

READING

A Read the article, then complete the sentences with a word from the text. An example (0) has been done for you.

Hard Work – Is It Good for Us?

I'm a workaholic. I admit it. I work hard and I play hard. I see it as a challenge and one that I'm eager to meet. Tiredness is weakness, I'll stop when I've achieved what I set out to do and not before. This may involve skipping meals, working late and even canceling social appointments when I'm up against a particularly tight deadline.

And I'm not alone in this way of thinking. *The New York Times* calls it 'performative workaholism'. Apparently members of this group encourage like-minded individuals to work harder and harder until the job's done. I agree with the idea that if you're determined to only work 40 hours a week, you're never going to make a real difference in the world. Try to double that and I might start to listen to your plans!

But this focus on work is a relatively new concept. In England, in the middle ages, peasant laborers were limited to working 150 days a year. Rest was necessary and encouraged outside of these days. Then in the 16th century, the idea of work being morally good was introduced. Fast forward 500 years and this still seems to be the case.

So, is this kind of lifestyle at all damaging? Generally, people who work tend to be happier than those who don't. It gives us some sense of purpose and meaning to our lives. We can form strong bonds with our colleagues and on top of that we are rewarded financially.

That isn't to say that we should work until we drop, however. If you don't believe me, ask the Japanese. They even have a word for it: *Karoushi* is the term given for people who die because of overwork and many other Asian countries have a similar term. Overwork can lead to depression, anxiety and the feeling of becoming increasingly cut off from family and friends. Then all that is left is your work. It's no surprise then to understand that if you lose your job, this can cause major problems in your life.

I guess the advice is work to live rather than live to work. This is something which anyone who loves their work should consider carefully. In fact, I myself need to get a better understanding of this concept.

- 0 The writer enjoys challenging himself to meet work deadlines.
- 1 The writer believes that only those who _____ the 40-hour week go on to achieve great things.
- 2 Up until the 16th century, people believed taking time off from work was necessary and it was _____.
- 3 Work has many advantages including strengthening our _____ with other staff members.
- 4 Many Asian languages have a specific _____ for death from working too hard.
- 5 _____ is often related to feelings of anxiety, depression and feeling alone.

___ / 5

- B** Read the article and choose the correct heading for each paragraph. There is one extra heading that you do not need.
An example (0) has been done for you.

Cutting Allotments in Half to Allow for More Gardening Enthusiasts

0 d

Allotments are areas of land away from your yard, where people can grow fruits and vegetables, and they are very popular in many areas of Britain. Some people have to wait on a list for years after their application until one has become available. The National Allotment Society (NAS) has now said that this could soon become a thing of the past with the government's idea to divide the spaces in half. Community gardens have become extremely popular in the US. The largest community garden in the nation is reported to be Shiloh Field Community Garden in Denton, TX, measuring at 14.5 acres of land.

1 ____

Local authorities responsible for handing out allotments have also been analyzing their lists to avoid the same people applying for more than one space and getting rid of any applications which are no longer valid. This might include people who have relocated or passed away. The result has been a drop in the time spent on waiting lists. In the US, a community garden is any piece of land gardened by a group of people. The majority of gardens in community gardening programs are collections of individual garden plots, whether they are sponsored by public agencies, city departments, large non-profits, or (most commonly) a coalition of different entities and groups.

2 ____

Another effect of the move has been an increase in younger people applying for an allotment. The space seems more manageable and less labor-intensive than its original size. It's no longer a hobby reserved for retired people or those particularly interested in gardening. Now, even if you only have a little time on the weekend, or in the evening, you could become one of a growing number of families who want to produce their own food. However in the United States instead of just growing enough food for personal consumption, community gardens offer ideal sites for local farmers markets, and gardeners often seek farmers to provide space-intensive crops such as corn or potatoes.

3 ____

Just because the space has halved doesn't mean that you can't grow a decent amount of fruits and vegetables. It is thought that a full-size area was able to feed the average family for a year. One half this size is still enough to produce your own food and therefore reduce weekly shopping.

4 ____

Diane Appleyard who works at the NAS was quick to point out that the length of the lists might have been shorter than they actually appeared due to mismanagement by local councils. If someone requested an allotment in one area, they might not have realized that they could get one if they'd gone a little further from their house. If they'd done this, they may even have found one that was available the next day.

5 ____

Ms. Kenny, president of the NAS, promises to keep waiting lists as efficient as possible by searching out new potential sites and by encouraging new developers to plan with spaces for new allotments in mind.

- a A New Plot, A New Type of Gardener
- b Taking Action to Reduce the Problem
- c Expanding the Number of New Allotments
- d The End of Disheartening Times for Would-Be Gardeners
- e Older People to Get Priority Over Location
- f Half the Size but Still Worth the Effort
- g Look Beyond Your Own Doorstep to Avoid Delay

LISTENING



3 A Listen to six teenagers talking about their plans for the future. Match the statements (a–e) to what you hear. An example has been done for you.

- | | | | |
|---|--|-----------|----------|
| a | Might do the same as their friends. | Speaker 1 | <u>f</u> |
| b | Doesn't think too much about the future. | Speaker 2 | ___ |
| c | Might go to college. | Speaker 3 | ___ |
| d | Needs some help planning the future. | Speaker 4 | ___ |
| e | Has clear plans for the future. | Speaker 5 | ___ |
| f | Will wait to see what happens following recent activity. | Speaker 6 | ___ |

___ / 5



4 B Listen to an answering machine message and complete the notes. An example (0) has been done for you.

- 0 Mark is going on a business trip to Mexico.
- 1 His flight departs at 3:45 from Boston Logan airport Terminal _____.
- 2 Heinrich arrives at 9:00 from _____.
- 3 Location of Mark's business credit card: _____.
- 4 John Briggs is visiting the office on _____.
- 5 Mark can call Jane back between _____ and _____.

___ / 5

WRITING

A 'Teachers should be replaced by robots.' Write a blog post giving reasons for and against the argument. To what extent would you agree? Write 230–250 words.

[illegible]

5 / 5

B Some animals may become extinct in the future. What problems are causing certain animal populations to decline, and what can be done to reduce the risk of their extinction? Write your article. Write 250–275 words.

[illegible]

5 / 5

Total: ____ / 30