

Starlight

7

Test Booklet

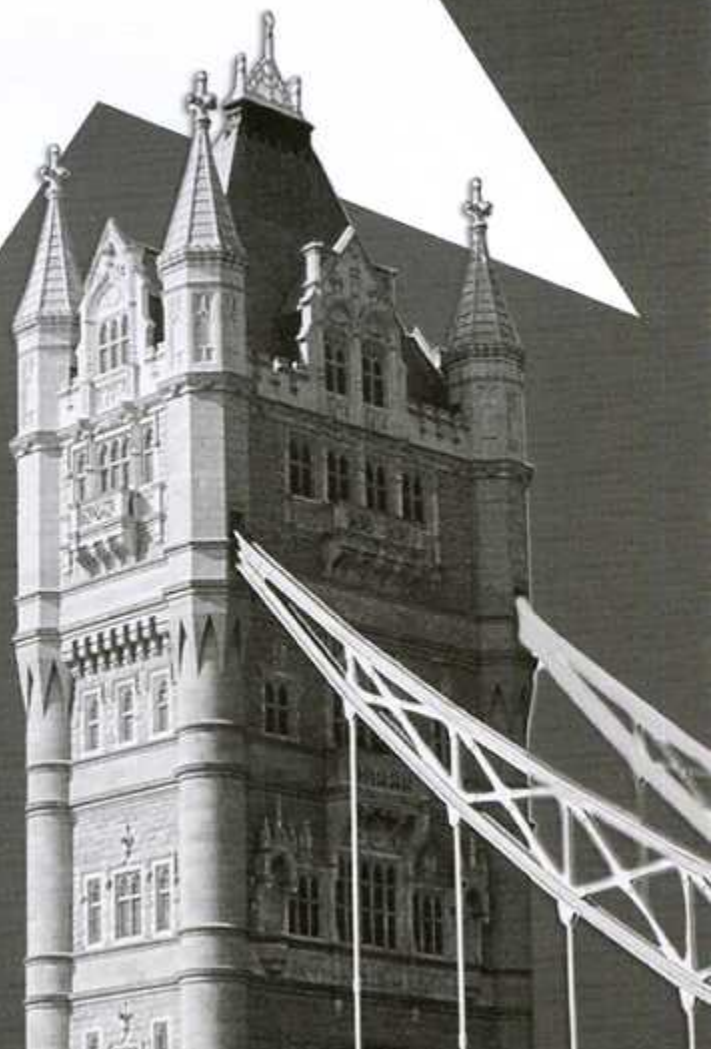
Virginia Evans
Jenny Dooley
Ksenia Baranova
Radislav Millrood




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PUBLISHERS



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Звёздный **АНГЛИЙСКИЙ**

АНГЛИЙСКИЙ ЯЗЫК

Контрольные задания **7 класс**

Учебное пособие
для общеобразовательных
организаций и школ
с углублённым изучением
английского языка

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Авторы: К.М. Баранова, Д. Дули, Р.П. Мильруд, В. Эванс

Authors: Virginia Evans, Jenny Dooley, Ksenia Baranova, Radislav Millrood

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Баранова Ксения Михайловна

Дули Дженни

Мильруд Радислав Петрович

Эванс Вирджиния

Английский язык

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Центр лингвистического образования

Руководитель Центра Ю. А. Смирнов

Зав. редакцией английского языка М. А. Семичев

Ответственный за выпуск М. М. Чердакова

Редактор М. М. Чердакова

Художественный редактор Н. В. Дождева

Корректор Д. А. Белитов



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Test 1

NAME:

DATE:

CLASS:

MARK: /100

(Time: 50 minutes)

• Vocabulary

A Complete the sentences with the correct word.

- take • campus • carry • duty • curious • breath • parachute • champion • earn
- enthusiastic

- 1 Gary is nervous about jumping out of a plane and opening his
- 2 Mandy isn't nosy; she's just and wants to know what happened.
- 3 Yes, I do want to hear more. Please on.
- 4 Mark is very about starting his new job.
- 5 Most first year university students live on
- 6 Take a deep and dive into the swimming pool.
- 7 You can a good salary as a manager.
- 8 It's a babysitter's to look after children.
- 9 He's a world tennis player.
- 10 Mary loves the outdoors and wants to up mountain biking.

(Points: $\frac{\quad}{10 \times 2 \quad 20}$)

B Underline the correct item.

- 1 A teaching job **suits/matches** your skills and personality.
- 2 She wants to **apply/volunteer** for the secretarial job.
- 3 Kylie **holds/keeps** a world record in windsurfing.
- 4 Composing music **appears/comes** naturally to Jill.

(Points: $\frac{\quad}{4 \times 1 \quad 4}$)

• Grammar

C Choose the correct item.

- 1 How often to the gym?
A you go
B are you going
C do you go
- 2 He is hard-working employee in the company.
A less B the least C little
- 3 Daren a programme about ghost hunting now.
A is watching
B watches
C watch
- 4 I don't mind in an office, but I'd rather work outdoors.
A working B to work C work
- 5 Our diving instructor doesn't let us his equipment.
A to use B using C use
- 6 A smokejumper's job is than an artist's.
A dangerous
B the most dangerous
C more dangerous
- 7 John isn't his brother.
A as imaginative as
B as imaginative
C more imaginative
- 8 Mandy that UFOs exist.
A don't believe
B isn't believing
C doesn't believe
- 9 She'd love a computer course.
A take B to take C taking
- 10 Is Eva for a new job?
A looks B looking C look
- 11 It's getting difficult up with technological changes.
A to keep B keeping C keep
- 12 Lucy is a bit than Tracey.
A impatient
B most impatient
C more impatient
- 13 Mike nervous whenever he goes for a job interview.
A is feeling B feels C feel
- 14 He usually the Net in the afternoon.
A is surfing B surf C surfs
- 15 Ann of going rock climbing today.
A thinks B think C is thinking

(Points: $\frac{\quad}{15}$)
15 X 1

• Reading

D Read the article about an extreme sport and match the headings (A-I) to the paragraphs (1-8). One heading does not match.

The Art of Motion

- A LEVELS OF DIFFICULTY
- B EXERCISING IS A MUST
- C SOME TRICKY MOVES
- D A SOCIAL SPORT
- E THE ORIGINS OF THE SPORT
- F A TEAM SPORT
- G THE DANGERS OF THE SPORT
- H THE BEST PARKOUR PLAYGROUND
- I PROPER INSTRUCTION

1 ☐ Parkour is one of the fastest-growing extreme sports around the world. Participants use gymnastics to move through an area with speed and efficiency.

They run, jump, roll and climb over obstacles in their path. The idea behind Parkour is freedom and creativity of movement.

2 ☐ The word Parkour comes from the French word 'Parcours' which means obstacle course. The sport has its roots in Lisses, a suburb of Paris, from some teenagers trying to create a more exciting and athletic way of playing games such as chase.

3 ☐ Participants can do Parkour just about anywhere. Although a city landscape is the most popular with its buildings, streets and railroads. It provides a challenging course and increases the excitement of the sport.

4 ☐ Those taking part in Parkour need to practise their moves. The obstacles they clear depend on their abilities. Beginners usually start off jumping over small objects about half a metre tall and then progress to more challenging obstacles as they become more experienced.

5 ☐ It is important that Parkour athletes have a good level of physical fitness to do the sport. They have to keep fit by running on a regular basis and doing gymnastic exercises which strengthen their shoulders, arms, and legs.

6 ☐ Parkour participants need to be careful because one careless mistake can cause serious injury or death. Most injuries occur when inexperienced athletes try to jump over obstacles that they are not physically prepared to do, for example, attempting to jump from one building to another building.

7 ☐ The national governing body in England is PKUK – Parkour UK. It is responsible for developing and promoting the sport. It is working to develop teaching standards for the sport. It is also introducing the teaching of Parkour in some English schools.

8 ☐ Parkour groups and communities are springing up everywhere. These groups often train together and organise different Parkour events. They are like-minded people who enjoy sharing their passion for the sport with others.

(Points:
8 X 2 16)

• Everyday English

E Choose the correct response.

- | | |
|--|---|
| <p>1 A: Please have a seat. B: a Good. b Thanks.</p> <p>2 A: I'm Andy Harper. B: a I'm 18 years old. b Nice to meet you.</p> <p>3 A: Tell me a little about yourself. B: a I'm hard-working and honest. b That's all I need to know.</p> | <p>4 A: Do you have any relevant experience? B: a I worked in a camp last summer. b I'm looking for a part-time job.</p> <p>5 A: When can you start? B: a Thank you for your time. b Immediately.</p> |
|--|---|

(Points: $\frac{\quad}{5 \times 2}$ 10)

• Listening

F You will hear an interview with a ghost hunter. Listen and put a tick (✓) in the correct box.

- 1 Gloria never gets frightened while ghost hunting.
- 2 Gloria suggests studying a place before going ghost hunting there.
- 3 Always go ghost hunting with a partner.
- 4 Most ghost hunters make money ghost hunting.
- 5 Gloria thinks ghost hunting can be boring at times.

| True | False |
|------|-------|
| | |
| | |
| | |
| | |
| | |

(Points: $\frac{\quad}{5 \times 3}$ 15)

• Writing

G Read the job advert below and write a cover letter to apply for it (120-150 words).

Include:

- opening remarks & reason for writing
- current situation & reason for wanting job
- qualifications, personal qualities & experience
- when available for interview & closing remarks

Wanted

Enthusiastic teens to work as dog walkers Mon-Fri afternoons.

Are you fit and healthy?

Do you like working with animals?

Handwriting practice area with 20 horizontal dotted lines for writing a cover letter.

(Points: $\frac{\quad}{20}$)

(Total: $\frac{\quad}{100}$)

Test 2

NAME: DATE:

CLASS: MARK: /100

(Time: 50 minutes)

• Vocabulary

A Complete the sentences with the correct word.

• locals • social • grab • seasick • ear • shared • lead • search • medieval • audience

- 1 Yahoo is a popular Internet engine.
- 2 Facebook and Twitter are the two biggest networks.
- 3 At the end of the amazing performance, the stood up to applaud.
- 4 She is the singer of an all-girl rock band.
- 5 There are many cathedrals in Europe.
- 6 He his experiences of his adventure holiday.
- 7 Newspapers write headlines that people's attention.
- 8 Whenever I go on a boat, I get
- 9 Stefan tries to mix with the when he travels.
- 10 Phoebe learnt to play the violin by

(Points: $\frac{\quad}{10 \times 2 \quad 20}$)

B Underline the correct item.

- 1 Greg got **caught/grabbed** in bad weather on his way home.
- 2 Barbara got lots of mosquito **stings/bites** on holiday.
- 3 The singer's voice **carried/followed** over the noise of the crowd.
- 4 The **lightning/lighting** at the concert made the stage look green.
- 5 Sam doesn't like **hot/spicy** food like chilli peppers.

(Points: $\frac{\quad}{5 \times 2 \quad 10}$)

• Grammar

C Choose the correct item.

- 1 They were tired because they well the night before.
A weren't sleeping
B hadn't been sleeping
C hadn't slept
- 2 What time the concert start last night?
A do B does C did
- 3 She was having a bath when the phone
A was ringing
B rang
C had rang
- 4 Sue her passport last week.
A had been losing
B lost
C was losing
- 5 Max the guitar while Ann was talking on the phone.
A played
B had played
C was playing
- 6 Did he go to the opera when he was younger?
A use B used C use to
- 7 She the car, locked it and went into the house.
A parked
B was parking
C had parked
- 8 They went on a sightseeing tour an hour
A last B before C ago
- 9 Rob the film so he didn't come with us to the cinema.
A had been seeing
B had seen
C was seeing
- 10 Jan all day and the kitchen smelt wonderful.
A had been baking
B baked
C had baked
- 11 Kate play the flute as a child.
A uses B used to C use to
- 12 At 8 o'clock last night, I a play.
A watched
B had watched
C was watching
- 13 They some money before they went on holiday.
A had saved
B were saving
C use to save
- 14 Mary as she was reading Sue's email.
A was laughing
B had been laughing
C had laughed
- 15 He this novel since this morning.
A had been reading
B had read
C was reading

(Points:)
15 X 1 15

- Reading

D Read the text. In each question choose the correct answer A, B, C or D.

Mamma Mia!

Mamma Mia! started off as a chart-topping pop song in 1975 by the Swedish pop group ABBA. Then it became a musical stage show featuring a whole collection of ABBA songs. Finally it became a blockbuster musical film starring Meryl Streep, Colin Firth, Pierce Brosnan, Stellan Skarsgard and Amanda Seyfried. ABBA was one of the most successful pop bands in Europe. They were on top of the music charts around the world from 1972 to 1982. They sold over 375 million records globally. There were four members, two women and two men who were also married couples. The couples split up in 1979 and 1981 and then finally the band split up in 1983.

The stage show is a global phenomenon and is currently doing an international tour as well as permanently playing in London's West End and on Broadway in New York. It came about in 1999. It was the idea of British producer Judy Craymer. She got permission from Benny Andersson and Bjorn Ulvaeus from ABBA to use their songs and hired playwright Catherine Johnson to write the book for the musical. The show was an instant success and today it has versions in 16 different languages.

The story is about a young bride-to-be and her single mother, Donna, who live on a Greek island. The girl wants her father to walk her down the aisle, but she doesn't know who he is. She invites three men from her mother's diary to the wedding without telling her. It is an amusing and touching story.

The film version is slightly different and came out in 2008. It is more of a musical comedy because the producers didn't choose the actors for their singing abilities.

It got mixed reviews, but it was a huge hit with the cinema-going public and became the most successful British-made film of all time. It is also the fastest-selling DVD of all time in the UK.

- | | |
|---|--|
| <p>1 <i>Mamma Mia!</i> began as a A popular song. C musical show. B popular stage show. D musical film.</p> <p>2 In 1982, ABBA A members' marriages ended. B was on top of the music charts. C sold 375 million records. D stopped being a band.</p> <p>3 The stage show started because A Benny Andersson produced it. B Bjorn Ulvaeus wrote the book. C Catherine Johnson got permission to write it. D Judy Craymer thought of it.</p> | <p>4 The story's central theme is A a girls' wedding. B a mother-daughter relationship. C a girl's search for her father. D life on a Greek island.</p> <p>5 The film A was the same as the stage show. B was the best British-made film ever. C had a lot of great singers in it. D was a hit with reviewers.</p> |
|---|--|

(Points: $\frac{\quad}{5 \times 2} = \frac{\quad}{10}$)

• Everyday English

E Choose the correct response.

- 1 A: I tried calling you, but you didn't answer.
B: **a** I was at the cinema.
b It was nothing special.
- 2 A: The show was amazing last night.
B: **a** Really?
b What's the problem?
- 3 A: I went to the ballet.
B: **a** Do you want to go for a walk?
b Did you have a good time?

- 4 A: What was it like?
B: **a** It was fantastic!
b I don't believe it!
- 5 A: What did you do on Friday?
B: **a** It was great.
b I just stayed home.

(Points: $\frac{\quad}{5 \times 2} 10$)

• Listening

F You will hear Jenny and Brad talking about films they saw recently. Listen and put a tick (✓) in the correct box.

- 1 Brad saw a fantasy film.
- 2 He wants to see it again.
- 3 Jenny's friends recommended this film.
- 4 She saw a romantic film.
- 5 She doesn't want to see any similar films.

| True | False |
|------|-------|
| | |
| | |
| | |
| | |
| | |

(Points: $\frac{\quad}{5 \times 3} 15$)

- Writing

G Write a short story about an exciting experience you had (100-150 words). Include:

- the main characters, the time, the place, the weather
- the events in the order they happened
- what happened in the end and how the characters felt

(Points: $\frac{\quad}{20}$)

(Total: $\frac{\quad}{100}$)

Test 3

NAME: DATE:
CLASS: MARK: /100

(Time: 50 minutes)

• Vocabulary

A Complete the sentences with the correct word.

- extinct • melting • unpredictable • drizzle • self-catering • offer • rise • backwards
• competitors • footpath

- 1 Ice from the polar ice caps is due to rising global temperatures.
- 2 The weather is; you never know what to wear.
- 3 One of the sprained her ankle in the race.
- 4 The white rhino could become
- 5 It's dangerous to go river bugging because you can't see where you're going.
- 6 We followed the into the village.
- 7 There is a special on flights to Germany this week.
- 8 It's not raining hard; it's only a light
- 9 We stayed in a apartment for a week.
- 10 Scientists predict that the earth's temperature will in the future.

(Points: $\frac{\quad}{10 \times 2} \quad 20$)

B Underline the correct item.

- 1 Greenhouse **gases/fuels** surround the earth.
- 2 We're taking a survival **research/course** this weekend.
- 3 He is a **marine/natural** biologist who studies sea creatures.
- 4 **Global/Climate** warming is threatening natural animal habitats.
- 5 The best part of the trip was the stunning **scenery/scene**.
- 6 They have turned the area into a **natural/nature** reserve.
- 7 Most university students prefer to stay in a youth **hostel/hotel**.
- 8 Sea **waters/levels** are rising due to melting glacier ice.

(Points: $\frac{\quad}{8 \times 1} \quad 8$)

• Grammar

C Choose the correct item.

- | | |
|--|---|
| <p>1 I promise I at the animal shelter after school. A am volunteering B volunteer C will volunteer</p> <p>2 Charlie on a caving expedition this weekend. A goes B is going C going to go</p> <p>3 If it's a nice day tomorrow, we sailing. A would have gone B would go C will go</p> <p>4 Don't worry. I you book the plane tickets online. A am helping B help C will help</p> <p>5 If you don't water plants, they A are dying B die C would die</p> | <p>6 If Nigel a life jacket, he would have drowned. A won't wear B didn't wear C hadn't worn</p> <p>7 My flight to Paris at 7:00 am tomorrow morning. A will leave B leaves C is leaving</p> <p>8 Look, he's driving too fast! He into the tree! A is going to crash B is crashing C will crash</p> <p>9 Tom Biology at university next year. A studies B is studying C is going to study</p> <p>10 Unless you protective clothing, you can't go volcano surfing. A don't wear B will wear C wear</p> |
|--|---|

(Points: $\frac{\quad}{10 \times 1} \frac{\quad}{10}$)

D Put the verbs in brackets into the correct tense.

- 1 I wish I (be) more careful. I wouldn't have hurt myself.
- 2 I wish I (have) a lighter to start a campfire.
- 3 I wish the weather (not/to be) so hot.
- 4 If only Mike (not leave) the compass at home. We wouldn't be lost now.
- 5 If only we (bring) sleeping bags. We wouldn't be cold at night.

(Points: $\frac{\quad}{5 \times 1} \frac{\quad}{5}$)

• Reading

E Read the text. For each gap (1-6) choose the word(s) that fit(s) best.

The Rainforests of the Sea

Would you like to visit one of the most spectacular natural wonders of the world? Then take a trip to the Great Barrier Reef on the north-east coast of Australia. It covers approximately 2,000 kilometres and 1) of 3,000 individual reefs and over 900 islands.

The Great Barrier Reef is home to a wide range of animal and plant species. More than 1,500 species of fish inhabit the reef along with 2) other sea creatures. The Great Barrier Reef is also a breeding ground for green turtles and humpback whales. The question, however, is for how long?

3) scientists from the University of Queensland, the Great Barrier Reef is at risk. They report disturbing findings. The temperature of the sea water is rising due to global warming and much of the coral 4) a white colour, a sign that it is dying. Human activity is also to blame. Over 2 million tourists visit the reef every year, but their presence is harmful as divers disturb the reef and ships drop their anchors on it. Some factories are also responsible 5) the damage because they dump poisonous chemicals into the water.

So what can we do to secure the future of the Great Barrier Reef? Scientists predict that unless we 6) action now, the Great Barrier Reef will have no future. Individuals, governments and wildlife organisations need to act together to protect the unique wildlife in the Reef and in this way preserve the remarkable rainforests of the sea.

- | | | | |
|------------------|---------------|--------------|--------------|
| 1 A has | B contains | C consists | D includes |
| 2 A much | B many | C few | D little |
| 3 A According to | B Thanks to | C Despite | D Regardless |
| 4 A turned | B was turning | C had turned | D is turning |
| 5 A in | B on | C for | D with |
| 6 A get | B start | C bring | D take |

(Points: $\frac{\quad}{6 \times 2} = \frac{\quad}{12}$)

• Everyday English

F Choose the correct response.

- 1 A: How can I help you?
B: **a** I'd like a room, please.
b Single, please.
- 2 A: What name, please?
B: **a** It's 35 Green Street.
b It's James Myers.
- 3 A: Does that include breakfast?
B: **a** No, it isn't.
b Yes, it does.

- 4 A: How much is it per night?
B: **a** It's two hours.
b It's £90.
- 5 A: We look forward to seeing you.
B: **a** Thank you. Goodbye.
b Certainly.

(Points: $\frac{\quad}{5 \times 2} \quad 10$)

• Listening

G You will hear an interview about surviving a lightning storm. For each question (1-5), choose the correct answer (A, B, C or D).

- 1 Which is true about lightning storms in the USA?
A There are 25 million lightning related injuries each year.
B An average of 58 people die from lightning each year.
C Lightning kills about 300 people each year.
D Lightning rarely strikes people.
- 2 Hikers who see a lightning storm approaching should find shelter
A when they hear the sound of thunder.
B eight kilometres away.
C outdoors.
D indoors.
- 3 People caught in a lightning storm should
A sit under a tree.
B stay on a mountain top.
C avoid using electrical equipment.
D lie in an open field.
- 4 Lying on the ground when lightning strikes
A lessens the chance of a lightning strike.
B may kill you.
C is a good way to stay protected.
D protects your hearing.
- 5 Julie advises
A checking the weather in advance before going outside.
B staying close to shelters when hiking.
C not running during a storm.
D finding a telephone and calling for help during a storm.

(Points: $\frac{\quad}{5 \times 3} \quad 15$)

- Writing

H Read the advert and write an email asking for more information (120-150 words). Include:

- opening comments & reason for writing
- your questions (where, the cost, other activities, special clothes, etc.)
- your closing comments

The World Outdoors invites you to our Multi-Sports Week!

June 15th–21st

A fun week of whitewater rafting, river bugging ... and much more!

If you're 18–26 years old and keen on joining us, email

Jane Anders at: janders@theworldoutdoors.com

[illegible]

(Points: $\frac{\quad}{20}$)

$$\left(\text{Total: } \frac{\quad}{100} \right)$$

Test 4

NAME: DATE:

CLASS: MARK: /100

(Time: 50 minutes)

• Vocabulary

A Complete the sentences with the correct word.

- immune • itchy • concentrate • slippery • blurred • sickness • venom
• strain • confined • home

- 1 Some snakes inject into their victims.
- 2 The roads are after it rains.
- 3 I always get travel when I go on long car journeys.
- 4 Some stinging plants like nettles can give you a(n) rash.
- 5 Sarah is scared of spaces.
- 6 Sitting in front of a screen for a long time can cause vision.
- 7 Vitamin C can boost your system.
- 8 Garlic is an ingredient in many remedies.
- 9 You can your eyes if you read in low light.
- 10 Jeff was finding it difficult to because of the noise.

(Points: $\frac{\quad}{10 \times 2} \quad 20$)

B Underline the correct item.

- 1 A platypus has a **poisonous/venom** spike.
- 2 Cold water can **repair/soothe** the pain of a burn.
- 3 Scientists haven't found a **cure/remedy** for the common cold.
- 4 Sam has got a(n) **sore/upset** stomach from eating too many sweets.
- 5 A spider can give you a(n) **ache/nasty** bite.

(Points: $\frac{\quad}{5 \times 2} \quad 10$)

• Grammar

C Choose the correct item.

- | | |
|--|---|
| <p>1 Students use their mobile phones in class. It's the rule. A shouldn't B mustn't C don't have to</p> <p>2 Some honey help your sore throat. A may B has to C must</p> <p>3 2008 was the year I passed my driving test. A where B which C when</p> <p>4 Jan and Phil like sailing. A Either B Both C Neither</p> <p>5 Lisa lost Jim's mobile phone so she him buy a new one. A must B has to C should</p> <p>6 He felt better and go to the doctor after all. A couldn't B can't C didn't have to</p> <p>7 Ann win the competition yesterday. A didn't have B couldn't C wasn't able to</p> | <p>8 The man lives next door is a vet. A who B whose C what</p> <p>9 This is the village I lived as a child. A where B which C when</p> <p>10 John nor Claire like swimming. A Both B Either C Neither</p> <p>11 You try not to strain your eyes. A should B mustn't C have to</p> <p>12 Go in. The doctor see you now. A may B should C can</p> <p>13 The reason I called is to tell you some good news. A which B why C who</p> <p>14 you tell her the truth or I will. A Either B Neither C Both</p> <p>15 The snake, escaped from the zoo, is poisonous. A who B what C which</p> |
|--|---|

(Points:
15 X 1 15)

• Reading

D Read the text. For each gap (1-5) choose the correct sentence (A-F). There is one extra sentence.

Give your brain **A WORKOUT!**

It's not just older people who should exercise their minds as well as their bodies. Research shows that the more we use our brains, the sharper we become. 1) The less we use our brains the weaker they become. So here are some ways to give your mind a workout.

Learn a new skill.

2) When you try something new, you exercise parts of your brain which you may not have used for a while. You can study French or Spanish, take driving lessons, or learn to dive. This way you stretch your mind and gain a useful skill.

Do games and puzzles.

Word games like crossword puzzles, word search puzzles and board games are great for the mind.

3) Number games such as Sudoku, remembering phone numbers and doing simple maths problems can stop your brain from becoming lazy. There are also a number of video games that offer brain training activities such as Big Brain Academy by Nintendo DS. These games help improve the brain's problem-solving abilities and you can do them for just a few minutes every day.

Read a good book.

Reading can stretch your imagination and expand your mind as well as your vocabulary. 4) Try magazines, newspapers and books that you wouldn't normally read. When you pick a book on a subject you know nothing about, you can learn something new. Non-fiction books can teach and entertain you at the same time. You can become an expert on something new every week.

There's a great expression – use it or lose it – and that is true for your brain. When you give your brain a workout, you create new neural pathways and improve your mental well-being. 5) The more we think the better thinkers we become.

- A They can expand your vocabulary, too.
- B You can read different types of material, too.
- C Mental health is just as important as physical health.
- D The opposite is also true.
- E It's important to do physical exercise regularly.
- F Seek out new experiences, skills and knowledge

(Points: $\frac{\quad}{5 \times 2} = \frac{\quad}{10}$)

• Everyday English

E Choose the correct response.

1 A: Come in and take a seat.

B: a Thank you.

b You're welcome.

2 A: I'm afraid it's infected.

B: a Yes. Sure.

b What should I do?

3 A: What seems to be the problem?

B: a It's my arm.

b I'm sorry to tell you.

4 A: What should I do?

B: a Take some painkillers.

b I'll write you a prescription.

5 A: Should I come back and see you again?

B: a Let's take a look.

b Only if it gets worse.

(Marks: $\frac{\quad}{5 \times 2 \quad 10}$)

• Listening

F You will hear an interview about meditation. For each question (1-5), choose the correct answer (A, B, C or D).

1 Dr Sweeney describes meditation as

A a way to solve problems.

B a relaxation technique.

C a physical state.

D a religious practice.

2 You do meditation by

A breathing quietly.

B focussing on a problem.

C emptying your mind.

D sitting comfortably.

3 Dr Sweeney says that it is difficult to

A solve everyday problems.

B find time to practise meditation.

C fill your mind.

D stop thinking about things.

4 Meditation can help people who

A have trouble breathing.

B have low blood pressure.

C are energetic.

D are overactive.

5 During meditation you may fall asleep

A as you are tired from crying a lot.

B because you are completely relaxed.

C because your problems are gone.

D without knowing why.

(Points: $\frac{\quad}{5 \times 3 \quad 15}$)

- Writing

G Read the rubric and use the ideas/results in the box to write an essay (150-200 words) making suggestions. Remember to:

- state the problem
- present the suggestions & results in separate paragraphs
- summarise your opinion

Your English teacher has asked you to write an article suggesting ways to deal with someone gossiping about you. Write your essay.

Calmly talk to the person and ask them to stop – they may stop
Ignore the person – they might lose interest if you don't respond
Spread positive news about yourself – this will balance out the negative gossip

(Points: $\frac{\quad}{20}$)

(Total: $\frac{\quad}{100}$)

Test 5

NAME:

DATE:

CLASS:

MARK: /100

(Time: 50 minutes)

• Vocabulary

A Complete the sentences with the correct word.

• plastic • host • vocal • social • homeless • cheerful • gossip • sank • sneeze • blush

- 1 Bob volunteers at a shelter at the weekends.
- 2 Her heart when she saw the boat leave without her.
- 3 I when my nose gets irritated.
- 4 The singer had to rest her cords before the concert.
- 5 Too many people are having surgery these days.
- 6 Helen is the least person I know. She never smiles.
- 7 People who about others are often just jealous of them.
- 8 It pays to learn about the etiquette of another culture when you travel.
- 9 I always when I feel embarrassed.
- 10 Mark stayed with a great family in Spain last year.

(Marks: $\frac{\quad}{10 \times 2 \quad 20}$)

B Underline the correct item.

- 1 Jan went outside and **took/held** a deep breath.
- 2 Tony ran up to Jane and **got/gave** her a big hug.
- 3 Try not to **lose/miss** your temper.
- 4 I hope you **raise/reach** your goals.
- 5 Drivers need to **stay/keep** alert on long journeys.

(Points: $\frac{\quad}{5 \times 2 \quad 10}$)

• Grammar

C Choose the correct item.

- 1 Lyn has lived in Mexico she was eight.
A for B since C ever
- 2 I Georgia for over a month.
A didn't see
B haven't been seeing
C haven't seen
- 3 Derek study abroad next year, but he isn't sure.
A can't B might C must
- 4 John to Switzerland last year.
A has travelled
B has been travelling
C travelled
- 5 Katy loves to weddings.
A to go B going C go
- 6 Lee denied the vase.
A to break
B to have broken
C having broken
- 7 Sue since this morning.
A has been exercising
B exercise
C exercised
- 8 Have you tasted Indian food?
A yet B ever C never
- 9 They're lost. They know the area.
A can't B must C might
- 10 Jenny seems her new job.
A to enjoying
B enjoying
C to be enjoying
- 11 It since last night.
A was raining
B has been raining
C rained
- 12 The opportunity was too good
A missing B to miss C to missing
- 13 They Spanish for two years now.
A were learning
B have been learning
C have learned
- 14 Jon claims the night the crime took place.
A to have been working
B working
C was working
- 15 Penny hates to classical music.
A to listening
B listen
C listening

(Points:
15 X 1 15)

• Reading

D Read the text. For each question choose the correct answer A, B, C or D.

A Helping Hand

Marian Jones was working as a primary school teacher in Swansea in Wales when she heard about a volunteer programme to help children in Africa. They were looking for imaginative teachers to make learning fun for children in order to encourage them to continue their education.

In Rwanda, Africa, 95% of all children finish primary school. But sadly, extreme poverty and old-fashioned teaching methods mean that many of them don't continue their education.

Schoolchildren in this part of the world don't have access to modern teaching methods or proper school equipment. Families cannot afford to pay for school supplies or basic stationary. This means that in most lessons the teacher stands at the front of the class and talks and the children sit at their desks and listen. This is why a lot of schoolchildren don't enjoy their lessons and don't want to go to secondary

school. To them, school is just something to get through before they start working on the land as farmers or labourers.

Marian knew she could do something to help. She signed up with a volunteer programme and flew to Africa. She loved teaching and engaging the children in their lessons. She understood that this is the best way to improve children's chances of learning.

Making lessons fun with little or no resources, though, was a difficult task. The key was to get students to participate in the lessons. She used games, group work and interesting tasks.

Today, she works with Rwandan teachers and helps them to be resourceful. She has also inspired many students to become teachers themselves. She is happy that she has made a difference in these children's lives and given them the desire to reach their full potential.

- | | |
|---|---|
| <p>1 Marian Jones began as</p> <p>A a teacher in Africa.</p> <p>B a volunteer in Wales.</p> <p>C a volunteer in Rwanda.</p> <p>D a teacher in Swansea.</p> | <p>4 Marian gave her students</p> <p>A enjoyable lessons.</p> <p>B difficult tasks to do.</p> <p>C a chance to teach.</p> <p>D lots of resources.</p> |
| <p>2 Ninety five percent of Rwandan children</p> <p>A grow up in poverty.</p> <p>B complete their primary education.</p> <p>C finish secondary school.</p> <p>D don't continue their education.</p> | <p>5 Today Marian</p> <p>A trains other teachers.</p> <p>B trains students to become teachers.</p> <p>C creates teaching games.</p> <p>D continues to teach Rwandan children.</p> |
| <p>3 Many schoolteachers in Rwanda</p> <p>A don't enjoy the lessons.</p> <p>B don't teach at secondary schools.</p> <p>C don't make lessons fun.</p> <p>D listen to the children.</p> | |

(Points: $\frac{\quad}{5 \times 2 \quad 10}$)

• Everyday English

E Choose the correct response.

- 1 A: I'm Tony Smith.
B: a I've just moved in next door.
b Pleased to meet you.
- 2 A: Could I talk to you for a minute?
B: a What can I do for you?
b Don't worry.
- 3 A: I'll make sure it doesn't happen again.
B: a I understand.
b I'd appreciate that.

- 4 A: Sorry again.
B: a Have a nice day.
b Don't worry about it.
- 5 A: What can I do for you?
B: a I'm afraid I have a complaint.
b I didn't realise it was a problem.

(Points: $\frac{\quad}{5 \times 2} 10$)

• Listening

F You are going to hear five people talking about life events. Match the speakers (1-5) to the statements (A-F). There is one extra statement that does not match.

- A I got fired.
B I became a grandparent.
C We bought our own house.
D I graduated from university.
E I'm renting a new flat.
F I moved abroad.

| | |
|-----------|--|
| Speaker 1 | |
| Speaker 2 | |
| Speaker 3 | |
| Speaker 4 | |
| Speaker 5 | |

(Points: $\frac{\quad}{5 \times 3} 15$)

• Writing

G Read the rubric and use the points & justifications in the box to write a for-against essay (150-200 words). Remember to:

- introduce the topic
- present the advantages/disadvantages & examples in separate paragraphs
- summarise the topic & express your opinion

Your English teacher has asked you to write an article about the pros & cons of moving abroad. Write your essay.

Points

Another country may offer more opportunities.
A new country may offer a better lifestyle.
It can be difficult to adapt to a new culture.

Justifications

- You may have a better standard of education and improved employment prospects.
- Your standard of living and amount of free time may increase.
- The language, food, weather and customs may be hard to adapt to.

(Total:)
100

Test 6

NAME: DATE:
CLASS: MARK: /100
(Time: 50 minutes)

• Vocabulary

A Complete the sentences with the correct word.

- armed • computer • community • hard • traffic • identity • human • evidence
• dangerous • speed

- 1 I've just bought an external drive for my computer.
- 2 Some people in developing countries don't have basic rights.
- 3 I was stuck in a(n) jam for two hours yesterday.
- 4 When drivers, they put people's lives at risk on the roads.
- 5 The vandals were sentenced to 200 hours of service.
- 6 In CSI, the people in the crime lab analyse to capture the criminals.
- 7 Two men in masks committed a(n) robbery at the bank.
- 8 It's to drive over the speed limit.
- 9 We may be at risk of theft when we shop online.
- 10 My dad's company has just set up a new system.

(Points: $\frac{\quad}{10 \times 2} \quad 20$)

B Underline the correct item.

- 1 Amnesty International organises events to **raise/rise** support for good causes.
- 2 Be careful when you **open/spread** an email attachment.
- 3 This room could do with some **colouring/brightening** up.
- 4 Tom hired a **private/store** detective to find his daughter.
- 5 The police need more evidence to **sentence/arrest** the suspect.

(Points: $\frac{\quad}{5 \times 2} \quad 10$)

• Grammar

C Choose the correct item.

- | | |
|---|--|
| <p>1 The thief by the police. A is caught B was caught C is being caught</p> <p>2 It that he will get a life sentence. A is thought B thought C think</p> <p>3 He caught the vandal A itself B herself C himself</p> <p>4 The stolen painting yet. A wasn't recovered B hasn't been recovered C isn't recovered</p> <p>5 She wasn't to enter here. A allowed B made C let</p> <p>6 Katy her bag stolen last night. A had B has C was having</p> | <p>7 They fitted the windows A ourselves B yourselves C themselves</p> <p>8 The police officer the man he was going to prison. A asked B told C said</p> <p>9 The judge's decision announced next week. A is B has been C will be</p> <p>10 He asked the thieves had stolen. A what B when C where</p> |
|---|--|

(Points: $\frac{\quad}{10 \times 1 \quad 10}$)

D Use the verbs in brackets to report the sentences.

- | | |
|--|---|
| <p>1 'I didn't take your wallet,' she said. (DENIED) </p> <p>2 'Don't forget to turn off the alarm,' Jack said to me. (REMINDING) </p> <p>3 'Let's go to the police station,' she said. (SUGGESTED) </p> | <p>4 'I'm sorry I took your handbag,' he said. (APOLOGISED) </p> <p>5 'Don't enter this building,' he said to us. (WARNED) </p> |
|--|---|

(Points: $\frac{\quad}{5 \times 3 \quad 15}$)

- Reading

E Read the text. For each gap (1-5) choose the correct sentence (A-F). There is one extra sentence.

SPACE INVADERS

There is a street artist who calls himself 'Invader'. Little is known about this artist.

1) His street art comes in the form of a mosaic made up of small coloured square tiles. They are always in the shape of an alien spacecraft from the 1978 video game Space Invaders created by Toshiro Nishikado. 2) He also calls his street art an 'invasion' and so far he has invaded the cities of Paris, London, New York, to name a few. Invader carefully selects the places he puts his mosaics according to how many people will see them. They are usually placed on street corners at around three to four metres above the ground.

3) His work has been shown in a number of modern art galleries around the world including the Mama Gallery in Rotterdam and the Borusan Centre in Istanbul. From 7th June to the 2nd July, 2011, he exhibited in Paris in an exhibition simply called 1000. 4)

His latest art project is 'RUBIKCUBISM'. 5) It has now become an art movement with many other street artists following in Invader's footsteps and creating art from these coloured cube toys. To find out more information about invader visit the website www.space-invaders.com

- A This involves making art from Rubik's Cubes.
- B It is called this after the total number of space invaders in the city.
- C Invader is not only a street artist, though.
- D We do know, however, that he is French and he was born in 1969.
- E Invader has also written four books about his art.
- F That's where he takes his name from.

(Points: $\frac{5 \times 2}{10}$)

• Everyday English

F Choose the correct response.

1 A: Where did you witness the incident?

B: a On Joyce Street.

b It was 8 pm last night.

2 A: What did you see?

B: a He was wearing a red cap.

b A man running out of the house.

3 A: Can you describe the man?

B: a He was tall and slim.

b I shouted at him to stop.

4 A: Can I take your address and telephone number?

B: a I appreciate your help.

b Of course.

5 A: Is there anything else you can tell me?

B: a No problem.

b I don't think so.

(Points: $\frac{\quad}{5 \times 2 \quad 10}$)

• Listening

G You will hear two people talking about helping in the community. Listen and put a tick (✓) in the correct box.

1 Dave works at a retirement home.

2 Dave thinks old people don't get enough respect.

3 Dave didn't know his grandparents well.

4 Dave doesn't need any volunteers.

5 The next trip is to the flower show.

| True | False |
|------|-------|
| | |
| | |
| | |
| | |
| | |

(Points: $\frac{\quad}{5 \times 3 \quad 15}$)

• Writing

H Read the rubric and use the points & justifications in the box to write a for-against essay (150-200 words). Remember to:

- state your reason for writing & your opinion
- present your suggestions & their consequences in separate paragraphs
- summarise & restate your opinion

You read a report in the newspaper about the council's plans to renovate an abandoned mill. Write a letter to the editor of the paper making suggestions about what it can be used for and how you think this can benefit the local community.

- An indoor sports centre with a climbing wall. This will give young people the opportunity to keep fit & try out new fun activities.
- A children's activity centre and café. This would be a great place for families to go when the weather is bad.

(Points: $\frac{\quad}{20}$)

(Total: $\frac{\quad}{100}$)

Tests Key

TEST 1

A 1 parachute 5 campus 9 champion
2 curious 6 breath 10 take
3 carry 7 earn
4 enthusiastic 8 duty

B 1 suits 2 apply 3 holds 4 comes

C 1 C 4 A 7 A 10 B 13 B
2 B 5 C 8 C 11 A 14 C
3 A 6 C 9 B 12 C 15 C

D 1 C 3 H 5 B 7 I
2 E 4 A 6 G 8 D

E 1 b 2 b 3 a 4 a 5 b

F 1 F 2 T 3 T 4 F 5 T

G Suggested Answer Key

Dear Sir/Madam,

I am writing to apply for the dog walking job.

I am 16 years old and I am studying for my A levels at school. I believe that a summer job as a dog walker would be useful for me as it would provide me with good exercise.

Last summer, I volunteered at the Riverside Animal Shelter where I walked and fed the dogs. I consider myself to be in great shape as I keep fit by running and mountain biking. I am enthusiastic and I love working with animals.

Please find enclosed a copy of my CV. I am available for an interview anytime. I look forward to hearing from you.

Yours faithfully,

Ethan Sanders

TEST 2

A 1 search 5 medieval 9 locals
2 social 6 shared 10 ear
3 audience 7 grab
4 lead 8 seasick

B 1 caught 3 carried 5 spicy
2 bites 4 lighting

C 1 C 4 B 7 A 10 A 13 A
2 C 5 C 8 C 11 B 14 A
3 B 6 C 9 B 12 C 15 A

D 1 A 2 B 3 D 4 C 5 B

E 1 a 2 a 3 b 4 a 5 b

F 1 T 2 T 3 T 4 F 5 F

G Suggested Answer Key

Last summer, my friend Alexander and I went to Sweden on holiday. One warm morning, we decided to take a tour of the city.

We started our day at a museum. As we were taking pictures of an old ship, several workers thanked us for visiting the museum. Everyone was very friendly. After that, we went to a nice restaurant. As we sat down, other customers were waving at us. We felt like royalty. At the end of the meal, they didn't even charge us. We couldn't believe it. Later, in the taxi on the way to the hotel, the driver wanted me to sign something. I thought it was strange so I just paid with cash and got out. He seemed a little upset. Back in the room, we turned on the TV and we realised why everyone was so friendly. A Swedish soap opera was on and I looked like one of the main actors. They thought I was him! We were amazed. We'll never forget that trip.

TEST 3

- A 1 melting 6 footpath
2 unpredictable 7 offer
3 competitors 8 drizzle
4 extinct 9 self-catering
5 backwards 10 rise

- B 1 gases 4 Global 7 hostel
2 course 5 scenery 8 levels
3 marine 6 nature

- C 1 C 3 C 5 B 7 B 9 C
2 B 4 C 6 C 8 A 10 C

- D 1 had been 4 had not left
2 had 5 had brought
3 was not

- E 1 C 2 B 3 A 4 D 5 C 6 D

- F 1 a 2 b 3 b 4 b 5 a

- G 1 B 2 D 3 C 4 B 5 A

H Suggested Answer Key

To: Jane Anders

From: Mandy Ramsey

Subject: Multi-Sports Week

Dear Ms Anders,

I read the advertisement for the Multi-Sports Week June 15th to the 21st and I am very interested in signing up. However, I do have a few questions about it.

To start with, where does the sports week take place? Also, how much does it cost?

Secondly, the advert says there are sports such as whitewater rafting and river bugging, but what other sports can people do? Finally, do I need to bring any special clothes or equipment to do any of the activities?

Thank you so much for your time. I look forward to your response.

Kind regards,
Mandy Ramsey

TEST 4

- A 1 venom 6 blurred
2 slippery 7 immune
3 sickness 8 home
4 itchy 9 strain
5 confined 10 concentrate

- B 1 poisonous 3 cure 5 nasty
2 soothe 4 upset

- C 1 B 4 B 7 C 10 C 13 B
2 A 5 B 8 A 11 A 14 A
3 C 6 C 9 A 12 C 15 C

- D 1 D 2 F 3 A 4 B 5 C

- E 1 a 2 b 3 a 4 a 5 b

- F 1 B 2 C 3 D 4 A 5 B

G Suggested Answer Key

It is not easy to be a student, especially when another student is gossiping about you. There are some things you can do, though, to change the situation for the better.

First of all, you should talk to the person who is spreading gossip about you. Don't confront them angrily, but talk to them calmly and simply tell them to stop. As a result, they will realise that you know it was them, and they may stop immediately.

Secondly, ignore them when they talk about you. They may only be doing it to get a reaction out of you or because they want attention. They see it as a game. When you show them that it doesn't bother you, they might lose interest.

Another thing you can do is to spread some positive news about yourself around the school. Consequently, this could balance out the negative gossip going around.

All in all, dealing with people that gossip can be difficult. However, I believe you should choose to handle it in a positive way by talking to the person directly, simply ignoring them or by highlighting the things that you do well. If you can do that, the problem will go away soon.

TEST 5

- A 1 homeless 5 plastic 9 blush
2 sank 6 cheerful 10 host
3 sneeze 7 gossip
4 vocal 8 social

- B 1 took 3 lose 5 stay
2 gave 4 reach

- C 1 B 4 C 7 A 10 C 13 B
2 C 5 B 8 B 11 B 14 A
3 B 6 C 9 A 12 B 15 C

- D 1 D 2 B 3 C 4 A 5 A

- E 1 b 2 a 3 b 4 b 5 a

- F 1 D 2 A 3 C 4 F 5 B

G Suggested Answer Key

These days, many people are considering moving abroad. Some people believe that they will have more opportunities there, but not everyone agrees as other people raise concerns about problems that may arise. To start with, moving abroad definitely has some advantages. Firstly, a different country may offer more opportunities. For example, the educational system may be better. As a result, you will have improved employment prospects. Secondly, that country may offer you a chance at a

better lifestyle. As a result, you would have a higher standard of living. In addition, you may have more free time as well. On the other hand, there are some disadvantages that you should consider. To begin with, you may find it difficult to adjust to a new culture. For instance, the language, food, weather and customs may be hard to adapt to. Consequently, you may struggle to feel at home. All in all, there are both advantages and disadvantages to people moving abroad. In my opinion, people should do some research on the country they want to move to, and then they can make an informed decision.

TEST 6

- A 1 hard 6 evidence
2 human 7 armed
3 traffic 8 dangerous
4 speed 9 identity
5 community 10 computer

- B 1 raise 3 brightening 5 arrest
2 open 4 private

- C 1 B 3 C 5 A 7 C 9 C
2 A 4 B 6 A 8 B 10 A

- D 1 She denied that she took the wallet.
2 Jack reminded me to turn off the alarm.
3 She suggested going to the police station.
4 He apologised for taking my handbag.
5 He warned us not to enter that building.

- E 1 D 2 F 3 C 4 B 5 A

- F 1 a 2 b 3 a 4 b 5 b

- G 1 T 2 T 3 T 4 F 5 F

H Suggested Answer Key

Dear Sir/Madam,

I am writing in response to the article about the council's plans to renovate an abandoned mill. I think this is a marvellous idea and I have some suggestions about what the council could do to benefit the local community.

To start with, the mill could be turned into an indoor sports centre that includes a climbing wall. As a result, it would provide young people with an opportunity to keep fit.

Moreover, they will have the chance to try out fun and new activities. They may even make new friends as they compete in different sports or games. Furthermore, the abandoned mill could be turned into a children's activity centre and café. It would give families a safe and enjoyable place to go when the weather is bad. To sum up, I am strongly in favour of the council's decision to renovate the abandoned mill.

TEST 1

Presenter: Good afternoon, you're listening to KLM Radio and now it's time for our weekly unusual jobs segment. This week, we're interviewing Gloria Young, a famous ghost hunter and writer. Gloria, welcome to the show.

Gloria: Good afternoon everyone.

Presenter: Gloria, let's start by asking what it takes to become a successful ghost hunter.

Gloria: Well, first of all, you should keep an open mind. This makes you sensitive to your surroundings and the possibility of a ghost. So, if you have a positive attitude, ghosts feel welcome.

Presenter: Are you ever scared when ghost hunting?

Gloria: Sometimes, but that's ok. It's part of what makes it fun and exciting.

Presenter: When's the best time to go ghost hunting?

Gloria: At night, of course. But, take a trip to where you want to go hunting during the day and make a map of the area so you can become familiar with it. This way you know what to expect at night.

Presenter: What equipment does a ghost hunter need?

Gloria: I suggest taking a flashlight. You also need to bring a portable camcorder, so you can capture any ghostly activity. Remember to bring a mobile phone in case you get lost or in trouble.

Presenter: Some listeners are wondering whether ghost hunting is safe.

Gloria: That's a very important question. It's a good idea to tell a friend or relative where you are going. Never go ghost hunting alone. You must have a companion who can help you, and most importantly, confirm your ghostly encounter.

Presenter: I often hear of people who want to do ghost hunting professionally. How easy is it to be a professional ghost hunter?

Gloria: Well, I must admit that ghost hunting is more of a hobby than a profession. It's difficult to earn money at it. Most hunters have a regular job and go ghost hunting as an exciting pastime.

Presenter: Any final tips for our listeners?

Gloria: Believe it or not, ghost hunting is not always as adventurous as people seem to think. Hours may go by without a single sighting; however, if you're patient, you may have a ghostly encounter that makes all those dull hours of waiting worth it. My experience says that a ghost is just waiting round the corner!

Presenter: Alright, Gloria, that's all we have got time for today, so thank you very much for coming on the show and telling us a little bit about your strange job.

Gloria: You're welcome.

TEST 2

Scott: Good morning. You're listening to the Scott Banks show on Radio Wave. Now we're going to have a quick look at what's on at the cinema and hear from two callers with their reviews. First on line 1, it's Brad. Hi, Brad!

Brad: Hi, Scott! I saw Harry Potter and the Deathly Hallows Part 2. It's a fantasy adventure film and the final chapter of the Harry Potter series. Harry and his friends are trying to find and destroy three magical items so that they can defeat the evil Voldemort. It was very exciting and fast-paced and I was on the edge of my seat the whole way through. I really enjoyed it. I felt sad that there won't be any more Harry Potter films but it was a great end to the series and I definitely want to buy the DVD when it comes out.

Scott: Thanks, Brad. That sounds like a great film. And now on line 2 it's Jenny. Hi, Jenny, what did you see?

Jenny: Hi, Scott. Well, I saw a great comedy called Horrible Bosses. I usually prefer to watch romantic films or dramas so this was something different for me, but my friends told me to see it. I didn't expect to like it, but I really enjoyed it. The plot is simple. It's about three friends who agree to get rid of each other's horrible bosses. It's very funny and I laughed out loud more than a few times, especially at the end. I definitely want to see a few more comedies now.

Scott: OK. Well, thanks Jenny and Brad for reviewing those films for us. That's all we have time for. Next week two more listeners will review two different films so don't forget to tune in. Next
(fade)

TEST 3

Julie: ... Welcome back listeners. I'm Julie Wayne. You're listening to Wilderness Survival Corner. Today we're talking about surviving a lightning storm. With us is Professor Andy Blank, from the National Lightning Safety Institute.

Andy: Hello, Julie. It's great to be here. I'd like to begin by giving our listeners some alarming statistics. Did you know that according to the National Weather Service there are 25 million lightning flashes every year in America? Each year lightning kills about 58 people and injures about 300 in the United States alone.

Julie: Really? That is worrying. It's important to learn and understand lightning safety. What advice have you got for our listeners, Andy?

Andy: Well, you need to be able to tell how close the lightning is. The best way to do this is from the sound of thunder. If you can't count more than 30 seconds between seeing lightning and the sound of thunder that follows, you're in danger. This means that the lightning is less than eight kilometres away. Hikers need to know that no place outside is safe when there is lightning in the area, so finding a closed shelter to sit out the storm is very important. If there is no shelter nearby, the second best thing to do, is find protection in a car, with the windows rolled up.

Julie: OK, but what can you do if you are actually caught in the middle of a lightning storm?

Andy: Rule number one: Do not panic! Then make sure you get away from places like open fields or mountain tops and never use a tree as shelter. Safe buildings are houses, schools, office buildings, and shopping centres for example. Once inside a building, you should not have contact with electrical appliances or even telephones.

Julie: When people have nowhere to go the first thing they often do is lie down flat on the ground, is this safe?

Andy: Absolutely not. When lightning strikes the earth it produces electrical currents in the ground that can be deadly up to 30 metres away. It's better to be as low as possible, but not flat on the ground. You should bend down low on your feet and also remember to protect your hearing by covering your ears to block out the thunder.

Julie: So, listeners, let's not take any risks. Keep an eye on the weather forecast before going on a hike and remember to get to a shelter before the weather becomes dangerous. If you do get caught in a storm, run as quickly as you can to a safe shelter, but don't use a telephone to call for help. Well, Andy, thanks for joining us today, it was very informative.

Andy: You're welcome.

TEST 4

Host: Today on 'Personal Health' we're going to talk about meditation. And here to tell us all about it is Dr Claire Sweeney. Welcome, Dr Sweeney.

Dr Sweeney: Thank you. It's great to be here.

Host: So, first things first. What exactly is meditation?

Dr Sweeney: Well, meditation is a way for a person to achieve inner peace and a relaxed state of mind. It is a perfect technique to escape from your worries and help yourself to cope with the problems of daily life better. It is not related to a particular religion. It is simply a method of mental and physical relaxation.

Host: And how do you do it?

Dr Sweeney: When a person meditates, they stay calm and quiet for a period of time in a comfortable position. The key to achieving a calm state of mind is to focus on your breathing and clear your mind.

Host: It sounds easy, is it?

Dr Sweeney: Well, it isn't easy to think of nothing, especially when your mind is filled with the everyday problems of your busy life. That, though, is the point. Meditation is a skill that has to be acquired over time through practice. The good news, though, is that even the practice is helpful. By de-cluttering your mind – even if it is only for a few minutes a day – you will feel less stressed and more relaxed.

Host: And meditation has some other benefits, doesn't it?

Dr Sweeney: That's right. From a medical point of view, meditation is a proven way to lower blood pressure. It can help asthma sufferers to breathe more easily. It can also help people who suffer from insomnia by relaxing an overactive and energetic mind.

Host: So let's all meditate!

Dr Sweeney: Yes. Once you can relax and achieve a state of mind that is clear and blank, you can leave your worries behind. At this point you may cry or smile without knowing the reason why. You may even become so relaxed that you fall asleep. And when you wake up you will feel completely at ease with yourself.

Host: Well, I'm afraid that's all we've got time for today. Thank you, Dr Sweeney. Next week ... (fade) ...

TEST 5

Speaker 1

The ceremony was last week. It was great. My whole family came and they were so proud of me when I went up and received my diploma. Afterwards, we went out for a lovely meal to celebrate. It was one of the best days of my life. Now I have to start trying to find work.

Speaker 2

I was very shocked and upset. I mean, I know times are tough but I thought after working there for 10 years they would keep me on. I couldn't believe it when they let me go. Now I'm unemployed and it's

really hard to find a job at this time of year. I hope something comes along soon or I may have to think about moving away to find work.

Speaker 3

It was such a great feeling when they handed over the keys to us. We've been renting for so long I wasn't sure that we would ever find somewhere that we could afford. Anyway, it's close to public transport and near the shops and it's got a lovely garden. I love it. I can't wait to start redecorating.

Speaker 4

I've always wanted to do this and now that I'm here I can't believe I didn't do it sooner. The weather is great, the people are fantastic and I love my house and my job. Of course there are one or two things about living in a different country that take a bit of getting used to, such as aspects of the local culture, but I'm sure I'm going to have a great time finding these things out.

Speaker 5

When my daughter told me the news I was over the moon. And now that the twins are here I am so happy I could burst. I just love them to bits. I go over to see them every day and help around the house, cooking, cleaning and babysitting. I'm trying to help as much as I can because I remember how hard it can be with a newborn, especially trying to get enough sleep – and with two it's twice as difficult.

TEST 6

Paula: Hi, Dave I haven't seen you for ages! What have you been up to?

Dave: Oh hi, Paula. I've been helping out at the community centre.

Paula: Oh I see. How come?

Dave: Well, you know I have a part-time job at the Redhill Retirement Home.

Paula: Yes.

Dave: Well, I got to know a lot of the senior citizens there quite well and some of them don't get out much so I thought it would be a good idea to start organising a few trips out and about in the minibus to different places.

Paula: That's very nice of you.

Dave: Well, we're all going to be old one day you know.

Paula: I suppose that's true enough.

Dave: I think it's awful the way that some elderly people are treated. Just because they're older doesn't make them any less of a person. We should all show them more respect as a society and as individuals.

Paula: You're right.

Dave: I think about my own grandparents and how I didn't really get the chance to know them very well, so I treat these people like stand-in grandparents in a way.

Paula: So where have you taken them?

Dave: We haven't been to a lot of places yet. It takes a lot of organisation and time to get everyone ready. But we've had a trip to the community centre, and that's where I've been – playing cards and reading to people whose eyesight is not very good. For the next outing I'm rounding up some volunteers so that we can go for an evening out at the bingo hall. I'm also hoping to sort out a coach trip to the flower show next month. What do you think?

Paula: Sounds great.

Dave: No, I mean why don't you volunteer to help?

Paula: Oh. Well Mm ... Yes, alright then. Why not?

Dave: Great. You won't regret it.

Paula: OK. Well, give me a call with the details tomorrow.

Dave: Great. Talk to you later.

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