

Name _____ Class _____ Date _____

VOCABULARY

- 1 Complete the gaps with a verb from Box A and a preposition or adverb from Box B. Put the verbs into the correct form.

Box A:

pass (x2) rush burn sleep check
lie run

Box B:

away into off out ahead on

- I'm quite jet-lagged after my flight so I'm going to it
- Cars that petrol might not be manufactured any more in the near future.
- If a disease is hereditary, it can be to someone's children.
- If you don't slow down, you'll be at risk of
- Have you the new range from this company? They've got some amazing bags.
- Michael inherited a lot of money when his grandfather
- I wonder what for us? The future seems really uncertain.
- Take your time – don't a decision you might regret.

- 2 Make collocations by matching a word from Column A and a word from Column B.

Column A

Column B

- | | |
|----------------|-----------------|
| 1 immediate | A anticipated |
| 2 highly | B factor |
| 3 mixed | C unknown |
| 4 largely | D slow |
| 5 clear | E funny |
| 6 deciding | F feelings |
| 7 painfully | G future |
| 8 hysterically | H understanding |

- 3 Write the word which matches the definition. Some letters have been given to help you.

- based on or acting on good judgement and practical ideas or understanding
S _ S _ _ _
- stop breathing because something is blocking your throat
C _ _ _
- a very small organism that causes disease
g _ _
- too quick to criticise people
j _ _ _ m _ _ _ l
- in a careful way that involves a lot of effort
C _ _ C _ _ _ _ _ y
- unable to feel a part of your body, usually for a short time
n _ _
- to fight or argue
C _ _ _ w _ _
- to behave in a way that makes people believe that you have a particular characteristic
C _ _ a _ _ _ _ a _

- 4 Complete the sentences with a word or phrase from the box.

suburbs	launched	ring road	advances
derelict	triggered	prototype	breakthrough

- The supermarket has a new pink chocolate Easter egg.
- There has been a major in the search for a cure for the common cold.
- In 1958, a of a nuclear-fuelled car was made, but they never began manufacturing it.
- Many of the houses in the city centre are and will soon be demolished.
- Since the was built, there have been fewer traffic jams in the city centre.
- As they get older, many people decide to move out to the
- Thanks to in technology, it is now easy to work remotely.
- That advertisement a huge number of complaints.

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GRAMMAR

5 Complete the sentences with the correct form of the verb in brackets. There may be more than one possible answer.

- How many music festivals _____ to since Glastonbury? (go)
- Christina _____ some music when the internet went down. (download)
- _____ you _____ to the mountains or the beach for your holidays this summer? (go)
- I'd hoped Marla _____ with us, but she says she can't. (come)
- When we lived in Madrid, my brother and I _____ to school every morning. (walk)
- Eloise _____ us assemble the furniture, but in the end, she was too busy. (help)
- I _____ to ask you whether you'd like to sell that bike you never use. (mean)
- On December 5th, Sofia _____ here for a whole year. (work)

6 Complete the sentences with a past or present modal. Make it negative if necessary.

- I think you _____ apologise – it was your fault, after all.
- Ana _____ had her hair cut so short. It really doesn't suit her.
- That _____ be Ben – he doesn't ride a motorbike.
- _____ I stay out a bit later tonight, Mum? It is the weekend!
- We lived on a farm so I _____ get up early to feed the animals.
- You _____ seen who delivered the parcel – you were home all day.
- Carlos _____ swim until he was 12, but he's the best in his class now.
- Students _____ keep their mobile phones switched on in class. It's against the rules.

7 Complete the sentences with a comparative or superlative adjective or adverb. Use the word(s) given in brackets.

- This course is a lot _____ I expected it to be. (interesting)
- This is by far _____ cake I've ever tasted. (delicious)
- Out of all the terrible movies I've watched, that has to be _____. (bad)
- Driving is not nearly _____ I thought it would be. (hard)
- Swans move much _____ in the water than they do on land. (graceful)
- _____ I get, _____ my memory becomes. (old, bad)
- As Lucas took more lessons, he began to ski _____. (confident)
- As the argument went on, both men grew _____ and _____. (angry)

8 Complete the table with the verbs from the box.

start	claim	mean	intend
try	refuse	practise	deny

Followed by -ing	Followed by to + infinitive	Followed by -ing or to + infinitive (no change in meaning)	Followed by -ing or to + infinitive (with a change in meaning)
risk put off delay 1 _____ 2 _____	afford promise 3 _____ 4 _____	begin continue 5 _____ 6 _____	forget remember 7 _____ 8 _____

LISTENING



9 You will hear a careers advisor giving the opening speech at a careers fair. Are the statements True (T), False (F) or Impossible to say (I)?

- The majority of the participants have no idea what they want to do.
- You can have a virtual meeting in the near future.
- There are three main types of aptitude tests.
- There are financial benefits to joining the police or army.
- Students can get well-paid summer jobs.

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READING

10 Read the text and choose the best option.

- 1 Which option best sums up the writer's attitude to alternative medicine?
 - A Most people agree it belongs in the past.
 - B It could be used alongside Western medicine.
 - C Only a few of the therapies are worth considering.
- 2 According to the text, traditional Chinese medicine and Ayurveda
 - A concentrate on treating symptoms.
 - B do not have much in common.
 - C were invented before Western medicine.
- 3 What does the word 'manipulate' (paragraph 3) suggest?
 - A The practitioner is skilled.
 - B The procedure is painful.
 - C The writer is sceptical.
- 4 In the writer's opinion, why are Western doctors unsure about alternative medicine?
 - A They are afraid it will replace them.
 - B They believe it to be ineffective.
 - C They are confused by the name.
- 5 In the last paragraph, the writer expresses the view that ideas from alternative and complementary medicine are useful today because
 - A modern life is stressful for many people.
 - B doctors and hospitals are extremely busy.
 - C they have the potential to save lives.

Alternative medicine

Alternative medicines have increased in popularity over the last few decades. So, what are they and what should our approach to them be? Naturally, there is no straightforward answer to this question. The therapies that are often called 'alternative' vary from long-established medical systems such as Chinese herbal medicine to specific treatments such as reflexology, a form of massage. Many of us have tried some kind of alternative treatment at some point, possibly without even realising it. Herbal treatments and supplements are available everywhere, as are essential oils which we use to relax us or cure minor ailments.

Let's first consider the major systems of alternative medicines. Both the Chinese and Indian approaches were developed long before Western medicine had appeared on the scene. Both of them are holistic, meaning they examine the whole person rather than look at symptoms in isolation. Since they both originated at a time when treatments were limited, it makes sense that they focus on promoting wellness and preventing illness rather than curing disease. Those who practise or use these systems of medicine believe that if there were no drugs or safe

operations today, people would do more to protect their health. They are based on the idea that a human being needs to achieve a balance of mind, body and spirit in order to be well. Aspects such as diet, exercise, sleep and lifestyle are considered vital to good health. Ayurveda emphasises that each individual is different and a 'one size fits all' approach is rejected. It is based on the principle that there are three types of energy and that everyone is made up of these in different proportions. Ayurvedic doctors refer to these in the original Sanskrit as 'vata, pitta and kapha' as there is no satisfactory translation into English.

Now we turn to some popular therapies that are considered 'alternative'. One of these is chiropractic therapy, which focuses on the body's structure. A chiropractor uses his or her hands to manipulate the spine as well as other bones and the joints in order to relieve pain and allow the body to heal itself naturally. Acupuncture is also widely practised all over the world. Originating in traditional Chinese medicine, it involves inserting needles under the skin to improve the flow of energy. This energy, known as 'Qi' (pronounced 'Chee') is considered the life force and if it doesn't flow freely round the body, the result is sickness. Most people are fearful of the idea of being pricked by needles but the practice actually relieves pain by releasing endorphins or natural painkillers. It has been particularly successful in treating nausea, back pain, anxiety and depression.

So how does Western medicine view alternative practices? Until relatively recently, they were considered 'quackery', which is defined as 'dishonest practices'. However, that view is gradually changing. A Canadian study found that 56% of GPs believed alternative medicine had ideas conventional medicine could benefit from. Indeed, treatments like acupuncture may even be offered within Western health systems, though this is rare. The term 'alternative' may well be partly responsible for the scepticism among Western doctors, many of whom prefer the term 'complementary therapies', which suggests they will be used alongside conventional treatments. For example, many Western doctors would be happy for their asthmatic patients to use breathing exercises taken from yoga to strengthen their lungs, but not if these replaced the use of inhalers.

So, like most things in life, the answer lies in balance. Many people have found relief in the use of a wide range of alternative or complementary therapies, but Western medicine has saved or prolonged millions of lives. We can learn a huge amount about prevention from ancient systems of medicine, and with health services under increasing pressure, it makes sense to avoid getting sick in the first place. Campaigns such as 'get your 5 a day', which encourages people to eat at least five servings of fruit and vegetables every day, demonstrate that Western medicine has started to place increased emphasis on preventing disease. Complementary therapies are often worth a try, but always get advice from a medical professional before embarking on any new treatments.

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WRITING

- 11** Your mother's friend, Francesca, is a teacher in another country. She is considering bringing students to your town or city for an educational visit. She has asked for your help in planning the visit. Write an informal email to your mother's friend. Explain:

- what her students could learn from visiting your town/city
- how they can prepare for the visit
- what entertainment is available
- where they can stay

Write about 260 words.

SPEAKING

- 12** Read the extracts from an interview between Matthew and Annelise and their teacher. Complete the words in the expressions in *italics*.

Teacher: Do you prefer reading books or watching movies?

Matthew: Well, *to be* ¹*h*__*t*, I don't have much time for either, but I suppose I'd choose movies.

Annelise: *It's* ²*h*__ *to say*. I mean, I love both so it's a bit difficult to choose.

Teacher: Can you tell me about the most thought-provoking film you've ever seen?

Annelise: Sorry, *what do you mean,* ³*e*__*t*__?

Teacher: Would you like to be in a film?

Matthew: ⁴*S*__*I go first?* Definitely not!

Annelise: *Why do you* ⁵*s*__ *that?*

- 13** Work with a partner to ask and answer the teacher's questions from exercise 12. Try to use the phrases from exercise 12 where appropriate. Ask follow-up questions to develop a discussion.