

Name _____ Class _____ Date _____

VOCABULARY

- 1 Complete the gaps with a phrasal verb from the box in the correct form.

pass away	rush into	burn out	sleep off
check out	lie ahead	run on	pass 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 Choose the word which collocates.

- | | |
|----------------|-----------------------------|
| 1 immediate | factor / future |
| 2 highly | understanding / anticipated |
| 3 mixed | feelings / decision |
| 4 largely | funny / unknown |
| 5 clear | future / understanding |
| 6 deciding | feelings / factor |
| 7 painfully | slow / unknown |
| 8 hysterically | funny / anticipated |

- 3 Match the words with their definitions.

- | | |
|-------------------|------------------|
| 1 conscientiously | 5 judgemental |
| 2 choke | 6 germ |
| 3 clash with | 7 come across as |
| 4 sensible | 8 numb |
- A based on or acting on good judgement and practical ideas or understanding
 B to stop breathing because something is blocking your throat
 C a very small organism that causes disease
 D too quick to criticise people
 E in a careful way that involves a lot of effort
 F unable to feel a part of your body, usually for a short time
 G to fight or argue
 H to behave in a way that makes people believe that you have a particular characteristic

- 4 Choose the better word to complete the sentences.

- The supermarket has *launched* / *triggered* a new pink chocolate Easter egg.
- There has been a major *prototype* / *breakthrough* in the search for a cure for the common cold.
- In 1958, a *prototype* / *cutting-edge* of a nuclear-fuelled car was made, but they never began manufacturing it.
- Many of the houses in the city centre are *obsolete* / *derelict* and will soon be demolished.
- Since the *urban sprawl* / *ring road* was built, there have been fewer traffic jams in the city centre.
- As they get older, many people decide to move out to the *suburbs* / *slums*.
- Thanks to *radicals* / *advances* in technology, it is now easy to work remotely.
- That advertisement *developed* / *triggered* a huge number of complaints.

GRAMMAR

- 5 Choose the correct verb forms to complete the sentences.

- How many music festivals *have you been* / *did you go* to since Glastonbury?
- Christina *has been* / *was* downloading some music when the internet went down.
- Will you *be going* / *have gone* to the mountains or the beach for your holidays this summer?
- I'd hoped Marla *would* / *will* come with us, but she says she can't.
- When we lived in Madrid, my brother and I *would walk* / *had walked* to school every morning.
- Eloise *is going* / *was going* to help us assemble the furniture, but in the end, she was too busy.
- I've *been meaning* / *meant* to ask you whether you'd like to sell that bike you never use.
- On December 5th, Sofia will *work* / *have been working* here for a whole year.

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6 Complete the sentences with a modal form from the box.

must have had to couldn't shouldn't have
mustn't can't ought to may

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

8 Complete the table with the verbs from the box.

manage start claim mean
try refuse practise deny

Followed by *-ing*

risk

put off

delay

1

2

Followed by *to* + infinitive

afford

promise

3

4

5

Followed by *-ing* or *to* + infinitive

begin

continue

intend

forget

6

7

8

LISTENING



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

- The organisers would prefer the students to go to university.
- You can have a virtual meeting in the near future.
- There are two main types of aptitude tests.
- There are financial benefits to joining the police or army.
- The careers advisor mentions well-paid summer jobs available to students.

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READING

10 Read the text and choose the better 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.
- 2 According to the text, traditional Chinese medicine and Ayurveda
 - A do not have much in common.
 - B were invented before Western medicine.
- 3 What does the word 'manipulate' (paragraph 3) suggest?
 - A The practitioner is skilled.
 - B The procedure is painful.
- 4 In the writer's opinion, why are Western doctors unsure about alternative medicine?
 - A They are afraid it will replace them.
 - B 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 doctors and hospitals are extremely busy.
 - B 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 200 words.

SPEAKING

12 Read the extracts from an interview between Matthew and Annelise and their teacher. Complete the gaps with a word from the box.

hard	say	honest	exactly	shall
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Teacher: Do you prefer reading books or watching movies?

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

Annelise: It's ²..... 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.....?

Teacher: Would you like to be in a film?

Matthew: ⁴..... I go first? Definitely not!

Annelise: Why do you ⁵..... 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.