

ТРЕНАУВАЛЬНИЙ ТЕСТ У ФОРМАТИ НМТ

Reading

Task 1

Read the texts below. Match choices (A–H) to (1–5). There are three choices you do not need to use.

1

REDGROVE INSTITUTE OF BUSINESS AND TECHNOLOGY

Benefits:

- Enhanced Safety Skills
- Career Advancement Opportunities
- Increased Employability
- Lifelong Learning
- Personal Fulfilment

Training duration:

- 4 weeks (Saturday, Sunday)

Eligibility:

- 4 Years Bachelor's Degree
- 1 Year of Safety Experience

Tuition cost covers:

Training Expenses / 3 Mock Exams

Training fee: £1,200

✉ +44 20 6378 0091

✉ ribat@gmail.com

✉ 143 City Road, London

2

THE HOME DEPOT WORKSHOP

SAT | SEPT 16, 2023

10 AM – 2 PM

COST: £120

Topics include:

- ▷ Cooling / heating and plumbing
- ▷ Yard work / smoke detecting
- ▷ Gutters / storm doors

✉ +44 20 7842 5382

✉ inquiry@gmail.com

✉ www.homedepot.com

✉ THD Training Center, 123 High Street

3

Join Our 39th Workshop

DATE: 13 June 2023

TIME: 9AM TO 3 PM

TOPICS:

- budgeting
- mortgage or rent
- health insurance
- personal loans
- dealing with debt
- bring your bills

HOW TO PAY: Cost: £240

Early bird price: £200

(valid till 31 May, 2023)

Account No: 0532013000

Bonus: investment handbook + 2 e-books

For more information:

✉ +44 20 9518 8237

✉ workshop@gmail.com

4

UNDER 25 YEARS OLD? LOOKING FOR GUIDANCE, HELP AND PRACTICAL ASSISTANCE?

Join us for FREE

Lab sessions may consist of:

deciding on the best direction for you / learning how to use LinkedIn / interview performance training / group instruction on resume writing / personal strength test / presentations on networking / group activities / role playing / guest speakers on special topics

Come by on Wednesdays 5 pm – 8 pm
Through September 2023

✉ NPO The Welcome Trust, Coin Street Convention Center, 98 Stamford Street, South Bank (Find us on the second floor in Suite 205)

BLUEPRINT FOR EXCELLENCE
4 DAY WORKSHOP ON

New techniques in:

- overcoming your nerves
- success conductive attitude
- healthy intra and interpersonal relationships
- emotional stability to handle pressure and challenging situations

On April 3 to 6, 2023 10 am to 5 pm

Fee: £400 (includes courseware, lunch and tea)

Contact: ① Roundhouse, Chalk Farm Road, Camden ② 020 5639 1203

Which advertisement is about _____?

- A emotional intelligence
- B employability
- C home maintenance
- D job opportunities
- E personal development
- F personal finance
- G professional development
- H public speaking

Task 2

Read the text below. For questions (6–10) choose the correct answer (A, B, C or D).

Iron Man

There is not much about Adrian Hayes that isn't record-breaking, inspiring or amazing. The 64-year-old British citizen, currently living in the UAE, has worked in nine countries, visited more than a hundred, speaks four languages, holds an MBA, is a fellow of the Royal Geographical Society, an ambassador for the UAE-based charity Gulf for Good, an iron man triathlete, and a multi-fitness challenge champion. He is a former British Army Officer, a mountaineer since his teens, and a successful motivational speaker.

After reaching the summit of Mount Everest in 2006, he was so happy that he had fulfilled his life-long dream, that he immediately headed off to the North Pole, reaching it in March 2007. He came back home to Dubai only to set off again in November 2007, this time to the South Pole thus conquering the three latitudinal and altitudinal extremes of the planet.

His career as a challenge-taker started when he was still a teen. His family used to mount expeditions across the marsh lands of the river valley near the place where they lived in the New Forest, Hampshire. After such expeditions he would gaze for hours at his family globe wondering what it would be like to see the furthest places of our Earth. He has always been adventuring ever since; as he grew older, his expeditions just got more extreme and training became more strenuous.

On December 14, 2011, Hayes came back from an expedition following the path of British explorer Wilfred Thesiger across Rub' al Khali. The 1600 km trek through one of the world's largest deserts was not free from problems. On the very first day Hayes was thrown from his camel, suffered a concussion and required 13 stitches on the head. Only a little later, the expedition, consisting of Hayes, two Emirati travel companions and seven camels, had to wait out cyclone Kelia for five days. But after the initial hiccups the group managed to make good time and make plenty of friends along the way. What really impressed him during this journey was the number of visitors to their camp who were anxious to treat the travellers to traditional Arabic food, learn more about their challenge and share their personal stories of Thesiger and his expedition from the

1940s. In 2013, his impressions of the challenge found their way into his first book *Footsteps of Thesiger* chronicling the life of Wilfred Thesiger and Hayes's re-enaction expedition in Thesiger's trail.

Waiting for the next challenge, Hayes trains by pulling tyres along the beach and through sand dunes in the UAE and concentrates on his public speaking, motivational team coaching and sustainability seminars. Being a professionally qualified corporate coach, Hayes admits that leadership and team development programmes have also become part of his work along with his expeditions. Although the expeditions have little to do with the coaching, they provide him with numerous and vivid examples to draw on while coaching.

So, why does he do it? According to Hayes, he loves challenges, he is good at doing them and he is a strong believer in his abilities to face them.

6 What can be inferred from **PARAGRAPH 3** about the beginnings of his adventure-seeker's career?

- A He started his expeditions only when he grew older.
- B He realised his desire to explore only after he had been given a globe by his family.
- C His curiosity was encouraged by his family.
- D He wanted to escape the expeditions across the marsh lands organised by his family.

7 What does the word '*hiccups*' in **PARAGRAPH 4** mean?

- A slight problems
- B serious difficulties
- C bad injuries
- D minor misunderstandings

8 According to Adrian Hayes, what was the most rewarding experience of his expedition across Rub' al Khali?

- A The recovery after the injuries he had.
- B The miraculous escape from cyclone Kelia.
- C The discovery of the welcoming nature of the local people.
- D The friendship he formed with his travel mates.

9 What is **TRUE** about Adrian Hayes's social activities?

- A They provide him with useful examples for his coaching sessions.
- B They are no less important than his challenges.
- C They interfere with his training.
- D They help in getting a professional qualification in corporate coaching.

10 Which statement is **NOT TRUE** of Adrian Hayes's achievements?

- A He has a degree in Business Administration.
- B He has completed the Three Pole Challenge.
- C He is a successful author.
- D He runs campaigns on ecological sustainability.

Task 3

Read the texts below. Match choices (A–H) to (11–16). There are two choices you do not need to use.

11 The Kokoda Track, Papua New Guinea

60 miles of rugged terrain and jungles with slippery roots coupled with extreme weather conditions and high risk of endemic tropical diseases make the Kokoda Track one of the world's most spectacular and challenging trekking trails with an incredibly high death toll. The 2009 season was fatal with four hikers dying on the trail and thirteen people killed in a plane crash on their way to the trailhead. Since then, the ill-fated road had been blocked numerous times by outraged locals until the government started maintenance work and decided to bring modern facilities to the trail. Although the trail is now changing for the better, hikers still have to watch out for dangers lurking around.

12 The Maze, the USA

With an average of 2,000 visitors a year, the labyrinth of high-walled red rocks called the Maze doesn't seem to be very popular with hikers. However, the small number of visitors is easily explained by its location in the least accessible part of Glen Canyon National Recreation Area and exceptional difficulty of access roads which require reliable, high-clearance 4WD vehicles. The trail itself is the last truly wild frontier in the world, so hikers planning the trip must be able to repair their 4WDs, have proper equipment, self-rescue gear, sufficient water and food supplies as the camping area has got only a small shop selling books and maps.

13 El Camino De La Muerte, Bolivia

Originally called North Yungas Road, El Camino de la Muerte is an incredibly hair-raising track which is officially recognized as the most dangerous road in the world. This single-lane road winds at high altitudes featuring almost all climatic zones of South America. Constructed by Paraguayan prisoners of the Chaco War, it became an important connection between Coroico, a town in Nor Yungas Province and La Paz, the seat of government. The steep road with no crash barriers, sharp turns and unexpected landslides is avoided even by locals who prefer a safer bypass road built in 2006. Nevertheless, biking tour groups are quite common on the road offering breath-taking views and ultimate biking experience alongside the danger.

14 Cascade Saddle, New Zealand

Gorgeous views, lush beech forests, alpine meadows and grassed flats make this highly challenging trail popular with backpackers, runners, hikers, and bird-watchers alike.

Open year-round and beautiful any time you visit, Cascade Saddle becomes exceptionally dangerous autumn through spring when wet, snow- or ice-covered grass slopes become slippery, cold storms occur and lower visibility, avalanche danger increases manyfold, and numerous unbridged streams flood from rain. Adventurous hikers are recommended to carry an emergency shelter, safety equipment, a head torch, and spare food at all times to wait out extreme weather conditions and be prepared to turn back if conditions worsen.

15 Kalalau, Hawaii

Kalalau trail is a trek through paradise that can become hell even for the most experienced hikers. Tropical wilderness, crystal-clear waterfalls, sea caves, steep volcanic slopes and a secluded beach at the end of the trail have taken several lives and caused hundreds of accidents. Numerous streams rapidly swelling after rain, stones falling near waterfalls, slippery muddy patches along cliffsides, strong underwater currents and unpredictable waves can turn the hike into an dangerous walk, and a marginal community living

on the snore can be very rough with hikers. Following a severe flooding in the 2018 spring season, the trail was closed for a year and reopened with a daily visitor limit and entrance permit.

16 El Caminito del Rey, Spain

Hanging on a cliff 100 metres above the bottom of the valley, a concrete and steel footbridge is certainly the most dangerous part of the 7.7-kilometre-long Caminito del Rey trek. After its construction at the beginning of the 20th century, the footbridge, that originally connected the El Gaitanejo dam with the El Chorro hydro-electric plant, was used by local villagers to get to shops, school, or bars. Officially closed to the public, the footbridge is still a bucket list destination for adventure seekers from all over the world. The trail itself runs through a unique natural setting featuring a swamp, two gorges, a canyon, and a valley as well as several pedestrian tunnels and another footbridge.

Which trail _____?

- A has been undergoing reconstruction
- B is suitable for beginners
- C is the safest in summer
- D requires from hikers a great deal of self-sufficiency
- E threatens attacks from locals
- F used to be a major transport route
- G was constructed during a war
- H was part of everyday routine for the local inhabitants

Task 4

Read the text below. Choose from (A–H) the one which best fits each space (17–22).

There are two choices you do not need to use.

Communication as it Used to Be

Communication has always been an essential part of human life and (17) _____. Nowadays, with cell phones and internet access long-distance communication can occur almost anywhere. Cell phones are found everywhere in modern world and any information (18) _____. But most of us can hardly imagine how (19) _____. Smoke signals and drums were used by primitive people for long-distance communication. Though such signals (20) _____ they could have different meanings even for two tribes and attract unwanted attention.

Letter writing has been a popular means of long-distance communication for centuries. However, it was quite time-consuming in the past, since it could take days or weeks (21) _____. Its inefficiency caused the Battle of New Orleans that took place more than two weeks after the Treaty of Ghent had actually ended the War of 1812 between the United States and Britain. (22) _____, the battle could have been avoided and over two thousand lives could have been saved.

- A being informative and quick to pass
- B could be easily passed from one place to another
- C difficult communication was in the past
- D for a letter to reach its destination
- E existed in a variety of means
- F is received only by a click of a keyboard button
- G prehistoric people staying in touch with each other
- H with more efficient means of communication

Use of English Task 5

Read the text below. For questions (23–27) choose the correct answer (A, B, C or D).

Tea in Japan

The first documented (23) _____ of tea in Japan dates back to the 9th century when it was introduced to the country by monks who (24) _____ to China to (25) _____ Zen Buddhism. Around this time, tea drinking began to be practised by Japanese aristocracy and tea plantations began to be cultivated in the southern-central regions of Japan. Nevertheless, the interest in tea gradually (26) _____ by the end of the 10th century and (27) _____ very low until it revived in the 12th century.

23	A	proof	B	evidence	C	indication	D	sign
24	A	attended	B	visited	C	moved	D	travelled
25	A	learn	B	examine	C	study	D	investigate
26	A	disappeared	B	faded	C	increased	D	ceased
27	A	stayed	B	left	C	stopped	D	continued

Task 6

Read the text below. For questions (28–32) choose the correct answer (A, B, C or D).

A Tunnel under the Sea

Although the idea to join the British Isles to continental Europe was originally proposed as early as at the beginning of the 19th century, the construction didn't begin (28) _____ the 1980s. The first detailed plan, proposed in 1802, was rejected by the British who feared that Napoleon Bonaparte might (29) _____ it to invade their country. Over the next two centuries enthusiasts came up with a number of plans all of (30) _____ failed either for political or economic reasons. Finally, in 1984, it was decided (31) _____ a contest to select the best plan to create a link between the two countries. The contest-winning proposal (32) _____ and tunnelling began.

28	A	as long as	B	in	C	before	D	until
29	A	have used	B	use	C	to use	D	using
30	A	which	B	whom	C	whose	D	that
31	A	held	B	hold	C	to hold	D	holding
32	A	accepted	B	was accepted	C	was being accepted	D	had been accepted