PART 1.

Listen to an interview with a music therapist.
For questions 1 to 7, choose the correct answer.



1. What does Sarah say to describe music therapy?
It relies on listening to your favourite music.
B. It is designed to improve mental and physical health.
C. It's entertainment used for healing.

2. What best distinguishes music therapy from casual listening?
A. Casual listening does not affect people's emotions.
B. Music therapy requires guidance.
C. Both are equally effective for therapy.

3. According to Sarah, who can music therapy support?
A. Only people with emotional issues or brain injuries.
B. People suffering from anxiety and insomnia.
C. People with mental health or mobility issues.

4. What progress did Mia make thanks to music therapy?
A. She improved her mobility and speech.
B. Singing helped her walk correctly again.
C. She fully recovered her speech.

5. What emotional effects can music therapy have on patients?
A. It helps people be more focused.
B. Angry people can listen to an old favourite song and calm down.
C. Playing an instrument can help with anger or frustration.

6. Which statement is NOT mentioned by Sarah as a common misconception?
A. Any type of music can help a patient.
B. It only works with people who believe in it.
C. You don't need to be musical to have therapy.

7. What does Sarah say about the future of music therapy?
A. It is already becoming part of many care institutions.
B. There is still not enough scientific support.
C. It will replace traditional treatments for some conditions.

PART 2.

Listen to Matt Clarke talking about being a PE teacher at Gateway Academy. For questions 8-17, listen and complete the sentences with a word or short phrase.

8. The speaker admits he has to get up at the crack of _____ in his shorts, whatever the weather.

9. His work can be nice in the summer, but _____ in the winter.

10. The best bit for him is when a student learns a _____ he has been teaching.

11. He also enjoys the kid's _____ when they answer a question they thought they couldn't.

12. Another pleasing thing is the _____ other kids give each other when they learn a new skill.

13. He explains he was lucky to be offered a _____ degree at Lincoln.

14. There was a requirement for him to do a week's study during his _____ holidays.

15. He had a good time in Lincoln and is still close _____ with everyone up there.

16. He then worked for two years as a health _____ practitioner.

17. That job was a _____ until he got into teaching.

PART 3. For questions 18– 8, read the text below and decide which answer best fits each gap.

The Mystery of Ancient Inks

In recent years, researchers have been fascinated by the discovery of ancient inks used in manuscripts and artworks. These inks, some of which are over 2000 years old, have turned **(18)**_____ in various archaeological sites around the world. The composition of these inks often **(19)**_____ clues about the methods and materials used by ancient civilizations.

One particular ink found in an Egyptian tomb was made using a mixture of soot and gum. It had been blended with a unique metal, which **(20)**_____ that it was used for special documents or ceremonial purposes. "The complexity of the ink's composition is truly **(21)**_____," says Dr. Emily Carson, a chemist specializing in historical artifacts. "It shows a high level of skill and knowledge of materials."

These ancient inks have **(22)**_____ interest among historians and chemists alike. They provide **(23)**_____ not only into the writing practices of the past but also into the cultural and trade connections of the time. In some cases, the ink's resilience through the centuries is a **(24)**_____ of the advanced techniques used in its creation.

Interestingly, the ability of these inks to withstand the test of time has puzzled many researchers. **(25)**_____ exposure to harsh environments, many of these inks have remained remarkably intact, preserving the history written with them.

18.	about	up	on	over
19.	gives	keeps	carries	brings
20.	advises	tells	points	suggests
21.	remarkable	surprising	shocking	unbelievable
22.	produced	created	sparked	generated
23.	insights	views	visions	glimpses
24.	verification	vision	light	sign
25.	Regardless	Besides	Despite	On account of

PART 4. **For questions 26–33, read the text below and think of the word which best fits each gap. Use only one word in each gap.**

The Platypus



The platypus is an unusual creature because it looks **26** _____ a bird, and it can swim, but it also lives on land.

The platypus has soft brown fur, feet like a duck, a tail, and a bill.

The platypus **27** _____ eggs and keeps them in a nest. It belongs to a species called 'Monotremes'.

The platypus lives on an island called Tasmania, which is just south of Australia. It **28** _____ time in small rivers and streams **29** _____ it builds a home just above the water. **30** _____ the platypus can live on land, it prefers the water and spends about 12 hours per day swimming in the river.

One of the **31** _____ interesting features of the platypus is its special electric sense. That means a platypus can locate its victim using an electric field in its bill. Only the dolphin shares this same ability. The platypus is a meat-eater, so it likes to eat fish and worms in the river. **32** _____, the platypus has predators, too. It is a delicious meal for crocodiles and owls, so it must watch **33** _____ for these animals.

PART 5. **You are going to read an extract from a novel about a young person called Marcus, who is on a hike in the mountains. For questions 34 – 39, choose the answer (A, B, C or D) which you think fits best according to the text.**

Living in Los Angeles, I found myself yearning for a change from the relentless pace and constant noise of city life. It had been far too long since I last ventured beyond the urban sprawl, where the natural world awaited with its serene landscapes and untamed beauty. The mountains, in particular, called to me with their tranquil majesty, a stark contrast to the concrete and chaos of the city. I longed for the stillness they offered, the kind of quiet that enveloped you, allowing for introspection and a connection with nature that the city simply couldn't provide.

So, with a sense of adventure rekindled in my heart, I and my faithful dog Rusty decided to leave the city behind. I jumped in my old pick-up truck, threw my backpack in the back, and set off to Yellowstone Park, a grand and spectacular area that stretches across Wyoming, Colorado, and Montana. When we arrived at the base camp, I collected my things for the big hike: my compass and map, my tent and sleeping bag, and, of course, water and food to keep us going for the next twenty-four hours. It was still early afternoon, so it was the perfect time to start hiking while our energy levels were high. Rusty and I made our way along the hiking trail, delighted with the breathtaking scenery around us.

After only an hour into the journey, Rusty's ears started to move, and he appeared aware of an animal watching us. I, too, felt the eyes of a creature nearby. Was it approaching me? What was it? I looked to my right and suddenly noticed a large, brown bear staring straight at me. Even though I was, at that moment, in complete shock, I realized that the brown bear was outraged that I had walked into her territory. How could I approach her family area!? Rusty immediately started to snarl and appeared deeply fearful. The bear did not move an inch but stared me right in the eye. I remember reading in a book that you shouldn't make any sudden moves around a wild animal, so I crept forward, not turning back and pulling Rusty along after me. I know that bears can run fast, so I picked up the pace as I started to worry the bear might run after me. Within minutes, the bear was out of sight, and I breathed a sigh of relief. Even Rusty seemed happy that we had escaped.

We carried on with our hike, and the path became narrower and more difficult to follow. There were steep cliff edges, and I was terrified Rusty would fall over. The cliffs dropped down to vast blue lakes. I could see goats and buffalo wandering on the little gold beaches.

Once we arrived at the main shelter, it was already evening time. I pitched the tent and started to set up our home for the night. We had some hot beans on the fire and some coffee, and Rusty had his dog food. ''Don't be afraid of bears'', I told Rusty. ''They're nowhere near us now''. I was soon to be corrected! As Rusty and I settled down for the night, we watched the pink, gold, and Hallowe'en orange sunset as we relaxed in the tent. We were exhausted after the trek and soon slept to the sound of the crickets around us.

LIVEWORKSHEETS

It was around midnight when I awoke in the darkness. Something was rummaging outside, moving close to the tent. It seemed to be getting closer, but it was a moonless, pitch-dark night, and I was blind to the world beyond the tent's fabric. Then, I heard some scratching and grunting. I got my mobile phone and looked through the tent window, shining my phone at it. To my horror, the brown bear was back! She was going through my backpack and had eaten the sandwiches and tasty treats I had prepared for me and Rusty. I was so afraid of the bear that I stayed in the tent and let her eat everything from the bag. Once she was full, she wandered off back down the hill. I was worried that she'd come back, but we stayed in the tent until the crack of dawn, after which time we headed back to my truck. Next time, I'll never leave food outside.

34. What is the writer's purpose in the first paragraph?
A.to explain why he was having problems in the city.
B.to describe the beauty of the mountains.
C.to compare the city and the countryside.
D.to explain his motivation for his trip to Yellowstone park

35. What does the writer suggest about his knowledge of hiking and camping?
A.He's a little inexperienced.
B.It's his first time to Yellowstone Park.
C.He's well-prepared for this trip.
D.He's done detailed research of the region.

36. Why does the writer say in the third paragraph, 'How dare I approach her family area!'
A.He's angry the bear is approaching them.
B.He should have known better than to get into the bear's territory.
C.He walked near to a family of young bears.
D.He's imagining what the bear is thinking.

37. How did the writer react to the encounter with the bear?
A.He remained still and quiet for a while.
B.He moved away slowly and then quickly fled.
C.He let the dog guide him away from the scene.
D.He immediately ran as fast as he could.

38. Why did the writer wake up in the middle of the night?
A.Something was touching his belongings.
B.His phone woke him.
C.Something touched the tent's fabric.
D.The sound of the crickets woke him.

39. What do we learn about bears in the last paragraph?
A.They can follow you to your campsite.
B.They are afraid of dogs.
C.They are attracted to food left out by campers.
D.They prefer to eat at night.

PART 6.

Your school newspaper is preparing a special "Year in Review" edition. You have been asked to write an article of 180–220 words reflecting on one event, experience, or achievement from this year.

In your article:

- **Describe the event or experience in detail**
- **Explain how you felt at the time and why it was important to you.**
- **Reflect on what you learned from it and how it may influence you in the future.**
- **Suggest what advice you would give to someone facing a similar experience.**

Notes: **Use a headline and write in a lively, semi-formal newspaper style.**

You must write about a real personal experience from this year (not something imaginary).

Your teacher may ask you to give extra details verbally after the exam.

LIVEWORKSHEETS