

Listening

2 [Track 13] Listen to three recordings. Complete the sentences with up to three words.

Recording 1

- 1 If you use Miracle Wave, you won't need _____ for painkillers anymore.

Recording 2

- 2 Last year Kelly _____.
- 3 The boy tells Kelly a _____ should help her.

Recording 3

- 4 It's unhealthy to take a lot of painkillers because it can lead to _____ later in life.
- 5 After doing _____, the woman found out fish oil isn't in fact dangerous.

Vocabulary

Fill in the gaps.

1. Visit local markets where you can find unique items for a souvenir that _____ (**last**)
2. The more they lectured me, _____ (***much worse / worse / the worse/the worst***) I behaved.
3. My children are _____ (***nasty***) as I was.
4. Every Ukrainian woman has her own _____ (***recipe / receipt***) of borsch.
5. Ride or die is someone who is always by your side and will never let you _____ (***preposition?***).
6. They catch a bullet for you and stay with you _____ (***preposition?***) thick and thin.

2 Complete the sentences with the missing words. The first letters are given.

- 0 We landed our boat on a remote island and decided to camp there for a few days.
- 1 All of our lamps have low-energy **b**_____, so we spend quite a bit less on electricity.
- 2 Elephants usually live in a group of ten to twenty animals which is called a **h**_____.
- 3 Be careful, the ocean **c**_____ is very strong and it could pull you under the water.
- 4 It's dangerous to hike on that mountain. There is a big risk of a bear **e**_____.
- 5 When we stood on the mountain **p**_____, we could see for miles in every direction.

Use of English

6 Complete the sentences with the correct form of the words in CAPITALS.

- 0 How many endangered species can be found in the Polish mountains? DANGER
- 1 In many ways, football fans are similar to _____ societies: they are extremely loyal to their group and they even wear the same clothes. TRIBE
- 2 If we use more _____ energy like wind and solar, there will be much less pollution. NEW
- 3 Many people in _____ countries have no access to clean water or good medical care. DEVELOP
- 4 Experts agree that economic _____ is an important factor, but they point out that we should worry about natural resources, too. GROW
- 5 By following the course of the _____ river we walked much further than if we had taken the straight road. WIND

2 Use one word in each gap to complete the clauses of purpose in the extract from an article about student health.

Of course exercise is good for you, but is it possible to get too much of a good thing? Of course it is. In (0) order to get the most out of a new exercise routine, you should start out slowly (1) _____ as not to injure unused muscles, and you should give yourself plenty of time to rest so (2) _____ your body can recover. It is also vital to eat well and drink plenty of water (3) _____ keep your body in the best condition. Sore muscles are normal after exercise, but actual pain is there in (4) _____ to tell you that you are doing too much. If pain lasts for a long time, go to a doctor (5) _____ that you can find out what is really wrong. Listen to your body and you will be fine!

Grammar

Choose the correct forms.

A: Where did you go for the Christmas holidays?

B: I went to ¹*the* / – USA. I wanted to leave London's cold winter behind, so I chose ²*the* / – California, ³*where* / *which* the average temperature is never below 21°C.

A: Did you have a good time?

B: Not in ⁴*the* / – Los Angeles. Surprisingly, the weather wasn't warm enough. If it ⁵*had been* / *was* warmer, I wouldn't have caught a cold.

A: What a pity! Did you have a fever as well?

B: Yes, and I also had a sore throat. I had to call ⁶*a* / *the* doctor. ⁷*The* / *A* doctor told me to stay in bed, so I did as he said. If I hadn't stayed in bed, I ⁸*wouldn't have recovered* / *wouldn't recover* in time to go to San Francisco. Luckily, I ⁹*had* / *have* already visited ¹⁰*the* / – LA before. So ¹¹*as soon as* / *as long as* I got better, I went to San Francisco.

A: What's San Francisco like?

B: Oh, I think it's fantastic. I wish I ¹²*lived* / *live* there! But I ¹³*will go* / *go* back as soon as I can. I might ¹⁴*to go* / *go* during the summer holidays. Surely it ¹⁵*will be* / *will have been* warmer at that time. I've got some friends there ¹⁶*who* / *which* like surfing, so I ¹⁷*will be surfing* / *will have surfed* with them all day long during the summer.

A: I didn't know you could surf.

B: I ¹⁸*have been surfing* / *surfed* all my life. I really enjoy it! I've always enjoyed ¹⁹*to do* / *doing* all kinds of water sports.

Reading

Task 4

Read the texts 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.

17

Our Health Pharmaceutical Company

Now recruiting enthusiastic and passionate individuals to join our international sales team at all levels.

- Excellent training and support provided
- Full and part-time positions available
- Attractive salary and conditions

www.farminhealth.com



18

Looking to take your career to the next level? Keen to advance your skills?

- ✓ Obtain a globally-recognised certification
- ✓ Digital marketing course
- ✓ 100% online
- ✓ 60 days

One-to-one coaching also available
www.educadv.com



19

LAUNCH YOUR CAREER DURING YOUR UNIVERSITY YEARS!

Join to learn about

- Key requirements
- working hours
- on-the-job training



ONLY TWENTY PLACES AVAILABLE

Presentation and meeting October 2nd
Call us now 637-222-7166

20

Take your career to new heights

We are looking to expand our management team

Responsibilities include overseeing the performance and ensuring the safety of our growing maintenance workforce.

Previous involvement in transport and logistics is an asset.

Visit our website

www.aiclassserv.com
for a detailed description
of the roles and requirements
and to submit your updated CV.



21

NEED TO EARN SOME EXTRA INCOME?

Join our online community for free now
and start earning cash for your online activities

- Visiting websites
- Paid surveys
- Free offers
- Shopping online
- Contests

For more details,
visit our website
www.surfandearn.com



Which of the advertisements

?

- A refers to a job in higher education
- B asks to fill in an online form
- C offers advice for setting up a website
- D welcomes experience in the sphere
- E offers jobs with reduced working hours
- F informs of the need to become a member
- G specifies the number of people it seeks to recruit
- H offers virtual training

Task 7

Read the text below. Choose from (A-H) the one which best fits each space (33-38). Write your answers on the separate answer sheet.

Generations and Technology

Nowadays, the use of technology is obligatory for everyone. No matter how hard it is for our grandparents, the modern lifestyle has forced them to use gadgets. Distant relatives have made our grannies create *Facebook* accounts, and the need to use office applications like *PowerPoint* or *Excel* at work puts them under a lot of pressure and stress. To us, the fear of technology seems weird or even funny, whereas lots of our older relatives are far from (33)_____.

It's important to remember that our grandparents used to keep in touch with one another by (34)_____. That, in turn, shaped their attitude to work, entertainment, family values and relationships with others. Similarly, modern technology, (35)_____, determines the way our generation behaves, communicates and perceives the world.

Without a doubt, (36)_____ definitely make our routines and arrangements more convenient. We are gradually forgetting about (37)_____ and wasting our precious time there to buy tickets or pay bills. On the contrary, our grandparents often try to avoid using smartphones, laptops and dedicated apps, being afraid to make a mistake and mess things up. Therefore, when (38)_____, be patient enough to explain how this application works or, if necessary, help her with microphone and camera settings. No one knows what kind of challenges technological progress will present us as adults and how much help we may need from our kids after all.

- A including all sorts of electronic devices and applications
- B seeing your grandma struggling to log on to *Skype*
- C being enthusiastic about technological advancements
- D pursuing your higher education
- E standing in endless queues at cinemas, bus stations or banks
- F chatting with your friends online
- G tracking payments via online banking and booking a hotel on the Internet
- H using landline phones and writing letters