

Part 1

Questions 1 – 8

You will hear people talking in eight different situations. For questions **1 – 8**, choose the best answer (**A**, **B** or **C**).

- 1** You hear a girl telling her friend about her recent family holiday.

What caused a problem during the holiday?

- A** a delay in their travel arrangements
- B** a mistake over their accommodation
- C** a sudden change in the weather

- 2** You hear a girl talking about how useful it is to practise when learning something.

What's her opinion?

- A** Some things need much more practice than others.
- B** Daily practice is effective in helping her make progress.
- C** Spending time practising doesn't always bring good results.

- 3** You hear two friends talking about an unusual Australian lake they've read about.

They agree that having a similar feature in their area

- A** would cause problems for people in their town.
- B** might lead to their town becoming world famous.
- C** could boost the number of visitors to their town.

- 4** You hear a boy phoning a friend.

What is he doing during the call?

- A** announcing a new arrangement
- B** asking for feedback
- C** passing on some news

- 5** You hear two friends discussing something called rewilding – restoring animals to their original natural habitat.

What is the girl doing?

- A** giving an opinion about rewilding
- B** describing how rewilding works
- C** explaining the reason rewilding is important

- 6** You hear two friends discussing a geography lesson they've just had.

What do they agree about it?

- A** It referred a lot to what they'd prepared.
- B** It was a bit easier than they'd expected.
- C** It inspired them to find out more information.

- 7** You hear a teacher talking to his class.

He wants his students to

- A** make notes about what he's saying.
- B** do more research into this week's topic.
- C** prepare to give a presentation to the class.

- 8** You hear two friends discussing an article about growing vegetables at home.

What is the girl's opinion of the article?

- A** It makes the process sound easier than it really is.
- B** It's given her ideas about how to improve her techniques.
- C** It includes helpful advice on how to avoid common problems.

Part 2

Questions 9 – 18

You will hear a boy called Harry talking about his interest in astronomy – studying space and the night sky. For questions 9 – 18, complete the sentences with a word or short phrase.

Harry's hobby: astronomy

Harry thinks his interest in space began because of a **(9)** in his area.

Harry's **(10)** bought him a telescope of his own.

Harry most appreciates the **(11)** on the telescope he's got.

Harry recently started searching for what are called **(12)** through his

telescope. Harry was particularly thrilled to identify the **(13)** around one

planet. Harry's ambition is to come up with an important **(14)** to help the

study of space. Harry thinks he's gained a greater knowledge of **(15)** through

his interest in astronomy. Harry says the **(16)** in his area always makes it

difficult to see what's up in the sky at night. Harry uses the word **(17)** to

describe the whole experience of looking through his telescope. Harry advises other potential astronomers

that they'll need a lot of **(18)** to be successful.

Part 3

Questions 19 – 23

You will hear five teenagers talking about their experiences of doing watersports. For questions **19 – 23**, choose from the list (**A – H**) how each speaker felt about their experience. Use the letters only once. There are three extra letters which you do not need to use.

A disappointed about something that was promised

B relieved at the level of the challenge

Speaker 1 **19**

C doubtful about having to be accompanied

Speaker 2 **20**

D surprised at the amount of support given

Speaker 3 **21**

E determined to perform as well as others

Speaker 4 **22**

F discouraged by an initial lack of success

Speaker 5 **23**

G proud of the progress made

H confident about achieving targets set

Part 4

Questions 24 – 30

You will hear an interview with a girl called Clare Hanson, who is talking about her interest in a golden yellow stone called amber. For questions **24 – 30**, choose the best answer (**A**, **B** or **C**).

- 24** Why is Clare so fascinated by amber?
- A** It has a strange kind of beauty.
 - B** It's taken a huge amount of time to form.
 - C** It's an entirely natural substance.
- 25** Why did Clare's mum want to take her on an amber hunt as a child?
- A** It was a fun activity they could share.
 - B** It was a popular annual tradition in their local area.
 - C** It was a way for Clare to learn something about amber.
- 26** What does Clare say about her first amber hunt on the beach?
- A** She's sad that pieces she found had to be returned to the organisers.
 - B** She's aware that very few participants found any amber.
 - C** She suspects pieces of amber were placed there deliberately.
- 27** What made it difficult for Clare and her mum to find amber on a recent search?
- A** There was too much rubbish on the beach to spot it.
 - B** The sea was throwing up too many stones onto the beach.
 - C** It was almost too misty to see anything on the beach.
- 28** What most surprised Clare when she first saw pieces of polished amber for sale?
- A** how light they were to handle
 - B** what some of them contained inside
 - C** their appearance compared with what they'd find on the beach

- 29** When the shop owner handed Clare a huge lump of amber, she was
- A** thrilled to be holding a piece of that size.
 - B** terrified that she might suddenly drop it.
 - C** impressed by the price tag put on it.
- 30** What does Clare plan to do with the amber she found on the beach?
- A** keep it in a special place at home
 - B** lend it to the local museum for display
 - C** have it made into a piece of jewellery

Part 1

For questions **1 – 8**, read the text below and decide which answer (**A, B, C** or **D**) best fits each gap. There is an example at the beginning (**0**).

Mark your answers **on the separate answer sheet**.

Example:

0 **A** action **B** basis **C** method **D** situation

Example:

0	B
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The World Tin Bath Championships

In the Isle of Man, a small island off the northwest coast of England, the World Tin Bath Championships takes place on an annual **(0)** in Castletown harbour. Every July, crowds **(1)** as participants row old-fashioned, portable baths in a race to the **(2)** line. The winner is either the first ‘boat’ to cross the line or the one which covers the greatest distance before it sinks. Since it first started **(3)** in 1971, this unusual and **(4)** amusing race has raised over £20,000 for charity.

Competitors, who number a hundred or so, come from far and wide to take part in the event, and they must **(5)** to strict rules. The bath must be **(6)** wholly from metal and cannot exceed 154 cm in length. **(7)** many competitors decorate their baths, no adjustment or addition to the underside of the vessel is allowed. One rule even **(8)** that no fireworks should be used by competitors during the race!

- | | | | | |
|---|-------------|---------------|---------------|-------------|
| 1 | A gather | B collect | C draw | D gain |
| 2 | A final | B end | C stop | D finish |
| 3 | A lasting | B carrying | C running | D managing |
| 4 | A vastly | B highly | C widely | D dearly |
| 5 | A stick | B fix | C stay | D hold |
| 6 | A founded | B established | C constructed | D consisted |
| 7 | A Since | B Despite | C Even | D While |
| 8 | A announces | B states | C expresses | D signifies |

Part 2

For questions **9 – 16**, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning **(0)**.

Write your answers **IN CAPITAL LETTERS on the separate answer sheet.**

Example:

0	ONE
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Australia: the best place for young people to live?

Recent research has indicated that **(0)** of the best places for young people to live in the world is Australia. With a relatively low population of around 25 million, the country has great weather year round, meaning young and old alike can enjoy life outdoors, participating **(9)** sporting activities, or going on picnics, **(10)** to mention surfing at the beach.

Australia also has a highly-rated education system which leads to good job prospects after finishing school. Healthy living **(11)** promoted and crime rates are low in the country's lively and fascinating cities. What's **(12)** , Australians are famed for their positive outlook on life, which as we know, provides not **(13)** mental well-being but physical benefits, too, helping to reduce the effects of stress and even providing protection **(14)** getting a cold! Of course, you don't need to move **(15)** the way to Australia to live happily and healthily, but perhaps we can all learn something from the way Australians live **(16)** lives.

Part 3

For questions **17 – 24**, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning **(0)**.

Write your answers **IN CAPITAL LETTERS on the separate answer sheet**.

Example:

0	LIVING
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The world's largest bird

<p>The common ostrich is a flightless bird native to Africa and the largest (0)</p>	LIVE
<p>species of its kind. It has a distinctive (17), with a long neck and legs, and</p>	APPEAR
<p>reaches speeds of up to 70 km per hour. Like other birds, the ostrich has no teeth, but</p>	
<p>perhaps (18), it swallows sand and pebbles to help it digest its food instead,</p>	EXPECTED
<p>which consists (19) of plants and small animals.</p>	PRINCIPAL
<p>There is a belief that when (20), ostriches put their heads into the sand.</p>	THREAT
<p>However, this appears to be a (21) generated a couple of thousand years</p>	UNDERSTAND
<p>ago, when the behaviour was probably confused with eating habits or turning their</p>	
<p>eggs, which ostriches leave not in nests, but (22) in the sand.</p>	BURY
<p>The (23) of a fully grown adult ostrich can be as much as two adult humans,</p>	WEIGH
<p>with some (24) males reaching an incredible 156.8 kg. The ostrich's lifespan is</p>	EXCEPT
<p>between 40 and 45 years and they have excellent hearing and sight.</p>	

Part 4

For questions **25 – 30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example (0).

Example:

0 'I don't know where I've put my keys,' Mum said.

HAD

Mum said that she didn't know where keys.

The gap can be filled by the words 'she had put her', so you write:

Example:

0

SHE HAD PUT HER

Write your answers **IN CAPITAL LETTERS on the separate answer sheet.**

25 Our teacher gave us prizes for working hard in class.

WERE

For working hard in class, prizes by our teacher.

26 Some people take advantage of Marco because he is so generous.

THAT

Marco is so generous advantage of by some people.

27 'Do you mind if I take this chair?' he asked.

WHETHER

He asked me if he took the chair.

28 I spent ages on my homework but I still didn't get top marks.

LONG

I spent on my homework but I still didn't get top marks.

29 I don't agree with footballers earning such a lot.

SHOULD

Footballers much in my opinion.

30 'You'll be late if you don't hurry!' Grandma said.

UNLESS

Grandma said that be late.

Part 5

You are going to read an article about working in tourism. For questions **31 – 36**, choose the answer (**A, B, C** or **D**) which you think fits best according to the text.

Mark your answers **on the separate answer sheet**.

Working as a tour guide

by Anthea Roberts

After finishing university with a degree in Tourism, there was only one job which appealed to me: working in a hotel. I was lucky enough to find a top job at a great hotel in the capital, only to quickly find out how demanding the work was. As concierge, I was faced with not only the more pleasant tasks of arranging theatre tickets or making restaurant reservations, but also a never-ending stream of complaints from guests about the tiniest of things. These could be anything from a bit of dust on top of a wardrobe to not enough coffee provided in the room. It was up to me to make sure one of the staff got it dealt with, fast. I was working all hours and it soon became exhausting and repetitive. What had started as a dream job had become a nightmare.

Then I spotted an advert for a holiday company which was seeking to employ tour guides. I should make one thing clear at this point: being a tour guide isn't the same as being a holiday rep, though many people confuse the two. Becoming a rep would have been a continuation of the job I'd left behind – spending most of my time sorting out problems! As a tour guide, someone else would be responsible for that part of people's holidays, while I focused on providing running
26 commentaries about historical places and cultural events I considered worthy of interest to travellers, in addition to making recommendations about things to do, where to eat, and so on, for when I wasn't with them.

The job I applied for was in an area of Spain I was familiar with and I thought, 'Why not give it a try?' I'd spent many thrilling summers at my grandparents' place in Spain, soaking up not only

the sun, but the culture and history of the region, too. My only reservation was the possibility of spoiling memories of spending perfect golden days at the beach, wandering through the pretty, winding streets of the village where my grandparents lived, and eating delicious local food by candlelight at the tiny harbour. I needn't have worried. The minute I stepped off the plane into the midday heat, I felt like I was right back where I belonged.

I love my job, but I have to admit that it isn't all fun and games! I still have to answer a lot of questions from customers, but as long as I've done my homework and prepared ahead of each tour, I can usually deal with them – even the silliest ones you think everyone knows the answer to! And of course there are those who believe they have superior knowledge to you. All you can do is nod and smile, and gently correct people where necessary. Getting impatient is a no-no in this profession. The other drawback is being away from home for weeks on end, missing family events, friends' parties and other social occasions you'd love to go to. But it's all part of the job and I wouldn't change it for anything.

My favourite groups to guide are young people, who are full of curiosity and may never have travelled abroad before. I'm the one who gets to open their eyes to a whole new world, maybe even change their lives. Nothing can beat the first time in a foreign country with its new sights and sounds and smells. The only things you really need for this job are a love of travel, local knowledge and a desire to show others everything you know!

- 31** Why does the writer mention dust on top of a wardrobe?
- A** to highlight the negative points of the hotel she worked in
 - B** to describe the kinds of jobs she had to do as part of her role
 - C** to point out how unpleasant some of the hotel guests could be
 - D** to support the reasons she gives about not enjoying hotel work
- 32** What does the writer do in the second paragraph?
- A** correct a belief about what her job involves
 - B** explain why she chose to switch careers
 - C** warn readers against doing a particular role
 - D** clarify which parts of her job she enjoys
- 33** What does *commentaries* mean in line 26?
- A** feedback
 - B** criticisms
 - C** descriptions
 - D** notes
- 34** How did the writer feel before going to work in Spain?
- A** concerned that it would affect how she felt about it
 - B** surprised by how much she remembered about it
 - C** convinced that she had made the right decision
 - D** excited about starting a new adventure
- 35** What does the writer suggest about the questions she is asked in her current job?
- A** They can be amusing.
 - B** They can be irritating.
 - C** They can be challenging.
 - D** They can be unexpected.
- 36** What is the main point of the text?
- A** to provide a description of an average day as a tour guide
 - B** to encourage readers to consider becoming a tour guide
 - C** to inform readers of what being a tour guide involves
 - D** to describe the different jobs available in tourism

Part 6

You are going to read an article about swimming. Six sentences have been removed from the article. Choose from the sentences **A – G** the one which fits each gap (**37 – 42**). There is one extra sentence which you do not need to use.

Mark your answers **on the separate answer sheet**.

Why swimming is the best form of exercise

Many of our childhood memories centre around swimming pools, lakes and rivers, and the great fun we had splashing around in them. What we probably didn't realise at the time is how good all that diving and racing was – we were just having a good time!

37 It's more effective than running or going to the gym, they say, and there's less risk of injury in water than there is doing competitive sports like football or tennis. Because there's no impact on your joints, such as knees, ankles and wrists, you can still get a great cardio workout. It also comes without the long-term negative effects associated with some other sports.

Swimming up and down repetitively might seem a little boring to some, but it can be fun and is an important life skill. It's also something that can be done year-round, whether you're cooling off in the summer heat or still managing to get your exercise in when there's snow on the ground. And unlike many other forms of exercise, it works your whole body.

38 This is because it allows them to build strength without causing more damage.

Swimming uses more of the body's major muscle groups than any other cardio workout. This includes strengthening the legs, back and arms, and depending on which swimming stroke you employ, you gain additional strength in different core areas.

39 For example, when you do a workout in the pool, your lungs get a workout at the same time. Studies have shown that swimmers have stronger lungs on average than other kinds of athletes.

As with many things, there's a drawback. Those who swim competitively, and therefore spend a considerable amount of time training in a chlorinated indoor pool, could be affected by the chemicals in the water. **40** Fortunately, there is a solution: train outdoors. Or if that isn't possible, try doing a variety of training exercises instead of focusing solely on being in the pool.

Yet another advantage of swimming is its low cost. While many sports require a financial layout in terms of equipment and other resources, swimming requires relatively little to get started. All you need is a swimsuit and goggles and you're off! **41** And it goes without saying that if you live by the beach, you've got a free swimming pool on your doorstep.

And what if you missed out on swimming training as a young child? The prospect of jumping in a pool and trying to stay afloat can be daunting. Join a group and keep it simple, building up from shorter distances to longer ones. Breathing and stroke techniques are important. **42** You'll be burning calories and having fun before you know it!

- | | |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <p>A And that's not the only physical benefit of swimming.</p> | <p>E And, as in any other sport, the best way to succeed is to make manageable goals and do your best to stick to them.</p> |
| <p>B Most local pools offer great deals on membership, too, keeping payouts to a minimum.</p> | <p>F Athletes who have injured themselves doing other activities often turn to swimming to aid in the recovery process.</p> |
| <p>C Provided you use these techniques, doing so is completely safe.</p> | <p>G You've heard it before, of course: swimming is considered by many to be the best form of exercise there is.</p> |
| <p>D This can result in symptoms similar to those which asthma sufferers endure.</p> | |

Part 7

You are going to read an article about four people who are training to do an activity. For questions **43 – 52**, choose from the people (**A – D**). The people may be chosen more than once.

Mark your answers **on the separate answer sheet**.

Which person

- | | |
|---------------------------------------------------------------------|--------------------------------|
| points out an aspect of her activity which is often overlooked? | 43 <input type="text"/> |
| says she is realistic about what she may be able to achieve? | 44 <input type="text"/> |
| says that acquiring her skill is not something that can be rushed? | 45 <input type="text"/> |
| acknowledges the need to be open-minded about her future? | 46 <input type="text"/> |
| is encouraged to put in maximum effort in her activity? | 47 <input type="text"/> |
| was nervous about taking part in her activity at first? | 48 <input type="text"/> |
| decided to do her activity after seeing someone she knew do it? | 49 <input type="text"/> |
| says she had no particular intention of training for her activity? | 50 <input type="text"/> |
| recognises the value that her chosen skill might have? | 51 <input type="text"/> |
| says her activity has helped her look at things in a different way? | 52 <input type="text"/> |

I'm in training!

Four young people talk about what they're learning to do outside school

A Carolina

'I'm at a youth academy for football and all I can say is that it's as exhausting as it exciting! There's no guarantee I'll ever play for a professional team, but it's great to have been recognised for my potential. There still aren't as many professional women's teams as men's, and it never entered my mind to give it a go until my sports teacher at school said I had talent. That motivated me to work harder and after I went to see my first football match, I was hooked on the idea of playing for one of the top teams. I'm determined to do well in my academic studies, though. Anything could happen: I could be injured, not live up to expectations ... My parents are encouraging me to think of alternative careers, just in case, and I've got one or two ideas of things I wouldn't mind doing instead.'

B Amy

'Since my school started up a debating society, I've become really interested in public speaking. I don't want a career in it – become a politician or anything – but it's a useful skill to have. Loads of jobs need you to make presentations or run meetings, and being confident and able to get your message across is essential. I love the debates which are held during school lunchtimes when it's too wet to go out. We discuss anything and everything, and practise building our arguments and providing support for them. It was pretty scary having to speak in front of everyone initially. Sometimes our teacher makes us argue an opinion which isn't what we naturally think and you have to consider all the angles of an issue, which I reckon helps you understand other people's points of view better – and that makes you a better listener as well.'

C Laura

'I've been working towards my ambition of becoming a ballet dancer since I was a little kid. Some of my friends don't take me seriously because it's such a "girly" thing to want to do. I don't take any notice. They have no idea how challenging ballet training is. Professional dancers are super strong and athletic, which often gets ignored – it isn't about standing on your toes in pretty dresses! And the training can be brutal! It hurts your feet and you have to work hard to build up your strength – a lot of dancers go to the gym. That's pretty boring but it's one way to increase your stamina, which is crucial when you're building up to being on stage every night for as long as a performance runs. That's quite a way in the future yet for me, but I attend a specialist ballet school and they certainly push us to our limits.'

D Jennifer

'I haven't decided whether I want to be a sailor, but I love my sailing lessons. I may never have developed an interest in being out on the water if I hadn't grown up near the sea. My parents do dinghy racing – racing small boats – and before I was old enough to join in, I'd stand there on the beach, watching in awe with my grandparents. It's tough "learning the ropes". You have to understand weather conditions and make decisions based on that. Contrary to what I expected, you don't need to be that strong, but there are loads of technical terms to get your head round. And it goes without saying that you shouldn't mind getting wet! Sailing's not something you should expect to pick up overnight, and there's a lot of expertise required. But when you're out there on the waves, nothing can beat that feeling.'