

PART 1.

Listen to three people talking about their future plans and choose the best option A, B or C.

1 What has Ruth already booked?

- a) Hotels and hostels.
- b) Ferry and bus.
- c) Restaurant and concert.

2 How much is she planning to spend?

- a) Not much.
- b) A lot.
- c) Only lots in accommodation.

3 What does she plan to do in the evenings?

- a) Go out to restaurants and meet other backpackers.
- b) Visit and photograph art museums.
- c) Admire buildings and urban life.

4 What is Kieron doing next week?

- a) He's going to a competition.
- b) He's studying for final exams.
- c) He's meeting his study group.



**5 How would you describe Kieron?**

- a) Anxious and organized.
- b) Organized and relaxed.
- c) Distracted and efficient.

6 What does always Kieron forget packing?

- a) Documents and tickets.
- b) Essential equipment.
- c) Minor stuff.

7 How is Amber in her personal life?

- a) As organized as at work.
- b) Less organized than at work.
- c) More organized than at work.

8 Amber is planning a party for someone who is turning...

- a) 8
- b) 18
- c) 80

9 What's the patry's menu?

- a) Typical party menu.
- b) Vegan and light.
- c) Seafood dishes.

**PART 2.**

Read the article. Then read the sentences and decide if the sentences are TRUE, FALSE OR NOT MENTIONED.

THE SECRETS OF TRUE HAPPINESS

Everybody knows someone with a happy nature: the cheerful type of person with a positive attitude, who will always say a glass is half full rather than half empty. It's the person who is not easily put off when things go wrong and who appears to lead a happier life as a result. Such people may be healthier too, since there seems to be a link between happiness and good health. But what is the secret of happiness? And how can we achieve it?

Psychologists define this feeling of well-being as 'when thoughts and feelings about one's life are mainly positive'. The key seems to be contentment with what you already have, emotionally, materially and professionally. The more people try to keep up with others, for example, the more likely they are to be dissatisfied with life. There will always be someone else with more than you, so trying to compete can often lead to frustration and anxiety.

David Lykken, Professor of Psychology at the University of Minnesota, is a leading specialist in happiness. As a result of studying 300 sets of twins, he now believes that happiness is more than 50 percent genetically determined. He also believes that we each have our own fixed 'happiness point', a level we always return to, whatever happens to us in life. In other words, no matter how happy or unhappy an individual event may make us, this is just a temporary state.

But it is not necessarily the case that we are stuck with the level of happiness we were born with. This is because although a person's temperament is not easily changed, their character can be. The former determines what kinds of thing will make someone happy but not how much pleasure that person obtains from them. The latter develops in response to the experiences a person has during his or her life.

This is why Dr Isaac believes we need to study happy people and learn how to be like them. Such people, for example, seem to find satisfaction in activities which are meaningful and give a feeling of personal achievement. They also tend to be interested in things other than themselves. This could be through their day-to-day work, for example, or by caring for others less fortunate, or by having some kind of spiritual focus to their life.



Happy individuals also tend to relate to other people and are able to give and receive affection. That's why being part of a social group, such as a family, a community or a club adds to their overall sense of well-being. They are, therefore, more likely to belong to things like sports teams, choirs and political parties. Researchers at Harvard University have found that people involved in such activities were happier than those who were not, and that this had nothing to do with how well-off people were financially.

Another factor in happiness appears to be physical activity. Exercise improves a person's mood and gets rid of tension. But there must be a balance between activity and rest because stress results in unhappiness. To avoid this, it is important to pick a sport or activity you enjoy and which you do when you want to, rather than when you think you should.

But mental activity can be just as important. Psychologists believe it's possible to train yourself to recognise happiness and, therefore, feel the benefits of it more often. The key is not taking your feelings for granted but rather learning to celebrate them and noticing times when you are happy. It is claimed that the more you recognise when there's a decision to be made about how you feel, the better you'll become at choosing happiness over misery.

10. Psychologists believe that people who see the bright side of little things have a greater tendency towards happiness.

11. Research has demonstrated that we are not genetically determined to be happy.

12. It is our character which dictates what makes us happy.

13. According to Dr Isaac, if you tend to focus on external aspects, you are more likely to be happy.

14. Being a team player is almost as important as having financial security when it comes to happiness.

15. Happiness is not possible for poor people.

16. An unbalanced activity-rest routine leads to unhappiness.

17. Psychologists believe that through identifying when we have negative feelings, we can train ourselves to become happier.

PART 3. Read the text and decide which answer (a, b, c or d) best fits each gap.

WATER

You're thirsty and you get yourself a glass of water. Do you ever (18)_____ how old that water really is? The glass of water that you're (19)_____ to drink may have fallen from the sky as rain only last week.

However, water itself has been around pretty much as (20)_____ as the Earth has! In fact, (21)_____ oceans, seas and rivers cover 70% of the earth, there is a (22) _____ supply of water, which keeps on moving round the earth. This is (23) _____ of what's known as the water cycle. The sun heats up water and it turns into clouds, which are (24)_____ from water vapour. When the clouds become (25)_____, the water falls back onto the earth as rain.

Of course, clean water is absolutely essential for good health. The amount of safe drinking water has gone up around the world, but (26) _____ one billion people still lack easy (27) _____ to clean water.

- | | | | | |
|----|-----------|----------------|-----------------|-----------|
| 18 | A DECIDE | B ASK | C WONDER | D SUGGEST |
| 19 | A AROUND | B AHEAD | C ALONG | D ABOUT |
| 20 | A SOON | B FAR | C EARLY | D LONG |
| 21 | A UNLESS | B ALTHOUGH | C UNTIL | D DESPITE |
| 22 | A LIMITED | B NARROW | C SLIM | D LACKING |
| 23 | A EXCEPT | B DUE | C BECAUSE | D INSTEAD |
| 24 | A RISEN | B FORMED | C RAISED | D FOUND |
| 25 | A STRONG | B HEAVY | C COMPLETE | D BROAD |
| 26 | A MOSTLY | B PARTICULARLY | C APPROXIMATELY | D TOTALLY |
| 27 | A ACCESS | B ADMISSION | C ENTRY | D CONTACT |

PART 4. Read the text about ivory. Use the word at the end of the line to form a new word that fits into each blank.

Ivory is a smooth material that can be found in the tusks of mammals. Elephants, walruses, hippos and whales are the primary sources of ivory. Because it is so **28. _____** and expensive, ivory has been traded around the world for centuries.

At first, people used ivory from Asian elephants but then saw that the ivory of African elephants could be carved more easily. Merchants started **29. _____** in on Africa and the ivory trade started to boom. Before the **30. _____** of plastic, ivory was used to make objects of everyday life, like knife handles, piano keys, combs and billiard balls.

Today, trading ivory from elephants and other **31. _____** animals is **32. _____**. During the 20th century, large parts of the elephant population were reduced because of the ivory trade. The poached ivory is smuggled out of the country and **33. _____** at a very high price.

Since the end of the 20th century **34. _____** of African and Asian countries have focused on **35. _____** poachers and clamping down on criminal trading rings. Tons of ivory are seized by authorities every year. In the last few years, these actions have stabilized the elephant **36. _____**. Some countries have put elephants into reserves, where they can be **37. _____** monitored.



VALUE

MOVE
INVENT

DANGER
LEGAL

SELL

GOVERN
CAPTURE

POPULAR
CLOSE

**PART 5. Complete the second sentence so that it means the same as the first. Include the word given.**

Example

0. What music do you like?

FAVOURITEWhat is your favourite music?

38. Could you tell me what you were doing between 4.00p.m. and 4.30p.m.?

YOU

What _____ between 4.00 p.m. and 4:30 p.m.?

39. My mum gave me some money to go and see the film.

GIVEN

I _____ some money to go and see the film.

40. I asked my friend Jack if he wanted to go to the cinema with me.

WANT

'Do _____ to the cinema with me, Jack?' I asked.

41. We bought some chocolate to eat during the film.

WHILE

We bought some chocolate to eat _____ the film.

42. I've never seen such a funny film.

THE

It was _____ film I've ever seen.

43. I prefer comedy films to science fiction.

THAN

I'd rather _____ science fiction.

**PART 6.**

**44. Choose ONE of the following options.
Write your answer in 120 words. (7 marks)**

OPTION A

Write a **review** of a movie that someone has recommended to you.

Try to include as much information as possible.

OPTION B

Write a **story** beginning with this sentence:

As soon as I heard the noise, I