

Read the text and choose the correct word for each space. For each question circle A, B, C or D.

## TIPS FOR FLYING



The number and length of flights has increased sharply in the past few years and the number of passengers on long distance flights is also higher. As the human body was not designed for flying, people can (1) \_\_\_\_\_ if they are on an aeroplane for a long time. Therefore, it is important to (2) \_\_\_\_\_ certain measures to increase your comfort. In the air, your body is more (3) \_\_\_\_\_ to the effects of alcohol, coffee, tea and rich or fatty foods, so it is better to (4) \_\_\_\_\_ these the day before you leave as well as during the flight. A long-distance journey often (5) \_\_\_\_\_ travellers feeling stiff because they have been sitting in one (6) \_\_\_\_\_ for several hours.

In order to reduce the (7) \_\_\_\_\_ of this happening to you, there are some exercises you can do while you are flying. (8) \_\_\_\_\_ this, a hot shower taken after the flight can be an effective (9) \_\_\_\_\_ of minimising stiffness. If you wear loose clothing made from (10) \_\_\_\_\_ materials, such as cotton, you will feel more comfortable as your skin will be able to breathe more easily. Your skin suffers in other ways too, becoming drier (11) \_\_\_\_\_ you have left the ground. This can be avoided, however, if you (12) \_\_\_\_\_ some skin cream with you.

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|-----|--------------|--------------|------------------|--------------|
| 1.  | A) agonise   | B) endure    | C) suffer        | D) tolerate  |
| 2.  | A) have      | B) take      | C) make          | D) do        |
| 3.  | A) fragile   | B) sensitive | C) delicate      | D) weak      |
| 4.  | A) ignore    | B) delete    | C) prevent       | D) avoid     |
| 5.  | A) results   | B) makes     | C) causes        | D) leaves    |
| 6.  | A) position  | B) point     | C) space         | D) situation |
| 7.  | A) accidents | B) chances   | C) opportunities | D) fortunes  |
| 8.  | A) Apart     | B) Besides   | C) Except        | D) Despite   |
| 9.  | A) way       | B) route     | C) direction     | D) path      |
| 10. | A) natural   | B) physical  | C) pure          | D) real      |
| 11. | A) since     | B) once      | C) while         | D) until     |
| 12. | A) bring     | B) take      | C) fetch         | D) get       |

Source: FCE Practice Exam Papers 2