

A LISTENING

Listen to five people talk about things they collect as a hobby.

Choose from the list (A-H) what each person enjoys most about their collection.
Use the letters only once. There are three extra letters you do not need to use.

- A collecting with friends
- B knowing people will pay more for it
- C finding out about history
- D having something that looks nice
- E thinking about places I've been to
- F using it for artistic reasons
- G showing it to others
- H feeling proud of what I've collected

Speaker 1:
Speaker 2:
Speaker 3:
Speaker 4:
Speaker 5:

B READING**EXAMPLE. Live long, keep healthy**

It is now no longer unusual for people to live well into their eighties or nineties, but few would wish to end their days suffering from ill health or loneliness.

EXAMPLE. Having the right attitude

Here at *Healthy Ageing*, we believe that humour and a positive outlook play a big part in keeping us young, so we hope you will enjoy our humorous guide to growing old.

1

Don't worry about numbers connected to age, weight and height. Let the doctors worry about those. That's what we pay them for, isn't it?

2

Continue to learn. Keep abreast of what's going on in the world. If you don't have one already, get a computer and teach yourself how to use it. Take up new hobbies. Get out into the garden. Join the local history society. Whatever it is, use your brain because if you don't, your brain will give up on you.

3

Be careful about the company you keep. Avoid negative people. They bring you down and make you feel depressed. Seek out positive people.

4

Laughter works in more ways than you can imagine. Did you know that laughter dissolves tension, stress, anxiety, irritation, anger, grief and depression? Laughter releases endorphins that boost the immune system so make sure you start seeing the funny side.

5

Take time to listen to the birds. Sit back and watch the clouds. Go to a café and just simply watch the world go by.

6

Everyone goes through ups and downs in their lives. It's how you deal with the difficult times that counts: cry if you need to and then just move on.

7

Whatever that might be: family, pets, keepsakes, music or plants, for example. Your home is your refuge so make it a special place.

8

If it is good, preserve it. If it is unstable, improve it. If you can't improve it by yourself, be sure to ask for professional help.

9

Enjoy your pleasures, and don't reproach yourself. Go shopping, go abroad. If you have the money, enjoy it. Life is for living.

10

Tell the people you love that you love them, at every opportunity. It's good for you; it's good for them. Don't be afraid to be open with your emotions.

We hope that you've enjoyed reading these tips. Please let us know what keeps you young at heart.

1-Read the article opposite and complete the gaps with paragraph headings a)–L) below.

- a) Surround yourself with things you love
- b) Having the right attitude **X**
- c) Accept times of sadness
- d) Spend time with happy people
- e) And most important of all...
- f) The power of laughter

- g) Forget numbers
- h) Take care of your health
- i) Don't feel guilty
- j) Remember simple pleasures
- k) Be a student
- L) Live long, keep healthy **X**

2 Read the article again. Choose *true* (T) or *false* (F).

According to the writer:

- 1 we are living longer than we used to. _____
- 2 old people can feel lonely. _____
- 3 it doesn't matter if we have a pessimistic outlook on life. _____
- 4 doctors are paid to worry about you. _____
- 5 your brain doesn't need stimulation. _____
- 6 you should stick with people who have a positive outlook on life. _____
- 7 laughter helps both mind and body. _____
- 8 you must go outdoors every day. _____
- 9 crying will bring you down. _____
- 10 you should have a pet. _____

C VOCABULARY

1 Choose the correct word.

- 1 I **hope** / **expect** Roger will go to the party. It would be a pity if he missed it.
- 2 The cost of petrol has **raised** / **risen** by over 40% during the last three years.
- 3 We flew through a big storm, but we arrived **safe and sound** / **sound and safe**.
- 4 Which branch of the company **did** / **made** the biggest profit last month?
- 5 The business has its **downs and outs** / **ups and downs**, but it's still making a profit.
- 6 The charity I support are looking for **volunteers** / **donors** to work in their shop.
- 7 I didn't **notice** / **realize** if the museum was open as we walked past. Did you?
- 8 Could you **remember** / **remind** me to get some bread on the way home?
- 9 Our bags were **stolen** / **robbed** while we were sitting in the park.
- 10 The situation is urgent. We have to act **sooner or later** / **now or never**.

2 Complete the words in the sentences.

- 1 I hope the noise from next door didn't keep you **a** _____ last night.
- 2 I think this theatre **c** _____ writes the best reviews.
- 3 The satnav is small enough to hold in the **p** _____ of your hand.
- 4 Both women walked free from the court after being **a** _____.
- 5 I know you think I'm a **h** _____ but this illness isn't in my imagination.
- 6 Claire got sent a big **b** _____ of flowers from a secret admirer today!
- 7 I know you're tired, but could you try to stop **y** _____?
- 8 The audience shouted and clapped until the band came back for an **e** _____.
- 9 I used to suffer from **i** _____ but I sleep really well now.
- 10 I can't believe that you just **l** _____ on the sofa all weekend!

3 Choose A, B or C to complete the sentences.

- 1 My dad _____ loudly when he sleeps – you can hear it everywhere in the house!
A snores B sleepwalks C yawns
- 2 The three boys were _____ with vandalism.
A charged B arrested C questioned
- 3 Do you think your dad would _____ if we used his computer?
A notice B mind C matter
- 4 A _____ is an expert on rocks.
A physicist B geneticist C geologist
- 5 There's been another bank _____ in London today.
A burglary B theft C robbery

D GRAMMAR

1 Complete the second sentence with **no more than** five words so that it means the same as the first. Use the word in CAPITALS.

1 Were you able to get tickets for the final? **MANAGE**

_____ tickets for the final?

2 It would be a good idea to wash your hands as dinner's nearly ready. **BETTER**
_____ your hands as dinner's nearly ready.

3 'I'm sorry I let you down, Maria,' said Paula. **APOLOGISED**
Paula _____ her down.

4 Lisa isn't allowed to watch horror films by her parents. **LET**
Lisa's parents _____ horror films.

5 Although she's highly intelligent, Debs is also very modest. **DESPITE**
Debs is very modest _____ intelligent.

6 I'm sure you didn't see Liam yesterday because he's abroad at the moment. **HAVE**
You _____ yesterday because he's abroad at the moment.

7 An Italian film company is making a documentary about the Roman Empire. **BY**
A documentary about the Roman Empire _____

8 "We're not going to bed", the children said. **REFUSED**
The children _____

9 We stayed at a hostel so that we didn't spend too much on accommodation. **AS**
We stayed at a hostel _____

10 I know for certain that Peter sent the threatening letter to the boss. **SENT**
Peter _____ letter to the boss.

2 Choose the correct form.

- 1 We went to (–) / **the** hospital yesterday to visit my grandmother.
- 2 Would you recommend **to visit** / **visiting** the Ashmolean Museum in Oxford?

- 3 I've always wanted to go to **the** / **(-)** Galapagos Islands.
- 4 We're going to have a picnic this Saturday, **whatever** / **however** the weather is like.
- 5 She **can't** / **may** have seen Mary in the park yesterday. Mary was away in Paris.
- 6 **Every** / **All** office in the department has air conditioning.
- 7 I know you're both very excited about tomorrow, but try **to go** / **going** to sleep now.
- 8 Some of the staff in this café **is** / **are** very friendly and helpful.
- 9 **Despite** / **In spite** of missing the first song, we really enjoyed the concert.
- 10 Do you want a bath or a shower? **The** / **A** bath is quite small.
- 11 Does anyone feel **as if** / **like** going for a walk?
- 12 There was **(-)** / **a** terrible traffic on the motorway, so I got there late.
- 13 **Any** / **None** of the students wanted to go to the museum so we went to the art gallery instead.
- 14 I need to **get my car serviced** / **get serviced my car** very soon.
- 15 I used to **live** / **living** in Wales. It was nice, but it rained a lot.

3 Complete the sentences. Use the correct form of the verb in brackets.

- 1 Burglars used _____ (give) much longer prison sentences a few years ago.
- 2 The thieves are believed _____ (take) over £1m in jewellery.
- 3 Don't forget _____ (buy) some milk – there's hardly any left.
- 4 Terry denied _____ (leave) the back door open.
- 5 The company is going to _____ (sell) if we find a buyer next week.
- 6 Do you remember _____ (play) badminton in the garden when we were little?
- 7 My dad convinced me _____ (not go) to drama school, and I've always regretted it.
- 8 Food from outside must not _____ (bring) into the café.
- 9 I couldn't remember much about the film, despite _____ (see) it last week.
- 10 It _____ (think) that the robbers escaped in a green van.

E WRITING

Write a report on the following topic: 'Sport facilities in your town'.

Write 120–180 words, organized in three or four paragraphs with a heading.