Tên: ……..

Lớp: S9…

Ngày làm bài: Thứ ……, ngày ……/…….

Đọc: ……

FCE READING INTENSIVE

A. FCE READING: PART 2

- Pre-reading: Read the sentences below. Do you agree or disagree?

1. Climbing high mountains is only for professionals.

☐ Agree ☐ Disagree

2. You need to carry a lot of equipment to climb mountains safely.

☐ Agree ☐ Disagree

3. Mental strength is just as important as physical fitness in extreme sports.

☐ Agree ☐ Disagree

- Reading: You are going to read an article about a mountain climber. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (**37–42**). There is one extra sentence which you do not need to use.

In the exam, mark your answers **on the separate answer sheet**.

I run up mountains

Mountain climbing hasn't developed much in the past fifty years or so, but I want to introduce a new style. I call it 'skyrunning'. It means climbing high mountains as fast as possible and using as little equipment as possible. Skyrunning is the most honest kind of mountaineering.

Some years ago, I decided to climb Mount Aconcagua, in the Andes, which usually takes three days. I didn't have that sort of time – so I thought about how it could be done more quickly. In the end, I managed it in four hours and twenty-five minutes. Since then I've climbed several mountains this way, including the 'seven summits', the highest mountains on each continent. **37** ☐ When I climbed Mount Everest, the only nutrition I took with me was carbohydrate gels, salted crackers and about three litres of rosehip tea. It took me sixteen hours and forty-two minutes to go up – a new speed record on the northern route.

I have also set speed records on Antarctica's Mount Vinson, the Carstensz Pyramid in New Guinea and other summits. Attempts such as these need months of training and preparation, as with any serious sport. To build up strength, I sometimes haul an enormous tractor tyre behind me while running uphill. **38** ☐ I call it 'the beast' because of the aggressive energy I build up during these training sessions.

The psychological side of training is as important as the physical. I use foreign languages to affect my mental state and enhance my performance. I shout things out in these, even though I know there's nobody to hear me. I'm Austrian and speak only a few words of the Russian language. **39** ☐ I couldn't tell you why that should be the case.

Whereas Russian is full of energy and strength, English is a language that calms me and helps me to focus. Two years ago, I was climbing in Nepal and knew that I was in danger from avalanches. I noticed that I kept saying to myself: 'Hey man, take care!' **40** ☐ It was as if one part of me had stepped outside myself to make sure I made the right decisions, and that phrase helped.

For other people, this might sound ridiculous, but I don't care. In high altitudes, any mistake can be lethal, and I know how it feels to face death. Seventeen years ago, when I was twenty-four, I was climbing with a friend in the Karakoram mountains in Pakistan at about 18,000 feet. **41** ☐ It was the sound of an avalanche, which hit us and broke my right thighbone.

My friend pulled me out of the snow, but although we had survived, we realised he wouldn't be able to drag me back to the base camp. I said: 'Go, just leave me here.' And he left me behind. I lay alone in the mountains for days. Sometimes I hallucinated, other times I shouted. **42** ☐ Finally, my friend came back with other climbers and saved me. I thought extreme mountaineering was too risky at first, but slowly my perspective changed.

There are so many mountains to climb, but I know my records won't last forever. In ten or twenty years, skyrunning will be established as a sport. I see myself as a pioneer.

LIVEWORKSHEETS

A All kinds of songs I'd never thought twice about ran through my mind.	**E** It's the one I use when I need to push forward through heavy snow, however.
B I can drag this for four hours at a time.	**F** Suddenly, there was an incredible rumble up above us.
C I couldn't stop repeating that.	**G** These clearly came as quite a shock.
D I managed to get up all of those without any oxygen or tents.	

B. FCE READING: PART 3

- Pre-reading: Tick the option you think you agree with. These are common ideas about community projects and volunteering.

No.	Statement	☑ Agree	✗ Disagree
1	Volunteering can help you develop new skills.	☐	☐
2	Small local groups can make a big difference in a community.	☐	☐
3	Environmental projects aren't as important as health-related ones.	☐	☐

- Reading:

You are going to read an article about groups run by volunteers in their local community. For questions **43–52**, choose from the groups (**A–D**). The groups may be chosen more than once.

In the exam, mark your answers **on the separate answer sheet**.

Which of the groups

has a name that might give people a wrong idea of its activities?	43 ☐
wants to respond to feedback from users of a service it provides?	44 ☐
has put the results of its work on show to the public?	45 ☐
has found it hard to finance its activities?	46 ☐
offers advice to beginners in an activity?	47 ☐
provides a pick-up service for its users?	48 ☐
plans to start selling things to make money?	49 ☐
would use the prize money to publicise its activities?	50 ☐
noticed that something that was still useful was going to waste?	51 ☐
provides a service for people all over the country?	52 ☐

LIVEWORKSHEETS

Future-Friendly Awards

Four local community groups run by volunteers have been nominated to win a cash prize. Who do you think should win?

A CycleStreets

You're keen to get on your bike, but you're not so keen on bumping over poor roads, sweating up hills or riding between all the large trucks on the main roads. Where can you go? The answer is to ask www.cyclestreets.net, a journey-planning website for cyclists. 'We aim to give newcomers the confidence to start cycling – with all its environmental and health benefits – and to improve routes for those who already cycle,' says spokesperson Martin Lucas-Smith. The not-for-profit group is based in Cambridge, but routes are available in all regions nationwide. Cyclists can get involved, too, by contributing photographs and reporting obstructions or other issues. 'We've done years of unpaid work and winning this award would help us make some major improvements, which the cyclists who contact us have been asking for,' says Martin.

B Sefton Green Gym

If you visit Sefton Green Gym in Liverpool, don't go expecting to see weights or rowing machines – this 'gym' just has rows of lovingly tended organic fruit and vegetables. The gym was set up to help local people improve their skills, make new friends and enjoy the health benefits of gardening. Members range from young people with learning difficulties to elderly people with health problems. 'My dad went along after a serious illness to get fit and make new friends,' says Joanne Woods. 'He's worked hard to raise funds but with limited success, and the gym faces closure if we don't get any more.' The award would help the gym to expand by installing eco-friendly solar heating, as well as advertising for new members and extending its links with the community.

C The Project Group

The Project Group, from the small town of Oswestry, helps people with health problems and learning disabilities to build their self-esteem through creativity. This year, the group has focused on using recycled materials, including making vases from waste paper and pictures from recycled glass. Last year, it helped stage an exhibition of sculptures entirely created from rubbish such as crisp packets, plastic bags and odd shoes. It has also created posters for the local Wildlife Trust, and helped other community groups. 'The whole organisation is user-led, and our artwork can now be admired in many public buildings and spaces in our region,' says spokeswoman Jo Davis. 'We also hope to use the award to develop a retail range of recycled products to help fund our activities.'

D Cleanstream Carpets

Every year, an astonishing three-and-a-half million carpet tiles are thrown away in South Wales and south-west England. Recognising that many tiles could be reused, a group of volunteers formed Cleanstream Carpets to collect and supply them at affordable prices to local organisations and community groups. Volunteers collect and grade tiles before selling them from Cleanstream's premises near Rhondda. Satisfied customers range from local schools to a community furniture bank in Bedfordshire, and the tiles have even been used to build refuges for endangered animals such as great crested newts. 'Our unique selling point is the guarantee that the product is diverted from landfill,' says one volunteer. 'Winning the award would give us encouragement to explore other ways of using other recycled material.'

LIVEWORKSHEETS

Tên: ……..

Lớp: S9…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Ngữ pháp: ……

Đọc: ……

Mini Test: ……

FCE READING INTENSIVE

A. EXTRA VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	**hazard** (n)	mối nguy hiểm	5	**obtrusive** (adj)	gây chú ý một cách phiền toái
2	**captive** (adj)	bị giữ lại, không thể rời đi	6	**counterproductive** (adj)	phản tác dụng
3	**externally** (adv)	ở bên ngoài	7	**intrusive** (adj)	xâm nhập, gây phiền
4	**commercialisation** (n)	sự thương mại hóa	8	**enhance** (v)	nâng cao

***Note:** *n = noun: danh từ; adj = adjective: tính từ; v = verb: động từ; adv = adverb: trạng từ.*

*Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ **1 dòng** vào vở ghi.

B. CLASSWORK

I. Choose the correct answers.

0. Look! The final report _____ to all department heads at the moment.

A. distributes *B. distribute*

C. is distributed *D. is being distributed*

1. Our team usually _____ the client meetings while the manager is abroad.

A. is supervised B. is being supervised

C. supervises D. supervising

2. Budget adjustments _____ by the finance board every quarter.

A. make B. are making

C. are made D. made

3. At the moment, the CEO _____ a new partnership with international investors.

A. negotiates B. is negotiating

C. is negotiated D. negotiated

4. All tasks _____ equally among the team members to ensure fairness.

A. being assigned B. assign

C. are assigned D. are assigning

5. Please wait. Your access credentials _____ by the IT department now.

A. generate B. are being generated

C. are generated D. generating

II. Fill in the blanks with the correct ACTIVE or PASSIVE forms of the verbs in brackets. Use the PRESENT SIMPLE or PRESENT CONTINUOUS tense.

The Human Resources department usually ***(0) interviews (interview)*** at least three candidates every Monday. Right now, however, a new policy **(1)** _____ **(implement)** to reduce unnecessary interviews.

In general, the recruitment team **(2)** _____ **(evaluate)** each applicant based on experience and attitude, but some CVs **(3)** _____ **(not consider)** today because of missing information.

LIVEWORKSHEETS

Meanwhile, the operations manager **(4)** _____ **(speak)** with the board about a change in staffing strategy. Key positions **(5)** _____ **(advertise)** on multiple platforms this week to attract wider talent.

We always **(6)** _____ **(hold)** a follow-up meeting on Fridays, but because of the changes, a separate session **(7)** _____ **(schedule)** for Wednesday instead. That's why some team leaders **(8)** _____ **(stay)** after hours this week to handle the transition process.

C. HOMEWORK

GRAMMAR

I. Fill in the blanks with the correct ACTIVE or PASSIVE forms of the verbs in brackets. Use the PRESENT SIMPLE or PRESENT CONTINUOUS tense.

Emma: Morning, Alex! You look busy. What's happening in the tech lab today?

Alex: Yeah, there's a lot going on. The main server ***(0) is being upgraded (upgrade)*** right now, so we can't access the shared files.

Emma: Oh, I see. But you guys normally **(1)** _____ **(run)** system checks in the evening, don't you?

Alex: True, but this time the process had to start early. Also, all staff devices **(2)** _____ **(reconfigure)** to match the new network settings.

Emma: Sounds intense. And where's the IT manager?

Alex: She **(3)** _____ **(supervise)** the technicians in the back room at the moment. She usually **(4)** _____ **(handle)** hardware issues herself.

Emma: By the way, **(5)** _____ the new software licenses _____ **(distribute)** yet?

Alex: Not yet. I think they **(6)** _____ **(print)** with the activation codes right now.

II. Reorder the words/phrases to make correct sentences.

0. swimming / is / health / good for / your

→ ***Swimming is good for your health***.

1. constantly / others / interrupting / is / considered / rude

→ _____.

2. admitted / after / cheating / being caught / during the exam / he

→ _____.

3. from social media / taking / regular / breaks / mental health / improve / can

→ _____.

4. avoid / making / decisions / without / all the facts / knowing / we should

→ _____.

5. one's progress / regularly / tracking / key to success / is / a

→ _____.

III. Rewrite the sentences in the PASSIVE VOICE.

0. They clean the classrooms every morning.

→ ***The classrooms are cleaned every morning***.

1. The HR department is currently reviewing the updated onboarding documents.

→ _____.

2. Managers usually assign high-priority tasks to the most experienced staff.

→ _____.

LIVEWORKSHEETS

3. They are not monitoring the server performance properly this week.

→ _____.

4. The committee approves all budget proposals before the deadline.

→ _____.

5. The analysts are not analysing customer feedback data at the moment.

→ _____.

CAMBRIDGE READING PRACTICE

Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài.

Part 7

You are going to read an article about advertising in public places. For questions **43–52**, choose from the people (**A–E**). The people may be chosen more than once.

In the exam, mark your answers **on the separate answer sheet.**

Which person says that advertising

can be uninteresting if there's a lack of variety?	43
has a mostly negative impact on the urban landscape?	44
can damage the appearance of the countryside?	45
may be a waste of energy resources?	46
can lead to a break of concentration in a job?	47
should not be allowed in certain public places?	48
can be a source of potential danger?	49
can sometimes make you feel better?	50
is good if it makes you think about something?	51
is useful in providing work for talented and creative people?	52

LIVEWORKSHEETS

Advertising in public places. like it or love it?

We asked five people for their opinions

A Rob Stevenson, lorry driver

The main problem is that the location of posters can be a safety hazard if they block your view of junctions or road signs. I'm not distracted from driving by the content so much, just by the fact that a poster is there. I've no time to read them or study them, though the names of products must stick in your memory. Posters in fields get a lot of attention because you certainly notice them as you drive down the motorway. They must be a bonus for the farmer who gets an income from them, but I suppose they do make a bit of a mess of the rural environment. On the whole, there aren't too many posters on the roads – not compared with some countries I've driven through.

B Josie Pelham, cabin crew

Walking through airports in uniform, I tend not to look around too much. That's because I run the risk of being asked questions by confused passengers who mistake me for ground crew, but helping them is not my job. But adverts in airports have a captive audience because people end up hanging around waiting for delayed flights in lounges or at boarding gates, so in those places they must work well for the advertisers. When travelling, an amusing advert can brighten up my day, but I do tend to see endless dull adverts for banks round the airport and they don't fit into that category! Planes are even being painted externally to carry advertising. I saw one decorated to advertise house music in Ibiza. How cool is that?

C Damian Stenton, lawyer

To be honest, I can take or leave street advertising – I don't pay it much attention and posters aren't that obtrusive. I don't even mind posters in the countryside, though I know that's an issue for some groups in society. Some of the paper posters are being replaced by TV screens. I guess that enables the company to make more money, as they can switch adverts easily – and it also saves paper. But it's rather environmentally unfriendly as each advertising screen obviously has to be powered by electricity. At a time when we're all being urged to cut down on consumption of precious resources, putting up TV screens everywhere seems rather counterproductive.

D Danni Rochas, interior designer

I often feel surrounded by posters and advertising, it seems to be taking over our city. I am reminded of an episode of *The Simpsons* where the town's outdoor advertising comes to life and hunts down the residents. I'm resigned to the fact that posters are 'necessary' commercialisation, but I find them less annoying when they 'give' something positive in exchange for being such an intrusive presence on the urban landscape. Occasionally, though, advertisers find a new angle on an issue that's really thought-provoking and that must be positive. So maybe I'd prefer it to exist rather than not.

E Naomi Hesketh, student

I try to walk straight past most posters as if they weren't there, but some do manage to grab your attention nonetheless. I really like those that are colourful or imaginative. I think advertising allows lots of clever people to reach a wide public with their ideas, and we all benefit from that. Why would you even look at a boring poster? I think production values are important, too, in making you trust the advertiser. I agree with banning posters from parks and on historic buildings, but there's nothing wrong with them in shopping streets and main roads. They make the environment brighter.

LIVEWORKSHEETS