

GRAMMAR

1 Complete the sentences with one word.

Example: If I had known you were coming I would have waited.

- What music is this? It sounds ____ Beethoven.
- I'm afraid you can't come with us. There's ____ room in the car.
- ____ of my two sisters looks like me. They're both dark and I'm blonde.
- I'm ____ to getting up early. I've been doing it for years.
- I can't ____ used to working every day. I'd love to be a student again!
- I was really angry when Jack accused me of ____ telling the truth.
- I didn't enjoy the concert even ____ it was my favourite band.
- That's my colleague ____ husband works for Bill Gates.
- You shouldn't ____ said that to her. You know how sensitive she is.
- You look ____ if you have seen a ghost! What's the matter?
- I wish my parents ____ stop arguing about money all the time.
- My eldest brother, ____ is a doctor, speaks German fluently.
- She ____ have left already – her car is still outside the house.
- ____ the terrible weather, we still had a great time camping.
- We're ____ the roof repaired on our house at the moment. We'd like to sell it next year.

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2 Underline the correct form.

Example: I use / used to sleepwalk when I was a child.

- Can I give you **an** / **some** advice?
- I used to work **as** / **like** an actor before I got this job.
- We've decided to go camping this weekend, **whatever** / **however** the weather is like.
- Despite** / **In spite** of losing the match they were quite cheerful.
- You should go to bed. You have to go to (-) / **the** school tomorrow.
- You **can't** / **may** have spoken to Sophie at the party. She wasn't there.
- When I was in Poland I went climbing in **the** / (-) Tatra mountains.
- Charlie's still asleep. He must **go** / **have gone** to bed late last night.
- The woman to **who** / **whom** you spoke was the Managing Director.
- There was (-) / **a** terrible traffic on the way to work yesterday.
- Every** / **All** classroom in the school has a computer.
- I'd **rather** / **better** live in the city than in the country.
- The staff in that clothes shop **is** / **are** very rude.
- Any** / **None** of the children wanted to go to the park, so we stayed at home.
- The house, **which** / **that** was built in the 16th century, is a top tourist attraction.

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3 Complete the sentences. Use the correct form of the verb in brackets.

Example: If we lived by the sea, I'd go (go) swimming every day.

- I remember _____ (play) on the beach when I was about three years old.
- If the exam had been last week, I'm sure I _____ (not pass) it.
- Catherine apologized to me for _____ (be) so moody all week.
- Neil wishes he _____ (speak) better French. His company are going to send him to Paris.
- The girl denied _____ (take) my mobile phone.
- She _____ (not meet) Paul if I hadn't introduced them.
- I wish I _____ (not put) on these shoes today. They're really uncomfortable.
- I'm really sorry – I forgot _____ (post) the letter you gave me.
- If I _____ (be) you, I wouldn't drive that old car.
- Rebecca convinced me _____ (not go) to the cinema with Harry.

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Grammar total 40

VOCABULARY

4 Underline the correct word.

Example: I never raise / rise my voice in an argument.

- I didn't **notice** / **realize** if the shop was open when I passed by.
- You aren't serious are you? You're pulling my **hair** / **leg**.
- I only want to know the facts. That's why I prefer to read **biased** / **objective** newspapers.
- It was a terrible storm, but we arrived **safe and sound** / **sound and safe**.
- I was **thrilled** / **thrilling** when I heard that Andrew and Sarah were getting married.
- Matthew **hopes** / **expects** Helen will turn up at the party. He really wants to see her!
- My car was **stolen** / **robbed** last night.
- I'm **sick and tired** / **down and out** of listening to my sister complain about her boyfriend.
- The company **did** / **made** a big profit this year.
- Remember** / **Remind** me to post this letter when we're in town.

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5 Underline the odd word out.

Example: chapel law courts mosque temple

- duvet pillow yawn blanket
- neighbourhood square suburbs outskirts
- commentator newsreader advert presenter
- homesick fed up glad upset
- cartoon horoscope critic review
- heel calf wrist ankle
- slums poverty overcrowding pedestrians
- director manager business owner
- organ cello tenor violin
- clap frown wave scratch

10

6 Complete the sentences with the correct word(s).

Example: The boys were really tired after their journey.
In fact they were exhausted.
exhausted desperate stunned

- I couldn't _____ my eyes when I saw who Jane was talking to.
rub believe open

- I was _____ when the trip was cancelled. I'd been really looking forward to it.
grateful disappointed relieved
- A _____ is somebody who studies rocks.
physicist geneticist geologist
- It's a British company, but it _____ a lot of things to France and Germany.
imports expands exports
- This part of the city is very _____ and there is a lot of poverty and crime here.
polluted run down industrial
- I'd like to _____ my own business selling books one day.
set up take over set off
- 'Just do it' is a very famous advertising _____.
slogan logo commercial
- Please don't _____! I can't sleep.
snore sleepwalk yawn
- We can get a taxi at the taxi _____.
stop rank station
- Scientists are always trying to _____ ways to cure illness.
prove discover invent

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7 Complete the words in the sentences.

Example: You should **brush** your teeth at least twice a day.

- I was so tired, I slept like a **l**_____.
- This town is quite **p**_____. People have a very small-town mentality.
- Eating late in the evening keeps me **a**_____ at night.
- Usually when men meet for the first time they **s**_____ hands.
- It's a very **c**_____ song – I can't get it out of my head.
- They should build more houses. There are too many **h**_____ people living on the streets.
- The **l**_____ singer of the band writes all their songs.
- I can't remember her name, but it's on the **t**_____ of my tongue.
- If you suffer from **i**_____, it means you find it very difficult to sleep.
- You should try to learn all the verbs by **h**_____.

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Vocabulary total 40

PRONUNCIATION

8 Match the words with the same sound.

advertisement horoscope market nails refuse
reporter teeth theory tongue violin

Example: glad ankle

- 1 review _____
- 2 skyscraper _____
- 3 relieved _____
- 4 lungs _____
- 5 volunteer _____
- 6 cello _____
- 7 grateful _____
- 8 law _____
- 9 staff _____
- 10 journalist _____

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9 Underline the stressed syllable.

Example: homesick

- 1 incomprehensible
- 2 deny
- 3 employee
- 4 scientist
- 5 pedestrian
- 6 astonished
- 7 convince
- 8 orchestra
- 9 disappointed
- 10 elbow

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Pronunciation total		20
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Grammar, Vocabulary, and Pronunciation total		100
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READING

1 Read the article and tick (✓) A, B, or C.

For centuries, sleep was a complete mystery. In the last few years, however, scientists have been able to use new technology to investigate electrical and muscular states of the body during sleep. These investigations have **shed new light** on the six **recurring** stages of sleep, which were first described in the early 20th century. It is fair to say that we now have a much better understanding of what actually happens to us when we are sleeping, though it is far from a totally clear picture.

The first stage of sleeping is called, somewhat confusingly, 'waking'. By this, sleep scientists mean a short period of wakefulness, just a matter of minutes, when the body is relaxed and prepares for sleep. Tense muscles relax, eye movement slows down, and the body slips gently towards drowsiness.

Once feeling **drowsy**, the sleeper has moved into a period known to the scientists as 'stage 1 sleep', a period which lasts no more than ten minutes. A way of describing this stage is to say that the sleeper is on the very edge of sleep, with their eyes closed and their bodies still. However, it wouldn't be difficult to **rouse** a person at this stage. And once awake, a person may feel as if he or she has not slept.

By stage 2, the sleeper has entered a period of light sleep, perhaps best explained as a time when the muscles of the body **hover between** being completely relaxed and being responsive. Then, as the heart rate quickly slows down, and the body temperature drops, the body prepares to enter a much deeper phase of sleep. The third and fourth stage of sleep are when the body is completely asleep, its muscles paralysed, its breathing regular.

What happens next is quite unexpected. From the deep sleep of stage 4, the body works backwards through stage 3 sleep to the light sleep of stage 2, but then, instead of waking, it enters the bizarre and magical stage of REM sleep. The body has been asleep for about an hour and a half before reaching this stage.

REM stands for 'rapid eye movement'. The heart rate speeds up, breathing becomes **erratic**, and the brain becomes very active. The sleeper is dreaming, something that only happens during the REM stage. Fortunately, however, while the brain is in **overdrive**, the rest of the body's muscles are **paralysed**.

The **initial** REM stage is over after ten minutes or so. Then, the body starts its sleep cycle all over again, with the next REM stage taking a bit longer. In a typical night's sleep, there will be five different sleep cycles with the final REM stage lasting as long as an hour.

Naturally, there are many **factors** which **influence** our sleep cycle, not least age. Small children get more deep sleep than anybody else, and, as a general rule, the older we get the shorter the time we spend in deep sleep. But, while stage 3 and stage 4 of the sleep cycle shorten with age, the first REM stage lengthens.

So, there you have it. Next time you go to bed and lay your head on the pillow, just imagine what adventures your sleeping self is about to set off on.

Example: For hundreds of years, people had no idea what happened when we slept.

A True B False C Doesn't say

- In recent years, scientists have used technological advances to better understand what takes place when we sleep.
A True B False C Doesn't say
- During the 'waking' period a person is fast asleep.
A True B False C Doesn't say
- 'Waking' is different from 'stage 1 sleep' because it lasts much longer.
A True B False C Doesn't say
- If you wake up a sleeper during 'stage 1 sleep', he / she won't be able to get back to sleep.
A True B False C Doesn't say
- Features of 'stage 2 sleep' include decreasing body temperature and heart rate.
A True B False C Doesn't say
- A typical sleep cycle happens in this order: waking → stage 1 → stage 2 → stage 3 → stage 4 → REM stage
A True B False C Doesn't say
- In a typical sleep cycle, a person is asleep for approximately 90 minutes before starting to dream.
A True B False C Doesn't say
- A faster heart beat is a feature of REM sleep.
A True B False C Doesn't say
- As a typical sleeper moves from one sleep cycle to the next, he / she is likely to spend more time dreaming with each sleep cycle.
A True B False C Doesn't say
- Older people generally enter REM sleep quicker and stay there longer.
A True B False C Doesn't say

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2 Match **five** of the **highlighted** words / phrases to the definitions.

Example: a bit sleepy *drowsy*

- happening over and over again
- unable to move
- be in a state that may change at any time
- the effect of something or somebody
- irregular

5

Reading total 15

WRITING

Answer one of the questions. Write 75–100 words.

- 1 Describe a town or city that you've been to.
- 2 Do you think advertising for alcohol should be banned?
Why / why not?
- 3 What types of music you like and dislike listening to.

Writing total	10
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Reading and Writing total	25
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LISTENING

1 Listen to Sally and Simon talking about a book about Jack the Ripper. Tick (✓) A, B, or C.

- According to the Simon, Jack the Ripper probably murdered _____.
A exactly 5 women
B more than five women
C fewer than 5 women
- The Ripper murders took place in _____.
A South London B East London
C West London
- Sally does not like reading about _____.
A history B historical figures
C horrible crimes
- Jack the Ripper's crimes were _____.
A not interesting to people at the time
B the worst committed in English history
C written about a lot by newspapers
- According to the author of the book Simon has read, Jack the Ripper may have been _____.
A an American B an aristocrat
C a teacher

5

2 Listen to five conversations. Tick (✓) A, B, or C.

- How did Chris feel at the airport?
A really worried B very bored
C pretty tired
- The woman thinks the man should have _____.
A left his keys in the car
B left his keys in the kitchen
C left his keys in his coat
- Jamie's CD player isn't working because _____.
A he's pressing the wrong button
B there's a problem with the CD
C he hasn't turned it on
- When Dave was in Bangkok, he didn't like _____.
A seeing homeless people
B the number of cars on the roads
C the humid weather
- Claire thinks David Old _____.
A used to be better B was never any good
C is better now

5

Listening total 10

SPEAKING

1 Answer your partner's questions.

Now make questions and ask your partner.

- you / think / regret studying English?
Why / Why not?
- What / do to make sure you sleep well?
- you / like to manage a company?
- you / rather live abroad or live in your own country?
Why?
- Which member of your family / look like?
- When / listen to music?
- How / classical music / make you feel?
- How often / watch the news on TV?
- Which science / most important in the modern world?
Why?
- What news stories / find / most depressing?

2 Talk about one of the statements below, saying if you agree or disagree. Give reasons.

- 'In the future, people will get all of their news from the Internet rather than the TV or newspapers.'
- 'Advertising should be banned from schools.'
- 'Science is the most important subject at school.'

3 Listen to your partner. Do you agree with him / her?

Speaking total 15

Listening and Speaking total 25