Reading

Task 1

Read the texts below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

1

2

3

4

5

Which flyer advertises _____?

A. restaurant
B. body shop
C. catering service
D. car sales
E. real estate agency
F. shopping center
G. big sale
H. logistic services

	A	B	C	D	E	F	G	H
1								
2								
3								
4								
5								

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Task 2

Read the texts below. For questions (6 -10) choose the correct answers (A, B, C or D).

There is increasing evidence that health is linked to personality. However, until now, the relationship has not affected the way health care is delivered. There are several reasons for this. Some health workers doubt whether there is a direct link between health and personality or whether it's just a coincidence. Some feel it is their professional duty to treat all patients in the same way. Others argue that delivering health services according to patients' personalities will have minimal impact and therefore isn't worth the effort. However, some psychologists believe that applying different procedures to people with different personalities could have a significant, positive effect on health.

Research into personality has, in recent years, focused on the Big Five model of personality types. This model measures how neurotic, extrovert, open to experience, agreeable and conscientious a person is. Some of these personality types have been studied in relation to health. For example, conscientious people tend to be less likely to smoke, drink too much alcohol or be inactive. However, in other cases, the relationship is less clear. Neurotic behaviour, for instance, has been found in some studies to increase the risk of death, in others to protect people from illness and in others to have no link to health at all.

Even so, if health workers applied an understanding of personality to the services they provide, they could influence the extent to which patients act on advice and follow their treatment. For example, high sensation-seeking individuals, who are extroverts and unconscientious in the Big Five model and tend to take part in risky activities, respond to drama, energy and emotion. Thus, to encourage those people to follow health advice, health promotions can be designed to incorporate those factors. An example of this was the campaign SENTAR which aimed to reduce cannabis use among high sensation-seeking teenagers. By creating a suitable television advert, they successfully engaged these youths and reduced their recreational drug use. Of course, this approach isn't always possible. It is often impractical and expensive to create several versions of a campaign to reach different personality types. However, recent developments in computer technology, cookies and targeted advertising may allow this approach to be used more in future.

Personality could also be considered when sending messages, information and guidance to specific patients. Already, health information is usually available in various forms – printed, digital, audio, and so on – to be suitable and accessible for different users, such as the blind, the elderly, and

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people with reading difficulties. Research has also shown that, by identifying different patients' motivations for treatment and then corresponding with them in a way that reflects their motivations, patients will become more involved in their treatment, compared to when the same messages are sent to everyone. Correspondence could, therefore, be adapted to reflect patients' personality type, too. For example, less conscientious people could be sent phone reminders to attend appointments. So far, there has been very little research into the effectiveness of tailoring health guidance according to personality, so this area deserves further study.

Until now, the focus of personality-health research has been to explore the link between personality and health and has had very little practical application. Thus, health workers have not engaged deeply with it. However, by suggesting, trialling and implementing practices to engage patients with different personalities, the relationship between psychology researchers and health workers could improve, along with the health of the general public.

6. Who is the article most likely aimed at?

A. patients at a clinic

B. psychologists

C. neurotic people

D. health workers outside psychology

7. What is the main idea of the article?

Research into the link between Health and Personality...

A. has not been studied in great depth until recently.

B. can be practically applied to improve public health.

C. should be carried out by both clinicians and psychologists.

D. has shown that sensation-seeking individuals often risk their health.

8. Which of these is NOT a reason why clinicians do not currently consider personality in their approach to healthcare?

A. They think the effect on a patient's health will be hardly noticeable.

B. They consider it their duty to treat all patients equally.

C. They lack sufficient training in psychology.

D. They doubt whether a person's personality directly affects their health.

9. What can be concluded from the text about neurotic patients?

A. They are at greater risk from early death than non-neurotic patients.

B. There is no consistent link between a patient's level of neurosis and their health.

C. They are more likely than non-neurotic patients to report illness.

D. Their neurosis protects them from becoming sick.

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10. It can be inferred that the campaign SENTAR...

A. was delivered across multiple media, including television and online.

B. used drama and energy in its design.

C. was designed to attract conscientious, high sensation-seeking teenagers.

D. failed to reduce cannabis use among teenagers.

Task 3

Read the texts below. Match choices (A-H) to (11 - 15). There are three choices you do not need to use.

11. Spain

This is a very popular country because it's a great place for different kinds of trips. You can find hot and sunny beaches on the Mediterranean Sea, high mountains perfect for hiking, and cooler coasts along the Atlantic Ocean. Big cities like Barcelona and Madrid can be expensive, but areas like Andalusia in the south and Galicia in the northwest are much cheaper. The weather in Spain can be different depending on where you are, but July and August are particularly hot months in most parts of the country!

12. Italy

Italy is known internationally for its delicious food, elegant fashion, and fast cars, but its culture changes from one part of the country to another. In the north, where the Alps are, the weather is colder and people visit ski resorts for winter holidays. Big cities like Milan and Turin are busy and modern. The food often includes rich sauces, butter, and cream. The middle of the country has hills and countryside. The weather is mild, and meals include simple, fresh foods like tomatoes and olive oil. In the south and on the islands, the weather is warmer for most of the year. Life is more relaxed, and people eat a lot of fruit, vegetables, and seafood. From north to south, however, Italy is rich in art and history.

13. Germany

Germany has different kinds of landscapes in the south: from thick forests and gentle hills to high mountains–the other side of the Italian Alps. Like in nearby countries, the food here is rich and filling, perfect for cold weather. In the north, you can find flat land. The weather across Germany is generally mild with warm summers and cold winters. Backpackers love travelling around by bus and train because they work well and are usually on time. Berlin, Germany's capital city, and Munich are a must-see; they're a mix of modern art and important historical sites.

14. The Czech Republic

Officially renamed Czechia in 2016, this country is located in the center of Europe, connecting the east and the west of Europe. Life in the Czech Republic is relaxed, and the locals often enjoy spending time in the countryside. In the cities, there's a good mix of culture and modern life, especially in Prague, the capital. On one

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side of the Vltava River, there's Prague's Old Town with its famous clock and lively squares. On the other side, you'll find the Lesser Town, with quieter streets and beautiful historical buildings.

15. Poland

Travelling from west to east, Poland is one of the first Eastern European countries you reach. It's a very large country and it has different landscapes: from the sandy beaches of the Baltic Sea to the Tatra Mountains in the south. If you love history, especially events from World War II, you should definitely visit Poland. Although not as cheap as other eastern countries, Poland is much cheaper than western ones. Like Germany, its neighbouring country, Poland has a mild climate, with warm summers and cold winters.

Where _____?

A. is the capital city divided in two?
B. are high temperatures during the summer?
C. is a good public transport system?
D. is the country where a diet famous worldwide?
E. a good place to visit if you are interested in a specific time in history?
F. you can find three different seas?
G. you can find a similar diet to that of other warm countries?
H. is climate totally different to all nearby countries?

	A	B	C	D	E	F	G	H
11								
12								
13								
14								
15								

Task 4

Read the text below. Choose from (A-H) the one which best fits each space (16 - 20). There are three choices you do not need to use.

Dry January is a month-long commitment that encourages people to avoid drinking alcohol. The aim of this programme is to understand the type of relationships between the individual and the drink and to see if there's a risk of addiction. The concept of Dry January finds its roots in Finland's "Sober January" initiative during World War II in 1942, but in Britain, it was inspired by the activist Emily Robinson. In 2011, she decided not to drink any alcohol in January to get ready for a half marathon. **16 _.** The first time, about 4,000 people took part. Two years later, it got even more popular when Public Health England, a part of the British government, joined in.

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In 2022, over 130,000 people signed up for Dry January through Alcohol Change UK, and in 2023, registrations increased to over 175,000 on their website. **17 _.** This is the time of the year when people usually set themselves short- and long-term goals for the year ahead. **18 _.** This increase in interest across the globe matches a significant rise in alcohol consumption, with studies indicating a 70% increase between 1990 and 2017.

More people are thinking about Dry January and how it affects them. One study from the University of Sussex found that many people who did Dry January in 2018 were drinking on fewer days and having less alcohol each time for the following months. **19 _.** Among others, there are benefits such as better liver function, lower risks of heart problems, and diabetes. Additionally, staying sober for a while can lead to positive changes in lifestyles, such as saving money, sleeping better, and losing weight.

Overall, Dry January seems to work best for people who usually drink in moderation. **20 _.** When it comes to how, and for how long, not drinking may help people who drink too much or are addicted to alcohol, the evidence isn't as clear. Some research suggests that taking a break from drinking might not do much good in the long run.

A. Other studies show positive effects on physical health of drinking less.
B. Its goal is to reduce any form of damage caused by alcohol.
C. In the U.S., 15% of the adult population, which totals more than 260 million, committed to participating.
D. And for some people, stopping drinking for a while might just make them drink even more later.
E. Later, Alcohol Change UK turned her idea into an official campaign in 2013.
F. However, for those who struggle with alcohol, it might not be helpful and could even be harmful.
G. The initiative is also gaining popularity internationally, especially among young folks, as a common New Year's resolution.
H. This is especially true for countries where there's a dominant drinking culture, particularly in connection with any form of social occasions.

	A	**B**	**C**	**D**	**E**	**F**	**G**	**H**
16								
17								
18								
19								
20								

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Use of English

Task 5

Read the text below. For questions (21-26) choose the correct answer (A, B, C or D).

Buckingham Palace, Windsor Castle and the Palace of Holyroodhouse are the **21**_____ of the Sovereign and, as such, serve as both home and office for the Queen, whose personal flag flies **22**_____ her Majesty is in residence.

These buildings are used extensively for State ceremonies and official entertaining and are opened to the **23**_____ as much as these commitments allow. They are furnished with fine pictures and works of art from the Royal Collection, assembled over four centuries by successive sovereigns. Many of the State Apartments and rooms at the official residences have been in continuous use since their conception and many of the paintings are **24**_____ in the rooms for which they were originally **25**_____.

The official residences are in regular use and the style and manner in which they are shown to visitors reflects their working status. Rooms are kept as close to their normal **26**_____ as possible. Inevitably, opening times are subject to change at short notice depending on circumstances.

	A	**B**	**C**	**D**
21	venues	residences	situations	occupations
22	whatever	however	whoever	whenever
23	humans	public	peoples	strangers
24	created	explored	produced	displayed
25	instructed	intended	performed	guarded
26	feature	location	destination	appearance

Task 6

Read the text below. For questions (27-32) choose the correct answer (A, B, C or D).

The Thames Barrier is a major part of the flood defense scheme for protecting London against rising water levels. The defenses also include raised river embankments and additional flood gates at strategic points, **27** _____ the Barking Barrier. The unique structure that is the Barrier spans the 520-metre wide Woolwich Reach and consists **28** _____10 separate movable gates, each pivoting and supported between concrete structures which house the operating machinery.

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When raised, the four main gates **29** _____ stand as high as a five-storey building and as **30** _____ as the opening of Tower Bridge. Each weighs 3700 tonnes. During the first twelve years of operation, the Barrier has been closed twenty nine times to protect London.

View the Barrier from the comfortable cafeteria. Picnic on the riverside embankment. Enjoy beautiful views from the riverside walk. Visit the shop which stocks a large selection of souvenirs, books and Barrier information.

There is a **31** _____ play area suitable for 4- to 12-year-olds, located adjacent to the riverside walk. A **32** _____ to the spectacular Thames Barrier is a memorable experience.

	A	**B**	**C**	**D**
27	including	included	includes	include
28	on	of	off	at
29	every	another	each	other
30	more wide	the widest	wided	wide
31	children's	childrens'	childrens's	children
32	visiting	visit	visits	visited

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