an average of 25,000 visitors a day.

Inside the Eiffel Tower, whether visitors are on guided tours or not, they can see and do a variety of things. They can take a staircase or a lift up to the first two levels where they can have a gourmet meal or visit the observation decks and enjoy a spectacular view of Paris. To get from the second floor to the top level, which includes another observation deck and a champagne bar, you need to take another lift. On the top floor, visitors can also explore Gustave's restored secret office, hosting wax models of himself, his daughter and Edison. A must-see within walking distance of the Tower is the Rodin Museum and a little further away is the Champs-Elysees, the avenue with the most popular monuments in Paris as well as expensive, luxury shops and nightclubs.

10. To begin with, the Eiffel Tower
 - A. was not appreciated by everyone.
 - B. was immediately recognised as a symbol of France.
 - C. was as tall as the Washington Monument.
11. What is **TRUE** about the Eiffel Tower according to the 1st paragraph?
 - A. No other building in the world attracts as many visitors as it does.
 - B. It is a monument that requires no admission fee.
 - C. It lost its title as the world's tallest structure to the Chrysler Building.
12. What is **FALSE** about the Eiffel Tower, according to the 2nd paragraph?
 - A. You cannot get a lift directly from the ground to the top level.
 - B. Visiting the Tower without a guide is prohibited.
 - C. Its creator's office has been returned to its original condition.
13. The writer recommends the Champs-Elysees because here visitors can
 - A. come across many bargains in the shops.
 - B. admire a lot of famous Parisian landmarks.
 - C. walk around the Rodin Museum.

Passage B**Big Ben**

Contrary to popular belief, the world-famous clock tower in London is not actually named 'Big Ben'; once called 'Clock Tower', its official name is now 'Elizabeth Tower'. Located in the Westminster district, the tower is one of the most **prominent** cultural symbols of the United Kingdom. Big Ben is, in fact, the most famous and largest bell in the tower, and it rings every hour whereas the other four smaller bells ring every fifteen minutes. Throughout its history, the clock was silenced on occasion for short periods of time. However, in August 2017, it was to fall silent for the longest period in its history as part of a vast four-year maintenance project.

Visiting the interior of Big Ben is possible, but only if guests are United Kingdom residents over the age of 11. There not being any lifts, visitors need to climb 334 stairs to reach the top. After marvelling at Big Ben and the Houses of Parliaments, which are connected to it, they can visit other sights in Westminster. From the hustle and bustle of Oxford Street shops to the vibrant nightlife of Soho, Westminster hosts some of London's most famous tourist sites. A Thames river cruise is also another way to see London and its landmarks. All-weather sightseeing boats depart from the Westminster pier daily all year round.

14. Most people assume the famous clock tower in London is called
- Clock Tower.
 - Elizabeth Tower.
 - Big Ben.
15. Which of the following can best replace the word '**prominent**' in the 1st paragraph?
- complex
 - well-known
 - selective
16. What is **TRUE** according to the 1st paragraph?
- Major repairs to Big Ben began in August 2017.
 - All the bells in the tower are of the same size.
 - Big Ben has never stopped ringing since it was built.
17. What is **FALSE** according to 2nd paragraph?
- Westminster is home to several popular tourist attractions.
 - All residents of the UK are allowed to go inside Big Ben.
 - Thames river cruises take place regardless of the weather.
- Questions 18-20 refer to BOTH Passages A and B.**
18. We are told of the materials used in the construction of
- the Eiffel Tower.
 - Big Ben.
 - neither tower.
19. The way to visit the interior of the tower is mentioned in
- passage A only.
 - passage B only.
 - both passage A and B.
20. Nightlife entertainment is mentioned in
- passage A only.
 - passage B only.
 - both Passage A and B.

For questions **21-40**, choose the best answer (**A, B or C**).

Mark your answers on the separate Answer Sheet.

21. Her new office is located in the centre, is very convenient.
- A. that
 - B. which
 - C. though
22. His car is falling apart. He buy a new one.
- A. would prefer
 - B. would better
 - C. had better
23. Do you know what at the meeting yesterday?
- A. they did discuss
 - B. have they discussed
 - C. they discussed
24. His failing the test was inevitable. He have revised all his notes.
- A. might
 - B. should
 - C. must
25. Was he actually seen the director's car?
- A. he drove
 - B. driving
 - C. drive
26. They to switch off their phones before they started the test.
- A. had been asked
 - B. were asking
 - C. asked
27. angered him the most was her indifferent attitude.
- A. That
 - B. What
 - C. Which

28. He used his GPS app and finding the street he wanted.
- A. wasn't it difficult
 - B. had no difficulty
 - C. it was too difficult
29. She is very with what she has managed to do so far.
- A. pleased
 - B. pleasing
 - C. pleasant
30. My friend has been having serious problems and I wonder what I can do him.
- A. in helping
 - B. for his help
 - C. to help
31. When I first the news of his promotion, I was really taken aback.
- A. heard
 - B. have heard
 - C. was hearing
32. He'd better apologise to her their relationship is further strained.
- A. until
 - B. when
 - C. before
33. Going camping will be fun as long as the weather fine.
- A. will remain
 - B. remains
 - C. has remained
34. While on safari in Africa, they saw wild animals.
- A. many enough
 - B. quite a few
 - C. rather much
35. for such a long time in the capital, she doesn't want to move to a small town.
- A. Because of being living
 - B. Having lived
 - C. Her to have lived

36. The problem which was at the meeting requires urgent attention.
- A. taken over
 - B. brought up
 - C. put on
37. She isn't as we thought.
- A. as a popular singer
 - B. so a popular singer
 - C. as popular a singer
38. No sooner the room than the baby started crying again.
- A. she had left
 - B. might she have left
 - C. had she left
39. The drawer she had hidden the letter in was locked.
- A. where
 - B. at that
 - C. which
40. jobs last year, she would be much happier now.
- A. Had she changed
 - B. Unless she changes
 - C. If she changed

For questions **41-50**, read the text below and use **ONLY ONE** word which best fits to fill in the gaps.

Mark your answers on the separate Answer Sheet.

Perfumes

No other country is as famous for its perfumes (41) France is. A lot of the big names in the perfume industry (42) French, satisfying 30% of the world market. The cultivation of flowers used for perfume essence began in France in the 14th century. (43) was Catherine de Medici, wife of King Henry II, who initiated (44) growing of fragrant flowers suited to southern France's Mediterranean climate and introduced perfumed gloves into the French court. When Louis XV came to the throne in the 18th century, perfumes enjoyed further success. The King demanded a different fragrance for his apartment every day and his court applied scents not only to skin but also (45) clothing and furniture. After Napoleon (46) crowned himself Emperor of France, expenditures for perfumes became extremely high. (47) is said to have used sixty bottles of jasmine extract every month and his wife, Josephine, also used perfumes extravagantly. France, however, is not the country (48) invented perfumes. The art of making perfumes can (49) traced back to the ancient civilizations of Mesopotamia and Egypt (50) perfumes were used to mask unpleasant body smells.