AMBISIUS INTERNATIONAL

B1+

ENGLISH UP
Progress Test



NAME

INSTRUCTIONS TO STUDENTS

Do not open this question paper until you are told to do so.
Read the instructions for each part of the paper carefully.
Answer all the questions. Write your answers on the question paper.

INFORMATION FOR STUDENTS

There are four sections to the test:
listening, reading, writing, and speaking.

LIVEWORKSHEETS

LISTENING SECTION

Part 1

You will hear a woman introducing a sports centre. For each one, fill in the gap with the correct words/phrases.

Category	Information
Room comfort	Bright, airy, and pleasant in both 1. _____ and 2. _____.
Activities	Mix of fitness and dance, including new 3. _____ class.
Instructors	All fully trained and 4. _____.
History	Open for about 5. _____ years.
Wellness area	Massages offered at a 6. _____ cost.
Gym	Compact but plenty of 7. _____ to move.
What to bring	Must bring your own 8. _____.
Café	Serves drinks, sandwiches, and 9. _____.
Membership	Options from three to 10. _____ months.
Benefits	Gym plus 11. _____ classes per week.
Additional cost	12. _____ classes or for sauna use.

Part 2

You will hear a man introducing a gym. For each one, choose True or False.

13. Bill is responsible for maintaining the fitness machines.
14. New members are advised to consult a trainer before starting their routine.
15. The gym only provides machines for cardio workouts.

LIVEWORKSHEETS

16. Members often have to queue to use the equipment.
17. People must not wear outdoor shoes in the gym area.
18. Visitors can swim at any time of the day without restrictions.
19. The lifeguard is available to advise swimmers if needed.
20. The centre sells a variety of health and fitness products.
21. Membership here costs less than in nearby gyms.
22. The sports centre offers several martial arts and aquatic classes.

Part 3

You will hear a conversation about plans for the weekend. For each one, choose the correct answer.

23. What can we tell about the boy's weekend plans?
    a. A calm, artistic trip to the mountains
    b. A sports competition
    c. A visit to a new city
    d. A series of outdoor adventure activities

24. According to the boy, how is dirtboarding is similar to skateboarding?
    a. Riding a board over rough terrain
    b. Needs body coordination
    c. Involve performing tricks
    d. Wearing protective gear

25. What does the girl suggest about dirtboarding?
    a. It's easy to learn
    b. It sounds exciting
    c. It seems dangerous
    d. It's similar to snowboarding

26. When the boy mentions zip-wiring, the girl reacts mainly with...
    a. Curiosity and excitement
    b. Fear and disbelief
    c. Hesitation and doubt
    d. Enthusiasm and optimism

27. What is the girl's general attitude toward the boy's activities?
    a. She's nervous but wants to try them
    b. She's inexperienced in all of them
    c. She's confident and enjoys physical challenges
    d. She's not into them

LIVEWORKSHEETS

28. What does the girl plan to do during her trip to Paris?
a. Attend a conference
b. Spend most of the time shopping
c. Visit famous landmarks and art museums
d. Meet relatives who live there

29. Which statement best summarizes the girl's feelings about Paris?
a. She's mostly nervous about the trip
b. She's not sure what to do there
c. She's going mainly for relaxation
d. She expects it to be a cultural and artistic experience

30. What is implied when the boy says, "You've got a lot planned for one weekend"?
a. He thinks she's too disorganized.
b. He feels impressed by how organized and active she is.
c. He disapproves of her plans and wants her to cancel them.
d. He wants to reorganized her plans.

Part 4

You will hear a conversation about a TV show. Match the characters with what the speakers say about them.

31.	The dragon		A	did something that wasn't very surprising
32.	Jaime		B	looked impressive
33.	Bronn		C	is not the woman's favourite character any more.
34.	Tyrion		D	never does anything we expect.
35.	Cersei		E	almost died.

READING SECTION

Part 1

Every Monday I go to my local art gallery. It's free to get in. The main reason is not to look at the pictures, but to practise my English with the volunteer staff. The museum is usually quiet on Mondays, so they have lots of time to chat.



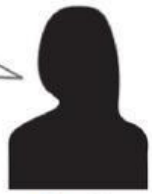
Dua



Tamal

Whenever I go to the shops, I ask the staff lots of questions. They are usually very helpful. For example, if I go the supermarket I might ask, 'Excuse me, where are the vegetables?' or, 'Can you tell me where the bread is?' I ask these questions even if I know the answer! It's a good opportunity to improve my conversation skills for free.

I used to be afraid of talking to native speakers because I thought they would laugh at my English or judge me. My mum said the only way to become more confident was to try and speak to them, so I did. It was very hard at first, but my mum kept encouraging me. For example, I would ask strangers the directions to get somewhere, even if I knew where I was going. I feel much more confident now.



Juanita

Choose the correct answer.

36. Why does Dua visit the gallery each week?

a. To study the art exhibitions written in English
b. To spend time studying English in a quiet place
c. To improve her English through real conversation
d. To meet other visitors who enjoy art

37. What does Dua find helpful about going on Mondays?

A. The staff are less busy and have time to talk
B. The museum offers free language lessons that day
C. There are more international tourists around
D. The entrance fee is cheaper on Monday

38. What habit has Tamal developed when shopping?

A. He buys products based on English labels
B. He avoids speaking unless necessary
C. He writes down all the English words he sees
D. He asks questions as a way to practise speaking

LIVEWORKSHEETS

39. Why does Tamal ask questions he already knows the answer to?

a. He wants to test the shop assistants' knowledge
b. He enjoys confusing people
c. He feels nervous if he doesn't ask something
d. It helps him use English naturally in everyday situations

40. How did Juanita feel before practising her English with others?

a. Relaxed and confident about her own abilities
b. Shy and worried about other people's opinions
c. Excited to show her skills
d. Uninterested in learning the language

41. Who motivates Juanita to start talking more?

a. Her classmates
b. A language teacher
c. Her mother
d. Her friends from school

42. What kind of task did Juanita do to overcome her fear?

a. She asked strangers for directions even when unnecessary
b. She asked her mother questions about strangers
c. She recorded herself speaking at home
d. She practised by reading aloud to her family

43. What do all three people have in common?

a. They practise English while travelling abroad
b. They prefer learning English by pretending to be clueless
c. They rely on formal lessons to improve
d. They use everyday situations to develop speaking confidence

LIVEWORKSHEETS

Part 2

Read the following article.



Most people only speak one language at work. But at the EU headquarters in Brussels, business is conducted in 24 official languages, so there's every chance that colleagues might have misunderstandings. That's why there are 2,000 full-time linguists on hand to help. Incredibly, some speak eight or more languages. Then there are language learning miracles like Ioannis Ikonomou – he speaks 32 living languages.

An avid language learner since he was a teenager, Ikonomou likes to keep busy and is happiest when learning something new. He acknowledges that language learning is hard work, but it also gives him a great amount of pleasure. He is currently learning three new languages to ensure that with the addition of Maltese, Estonian and Irish, he will speak all 24 of the languages used at his place of work. To do this he reads a lot of textbooks and novels, and has a vast collection of dictionaries. However, it's not all text-based study. Ikonomou says that television is a great learning tool. He watches everything, fromTurkish movies to Russian talk shows. He also talks to as many native speakers as he can online.

Ikonomou isn't alone in his achievements. There have been examples of polyglots throughout history. People believe Cleopatra spoke nine languages, and the 17th century English poet, John Milton, understood ten. The Lebanese linguist, Ziad Fazah, is perhaps the most famous polyglot in the world, claiming to speak 59 different languages. But how can these people learn so many languages?

Lots of people think they have the answer. In his recent book, *Babel No More*, the American journalist Michael Erard interviewed a large number of polyglots. After extensive research he found out that they believe you need two key things: talent and ambition. Professor Vivian Cook, an academic linguist who has also studied polyglotism, agrees. His studies have shown that motivation is essential for learning more than one language, and intelligence plays a lesser role. According to Cook, there are more polyglots in the world than we think. In some countries in Africa or India, for example, people use three or four different languages every day.

For Brian Fox, the director of interpretation at the European Commission, the secret of success is mastering that first foreign language. He believes language learning is like any other form of exercise. The first time is hard, but after that it gets easier.

Technically speaking, it's easier to be a polyglot today than ever before. Given our access to the internet, we are able to watch an ever-increasing range of online content. A quick search provides everything from Japanese quiz shows to Indonesian cookery programmes. We can read and listen to hundreds of languages. There are also many great language learning websites and apps around. On top of this, we have cheaper air travel too, meaning it's easier to visit foreign countries to learn a language.

So what is Ioannis Ikonomou's approach? Well, he says you can learn a language if you study for 15 minutes a day, seven days a week. You don't need a teacher. First, you have to learn the basic vocabulary and grammar. You can do this online, using video tutorials, as well as traditional text books. The next stage is using the language – reading newspapers or watching the news online. As you do this, you need to be prepared for slow progress – Ikonomou says that as he begins learning he often understands less than 10%. His final stage is cultural immersion – Ikonomou claims you need to do everything in the language and culture of the country you want to learn – eat the food, read the history, and watch its films. But it's not all hard work. He also suggests you need to visit the country, travel around, and make friends with local people. Enjoyment seems to be the goal at this stage. And perhaps that's the simple answer – if you enjoy learning a language, you'll succeed.

LIVEWORKSHEETS

Choose true or false.

44.	At the EU, people don't understand other people because there are so many linguists.	T	F
45.	The rise of polyglots is a very recent occurrence.	T	F
46.	Polyglots are more common in some countries than others.	T	F
47.	There are more polyglots today because of technology.	T	F
48.	You have to be intelligent to learn a language.	T	F
49.	According to Ikonomou, you have to speak the language 15 minutes a day, seven days a week.	T	F

Match the person with the information.

50. Ioannis Ikonomou

51. Ziad Fazah

52. Michael Erard

53. Brian Fox

54. Professor Vivian Cook

55. Brian Fox

A	says that s/he speaks more languages than anyone else
B	wrote a book about how people learn more than one language
C	uses a number of different languages at work
D	believe that having language skills helps you to learn more languages
E	believes language learning skills can be developed over time
F	suggests that intelligence isn't a factor in polyglotism

LIVEWORKSHEETS

Part 3

HOW TO TAKE BETTER PHOTOS

These days it is much easier to become a good photographer because of the big improvements in camera technology over the past 20 years. In order to take good photos, you need to have a good digital camera or a smartphone with a good camera.

Make sure you read the manual carefully before you start using your camera. This will help you to understand the most important functions, such as how to use the flash and the zoom. Putting the camera in automatic mode is a good way to make sure you don't make too many mistakes while you are still unfamiliar with how your camera works.

It's a good idea to take your smartphone or camera with you everywhere so that you are always ready to take a photo of something interesting. Try to take as many photos as possible. This will help you to get better at using your camera and will result in better photos. Remember the saying 'Practice makes perfect'. The more you practise taking photos, the better you will become.

If you take a lot of photos of your family and friends, in the end they will forget about the camera and feel more relaxed when you take photos of them. This will help you to take photos that look more natural and less posed.

To get the best photos of people, you need to be outdoors, as the light outside is much better. It is extremely difficult to take attractive photos of people indoors using a flash, so it is always better to be outside when you photograph people.





LIVEWORKSHEETS

Complete the sentences below using NO MORE THAN THREE WORDS from the text

56. Becoming skilled at photography is now simpler due to major _____ in camera design.

57. Studying the user guide carefully allows you to grasp essential _____ such as flash and zoom.

58. To avoid frequent errors when still _____ with the device, it is recommended to select the automatic mode.

59. The phrase meaning that continuous effort leads to improvement is _____.

60. Subjects appear more genuine when they have become _____ around the camera.

61. Natural light conditions are typically superior when photographing individuals _____.

62. Taking flattering portraits indoors can be challenging because the _____ may not produce good results.

Classify the following statements as being

A Advice for beginner photographers
B An explanation of why photography has become easier
C A suggestion for photographing people
D A reason for practising photography regularly

Write the correct letters A, B, C, or D in questions below. You may use any letter more than once.

63. You should keep your camera with you at all times.

64. Taking photos outdoors helps produce more flattering portraits.

65. The more pictures you take, the better your skills will become.

LIVEWORKSHEETS

WRITING SECTION

Part 1

Read the following note

Notes for 'How to improve your cookery skills'

1. Introduction: How to become a good cook
   - Try new dishes. Practise.
   - Don't repeat same dishes all the time.
2. Learn new dishes
   - Buy recipe books.
   - Test on family / close friends first. Larger groups later.
   - Try new recipes 2–3 times a week.
   - Ask family/friends for honest opinions. Make improvements.
3. Watch TV programmes and YouTube videos.
   - Easy way to follow recipe. Watch & copy recipes from ebsite.
4. Share recipes
   - Enjoyed a good meal? Ask for recipe. Will discover new dishes & improve.



Write a guide on how to be a better cook.

LIVEWORKSHEETS

Part 2

Your family is visiting London next month. You have an English pen friend called Zara who also lives in London. You would like to meet her when you go to London.

Write an email to Zara. In your email, you should:

- say when your family is coming to London
- ask if you can meet up, and suggest a day
- suggest what you can do together
- describe briefly what you and your family are going to wear / look like so she can recognize you

Write 90-100 words.

LIVEWORKSHEETS