GROUP 6 UPPER-INTERMEDIATE • PROGRESS TEST

Level B2–C1 | Time: 60 minutes | Total: 60 points

Name:	Date:	Score:
_____	_____	_____

Read each instruction carefully before answering. Write your answers clearly.

PART A: VOCABULARY (20 points)

⏱ **Suggested time: 15 minutes**

Exercise 1: Word Formation – Personality Adjectives *(5 points)*

Complete each sentence using the correct form of the word in brackets. Add a suffix where needed (-ent, -ant, -al, -able, -ible, -ed).

1. She's always willing to listen and help others — people find her very _____ . (approach)
2. He thinks his ideas are always right and never listens to others. He's quite _____ . (arrog–)
3. After missing the deadline, she felt _____ with herself. (frustrate)
4. The decision to cancel the trip was _____ , based on careful analysis of costs and risks. (ration–)
5. The WiFi has been down for three days — the situation is getting quite _____ . (urge–)

Exercise 1	Score: __ / 5

Exercise 2: Attitudes and Prepositions *(7 points)*

Choose the correct preposition or particle to complete each sentence. Use each expression from the box once.

fond of	*terrified of*	*thrilled by*	*nervous about*	*keen on*	*fed up with*

1. I'm _____ waiting in queues — it drives me crazy.
2. She's always been _____ old black-and-white films.
3. He was _____ the idea of speaking in front of 500 people.
4. Are you _____ cycling, or do you prefer the gym?
5. We were _____ the last-minute upgrade to business class.
6. She felt _____ presenting her project to senior management.
7. He's quite _____ spicy food — he eats it every day.

Exercise 2	Score: __ / 7

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Exercise 3: remember / recall / remind *(8 points)*

Complete each sentence with the correct form of remember, recall, or remind. Sometimes more than one answer is possible — choose the most appropriate one.

1. Could you _____ me to email the report before the meeting?
2. I can't _____ where I put my passport — I've looked everywhere.
3. This song always _____ me of my first trip abroad.
4. She _____ to buy milk on the way home, so we had it for breakfast.
5. He couldn't _____ the details of the accident clearly.
6. Please _____ to turn off the lights before you leave.
7. I vaguely _____ reading something about HSAM, but I'm not sure.
8. Your face _____ me of someone I met at a conference last year.

Exercise 3	Score: __ / 8

PART B: GRAMMAR (25 points)

⏱ **Suggested time: 15 minutes**

Exercise 4: Gerunds and Infinitives *(8 points)*

Put the verb in brackets into the correct form: the gerund (-ing) or the infinitive (to + verb). Pay attention to meaning.

1. I remember _____ (visit) my grandparents every summer — it was magical.
2. Don't forget _____ (send) the contract before Friday.
3. She stopped _____ (take) sleeping pills after reading about the risks.
4. He tried _____ (drink) chamomile tea to fall asleep, but it didn't help.
5. I enjoy _____ (discover) offbeat destinations that most tourists ignore.
6. They regret _____ (miss) the festival — everyone said it was incredible.
7. Would you consider _____ (live) an extraordinary lifestyle, like a digital nomad?
8. She went on _____ (explain) the science behind REM sleep for another hour.

Exercise 4	Score: __ / 8

Exercise 5: Relative Clauses *(9 points)*

Part A (5 pts): Choose who, which, where, or that — or write Ø if the pronoun can be omitted. Part B (4 pts): Decide if each relative clause is Defining (D) or Non-Defining (ND), and add commas where needed.

Part A: Fill in the gap. Write: who / which / where / that / Ø.

1. This is the festival _____ I told you about.
2. The nomad _____ I met in Kyrgyzstan lived in a yurt all year round.
3. She works at a lab _____ researchers study sleep disorders.
4. I watched a documentary _____ really changed my view on technology.
5. He has a condition _____ allows him to remember every day of his life.

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Part B: Label each clause D or ND. Add commas where needed.

6. Burning Man which takes place in Nevada is attended by thousands every year.
7. The researchers who discovered the link between sleep and memory won the Nobel Prize.
8. I've finally found a café where I can work without distractions.
9. Okinawa where many centenarians live has attracted worldwide attention.

Exercise 5	Score: __ / 9

Exercise 6: Future Forms & Quantifiers *(8 points)*

Part A (5 pts): Complete with a future form. Choose from: will, going to, might/could, is certain to, is due to, is likely to. Part B (3 pts): Choose little / a little / few / a few.

Part A: Future forms.

1. Look at those clouds — it _____ (rain) any minute now.
2. With her talent and work ethic, she _____ become one of the best in her field.
3. The next software update _____ be released next Tuesday.
4. I haven't decided yet — I _____ go to the festival, or I _____ stay home.
5. Many experts believe that VR _____ transform the way we travel in the next decade.

Part B: Quantifiers.

6. There was _____ traffic, so we arrived on time. (some, but not much)
7. Very _____ people fully understand what solarpunk means.
8. I need _____ minutes to finish — don't wait for me.

Exercise 6	Score: __ / 8

PART C: SHORT WRITING TASK (15 points)

⏱ **Suggested time: 15 minutes | Word limit: 120–150 words**

Choose ONE of the following prompts and write a short response. You will be assessed on vocabulary range, grammar accuracy, and how clearly you express your ideas.

Option A – Technology and the Future

Are you more of a cyberpunk or solarpunk thinker when it comes to the future? Describe your vision of the world in 30 years. Will technology save us, or make things worse? Use a range of future forms and relevant vocabulary.

Option B – Travel and Lifestyle

Describe an unusual or extraordinary lifestyle that appeals to you — it could be living off-grid, becoming a digital nomad, moving to an uncommon destination, or following the Okinawan philosophy of longevity. Why does it appeal to you? What would be the challenges?

Option C – Memory and Identity

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Describe a memory that has shaped who you are today. What kind of memory is it (episodic, procedural, sensory…)? Use appropriate vocabulary (recall, remind, remember) and at least one relative clause.

Writing Task (vocabulary 5pt + grammar 5pt + ideas/coherence 5pt)	Score: __ / 15

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Speaking questions (2–3 per student):

- **Memory & Identity**

• What's one of your earliest memories? What kind of memory is it — episodic, sensory, or procedural?
• Is your prospective memory good? Tell me about a time you forgot (or remembered!) something important.
• What reminds you most of your childhood? A smell, a sound, a place?

- **Travel & Lifestyle**

• If you could visit one of the uncommon destinations we discussed — Mongolia, Bhutan, Albania — which would you choose, and why? Use 'I'd prefer / I'd rather / I'm keen on…'
• Would you ever consider living an extraordinary lifestyle — off-grid, as a nomad, or in an unusual place? What would you gain and give up?
• How do you feel about the idea of 'slow travel' — staying in one place for a long time rather than seeing many countries quickly?

- **Technology & The Future**

• Are you optimistic or pessimistic about the next 20 years? What do you think is likely / certain to change?
• Would you use VR to travel or experience things you can't afford in real life? What are the pros and cons?
• Is a cyberpunk or a solarpunk future more realistic in your opinion? Explain your reasoning.

- **Media & Culture**

• Describe a show or film you've been binge-watching lately, using vague language (and stuff like that, that sort of thing).
• Is there a piece of music that is an earworm for you right now? Do you enjoy it or does it drive you crazy?
• Do you think festival organisers should be responsible for clean-up after events, or festival-goers?

- **Health & Wellbeing**

• Do you think you get enough sleep? What factors affect your sleep quality most?
• Which of the Okinawan longevity secrets appeals to you most — diet, community, purpose (ikigai)? Why?
• Is there a 'myth' about health or sleep that you used to believe until you learned it wasn't true?

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