

GRAMMAR

- 1 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.

- 1 The boy denied _____ (take) my mobile phone.
- 2 If I _____ (be) you, I wouldn't drive that old car.
- 3 She _____ (not meet) Jim if I hadn't introduced them.
- 4 I'm really sorry – I forgot _____ (post) the letter you gave me.
- 5 I wish I _____ (not put) on these trousers today. They're really uncomfortable.
- 6 Bella convinced me _____ (not go) to the cinema with Harry.
- 7 I remember _____ (play) on the beach when I was about three years old.
- 8 Joe wishes he _____ (speak) better French. His company are going to send him to Paris.
- 9 If the exam had been last week, I'm sure I _____ (not pass) it.
- 10 Liz apologized to me for _____ (be) so moody all week.

10

- 2 Complete the sentences with one word.

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

- 1 She _____ have left already – her car is still outside the house.
- 2 We're _____ the roof repaired on our house at the moment. We'd like to sell it next year.
- 3 I can't _____ used to working every day. I'd love to be a student again!
- 4 I wish my parents _____ stop arguing about money all the time.
- 5 _____ of my two sisters looks like me. They're both dark and I'm blonde.
- 6 My eldest sister, _____ is a doctor, speaks German fluently.
- 7 I didn't enjoy the concert, even _____ it was my favourite band.
- 8 _____ the terrible weather, we still had a great time camping.

- 9 You look _____ if you have seen a ghost! What's the matter?
- 10 You shouldn't _____ said that to her. You know how sensitive she is.
- 11 I'm _____ to getting up early. I've been doing it for years.
- 12 I was really angry when Jack accused me of _____ telling the truth.
- 13 What music is this? It sounds _____ Mozart.
- 14 That's my colleague _____ wife works for Bill Gates.
- 15 I'm afraid you can't come with us. There's _____ room in the car.

15

- 3 Underline the correct form.

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

- 1 John's still asleep. He must **go** / **have gone** to bed late last night.
- 2 You should go to bed. You have to go to (–) / **the** school tomorrow.
- 3 I'd **rather** / **better** live in the country than in a city.
- 4 The staff in that clothes shop **is** / **are** very rude.
- 5 There was (–) / **a** terrible traffic on the way home last night.
- 6 **Every** / **All** classroom in the school has a computer.
- 7 **Any** / **None** of the children wanted to go to the park, so we stayed at home.
- 8 Can I give you **an** / **some** advice?
- 9 The house, **which** / **that** was built in the 17th century, is a top tourist attraction.
- 10 I used to work **as** / **like** an actor before I got this job.
- 11 You **can't** / **may** have spoken to Helen at the party. She wasn't there.
- 12 We've decided to go camping this weekend, **whatever** / **however** the weather is like.
- 13 **Despite** / **In spite** of losing the match, they were quite cheerful.
- 14 When I was in Poland I went climbing in **the** / (–) Tatra mountains.
- 15 The man to **who** / **whom** you spoke was the Managing Director.

15

Grammar total 40

VOCABULARY

4 Underline the odd word out.

Example: chapel law courts mosque temple

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

☐ 10

5 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

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

☐ 10
6 Underline the correct word.

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

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

☐ 10

7 Complete the words in the sentences.

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

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

☐ 10

Vocabulary total ☐ 40

PRONUNCIATION

8 Underline the stressed syllable.

Example: homesick

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

10

9 Match the words with the same sound.

advertisement horoscope market nails refuse
reporter teeth theory tongue violin

Example: glad ankle

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

10

Pronunciation total 20

Grammar, Vocabulary, and Pronunciation total 100

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 ☐

- 1 Scientists first found out about the six stages of sleep in recent years.
A True ☐ B False ☐ C Doesn't say ☐
- 2 During the 'waking' period a person is wide awake.
A True ☐ B False ☐ C Doesn't say ☐
- 3 'Waking' is different from 'stage 1 sleep' because at the 'waking' stage the sleeper is relaxed.
A True ☐ B False ☐ C Doesn't say ☐
- 4 'Stage 2 sleep' is generally a shorter period of sleep than 'stage 1 sleep'.
A True ☐ B False ☐ C Doesn't say ☐
- 5 Features of 'stage 2 sleep' include relaxed muscles and a fast heart rate.
A True ☐ B False ☐ C Doesn't say ☐
- 6 A typical sleep cycle happens in this order: waking → stage 1 → stage 2 → stage 3 → stage 4 → stage 3 → stage 2 → REM stage
A True ☐ B False ☐ C Doesn't say ☐
- 7 The body behaves differently when it is dreaming than it does when sleeping deeply during stage 4 of the cycle.
A True ☐ B False ☐ C Doesn't say ☐
- 8 A relaxed brain is a feature of REM sleep.
A True ☐ B False ☐ C Doesn't say ☐
- 9 In total, during a typical night's sleep a sleeper is unlikely to spend more than an hour dreaming.
A True ☐ B False ☐ C Doesn't say ☐
- 10 Small children often suffer from a lack of deep sleep.
A True ☐ B False ☐ C Doesn't say ☐

10

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

Example: a bit sleepy *drowsy*

- 1 added more information
- 2 first
- 3 wake up
- 4 to start being very active
- 5 several things that cause or influence something

5

Reading total 15

WRITING

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

- 1 Describe a piece of music that you like and explain why you like it.
- 2 How do you prefer to get the news and why?
- 3 What do you like and dislike about the place where you live?

Writing total		10
---------------	--	----

Reading and Writing total		25
---------------------------	--	----

LISTENING

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

- 1 According to Simon, Jack the Ripper probably murdered _____.
A 10 women or fewer ☐
B fewer than 10 women ☐
C 10 women or more ☐
- 2 The Ripper murders took place in _____.
A the late 1870s ☐ B the early 1880s ☐
C the late 1880s ☐
- 3 Simon prefers books about _____.
A criminals and their crimes ☐
B criminals and their times ☐
C Victorian London ☐
- 4 Jack the Ripper is famous today because _____.
A he committed some of the worst murders ever ☐
B he was extremely frightening ☐
C newspapers wrote a lot about his crimes ☐
- 5 The book that Simon is reading says Jack the Ripper might have been _____.
A a member of the royal family ☐
B an Australian doctor ☐ C a teacher ☐

5

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

- 1 How did Chris' children feel at the airport?
A terrified ☐ B exhausted ☐ C fed up ☐
- 2 The woman thinks he might have _____.
A left his keys in the car ☐
B left his keys in the kitchen ☐
C left his keys in his coat ☐
- 3 What's wrong with Jamie's CD player?
A It isn't turned on. ☐ B The CD is faulty. ☐
C He's pressing the wrong button. ☐
- 4 Dave enjoyed his holiday in Bangkok because _____.
A there were lots of great buildings ☐
B there weren't many beggars ☐
C it was really vibrant ☐
- 5 Claire _____.
A used to like David Old ☐
B never liked David Old ☐
C wishes she liked David Old ☐

5

Listening total 10

SPEAKING

1 Make questions and ask your partner.

- 1 Which city / most like to visit and why?
- 2 What / do / if / president of your country?
- 3 you / rather / work indoors or outdoors? Why?
- 4 Which famous person / you like to look like? Why?
- 5 Which musical instrument / most like to learn how to play?
- 6 How / science helped us most in the last 100 years?
- 7 How often / read your horoscope?
- 8 If / could work on a newspaper, which job / like to do?
- 9 What social problems / your capital city have?
- 10 What / most disappointing film / ever see? Why?

Now answer your partner's questions.

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

- 1 'In our lifetime, newspapers will become a thing of the past.'
- 2 'If you have to make a speech or presentation, it is best to prepare it very carefully and work from detailed notes.'
- 3 'It's better to live in a city which has good shops than a city which has good museums or art galleries.'

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

Speaking total 15

Listening and Speaking total 25