

1<sup>ST</sup> TERM

Exam

2025



Name: \_\_\_\_\_



Surname: \_\_\_\_\_



Date: \_\_\_\_\_



## 1- **CHOOSE THE CORRECT OPTION**

**Use the correct form of used to - be used to - get used to**

- Dad ..... get a lot of headaches. Now he doesn't.  
A) was used to      B) used to
- I will have to the heavy traffic here.  
A) get used to      B) used to
- John soon ..... travelling between home and work. lot of headaches. Now he doesn't.  
A) used to      B) got used to
- We ..... eat fish but now we have it twice a week.  
A) weren't used to      B) never used to
- Do you think we ..... living in Prague?  
A) will get used to      B) will used to
- ..... living in the country after living in New York?  
A) Did you use to      B) Are you getting used to
- People ..... mobile phones nowadays.  
A) are used to use      B) are used to using
- At first I ..... drink milk, now I drink it every day.  
A) not used to      B) didn't use to
- When Mr. Sleepy started working, it took him two months to get used ..... up at six o'clock.  
A) to get      B) to getting
- Where did the people ..... go for lunch before the canteen was built?  
A) used to      B) use to
- Does your sister travel a lot? – No, but she ..... to before she got married.  
A) wasn't used      B) used

## 2- COMPLETE THE TEXT WITH THE CORRECT TENSE OF THE VERBS IN BRACKETS.

Use the Present Simple or Continuous, the Past Simple or Continuous, the Present or past Perfect, the 'Going to' or the Simple Future.

Dear Linda,

How are things with you? It 1) (be) \_\_\_\_\_ great talking to you by phone yesterday. I can't wait to arrive in Athens! Let me tell you something about our trip so far. We 2) (begin) \_\_\_\_\_ in England and we spent two days in London and one in Canterbury. I 3) (not be) \_\_\_\_\_ to England before and I liked it a lot. We 4) (see) \_\_\_\_\_ a lot of great history and the only bad thing was the weather - it rained the whole time we were there. One day, while we 5) (have) \_\_\_\_\_ lunch, we 6) (meet) \_\_\_\_\_ some nice people from Canada and spent two great days with them. One of them, Clive, 7) (go) \_\_\_\_\_ to your university next year. How's that for a coincidence! After that, we went south into Switzerland. It was very expensive so we 8) (not stay) \_\_\_\_\_ as long as we wanted, and that's why we 9) (be) \_\_\_\_\_ in Italy now! I like Rome so much that I think I 10) (come) \_\_\_\_\_ back next year. Love,

Mike

## 3- COMPLETE THE BLANKS

Use the SLEEP VOCABULARY you have in the box

**snores - nap - yawn - wide awake - insomnia - sleepy - nodding off - fall asleep  
light sleeper - sleep like a log**

### Chasing Sleep

Last night, after a long day, I was lying in bed, desperately trying to \_\_\_\_\_. However, \_\_\_\_\_ took hold, and my mind raced while I wasn't feeling \_\_\_\_\_. Around midnight, I heard my neighbor snoring, reminding me that some people can \_\_\_\_\_, without waking up.

In contrast, I'm a \_\_\_\_\_; even the slightest sound keeps me \_\_\_\_\_. This is why I struggle to take a \_\_\_\_\_ during the day. Even when I'm \_\_\_\_\_ in the afternoon, I find it hard to drift off without interruptions.

I remember hearing that yawning is contagious, which felt true when my roommate walked by, letting out a huge \_\_\_\_\_. It made me feel even more awake. He falls asleep as soon as his head hits the pillow, and then \_\_\_\_\_ very noisily all night long.

## 4- **CHOOSE THE CORRECT OPTION**

**Use the correct verb**

- The pharmacist can warn//advise you which is the best medicine to take
- When I ask my son what the problem is he just denies//refuses to talk about it
- Don't you think we need to argue//discuss this before we make a decision?
- I love lying//laying on the beach with a good book in the summer
- What's preventing//avoiding you from applying for the job you've got all the right qualifications
- I was robbed//stolen when I took the train homeless night
- I don't think Marcus notices//realizes how important it is for me to have my own income
- Miriam is really good at tennis I don't think you will be able to win//beat her
- It doesn't mind//matter if you can't pay me back until next week I don't need the money I borrowed lent you

## 5- **COMPLETE THE BLANKS**

**Use the MODAL VERBS from the box IN THE PAST**

**CAN'T (X3) - MUST - SHOULDN'T(X3) - MAY (not) - OUGHT TO- MAY - COULD - WOULD**

- a) It was supposed to be a secret. You \_\_\_\_\_ told her!
- b) That \_\_\_\_\_ been Nick that you saw.
- c) I didn't refuse the cake, as it \_\_\_\_\_ been rude.
- d) The plane is late. It \_\_\_\_\_ landed by now.
- e) You \_\_\_\_\_ met my sister. I haven't got one.
- f) You \_\_\_\_\_ left your passport at home. There is no other explanation.
- g) The cake is a bit burned. She \_\_\_\_\_ baked it for so long.
- h) I'm sorry. I accept I \_\_\_\_\_ been a little bit rude.
- i) You really \_\_\_\_\_ taken so much trouble over me.
- j) Keep your fingers crossed! The traffic warden \_\_\_\_\_ noticed the car's parking ticket has run out!
- k) It's a pity you didn't ask because I \_\_\_\_\_ helped you.
- l) Janet \_\_\_\_\_ rung you last night. Her phone isn't working.

## 6- VERB PATTERNS

**Complete the blanks with the right pattern of each verb**

1. Miranda stopped \_\_\_\_\_ the horror film as it was getting too scary. (watch)
2. I was late for work because I stopped \_\_\_\_\_ to some friends. (talk)
3. We regret \_\_\_\_\_ you that our hotel is fully booked until the end of August. (inform)
4. Max regrets \_\_\_\_\_ to the meeting. It was a waste of time. (go)
5. I clearly remember \_\_\_\_\_ Grace at the party. She was talking to Charlotte and Amy. (see)
6. Remember \_\_\_\_\_ your grandmother tomorrow. It's her birthday. (phone)
7. Don't forget \_\_\_\_\_ your swimsuits! There's a lovely pool at the hotel. (pack)
8. Amanda will never forget \_\_\_\_\_ George Michael in concert. What a great night out! (see)
9. Real Madrid tried very hard \_\_\_\_\_ an equalising goal but they just couldn't get through Barcelona's defence. (score)
10. For a delicious alternative try \_\_\_\_\_ grilled halloumi cheese instead of feta to a Greek salad. (add)

## 7- LISTENING

**Watch the video and answer the questions**



1-What is the video about?

2- What's leadership? Do you agree?

3- What is Meggie's advise for leaders in the future?

4-What should leaders NOT do?

# The way we used to sleep

## The forgotten benefits of segmented sleep



Sleeping for eight hours a night without waking up is not natural human behaviour. For centuries, 'segmented sleep' was standard. People used to go to bed quite early, sleep for a few hours, wake for an hour or two around midnight, and then sleep for about another three or four hours until sunrise.

This time when people were awake was called 'the watch', and it was used for all sorts of activities. It was a chance to meditate and think about vivid dreams. More active people used the hour to visit sick family members, do housework, or even steal from the neighbours under the cover of darkness! It was an hour typically free from social demands. One 15th-century Italian woman wrote that it was a time when she was able to sew or write letters in privacy, when she was not 'surrounded by men, performing jobs for men'. Doctors also believed in the medical benefits that came from changing sleeping position, or taking medication during the watch. The practice of 'first sleep' and 'second sleep' is mentioned by many great authors, including Homer, Chaucer, Austen, Dickens, and Tolstoy.

Since we've got used to artificial light, however, segmented sleep has become both unfashionable and harder to achieve. We've now lost that hour between sleeps, a time when we can be awake and alone with our thoughts. Segmented sleep is arguably more natural than the sleep we experience nowadays. People who regularly wake in the night will no doubt be relieved to hear that there's nothing wrong with them.

1- What kinds of things would people do during "the watch"?

2- Was segmented sleep considered a good thing? Expand

3- Why don't we sleep like this nowadays?