

Test 1

Part 1

For questions 1-8, read the text below and decide which answer (A,B,C or D) best fits each gap. There is an example at the beginning (0).

Example:

0 A make B take C do D have

0	A	B	C	D
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Long hours and health don't mix

Women are much healthier when they (0) it easy, (1) a new survey. Those who work long hours are more likely than men to indulge in unhealthy behaviour such as eating snacks, smoking and drinking caffeine. (Long hours have no such (2) on men.) One positive benefit of long hours for both sexes, however, is that alcohol (3) is reduced.

The study, funded by the Economic and Social Research Council, is part of a wider study by psychologists from the University of Leeds, into the effects of stress on eating. 'Stress causes people to (4) for unhealthy high-fat and high-sugar snacks in preference to healthier food choices,' says researcher Dr Daryl O'Connor of the University of Leeds. 'People under stress eat less than usual in their main meals, including their vegetable (5), but shift their preference to high-fat, high-sugar snacks instead.

'Our (6)..... are disturbing in that they show stress produces harmful changes in diet and leads to unhealthy eating behaviour,' continues Dr O'Connor. 'An overwhelming (7) of evidence shows the importance of maintaining a balanced diet in (8) of reducing the risk of cancer and cardiovascular diseases - and that means eating a low-fat diet and five portions of fruit and vegetables a day.

- | | | | | |
|---|----------------|---------------|---------------|----------------|
| 1 | A betrays | B sustains | C reveals | D conceals |
| 2 | A contact | B clash | C conflict | D impact |
| 3 | A beverage | B consumption | C expenditure | D acceptance |
| 4 | A choose | B select | C design | D opt |
| 5 | A intake | B influx | C emission | D immersion |
| 6 | A instructions | B rulings | C findings | D institutions |
| 7 | A lump | B body | C sack | D packet |
| 8 | A moments | B sessions | C terms | D senses |

Part 2

For questions 9-16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Write your answers in CAPITAL LETTERS.

Example: 0 EVER

The breath of life

Anyone who has (0) been to a yoga or meditation class will know the enormous benefits of something as simple and natural as breathing. Inhale slowly and steadily, and you can relax your entire body. Stop and focus on the flow of (9) breath you take in and out, and you can quieten and focus your mind. In (10), positive breathing will help you feel calmer, bring down your blood pressure and increase your mental alertness and energy levels.

Yet, breathing is so instinctive that most of the time we're hardly even aware of it. Of course, that's (11) why it's easy to develop bad habits and why many of us don't do it as well as we (12) But with a little practice, (13) it right can bring instant health benefits. These include feeling more relaxed and being more mentally alert. You may also find that there's an improvement in (14) physical symptoms, such as bloating and stomach pains, dizziness, headaches, pins and needles and low energy.

Learning to breathe correctly can dramatically improve your wellbeing and quality of life. Most people think that poor breathing means that you don't get enough oxygen, but it's (15) the carbon dioxide you're missing out (16)

Part 3

For questions 17-24, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Write your answers in CAPITAL LETTERS.

Example:

0

SIGNIFICANTLY

The cooling oceans

The upper layers of Earth's oceans have cooled (0) over the past two years, even though the planet as a whole is warming up. While this may just be part of the natural (17) of oceans, climatologists are still confounded by the massive unaccountable loss of heat.

SIGNIFY

VARY

Scientists have been (18) concerned by rising sea temperatures over the last 50 years but these new (19) tell a different story.

INCREASE

FIND

Generally speaking, the (20) of heat by the oceans reduces atmospheric warming.

ABSORB

Now (21) taken by the National Oceanic and Atmospheric Administration have put a wrinkle in the trend. The researchers used data from 3000 floating buoys which monitor the oceans (22)

MEASURE

WORLD

They found that the oceans dropped in temperature by an (23) 0.02 degrees centigrade between 2011 and 2013.

BELIEVE

Now, that may not seem like much, but trying to account for the missing energy is proving to be enormously (24) It is possible that volcanic eruptions are one main cause of the phenomenon, but no firm answers have yet been provided.

PROBLEM

Part 4

For questions 25-30, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and six words, including the word given. Here is an example (0).

Example: 0 George should have worked harder if he wanted to pass the exam. succeeded
Had George worked harder, passing the exam.

Write the missing words IN CAPITAL LETTERS.

0

HE WOULD HAVE SUCCEEDED IN

- 25 Paul tends to play his music loudly when he's not feeling very happy. habit
Paul is his music loudly when he is not feeling very happy.
- 26 They could easily win the game. chance
They the game.
- 27 Of course I did not agree to lend them the money. saying
It not agree to lend them the money.
- 28 Did anything about his behaviour seem unusual to you? strike
Did anything about his behaviour unusual?
- 29 I can barely cook a meal for myself, so I certainly couldn't cook for eight people. alone
I would struggle for eight people.
- 30 The reporter said that the blast was so forceful that the car was blown right across the street. such
According to the reporter, the blast, that the car was blown right across the street.

Part 5

You are going to read a magazine article about identity theft. For questions 31-36, choose the answer (A, B, C or D) which you think fits best according to the text.

Identity fraud - the new hot crime

Identity theft - cases where thieves steal your personal data to rip through your bank or credit card accounts - is a fast-growing crime. Home office statistics estimate a £1.7bn loss over the past 12 months, which, in cash terms, is far ahead of mugging. In the US, where the crime is even more rampant, figures point to a staggering \$50bn (about £28bn) a year.

The government believes that there are at least 100,000 identity theft victims every year. Others put the figure significantly higher, as some people may not even know their accounts have been raided: identity thieves often stop short of clearing out an account to keep their crime profile low. Identity theft flourishes today because many financial transactions are not face to face. Once criminals get hold of data such as your bank account number and address, they can go on a spending spree. Terrifyingly, they do not need all your details; just a few will do.

'It's easy,' says Glen Hastings, a reformed identity thief and author of *Identity Theft, Inc.* 'The only prerequisite is the ability to read and write. It certainly helps to be computer literate, but it's far from essential. I stole several hundred identities in my career.' Hastings' modus operandi was to discover individuals with excellent credit records, the very people banks adore. By impersonating these pillars of financial rectitude, he borrowed large amounts in their name - money that he never, of course, repaid. Even your home could be at risk. Last year, a schoolteacher, who was renting out his unmortgaged Brighton home while he was working in the Far East, was the victim of an audacious identity fraud. A new 'tenant' paid six months' rent in advance but was never to spend a night there, instead, assuming the teacher's identity using documents and items received through the post at the house. The fraudster managed to remortgage the property for £210,000, which he then took out of the country. It took the unfortunate schoolteacher months of trauma to get his house back. The mortgage company, meanwhile, has never seen a penny of its money back.

In the US, one identity victim had her details so closely associated with a \$50,000 criminal spending spree that a warrant was put out in her name. The real criminal - who was also a drug dealer - never stopped using the victim's name, even when caught and imprisoned, which led to further problems.

Hastings states that he only stole from 'banks, casinos, credit card companies, airlines and big stores - never the little guy.'

But we all pay for that, and in any case, most ID thieves are not so selective. And even if you get your money back - most banks and credit card companies treat victims sympathetically - you will still have weeks of worry when you may be unable to access your money and may have to prove that you did not spend £10,000 on internet poker.



As an actor, Carolyn Tomkinson is used to taking other people's identities. But when someone impersonated her and cleaned out her Nationwide account, she knew it wasn't play-acting. 'When I found out, I burst into tears,' she says. 'It was all my money gone overnight. Colleagues clubbed together and lent some cash, but it was awful - I felt stunned, upset and violated.' Carolyn had taken £20 from a cash machine the night before. Somehow - probably with concealed gadgetry to read her PIN and clone the card - thieves took £570 from other machines in London, showing a typical fraud pattern in the way they tested her daily limit, then hit her again just after midnight.

'I discovered it the next day when I wanted to take out a further £20. The machine said I had no further credit available. I then discovered what had happened from the mini-statement. I rang Nationwide, who said they would cancel my card and asked me to report it to the police. The building society was very sympathetic, but said it could take up to six weeks before I got my money back. In the event, it only took a week. 'I've always been very careful, but now I try to avoid ATMs by getting cashback at the supermarket checkout.'

Architectural librarian Claudia Mernick has been 'cloned' three times. The third attack was on her credit card. 'I'd been out buying food one lunchtime. Almost as soon as I got home, the credit card company called me to see how I could have used my card in two places that were far from each other, at the same time. It was an obvious fraud. I was really impressed with their speed. My credit card was cancelled and it took a week or so before I had a new one. But I would like to know what happened and how to avoid it. The thieves didn't cost me a lot of money but a lot of hassle.'

31. What is said about identity theft in the first two paragraphs?

- A. It has caused many criminals to stop mugging people.
- B. Compared to the US, there is not a serious problem in Britain.
- C. It can be done so discreetly that the victim is unaware of the crime.
- D. If an account is not emptied, the victim will probably never realise that they have lost money.

32. According to Glen Hastings

- A. his computer skills made him exceptionally good as an identity thief.
- B. banks are only willing to lend money to people who already have a lot of money.
- C. he had always intended to repay the money he borrowed.
- D. almost anyone is capable of identity theft.

33. What did the tenant who rented a house from a schoolteacher do?

- A. He didn't pay the rent that he'd promised to pay in advance.
- B. He used the house as security to borrow a large amount of money.
- C. He sold the house to another individual and then fled the country.
- D. He pretended to be the schoolteacher and spent all the money in his account.

34. What was the immediate effect of identity theft on Carolyn Tomkinson?

- A. She was shocked.
- B. She was angry.
- C. She felt physically ill.
- D. She pretended to be more upset than she actually was.

35. What was the situation with Carolyn Tomkinson?

- A. Her cash card had been stolen.
- B. The thieves had used her card too many times on the same day.
- C. The building society managed to stop her card before the thieves could empty her account.
- D. Her card had been copied.

36. Claudia Mernick's experience

- A. shows that the finance company is usually to blame.
- B. proves that vigilance by the credit card company is crucial when it comes to identity fraud.
- C. illustrates that only the finance company can detect when a card is being used in a fraudulent way.
- D. proves that finance companies solve identity fraud cases very quickly.

Part 6

You are going to read four reviews of an art exhibition. For questions 37-40, choose from reviews A-D. The reviews may be chosen more than once.

Matisse Retrospective

Four critics comment on an exhibition of the artist Henri Matisse

A

Midway through the museum's retrospective on Matisse, I bumped into the painter Alex Katz. He looked at me, agog, and said, "I thought I was going to faint when I saw these paintings." He gestured at two Matisse still life works from the mid 1940s. Already in a stunned state of my own, I followed his lead and gulped at the revolutionary pictorial power and radical colour radiating off these two power-houses, one dominated by a celestial red and an arrangement on a table. In the foreground, were either a dog and cat chasing each other, or a pair of animal-skin rugs. Then I looked at the painting next to it, which also showed Matisse's inherent ability to depict form and colour, with stupendous results. I saw the same still life depicted on the same table with the same vase, goblet, and fruit. But this version was totally different. Where the dog and cat were, there's an ultra flat still life within the still life. It's so categorically compressed that it looks less than two-dimensional; maybe, one-half-dimensional. I thought I, like Katz, might pass out.

B

The great French modernist painter Henri Matisse was not a joiner. In the early 20th century, he refused to join any of the popular art movements of the time. He communed with artists of the distant or not-so-distant past, from Giotto to Cezanne, and periodically brushed shoulders with Cubism and the work of his chief rival, Pablo Picasso, from Spain. But his main desire was, as he stated, to "push further and deeper into true painting". His evolution, a result of studied attempts to master his art, is the subject of the exhibition at the museum and one of the most thrillingly instructive shows about this painter, or painting in general, that you may ever see. As ravishing as it is succinct, it skims across this French master's long, productive career with a mere 49 paintings, but nearly all are stellar if not pivotal works.

C

The exhibition at the museum should dispel any doubts about how hard this father of modern art laboured to create the colourful and seemingly insouciant paintings and works on paper that have become so well-known and loved. As the wall texts in the show point out, "Painting did not, and never had, come easily to Matisse. Throughout his career, he constantly hesitated, questioned, repainted and re-evaluated his work." Today it seems clearer than ever that Matisse was, first and foremost, a supreme colourist. His use of pinks and purples, clarets, oranges and crimsons, is more surprising and electric, than any other European's of that generation. Even when you compare him to that other 20th-century giant Picasso, Matisse wins the colour wars hands down (even Picasso admitted it, once). Far from the intuitive, child-like genius that some have imagined him to be, Matisse was someone who turned himself into a major artist through years of prodigious effort. In that respect, he's no different from the vast majority of artists throughout history.

D

Ravishing colours, flowing lines, sinuous bodies: Henri Matisse made it all look effortless. But it wasn't. Throughout his career Matisse wrestled with the fundamentals of painting; he revisited the same subjects over and over, and he often used completed canvases as models for later ones. Extraordinary insights into his process of creation are laid bare in the eye-opening new exhibition at the museum. The nearly 50 paintings on display reveal how Matisse used older works to generate new ideas. Sometimes the differences are subtle, and sometimes the works are shockingly unlike. But Matisse was using repeated images to push his art further. Later in his career, Matisse hired a photographer to capture his work in the studio. He used photographs of his own paintings to judge whether he was making progress, or whether he'd gone off track. Ultimately, the show reveals Matisse as an artist who made the act of painting into something as important, and as inspiring, as his finished works.

Which reviewer

unlike the other three reviewers, makes no reference to Matisse's use of colour in his work?

37

disagrees with the other three reviewers, in saying that Matisse's ability was innate?

38

explores some of the techniques Matisse used in his artistic process?

39

makes comparisons between Matisse and a Spanish artist like reviewer B?

40

Part 7

You are going to read an extract from a magazine article. Choose from the paragraphs A-G the one which fits each gap (41-46). There is one extra paragraph which you do not need to use.

Bridge under troubled water

Sitting at the crossroads of Europe and Asia, the ancient city of Istanbul has seen thousands of years of trade, battles and invasions. Now it is the scene of one of the most audacious engineering projects in the world.

41

Istanbul is divided by the Bosphorus strait that connects the Black Sea to the north of the city with the Sea of Marmara to the south. Part of the city lies in Europe, on the western side of the strait, while the rest is in Asia.

42

Recently, a mix of technical expertise, foreign investment and national pride finally came together to make the sultan's dream a reality. This time the plan is not so much to unite an empire as to deliver modern Turks from traffic hell.

43

The plan is first to improve the existing railways on both sides of the strait and then extend them to the coast via tunnels bored through the bedrock. The centre section, under the Bosphorus, will be a 1.4-kilometre tube made up of several shorter sections that will be built on land, floated into position and sunk into place. End to end, the tunnel will be 12 kilometres long.

44

The result is what geologists refer to as a right-lateral strike-slip fault, similar in size and type to the San Andreas fault in California. The NAF runs for 1600 kilometres across northern Turkey, and the abutting plates move about 2 to 3 centimetres relative to each other every year.

45

Almost every quake along the NAF in the past 100 years seems to have set up a larger one, to the west. The process appears cyclic: quakes march along the fault in sequence until stress falls below a certain threshold, and then start again after a period of quiet.

In 1997, geologists studying the most recent cycle predicted that the next shock would hit near the port city of Izmit, 80 kilometres east of Istanbul. Sure enough, a major quake of magnitude 7.4 struck close to Izmit in August 1999, followed by another in Duzce in December, together killing over 18,000 people and causing \$10 to \$25 billion of damage.

46

Recent estimates by the US Geological Survey, the University of Tokyo and Istanbul Technical University estimate that the probability of a strong quake hitting Istanbul is up to 44 per cent in the next decade and as much as 77 per cent in the next 30 years. A major earthquake and accompanying tsunami are considered inevitable within a generation.

- A** Earthquakes along the NAF are common. In the past seven decades, Turkey has endured seven earthquakes of magnitude 7.0 or greater. While some earthquakes release the stress that has built up on a fault, seismologists have come to realise that others simply shift it along the fault, leaving it even more prone to slip.
- B** Two road bridges cross the strait and there are plans for a third, but ever since the Ottoman sultan Abdul Mecit suggested it in 1860, city leaders have dreamed of building a tunnel to link the two halves of the city.
- C** Seismologists agree that the most recent quakes on the NAF have shifted the stress steadily closer to Istanbul. Now the question isn't if a major earthquake will strike the city, but when.
- D** Today, crossing the Bosphorus means either a 3-hour trip by rail and ferry, or braving grid lock in narrow, 2000-year-old streets and the two overcrowded road bridges. The Marmaray project, which takes its name from the Sea of Marmara and "ray", the Turkish word for rail, aims to ease the strain by replacing car traffic with an upgraded rail service that will whisk commuters between Europe and Asia.
- E** The crucial factor that lets the tunnels withstand quakes of this magnitude is the fact that both are "immersed tubes". In this design, engineers dig a channel into the seabed and float the fabricated sections into position above it before sinking them and covering them over. The Marmaray tunnel will use a similar approach.
- F** The Marmaray Rail Tube Tunnel, the first stage of which opened on October 29th, 2013, will not only be the deepest underwater tunnel ever constructed. It will also pass within 16 kilometres of one of the most active geological faults in the world. A major earthquake is not only expected, but also imminent. No wonder the Turkish government is calling it the project of the century.
- G** It might sound straightforward, but the project engineers face a major geological hurdle. Twenty kilometres south of Istanbul lies the North Anatolian Fault (NAF), where the Anatolian plate that underlies Turkey, Greece and the north Aegean is being squeezed to the south and south-west by the surrounding Arabian, Eurasia and African plates.

Part 8

You are going to read some reviews for festivals in the UK. For questions 47-56, choose from the reviews (A-F). The reviews may be chosen more than once.

In which review is the following mentioned?

A cheap way to learn how to do an activity.

47

An event opened by young people.

48

Art reflecting life.

49

Watching a film in the fresh air.

50

Watching professionals fighting.

51

The chance to make a long-term investment.

52

Someone who did quite well in a competition.

53

Spending time with contemporary literary celebrities.

54

Music in a religious building.

55

People pretending to be dolls.

56

UK Festivals

A Brighton

The Brighton festival runs from 1st-23rd May this year, and some 300,000 visitors are expected. More than 700 dance, theatre, music, art and literature events will take place throughout the city, ranging from outdoor events in the Lanes and by the seafront, to theatre and dance in the Dome auditorium. The festival kicks off on May Day in Sydney Street with the "Children's Classics" parade of 4,000 children; they'll be dressed as characters from the books of authors such as one-time Brighton resident Lewis Carroll. Other events include exhibitions and street performances. There will be a special exhibition of work by recent graduates of the University of Brighton Fine Art Department. All the work will be for sale so it's a good chance to pick up a potential masterpiece.

B Norfolk and Norwich

This year's offerings combine tradition with modern events such as a comedy evening. To help warm up for the festival, which runs from May 5th to the 23rd, a free street festival will take place on 24th April, with human mannequin window displays at Jarrod's department store, acrobatic skateboarders and life-size garden gnomes. There will also be a beer festival with over 100 real ales and wine tasting offering a selection of British wines. For those people who are more adventurous there will be the opportunity to have a ride in a hot air balloon, weather permitting. There will also be a book exhibition in the park and special storytelling afternoons for children by some of Britain's leading authors. Or your child can borrow a book and read for himself or herself.

C Preston

Promoting its status as one of England's newest cities, Preston's International City Festival takes place 11th-20th June. The festival will have an international flavour because this year the Preston Caribbean Festival will be incorporated into the proceedings with a lively carnival and Preston's Asian community will stage dance, art and music events. The festival will have a gastronomic theme, with demonstrations from some of Europe's top chefs and cookery workshops given by the city's Indian and Chinese communities. There will also be a "proms in the park", an open-air cinema in Avenham Park and a street theatre.

D Liverpool

The Mersey River Festival is the largest maritime event in England this year and will take place around Albert Dock and Pier Head on 18th-21st June. Visiting tall ships will be open to the public. Blue Badge guides will lead tours around Liverpool landmarks such as the Cunard building, and voices will unite for the International Sea Shanty festival.

Get into the festival spirit by trying out kayaking, water polo and a variety of other water sports for free at the Watersports Centre. If you sign up for a course of watersports lessons which start after the festival, you will receive a 50% discount. There will also be unarmed combat displays by the Royal Marines to raise money for charity, a river parade, an illuminated narrow boat parade through the docks, and an historic diving exhibition.

E City of London

This year's festival, 21st June - 13th July, celebrates the 10th anniversary of democratic elections in South Africa. Events include a performance by Ladysmith Black Mambazo at St Paul's Cathedral, a varied programme of South African music at the Spitz Club and a range of free dance events in Guildhall Yard. There will also be performances of Beethoven's string quartets by the Borodin Quartet at various concert halls, as well as many other classical offerings, dance, theatre and literary events.

There will also be an exhibition of art by local youths. The images all illustrate life in the city of London and provide some interesting insights into how London is viewed by its young inhabitants.

F Exeter

The summer festival in Devon's principal city takes place 2nd-18th July. Hot tickets are likely to be the audiences with Joan Bakewell and director Ken Russell at the Northcott Theatre and a concert given by Mercury music Prize 2000 nominee Nitin Sawhney.

Theatrical offerings include hit comedy *Art*, directed by Nigel Havers at Escot House, and a world premiere of the English Chamber Theatre's production of Chekov's *Leading Lady*.

The 4th of July will also resound to a Latin beat, with dance performances from the Jaleo Flamenco Dance Company taking place around Exeter Quay. The London Community Gospel Choir, the Brodsky Quartet and the New Berlin Chamber Orchestra will also perform during the festival.