

# ТРЕНУВАЛЬНИЙ ТЕСТ У ФОРМАТИ НМТ

## 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

If you do not have any equipment at all, not even a cardio or a pullup bar, do not despair. This is an easy programme you can do two or three times a week to get fit and lose weight without risking any injuries or overexertion. Do not expect any bulging muscles or sixpack abs from this programme but it will definitely make you healthier and fitter!

2

Our programme is highly customized to suit your body, fitness, health and lifestyle. It comprises a set of basic tests that are absolutely essential to determine your health status and get indicators for your health conditions. Additional investigations, procedures, or consultations are provided at the customer's request but billed separately in addition to package payment.

3

This highly customized plan is ideal for individuals who are planning secure retirement. There is a flexibility to choose your annuity payment frequency with minimal charges from annual, semi-annual, quarterly, and monthly modes and your investment horizon from 10–40 years. The minimum entry age for this plan is 30 years and maximum age is 75 years.

4

With our simple, effective, and affordable plan you can cover the cost of your children's future education, buy a house, take early retirement and meet any of your long-term and short-term financial goals. The plan offers a series of payment portfolios but your contributions are always tailored to your current age, occupation, and goals and can be made yearly, half-yearly, quarterly, or monthly.

5

The Keto Beginning offers a wide variety of easy yet reliable strategies and healthy high-fat, low-carbohydrate, moderate protein recipes that are easy to cook and do not require either counting calories or reducing them radically. The Keto Beginning programme works through regulating your metabolism and ensuring that your body burns fat as energy instead of glucose.

Which advertisement is about \_\_\_\_\_?

- A a savings plan
- B a pension plan
- C a business plan
- D a workout plan
- E an installment plan
- F a health check-up plan
- G a diet plan
- H a holiday plan

## Task 2

Read the text below. For questions (6–10) choose the correct answer (A, B, C or D).

### An Uncomfortable Moral Dilemma

People started going slumming as early as in 1840 when wealthy Londoners began venturing beyond the safety and comfort of West End into the poverty and crime of the city's ill-reputed East End. Under the pretence of charity and usually in disguise and with a police escort, they visited slum neighbourhoods to get a curious glimpse of the city's inequality until in September 1884 the *New York Times* published an article proclaiming a new era in tourism.

While the concept might seem outrageous to the general public, major tour operators have quickly responded to the growing demand by offering the privileged, western, middle class tourists visits to Brazil's favelas, the Mumbai slums and the Manila North Cemetery, inhabited by some of city's poorest people, where the divide between the rich and the poor is most visible. Dramatic rises in the number of slum-tourists were recorded after the releases of a 2002 Brazilian crime film "City of God" and a 2008 British eight Oscar awards winning drama film "Slumdog Millionaire".

Normally cheap — \$5–20, slum tours give the well-off a false feeling of involvement since 80% of the tour price usually goes to Charity Funds, local communities or homeless guides. Tourists get an illusory belief in promoting the improvement in the living conditions of poor people and providing them with access to educational and healthcare programmes. Other tours are free. Visitors to the landfills near the Mexican city of Mazatlan are only encouraged to bring sandwiches and bottles of drinking water to give to local dwellers and beggars.

Controversial as it may be, slum tourism is definitely on the rise and is gaining more and more popularity all over the world. However, there are ongoing and intense debates about the ethics of encouraging poverty as a tourist attraction. Most people still feel discomfort with the idea of disadvantaged people making a show of their life.

6 What were early slum-tourists driven by?

- A charity
- B disguise
- C curiosity
- D police

7 What caused a notable increase in the popularity of slum tourism?

- A a quick response from major tour operators
- B sleeper hits of movie-makers
- C protest action of the outraged general public
- D low-cost visits to Brazil, Mumbai, and Manila

8 What does the author think about the price of slum tours?

- A It is not enough to do away with poverty.
- B It is normally too cheap for well-off tourists.
- C It should be increased to \$80.
- D It should include sandwiches and drinking water for local dwellers.

9 Why do the general public disapprove of slum tourism?

- A It is too popular.
- B It caused too much debate.
- C It discomforts people.
- D It is immoral.

10 According to the text, which is **NOT TRUE** about slum tourism?

- A It is a popular trend in leisure activities.
- B It is a new leisure concept.
- C It helps to fight poverty.
- D It has a lot of opponents.

### Task 3

Read the texts below. Match choices (A–H) to (11–16). There are two choices you do not need to use.

#### 11 Taipei

Taiwan's capital is famous for its dozens of food-themed night markets, each with its own unique atmosphere and specialty. Strolling through the streets of Taipei by day, you will come across some food. Come back at night, however, and that same street will look nothing like it did earlier.

#### 12 Berlin

For years, Berlin has been a breeding ground for punks, artists, and those leading alternative lifestyles. Many of those focused on animal-free diets as a humane alternative to the average German's sizable meat dishes. The ever-growing number of meatless bars, restaurants, and supermarkets has made Berlin the world's capital of natural eating.

#### 13 New York

According to a legend, round flatbreads with a savoury filling were first made in the Italian city of Naples. However, since 1905, people all over the world have heard of New York's style: a substantial thin crust base with crispy edges and a soft interior that folds easily. Unlike in Italy, New York cooks don't use wood ovens, but prefer coal-fuelled stone ovens.

#### 14 London

Some decades ago, tourists would visit Britain's capital for many reasons, but food was not one of them. Today, London is a culinary place of pilgrimage, where the streets are paved with food trends. Centuries ago, the capital city was already known for its gin, and now the spirit is again attracting global visitors.

#### 15 Lima

A relative newcomer on the list of foodie must-visits is the Peruvian capital Lima. The city has a number of visionary chefs to thank for this. They have put Peruvian cuisine on the global map by successfully combining Andean crops such as potatoes, corn, yucca, and chillies with new techniques and preparations.

#### 16 Florence

Florence is known all over the world not only for its art, history, architecture, and fashion, but also for its distinctive cuisine. Specialties like thick-crusted, salt-less bread and saucy pastas, thick, nourishing soups, and roasted game date back to ancient civilizations and traditional simple peasant food. Today, they all have been made into meals for fine dining.

Which of the cities is famous for its \_\_\_\_\_?

- A star-quality baked goods
- B old-world dishes
- C world-famous pizza
- D alcoholic drinks
- E veggie cooking
- F purely local cuisine
- G variety of street food
- H light and healthy meals

## Task 4

Read the text below. Choose from (A–H) the one which best fits each space (17–22).

There are two choices you do not need to use.

### Lifelong Learning

The common ideas behind the Lifelong learning (LL) concept share three characteristics which transform 'education and training' into the concept of 'lifelong learning'.

The first characteristic of LL is that it is post-compulsory education provided for adult learners, (17) \_\_\_\_\_. It is additional to that received at secondary school and is distinct from the education offered in universities.

The second common idea is that LL consists typically of short or part-time courses in a variety of subjects, (18) \_\_\_\_\_.

Format is the third shared characteristic of continuing education. It encompasses both formal and non-formal types of education and training and varies from basic literacy training (19) \_\_\_\_\_.

Since adult and continuing education programmes are aimed at students that are already professional in certain areas, they are usually quite flexible and offer a wide variety of options as to their methods and format of presentation. The methods of delivery of such type of programs include both (20) \_\_\_\_\_. Adult and continuing education providers make heavy use of distance and online learning which can include CD-ROM/podcast material, broadcast programming, (21) \_\_\_\_\_. A combination of traditional, distance, and online study is used (22) \_\_\_\_\_.

- A and the use of online seminars and workshops
- B especially those beyond traditional undergraduate university age
- C most of which are practical, not academic
- D and informal channels for learning
- E to facilitate the learning process
- F to formal college credit courses
- G traditional and modern type methods
- H as well as secondary school students

## Use of English

### Task 5

Read the text below. For questions (23–27) choose the correct answer (A, B, C or D).

#### Whales

Everyone has heard about whales. What a beautiful (23) \_\_\_\_\_ it must be to see a whale. In years gone by, men from seafaring nations sailed in ships in pursuit of these giant mammals, captured them and sold their certain parts to people for food and oil. The whale was (24) \_\_\_\_\_ because it was not easy to get. Towards the end of the 20<sup>th</sup> century whale (25) \_\_\_\_\_ dropped dramatically and some species were even on the (26) \_\_\_\_\_ of extinction. Therefore, the International Whaling Commission imposed a moratorium on all commercial whaling which still remains in (27) \_\_\_\_\_.

23	A	spectacle	B	vision	C	sight	D	view
24	A	valuable	B	precious	C	costly	D	priceless
25	A	herds	B	stocks	C	breeds	D	populations
26	A	verge	B	edge	C	margin	D	border
27	A	law	B	force	C	power	D	strength

### Task 6

Read the text below. For questions (28–32) choose the correct answer (A, B, C or D).

#### Tree rings

For centuries, tree rings (28) \_\_\_\_\_ to determine the patterns of local climate changes. Each ring marks a complete year in a (29) \_\_\_\_\_ life and reflects seasonal climate changes. Thus, hot and dry years result in thinner rings while favourable temperature conditions with (30) \_\_\_\_\_ sunlight and precipitation tend to result in wider rings. However, (31) \_\_\_\_\_ properties of tree rings, such as density, have been shown (32) \_\_\_\_\_ a more reliable means of estimating past climatic conditions than simple ring width.

28	A	have been using	B	has used	C	have used	D	have been used
29	A	tree	B	tree's	C	trees	D	trees'
30	A	plenty of	B	much of	C	a good deal of	D	a good many
31	A	another	B	others	C	other	D	the other
32	A	be	B	to be	C	to have been	D	being