

LISTENING

Time: 18 minutes

Task 1. Listen to people talking in six different situations. For each question, choose the correct answer (A, B or C). You will have one minute to read the questions. You will hear the recording twice. You will have 30 seconds before you hear the recording the second time.

1. You will hear a girl telling her friend about running in a 20-kilometre race. Why did she decide to run in the race?
A She wanted to win a prize.
B Her friend intended to take part.
C She wanted to improve her level of fitness.
2. You will hear two friends talking about a film they have just watched. They agreed that
A everyone else in the cinema seemed to like it.
B it was better than the previous film they saw.
C there was a surprising ending.
3. You will hear a boy telling his friend about his bicycle. Why does he want to sell it?
A He would like to replace it by a better bike.
B He rarely uses it.
C He needs the money.
4. Who will hear a young man telling about a concert he went to. He thought it was
A rather expensive.
B rather boring.
C good because the band played new songs from their latest album.
5. You will hear a boy telling his friend about his illness. How does he feel now?
A He gets tired very quickly.
B He can't eat properly because of the stomach-ache.
C He has got a fever.
6. You will hear two friends talking about their local sports centre. They agree that
A it offers a good range of activities.
B it is an easy place to get to.
C it charges too much for some sports.

Task 2. You will hear a man called Bob Richards talking about how to get famous on YouTube. For each question write the correct answer in the gap. Write ONE OR TWO words, OR a number, OR a date, OR a time. You will have one minute to read the questions. You will hear the recording twice. You will have 30 seconds before you hear the recording the second time.

How to become famous on YouTube

About a (7) people around the world watch and upload videos on YouTube.
By the end of this talk (8) hours of new videos will appear on YouTube.

Videos about (9) are usually more popular than all other types.
People want to find out about the video presenter so be (10)
Create short (11) videos first.
Add a new video to your channel at least once (12)
Tell the people who (13) you when you are going to upload a new video.
Make sure that each new video has a (14) which is easy to understand.
And be patient! It may take 2 or 3 (15) to become well known.

Transfer your answers to the answer sheet!

READING

Time: 15 minutes

Task 1. Katie Johnson wrote an essay about sleepiness. Read it and choose one answer (A, B, C or D) for questions 16–20.

Is it difficult for you to get out of bed in the morning? Do you feel like falling asleep in class? If your answer is yes, then you're not the only one. Across the world, bedtimes are getting later and teenagers are getting far less sleep. Health experts recommend that 15-year olds should get around 9 hours' sleep per night, but only a third of us even get 8 hours.

What are the reasons for not getting enough sleep? Well, several factors contribute to this problem, and stress is one of them. Like many young people, I find it hard to go to sleep before an important event as an exam. Our increasing use of electronic devices like cell phones and tablets may also be to blame. A sleep poll in America finds screen time late into the evening can contribute to sleeping problems. And the following day, this lack of sleep can make it difficult to concentrate on studying.

But while many schools are attempting to solve this problem by beginning the school day later, some schools in the United States and in New Mexico are trying something a bit different. They have installed sleeping areas, where students can sleep for 20 minutes in specially designed chairs. I recently tried one of these chairs and my first impression was that it looked like something from a science-fiction movie. When I lay down on it, the top part slowly covered my head and upper body so that it became dark inside. Some might find it scary, but I didn't mind, and the gentle music was quite nice. I felt sleepy, and that was all I could remember until the lights came on and I woke up. When I got up, I noticed that I was a bit calmer than I'd been before. I am sure that everyone who had slept badly before they went to school would feel much better.

Some teachers or parents might say that children should be studying during school hours, not sleeping. What I'd say is that sleepy students don't pay attention. But this way can help them return to class ready to concentrate on their work. Although the real solution is to allocate enough time for sleep at night, so that nobody has to go to school feeling tired.

16. Katie has trouble getting to sleep

- A. the night after she has taken an exam.
- B. when she has to get up early the next morning.
- C. is she leaves her phone switched on all night.
- D. just before something important happens.

17. What was Katie's opinion of the chair she tried in New Mexico?

- A. She decided to start going to bed earlier.
- B. She was convinced they would help people.
- C. She thought they were rather uncomfortable.

D. She was frightened at first.

18. What might Katie say to a teenager who feels sleepy at school?

- A. Feeling tired during school is normal.
- B. Sleeping during the day is not a good idea.
- C. Schools should have sleeping areas.
- D. At night, you should relax more, avoid doing things that can make you stressed and try to sleep longer.

Task 2. You are going to read an article about dealing with stress. Five sentences have been removed from the article. For each question, choose the correct answer. There are two extra sentences which you do not need to use.

- A. One I particularly like has a “quick tips” section you can use in stressful situations.
- B. It recommended that everyone should laugh more often every day.
- C. That made me realise I couldn’t go on feeling so stressed.
- D. I knew I had to finish that first.
- E. So I took up yoga instead.
- F. People who do this often seem to be more miserable than everyone else.
- G. If it’s longer, I find it hard to get back into what I was concentrating on.

How I dealt with stress

For months I’d been unable to relax and I felt awful. I worried about things, I suffered from insomnia and I couldn’t concentrate on my studies. Then my best friend told me that everyone thought that I was always in a bad mood. (19)

I began by learning healthy ways of dealing with stress and making some simple changes to my life. Each morning when I woke up, I thought about things I was looking forward to, so I started my day in a positive mood. I kept doing that until it became a habit. I also knew that I should exercise regularly, but to tell the truth I do not enjoy doing sports. (20) That really helped me to relax, especially when I learnt to concentrate on enjoying the experience rather than let negative thought go through my mind.

I also changed the way I study. I used to put off working as long as I could until finally I had to study for hours, often until late at night when I was getting exhausted. Now I try to do my homework straight after school and I take a ten-minute break every 40 minutes. (21)

I’ve also discovered some great anti-stress apps for my smartphone, such as Mindshift, Live Happy and Smiling Mind. Some of these are designed for teens, with special techniques to help you relax, such as a “book of happy memories” or “relaxing sounds of the ocean”. (22)

Last week I read an article which said people with a good sense of humour are usually happier and more relaxed. (23) So watching your favourite comedy really can help you relax – and even make it easier to do your homework!

Transfer your answers to the answer sheet!

USE OF ENGLISH

Time: 12 minutes

Task 1. Fill in the gaps in the text below with the correct word A, B, C or D.

Ben's Home

A typical teenager lives in a house or a flat, but right now Ben Ryan is waking up somewhere in the Pacific because his home is a 25-meter boat. He has (24) over half his life sailing with his parents who are marine zoologists. Ben's unusual way of life means he regularly sees whales and gets to swim with dolphins, and he has friends all over the world. Ben does his schoolwork online and his studies are going well. Life on board, though, may be uncomfortable. Space is limited, so there is no wide-screen TV or soft sofa. Bad weather that lasts for days is also common, (25) in winter. Storms at sea can be very frightening, although modern boat equipment usually helps sailors (26) them.

But Ben loves his boat and feels safe on it. He contacts friends and whenever they get together, they have great fun in the sea and on the beach.

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|--------------------|-------------|--------------|--------------|
| 24. A passed | B used | C taken | D spent |
| 25. A particularly | B extremely | C absolutely | D completely |
| 26. A prevent | B control | C avoid | D remove |

Task 2. For each question complete the second sentence so that it means the same as the first. Use NO MORE THAN THREE words.

27. I haven't been to the movies since April.

The last time to the cinema was in April.

28. My neighbour gave me a free cinema ticket.

I a free cinema ticket by my neighbour.

29. There are more shows at the weekend than during the week.

There are not shows during the week as at the weekend.

30. It was the best film I have ever seen.

I've never seen good film.

Transfer your answers to the answer sheet!

WRITING

Time: 30 minutes

An English magazine has opened a competition for the best story about teenagers. You can win a trip to London. Your story must begin with this sentence: *Olivia felt excited as she was waiting for the train.*

Do not forget to write about:

- when the story is set,
- what kind of person the main character is,
- the main events

and make your story interesting for the reader.