B1 READING AND LISTENING

Read the text about night shift work and then answer the questions that follow.

Night Shift Work

Many people have jobs that are not very interesting, but a lot of people have to work at night, and this is very difficult. When everybody else is getting ready to go out, they have to go to work, and this puts a lot of psychological stress on them. It is also not very healthy because the human body is designed to be active in the day and to rest in the dark. If this cycle is reversed it can have a bad effect on a person's health. So, why do people do the night shift?

Nowadays many businesses have to offer a 24-hour service, like hotels, delivery companies, some supermarkets are open all night and all day, call centres and hospitals. It is true that some people only need a few hours of sleep at night but the majority need eight hours. Humans are most active in the middle of the day, and the time when they are least able to concentrate and be efficient is between 2 am and 4 am.

This is the worst time to drive or to do anything that needs concentration. The body finds it very difficult to adapt to the opposite cycle. Things are not likely to get better in the future because more and more businesses are working 24-hour cycles to keep in step with our 24-hour society.

1. What is the writer's main aim in writing the text?

- **A.** To describe the importance of work.
- **B.** To help people change their way of life.
- **C.** To say how working at night can be harmful.
- **D.** To suggest how to become a night shift worker

2. What does the writer say about night jobs?

- **A.** You get better working conditions.
- **B.** There is a variety of them.
- **C.** It is easier than working during the day.
- **D.** Many people refuse to work at night.

3. What would a reader learn about sleep from the text?

- **A.** Everybody needs the same amount.
- **B.** It's difficult to change your sleeping needs.
- **C.** People sleep better in the early morning.
- **D.** It's easy to change your sleeping habits.

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4. What does the writer say about the future?

- **A.** Fewer people will work during the day.
- **B.** Many people will stop working during the day.
- **C.** Some jobs will always be done at night.
- **D.** Nobody will work at night.

5. Which of the following could also be a title for this text?

- **A.** Society is changing but our bodies are not!
- **B.** A good night's sleep can change your life!
- **C.** A worker that sleeps more, works more!
- **D.** It's time to end the night shift!

For each question, write the correct answer in the gap. Write one or two words or a number or a date or a time.
You will hear a holiday rep welcoming a new group of guests to a hotel.

The Oasis Hotel

Holiday Representative:	available in his (**14**) between 10 and 11 am, or between 6 and 7 pm.
Price:	everything included except (**15**)
Participants:	anyone, but not children under the age of (**16**)
Creche and toddler group:	Opening hours: 7.30 am to (**17**) am.
Yoga classes:	Cost: £ (**18**) an hour.
(**19**) **class:**	in the pool on Sunday at 10 o'clock.

OASIS HOTEL

LIVEWORKSHEETS

For this part, five sentences have been removed from the text below. For each question, choose the correct answer from the choices A-G. There are three extra sentences that you do not need to use.

Keep on Running

I recently started running after years of doing only a little exercise. I definitely feel fitter; I've lost some weight and can now run distances that would have been impossible for me 20 years ago. (1) .

To begin with, there's nothing like sharing a passion for something with others. When I train with my club, we occasionally talk about other topics while running around the streets. (2) . We'll share news of our goals, our latest injuries, and our upcoming runs, knowing that we have a friendly, interested, and understanding ear. I've yet to come across a bad runner!

(3) . This has been a lot of fun for me. It could be helping in the organisation of a run in the local park or helping those who are new to running in getting started. In comparison to some people, I do very little, but I do intend to include more of this in the future. It also greatly aids my relaxation. I lead a very busy life, and it is surprisingly difficult for me to go ten minutes without having thoughts racing through my head. Despite this, I can often go for long stretches of a run thinking about nothing but the pavement in front of me and how my body is feeling. (4) .

I like having something to aim for, and running gives me that opportunity, whether it's something long term, like my marathon ambitions, or something more immediate, like going for a personal best time on a shorter run. But it's important to remember not to overdo it, and one of my goals is to always enjoy running!

(5) . This is especially true if you've achieved something you didn't believe was possible. That's been the case with my personal best times and completing some of the longer runs in the past.

A. Then there's the sense of accomplishment.

B. Running allows me to disconnect from everything that is bothering me.

C. It's also beneficial to your health

D. But I don't believe these are the reasons I run

E. But most of the time, we talk about running.

F. Finding the time to run can be difficult.

G. Running also provides many opportunities to volunteer.

H. I hurt myself earlier this year.

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For each question, choose the correct answer.

8 You will hear a boy telling his friend about his problem. The girl advises the boy

A to stop worrying.

B not to go alone to the concert.

C not to listen to his parents.

9 You will hear two friends talking about a school trip they went on. What did the boy like best about it?

A drinking coffee

B going shopping

C doing a sporting activity

10 You will hear a girl telling her friend about her accident. They agree that

A she was very lucky.

B she should wear her helmet.

C she shouldn't talk on the phone.

11 You will hear two friends talking about an invitation. How does the girl feel about it?

A sure it will be great

B worried about school work

C certain she will go

12 You hear a girl telling her friend about her smart phone. What does the boy think about it?

A It is not really necessary.

B It isn't so expensive.

C It takes better pictures than his phone.

13 You will hear two friends talking about a TV series. The boy feels that the girl

A is wasting her week.

B had better stay at home.

C is not being sensible.

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