

Participant's ID number

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LISTENING (25 minutes)

Part 1

You are going to hear people talking in eight different situations. For questions 1-8, choose the best answer, A, B, or C. You will hear each recording twice.

1. You hear a teacher talking to her class.

What is she doing?

- A explaining the results of a competition
- B thanking them for taking part in an event
- C encouraging them to complete a challenge

2. You hear two friends talking about learning to ski.

What do they agree about?

- A how much fun the classes are
- B how difficult it is to learn the techniques
- C how physically tiring the activities can be

3. You hear a sports instructor talking to an athletics class.

What does he say about the current long jump record?

- A It hasn't been broken for a long time.
- B It will be difficult to break.
- C It's something he has tried to break himself.

4. You hear a girl telling a friend about lessons on eating and exercising that she has done at school.

How does she feel about what she has learned?

- A doubtful that some of the advice will benefit her
- B surprised by some of the information
- C keen to try out a suggestion

5. You hear a student talking to his sports teacher about getting fit.

What would the boy like to do?

- A take part in a competitive sport
- B use some gym equipment
- C find a training partner

6. You hear two friends talking about a TV programme they have watched.

What does the woman think about it?

- A** It contained some useful tips.
B It raised surprising arguments.
C It discussed interesting new research.
7. You hear an expert talking about what being healthy really means. She believes that many people have a mistaken idea about
A how important social contact is.
B how much exercise they need.
C how important it is to have a good diet.
8. You hear a fitness expert talking about warming up before exercise. He says that people don't always warm up because they
A have not been educated about its importance.
B want their exercise sessions to be quick.
C don't enjoy preparation exercises

Part 2

The healthy eating project

You will hear a girl called Lydia giving a talk about a project she has been involved in on healthy eating. You will hear each recording twice.

For questions 9-20, complete the notes on the information which is given with a word or short phrase.

9. Lydia says an alternative name for healthy eating is having a _____
10. Lydia says that it is essential to eat properly to reduce the risk of _____ from illnesses in later stages of life.
11. Lydia compares the food we eat to _____ for our bodies.
12. Lydia says people do not need to avoid certain foods such as _____
13. Lydia says the food pyramid describes the foods we ought to eat and their _____
14. Lydia offers to provide listeners with _____ which contain fruit and vegetables.

15. Lydia says the reason for eating fruits and vegetables is to prevent health problems such as high blood _____
16. Lydia points out that _____ is a non-food source of one vitamin.
17. Lydia says that _____ is an example of a snack we needn't avoid.
18. Lydia says the action of _____ salad items doesn't burn more energy than the food provides.
19. Lydia gives the example of _____ as a drink that is useful for our bodies.
20. Lydia explains that some people think _____ is a substitute for eating healthily.

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READING (30 minutes)

Part 1. *You are going to read the text about the sweet-chestnut fair. For questions 1-8, choose the answer (A, B, C or D) which you think fits best according to the text.*

“A rainy day can be a blessing in disguise” was the judgement of one of the organizers of this year’s sweet-chestnut fair in the tiny French village where I live. Because of almost uninterrupted rain, “only” about 10,000 people turned up. Had it been sunny, there would have been total traffic chaos.

Some visitors came out of interest – the fair is only five years old. For others, it has become an annual journey down memory lane; until fairly recently, the chestnut was a central part of the diet here in Chataigneraire (literally, the chestnut grove).

The air was fragrant with the smell of roasting chestnuts – at least until the downpour soaked the grill. There were stands selling chestnuts, cheese and bacon. There were also articles made of chestnut wood such as baskets, furniture and walking sticks.

One of the highlights of the fair was a cookery competition for original recipes incorporating chestnuts. The president of the panel of judges was the chef Michel Bras who owns the best restaurant in the region. Bras has written a massive cookbook of inventive recipes, many of which call for the wild plants and mushrooms he comes across as he goes on his daily jog.

People packed into the village hall as the competition started, partly because they wanted to see the famous Bras, and partly because it was pouring down outside.

The crowd watched calmly as the judges sampled mouthfuls of seven dishes and gave them marks for appearance, taste, balance and so on. The winning recipe

was a delicious charlotte of chestnut puree and cream, served with a bitter orange sauce.

At that point, the audience, already deeply disappointed at not being allowed to taste the dished themselves, stared in amazement as Bras made a sharp summing-up speech. “I couldn’t find the taste or the consistency of the chestnut of my youth,” he said, before running off to his car.

There was a jollier atmosphere at the aligot evening. Aligot is a local dish consisting of cheese, mashed potatoes, cream, butter and garlic. A huge iron pot of the kind used for cooking pig food was carried in. Three well-built young men stirred the mixture vigorously with what looked like canoe paddles, then, to cheers from the 340 diners, they announced it was ready.

An hour later, after everyone had eaten their aligot (made from 145 kg of potatoes, 42 kg of cheese, 12 litres of cream and 4 kg of butter) the waltzing began. It was a proper village dance where anyone was free to invite anyone else for a turn round the floor.

1. Some visitors came out of curiosity. Why did others come?

- A They enjoyed the trip through the country roads
- B The chestnut fair brought back memories of the past.
- C They wanted to go on a diet.
- D Chestnuts are healthy.

2. Why did the smell of roasting chestnuts disappear?

- A There were no chestnuts left.
- B People were selling other things.
- C The heavy rainfall put the fires out.
- D It was late in the day.

3. What recipes was the cookery competition for?

- A Recipes that Michel Bras had written in his book
- B Very old recipes.
- C Recipes that included chestnuts.

D Recipes that were used in the best restaurants.

4. What fact about Michel Bras is true?

A He finds ingredients for the recipes when he goes out running.

B He uses only chestnuts in his recipes.

C He looks for chestnuts when he goes out running.

D He invented the idea of cooking with chestnuts.

5. The village hall was packed because some people wanted to see Bras. What did other want do there?

A to take shelter from the rain.

B to have a rest.

C to learn the recipes.

D to cook chestnuts.

6. How did Michel Bras sum up the competition?

A He thought the food was excellent.

B He was disappointed with the recipes.

C He said he did not like chestnuts when he was young.

D He was amazed by the high standard of the recipes.

7. What was the dance like?

A formal.

B boring.

C informal.

D confusing.

8. What would be a suitable title for this article?

A Chestnuts and sunshine brought us to our childhood.

B What a marvelous festival!

C Michel Bras' recipes were on top again.

D Every cloud had a silver lining.

Part 2. *You are going to read a newspaper article about the tradition of standing ovations. Seven sentences or parts of the sentences have been removed from the*

article. Choose from the sentences A–H the one which fits each gap (9–15). There is one extra sentence which you do not need to use.

Spare us the vulgar American ritual of automatic standing ovations

___ (9). In the U.S. it's now necessary that the audience, clapping and cheering, jump to their feet, no matter whether the performance has been stunning, average or talentless. Earlier this week, the Royal Concertgebouw Orchestra made grand music in the Royal Albert Hall, but somehow a mass stand would have cheapened what we'd all just heard. As the last notes died a couple just in front leapt to their feet. My heart sank, I muttered "sit down" angrily under my breath, until I realised they weren't showing appreciation for Ravel's Daphnis and Chloe, but were merely determined to catch the train. If only they'd stayed they would have heard two deeply satisfying encores.

___ (10) is the only way of showing true appreciation – but these incidents are by their very nature few and far between. _____ (11), the routine response to any performance, surely we risk insulting the musicians on the platform. What do we do when we hear the truly great?

___ (12). The Hallelujah Chorus of Handel's Messiah has long given people a lawful excuse to rise from their seat. It seems the custom was started by George II. _____ (13), and awoke with a jolt thinking it was the national anthem. Then there is the story that his podagra was playing up and suddenly he needed to stretch the Royal legs; perhaps he was simply saluting Handel's talents. Whatever the cause, once the King had stood, the rest of the audience had to follow his action, and the practice soon became a tradition that traveled with Messiah around the world.

___ (14). An email survey on 'In Tune' last week came out with roughly two thirds in favour of the custom continuing. Nicholas McGegan, who conducts on Sunday, has no problems with those who want to be upright during this most thrilling of choruses – but his message is get on with it – as soon as you hear the first note, stand. There's nothing worse, he says, than conducting the chorus when the first

thirty seconds are ruined by the sound of programmes falling to the floor, coats rustling, chairs crashing back and a buzz of general indecision. “Shall we stand Martha? I dunno Bert, what do you think?”.

___ (15) that more than a thousand of Sunday’s Royal Albert Hall audience will already be on their feet. I suppose the Prommers could always pointedly sit down.

By Petroc Trelawny

- A.** Of course all this fails to take into account.
- B.** It’s such a relief that the vulgar American ritual of the automatic standing ovation has not yet reached the Proms.
- C.** For those determined to stand, Sunday’s Prom offers the perfect opportunity.
- D.** So should you stand at the Proms this weekend?
- E.** There are occasions when a performance has been so thrilling that standing
- F.** Theories as to why he stood are varied – some say he was asleep
- G.** Over the years nothing much has changed.
- H.** When standing ovations become the norm

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USE OF ENGLISH (30 minutes)

Part 1. For questions 1-9, read the text below and decide which answer (A, B, C or D) best fits each gap.

Off the beaten track

The expression 'getting off the beaten track' is used to (1) _____ to the experience of avoiding famous tourist attractions and choosing instead to explore less well-known places when travelling.

For many people the whole (2) _____ of travel is to visit cities such as Paris or Venice that have a great (3) _____ as places of beauty and historic importance. Furthermore, they are not particularly (4) _____ by the crowds that are usually found in such locations. But for others who have more of a (5) _____ of adventure, a good holiday must (6) _____ unfamiliar experiences, even taking some risks.

Travelling off the beaten track may be done by some students who don't (7) _____ to a rigid plan, but make decisions about what to do depending on how they feel. Other travelers prefer to spend money on guided tours to unusual locations. Such tours are designed to (8) _____ their particular needs, and all the arrangements are made for them. However people choose to get off the beaten track, the hope is always the same: to have a special, often unique (9) _____ of a different culture.

1	A	represent	B	indicate	C	refer	D	mention
2	A	worth	B	point	C	aim	D	profit
3	A	favour	B	approval	C	reputation	D	opinion
4	A	bothered	B	interrupted	C	offended	D	disturbed
5	A	feeling	B	impression	C	mood	D	sense
6	A	possess	B	consist	C	involve	D	concern
7	A	fix	B	stick	C	fasten	D	attach
8	A	please	B	fit	C	agree	D	meet
9	A	experience	B	understanding	C	awareness	D	knowledge

Part 2. For questions 10-19, read the text below and think of the word which best fits each gap. Use only one word in each gap.

The importance of friendship

It is undeniable that friendship is important for just (10) _____ everyone. Individuals with several close friends are usually happier than those (11) _____. Good friends often know things that family members may not be aware of, even (12) _____ they have lived together for years. This is probably (13) _____ when in the company of a good friend we share our secrets and dreams. Friends turn to one (14) _____ for suggestions on how to solve their problems. There is a tendency (15) _____ close friends to be very honest, sometimes saying things the other person may not want to hear! Good friends stick together, and the best relationships may last a lifetime. It is (16) _____ surprise that most friends have similar personalities, which reduces the risk (17) _____ conflict. However, people don't always have an accurate picture of (18) _____ their true friends are. Research shows that in a surprising number of cases a person someone considers a good friend doesn't feel the (19) _____ about them.

Part 3. Look at the *proper names* listed 20-25. Decide *which category (a-f)* each of them belongs to.

- | | |
|----------------------------------|-----------------------------|
| 20. Brick Lane | a. Historic events |
| 21. Ben Nevis | b. Newspapers and magazines |
| 22. Blake | c. Writers and poets |
| 23. Magna Carta | d. Streets and districts |
| 24. Guardian | e. Geography |
| 25. American War of Independence | f. Documents |

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WRITING (35 minutes)

A national student magazine has asked you to write **an article** on how young people might choose a career. Write a short article for the magazine.

The article must be entitled “**The dangers of being too ambitious**”. Write an article in 130-150 words of your own in an appropriate style.

Remember to cover the following points:

- What are the steps you might take in choosing a career?
- What might be the problems of ambitious people?
- Involve the reader, use at least two of these phrases

Just imagine...

Have you ever...?

How would you feel if ...?

Are you one of those people who ...?

If the answer is ..., you should....

What would life be like if...

- Use at least two of these adverbs

absolutely

approximately

importantly

mainly

surprisingly

worryingly

- Finish your article with a statement “**So, good luck in your future career, whatever you decide**”.

Note! The words of the title do not count.

The dangers of being too ambitious
