

GRAMMAR

A Choose the correct form of the verbs in parentheses to complete the email. An example (0) has been done for you.

Hi John,

I ⁰ hope you and your family are well.

I met your mother last week while I ¹ _____ (shop). It was great to see her and she ² _____ (seem) happy about your new house.

³ _____ (Do) you manage to get another job? Your mother ⁴ _____ (mention) something about your work but she ⁵ _____ (do) know what you ⁶ _____ (do) nowadays.

I have left the city and ⁷ _____ (move) to the countryside. I remember that I ⁸ _____ (tell) you about our plans last time we met.

We are ⁹ _____ (go) take a long vacation in May and it would be great to catch up.

Looking forward to ¹⁰ _____ (see) you all.

Ali

___ / 10

B For each sentence (1–10), find the error and correct it. If there is no error, put a check mark (✓) next to the sentence. An example (0) has been done for you.

0 I like most of paintings in the gallery but not all of them. ☐
I like most paintings in the gallery but not all of them.

1 The carton of milk is at the fridge on the bottom shelf. ☐

2 We don't need so many water in that jug; it will spill and make a mess. ☐

3 We need to get something put away in a safe place. ☐

4 Working such long hours is a so new experience for me. ☐

5 I think he was enough sick to come to class today. ☐

6 There is a growing trend in using cell phones for watching videos. ☐

7 We've yet seen the movie and it was excellent. ☐

8 They have not visited their aunt since a long time. ☐

9 Most of people enjoy relaxing in the sun. ☐

10 My new car is a very fast one but it uses a lot of fuel. ☐

___ / 10

C Underline the correct word(s) in *italics* in each sentence. An example (0) has been done for you.

0 Have / Do you ever been to the beach when it's raining?

1 Can / Are you drive a car yet?

2 Would / Can you be able to drive me to the station tomorrow?

3 Have / Did you seen the new horror movie that came out last week?

4 The sign says that you *have to* / *must not* walk on the grass.

5 We enjoy *being able to* / *can* walk to the beach from our house.

6 I think it *might* / *will* rain today because of all the clouds in the sky.

7 When / Where are you coming to the college?

8 Whose / Who picture is that on the shelf?

9 My sister *could* / *can* run really quickly when she was a child.

10 He *is not able* / *couldn't* to eat all that food. It's too much.

___ / 10

VOCABULARY

A Complete the table by putting the adjectives below into the correct column. An example (0) has been done for you.

dirty lazy modern sensible sociable **unhealthy**

Positive adjective	Negative adjective	Neutral adjective
	<i>unhealthy</i>	

___ / 10

B Match the definitions (1–10) on the left with the words (a–l) on the right. There is an extra word you do not need. An example (0) has been done for you.

- | | | |
|--|----------|---------------|
| 0 physical and breathing exercises that make you stronger and help your mind and body relax | <u>l</u> | a jogging |
| 1 someone who chooses not to eat anything made from animals or fish | ___ | b calorie |
| 2 a game in which two players use rackets to hit a small ball against a wall | ___ | c cod |
| 3 the activity or exercise of running at a slow steady speed | ___ | d antibiotics |
| 4 a fruit with green or black skin and pale green flesh that does not taste sweet | ___ | e mineral |
| 5 a type of grain that people and animals eat | ___ | f vegan |
| 6 a fish that lives in the North Atlantic Ocean | ___ | g avocado |
| 7 a drug that cures sicknesses and infections caused by bacteria | ___ | h racquetball |
| 8 a simple living thing that is smaller than bacteria and that can enter your body and make you sick | ___ | i marathon |
| 9 a natural substance in the earth, for example, coal and salt | ___ | j oats |
| 10 a unit for measuring how much energy you get from food | ___ | k virus |
| | | l yoga |

___ / 10

C Complete the blog entry below using the words in the box. An example (0) has been done for you.

balcony budget chalet couple colleague cruise ship **planning** front relatives self-service visas

I had been ⁰ planning a family gathering for years and eventually this year, we all went away. At first I thought it would be nice to stay in a ¹ _____ up in the mountains somewhere in the Alps but I couldn't get anyone to agree to that idea because it would have been ² _____ and nobody wanted to cook for themselves. Instead, the most popular option was to go on a ³ _____ around the North Sea so we could see places like Norway and Sweden. The room we had was incredible; it had a big ⁴ _____ outside where you could sit at the table it had on it and relax in the evenings.

When we arrived in Norway I was worried because I thought we might need ⁵ _____ to leave the boat and look around the town but thankfully we didn't. The costs of many of the things like food and drink were well above my ⁶ _____ so we didn't buy anything and instead we looked around a few of the free attractions. While we were walking around we met a really nice ⁷ _____ who said that there was a big party that night to celebrate the longest day. My ⁸ _____ were all really excited by this idea, so we went, and it was really fun. Strangely I met an old ⁹ _____ who I used to work with in the US and now lives there full time.

All in all, it was a great vacation with only one problem. When we arrived at the boat the lady at the ¹⁰ _____ desk couldn't find our reservation but she did eventually.

___ / 10

READING

A Read the text below about reducing stress. Match each of the paragraphs (1–5) with a heading (a–g). There is an extra heading you do not need. An example (0) has been done for you.

How to Reduce Stress

At times life can be fairly stressful. Here are five possible ways you could improve your well-being and increase how relaxed you are.

0 d

Taking a minute for quiet thought or reflection is a great way to calm the body and mind. Also used as a spiritual or religious exercise, meditation can help to clear your thoughts and de-stress.

1 —

Exercise triggers the brain to release feel-good hormones. If you are feeling stressed out, one of the best things you can do is go for a run or hit the gym. Although you may feel more inclined to veg out in front of the TV to relax, exercise is great for releasing mood-boosting chemicals which can help to lower anxiety and increase mental well-being.

2 —

Green Tea is a rich source of a chemical that reduces stress and anger. One of the world's most popular comfort foods is also a great calming food. Chocolate is high in magnesium which can help relaxation. Other good stress-busting foods are nuts, cheese, turkey and chicken.

3 —

There is a strong link between music and lowered stress levels in everyday life, while research has also indicated that music can lower extreme levels of stress in people undergoing surgery, critically sick patients and pregnant women. Don't just go for relaxing music; go for what you know and like.

4 —

There is no doubt that looking at greenery is more relaxing than your computer screen. Even the small things such as stopping to smell fresh, wild flowers will have a big impact on how you feel. Reducing the pollution you breathe increases immunity to things like dust and wool and can only help to support a reduced stress life.

5 —

Holding and cuddling an animal is amazingly calming and studies have shown petting an animal can increase levels of the stress-reducing hormone and decrease production of the stress hormone cortisol. In fact, having any physical contact has been found to raise levels of the 'love hormone' and lower levels of the stress hormone, making us more relaxed.

- a Return to Nature
- b Get Moving
- c Give a Hug
- d Pause for Thought
- e What You Put In
- f Your Top Ten Tunes
- g All in a Book

___ / 5

B Read the text about working for yourself. Decide whether the statements (1–5) are true (T) or false (F). An example (0) has been done for you.

Working for Yourself

Working for yourself or being freelance is on the rise. A recent study found that by 2020, 40% of *all* jobs will be freelance. So how do you know when its time to change and work for yourself? Here are five clues:

Clue 1

There's nothing worse than being a creative person but being limited by your job title. You like getting out there and meeting people and not being stuck in the office all day. You need change, variety and challenges to keep you happy and engaged. If you can't have these freedoms, then your brain shuts off.

Clue 2

No matter how flexible a workplace is over time, many employees simply can't handle the structure of a company that sets your rules, hours and performance expectations. It isn't surprising that freedom over our schedule has been proven to make us happier than money. Be careful though because you might end up doing too much and working 24/7.

Clue 3

Some people naturally work better from home, in quiet spaces or on the beach. Many people now work 100% remotely and have a great income and lifestyle doing it. They can use modern technology to set up their 'office' anywhere in the world that has Wi-Fi or cell phone reception.

Clue 4

Many employees are motivated by people around them, their boss's approval or their monthly pay check but if you are not there is little satisfaction in working for others. There are clear benefits to the standard of your work and your own happiness by doing it simply because you enjoy it.

Clue 5

You find paperwork, red tape and constant relationship building annoying and would just like to get on and work without jumping through hoops or waiting too long for new ideas to be implemented. All you need is to free yourself from this and work to your own set of rules in your own environment.

- | | | |
|---|---|----------|
| 0 | A higher percentage of people will work for companies soon. | <u>F</u> |
| 1 | Being told what to do can make you less productive. | ___ |
| 2 | Doing the same thing every day makes you better at what you do. | ___ |
| 3 | The time is right to choose how and when you work. | ___ |
| 4 | External motivation doesn't work for some people. | ___ |
| 5 | Certain factors in the office make you work better. | ___ |

___ / 5

LISTENING



A Listen to the talk about workplaces. Complete sentences (1–5) with no more than two words. An example (0) has been done for you.

5

- 0 Changes to the work environment have changed because of research.
- 1 Height-adjustable desks are _____.
- 2 New office chairs are very _____.
- 3 We won't need to go home soon because the office has _____ we need.
- 4 Feeling like your company cares for you increases your _____.
- 5 People spend too much time outside the office looking for _____.

___ / 5



B Listen to the radio show about healthy lifestyle choices. For questions (1–5), decide whether the person has a positive, negative or neutral opinion. Circle the correct opinion. An example (0) has been done for you.

6

How does

- 0 Frank feel about trends in general?
☒ a positive b negative c neutral
- 1 Frank feel about how much we sleep now?
a positive b negative c neutral
- 2 Sinead feel about making sudden big changes?
a positive b negative c neutral
- 3 Sinead feel about cutting things from a diet?
a positive b negative c neutral
- 4 Colin feel about health fads?
a positive b negative c neutral
- 5 Colin feel about people's awareness of their health?
a positive b negative c neutral

___ / 5

WRITING

A Imagine you are going to miss one of your classes next week. Write a short note/email to your teacher explaining why you will miss class. Write your note/email in 50–75 words.

5

B You have seen a competition where you have to write a blog. You decide to enter the competition with a blog about healthy eating in your country. Write your blog in 100–150 words.

[illegible]

/ 5

Total:	/ 90
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