

# Reading True/False

## Test 10 - Traffic Congestion in Developing Countries

Traffic jams are a big problem in many developing countries. Every day, people spend significant amounts of time stuck in traffic, either in their cars or on crowded buses, because road networks are unable to handle the high volume of vehicles. This not only leads to delays in reaching workplaces and schools but also causes a lot of stress. Several solutions can help alleviate this problem. First, improving public transport is essential. Expanding the number of buses and trains, while ensuring they are clean, reliable, and safe, would encourage more people to use them instead of relying on private cars. This will make the roads less crowded. Second, governments can invest in better infrastructure by constructing additional lanes, widening existing roads, and repairing damaged surfaces to improve traffic flow. Third, people should be encouraged to cycle or walk, especially for short distances. Building special lanes for bicycles and safe sidewalks for walking can help greatly. Another solution is to improve traffic control through lights and signs. When drivers follow the rules, and there is sufficient enforcement by police or cameras, congestion can be reduced. Finally, promoting carpooling is an effective way to cut down on the number of vehicles on the road. In conclusion, while traffic jams remain a pressing issue in many developing nations, coordinated planning and practical solutions can significantly ease congestion, making people's daily life more efficient and sustainable.

- 23. Traffic jams in developing countries waste a large amount of people's time every day.**
- 24. Cycling and walking are recommended only for long-distance travel in cities.**
- 25. Traffic lights and signs are mentioned as causes of traffic jams.**
- 26. Sharing cars with others is considered to help reduce traffic jams.**
- 27. What is the main idea of the passage?**
- A. How to solve the issue of traffic congestion in developing countries
  - B. How to reduce delays in reaching workplaces and schools in developing countries
  - C. How to encourage people in developing countries to use public transport
  - D. How to build special bike lanes and safe sidewalks in developing countries
- 28. Which of the following is NOT mentioned in the text?**
- A. Stress is one of the negative effects of spending long hours in traffic.
  - B. Traffic congestion also contributes to higher levels of air pollution.
  - C. Expanding and improving public transport could encourage people to use fewer private cars.
  - D. Investing in better infrastructure can make traffic flow more smoothly

## Test 11 - Facing Fears

Everyone feels afraid sometimes. Fear is a natural feeling when we try something new, speak in public or meet new people. However, if we want to grow and enjoy life, we need to learn how to face our fears and become more confident. First, it is important to understand what makes us afraid. We often feel simply scared because we don't know what will happen. To overcome this, try to learn more about the situation. The more you know, the less afraid you will feel. Second, take small steps. If you are afraid of speaking English, begin by talking with a close friend. Then, try to join a small group. With practice, you will start to feel more comfortable and less nervous over time. Third, remember your past successes. Think about times when you were afraid but still did something difficult. This can make you feel strong and proud. Everyone makes mistakes, but mistakes help us learn and grow. Also, surround yourself with positive people. Friends and family can support you and give you courage. When you share your feelings, you won't feel alone. Finally, believe in yourself. Say kind words to yourself, such as "I can do it." Confidence grows every time you try. Overcoming fears is not easy, but with practice, you will become braver and more confident each day. Never give up on yourself!

**23. At times, you may feel afraid since you aren't aware of future events.**

**24. You can overcome your fears as fast as you can.**

**25. Remembering your achievements is also a way to grow confidence.**

**26. You should never make mistakes as they will make you negative.**

**27. What is the main idea of the passage?**

- A. How to face fear without needing support from others
- B. How to get over fears and grow your confidence
- C. How to make mistakes and learn from them
- D. How to practise your fear and give up on yourself

**28. Which of the following is NOT mentioned in the text?**

- A. Understanding the root of our fear is the first step toward overcoming it.
- B. Regular practise gradually makes us more relaxed and less anxious.
- C. Saying negative things to yourself can lower confidence.
- D. Reflecting on past achievements can remind us of our inner strength.