

FCE Result

Units 3 – 4 Test

1. Read the text. Match sentences a-h to correct gaps in the text.

Whenever you see a group of people rolling about with laughter, you want to know one thing: what's the joke? If Julie Whitehead is responsible for it, the answer is that there simply is no joke. (1) Whitehead is at the forefront of moves to make laughter an integral part of the National Health Service in Britain.

Whitehead's movement, Laughter Yoga, was started in Mumbai by a man called Dr Kataria, and has spread to groups around Europe. Several groups and charities, involving comedians, coaches and clowns, are working with health service doctors who realise that joy and happiness have a serious role in the treatment of patients.

Professor Duncan Geddes, a consultant in chest medicine at the Royal Brompton Hospital, says: 'Laughter is an important medicine. It is an expression of happiness, and happiness is good for all of us in three main ways. (2) Laughter therapy is developing fast and new research is looking into the ways that laughter happens, how it stimulates the brain and how it makes us all healthier and happier.'

Whitehead says, 'Laughter has wonderful health
25 benefits and, unlike most drugs, there are no side-effects. It's also free. (3) ' She adds: 'New research at Indiana State University compared groups of people who watched either comedy films or a boring tourist film, and found the group who
30 laughed had their immune system boosted by 40 per cent.'

Whitehead's laughter sessions last around an hour and a quarter. We start by clapping hands, and saying 'ho, ho ho, ha, ha ha', while maintaining eye
35 contact with each other. (4) Other exercises involve laughing higher and higher. This can all feel excruciatingly embarrassing, but the idea is that soon it should turn into real laughter.

When Dr Kataria first developed the concept of
40 Laughter Yoga, he tried using jokes. Not everyone, however, laughs at the same gags, so instead the club used simulated laughter exercises. They have the same physical benefits for breathing and circulation. There is also a psychological side,
45 as Whitehead explains: 'We encourage childlike openness. (5) It builds confidence and helps you look people in the eye,' she claims.

Meanwhile, 'clown doctors' are being introduced into British hospitals to make sick children laugh
50 themselves back to health. (6) I toured the hospital with them in the early days, and was amazed at their warmth and depth of emotional generosity. It takes a lot to bring joy to a building filled with sick children. The project has proved a lasting success
55 and now a team of nine clowns works in a growing number of hospitals, entertaining about 27,000 children and their families every year.

But it's not all 'hee-hee, ha-ha' for pioneers of healthy humour. When Roland Schutzbach and
60 his partner, Christine Fleur de Lys, both from Switzerland, tried to cheer up the Scottish town of Aberdeen, the locals failed to see the gag. Last month, the pair took to the streets dressed in bright red-and-orange wigs, enormous spectacles, huge
65 ties and angel wings at the start of a three-year mission to look for the 'laughter cities' of Europe. (7) 'Aberdeen is a difficult case,' Schutzbach admits. 'People did not laugh with us. They did not even look at us.'

Sentences to match:

- A That's why it doesn't make the drug companies very happy!
- B Instead, it's part of a deadly serious form of medical treatment.
- C The first two were introduced to a children's hospital in London almost ten years ago.
- D Next we do the lion laugh, a yogic practice that involves sticking out your tongue.
- E For this reason, most people are reluctant to laugh freely when they are surrounded by strangers.
- F But the couple found that their style of humour failed to amuse the Scots.
- G In order to achieve this, we play silly games and sing nursery rhymes, breaking down inhibitions.
- H It stimulates the body's defences, reduces pain and helps recovery from illness.

2. Read the text and match sentences with the gaps.

On a cold and breezy Manhattan morning in February 2005, New Yorkers awoke to find their most precious landmark transformed into one of the world's biggest ever works of art. Central Park's dull winter colours of grey and brown became rivers of orange when controversial artists Christo and Jeanne-Claude unveiled their latest project, 'The Gates'. The artwork consisted of 7,500 five-metre high metal gates, each with a huge flag made of orange fabric.

1 ☐ The work was one of the most ambitious ever attempted by the artistic pair, whose previous pieces had included wrapping enormous amounts of fabric around the Reichstag in Germany, a Parisian bridge and part of the Australian coast.

'The Gates' certainly took a long time to complete. Christo and Jeanne-Claude, who live in New York, had first suggested the work in 1979. 2 ☐ At the opening ceremony, thousands of New Yorkers, many of them families, wandered among the gates in a party atmosphere. 3 ☐ 'The Gates' remained open for 16 days and was a huge publicity success for New York. Though the Big Apple rarely needs encouragement to attract media interest, 'The Gates' was exceptional in the amount of attention it grabbed. 4 ☐ The Metropolitan Museum of Art opened its summer roof garden to give visitors a better view. Ironically, the artists themselves had little to say about their project. At the opening ceremony, Jeanne-Claude told the assembled reporters that people should not read too much into the work but should just relax and enjoy it. 5 ☐ Christo explained the pair's refusal to analyse their own work by saying that people should just walk through and enjoy the experience. 'You ask us to talk. This project does not involve talking. It is about seeing. You spend time. You experience the project,'

he said, as he grew visibly annoyed by journalists' questions about the inner meaning of 'The Gates'.

- 40 In many ways Christo and Jeanne-Claude fulfil a stereotype of modern artists. The mysterious husband and wife team, who are known only by their first names, met when Christo was a penniless Bulgarian portrait artist and Jeanne-Claude was
- 45 the young daughter of a rich Parisian family. They first began working together in 1960, and their first wrapping project was in 1968 when they used 2,500 square metres of fabric to wrap a building in Switzerland. 6 ☐ Some of their most famous
- 50 works include surrounding a chain of islands off the coast of Florida with pink floating fabric and erecting 3,100 huge umbrellas in valleys in California and Japan. 'The Gates' certainly followed in that tradition. 7 ☐ As a result, New York's police
- 55 department used helicopters to monitor the work and added several hundred officers to the park's police force. Typically, Christo and Jeanne-Claude paid the entire extra security bill as well as for the entire work.

Sentences to match:

- A 'It is only a work of art. It has no purpose. It provides no symbol.'
- B Aside from attracting a lot of interest and excitement, it also posed a huge security problem and a target for vandals.
- C A quarter of a century later, their vision finally became reality.
- D But Christo and Jeanne-Claude strongly reject this claim, arguing that artistic value lies in the originality of the concept.

- E** Other similar projects followed, and the pair gained worldwide fame and a loyal following while maintaining an aura of secrecy.
- F** These flags created rivers of colour along the park's famous paths.
- G** One city hotel put binoculars in all its rooms overlooking the park.
- H** Locals were joined by many tourists, some of whom had come from across America and the world to see the project.

3. Writing:

- 1 You have received an email from your English-speaking friend, Sara, who is planning to open a restaurant. Read Sara's email and the notes you have made. Then write an email to Sara, using all your notes.

email

From: Sara Martins
Sent: 15th March 2006
Subject: Restaurant

You remember how Alex and I have always wanted to open a restaurant – well, we're going to do it!

We want to serve food from different countries in our restaurant so we're planning to travel around to collect

some ideas. We want to come to your country. When is the best time to come?

Say when and why _____

We want to find out what people cook at home every day. What's the best way for us to do that?

Suggest ...

We'd also like to go to some local restaurants which serve traditional food. Can you recommend one? — Yes, give details

When we open the restaurant in July, we'd like you to come. Will you be free? — No, because ...

Reply soon.

Sara

4. Writing:

Write an answer to one of the questions 2 – 5 in this part. Write your answer in 120 – 180 words in an appropriate style on the opposite page. Put the question number in the box at the top of the page.

- 2 You have seen this announcement in an international magazine.

MY FAVOURITE TEACHER

Tell us about a favourite teacher of yours and say what you remember about him or her.

We will publish the most interesting articles next month.

Write your **article**.

- 3 You recently saw this notice in an English-language magazine called *Theatre World*.

Reviews needed!

Have you been to the theatre recently? If so, could you write us a review of the play you saw? Include information on the characters, costumes and story and say whether you would recommend the play to other people.

The best reviews will be published next month.

Write your **review**.

- 4 Your teacher has asked you to write a story for an international magazine. The story must **begin** with the following words:

Anna had a very special reason for getting up early the next day, so she set the alarm for 5 am.

- 5 Answer **one** of the following two questions based on **one** of the titles below. Write the letter (a) or (b) as well as the number 5 in the question box on the opposite page.

(a) *The Citadel* by A.J.Cronin

This is part of a letter from your English-speaking penfriend.

We are reading The Citadel in class. Didn't you say you've seen the film? What do you think of the main character, Andrew Manson?

Write a **letter** to your penfriend, giving your opinion. Do not write any postal addresses.

Write your **letter**.

(b) *Round the world in 80 days* by Jules Verne

Phileas Fogg and Passepartout are very different characters. Which one do you think enjoys the journey most? Write an **essay** saying who you think enjoys the journey most and why.

Write your **essay**.