

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

2

3

4

5

Which agency _____?

- A. provides an opportunity to create your own tour
- B. suggests a discount
- C. has only online reservation
- D. provides a one-destination tour
- E. suggests all-the-year-round trips
- F. has installment payment
- G. provides tours only to Asia
- H. helps with visa processing

	A	B	C	D	E	F	G	H
1								
2								
3								
4								
5								

Task 2

Read the texts below. For questions (6 -10) choose the correct answers (A, B, C or D).

We've all felt it: that uncomfortable feeling when you scroll through your social media feed and see photos of friends having a better time than you, or that sensation when you read about a friend's amazing job that you chose the wrong life path. This feeling is called FOMO, or fear of missing out.

The term was first coined in 1996 by Marketing Strategist Dr. Dan Herman. While listening to consumers in focus groups and interviews, he observed that many consumers mentioned a fear of missing out on opportunities which could bring them pleasure. Later, in 2004, Patrick McGinnis, a student at Harvard Business School, co-edited an article about the growing trend among his peers of being unable to commit to anything, even something as simple as booking a restaurant, for fear that they would miss out on something more exciting happening elsewhere.

Although people have felt FOMO for time immemorial, the growth of social media seems to have exacerbated the phenomenon. For many, it has now become habit to compare your life with others' lives – or rather the highlights of their lives; something that previous generations could not do so readily. This skews your sense of normal and brings about feelings like resentment, envy and dissatisfaction. What's more, marketers

have seized on FOMO psychology as a means to drive sales. Sales that last a limited time, low stock availability notifications and pop-ups that show other people buying all tap into our FOMO.

Since the FOMO phenomenon was recognised, it has been increasingly studied by scientists eager to discover its trends and impacts. Scientists at Carleton and McGill University, for example, found that, surprisingly, traits like neuroticism and extroversion did not lead to a greater incidence of FOMO. They did, however, discover that negative FOMO feelings were experienced more often towards the end of the day and at the end of the week and that FOMO was experienced more by people carrying out obligatory work, like jobs and study.

This is not to say that people only experience FOMO when engaged in a mundane activity. In a follow-up study, researchers found that participants who specifically selected one activity over another experienced FOMO when reminded about the alternative activity, even if their chosen activity was sociable and enjoyable, and if the alternative was unsociable. Moreover, they experienced FOMO whether they were reminded about the alternative through social media or in conversation.

Interestingly, although FOMO is widely associated with teenagers and young adults and those who use social media, research has found that people of all ages experience it, irrespective of their social media use. Researchers at Washington State University, found that it is more closely linked to factors like loneliness and low self-esteem. However, for those people, social media can exacerbate the problem.

Some psychologists recognise an upside to FOMO, saying that it can motivate you to take action, connect

with others and get out of your comfort zone. More often than not, though, FOMO leads to increasing isolation and even FOJI, fear of joining in, in the belief that your own insights or contributions will not be valued.

A rising counter-culture to FOMO, though, is JOMO – the joy of missing out. This includes the pleasure and satisfaction of a night in, doing what you enjoy best, turning off your phone notifications and living in the moment, focusing not on what you lack but on what you have.

6. The term FOMO was first used...

- A. in a paper published by a Harvard student
- B. on social media
- C. by someone doing market research
- D. in the 19th century

7. It can be inferred that the meaning of FOMO now...

- A. is the same as in 2004.
- B. has changed since 2004.
- C. changed between 1996 and 2004.
- D. changed in the 19th century

8. Which of the following impacts of FOMO is NOT mentioned in the text?

- A. It can alter your perception of what 'normal' is.
- B. It can be exploited to make people spend money.
- C. It can make people fearful of normal social interactions.
- D. Social medias highlighted the existence of FOMO

9. According to the text, people in previous generations experienced FOMO less than nowadays because...

- A. marketing campaigns were less targeted towards them.
- B. they were less aware of what others were doing.
- C. their lives were more similar to those of their peers.
- D. they didn't know about FOMO

10. According to the research, which of these people is MOST likely to experience FOMO?

- A. an introvert doing school work on a Friday night.
- B. a neurotic person relaxing on a Sunday afternoon.
- C. an extrovert working on a Tuesday morning.
- D. a skeptic working every day

Task 3

Read the texts below. Match choices (A-H) to (11 - 15). There are three choices you do not need to use.

Actors who died on set

11. Brandon Lee

Brandon Lee, son of the famous martial artist and actor Bruce Lee, died in 1993, while filming "The Crow". He was acting as the main character in a scene where his character gets shot, but no one knew that a small piece of a real bullet got stuck in the gun. When the gun was fired, the piece of the bullet came out and hit Brandon in the stomach. Even though doctors tried to help him, Lee passed away later that day. This accident made people think more about how to keep actors safe on movie sets.

12. Vic Morrow

Vic Morrow's death happened during the filming of "Twilight Zone: The Movie" in 1982. He portrayed a character in the Vietnam War. In this scene, Morrow was carrying two child actors across a river while being chased by a helicopter. During filming, explosives were used, causing the helicopter to crash in the river. As a result, Morrow and the two young actors lost their lives immediately and six passengers onboard were injured.

During the investigation, the film director was found guilty of having children working near explosives illegally.

13. Jon-Erik Hexum

The accidental death of Jon-Erik Hexum occurred on the TV show "Cover Up" in 1984. During a break from filming, the actor was playing with a gun used in one of the scenes pointing it at his head and pulled the trigger as a joke. Even though the gun did not have real bullets, the force was strong enough to hurt him badly. A piece of bone from his head went into his brain. He was taken to the hospital immediately, but despite emergency surgery, he was pronounced brain dead six days later.

14. Roy Kinnear

Roy Kinnear's tragic accident took place while he was filming "The Return of the Musketeers" in 1989. During a scene with horse riding, Kinnear fell from his horse and broke a bone near one of his hips. Despite the severity of his injury, Kinnear was determined to continue filming and completed his scenes. However, his health conditions got worse and ended up affecting his heart. Sadly, Kinnear

passed away from a heart attack caused by these complications.

15. Steve Irwin

Steve Irwin, known as “The Crocodile Hunter,” was working on a documentary called “Ocean’s Deadliest” in 2006 off the coast of Queensland, Australia when tragedy struck. While filming a segment about dangerous fish, Irwin approached a stingray – a type of flat fish with long, sharp tails – in shallow water. The

stingray felt it was in danger and attacked the man. The fish had used its sharp tail to poke Steve Irwin in the chest, and the pointy part went into his heart. His crew and emergency services tried to save him, but Irwin didn’t survive. His sudden death shocked the world and left millions of fans upset for the loss of a man who was truly passionate about the natural world.

Who _____?

- A. kept on working after being badly hurt
- B. had a father who was a well-known actor and sportsman
- C. was famous for his interest in animals and the environment
- D. died in a tragic accident that affected other actors
- E. officially died almost a week after his accident
- F. died as a result of his professional behavior with a dangerous object.
- G. had an accident while he was filming in the mountains
- H. was killed in an accident that showed behaviors according to the law

	A	B	C	D	E	F	G	H
11								
12								
13								
14								
15								

Task 4

Read the text below. Choose from (A-H) the one which best fits each space (16 - 20). There are three choices you do not need to use.

You may think of the brain and the gut — that is, the intestines — as separate, but the connection between them is stronger than it seems. Some ancient Greek physicians, like Hippocrates, believed that many diseases begin in the gut and emphasized the importance of digestion and diet for good health. In the 1600s, in one of his plays, Shakespeare mentioned that what we eat affects our personality. As a hospital manager in London between 1914 and 1930, Dr John Porter-Phillips tried to treat depression with a special kind of milk. **16** ____.

Today, scientists are proving Dr Porter-Phillips was right. They now understand more about how our gut communicates with the brain. The vagus nerve sends signals

from the stomach to the brain and can affect mood, stress, and even sleep. **17** _____. But what you eat has a direct effect on both your physical and mental health.

One of the biggest problems today is ultra-processed foods. These are foods with many added chemicals, sugars, and artificial ingredients, like chips, soft drinks, ready-made meals, and fast food. **18** _____. If the food we eat regularly is difficult to digest, it can increase our chances of suffering from anxiety and depression.

So what kind of diet could help us look after our body and mind? You probably already know that eating fruits, vegetables, and nuts is good for you. Also, it's better to replace processed grains, like white bread and pasta, with whole-grain foods, like brown bread and cereal—without added sugar, of course! **19** _____. These foods create a balanced environment for healthy bacteria but where harmful bacteria can't survive.

In the Western world, communities are already using this knowledge to make a difference. **20** _____. They only cook and serve meals that are good for your gut. But in other parts of the world, like Sub-Saharan Africa, the results are not always the same. Some studies, although based on limited data, have shown that in some countries, a healthy diet improves mental health. In other parts of the region, however, the results are not as positive. This is possibly due to the lack of a strong family or community support system. These differences suggest that further research is needed to have a clearer picture of the situation.

- A.** Some argue that a healthy diet of fresh and non-processed foods is not accessible to everyone.
- B.** He was one of the first to suggest that gut health could have a serious impact on how we feel.
- C.** For this reason, scientists are looking for a quick and easy alternative to improve people's mental health.
- D.** Exercise, sleep, fresh air, and social connections all play important roles in our overall well-being, and a healthy diet is just one piece of the puzzle.
- E.** Studies show that eating too much of these foods can be harmful to our healthy bacteria – the tiny living things in our gut.
- F.** They have been trying to work out which bacteria are useful for this purpose and which aren't to create a brain-friendly pill.
- G.** But nothing supports your gut like fermented foods, such as yogurt, kimchi, and sauerkraut.
- H.** In South London, near a hospital, patients who suffer from anxiety and other disorders run a café.

	A	B	C	D	E	F	G	H
16								
17								
18								
19								
20								

Use of English

Task 5

Read the text below. For questions (21-26) choose the correct answer (A, B, C or D).

The point of Phobia Awareness Week is to highlight the difficulties that many people face in everyday situations. It is important to (21) ... between a fear and a phobia. It's (22) ... usual for all of us to have our own peculiar fears, for example being anxious around snakes or nervous about flying. However, only a very small proportion of us actually have a phobia of these things. When these fears begin to (23) ... you embarrassment or you feel that your life is being disrupted then you would be wise to seek treatment for what could potentially be a phobia. By far the most common phobia and potentially the most disruptive is agoraphobia. The word derives from Greek and literally means 'fear of the marketplace' but we apply it today to describe a distressing condition in which people (24) ... going outside because of the awful feelings of anxiety that arise. Treatment of phobias usually consists of the patient (25) ... behavioural therapy during which they gradually get used to being near the object or the situation that causes them fear. Drugs may be prescribed to treat anxiety and many people opt for alternative therapy such as acupuncture or hypnosis to help them come to (26) ... with their fear and conquer it.

	A	B	C	D
21	choose	distinguish	select	pick
22	very	absolutely	quite	truly
23	cause	make	create	give
24	dodge	avoid	miss	slip
25	undergoing	taking	experiencing	doing
26	acceptance	terms	realisation	comfort

Task 6

Read the text below. For questions (27-32) choose the correct answer (A, B, C or D).

Zoos are hugely popular attractions for adults and children alike. But are they actually a good thing?

Critics of zoos (27) argue that animals often suffer physically and mentally by being enclosed. Even the best artificial environments can't come close to matching the space, diversity, and freedom that animals have in their natural habitats. This deprivation causes many zoo animals to become (28) or mentally ill. (29) animals in

the wild also causes much suffering by splitting up families. Some zoos make animals behave unnaturally: for example, marine parks often force dolphins and whales to perform tricks. These mammals **(30)** die decades earlier than their wild relatives, and some even try to commit suicide.

On the other hand, by **(31)** people and animals together, zoos have the potential to educate the public about conservation issues and inspire people to protect animals and their habitats. Some zoos provide a safe environment for animals which have been mistreated in circuses, or pets which have been abandoned. Zoos also carry out important research into subjects like animal behaviour and **(32)** to treat illnesses.

	A	B	C	D
27	will	can	must	would
28	stress	stresses	stressed	stressing
29	Captured	Capturing	Being captured	Capture
30	may	must	should	ought
31	to bring	brings	brought	bringing
32	why	what	how	that