

TEST 1

1.



Listen to a man talking about one of his free-time activities, Tai Chi. Decide if the sentences are true (T) or false (F).

- 1 Tai Chi was recommended to the man by someone he knows. T F
- 2 People have to move in the shape of a triangle while doing Tai Chi. T F
- 3 Practising Tai Chi has benefits for our minds as well as our bodies. T F
- 4 The man's wife is unhappy about him practising Tai Chi. T F
- 5 The man always goes to a park to do Tai Chi. T F



2.



Listen again. Choose the correct word to complete sentences 6–10.

- 6 The man says that many people think Tai Chi and Pilates / Yoga are similar.
- 7 Tai Chi involves slow / fast movements of the body.
- 8 According to scientists, doing Tai Chi can make a person's heart / brain bigger.
- 9 The man says he doesn't enjoy doing work / sport with other people.
- 10 The Chinese believe it's better to do Tai Chi when you're surrounded by nature / people

TEST 1

3.

Read the text about how people use their time. Choose the best answers.

I have often wondered where time goes. I know we live in a digital age, and we have modern technology to ¹ _____ us time. But I still seem to have less time now to ² _____ with friends and relatives than I had before. In the past, people ³ _____ to each others' houses to have a drink and a chat. Then, the telephone came along. It was an invention ⁴ _____ changed everything because then people had something at home they could use to chat – they ⁵ _____ have to go out to meet their friends in order to talk to them. Nowadays, of course, with social media, we don't even have to speak to each other if we don't want to. We can just post a message telling our friends that we're feeling ⁶ _____ because we're going on holiday or we're ⁷ _____ because we've just finished ⁸ _____ the housework. I know what my problem is, though – it's that I waste far too much of my free time ⁹ _____ the internet. And how am I using my time right now? Well, I'm ¹⁰ _____ a blog about wasting time. Who knows? Maybe that will help other people in some way.

- | | | | |
|----|-----------|------------|----------------|
| 1 | a help | b save | c give |
| 2 | a offer | b give | c spend |
| 3 | a visited | b went | c invited |
| 4 | a who | b where | c which |
| 5 | a didn't | b weren't | c doesn't |
| 6 | a good | b lonely | c disappointed |
| 7 | a anxious | b confused | c exhausted |
| 8 | a doing | b making | c cleaning |
| 9 | a in | b at | c on |
| 10 | a reading | b writing | c having |

TEST 1

4.

Read the article from a travel magazine in which five people talk about their holiday in South East Asia.

Which person ...

- 1 couldn't afford to do any shopping? ____
- 2 thought the beaches were really fantastic? ____
- 3 used a kind of local transport? ____
- 4 thought the best thing about the trip was the exotic food? ____
- 5 stayed in one place longer than they planned? ____
- 6 enjoyed doing exercise every day? ____
- 7 really liked a historic place? ____
- 8 travelled with a group of people? ____
- 9 couldn't decide where to go? ____
- 10 enjoyed the most the last place he/she visited? ____

**Katerina**

My idea was to travel around South East Asia and visit two or three different countries. But when I got to Thailand, I didn't leave because it was so fabulous there. I really loved doing yoga on the beach each morning and then going for a swim. The weather was amazing, too. Things aren't too expensive in the markets, so I got a few souvenirs for my parents.

Sanjeev

I arrived in Vietnam first. I was on a package tour, which meant that I didn't have a lot of freedom to go off on my own. There was an activity planned for us every minute of the day, and we saw some of the most beautiful scenery I've ever seen in my life. We were also taken on an 'island-hopping' trip to see the islands around there, and that was on a special type of Vietnamese boat called a *junk*.

Aoife

I'd just won some money, so I decided to treat myself and my friend to a luxury holiday travelling around the islands of Indonesia. We were there for three weeks and travelled to about ten different islands during that time. I think Indonesia has the best beaches in the world! We had some really good meals, too, like *ayam bakar*, which is a delicious spicy chicken dish.

Dimitris

I visited Cambodia, and it was, without a doubt, the holiday of a lifetime for me. What I remember most about my time there is the food. I've never tasted fish or vegetables like that before, and sadly I probably won't again unless I go back there. There was a dish called *fish amok*, which I had every other day because I loved it so much.

Maya

I didn't have much money left by the time I got to the Philippines because it was the last place I visited. That wasn't a problem, though, and I had a great time. My favourite place was Banaue, which has lots of spectacular ancient rice terraces. I particularly enjoyed visiting the river markets, but of course I wasn't able to buy any souvenirs for my family and friends.