

**Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.**

### **EXPLORE THE WORLD WITH US!**

“Are you tired of ordinary vacations? Do you want to experience something (1) \_\_\_\_\_?” If so, our travel agency is here to help! We offer unique tours that cater to every type of traveler. With our latest package, you can explore the wonders of nature while enjoying (2) \_\_\_\_\_ accommodations. Our team has (3) \_\_\_\_\_ specially designed itineraries that include thrilling activities and relaxation time. Whether you are seeking adventure or (4) \_\_\_\_\_, we have the perfect trip for you. Don’t forget to (5) \_\_\_\_\_ your friends and family along for an unforgettable experience! Book your journey today and make memories that will last a (6) \_\_\_\_\_!

**Question 1 [PTBN]:** A. ordinary    B. extraordinary    C. mundane    D. familiar  
**Question 2 [PTBN]:** A. luxury    B. luxurious    C. luxuries    D. luxuriously  
**Question 3 [PTBN]:** A. create    B. created    C. creating    D. creates  
**Question 4 [PTBN]:** A. leisure    B. leisurely    C. leasure    D. leisured  
**Question 5 [PTBN]:** A. bring    B. take    C. carry    D. lead  
**Question 6 [PTBN]:** A. lifetime    B. lifetimes    C. live    D. living

**Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.**

### **Stay Healthy, Stay Happy!**

Taking care of your health is essential for a happy life. Here are some tips to help you maintain a balanced lifestyle.

#### **Nutrition Matters**

Eating a well-balanced diet is crucial for your overall health. It is important to include a variety of foods to (13) \_\_\_\_\_ your body with essential nutrients. Aim to eat plenty of fruits and vegetables, as they provide vitamins and minerals that (14) \_\_\_\_\_ your immune system.

#### **Stay Active**

Regular physical activity is a key component of a healthy lifestyle. Try to engage in at least 30 minutes of exercise most days of the week. This can include walking, cycling, or even dancing! Exercise helps to (15) \_\_\_\_\_ stress and boosts your mood, making you feel more energetic.

#### **Get Enough Sleep**

Sleep plays a vital role in your well-being. Aim for 7-9 hours of quality sleep each night to help your body (16) \_\_\_\_\_ and recover. Establish a bedtime routine to promote better sleep hygiene.

#### **Stay Hydrated**

Drinking enough water is essential for your health. Aim to (17) \_\_\_\_\_ at least 8 glasses of water a day to keep your body hydrated. Staying hydrated helps maintain your energy levels and keeps your skin healthy.

### **Mental Health Matters**

Don't forget to take care of your mental health. Engage in activities that bring you joy and help you relax. Practicing mindfulness and meditation can (18) \_\_\_\_\_ your overall sense of well-being.

**Question 13 [PTBN]:** A. provide      B. supply      C. nourish      D. feed  
**Question 14 [PTBN]:** A. strengthen      B. develop      C. protect      D. boost  
**Question 15 [PTBN]:** A. relieve      B. reduce      C. manage      D. control  
**Question 16 [PTBN]:** A. heal      B. mend      C. fix      D. restore  
**Question 17 [PTBN]:** A. consume      B. drink      C. use      D. take  
**Question 18 [PTBN]:** A. enhance      B. improve      C. benefit      D. support

*Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.*

**Question 13 [PTBN].**

a. Peter: I got a red sports car. It's exactly what I've always wanted.  
b. John: Wow, that's awesome! What kind of car did you get?  
c. Peter: I just bought a new car! I'm so excited about it.  
A. a - b - c      B. b - a - c      C. c - b - a      D. a - c - b

**Question 14 [PTBN].**

a. David: How about going hiking this weekend?  
b. Emily: That sounds fun! Where do you want to go?  
c. David: I was thinking about the national park.  
d. Emily: I love that place! Let's pack some snacks.  
A. a - b - c - d      B. b - a - d - c      C. c - a - d - b      D. d - c - a - b

**Question 15 [PTBN].**

a. I can't believe how much work we've accomplished this week.  
b. We've made a lot of progress on the project, and it's all coming together.  
c. The team has really come together to get everything done on time.  
d. This project has been challenging, but I'm really proud of what we've achieved.  
e. We still have some work to do, but I think we're almost there.  
A. c - b - a - d - e      B. d - a - b - e - c      C. e - c - a - b - d      D. b - c - e - a - d

**Question 16 [PTBN].**

- a. I was surprised to hear that they canceled the event.
- b. It's disappointing, but I understand that safety comes first.
- c. The weather has been terrible lately, and it just wasn't safe to go ahead with it.
- d. I was really looking forward to the concert.
- e. Hopefully, they'll reschedule it for a later date.

A. d - a - c - b - e      B. a - c - b - d - e      C. a - b - d - c - e      D. e - d - a - c - b

**Question 17 [PTBN].**

- a. I've just started a new job, and I'm still adjusting to the new routine.
- b. I'm still trying to get used to the commute, though.
- c. The team is really supportive, and I've already learned a lot.
- d. It's been a bit overwhelming, but I think it will get easier with time.
- e. I'm excited about the opportunities here, and I'm looking forward to growing in this role.

A. a - b - c - e - d      B. a - c - b - e - d      C. a - e - b - c - d      D. a - c - e - b - d

***Read the following passage about energy and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.***

Renewable energy sources, such as solar, wind, and hydroelectric power, are becoming increasingly vital in the fight against climate change. As concerns about fossil fuel consumption and greenhouse gas emissions grow, many countries are turning to renewable energy to (18) \_\_\_\_\_. For instance, solar energy

harnesses sunlight through photovoltaic cells, while wind energy utilizes turbines to convert wind into electricity. This shift not only helps (19) \_\_\_\_\_ but also creates jobs in the renewable energy sector. Despite the progress made, there are still significant challenges to overcome. (20) \_\_\_\_\_, the intermittent nature of renewable energy sources means that energy storage solutions are necessary to ensure a consistent power supply. Furthermore, (21) \_\_\_\_\_, requires substantial investment in infrastructure and technology. Policymakers must also consider (22) \_\_\_\_\_ to promote wider adoption and integration of renewable energy into existing systems.

**Question 18 [PTBN].**

- A. reduce reliance on fossil fuels
- B. increase energy independence
- C. address energy security
- D. combat air pollution

**Question 19 [PTBN].**

- A. stabilize energy prices
- B. improve energy efficiency

C. mitigate environmental impacts      D. decrease carbon footprints

**Question 20 [PTBN].**

A. In addition to this,      B. However,  
C. On the other hand,      D. For example,

**Question 21 [PTBN].**

A. transitioning to renewable energy      B. investing in green technology  
C. developing smart grids      D. promoting energy conservation

**Question 22 [PTBN].**

A. regulations and incentives      B. education and awareness  
C. international cooperation      D. research and development

*Read the following passage about Climate change and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 23 to 30.*

Exercise is essential for maintaining a healthy lifestyle. Regular physical activity not only improves your physical health, but it also has significant mental and emotional benefits. Research shows that exercise can help reduce the risk of chronic diseases such as heart disease, diabetes, and obesity. It also promotes better sleep, reduces stress, and improves mood.

One of the key benefits of exercise is its ability to enhance cardiovascular health. Engaging in activities like running, swimming, or cycling helps strengthen the heart and improve blood circulation. This, in turn, can lower the risk of heart disease and improve overall stamina. In addition, exercise is beneficial for weight management. Regular physical activity helps burn calories, which is essential for maintaining a healthy weight.

Apart from its physical benefits, exercise has a profound impact on mental health. Research has shown that exercise can help reduce symptoms of anxiety and depression. Physical activity triggers the release of endorphins, often referred to as "feel-good hormones," which help improve mood and provide relief from stress. Furthermore, exercise can boost self-esteem and confidence by improving physical appearance and overall fitness.

Exercise also has social benefits. Group activities like fitness classes, team sports, or hiking with friends encourage social interaction and help build connections with others. For many people, these social activities offer a sense of community and help combat loneliness. Being part of a group can also increase motivation and commitment to a regular exercise routine.

In conclusion, exercise is not just important for physical health but also for mental and social well-being. By making exercise a part of your daily routine, you can experience improved physical fitness, better mental health, and stronger social connections.

**Question 23 [PTBN].** Which of the following is NOT mentioned as a benefit of exercise?

- A. Improves cardiovascular health
- B. Reduces the risk of chronic diseases
- C. Increases physical appearance
- D. Improves sleep

**Question 24 [PTBN].** The word enhance in paragraph 2 is closest in meaning to \_\_\_\_.

- A. decrease
- B. improve
- C. maintain
- D. disrupt

**Question 25 [PTBN].** The word stamina in paragraph 2 refers to \_\_\_\_.

- A. energy for physical activity
- B. muscle strength
- C. body flexibility
- D. mental focus

**Question 26 [PTBN].** Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Exercise helps make you feel happier and less stressed by releasing hormones that improve mood.
- B. Physical activity increases your energy levels and reduces fatigue.
- C. Regular exercise can lower levels of anxiety and stress over time.
- D. Exercise can significantly boost your mood without using chemicals or medicine.

**Question 27 [PTBN].** Which of the following is TRUE according to the passage?

- A. Exercise has no effect on mental health or self-esteem.
- B. Regular exercise can improve physical appearance and fitness.
- C. Group activities discourage social interaction and motivation.
- D. Exercise only benefits people with heart disease or obesity.

**Question 28 [PTBN].** Which of the following is mentioned as a social benefit of exercise?

- A. Exercise prevents loneliness by allowing people to stay home.
- B. Exercising alone is better than group activities for social interaction.
- C. Group exercise activities can help people form connections and build friendships.
- D. Exercise provides no social benefits, only physical advantages.

**Question 29 [PTBN].** In which paragraph does the writer focus on the mental health benefits of exercise?

- A. Paragraph 1
- B. Paragraph 2
- C. Paragraph 3
- D. Paragraph 4

**Question 30 [PTBN].** In which paragraph does the writer mention weight management?

- A. Paragraph 1
- B. Paragraph 2
- C. Paragraph 3
- D. Paragraph 4

**Read the following passage about Urbanization and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 31 to 40.**

Urbanization refers to the increasing population in urban areas and the resulting growth of cities. This trend has been accelerating over the past century, leading to significant changes in how people live and work. [I] One of the primary drivers of urbanization is the search for better economic opportunities.

[II] Many individuals migrate from rural to urban areas seeking jobs, education, and improved living standards. [III] As a result, cities often become cultural and economic hubs, attracting businesses and fostering innovation. [IV]

However, rapid urbanization poses several challenges. The influx of people can lead to overcrowding, inadequate infrastructure, and increased demand for housing. [V] This situation often results in the development of informal settlements, or slums, where living conditions can be poor, lacking essential services such as clean water and sanitation. [VI] Furthermore, urbanization can contribute to environmental issues, including air and water pollution, as cities expand and industrial activities increase.

To address these challenges, urban planners and policymakers are exploring sustainable solutions. [VII] This includes investing in public transportation systems, creating green spaces, and improving housing regulations to ensure that all residents have access to safe and affordable living conditions. [VIII] By adopting such measures, cities can promote inclusivity and resilience, ultimately enhancing the quality of life for their inhabitants.

**Question 31 [PTBN].** Where would the following sentence best fit in the passage? "Moreover, the concentration of people can strain existing resources."

A. [I]                    B. [II]                    C. [V]                    D. [VII]

**Question 32 [PTBN].** The word infrastructure in paragraph 2 could best be replaced by:

A. buildings            B. structures            C. facilities            D. services

**Question 33 [PTBN].** The word it in paragraph 4 refers to:

A. urbanization            B. economic opportunities  
C. overcrowding            D. housing

**Question 34 [PTBN].** According to paragraph 2, which of the following is NOT mentioned as a consequence of rapid urbanization?

A. Increased housing demand            B. Cultural development  
C. Environmental degradation            D. Poor living conditions

**Question 35 [PTBN].** Which of the following best summarizes paragraph 3?

A. Urbanization leads to significant environmental problems and the rise of slums.  
B. Cities become economic centers due to urbanization, attracting various resources.  
C. Urbanization creates economic opportunities but also causes overcrowding and pollution.  
D. Urban areas offer better living standards, but rapid growth challenges infrastructure.

**Question 36 [PTBN].** The word resilience in paragraph 3 is OPPOSITE in meaning to:

- A. flexibility
- B. fragility
- C. strength
- D. adaptability

**Question 37 [PTBN].** Which of the following is TRUE according to the passage?

- A. Urbanization is solely beneficial without any adverse effects.
- B. Rural areas are experiencing a decline in population due to urbanization.
- C. Informal settlements contribute positively to urban development.
- D. All urban residents enjoy the same quality of life.

**Question 38 [PTBN].** Which of the following best paraphrases the underlined sentence in paragraph 3? "To address these challenges, urban planners and policymakers are exploring sustainable solutions."

- A. Urban planners are looking for ways to maintain existing resources.
- B. Sustainable solutions are essential for urban planners to overcome challenges.
- C. Urban planners must explore innovative ways to deal with urbanization problems.
- D. Policymakers are focusing on traditional solutions to manage urban growth.

**Question 39 [PTBN].** Which of the following can be inferred from the passage?

- A. Urbanization has no impact on the environment.
- B. Public transportation systems can alleviate some issues caused by urbanization.
- C. People prefer living in rural areas over urban settings.
- D. All urban areas have sufficient infrastructure to support growth.

**Question 40 [PTBN].** Which of the following best summarizes the passage?

- A. Urbanization leads to significant challenges, including slum development and pollution, but sustainable planning can improve urban living conditions.
- B. Urban growth is entirely beneficial, creating jobs and enhancing cultural diversity in cities.
- C. Urbanization results from natural population shifts and requires minimal intervention.
- D. The migration to urban areas is a recent trend with no historical significance or implications.