

ADULTS PROGRAM – NB2 – MIDTERM EXAM – UNIT 9 – BOOK: NAVIGATE B2

Speaking (20 pts)

A. **Read the dialogue between two politicians who are planning a meeting with a foreign minister. Put the words in italics in the right order to complete the dialogue. Then, practice the conversation with a partner.**

Kostas So, Mr Yakamoto will be with us around 11 o'clock. He's coming straight from the airport.

Irina That's the plan, but I'd ¹ _____ say / like / something / if / to I may.

Kostas Sure, go ahead.

Irina He's bound to be tired after such a long flight so I think he'd appreciate it if he could go to his hotel for a rest first.

Kostas Good point. Yes, let's make the meeting a little later. How about half past two? And that ...

Irina If I could ² _____ for / second / just / a / interrupt. Don't forget that we have another meeting at 4. And it's an important one too.

Kostas Well, I don't think the meeting with Mr Yakamoto is likely to go past our scheduled finish time. I'm sure he's got a lot to do. Anyway, I've drawn up an agenda for our meeting. Have you had a look at it?

Irina I'd ³ _____ to / that / comment / like / on, actually. There's something I'd like to add to it. I think we should spend some time discussing plans for increased trade with Japan. It would certainly ...

Kostas ⁴ _____ me / interrupting / excuse / for, but that's already there under the second item on the agenda – business relations.

Irina Oh, yes. Apologies, I missed that completely. But ⁵ _____ say / I / can / here / something?

Kostas Yes, of course ...

Listening (20 pts)

B. **▷ Listen to a series of street interviews about socializing and parties. For questions 1 to 6, choose the best answer.**

1. Based on Sophie's comments, which best describes her socializing style?

- a. She loves clubbing just as much as small gatherings.
- b. She prefers small, friendly gatherings.
- c. She enjoys attending formal events with people she knows.

2. What's true about the social event Sophie mentioned attending?

- a. They went to a friend's new home before going out for drinks.
- b. They bought some presents for a friend's new place.
- c. They met up at a bar for drinks and a chat.

3. What is true about Liam's last night out?

- a. They went to a birthday party.
- b. They planned to go clubbing but ended up at some bars instead.
- c. They stayed out late and had a bit too much to drink.

4. What can be deduced about Liam's socializing style?

- a. His friends can easily outlast him when partying.
- b. He sees himself as a party animal.
- c. He wishes he could go out more often.

5. What is true about Olivia's last social event?

- a. They ended up at a party they hadn't been invited to.
- b. They went to a friend's costume party.
- c. They put together costumes in advance to attend a party.

6. How did the party end for Olivia and her friends?

- a. They stayed until the very end.
- b. They were asked to leave once the real guests realised they weren't invited.
- c. They left when the party became more intimate and personal.

Writing/Grammar (25 pts)

C. Choose the correct option a–c to complete the sentences.

1. Jun found his new job tough at first, but he's _____ getting used to it.
 - a greatly
 - b gradually
 - c gently
2. Even though ready meals are convenient, I prefer not to eat them. They're full of _____ flavours.
 - a artificial
 - b absolute
 - c appropriate
3. There's nothing I like more than lying on the sofa with a blanket, watching a film. It's very _____, especially in winter!
 - a casual
 - b cosy
 - c close
4. Sylvie's grades at university have improved _____ since she started following a revision programme.
 - a currently
 - b confidently
 - c considerably
5. Let's go for this model of television. It's only _____ more expensive than the other one and it's much better.
 - a slightly
 - b strongly
 - c simply
6. Travelling through Lapland in a horse-drawn carriage was certainly a _____ experience – just like something from a children's story!
 - a mental
 - b massive
 - c magical
7. _____, we'd planned to paint the walls blue, but then my husband changed his mind.
 - a Often
 - b Originally
 - c Occasionally
8. When Hannah said she'd already eaten, Dirk _____ assumed she didn't want any dinner.
 - a alternatively
 - b anxiously
 - c automatically
9. Last night's party was quite _____. There were all sorts of energetic activities which kept us on our feet!
 - a lively
 - b lucky
 - c likely
10. The latest statistics on the country's economy are _____. I wish there was some happier news.
 - a deliberate
 - b depressing
 - c decent

D. Complete the sentences with the words in italics.

1. I *get used to doing / am used to doing / used to do* exercise for an hour a day at the moment.
2. When I was a university student I *would study / used to studying / am getting used to studying* in the library where it was nice and warm.
3. It's best not to take the motorway as it *would be busy / used to be busy / is usually busy* at this time.
4. Living alone is a new experience for me, but *I used / I'm getting used / I use* to it.
5. We *used to love / would love / are used to loving* having a day out at the seaside when we were younger.
6. I'm afraid Grandma's not as fit and healthy as she *was used to / used to be / would be*.
7. My parents *were used to sitting / would sit / got used to sitting* with us at bedtime when we were little.
8. Maria *was used to having / gets used to having / would have* her own way, so it was a nasty shock to her when she didn't.
9. Where *did you get used to working / did you use to work / would you work* before you started here?
10. Helga *used to / didn't use to / was used to* study any languages, but she's started learning French.

E. Match 1–5 to a–f to make complete sentences. There is one letter that you don't need.

1. I prefer to get up at the crack of dawn _____
2. I often have a nap in the afternoon _____
3. I usually sleep soundly all night _____
4. I'm a light sleeper, _____
5. I sometimes have trouble falling asleep, _____

a. if I feel a bit sleepy.
b. so I was actually fast asleep.
c. and do some exercise before going to work.
d. which means that I often wake up several times.
e. and feel refreshed the next day.
f. but I find that reading helps me.

F. Complete the sentences with a word from the box. There are two extra words that you don't need.

accidental	cease	contrast	deliberate	match	praise	presence
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1. I don't think you should wear those yellow shoes with that orange shirt. Those two colours don't really _____.
2. The company has decided to _____ trading in Europe completely.
3. I didn't mean to call you. It was entirely _____ – I hit the redial button by mistake!
4. There was a heavy police _____ outside the court on the first day of the trial.
5. Only one journalist's article was full of _____ for the government's handling of the problem.

G. Complete the text with words/phrases from the box. There are two words/phrases that you don't need.

such a	he	in doing so	its	such	then	there
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Astronaut Buzz Aldrin is best known for being the second person to walk on the moon. On 20 July 1969, ¹ _____ followed Apollo 11 mission commander Neil Armstrong, who had taken the first step on ² _____ surface. In March 1972 Aldrin retired from active service with the National Aeronautics and Space Administration (NASA). He later admitted in his 1973 autobiography that he had had a lot of personal problems following his years ³ _____. He then turned to studying advancements in space technology, and ⁴ _____ designed a spacecraft system for missions to Mars known as the 'Aldrin Mars Cycler'. Aldrin also founded ShareSpace Foundation, an organization which focuses on advancing space education, exploration and affordable flight experiences; ⁵ _____ flights have become increasingly popular in recent years.

H. Complete the sentences with the correct form of the word in brackets.

1. My _____ fitness programme involves running in the park and two visits to the gym. (week)
2. The cost of public transport has risen _____ in the last decade. (drama)
3. The teacher thought it was a _____-written poem which was full of emotion. (beauty)
4. This smells like a _____ painted room; don't you agree? (fresh)
5. I have to be _____ with you. I think you're completely in the wrong. (honesty)
6. I advise you to be very _____ what you say to her. She's not to be trusted! (care)
7. _____, very little got damaged during the fire. (remarkable)
8. It's not very _____ that you'll find a shop open at this time of night. (like)
9. Everyone was more than _____ to help with the clearing up after the party. (happiness)
10. Hari has just built a new house _____ – it's about five minutes from here. (near)

Reading (20 pts)

- I. Read the article about sleep from a science magazine. Then choose the correct answers to questions 1–5.

To sleep or not to sleep – for eight hours!

People are often concerned about not being able to get to sleep, but it turns out that lying awake in the middle of the night could actually be good for us. A growing body of evidence from both history and science suggests that the eight-hour sleep may not be the most natural way to sleep.

In the early 1990s, a scientist called Thomas Wehr carried out an experiment in which the participants were kept in darkness for 14 hours a day for a month. It took time for their sleep patterns to settle down, but by week four they had established a clear sleeping pattern, which involved sleeping for four hours, waking for one or two, and then sleeping again for a further four hours.

Later, in 2001, historian Roger Ekirch published an academic paper, based on years of historical research, which revealed that humans, in the course of a night, originally used to sleep over two distinct time periods. The people Ekirch studied referred to a first sleep beginning when it was getting dark, followed by a waking period of one to two hours and then a second sleep. Ekirch explains that it wasn't just the number of references that he came across, but the way that people referred to the 'two-sleep' pattern as if it were common knowledge. During this waking period people were usually quite active. Some would get up, play games or go out. Others, however, used to stay in bed and perhaps read and write.

This pattern of sleeping did not continue. Ekirch found that references to the two sleeps started to disappear from 1650 onwards. This began with the upper classes in northern Europe and eventually was adopted by the rest of Western society over the next 200 years. By the 1920s, the idea of a first and second sleep seems to have disappeared completely. Ekirch believes that improvements in both street lighting and domestic lighting were responsible for this change. According to Ekirch, history shows that bad things happened at night. But when cities across Europe started to light their streets, going out at night became fashionable, so people would go to bed later and sleep through until morning.

Nowadays, most people have adjusted to an eight-hour sleep pattern. However, Ekirch believes that many sleep problems may arise from the body's preference for a divided sleep, as well as the fact that we're surrounded by too much artificial light, for instance from electronic screens. This could be the cause of a condition called 'sleep maintenance insomnia', which results in people waking up during the night and being unable to get back to sleep.

Psychologist Gregg Jacobs suggests that the waking period between sleeps could have played an important part in helping humans to control stress naturally, as they were forced into periods of rest and relaxation. He believes that not having waking periods is linked to a rise in levels of anxiety, stress and depression nowadays.

So when you're next lying awake in the middle of the night, remember that it could actually be doing you good!

1. What happened to the people who took part in Thomas Wehr's experiment?
 - a They immediately got used to doing what Wehr wanted.
 - b They took a while to adjust to the routine Wehr had put in place.
 - c They had difficulty sleeping for the eight hours that Wehr wanted them to.
2. What does Roger Ekirch say about having two periods of sleep per night?
 - a Research shows that it was considered a normal part of life.
 - b More research is needed to come to any conclusion.
 - c Research makes it clear that it only happened among certain people.
3. According to Ekirch, what led to the changes in people's sleep patterns in the 17th century?
 - a better communication between social classes
 - b a decrease in crime rates
 - c advances in technology
4. What does Ekirch say about modern-day sleep problems?
 - a They are becoming increasingly common.
 - b They are unrelated to the presence of light.
 - c They are linked to how our bodies naturally function.
5. What does Gregg Jacobs believe about the way people used to sleep?
 - a It would be unsuccessful today.
 - b It had psychological benefits.
 - c It was an unnatural thing to do.