

Listening

Task 1

Listen to five people talking about keeping in touch with their friends. Which opinion does each person express? Use the letters only once. There is one extra letter which you do not need to use. You are going to listen to the texts twice.

- A Writing emails takes up far too much time.
- B Using social networking sites keeps everyone up-to-date.
- C Texting is really practical at times.
- D Nothing is better than chatting face-to-face.
- E Spending a weekend away together is better than meeting for a coffee.
- F Texting is not as good as chatting on the phone.

Speaker 1 []

Speaker 2 []

Speaker 3 []

Speaker 4 []

Speaker 5 []

You have a short pause (20 seconds) to look at task 2

Task 2

Listen to a radio interviewer talking to a young person who does voluntary work for an environmental agency. Choose A, B, or C. You are going to listen to the interview twice.

- 1 How much time did Rick spend working as a volunteer?
 - A. 6 months
 - B. 9 months
 - C. 12 months
- 2 Rick's role included
 - A. looking at the fish that were caught
 - B. finding types of seahorses in the ocean
 - C. tidying up beaches.
- 3 How many days off did volunteers usually have each week?
 - A. one
 - B. two
 - C. three
- 4 All volunteers shared a
 - A. kitchen
 - B. bathroom
 - C. bedroom.
- 5 Some people on the project had the chance to
 - A. learn to dive
 - B. learn about construction work
 - C. learn how to teach.

Transfer all your answers to your answer sheet

Конкурс понимания письменного текста – Reading

For items 1 – 10, read the article and choose the best answer (A, B, or C) for the questions below.

DOES COMPLEMENTARY AND ALTERNATIVE MEDICINE WORK?

The main point made by people who dismiss Complementary and Alternative Medicine (CAM) as a pointless waste of time and money is that there is no scientific evidence whatsoever that it works. For conventional medicine there is of course an enormous amount of scientific research to back up the effectiveness of medical treatments. This is because of the fundamental difference between conventional medicine and CAM. Conventional medicine regards the body as a complex and sophisticated machine and illness as a breakdown of one or more parts of the machine. Its aim is to get the machine working properly again by removing the problem parts or treating them so that they return to working order. CAM, in the form of such things as homeopathy, acupuncture, and medical herbalism, regards illness as a breakdown of the body's natural healing systems. It believes that there is a natural, non-physical force in all of us that enables the body to heal itself and its aim is to make that force powerful enough to overcome illness and restore health.

This natural, non-physical force, however, cannot be detected using the usual scientific techniques. So it is impossible to prove its existence scientifically, and this has led some people to reject the whole idea of CAM. With conventional medicine, we can test scientifically whether treatments have an effect on the body by looking for changes in the body's cells, nerves, organs and systems as a result of treatment. With CAM, we cannot prove whether or not the natural force for restoring health exists. However, it is possible to see what effects CAM treatments have had on the cells and structures of the body in order to assess their effectiveness.

One example of scientific evidence for the effectiveness of CAM treatments is a study which showed that homeopathic medicine had an effect on the brain activity of sufferers from fibromyalgia, a painful muscle disorder. Research also indicated that acupuncture was effective in the treatment of patients suffering from Crohn's disease, a painful disorder of the digestive system. Tests on their digestive systems showed that they had less inflammation after acupuncture treatment. Another study concerned the highly diluted solutions used in homeopathic medicines. Sceptics claim that these cannot possibly have any effect because they are so diluted and little or nothing of the original substance remains. But a study showed that ultra-high dilutions of histamine (a protein involved in allergies) have an influence on cell activity in the body.

One of the most common tools of conventional medical research is a test called an RCT. This is a comparative test to discover the effectiveness of, for example, a new drug. Some subjects are given the drug and others are given a dummy pill. The subjects do not know whether they have taken a real pill or a dummy one, known as a placebo. Researchers then look at whether the people who took the

real pill showed more improvement than the people who took the dummy pill, or placebo. The same kind of test is also carried out for CAM treatments, and it seems an obvious thing to do in order to get evidence of their effectiveness. However, a number of CAM practitioners feel that these RCT tests are not appropriate for CAM treatments. This is for two reasons.

Firstly, they say, this is because CAM therapies are entirely focused on each individual as a separate case. Treatment isn't dictated by the specific medical problem the patient is suffering from but by the need to restore to full power that individual's natural force for maintaining health. So the result of an RCT test for one person may be wholly different for another, meaning that no general conclusion could be drawn about a particular treatment. Secondly, the practitioners say, a key factor in CAM treatments is the relationship between the patient and the practitioner. Many people, especially those with severe or long-standing medical problems, opt for CAM treatments because they do not want to take drugs for a long time or because they do not have faith in conventional medicine to improve their condition. Some of these people may feel that they get benefits from CAM treatments and from their consultations with CAM practitioners, even if the treatments do not work for their original problem. So CAM treatments may be beneficial in ways that RCT tests would not reveal. Some patients, for example, say that they prefer the holistic approach of CAM and feel that the decisions about treatment give them greater control over their own lives than conventional medicine. They like the feeling that they are taking personal responsibility for their own health.

1 The writer says in the first paragraph that criticism of CAM is _____.

A based on ignorance **B** understandable **C** increasing

2 The writer says that the difference between CAM and conventional medicine _____.

A is a very great one **B** is not as great as people may think

C is greater in some forms of CAM than others

3 The writer's point in the second paragraph is that _____.

A you can't prove that CAM treatments have had any effect

B you can't prove that the main principle of CAM is true

C you can't use the same tests for CAM and conventional medicine

4 The writer uses fibromyalgia and Crohn's disease as examples of _____.

A conditions that don't respond to conventional medicine

B conditions that CAM has been shown to improve

C how different kinds of CAM treatment can be compared

5 The study of highly diluted solutions _____.

A disproved a common criticism of homeopathy

B provided different results from previous studies of them

C showed that some solutions are more effective than others

6 When describing what RCT tests involve, the writer says that _____.

A some people disapprove of their use in conventional medicine

B they have proved the effectiveness of some CAM treatments

C they appear suitable for testing CAM treatments

7 The first objection to the use of RCT tests for CAM treatments is that _____.

A the tests do not work for certain medical problems

B tests on a single individual may produce very different results

C the tests do not produce a consistent pattern of results

8 The writer says in the last paragraph that the attitude of patients to CAM treatments _____.

A depends entirely on whether the treatments are effective or not

B is not necessarily connected with whether the treatments are effective or not

C may make them think that a treatment has been effective when it has not

9 The second objection to the use of RCT tests for CAM treatments is that _____.

A they cannot measure the effect of CAM treatments on some patients

B they do not work for the most common CAM treatments

C they may suggest that some ineffective CAM treatments actually work

10 The writer's purpose in the article is to _____.

A demonstrate why critics of CAM treatments may be right

B recommend CAM treatments rather than conventional medicine

C discuss whether or not the effectiveness of CAM treatments can be proved

Task 2. For items 11-15, read the text and choose the right part of a sentence A-F. Mind there is one extra part. There is an example at the beginning.

Marathon running – a recipe for health?

If ever there was living proof that marathon running keeps you fit, Jenny Wood Allen from Dundee is it. **(0 – G)** She was 71 and she did not even have proper training shoes then. At first she could only run to the end of her avenue, which is about three quarters of a mile. She had problems getting back and had to either take a bus or ask somebody for a lift. **(11 -)** Scientifically speaking, human beings are perfectly tuned for jumping and running and walking long distances. **(12 -)** One of them, Professor Craig Sharp says that if you are reasonably fit, you can probably run for two hours at a medium pace and feel OK. At this point your muscles run out of glycogen – the best source of energy we have. This means you start using fat for energy, and your body has to work harder to transform fat into energy. This happens at a time when you are starting to feel exhausted. **(13 -)** All this is proof – he believes – that the body isn't designed for long-distance running. Other specialists have a very different opinion. Dr Percy Brown believes that if you train sensibly and prepare several months in advance, it could even help you live longer. This is because running halves your risk of getting heart disease. He believes the only problem you may have when running a marathon is

exhaustion or a small injury caused by falling or tripping over things. (14 -) Only 1 in 1,000 actually makes it to hospital. Another problem may be post-race exhaustion. Surveys show most runners are much more likely to catch colds or develop chest infections in the week after running a race. (15 -) There is no evidence of lasting disease or an increased risk of illness. At 87, Jenny Wood Allen would be doing the London marathon for the 13th time this Sunday. And she plans to go on taking part for many years to come.

- A He argues that after 16-20 miles, you have to slow down and running gets really hard.
- B After a quick top up of water and a rest, most go home and make a full recovery.
- C When it comes to marathon running, however, the experts are divided.
- D In spite of this, marathon running is bad for your health.
- E But this weakening effect on the system is short-lived.
- F Within a couple of months, however, she was managing two or three miles.
- G She started by running to the shops, wearing an anorak and carrying her shopping bag.

Use of English

Task 1. For questions 1 – 20, read the text below and use the word given in CAPITALS to form a word that fits grammatically. Mark your answers on the separate answer sheet.

The first piece (produced on the 5th of March) was Pasquin, a Dramatic Satire on the Times (a piece akin in its plan to Buckingham's Rehearsal), which contained, in addition to much ___1.ADMIRE___ burlesque, a good deal of very direct criticism of the shameless political corruption of the Walpole era.

In the ___2.CHILD___ quartet the principle is only dimly felt, but it is nevertheless there as a subconscious source of inspiration; and it afterwards gives inevitable dramatic truth to such passages as the climax of the development in the sonata. Although with Beethoven the desire to express new thoughts was thus invariably both stimulated and satisfied by the ___3.DISCOVER___ of the necessary new means of expression, he felt deeply the danger of spoiling great ideas by inadequate ___4.EXECUTE___ . His teachers had found him sceptical of authority, and never convinced of the practical convenience of a rule until he had too ___5.SUCCESS___ courted disaster. But he appreciated the experience, though he may have found it expensive, and traces of ___6.CRUDE___ in such early works as he did not disown are as rare as ___7.PLAGIARIZE___ .

The slow ___8.MOVE___ well illustrates the rare cases in which Beethoven imitates Mozart to the detriment of his own proper ___9.RICH___ of tone and thought, while the finale in its central episode brings a ___10.APPLY___ and somewhat diffuse structure in Mozart's style

into direct conflict with themes as “Beethovenish” in their **11.TERSE** as in their sombre passion.

The second sonata is **12.FLAW** in execution, and entirely beyond the range of Haydn and Mozart in harmonic and dramatic thought, except in the finale. And it is just in the adoption of the **13.LUXURY** Mozartesque rondo form as the crown of this work that Beethoven shows his true independence.

The opening of the second subject in the first movement is a wonderful **14.APPLY** of the harmonic principle already mentioned in connection with the early piano quartets. The slow movement, like those of op. 7 and a few other early works, shows a thrilling solemnity that immediately proves the **15.IDENTIFY** of the pupil of Haydn with the creator of the 9th symphony.

If the later work of Beethoven was unknown there would be very little evidence that this sonata was by a young man, except, perhaps, in the remarkable **16.ABRUPT** of style in the first movement. But Beethoven was not content to express his **17.INDIVIDUAL** only in an abrupt epigrammatic style. And while he occasionally attempted to attain a greater **18.BROAD** than his resources would properly allow, there are many early works in which he shows neither boldness of style nor any tendency to confine himself within the limits of previous art.

Certainly the smallest class is that in which there is **19.MISTAKE** imitation of Mozart, and it is significant that almost all examples of this class are works for wind instruments, where the technical limitations narrowly determine the style and discourage the composer from taking things seriously. It is futile to discuss the point at which Beethoven’s second manner may be said to begin, but he has himself given us excellent **20.EVIDENT** as to when and how his first manner (as far as that is a single thing) became impossible to him.

WRITING

Time: 30 minutes

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Your school has recently published the first issue of the school magazine. Now your teacher has asked you to write a report, saying what your classmates like or dislike about the articles, the sports page and the news section, and making suggestions on how the magazine could be improved.  
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It should be written in 160-180 words in an appropriate style.

Do not forget

1) to mention:

- Your teacher's name
- The subject of your report
- The name of the magazine

2) to say:

- What your classmates like or dislike about
 - the articles
 - the sports page
 - the news section

3) make suggestions on the improvements

Transfer your report to the answer sheet.