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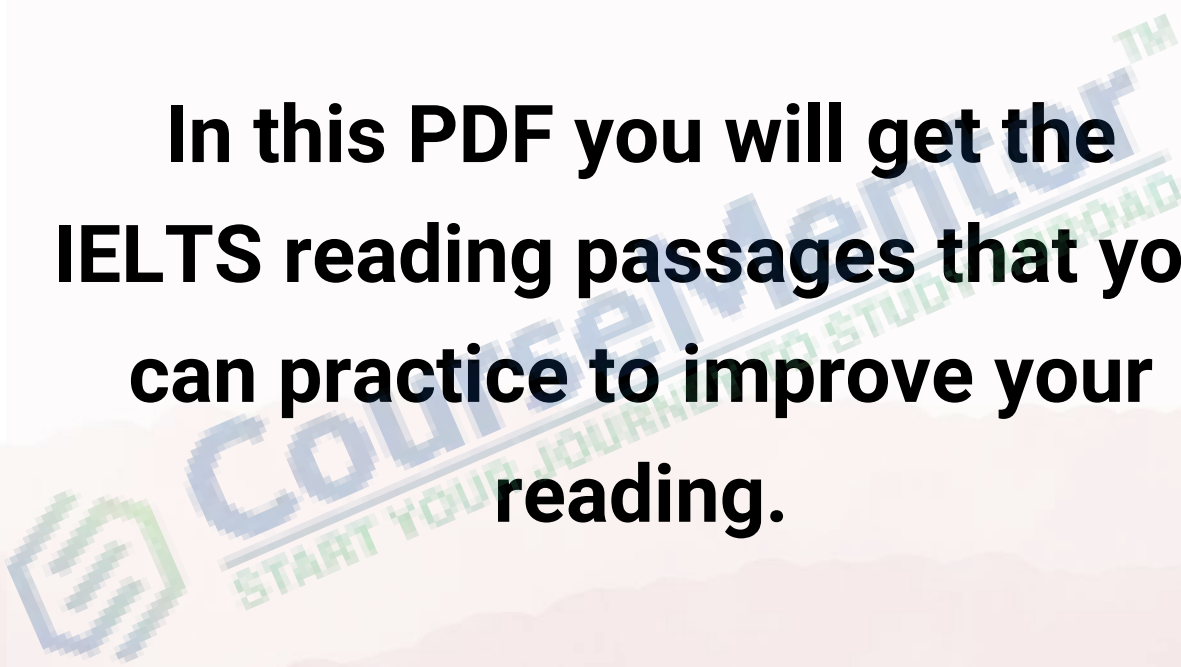
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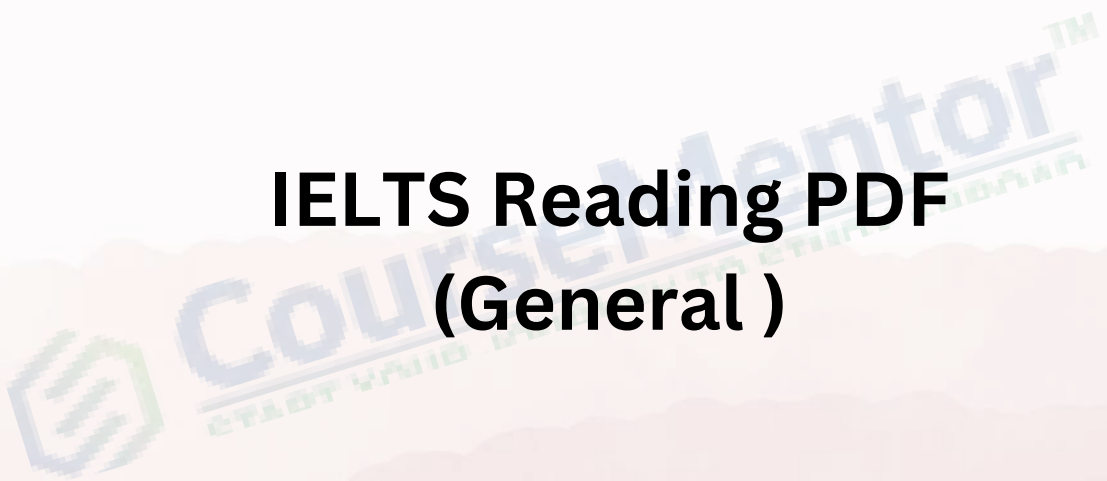
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IELTS reading passages that you
can practice to improve your
reading.**



IELTS Reading PDF (General)



Test 1

Section 1

Questions 1-14

Read the text below and answer Questions 1-6.

Consumer Advice

What to do if something you ordered hasn't arrived

If something you've ordered hasn't arrived, you should contact the seller to find out where it is. It's their legal responsibility to make sure the item is delivered to you. They should chase the delivery company and let you know what's happened to your item. If your item wasn't delivered to the location you agreed (e.g. if it was left with your neighbour without your consent), it's the seller's legal responsibility to sort out the issue.

If the item doesn't turn up, you're legally entitled to a replacement or refund. You can ask for your money back if you don't receive the item within 30 days of buying it. If the seller refuses, you should put your complaint in writing. If that doesn't work, you could contact their trade association – look on their website for this information, or contact them to ask.

You might also be able to get your money back through your bank or payment provider – this depends on how you paid.

- If you paid by debit card, contact your bank and say you want to use the 'chargeback' scheme. If the bank agrees, they can ask the seller's bank to refund the money to your account. Many bank staff don't know about the scheme, so you might need to speak to a supervisor or manager. You should do this within 120 days of when you paid.

Questions 1-6

Do the following statements agree with the information given in the text?

In boxes **1-6** on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

1. You will receive a card telling you if an item has been left with a neighbour.
2. It may be quicker to get a refund than a replacement for a non-delivered item.
3. You are entitled to a refund if the item fails to arrive by a certain time.
4. There is a time limit when using the 'chargeback' scheme for a debit card payment.
5. You can use the 'chargeback' scheme for a credit card payment of more than £100.
6. PayPal's online resolution centre has a good reputation for efficiency.

Read the text below and answer **Questions 7-14**.

Rice Cookers

What's the best rice cooker for you?

A. Ezy Rice Cooker

This has a 1.8 litre pot and a stainless steel exterior. It has a separate glass lid, and the handle on the lid stays cool. It produces perfectly cooked white rice, but tends to spit when cooking brown rice. There are slight dirt traps around the rim of the lid, and neither the pot nor the lid is dishwasher safe.

B. Family Rice Cooker

This has a plastic exterior and a flip-top lid. The lid locks when closed and becomes a secure handle to carry the cooker. The aluminium interior pot is quite difficult to clean, and it can't be put in a dishwasher. It's programmed to adjust the temperature once the rice is done so that it stops cooking but doesn't get cold.

C. Mini Rice Cooker

This has a flip-top lid and a 0.3 litre capacity. The interior pot is made of non-stick aluminium and is dishwasher safe. This rice cooker is ideal when cooking for one. However it does not have any handles at the side, and water sometimes overflows when cooking brown rice.

D. VPN Rice Cooker

This has a painted steel exterior with a handle on each side and a steel inner pot. It has a lift-off lid and comes with a booklet including a range of ideas for rice dishes. However, the keep-warm setting must be manually selected and the handles are tricky to grip.

E. S16 Rice cooker

This is simple to use, not spitting or boiling over even when cooking brown rice. The exterior stays cool when in use, so there's

no danger of burning your hand. However, the lack of handles is a nuisance, and a recipe book would have been useful.

Questions 7-14

Look at the five reviews of rice cookers, **A-E**. For which rice cooker are the following statements true?

Write the correct letter, **A-E**, in boxes **7-14** sheet.

NB You may use any letter more than once.

7. The handles at the side are hard to use.

8. It cooks brown rice without making a mess.

9. It automatically switches settings to keep the rice warm when cooked.

10. It's difficult to get the removable top really clean.

- 11.** A selection of recipes is provided with the cooker.
- 12.** It has a handle at the top for carrying the cooker safely.
- 13.** The outside of the cooker doesn't get too hot.
- 14.** You can put the pot in the dishwasher.



Section 2

Questions 15-22.

Safety when working on roofs

A fall from height is the most serious hazard associated with roof work. Preventing falls from roofs is a priority for WorkSafe New Zealand. Investigations by WorkSafe into falls that occur while working at height show that more than 50 percent of falls are from under three metres, and most of these are from ladders and roofs. The cost of these falls is estimated to be \$24 million a year – to say nothing of the human costs that result from these falls. More injuries happen on residential building sites than any other workplace in the construction sector.

In order to prevent such injuries, a hazard assessment should be carried out for all work on roofs to assess potential dangers. It is essential that the hazards are identified before the work starts, and that the necessary equipment, appropriate precautions and systems of work

are provided and implemented. Hazard identification should be repeated periodically or when there is a change in conditions, for example, the weather or numbers of staff onsite. The first thing to be considered is whether it is possible to eliminate this hazard completely, so that workers are not exposed to the danger of falling. This can sometimes be done at the design, construction planning, and tendering stage. If the possibility of a failure cannot be eliminated, some form of edge protection should be used to prevent workers from falling. It may be possible to use the existing scaffolding as edge protection. If this is not practicable, then temporary work platforms should be used. In cases where such protection is not possible, then steps should be taken to minimise the likelihood of any harm resulting. This means considering the use of safety nets and other similar systems to make it less likely that injury will be caused if a fall does occur.

Ladders should only be employed for short-duration maintenance work such as touching up paint.

People using ladders should be trained and instructed in the selection and safe use of ladders. There should be inspection of all ladders on a regular basis to ensure they are safe to use.

Questions 15-22

Complete the notes below.

Write **NO MORE THAN THREE WORDS AND/OR A NUMBER** from the text for each answer.

Write your answers in boxes **15-22** on your answer sheet

Safety when working on roofs

Investigations show that

- over half of falls are from less than **15**
 - most falls are from ladders and roofs
 - falls cost \$24 million per year
 - the majority of falls occur on **16**
- Hazard identification should be carried out
- before the work starts

- when conditions such as the weather or worker numbers change

Controls

- **17** the hazard at the planning stage before the work begins if possible
- prevent a fall by using edge protection e.g. scaffolding or **18**
- reduce the likelihood of injury, e.g. by using **19**

Ladders

- these should only be used for **20** which does not take a long time
- training should be provided in their **21** and use
- regular **22** of ladders is required

Read the text below and answer questions **23-27**.

Maternity allowance for working women

You can claim Maternity Allowance once you've been pregnant for 26 weeks. Payments start 11 weeks before the date on which your baby is due.

The amount you can get depends on your eligibility. You could get either:

- £140.98 a week or 90% of your average weekly earnings (whichever is less) for 39 weeks
- £27 a week for 14 weeks

Maternity Allowance for 39 weeks

You might get Maternity Allowance for 39 weeks if one of the following applies:

- you're employed
- you're self-employed and pay Class 2 National Insurance (including voluntary National Insurance)
- You've recently stopped working

You may still qualify even if you've recently stopped working. It doesn't matter if you had different jobs, or periods when you were unemployed.

Maternity Allowance for 14 weeks

You might get Maternity Allowance for 14 weeks if for at least 26 weeks in the 66 weeks before your baby is due:

- you were married or in a civil partnership
- you were not employed or self-employed
- you took part in the business of your self-employed spouse or civil partner

How to claim

You'll need an MA1 claim form, available online. You can print this and fill it in, or fill it in online. You also need to provide a payslip or a Certificate of Small Earnings Exemption as proof of your income, and proof of the baby's due date, such as a doctor's letter.

You should get a decision on your claim within 24 working days.

You should report any changes to your circumstances, for example, if you go back to work, to your local Jobcentre Plus as they can affect how much allowance you get.



Questions 23-27

Complete the sentences below.

Write **NO MORE THAN TWO WORDS AND/OR A NUMBER** from the text for each answer.

Write your answers in boxes **23-27** on your answer sheet.

23. The maximum amount of money a woman can get each week is £

24. Being for a time does not necessarily mean that a woman will not be eligible for Maternity Allowance.

25. In order to claim, a woman must send a or a Small Earnings Exemption Certificate as evidence of her income.

26. In order to claim, a woman may need to provide a as evidence of the due date.

27. Payment may be affected by differences in someone's such as a return to work, and the local Jobcentre Plus must be informed.

Section 3

Read the text below and answer Questions **28-40**.

The California Gold Rush of 1849

The discovery of gold in the Sacramento Valley sparked the Gold Rush, arguably one of the most significant events to shape American history in the 19th century.

A.

On January 24, 1848, James Wilson Marshall, a carpenter, found small flakes of gold in the American River near Coloma, California. At the time, Marshall was working to build a water-powered sawmill for businessman John Sutter. As it happens, just days after Marshall's discovery, the Treaty of Guadalupe Hidalgo was signed, ending the Mexican-American War and transferring California, with its mineral deposits, into the ownership of the United States. At the time, the population of the territory consisted of 6,500 Californios (people of Spanish or Mexican descent); 700 foreigners (primarily Americans); and 150,000 Native Americans.

B.

Though Marshall and Sutter tried to keep news of the discovery quiet, word got out, and by mid-March 1848 at least one newspaper was reporting that large quantities of gold were being found. Though the initial reaction in San Francisco was disbelief, storekeeper Sam Brannan set off a frenzy when he paraded through town displaying a small bottle containing gold from Sutter's Creek. By mid-June, some three-quarters of the male population of San Francisco had left town for the gold mines, and the number of miners in the area reached 4,000 by August.

C.

As news spread of the fortunes being made in California, the first migrants to arrive were those from lands accessible by boat, such as Oregon, the Sandwich Islands (now Hawaii), Mexico, Chile, Peru and even China. Only later would the news reach the East Coast, where press reports were initially sceptical. Throughout 1849, thousands of people around the United States

(mostly men) borrowed money, mortgaged their property or spent their life savings to make the arduous journey to California. In pursuit of the kind of wealth they had never dreamed of, they left their families and local areas; in turn, their wives had no option but to shoulder different responsibilities such as running farms or businesses, and many made a real success of them.

By the end of the year, the non-native population of California was estimated at 100,000 {as compared with 20,000 at the end of 1848 and around 800 in March 1848). To accommodate the needs of the '49ers, as the gold miners were known, towns had sprung up all over the region, complete with shops and other businesses seeking to make their own Gold Rush fortune. The overcrowded chaos of the mining camps and towns grew ever more lawless. San Francisco, for its part, developed a bustling economy and became the central metropolis of the new frontier.

D.

How did all these would-be miners search for gold? Panning was the oldest way. The basic procedure was to place some gold-bearing materials, such as river gravel, into a shallow pan, add some water, and then carefully swirl the mixture around so the water and light material spilled over the side. If all went well, the heavier gold nuggets or gold dust would settle to the bottom of the pan. Gold panning was slow even for the most skillful miner. On a good day, one miner could wash about 50 pans in the usual 12-hour workday.

E.

Another way was to use what was called a 'rocker'. Isaac Humphrey is said to have introduced it to the California gold fields. It was simply a rectangular wooden box, set at a downward angle and mounted on a rocking mechanism. The dirt and rock was dumped into the top, followed by a bucket of water. The box was rocked by hand to agitate the mixture. The big rocks were caught in a sieve at the top, the

waste exited the lower end with the water, and the heavy gold fell to the bottom of the box.

The rocker had advantages and disadvantages. The advantages were that it was easily transportable; it did not require a constant source of water; and, most importantly, a miner could process more dirt and rock than with a pan. The primary disadvantage was that the rocker had difficulty in trapping the smallest particles of gold, commonly known as 'flour'. Some miners added small amounts of mercury to the bottom of the rocker. Due to its chemical composition, it had a facility to trap fine gold. Periodically, the miners would remove and heat it. As it evaporates, it would leave gold behind.

F.

After 1850, the surface gold in California had largely disappeared, even as miners continued to reach the gold fields. Mining had always been difficult and dangerous labour, and striking it rich required good luck as much as skill and hard work. Moreover, the average daily pay for an independent miner had by then dropped sharply

from what it had been in 1848. As gold became more and more difficult to reach, the growing industrialization of mining drove more and more miners from independence into wage labour. The new technique of hydraulic mining, developed in 1853, brought enormous profits, but destroyed much of the region's landscape.

G.

Though gold mining continued throughout the 1850s, it had reached its peak by 1852, when gold worth some \$81 million was pulled from the ground. After that year, the total take declined gradually, levelling off to around \$45 million per year by 1857. Settlement in California continued, however, and by the end of the decade the state's population was 380,000.

Questions 28-31

Choose the correct letter **A, B, C or D**.

Write the correct letter in boxes **28-31** on your answer sheet.

28. The writer suggests that Marshall's discovery came at a good time for the US because

- A.** the Mexican-American War was ending so there were men needing work.
- B.** his expertise in water power would be useful in gold mining.
- C.** the population of California had already begun to increase rapidly.
- D.** the region was about to come under the control of the US.

29. What was the reaction in 1848 to the news of the discovery of gold?

- A.** The press played a large part in convincing the public of the riches available.
- B.** Many men in San Francisco left immediately to check it out for themselves.

- C.** People needed to see physical evidence before they took it seriously,
- D.** Men in other mines in the US were among the first to respond to it.

30. What was the result of thousands of people moving to California?

- A.** San Francisco could not cope with the influx of people from around the world.
- B.** Many miners got more money than they could ever have earned at home.
- C.** Some of those who stayed behind had to take on unexpected roles.
- D.** New towns were established which became good places to live.

31. What does the writer say about using pans and rockers to find gold?

- A.** Both methods required the addition of mercury.
- B.** A rocker needed more than one miner to operate it.

- C.** Pans were the best system for novice miners to use.
- D.** Miners had to find a way round a design fault in one system.

Questions 32-36

The text has seven sections **A-G**.

Which section contains the following information?

Write the correct letter, **A-G**, in boxes **32-36** on your answer sheet.

- 32.** a reference to ways of making money in California other than mining for gold
- 33.** a suggestion that the gold that was found did not often compensate for the hard work undertaken
- 34.** a mention of an individual who convinced many of the existence of gold in California
- 35.** details of the pre-Gold Rush population of California
- 36.** a contrast between shrinking revenue and increasing population

Questions 37-40

Complete the summary below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **37-40** on your answer sheet.

Basic techniques for extracting gold

The most basic method used by many miners began with digging some **37** out of a river and hoping it might contain gold. Small amounts were put in a pan with water. The pan was spun round, causing the liquid and less heavy contents of the pan to come out. Gold dust, which weighed more, remained in the pan or, if the miners were very lucky, there might even be some **38** too. It was, however, a very laborious method.

The rocker was also used. A miner would put some earth and rock into the higher end, together with some water. He would then shake the rocker. Larger stones stuck in the **39** , while gold dropped to the bottom.

Unfortunately, the rocker was not designed to catch what was called flour. However, a process was introduced involving **40** to ensure no gold was washed out in the water.



READING



Answer key with extra explanations
in Resource bank

Reading Section 1, Questions 1–14

- 1 NOT GIVEN
- 2 NOT GIVEN
- 3 TRUE
- 4 TRUE
- 5 FALSE
- 6 NOT GIVEN
- 7 D
- 8 E
- 9 B
- 10 A
- 11 D
- 12 B
- 13 E
- 14 C

Reading Section 2, Questions 15–27

- 15 3 / three metres / meters
- 16 residential building sites
- 17 eliminate
- 18 (temporary) (work) platforms
- 19 safety nets
- 20 (maintenance) work

- 21 selection
- 22 inspection
- 23 140.98
- 24 unemployed
- 25 payslip
- 26 doctor's letter
- 27 circumstances

Reading Section 3, Questions 28–40

- 28 D
- 29 C
- 30 C
- 31 D
- 32 C
- 33 F
- 34 B
- 35 A
- 36 G
- 37 gravel
- 38 nuggets
- 39 sieve
- 40 mercury

Test 2

You should spend about **20 minutes** on **Questions 1-14**, which are based on the Reading Passage below.

Write answers to questions in boxes **1-14** on your answer sheet.

Section 1

Questions 1-6

Harvey's Storage

Harvey's Storage is a well-established independent company. We are centrally located in the city and provide excellent facilities for all your storage requirements.

We provide safe and secure units for both long- and short-term storage dependent on your needs. Our rates are competitive and tailored to your specific requirements and your choice of storage unit. Heavy-duty locks and keys are provided to all of our customers and included in the prices listed. You can rent the unit with the storage capacity you need, for the period of time that the storage is required, in a sound and

secure environment, monitored by CCTV. With 24-hour access, customers can deliver and collect items when it is convenient to do so, unrestricted by business or office hours. Tarmac roadways allow customers to park cars and lorries immediately outside their units, minimizing the effort required to collect or drop items off.

Household storage: Self-storage is ideal for families or individuals with either a short- or long-term need to store their belongings. Some of our clients are decluttering, or they may be getting their property decorated, or planning to go abroad for a time.

Student storage: You may be travelling or going home to see family and friends during the vacation, or need time to find a place to stay. You may want to store all your books and personal items, or just a few boxes or a musical instrument. We offer no-nonsense competitive pricing with flexible hire periods and with no hidden extras.

We can provide you with short- or long-term affordable hire in a safe and secure environment. You are responsible for organizing transport but we can also recommend local van and driver hire companies. Business storage: Free up your expensive retail space with affordable self-storage. We have three different business storage centres to choose from so you can choose the location that is most convenient for you.

Questions 1-6

Do the following statements agree with the information given in the text?

In boxes **1-6** on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

1. There is an extra charge for locks and keys.
2. It is possible to arrange to share a storage unit with someone else.

3. You can pick up your property from the storage unit during the night-time.
4. You can drive your vehicle right next to your storage unit.
5. Students' possessions can only be stored during vacation periods.
6. The storage company will collect and deliver students' property.



Read the text below and answer questions 7-14.

Local Museums

A. Whittlesey Museum

The museum is located in the Old Town Hall, which was originally built to house horse-drawn fire engines. It has eight rooms, and the exhibits cover topics such as archive photographs, costume, domestic life and local celebrities.

B. Octavia Hill's Birthplace House

Built in 1740, this is the birthplace of pioneer social reformer Octavia Hill, who was active in the late 19th and early 20th centuries in social housing and the arts, as well as in conservation issues. Visitors are taken on a guided tour and are then free to explore the gardens.

C. Chatteris Museum

The old market town of Chatteris was largely rebuilt, after two serious fires in 1706 and 1864 destroyed many of the town's ancient buildings. The museum's exhibits illustrate traditional

aspects of the life of local farmers as well as the railway boom of the 19th century. The museum has a touch-screen kiosk which contains over 9,000 historic photographs and texts, reproductions of which can be made on request.

D. March and District Museum

Located in the middle of the market town of March, the museum is housed in a former school built in 1851. Its wide-ranging collections include reconstructions of an early 20th-century kitchen, sitting room and nursery. There is also an interesting display of historic cameras and radios, and a medal which was awarded to train driver Ben Gimbert for his bravery in preventing loss of life when a train full of explosives caught fire in 1944.

E. Wisbech and Fenland Museum

This 19th-century gem holds collections from around the world including Ancient Egypt. Its library, which is open to the public on the first Saturday of each month, contains the manuscript of *Great Expectations* by the 19th-

century novelist Charles Dickens, and the Research Room can be booked for researching local records.

Questions 7-14

Look at the five descriptions of museums, **A-E**, in one area of England.

For which museum are the following statements true?

Write the correct letter, **A-E**, in boxes **7-14** on your answer sheet.

NB You may use any letter more than once.

7. There are exhibits related to the history of agriculture in the region.
8. Equipment for putting out fires used to be kept in this building.
9. You can find information on the rise of one type of transport.
10. There are things to see both inside and outside.
11. It is possible to obtain copies of old pictures and documents.

- 12.** On certain days you can see an original work by a writer of fiction.
- 13.** Someone who was interested in environmental matters lived here for a time.
- 14.** This museum has an exhibit related to a heroic achievement.



Section 2

Write answers to questions in boxes **15-27** on your answer sheet.

Workplace health and safety considerations for plumbers

Like many trades, plumbing can be a dangerous job. It is important to take all reasonably practicable measures to keep customers and yourself incident and injury free.

Biohazard waste

Plumbers regularly come into contact with biohazard waste. It's the nature of the job, but that doesn't mean you should be complacent about it. According to Safe Work Australia, communicable diseases from work-related exposures to biological hazards such as sewage have been estimated to cause 320,000 deaths across the globe each year. In addition to this, plumbers are regularly exposed to other biohazards such as mould, bacteria and algae. Don't risk it – make sure appropriate clothing and equipment is used.

Confined spaces

Plumbers may spend much of their time working in confined spaces, where they are at risk from contaminants, including airborne gases, vapours and dusts, that may cause injury from fire or explosion. They may also be exposed to high concentrations of airborne contaminants that may be harmful to health. For example, one plumber was fined \$220,000 after an employee suffered from carbon-monoxide poisoning. Another potential hazard for plumbers in confined spaces is that of drowning, if water sources are not adequately cut off.

The Safe Work Australia confined spaces code of practice outlines the necessary steps and precautions for avoiding illness and injury.

Electricity

The Master Plumbers' Association calls electricity 'plumbing's hidden killer'. Metal pipes are often conductive and so gloves which provide insulation should form part of a plumber's tool kit, as should a plumbing voltage monitor and a volt tester. Gloves should be checked prior to every use and replaced every 12

to 14 months. Electrical equipment like bridging conductors should be regularly checked, with appropriate tags on the equipment to verify its safety. The project should be stopped immediately if there is any sign of electricity, so that the power can be disconnected by a qualified electrician prior to continuing work.



Questions 15-20

Complete the table below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **15-20** on your answer sheet.

| Type of danger | Examples | Risks involved | Necessary action |
|--------------------|--|----------------------------------|---|
| Biohazard | 15, mould, bacteria, algae | can lead to disease and death | use protective clothing and equipment |
| Confined spaces | contaminants e.g. gases, vapours and dusts | injury from fire or explosion | follow Safe Work code of practice |
| | high concentrations of harmful airborne contaminants e.g. carbon monoxide | 16 | follow Safe Work code of practice |
| | water | 17 | cut off water sources |
| Electricity | metal pipes which are conductive | death from electrocution | <ul style="list-style-type: none"> - use insulated 18 and appropriate equipment - ensure equipment has 19 on to show it is safe - make sure electricity has been 20 |

Read the text below and answer **Questions 21-27**.

How to manage flexible working with your employees

There is no denying that flexible working has grown enormously in recent years. It does, however, require careful management.

When it comes to implementing flexible working one word is key: trust. All flexible workers should be trusted and given well-defined objectives from the start and their contribution should be assessed according to their output, as opposed to the time they spend on the job. It can be a big step to implement such a change in your business, so if you are slightly cautious then I recommend perhaps setting up an end-of-the-day review to see how much progress has been made. As all parties find their feet with the new set-up, this contact can slowly be reduced.

In my eyes, it is also vital that there is shared calendar access for everyone so that people can

see where their colleagues are each day. This way if they need to catch up with someone they can plan when to do so. Technology now exists to enable employees to stay in touch with other members of staff and external partners. iMeet, for example, is a tool which allows all forms of collaboration for remote working, from video conferencing, live chat and file sharing to screen sharing. The new breed of worker is therefore fully equipped to work productively away from the office, and can still feel like they're in the same room as others when necessary.

In my experience, employees are often more productive working at home as they can work the exact hours they want and do not have to cope with distraction caused by other employees. Being outside the confines of the office walls also appears to foster creativity. In addition, we find staff are more motivated as they have a better work-life balance. In terms of the business, we find this helps with top talent recruitment and staff retention, and a happy workforce is a more successful one.

Questions 21-27

Complete the notes below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **21-27** on your answer sheet.

Flexible working

How to organise flexible working

- trust your employees
- provide them with clear **21**
- base measurements of performance on their output
- initially, have a **22** of progress each day
- make sure a **23** is accessible to give details of colleague locations.
- use a program such as iMeet to encourage different types of **24** between workers

Benefits of flexibility

- greater productivity
- less **25** from colleagues
- increase in **26**
- more motivated staff
- greater success for the company with staff recruitment and **27**

Section 3

Write answers to questions in boxes **28-40** on your answer sheet.

Questions 28-33

The text has six sections, **A-F**.

Choose the correct heading for each section from the list of headings below.

Write the correct number, **i-vii**, in boxes **28-33** on your answer sheet.

List of Headings

- i. Developing an item that appears true to life
- ii. Extending the project to other endangered species
- iii. A short but intensive investigation with longer-term follow-up
- iv. Problems facing sea turtles at a global level
- v. Collection of eggs and their possible onward routes
- vi. Intensive and large-scale poaching in one location
- vii. Why catching the poachers may not solve the problem

28. Section A

29. Section B

30. Section C

31. Section D

32. Section E

33. Section F

Preventing the theft of turtle eggs

Conservationists and law enforcement have struggled to prevent wildlife trafficking. But could some plastic eggs and GPS trackers change the game?

A.

Humans have been eating sea turtle eggs (and killing adult turtles for meat) for millennia. However, as human populations exploded and as sea turtles began to confront additional threats such as intensive fishing, beach development and climate change, sea turtle populations declined precipitously. Today, all but one of the world's seven species of sea turtles are considered threatened according to the IUCN* Red List. And the one that's not – the flatback turtle – is listed as data deficient, which means scientists simply don't know how it's doing.

B.

One major problem is that every year millions of sea turtle eggs are illegally taken by poachers for sale on the black market. The situation is particularly serious in Nicaragua, in Central

America, which is home to four sea turtle species. Kim Williams-Guillen, who works for conservation body Paso Pacifico, described the poaching of sea turtle nests on the beaches of Nicaragua as 'uncontrolled, unregulated, extensive and contested'. Even the best-protected beaches are plundered to some extent and it's not uncommon to see poachers digging up nests just metres from tourists watching sea turtles laying their clutch at night, she said. This poaching becomes particularly frenzied during the arribadas – mass laying events where thousands of turtles nest on the same beach for a single night in a biological strategy to overwhelm natural predators.

C.

'Even with armed guards, the numbers of poachers overwhelm military personnel by ten to twenty to one,' Williams-Guillen said. 'Although many poachers are locals with limited resources, during these arribadas there are influxes of gangs of poachers from larger cities outside local communities. These are not just local poor people without other options.'

But to protect the country's sea turtles, Williams-Guillen said conservationists shouldn't just depend on catching low-level operators. 'If one poacher decides to stop, another one will just step into his place... we need to know more about the middlemen and people higher up in the distribution chain,' she said.

D.

Paso Pacifico's solution is the creation of high-tech sea turtle eggs: fake eggs convincingly crafted to look like the real thing, but which contain GPS tracking devices. These have the potential to reveal the destination markets for trafficked sea turtle eggs.

Making convincing sea turtle eggs is not easy, and Paso Pacifico is still working on perfecting a prototype. In particular, it's proving quite problematic to create the right texture, since sea turtle eggs are not covered in a hard shell like those of birds, but are quite flexible.

So Paso Pacifico brought in Lauren Wilde, a special effects artist in the US, to create a convincing outer shell.

First, Wilde had to get her hands on the real thing. Since it's illegal to send sea turtle eggs over the border, Wilde is using land turtle eggs from California. 'It was really eye opening and important for me to feel these eggs and how the shell bends a little,' she said.

To get the GPS device inside the shell, Paso Pacifico is using 3D printers to make a plastic ball which will then have a GPS transmitter fitted inside. This will take the place of the embryo inside the shell. Lastly the fake shells will be sealed with silicone, waterproofing them.

E.

Sea turtles on average lay around 100 eggs in a nest, and once the fake eggs are finished they will be slipped in with the real ones. Williams-Guillen said it might even be possible to deliver fake eggs into nests while poachers are at work. Wary of tourists, poachers will often back off if strangers come near and then return when they have gone. 'It would be pretty easy to drop an egg in the dark into a nest they have been digging up,' she said.

Once the poacher picks up the fake egg along with the real ones, conservationists and law enforcement agents will be able to track them. Experts believe most of the stolen eggs eventually make their way out of Nicaragua, possibly to El Salvador or Guatemala. However, there is also growing concern that sea turtle eggs from Central America are actually heading to the USA, from where they are sold on to other countries around the world.

F.

To date, Paso Pacifico has yet to put a single fake egg in a nest. But Williams-Guillen said she isn't too concerned that publicity for their scheme will result in poachers looking for the eggs. 'The vast majority of the poaching is happening at night, so already it is hard to tell [the eggs] apart, and at this point, poachers and middlemen are not closely inspecting eggs, but rather shoving them into a sack as quickly as possible.'

Of course, poachers will eventually become aware of the prospect of fake eggs among the

real ones – especially when customers try to bite into an egg and break their teeth on the GPS transmitter instead. So, Paso Pacifico plans to do a massive deployment of as many fakes as possible to gather a lot of data before poachers get wise.

Knowing where the eggs go will allow conservationists and law enforcement agents to focus their resources on the right places – whether it be through awareness-building campaigns or crackdowns on illegal sellers. And eventually Paso Pacifico hopes to share the technology with interested parties around the world.



COURSEMENTOR
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Questions 34-37

Choose the correct letter, **A, B, C or D**.

Write the correct letter in boxes **34-37** on your answer sheet.

34. What does the writer suggest about the flatback turtle?

- A.** It could be as severely threatened as other turtles.
- B.** It has been neglected by scientists in the past.
- C.** It is in less danger than some other species.
- D.** It should be removed from the IUCN Red List.

35. Williams-Guillen says that the poaching of sea turtle eggs in Nicaragua

- A.** is mainly carried out by local people.
- B.** may be encouraged by the presence of tourists.
- C.** sometimes has a highly organised structure.
- D.** can only be controlled by the use of armed guards.

36. In Section E, Williams-Guillen says that one way to encourage poachers to take the fake eggs is to

- A.** make fake nests and put the eggs into them.
- B.** put them in nests with just a few real eggs.
- C.** distract the poachers after the fake eggs have been put in the nests.
- D.** put them in nests that the poachers have started to dig up.

37. It is planned to use a large number of fake eggs at the beginning because

- A.** Some of the fake eggs may be missed by the poachers.
- B.** it may not be possible to continue the project indefinitely.
- C.** some eggs may be hidden in the sand.
- D.** It may not be feasible to fund long-term research.

Questions 38-40

Complete the summary below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **38-40** on your answer sheet.

Making convincing sea turtle eggs

One difficulty in creating a fake sea turtle egg is to get the appropriate texture for the shell. Unlike a bird's egg, a turtle's egg has a shell which is **38** Lauren Wilde has studied eggs from Californian turtles that live on **39** to create a realistic reproduction of the shell. A GPS device will then be placed inside a **40** in the fake shell. Finally, silicone will be applied to the shell to make it waterproof.

READING



Answer key with extra explanations
in Resource bank

Reading Section 1, Questions 1–14

- 1 FALSE
- 2 NOT GIVEN
- 3 TRUE
- 4 TRUE
- 5 FALSE
- 6 FALSE
- 7 C
- 8 A
- 9 C
- 10 B
- 11 C
- 12 E
- 13 B
- 14 D

Reading Section 2, Questions 15–27

- 15 sewage
- 16 poisoning
- 17 drowning
- 18 gloves
- 19 tags
- 20 disconnected

- 21 objectives
- 22 review
- 23 calendar
- 24 collaboration
- 25 distraction
- 26 creativity
- 27 retention

Reading Section 3, Questions 28–40

- 28 iv
- 29 vi
- 30 vii
- 31 i
- 32 v
- 33 iii
- 34 A
- 35 C
- 36 D
- 37 B
- 38 flexible
- 39 land
- 40 ball

Test 3

Section 1

Write answers to questions in boxes **1-14** on your answer sheet.

Read the text below and answer **Questions 1-7**.

Young Fashion Designer UK competition

Young Fashion Designer UK is an exciting national competition which aims to showcase and promote the exceptional work achieved by students studying courses in textile design, product design and fashion throughout the UK. The competition is designed for students to enter the coursework they are currently working on rather than specifically producing different pieces of work. If you would like to add to your coursework, that is for you and your teacher to decide.

You can apply independently or through your school/college. To enter please ensure you follow these steps:

- Provide three A3 colour copies from your design folder.
- You must include:
 - – initial ideas about the clothing
 - – a close-up photograph of the front and back view of the finished clothing.
- Please label each sheet clearly with your name and school (on the back).
- Print off a copy of your registration form and attach it to your work.
- Post your entry to the Young Fashion Designer Centre.

Once the entry deadline has passed, the judges will select the shortlist of students who will be invited to the Finals. You will be notified if you are shortlisted. You will need to bring originals of the work that you entered. Each finalist will have their own stand consisting of a table and tabletop cardboard display panels.

Feel free to add as much creativity to your stand as possible. Some students bring tablets/ laptops with slideshows or further images of work but it should be emphasized that these may not necessarily improve your chances of success.

The judges will assess your work and will ask various questions about it. They will look through any supporting information and the work you have on display before coming together as a judging panel to decide on the winners. You are welcome to ask the judges questions. In fact, you should make the most of having experts on hand!

There are 1st, 2nd and 3rd prize winners for each category. The judges can also decide to award special prizes if the work merits this. The 1st, 2nd and 3rd place winners will receive a glass trophy and prize from a kind donor.

Questions 1-7

Do the following statements agree with the information given in the text?

In boxes **1-7**, on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

1. Participants are required to create a new item of clothing for the Young Fashion Designer UK competition.
2. Participants must send information about the thoughts that led to the item they are entering for the competition.
3. The shortlist will consist of a fixed number of finalists.
4. Finalists can choose how to present their work to the judges on their stand.
5. It is strongly recommended that finalists support their entry with additional photographs.

6. Questions that the students ask the judges may count towards the final decisions.
7. Extra prizes may be awarded depending on the standard of the entries submitted.



Read the text below and answer questions **8-14**.

Which keyboard should you buy?

It's worth remembering that a bad keyboard can significantly affect your entire computing experience. So make sure you pick the right keyboard for your needs.

A. Logitech K120

Logitech's K120 offers a number of extra features, it's spill-resistant, draining small amounts of liquid if you have an accident. It isn't particularly eye-catching, but it feels very solid. For the price, it's a tempting choice.

B. Cherry MX 3.0 Keyboard

The Cherry MX 3.0 looks simple and neat, thanks to its compact build. It's solid, durable and you don't need to push keys all the way down to activate them. It's also rather loud though, which can take some getting used to.

C. Logitech K780

The K780 is a compact, pleasantly modern-looking keyboard. There's an integrated stand for

smartphones and tablets too. It's quiet to type on, and the circular keys are easy to familiarise yourself with, well-spaced and large enough to hit accurately. For this price though, the lack of backlighting is disappointing.

D. Microsoft Sculpt Ergonomic

The Sculpt's curved, strange-looking build serves a purpose, it provides wrist support and lifts your forearms into a relaxed position so you don't hurt yourself from typing for lengthy periods. It feels weird, but it seems to do the trick.

E. Microsoft Universal Bluetooth Keyboard

Microsoft's Bluetooth keyboard has one very handy feature – you can fold it in half and carry it around in your jacket pocket or bag, and it feels rather like a large wallet. It has generously sized keys, though the two-piece spacebar takes some getting used to. Another useful feature is that you can get up to three months' use from a single charge.

F. Corsair Strafe RGB Keyboard

Corsair's keyboard is expensive, flashy and extremely impressive. All of its keys are programmable, there's eye-catching backlighting and the buttons are textured for improved grip. All this is because it's designed for gamers. However, it's also silent, meaning it is suitable for everyday office work too.

Questions 8-14

Look at the six reviews of computer keyboards **A-F**.

For which keyboard are the following statements true?

Write the correct letter, **A-F**, in boxes **8-14** on your answer sheet.

NB You may use any letter more than once.

- 8.** This keyboard may not suit users who prefer the keys to be almost silent.
- 9.** This keyboard is easily portable because it can be made to fit into a small space.
- 10.** This keyboard includes a special place to put small devices.

- 11.** This keyboard is designed to prevent injury to those who spend a lot of time on the computer.
- 12.** This keyboard offers good value for money.
- 13.** This keyboard is primarily aimed at people who use their computer for entertainment.
- 14.** It should not take long for users to get used to the shape of the keys on this keyboard.

Section 2

You should spend about **20 minutes** on **Questions 15-27**, which are based on the Reading Passage below.

Read the text below and answer **Questions 15-20**.

Working for a small company may be better than you think

Recent research shows that many job-seekers believe their ideal position would be in a large company. However, working for a small or medium-sized business has many advantages that are too easily overlooked. Here are just a few of them.

Working in a small organization with a small workforce means it's likely to be easy to become part of it. It won't be long before you're familiar with the staff and the departments that you need to deal with. This can provide a feeling of comfort that takes much longer to develop in a large company.

Departments are likely to be small and have close connections with each other, which helps to make internal communication work well – everyone knows what’s going on. You’ll also gain a better understanding of how your own role fits into the company as a whole.

In a small business you’re likely to have considerable variety in your workload, including opportunities to work in different areas of the company, which will allow you to identify abilities that you didn’t know you had. An introduction to new activities could even lead to a change of career. This variety in your work will help to make it stimulating, so you have a good reason for getting out of bed in the morning.

There will be plenty of opportunities to show initiative, and you’ll also learn to function well as part of a team. Because it’s much harder to overlook someone within a small workforce than a large one, your efforts are more likely to attract the attention of those higher up. You’ll have plenty of opportunities to show what you can do, and to have your potential noticed.

The result is very likely to be that promotion comes to you faster. Small businesses are usually flexible, something that is rarely true of large organizations. This means that if they're well managed, they can adapt to make the most of changes in the wider economy, which in turn can help you. Don't dismiss them as a place to work because of the myths about them. Small firms can be ideal places for developing your career.



Questions 15-20

Complete the sentences below.

Choose **ONE WORD ONLY** from the above reading passage for each answer.

Write your answers in boxes **15-20** on your answer sheet.

15. In a small business it is easy to become with colleagues and other departments.

16. You may find you have you were not aware of.

17. Finding that your work is will make you enjoy doing it.

18. Other people are likely to realise that you have

19. Opportunities for will come sooner than in a larger business.

20. You can benefit from a small company being more than a large one.

Read the text below and answer questions **21-27**.

Starting a new job

A.

Make sure you know when and where you are expected to report on your first day. If the route from home is unfamiliar to you, make a practice run first. The normal first activity in a new job is a meeting with your boss, and it would be embarrassing to be late. Dress formally until you're sure of the dress code.

B.

You should expect to have an induction programme planned for you; a security pass; visits to whatever parts of the organisation you need to understand to do your job properly; meetings with anyone who could affect your success in the role; and someone to show you where everything is and tell you all the real rules of the culture – the ones that are never written down but which everyone is meant to follow.

C.

It can be a shock to join a new organization. When you are a newcomer, feeling uncertain and perhaps a little confused, there can be a strong temptation to talk about your old job and organization as a way of reminding yourself and telling others that you really know what you are doing, because you did it in your previous role. Unfortunately, this will suggest that you have a high opinion of yourself, and that you think your old place was better. It has enormous power to annoy, so don't do it.

D.

All employers have a core product or service paid for by customers which justifies their existence. If you are not part of this core activity, remember that your role is to provide a service to the people who are part of it. Understanding their concerns and passions is essential for understanding why your own role exists, and for knowing how to work alongside these colleagues. This is why you must see this product or service in action.

E.

When I worked for a television company, all of us, whatever our job, were strongly encouraged to visit a studio and see how programmes were made. This was wise. Make sure you do the equivalent for whatever is the core activity of your new employer.

F.

Don't try to do the job too soon. This may seem strange because, after all, you have been appointed to get on and do the job. But in your first few weeks your task is to learn what the job really is, rather than immediately starting to do what you assume it is.

G.

Starting a new job is one of life's major transitions. Treat it with the attention it deserves and you will find that all your work in preparing and then going through the selection process has paid off magnificently.

Questions 21-27

The text has seven paragraphs, **A-G**.

Which paragraph contains the following information?

Write the correct letter, **A-G**, in boxes **21-27** on your answer sheet.

NB You may use any letter more than once.

- 21.** the emotions that new employees are likely to experience at first
- 22.** a warning to be patient at first
- 23.** how colleagues might react to certain behaviour
- 24.** travelling to your new workplace before you start working there
- 25.** an example of observing an activity carried out within an organization
- 26.** some things that the organization should arrange for when you begin
- 27.** a division of jobs within an organization into two categories

Section 3

You should spend about **20 minutes** on Questions **28-40**, which are based on the Reading Passage below.

Read the text below and answer **Questions 28-40**.

How animals keep fit

No one would dream of running a marathon without first making a serious effort to train for it. But no matter how well they have stuck to their training regime, contestants will find that running non-stop for 42 kilometres is going to hurt.

Now consider the barnacle goose. Every year this bird carries out a 3000-kilometre migration. So how do the birds prepare for this? Do they spend months gradually building up fitness? That's not really the barnacle goose's style. Instead, says environmental physiologist Lewis Halsey, 'They just basically sit on the water and eat a lot.'

Until recently, nobody had really asked whether exercise is as tightly connected to fitness in the rest of the animal kingdom as it is for us. The question is tied up in a broader assumption: that animals maintain fitness because of the exercise they get from finding food and escaping predators.

Halsey points out that this may not necessarily be the case. Take the house cat. Most domestic cats spend much of the day lounging around, apparently doing nothing, rather than hunting for food. But over short distances, even the laziest can move incredibly fast when they want to. Similarly, black and brown bears manage to come out of several months' hibernation with their muscle mass intact – without having to lift so much as a paw during this time.

Barnacle geese go one better. In the process of sitting around, they don't just maintain their fitness. They also develop stronger hearts and bigger flight muscles, enabling them to fly for thousands of kilometres in a migration that may last as little as two days.

So, if exercise isn't necessarily the key to physical strength, then what is? One clue comes from a broader view of the meaning of physical fitness. Biologically speaking, all it means is that the body has undergone changes that make it stronger and more efficient. In animals such as bears, these changes appear to be triggered by cues such as falling temperatures or insufficient food. In the months of hibernation, these factors seem to prompt the release of muscle-protecting compounds which are then carried to the bears' muscles in their blood and prevent muscle loss.

Barnacle geese, Halsey suggests, may be responding to an environmental change such as temperature, which helps their bodies somehow 'know' that a big physical challenge is looming. In other bird species, that cue may be something different. Chris Guglielmo, a physiological ecologist, has studied the effect of subjecting migratory songbirds known as yellow-rumped warblers to changing hours of daylight. "We don't need to take little songbirds and train them up to do a 6 or 10-hour flight," he says.

If they are subjected to the right daylight cycle, 'we can take them out of the cage and put them in the wind tunnel, and they fly for 10 hours.'

Unlike migratory birds, however, humans have no biological shortcut to getting fit. Instead, pressures in our evolutionary history made our bodies tie fitness to exercise.

Our ancestors' lives were unpredictable. They had to do a lot of running to catch food and escape danger, but they also needed to keep muscle mass to a minimum because muscle is biologically expensive. Each kilogram contributes about 10 to 15 kilocalories a day to our metabolism when resting – which doesn't sound like much until you realise that muscles account for about 40 percent of the average person's body mass. 'Most of us are spending 20 percent of our basic energy budget taking care of muscle mass,' says Daniel Lieberman, an evolutionary biologist and marathon runner. So our physiology evolved to let our weight and fitness fluctuate depending on how much food was available.

'This makes us evolutionarily different from most other animals,' says Lieberman. In general, animals merely need to be capable of short bouts of intense activity, whether it's the cheetah chasing prey or the gazelle escaping. Cats are fast, but they don't need to run very far. Perhaps a few mad dashes around the house are all it takes to keep a domestic one fit enough for feline purposes. 'Humans, on the other hand, needed to adapt to run slower, but for longer,' says Lieberman.

He argues that long ago on the African savannah, natural selection made us into 'supremely adapted' endurance athletes, capable of running prey into the ground and ranging over long distances with unusual efficiency. But only, it appears, if we train. Otherwise, we quickly degenerate into couch potatoes.

As for speed, even those animals that do cover impressive distances don't have to be the fastest they can possibly be. Barnacle geese needn't set world records when crossing the North Atlantic; they just need to be able to get to their destination.

'And,' says exercise physiologist Ross Tucker, 'humans may be the only animal that actually cares about reaching peak performance.' Other than racehorses and greyhounds, both of which we have bred to race, animals aren't directly competing against one another. 'I don't know that all animals are the same, performance-wise ... and we don't know whether training would enhance their ability,' he says.



Questions 28-30

Choose the correct letter **A, B, C or D**.

Write the correct letter in boxes **28-30** on your answer sheet.

28. The writer discusses marathon runners and barnacle geese to introduce the idea that

- A.** marathon runners may be using inefficient training methods.
- B.** the role of diet in achieving fitness has been underestimated.
- C.** barnacle geese spend much longer preparing to face a challenge.
- D.** serious training is not always necessary for physical achievement.

29. The writer says that human muscles

- A.** use up a lot of energy even when resting.
- B.** are heavier than other types of body tissue.
- C.** were more efficiently used by our ancestors.
- D.** have become weaker than they were in the past.

30. The writer says that in order to survive, early humans developed the ability to

- A.** hide from their prey.
- B.** run long distances.
- C.** adapt their speeds to different situations.
- D.** predict different types of animal movements.

Questions 31-35

Complete the summary below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **31-35** on your answer sheet.

What is the key to physical fitness?

In biological terms, when an animal is physically fit, its body changes, becoming more powerful and **31** For bears, this change may be initially caused by colder weather or a lack of **32**, which during **33** causes certain compounds to be released into

their **34** and to travel around the body. These compounds appear to prevent muscle loss. In the case of barnacle geese, the change may be due to a variation in **35**

Questions 36-40

Look at the following statements (**Questions 36-40**) and the list of researchers below.

Match each statement with the correct researcher, **A, B, C or D**.

Write the correct letter, **A, B, C or D**, in boxes **36-40** on your answer sheet.

NB You may use any letter more than once.

- 36.** One belief about how animals stay fit is possibly untrue.
- 37.** It may not be possible to train all animals to improve their speed.
- 38.** One type of bird has demonstrated fitness when exposed to a stimulus in experimental conditions.

39. Human energy use developed in a different way from that of animals.

40. One type of bird may develop more strength when the weather becomes warmer or cooler.

List of Researchers

A. Lewis Halsey

B. Chris Guglielmo

C. Daniel Lieberman

D. Ross Tucker



READING



Answer key with extra explanations
in Resource bank

Reading Section 1, Questions 1–14

- 1 FALSE
- 2 TRUE
- 3 NOT GIVEN
- 4 TRUE
- 5 FALSE
- 6 NOT GIVEN
- 7 TRUE
- 8 B
- 9 E
- 10 C
- 11 D
- 12 A
- 13 F
- 14 C

Reading Section 2, Questions 15–27

- 15 familiar
- 16 abilities
- 17 stimulating
- 18 potential
- 19 promotion
- 20 flexible

- 21 C
- 22 F
- 23 C
- 24 A
- 25 E
- 26 B
- 27 D

Reading Section 3, Questions 28–40

- 28 D
- 29 A
- 30 B
- 31 efficient
- 32 food
- 33 hibernation
- 34 blood
- 35 temperature
- 36 A
- 37 D
- 38 B
- 39 C
- 40 A

Test 4

You should spend about **20 minutes** on **Questions 1-14**, which are based on the Reading Passage below.

Section 1

Questions 1-7.

New cycle path to Marshbrook Country Park

A.

A new dual-purpose cycle and pedestrian route has been built from Atherton bus station to the country park's main entrance at Marshbrook. It avoids the main road into Atherton on the south side, and keeps mainly to less busy roads. Once the path leaves the built-up area, it goes through the countryside until it reaches Marshbrook.

B.

Funding for the cycle path has come largely from the county and town councils, while almost a

third of it was raised through crowdfunding. Maintenance of the path is the responsibility of the county council. The cycle path was completed ahead of schedule – partly thanks to perfect weather for construction – and under budget.

C.

Annie Newcome is the chief executive of Cycle Atherton, the organisation that aims to get people cycling more often and more safely. Cycle Atherton proposed the 12-kilometre-long cycle path initially, and has been active in promoting it, Ms Newcome says she is delighted that all the hard work to achieve the funding proved successful.

D.

Marshbrook Country Park is a very popular recreational area, and the new path makes it much easier to reach from the town in an environmentally friendly way. At 2.5 metres wide, it is also suitable for users of wheelchairs, mobility scooters and buggies, who have not

previously had access to the park without using motor vehicles.

E.

Although the path is now open, work is continuing to improve the signs along it, such as warnings when the path approaches a road. New hedges and trees will also be planted along stretches of the path, to provide some shelter from the wind and to benefit wildlife.

F.

Further information and a detailed map of the path including a proposed 5-kilometre extension are available online. The map can easily be downloaded and printed. Visit the county council website and follow the links to Atherton Cycle Path.

Questions 1-7

The text has six paragraphs, **A-F**.

Which paragraph mentions the following?

Write the correct letter, **A-F**, in boxes **1-7** on your answer sheet.

NB You may use any letter more than once.

1. what still needs to be done
2. the original suggestion for creating the path
3. a reason why the path opened early
4. people who no longer need to get to the park by car
5. the route of the path
6. the length of the path
7. who paid for the path

Read the text below and answer **Questions 8-14**.

Study dramatic arts at Thornley

If you are hoping for a career in the theatre, Thornley College of Dramatic Arts is the place to come. For fifty years we have been providing top-quality courses for actors, directors, producers, musicians and everyone else who wishes to work professionally in the theatre or related industries. We also have expertise in preparing students for the specialised requirements of TV, film and radio. We'll make sure you're thoroughly prepared for the reality of work in your chosen field.

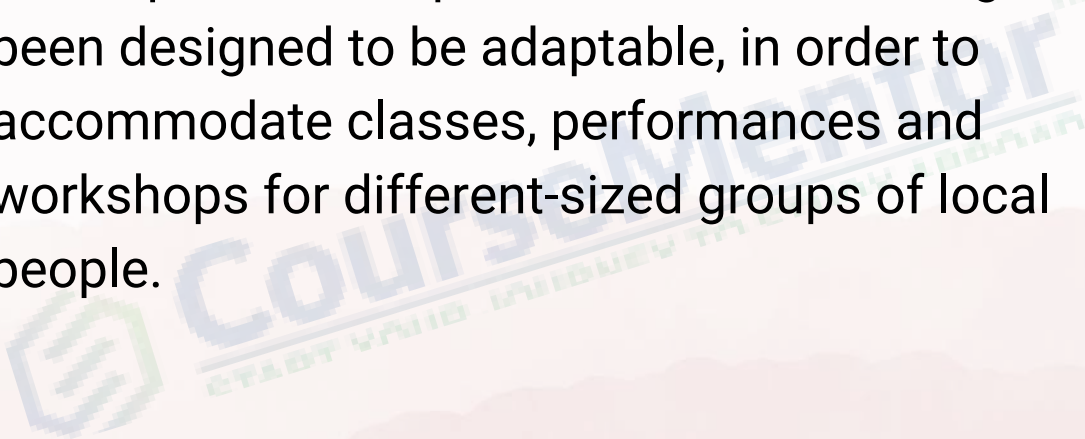
Our college-based tutors all have extensive practical experience in the entertainment industry as well as academic qualifications, and we also collaborate with some of the country's best directors, writers and actors to create challenging, inspiring and exciting projects with our students.

We are well-known around the world, with our students coming from every continent. Every year, we receive two thousand applications for the one hundred places on our degree courses. Only the most talented get places, and we are proud that over ninety percent of our students gain professional work within a year of graduating – a figure few other drama colleges in the UK can match.

To mark our fiftieth anniversary this year, we are putting on a production of Theatre 500. Written by two staff members especially for this occasion, this multimedia show celebrates five hundred years of drama, and involves all our students in one way or another.

Another major development is that the college is about to move. Our new premises are now under construction in the heart of Thornley, next to the council building, which has won a prize for its architecture. For the last two years, we have been developing designs with Miller Furbank

Architects for our new home, and one aim has been to ensure the buildings complement the council offices. Work started on the foundations of the buildings in March last year, and we plan to move to the new site this coming September. We have also been talking to cultural organisations in the district, and considering how we can bring cost-free benefits to the local community, as well as to our students. As a result, part of the space in the new buildings has been designed to be adaptable, in order to accommodate classes, performances and workshops for different-sized groups of local people.



Questions 8-14

Do the following statements agree with the information given in the text?

In boxes **8-14** on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

8. The college has introduced new courses since it opened.
9. The college provides training for work in the film industry.
10. Students have the chance to work with relevant professionals.
11. Many more people apply to study at the college than are accepted.
12. Theatre 500 was created by students.
13. The new building and the council building were designed by the same architects.
14. Local groups will be charged for using college premises.

Section 2

You should spend about **20 minutes** on **Questions 15-27**, which are based on the Reading Passage below.

Read the text below and answer **Questions 15-20**.

How to make your working day more enjoyable

Research shows that work takes up approximately a third of our lives. Most of us get so bogged down with day-to-day tasks though, that we easily forget why we originally applied for the job and what we can get out of it. Here are a few ideas for how to make your working day better.'

Physical changes to your work environment can make a massive difference to how you feel. Get some green plants or a family photo for your desk. File all those odd bits of paper or throw them away. All of these little touches can make your work environment feel like it's yours.

Make sure any screens you have are at a suitable height so you're not straining your neck and shoulders.

Humans need a change of environment every now and then to improve productivity. Go out at lunchtime for a quick walk. If you have the option, it's a good idea to work from home occasionally. And if there's a conference coming up, ask if you can go along to it. Not only will you practise your networking skills, but you'll also have a day away from the office.

Use coffee time to get to know a colleague you don't usually speak to. There's no point in getting away from staring at one thing though, only to replace it with another; so leave your mobile alone! Another tip is to try and stay out of office gossip. In the long run it could get you in more trouble than you realise.

When you're trying to focus on something, hunger is the worst thing, if you can, keep some healthy snacks in your desk because if you have something you can nibble on, it will make you work more effectively and you'll enjoy it more.

Also, if you're dehydrated, you won't be able to focus properly. So keep drinking water.

Finally, if you've been dreaming about starting up a big project for some time, do it! There are so many different things you can do to get you enjoying work more each day.

Questions 15-20

Complete the sentences below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes 15-20 on your answer sheet.

15. Bringing a personal to work will make the place feel more homely.

16. It is important to check the position of all before use to avoid pulling any muscles.

17. Leaving the office in the middle of the day may help to raise later on.

18. It is advisable to avoid checking a during breaks.

- 19.** Getting involved in at work may have negative results.
- 20.** Having a few available can help people concentrate better at work.



Read the text below and answer **Questions 21-27**

How to get promoted

If you're sitting at your desk wondering whether this will be the year you finally get promoted, here are some tips.

It starts with you. You are perhaps the most important part in the 'promotion process', so you need to know what you want – and why you want it. Take an honest look at yourself – your achievements and also your skills, particularly those you could exploit to take on a different role. Your boss is the gatekeeper. If you think your boss is likely to be on your side, ask for a meeting to discuss your serious commitment to the organization and how this could translate into a more defined career plan. If you are less sure about your boss's view of your prospects and how they may react, start softly with a more deliberate focus on increasing your boss's understanding of the work you do and the added value you deliver. Think about how you are perceived at work.

In order for you to get your promotion, who needs to know about you? Who would be on the interview panel and whose opinion and input would they seek? And once you've got a list of people to impress, ask yourself – do they know enough about you? And I mean really know – what you do day to day at your desk, your contribution to the team, and perhaps most importantly, your potential.

The chances are that those decision-makers won't know all they should know about you. Raising your profile in your organisation is critical so that when those in charge start looking at that empty office and considering how best to fill it, the first name that pops into their heads is yours. If your firm has a newsletter, volunteer to write a feature to include in it. If they arrange regular client events, get involved in the organisation of them. And so on.

If you think your experience needs enhancing, then look at ways you can continue to improve it. If you are confident in your professional expertise but lack the latest management theory, enrol on

some relevant courses that fit around your day job.

So what are you waiting for?

Questions 21-27

Complete the notes below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **21-27** on your answer sheet.

Steps to take to achieve a promotion

- First step: examine past successes and any **21** that would help gain promotion
- Set up a meeting with your boss to talk about:
 - how best to use your high level of **22** in future
 - or how much extra **23** you already bring to the company
- Focus on the important people in the company:
 - find out which ones will be members of the **24** who decide on the promotion

- consider how much they are aware of your **25** for the future
- Take steps to raise your profile by:
 - offering to create a feature for a company publication
 - participating in the **26** of events for customers
- Work on self-development:
 - take any **27** that fill in gaps in knowledge



Section 3

You should spend about **20 minutes** on **Questions 28-40**, which are based on the Reading Passage below.

Read the text below and answer **Questions 28-40**.
Animals can tell right from wrong

Until recently, humans were thought to be the only species to experience complex emotions and have a sense of morality. But Professor Marc Bekoff, an ecologist at University of Colorado, Boulder, US, believes that morals are 'hard-wired' into the brains of all mammals and provide the 'social glue' that allows animals to live together in groups.

His conclusions will assist animal welfare groups pushing to have animals treated more humanely. Professor Bekoff, who presents his case in his book *Wild Justice*, said: 'Just as in humans, the moral nuances of a particular culture or group will be different from another, but they are certainly there. Moral codes are species specific,

so they can be difficult to compare with each other or with humans.’ Professor Bekoff believes morals developed in animals to help regulate behaviour in social groups. He claims that these help to limit fighting within the group and encourage co-operative behaviour.

His ideas have met with some controversy in the scientific community. Professor Frans de Waal, who examines the behaviour of primates, including chimpanzees, at Emory University, Atlanta, Georgia, US, said: ‘I don’t believe animals are moral in the sense we humans are – with a well-developed and reasoned sense of right and wrong – rather that human morality incorporates a set of psychological tendencies and capacities such as empathy, reciprocity, a desire for co-operation and harmony that are older than our species. Human morality was not formed from scratch, but grew out of our primate psychology. Primate psychology has ancient roots and I agree that other animals show many of the same tendencies and have an intense sociality.’

Wolves live in tight-knit social groups that are regulated by strict rules. Wolves also demonstrate fairness. During play, dominant wolves will appear to exchange roles with lower-ranking wolves.

They pretend to be submissive and go so far as to allow biting by the lower-ranking wolves, provided it is not too hard. Prof Bekoff argues that without a moral code governing their actions, this kind of behaviour would not be possible. Astonishingly, if an animal becomes aggressive, it will perform a 'play bow' to ask forgiveness before play resumes. In other members of the dog family, play is controlled in a similar way. Among coyotes, cubs which are too aggressive are ignored by the rest of the group and often end up having to leave entirely. Experiments with domestic dogs, where one animal was given some sweets' and another wasn't, have shown that they possess a sense of fairness as they allowed their companion to eat some.

Elephants are intensely sociable and emotional animals. Research by Iain Douglas-Hamilton, from the department of zoology at Oxford University,

suggests elephants experience compassion and has found evidence of elephants helping injured members of their herd. In 2003, a herd of 11 elephants rescued antelopes which were being held inside an enclosure in KwaZulu-Natal, South Africa. The top female elephant unfastened all of the metal latches holding the gates closed and swung them open, allowing the antelopes to escape. This is thought to be a rare example of animals showing empathy for members of another species – a trait previously thought to be the exclusive preserve of humankind.

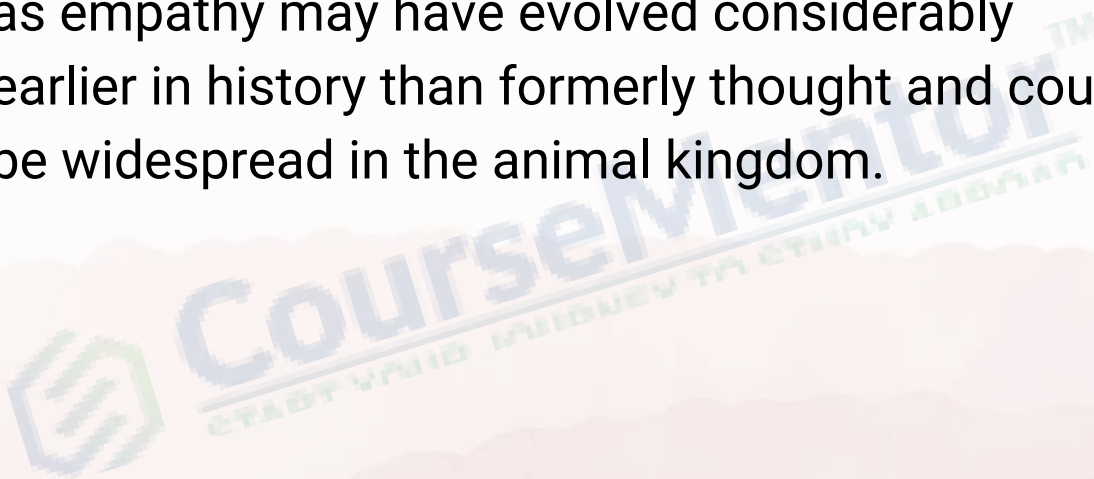
A laboratory experiment involved training Diana monkeys to insert a token into a slot to obtain food. A male who had become skilled at the task was found to be helping the oldest female, who had not learned how to do it. On three occasions the male monkey picked up tokens she dropped and inserted them into the slot and allowed her to have the food. As there was no benefit for the male monkey, Professor Bekoff argues that this is a clear example of an animal's actions being driven by some internal moral compass.

Since chimpanzees are known to be among the most cognitively advanced of the great apes and our closest cousins, it is perhaps not remarkable that scientists should suggest they live by moral codes. A chimpanzee known as Knuckles is the only known captive chimpanzee to suffer from cerebral palsy, which leaves him physically and mentally impaired. What is extraordinary is that scientists have observed other chimpanzees interacting with him differently and he is rarely subjected to intimidating displays of aggression from older males. Chimpanzees also demonstrate a sense of justice and those who deviate from the code of conduct of a group are set upon by other members as punishment.

Experiments with rats have shown that they will not take food if they know their actions will cause pain to another rat. In lab tests, rats were given food which then caused a second group of rats to receive an electric shock. The rats with the food stopped eating rather than see this happen.

Whales have been found to have spindle cells in their brains.

These specialised cells were thought to be restricted to humans and great apes, and appear to play a role in empathy and understanding the emotions of others. Humpback whales, fin whales, killer whales and sperm whales have all been found to have spindle cells. They also have three times as many spindle cells as humans and are thought to be older in evolutionary terms. This finding suggests that emotional judgements such as empathy may have evolved considerably earlier in history than formerly thought and could be widespread in the animal kingdom.



Questions 28-32

Complete the summary below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **28-32** on your answer sheet.

Complex social behaviour in wolf packs

Wolves live in packs and it is clear that there are a number of **28** concerning their behaviour. Some observers believe they exhibit a sense of **29** The stronger, more senior wolves seem to adopt the roles of the junior wolves when they are playing together. They act as if they are **30** to the juniors and even permit some gentle **31** What is even more surprising is that when one of the juniors gets too forceful, it bends down begging for **32** Only when that has been granted will the wolves continue playing.

Questions 33-37

Look at the following animals (**Questions 33-37**) and the list of descriptions below.

Match each animal with the correct description, **A-G**.

Write the correct letter, **A-G**, in boxes **33-37** on your answer sheet.

33. coyotes

34. domestic dogs

35. elephants

36. Diana monkeys

37. rats

List of Descriptions

A. often attack peers who fail to follow the moral code

B. appear to enjoy playing with members of a different species

C. sometimes share treats with a peer

D. may assist a peer who is failing to complete a task

E. may be driven away by their peers if they do not obey the moral code

- F.** seem unwilling to benefit from something that hurts their peers
- G.** may help a different type of animal which is in difficulty

Questions 38-40

Choose the correct letter, **A, B, C or D.**

Write the correct letter in boxes **38-40** on your answer sheet.

38. What view is expressed by Professor de Waal?

- A.** Apes have advanced ideas about the difference between good and evil.
- B.** The social manners of some animals prove that they are highly moral.
- C.** Some human moral beliefs developed from our animal ancestors.
- D.** The desire to live in peace with others is a purely human quality.

39. Why does Professor Bekoff mention the experiment on Diana monkeys?

- A.** It shows that this species of monkey is not very easy to train.
- B.** It confirms his view on the value of research into certain monkeys.
- C.** It proves that female monkeys are generally less intelligent than males.
- D.** It illustrates a point he wants to make about monkeys and other creatures.

40. What does the writer find most surprising about chimpanzees?

- A.** They can suffer from some of the same illnesses as humans.
- B.** They appear to treat disabled peers with consideration.
- C.** They have sets of social conventions that they follow.
- D.** The males can be quite destructive at times.

READING



Answer key with extra explanations
in Resource bank

Reading Section 1, Questions 1–14

- 1 E
- 2 C
- 3 B
- 4 D
- 5 A
- 6 C
- 7 B
- 8 NOT GIVEN
- 9 TRUE
- 10 TRUE
- 11 TRUE
- 12 FALSE
- 13 NOT GIVEN
- 14 FALSE

Reading Section 2, Questions 15–27

- 15 photo
- 16 screens
- 17 productivity
- 18 mobile
- 19 gossip
- 20 snacks

- 21 skills
- 22 commitment
- 23 value
- 24 panel
- 25 potential
- 26 organisation / organization
- 27 courses

Reading Section 3, Questions 28–40

- 28 rules
- 29 fairness
- 30 submissive
- 31 biting
- 32 forgiveness
- 33 E
- 34 C
- 35 G
- 36 D
- 37 F
- 38 C
- 39 D
- 40 B

Test 5

Section 1

Read the text below and answer **Questions 1-6**.

Helping pupils to choose optional subjects when they're aged 14-15: what some pupils say

A. Krishnan

I'm studying Spanish, because it's important to learn foreign languages – and I'm very pleased when I can watch a video in class and understand it. Mr Peckham really pushes us, and offers us extra assignments, to help us improve. That's good for me, because otherwise I'd be quite lazy.

B. Lucy

History is my favourite subject, and it's fascinating to see how what we learn about the past is relevant to what's going on in the world now. It's made me understand much more about

politics, for instance. My plan is to study history at university, and maybe go into the diplomatic service, so I can apply a knowledge of history.

C. Mark

Thursdays are my favourite days, because that's when we have computing. It's the high spot of the week for me – I love learning how to program. I began when I was about eight, so when I started doing it at school, I didn't think I'd have any problem with it, but I was quite wrong! When I leave school, I'm going into my family retail business, so sadly I can't see myself becoming a programmer.

D. Violeta

My parents both work in leisure and tourism, and they've always talked about their work a lot at home. I find it fascinating. I'm studying it at school, and the teacher is very knowledgeable, though I think we spend too much time listening to her: I'd like to meet more people working in the sector, and learn from their experience.

E. Walid

I've always been keen on art, so I chose it as an optional subject, though I was afraid the lessons might be a bit dull. I needn't have worried, though – our teacher gets us to do lots of fun things, so there's no risk of getting bored. At the end of the year the class puts on an exhibition for the school, and I'm looking forward to showing some of my work to other people.



Questions 1-6

Look at the five comments about lessons, **A– E**, below.

For which comments are the following statements true?

Write the correct letter, **A– E**, in boxes **1– 6** on your answer sheet.

NB You may use any letter more than once.

1. This pupil is interested in the subject despite the way it is taught.
2. This pupil is hoping to have a career that makes use of the subject.
3. This pupil finds the subject harder than they expected.
4. This pupil finds the lessons very entertaining.
5. This pupil appreciates the benefit of doing challenging work.
6. This pupil has realized the connection between two things.

Read the text below and answer **Questions 7-14**.

It's almost time for the next Ripton Festival!

As usual, the festival will be held in the last weekend of June, this year on Saturday to Monday, 27-29 June. Ever since last year's festival, the committee has been hard at work to make this year's best ever! The theme is Ripton through the ages. Scenes will be acted out showing how the town has developed since it was first established. But there's also plenty that's up-to-date, from the latest music to local crafts. The Craft Fair is a regular part of the festival. Come and meet professional artists, designers and craftsmen and women, who will display their jewellery, paintings, ceramics, and much more. They'll also take orders, so if you want one of them to make something especially for you, just ask! You'll get it within a month of the festival ending.

The Saturday barbecue will start at 2 pm and continue until 10 pm, with a bouncy castle for kids.

The barbecue will be held in Palmer's Field, or in the town hall if there's rain. Book your tickets now, as they always sell out very quickly! Entry for under 16s is free all day; adults can come for free until 6 pm and pay £5 after that. There'll be live music throughout, with local amateur bands in the afternoon and professional musicians in the evening.

On Sunday we're delighted to introduce an afternoon of boat races, arranged by the Ripton Rowing Club. The spectator area by the bridge has plenty of room to stand and cheer the boats home, in addition to a number of benches. The winners of the races will be presented with trophies by the mayor of Ripton.

All money raised by the festival will go to support the sports clubs in Ripton.

Questions 7-14

Do the following statements agree with the information given in the text above?

In boxes **7-14** on your reading answer sheet, write:

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

7. The festival is held every year.
8. This year's festival focuses on the town's history.
9. Goods displayed in the craft fair are unlike ones found in shops.
10. The barbecue will be cancelled if it rains.
11. Adults can attend the barbecue at any time without charge.
12. Amateur musicians will perform during the whole of the barbecue.
13. Seating is available for watching the boat races.
14. People attending the festival will be asked to donate some money.

Section 2

Reducing injuries on the farm

Farms tend to be full of activity. There are always jobs to be done and some tasks require physical manual work. While it is good for people to be active, there are risk factors associated with this, and efforts need to be made to reduce them.

The first risk relates to the carrying of an excessive load or weight. This places undue demands on the spine and can cause permanent damage. Examples of tasks that involve this risk are moving 5 Kilogram fertiliser bags from one site to another or carrying heavy buckets of animal feed around fields. According to the UK Health and Safety Executive, activities such as these 'should be avoided at all times'.

Their documentation states that other methods should be considered, such as breaking down the load into smaller containers prior to movement or transporting the materials using a tractor or other

vehicle. The risk posed by excessive force is made worse if the person lifting is also bending over as this increases pressure on the discs in the back.

If a load is bulky or hard to grasp, such as a lively or agitated animal, it will be more difficult to hold while lifting and carrying. The holder may adopt an awkward posture, which is tiring and increases the risk of injury. Sometimes a load has to be held away from the body because there is a large obstacle in the area and the person lifting needs to be able to see where their feet are going. This results in increased stress on the back; holding a load at arm's length imposes about five times the stress of a close-to-the-body position. In such cases, handling aids should be purchased that can take the weight off the load and minimise the potential for injury.

Another risk that relates to awkward posture is repetitive bending when carrying out a task. An example might be repairing a gate that has collapsed onto the ground.

This type of activity increases the stress on the lower back because the back muscles have to support the weight of the upper body. The farmer should think about whether the job can be performed on a workbench, reducing the need for prolonged awkward posture.

Questions 15-20

Complete the notes below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **15-20** on your reading answer sheet.

| Risks and how to avoid them | | |
|--|---|---|
| Risk factor | Examples of farm activities | Risk reduction measures to consider |
| Heavy loads | <ul style="list-style-type: none"> Lifting sacks of 15 Carrying food for animals | <ul style="list-style-type: none"> Divide into containers that weigh less Use a vehicle such as a tractor |
| Awkward posture | <ul style="list-style-type: none"> Lifting a restless 16 Moving something around a big 17 | Buy particular 18 to help with support |
| A lot of 19 while working | Fixing a fallen 20 | Use a workbench instead |

Section 3

Read the text below and answer Questions 21-27.

Good customer service in retail

Without customers, your retail business would not exist. It stands to reason, therefore, that how you treat your customers has a direct impact on your profit margins.

Some customers just want to browse and not be bothered by sales staff. Try to be sensitive to how much help a customer wants; be proactive in offering help without being annoying. Suggest a product that naturally accompanies what the customer is considering or point out products for which there are special offers, but don't pressure a customer into buying an item they don't want. Build up a comprehensive knowledge of all the products in your shop, including the pros and cons of products that are alike but that have been produced under a range of brand names. If you have run out of a particular item, make sure you know when the next orders are coming in.

Negativity can put customers off instantly. If a customer asks a question to which the answer is 'no', do not just leave it at that – follow it with a positive, for example: 'we're expecting more of that product on Tuesday'.

Meanwhile, if you see a product in the wrong place on a shelf, don't ignore it – put it back where it belongs . This attention to presentation keeps the shop tidy, giving the right impression to your customers. Likewise, if you notice a fault with a product, remove it and replace it with another.

When necessary, be discreet. For example, if the customer's credit card is declined at the till, keep your voice down and enquire about an alternative payment method quietly so that the customer doesn't feel humiliated. If they experience uncomfortable emotions in your shop, it's unlikely that they'll come back.

Finally, good manners are probably the most important aspect of dealing with customers. Treat each person with respect at all times, even when you are faced with rudeness. Being discourteous yourself will only add more fuel to the fire.

Build a reputation for polite, helpful staff and you'll find that customers not only keep giving you their custom, but also tell their friends about you.

Questions 21-27

Complete the sentences below.

Choose **NO MORE THAN TWO WORDS** from the text for each answer.

Write your answers in boxes 21- 27 on your answer sheet.

21. A approach to selling is fine as long as you do not irritate the customer.

22. Recommend additional products and without being too forceful.

23. Know how to compare similar products which have different

24. Avoid by always saying more than 'no'.

25. Keep an eye on the of goods on the shelves.

26. If a customer has problems paying with their handle the problem with care.

27. Any from a customer should not affect how you treat them.

Questions 28-34

The text has seven paragraphs, **A- G**.

Choose the correct heading for each paragraph from the list of headings below.

Write the correct number, i- viii, in boxes **28 - 34** on your answer sheet.

List of Headings

- i** A time when opportunities were limited
- ii** The reasons why Ferrando's product is needed
- iii** A no-risk solution
- iv** Two inventions and some physical details
- v** The contrasting views of different generations
- vi** A disturbing experience
- vii** The problems with replacing a consumer item
- viii** Looking back at why water was bottled

28. Paragraph A

29. Paragraph B

30. Paragraph C

31. Paragraph D

32. Paragraph E

33. Paragraph F

34. Paragraph G

Plastic is no longer fantastic

A.

In 2017, Carlos Ferrando, a Spanish engineer-turned-entrepreneur, saw a piece of art in a museum that profoundly affected him. 'What Lies Under', a photographic composition by Indonesian digital artist Ferdi Rizkiyanto, shows a child crouching by the edge of the ocean and 'lifting up' a wave, to reveal a cluster of assorted plastic waste, from polyethylene bags to water bottles. The artwork, designed to raise public awareness, left Ferrando angry – and fuelled with entrepreneurial ideas.

B.

Ferrando runs a Spanish-based design company, Closca, that produces an ingenious foldable bicycle helmet. But he has now also designed a stylish glass water bottle with a stretchy silicone strap and magnetic closure mechanism that means it can be attached to almost anything, from a bike to a bag to a pushchair handle. The product comes with an app that tells people where they can fill their bottles with water for free.

C.

The intention is to persuade people to stop buying water in plastic bottles, thus saving consumers money and reducing the plastic waste piling up in our oceans. 'Bottled water is now a \$100 billion business, and 81 per cent of the bottles are not recycled . It's a complete waste – water is only 1.5 per cent of the price of the bottle!' Ferrando cries. Indeed, environmentalists estimate that by 2050 there will be more plastic in our oceans than fish and that's mainly down to such bottles. 'We are trying to create a sense that being environmentally sophisticated is a status symbol,' he adds. 'We want people to clip their bottles onto what they are wearing, to show that they are recycling – and to look cool.'

D.

Ferrando's story is fascinating because it seems like an indicator of something unexpected. Three decades ago, conspicuous consumption – the purchase of luxuries, such as handbags, shoes, cars, etc. on a lavish scale – heightened people's social status. Indeed, the closing decades of the 20th century were a time when it seemed that

anything could be turned into a commodity. Hence the fact that water became a consumer item, sold in plastic bottles, instead of just emerging, for free, from a tap.

E.

Today, though, conspicuous extravagance no longer seems desirable among consumers. Now, recycling is fashionable – as is cycling rather than driving. Plastic water bottles have become so common that they do not command status; instead, what many millennials – young people born in the late 20th century – prefer to post on social media are ‘real’ (refillable) bottles or even the once widespread Thermos bottles. Some teenagers currently think that these stainless-steel vacuum-insulated water bottles that are coming back onto the market are ultra ‘cool’; never mind the fact that they feel oddly out-of-date to anyone over the age of 40 or that teenagers in the 1970s would have avoided ever being seen with one.

F.

It is uncertain whether Clesca will succeed in its goal. Although its foldable bike helmet is available in some outlets in New York, including the Museum of Modern Art, it can be very hard for any design entrepreneur to really take off in the global mass market, though not as hard as it might have been in the past. If an entrepreneur had wanted to fund a smart invention a few decades ago, he or she would have had to either raise a bank loan, borrow money from a family member or use a credit card. Things have moved on slightly since then.

G.

Entrepreneurs are still using the last two options, but some are also tapping into the ever-growing pot of money that is becoming available in the management world for 'corporate social responsibility' (CSR) investments. And then there are other options for those who wish to raise money straight away. Ferrando posted details about his water-bottle venture on a large, recognised platform for funding creative projects.

He appealed for people to donate \$30,000 of seed money – the money he needed to get his project going – and promised to give a bottle to anyone who provided more than \$39 in ‘donations’. If he received the funds, he stated that the company would produce bottles in grey and white; if \$60,000 was raised, a multicoloured one would be made. Using this approach, none of the donors has a stake in his idea, nor does he have any debt. Instead, it is almost a pre-sale of the product, in a manner that tests demand in advance and creates a potential crowd of enthusiasts. This old-fashioned community funding with a digital twist is supporting a growing array of projects ranging from films to card games, videos, watches and so on. And, at last count, Closca had raised some \$52,838 from 803 backers. Maybe, 20 years from now, it will be the plastic bottle that seems peculiarly old-fashioned.

Questions 35-37

Choose the correct letter, **A, B, C or D**.

Write the correct letter in boxes **35-37** on your answer sheet.

35. What does Ferrando say about his glass water bottle?

- A.** It matches his bicycle helmet.
- B.** It is cheaper than a plastic bottle.
- C.** He has designed it to suit all ages.
- D.** He wants people to be proud to show it.

36. What does the writer find fascinating about Ferrando's story?

- A.** the youthfulness of his ideas.
- B.** the old-fashioned nature of his products.
- C.** the choice it is creating for consumers.
- D.** the change is revealing in people's attitudes.

37. What does the writer suggest about Closca's bike helmet?

- A.** It has both functional and artistic value.
- B.** Its main appeal is to older people.
- C.** It has had extraordinary success worldwide.

D. It is a more exciting invention than the glass bottle.

Questions 38-40

Complete the summary below.

Choose **ONE WORD ONLY** from the passage for each answer.

Write your answers in boxes **38-40** on your answer sheet.

Funding a smart invention

Thirty years ago, the methods used by creators to fund their projects involved getting money from the bank or from someone in the **38**

Banks today are still a useful source of finance, but investments may also be sought from 'corporate social responsibility' projects.

In order to get immediate funding, the method Ferrando took was to use a well-known **39** to advertise his product and request financial support. People who gave a certain figure or over were offered a free gift.

In addition, Ferrando advised his donors that his company would create bottles in two colours, followed by a **40** bottle once they had received a more significant amount. In this way Ferrando avoided debt and found out how many people might want his products before manufacturing them.



READING



Answer key with extra explanations
in Resource Bank

Reading Section 1, Questions 1–14

- 1 D
- 2 B
- 3 C
- 4 E
- 5 A
- 6 B
- 7 TRUE
- 8 TRUE
- 9 NOT GIVEN
- 10 FALSE
- 11 FALSE
- 12 FALSE
- 13 TRUE
- 14 NOT GIVEN

Reading Section 2, Questions 15–27

- 15 fertiliser / fertilizer
- 16 animal
- 17 obstacle
- 18 aids
- 19 bending
- 20 gate

- 21 proactive
- 22 special offers
- 23 brand names
- 24 negativity
- 25 presentation
- 26 credit card
- 27 rudeness

Reading Section 3, Questions 28–40

- 28 vi
- 29 iv
- 30 ii
- 31 viii
- 32 v
- 33 i
- 34 iii
- 35 D
- 36 D
- 37 A
- 38 family
- 39 platform
- 40 multi(-)coloured / multi(-)colored

Test 6

Section 1

Read the text below and answer **Questions 1-7**.

How to choose your builder

Building a new home is a significant investment, and it's essential to find the right builder for the job. Before you look for a builder, it's important to develop a comprehensive budget and have clear plans. Once you have a design in mind, it is time to start narrowing down your builder shortlist, and this starts with assessing how qualified each builder is. In Australia, this means checking that the builder holds a residential building licence. Most states have their own building authority who you can contact to check a builder's licence.

You can also check if the builder is a member of an industry association such as the Housing Industry Association (HIA), and whether they have won any industry awards. For instance, the HIA

runs a state and national awards programme, with a category that recognises the level of customer service that a builder delivers.

Most experts agree that display homes (homes constructed by the builder that are open to the public) offer a great opportunity to study their work up close. Display homes are usually offered by major project builders who work on a large scale and can deliver good quality and value. You can also talk to the salesperson and find out about the home design and what is and isn't included in the sale price. And it may be possible to talk to other customers you meet there and ask their opinion of the workmanship in the display home.

Finally, avoid signing any business contract before you have read and understood it thoroughly. Ask your builder to use a standard building contract that has been designed to comply with the Domestic Building Contracts Act, and to be fair to both client and builder. You have five business days within which you may withdraw from the contract after signing it.

Questions 1-7

Do the following statements agree with the information given in the text above?

In boxes 1-7 on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

1. After selecting a builder, you should decide on the design of your new house.
2. In Australia, you can make sure that a builder has the appropriate license.
3. The best builders usually belong to the Housing Industry Association.
4. The HIA gives an award to builders whose standards of customer service are very high.
5. Builders who work on smaller projects are more likely to have display homes.
6. It is advisable to have a contract which is in accordance with the Domestic Building Contracts Act.

7. A contract is legally binding from the time it has been signed.

Read the text below and answer **Questions 8-14**.

Island adventure activities

A. Rib riding

Conquer stormy seas on a high-speed ride in an RIB (Rigid Inflatable Boat). These powerful boats cut through choppy waters with ease. You'll need to hold on tight as the boat bounces across the wake of awesome cruise liners in one of the world's busiest shipping lanes.

B. Horse riding

Experience the thrill of riding on horseback along peaceful country lanes and secluded bridleways with the help of expert guides. Even a novice can quickly take the reins and feel the thrill of riding one of nature's most magnificent beasts.

C. Kayaking

Test your kayak nerves paddling around a deserted military fort built on a rocky outcrop out

at sea, then explore the island's busy harbours before gliding back to dry land where a hot shower and a cup of tea await.

D. Cycling

Test your endurance on the famous Round the Island Cycle Route. Grit your teeth and tackle the brutal hills in the south of the island, or for something less challenging, discover our car-free cycle tracks on former railway lines.

E. Segway riding

Have you got what it takes to master a Segway? In theory, these quirky electric machines are simple to control, with users leaning forwards to go faster and back to slow down. In reality, you'll need some practice before you can master the skill and glide around the island.

F. Tree climbing

A climb into the canopy of a 25-metre oak tree is an amazing experience. Supported by a rope and harness, you can stand on branches no bigger than your wrist, and swing out between the

boughs, or simply take the opportunity to lie in a tree-top hammock and absorb the stunning bird's eye views.

G. Coasteering

Tackle the spectacular coast in the north of the island. Scrabble over the rocks around cliff edges as the waves crash around you, dive through submerged caves and emerge onto a beach once used by smugglers. This is a thrilling experience, but not an adventure to attempt alone.

H. Mountain boarding

First developed as an off-season alternative to winter sports and now a sport in its own right, mountain boarding has the speed of snowboarding but with a harder landing when you fall. After a bit of practice and a few bruises, you'll learn to control the ride and can join the few people who can call themselves mountain borders

Questions 8-14

Look at the eight advertisements for adventure sports on an island, **A- H** on the text above.

For which adventure sport are the following statements true?

Write the correct letter, **A- H**, in boxes **8-14** on your answer sheet.

NB You may use any letter more than once.

8. You will be provided with safety equipment.
9. You may get some minor injuries doing this activity.
10. You can see a disused, isolated building.
11. You can relax and look down from above in an unusual location.
12. You will take an exciting trip in rough water close to big ships.
13. You can choose easy options or more difficult ones.
14. You may find this more difficult than you expect.

Section 2

Read the text below and answer **Questions 15-20**

Barrington Music Service: Business and Development Manager

Barrington Music Service organises a wide range of music activities for children and young people resident in and around Barrington. It provides singing and specialist instrumental lessons in schools, and it owns a collection of instruments for use in schools, some of which are available for hire by the parents of children having lessons. The Service also arranges a number of music-related events, including festivals bringing together choirs and soloists from schools in both Barrington and other areas. The Music Service provides administrative and financial support for the Barrington Youth Orchestra, which takes part in workshops with professional artists and gives performances.

Barrington Music Service is seeking to recruit a Business and Development Manager to manage the administrative function and build on the success of the Service. We are looking for an individual with a passion for delivering the best possible music provision for the benefit of our children and young people.

As the Business and Development Manager, you will be responsible for managing the administrative and financial systems of the Music Service, ensuring it does not exceed its budget, which is currently around £1m a year. You will take the lead on marketing the Service and ensuring the generation of new income. The Music Service is involved in several partnerships with schools and with music and community organisations in the district, and you will be expected to increase the number and scope of these, as well as take the lead in fundraising. The Service recently embarked on a programme to broaden what is taught in school music lessons, to include instruments and musical styles from around the world, and you will be required to further develop this emphasis on diversity.

You will need to improve systems for ensuring that the records of the Service's activities are accurate and maintain a database of all music teachers, students, and instruments belonging to the Service.

The person appointed will have experience of a supervisory role and the skills to motivate members of a team. You will have an understanding of accounting, at a non-specialist level, and of standard financial procedures. High-level IT skills and excellent verbal and written communication skills are essential. Although experience in music education is not crucial, good knowledge of the field, or of other areas of arts management, would be an advantage.

Questions 15-20

Complete the notes below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **15-20** on your answer sheet.

Barrington Music Service

Activities

- organises music lessons
- enables the hire of instruments
- Events such as **15** for local and visiting schools
- supports Barrington Youth Orchestra

Post of Business and Development Manager

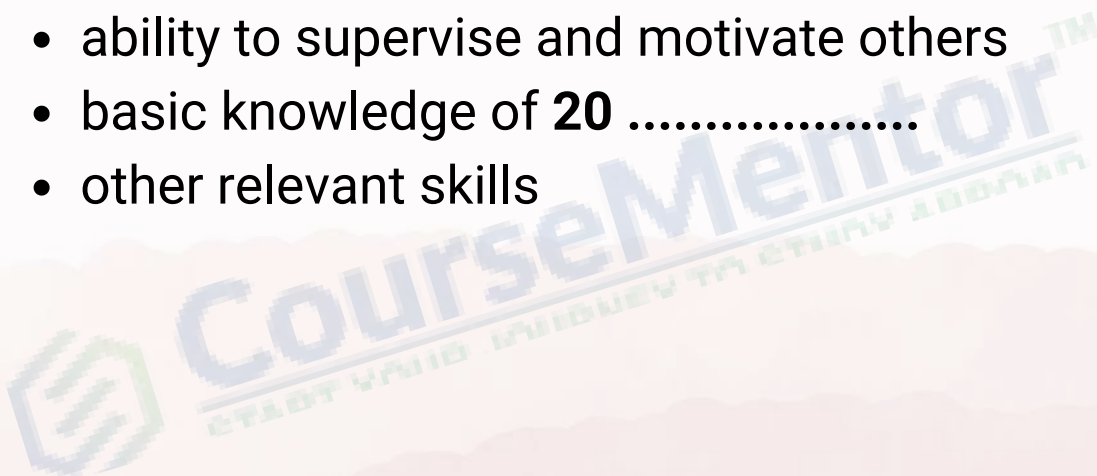
Person appointed will

- manage the administration of the Service
- be responsible for keeping to the **16**
- build **17** with other organisations

- be proactive in fundraising
- increase the focus on **18** in school music lessons (e.g., international styles)
- make sure records and a **19** is kept up-to-date

Person appointed must have

- ability to supervise and motivate others
- basic knowledge of **20**
- other relevant skills



Read the text below and answer **Questions 21-27**

Health and safety in small businesses

The rate of accidents at work is almost 75% higher in small businesses than in larger companies. One possible reason is that many managers of small businesses have an inadequate knowledge of health and safety issues.

Many managers of small businesses claim their situation is made worse by bureaucracy, arguing that the huge number of regulations – not just on health and safety but also on tax, the minimum wage, and much, much more – makes their work difficult.

Many managers are simply not aware of their responsibilities. They are too busy running their companies to read manuals, employ consultants or go to seminars. Moreover, the average business person doesn't know where and how to get information.

The Federation of Small Businesses argues that the special nature of small businesses should be recognised by health and safety inspectors, with an emphasis on education and how to comply with the law, rather than simply on enforcement. For instance, inspectors could make employers aware of what they really need to know, rather than swamping them with mountains of leaflets which may not be relevant.

Improvements are being made, however. The Health and Safety Executive has issued a free guide to the most important health and safety laws for employers. All employers must have their own health and safety policy statement and, for businesses with more than five employees, this must be in writing. It should be specific to the business and clear about the arrangements for an organisation of health and safety at work.

We should state a strategy, detail how it will be implemented and by whom, and say when it will be reviewed and updated. It is advisable to involve employees in this process, as they have direct experience.

Assessing and identifying risks is the starting point. But to comply with the law, businesses must train their employees about health and safety, and provide information to others who need to know, such as the contractors working for them. These are often smaller companies that carry out most of the dangerous work. Helping them to get into good safety habits makes it easier for them to tender for work from big companies.

Other advice from the Health and Safety Executive for small businesses tackles specific issues, such as helping small companies to deal with work-related stress.

Questions 21-27

Complete the sentences below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **21-27** on your reading answer sheet.

21. One cause of health and safety problems in small businesses is that managers do not have enough relevant

22. Managers complain they have too many to deal with.

23. Managers may not fully understand their

24. Businesses sometimes feel that inspectors give them far too many

25. Businesses above a certain size must produce a written of their health and safety policy.

26. A company's health and safety policy is relevant to both its employees and its

27. The Health and Safety Executive can advise small businesses on problems of among their employees.

Section 3

Questions 28- 40

Jobs in Ancient Egypt

In order to be engaged in the higher professions in ancient Egypt, a person had to be literate and so first had to become a scribe. The apprenticeship for this job lasted many years and was tough and challenging. It principally involved memorising hieroglyphic symbols and practising handwritten lettering. Scribes noted the everyday activities in ancient Egypt and wrote about everything from grain stocks to tax records. Therefore, most of our information on this rich culture comes from their records. Most scribes were men from privileged backgrounds. The occupation of scribe was among the most sought-after in ancient Egypt. Craftspeople endeavoured to get their sons into the school for scribes, but they were rarely successful.

As in many civilizations, the lower classes provided the means for those above them to live

comfortable lives. You needed to work if you wanted to eat, but there was no shortage of jobs at any time in Egypt's history. The commonplace items taken for granted today, such as a brush or bowl, had to be made by hand; laundry had to be washed by hand, clothing sewn, and sandals made from papyrus and palm leaves. In order to make these and have paper to write on, papyrus plants had to be harvested, processed and distributed and all these jobs needed workers. There were rewards and sometimes difficulties. The reed cutter, for example, who harvested papyrus plants along the Nile, had to bear in mind that he worked in an area that was also home to wildlife that, at times, could prove fatal.

At the bottom rung of all these jobs were the people who served as the basis for the entire economy: the farmers. Farmers usually did not own the land they worked. They were given food, implements, and living quarters as payment for their labour. Although there were many more glamorous jobs than farming, farmers were the backbone of the Egyptian economy and sustained everyone else.

The details of lower-class jobs are known from medical reports on the treatment of injuries, letters, and documents written on various professions, literary works, tomb inscriptions, and artistic representations. This evidence presents a comprehensive view of daily work in ancient Egypt – how the jobs were done, and sometimes how people felt about the work. In general, the Egyptians seem to have felt pride in their work no matter what their occupation. Everyone had something to contribute to the community, and no skills seem to have been considered non-essential. The potter who produced cups and bowls was as important to the community as the scribe, and the amulet-maker as vital as the pharmacist.

Part of making a living, regardless of one's special skills, was taking part in the king's monumental building projects. Although it is commonly believed that the great monuments and temples of Egypt were achieved through slave labour, there is absolutely no evidence to support this. The pyramids and other monuments were built by Egyptian labourers who either

donated their time as community service or were paid for their labour, and Egyptians from every occupation could be called on to do this.

Stone had to first be quarried and this required workers to split the blocks from the rock cliffs. It was done by inserting wooden wedges in the rock which would swell and cause the stone to break from the face. The often huge blocks were then pushed onto sleds, devices better suited than wheeled vehicles to moving weighty objects over shifting sand. They were then rolled to a different location where they could be cut and shaped. This job was done by skilled stonemasons working with copper chisels and wooden mallets. As the chisels could get blunt, a specialist in sharpening would take the tool, sharpen it, and bring it back. This would have been constant daily work as the masons could wear down their tools on a single block.

The blocks were then moved into position by unskilled labourers. These people were mostly farmers who could do nothing with their land during the months when the Nile River overflowed its banks.

Egyptologists Bob Brier and Hoyt Hobbs explain: 'For two months annually, workmen gathered by the tells of thousands from all over the country to transport the blocks a permanent crew had quarried during the rest of the year. Overseers organised the men into teams to transport the stones on the sleds.' Once the pyramid was complete, the inner chambers needed to be decorated by scribes who painted elaborate images on the walls. Interior work on tombs and temples also required sculptors who could expertly cut away the stone around certain figures or scenes that had been painted.

While these artists were highly skilled, everyone – no matter what their job for the rest of the year – was expected to contribute to communal projects. This practice was in keeping with the value of ma'at (harmony and balance) which was central to Egyptian culture. One was expected to care for others as much as oneself and contributing to the common good was an expression of this. There is no doubt there were many people who did not love their job every day, but the Egyptian government was aware of how

hard the people worked and so staged a number of festivals throughout the year to show gratitude and give them days off to relax.

Questions 28-32

Choose the correct letter, **A, B, C or D**.

Write the correct letter in boxes **28-32** on your answer sheet.

28. What does the writer say about scribes in ancient Egypt?

- A.** Their working days were very long.
- B.** The topics they wrote about were very varied.
- C.** Many of them were once ordinary working people.
- D.** Few of them rfs11j,§gd, the true value of their occupation.

29. What is the writer doing in the second paragraph?

- A.** explaining why jobs were plentiful in ancient Egypt

- B.** pointing out how honest workers were in ancient Egypt
- C.** comparing manual and professional work in ancient Egypt
- D.** noting the range of duties an individual worker had in ancient Egypt

30. What is the writer doing in the fifth paragraph?

- A.** explaining a problem
- B.** describing a change
- C.** rejecting a popular view
- D.** criticising a past activity

31. The writer refers to the value of ma'at in order to explain

- A.** how the work of artists reflected beliefs in ancient Egypt.
- B.** how ancient Egyptians viewed their role in society.
- C.** why the opinions of certain people were valued in ancient Egypt.
- D.** why ancient Egyptians expressed their views so readily.

32. Which word best describes the attitude of the Egyptian government toward its workers?

- A.** strict
- B.** patient
- C.** negligent
- D.** appreciative

Questions 33-36

Look at the following statements (**Questions 33-36**) and the list of jobs below.

Match each statement with the correct job, **A- G**.

Write the correct letter, **A- G**, in boxes **33- 36** on your answer sheet.

- 33.** was unable to work at certain times
- 34.** divided workers into groups
- 35.** faced daily hazards
- 36.** underwent a long period of training

List of Jobs

- A. scribe
- B. reed cutter**
- C. farmer
- D. potter
- E. stonemason
- F. overseer
- G. sculptor

Questions 37-40

Complete the summary below.

Choose **NO MORE THAN TWO WORDS** from the text above for each answer.

Write your answers in boxes **37- 40** on your answer sheet.

The king's building projects

Labourers who worked on the king's buildings were local people who chose to participate in **37** or who received payment.

The work involved breaking up stone cliffs using wooden wedges.

The large pieces of stone were then transported to another site on sleds, which moved easily over the **38** Here, the blocks could be cut and shaped using tools made of **39** and wood. Some of these had to be sharpened regularly. Eventually, the stone was moved into place to create a building. The job of moving the Stone was often done by **40** or other unskilled workers.



READING



Answer key with extra explanations
in Resource Bank

Reading Section 1, Questions 1–14

- 1 FALSE
- 2 TRUE
- 3 NOT GIVEN
- 4 TRUE
- 5 FALSE
- 6 TRUE
- 7 FALSE
- 8 F
- 9 H
- 10 C
- 11 F
- 12 A
- 13 D
- 14 E

Reading Section 2, Questions 15–27

- 15 festivals
- 16 budget
- 17 partnerships
- 18 diversity
- 19 database
- 20 accounting

- 21 knowledge
- 22 regulations
- 23 responsibilities
- 24 leaflets
- 25 statement
- 26 contractors
- 27 stress

Reading Section 3, Questions 28–40

- 28 B
- 29 A
- 30 C
- 31 B
- 32 D
- 33 C
- 34 F
- 35 B
- 36 A
- 37 community service
- 38 shifting sand
- 39 copper
- 40 farmers

Test 7

Section 1

Questions 1-14

Read the text below and answer **Questions 1-5**.

Maps showing walks starting from Bingham Town Hall

A

The walk described in this leaflet takes you to one of the many places in the district where bricks were made for hundreds of years, until it was closed in the late 19th century. This brickworks is now the largest and best-known nature reserve in the area. Please note that the ground is very uneven, and under-sixes should not be taken on this walk.

B

This walk will take you to the top of Burley Hill, along a nice easy path that people of all ages will be able to manage. From the summit you can see for a great distance to the north and west, across a landscape that includes half a dozen lakes and the entrance to Butter Caves. Bear in mind,

though, that most often comes in from the sea and covers the hilltop.

C

This route leads you through the village of Cottesloe, which was created in the 1930s and is famous for its strange-looking houses and ceramics factory, which is still the largest employer in the area. An artificial lake was originally created beside the village, and has since been filled in and turned into an adventure playground. After you leave Cottesloe, you have a choice of routes to return to the starting point, so either continue via Thurley Park, or if it's raining, take the shorter direct route.

D

This walk is ideal in fine weather, as it takes you to the shore of a lake, at a spot convenient for swimming. Children will want to enjoy themselves in the adventure playground nearby. From there you continue to Starling Cottage, which draws people from around the world to visit the home, from 1920 to 1927, of the poet Barbara Cottam.

E

If you want an easy, undemanding walk over flat ground, this walk will suit you perfectly. It passes the entrance to the famous Butter Caves visitor attraction, so you can combine a visit there with the walk, or just take shelter if it starts raining! On the final stage of the walk you pass through Wimpole, the village where Richard Merton, the architect of a number of local buildings, lived for much of his life.



Questions 1-5

The text has five paragraphs, **A-E**.

Which paragraph mentions the following?

Write the correct letter, **A-E**, in boxes **1-5** on your answer sheet.

NB You may use any letter more than once.

1. the chance to go into caves
2. the chance to spend time beside a lake
3. some unusual architecture
4. unsuitability for young children
5. the length of the walk depending on the weather

Read the text below and answer **Questions 6-14**

The Maplehampton scarecrow competition – a great success!

There was once a time when farmers all over the country put scarecrows in fields of growing crops. A traditional scarecrow was a model – usually life-size – of a man or woman dressed in old clothes, and their purpose was to frighten the birds away; though how successful they were is a matter of opinion!

Maplehampton's scarecrow competition took place on September 12th. Local farmers supplied everything needed to make a scarecrow – like pieces of wood to form a frame, and straw to stuff the scarecrow. The scarecrows were dressed in old clothes which the competitors brought with them.

The festival was held in the village hall, instead of outdoors as planned, due to the unusually high temperature. There were two classes, one

for adults and one for children, all of them working in small teams. Over 20 teams took part, each creating one scarecrow. They were encouraged by an audience of around 50, and had ideas and guidance from local artist Tracey Sanzo.

The scarecrows were judged by a team of people from the village. The winning children's team made a scarecrow that looked like a giant bird – which would surely keep every real bird away! The winning adult team's scarecrow was dressed as an alien from another planet, and its face was painted to make it look very frightening – at least to human beings!

After the judging, many of the participants and the spectators had a picnic which they had brought. Some of the scarecrows then went home to their creators' gardens. Alice Cameron, a local farmer, liked one of the scarecrows so much, she bought it to stand on her balcony: she said she didn't need it to scare birds away from her crops, as only bird-scarers that made a noise were effective. She just wanted to be able to see it!

The event raised over £300 for village funds.

Questions 6-14

Do the following statements agree with the information given in the text?

In boxes **6-14** on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

6. Traditionally, most scarecrows were the same size as a human being.
7. The competition in September was the first one in Maple Hampton.
8. The farmers who provided materials could take part in the competition.
9. Old clothes were supplied to the people who made the scarecrows.
10. The venue for the competition was changed because of the weather.
11. Competitors could get advice on making their scarecrows.
12. In the judges' opinion, the scarecrow dressed as an alien was better than the giant bird.

- 13.** The competition organisers supplied a picnic for the competitors and spectators.
- 14.** Alice Cameron bought a scarecrow to frighten birds away from her crops.



Section 2

Read the text below and answer **Questions 15-22**.

Qualities that make a great barista

How to become a great maker and server of espresso-based coffee drinks.

Truly great baristas take the time to develop the key skills that will enable them to deliver the highest possible quality of coffee-based beverage and service. As a barista, you must make a concerted effort to listen to your clientele and make sure the drinks you produce are correct in all respects. This is particularly important when you consider the sheer range and complexity of modern coffee drinks, which may start from a single (or double) shot of espresso but can include many additional elements. If you become distracted by the conversation that is going on nearby, you may ultimately miss the mark from a service perspective.

One thing that separates a great from a good barista is that the former is constantly busy and has a strong work ethic. You will often catch a great barista rinsing out the filter in their machines, for example, as this erodes the build-up of burnt coffee oil that can begin to impact on the quality and taste of each espresso shot. Similarly, do not be surprised to hear the sound of the coffee grinder at work. This highlights the keen attention to detail that distinguishes skilled baristas, as they have the desire and the awareness to make every drink with completely fresh ground coffee. This type of attentiveness helps baristas to get the most from the coffee that they use, as many of the delicate aromas found in espresso are lost when exposed to the open air.

Timing is everything when it comes to producing the perfect cup of coffee. A great barista knows precisely when to finish the extraction of espresso, at the point when the balance of flavour has reached its optimum levels. They also understand how important this is; those who act too soon are left with a drink without

flavour while those who delay the finish risk burning the beverage and tainting it with a bitter after-taste.

When it comes to customer service, there is so much more to a coffee shop experience than drinking perfectly roasted blends. The atmosphere and the ambience also play a central role, and the interaction that the customer has with their barista sets the tone for an enjoyable experience. Great baristas ask their customers how their day is going or what they're going to do later; they read local newspapers and keep up with issues that really matter, all of which make a real difference in a competitive marketplace.

Questions 15-22

Complete the notes below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **15-22** on your answer sheet.

Notes on being a great barista

Serving the customer

- Be sure you make drinks that are **15** for the customer
- Ignore any **16** around you

Using the equipment

- Clean the machine **17** regularly
- Grinding
 - always use ground coffee that is **18**

.....

- remember that air causes the smell to fade

Making the coffee

- Know when to stop making the espresso
 - too early reduces the **19**
 - too late makes the coffee **20**

Giving good customer service

Talk to your customers

- ask about the customers' **21**
- know something about the important **22** in the area

Read the text below and answer **Questions 23-27**.

Running a meeting

If you're running a meeting for the first time, here are a few tips to help you.

Prior to the meeting, think about the seating and arrange it in an appropriate way. A circle can work well for informal meetings, but sometimes the furniture cannot be re-arranged or rows are more suitable. Consider the participants and decide what is best. Before people arrive, it's a good idea to designate someone to stand at the entrance and greet everyone.

If the meeting is small, start by requesting everyone to introduce themselves and to give a

bit of relevant information in addition to their name. This may be what they do or why they are there. For all meetings, you need to introduce the chairperson, i.e., yourself, and any other outside speakers you have invited.

Next, make sure everyone can see the agenda or has a copy of it. Briefly run through the items then take one point at a time, and make sure the group doesn't stray from that point until it has been dealt with. Encourage participation at all times so that attendees can contribute but don't let everyone talk at the same time. Try to keep discussions positive, but don't ignore conflicts – find a solution for them and make sure they are resolved before they grow.

Summarise points regularly and make clear action points. Write these down and don't forget to note who's doing what, and by when.

Encourage everyone to feel able to volunteer for tasks and roles. It can help if the more experienced members of the group offer to share skills and knowledge, but don't let the same people take on all the work as this can lead to tension within the group.

At the end, remember to thank everyone for turning up and contributing. It can be nice to follow the meeting with a social activity like sharing a meal or going to a cafe.



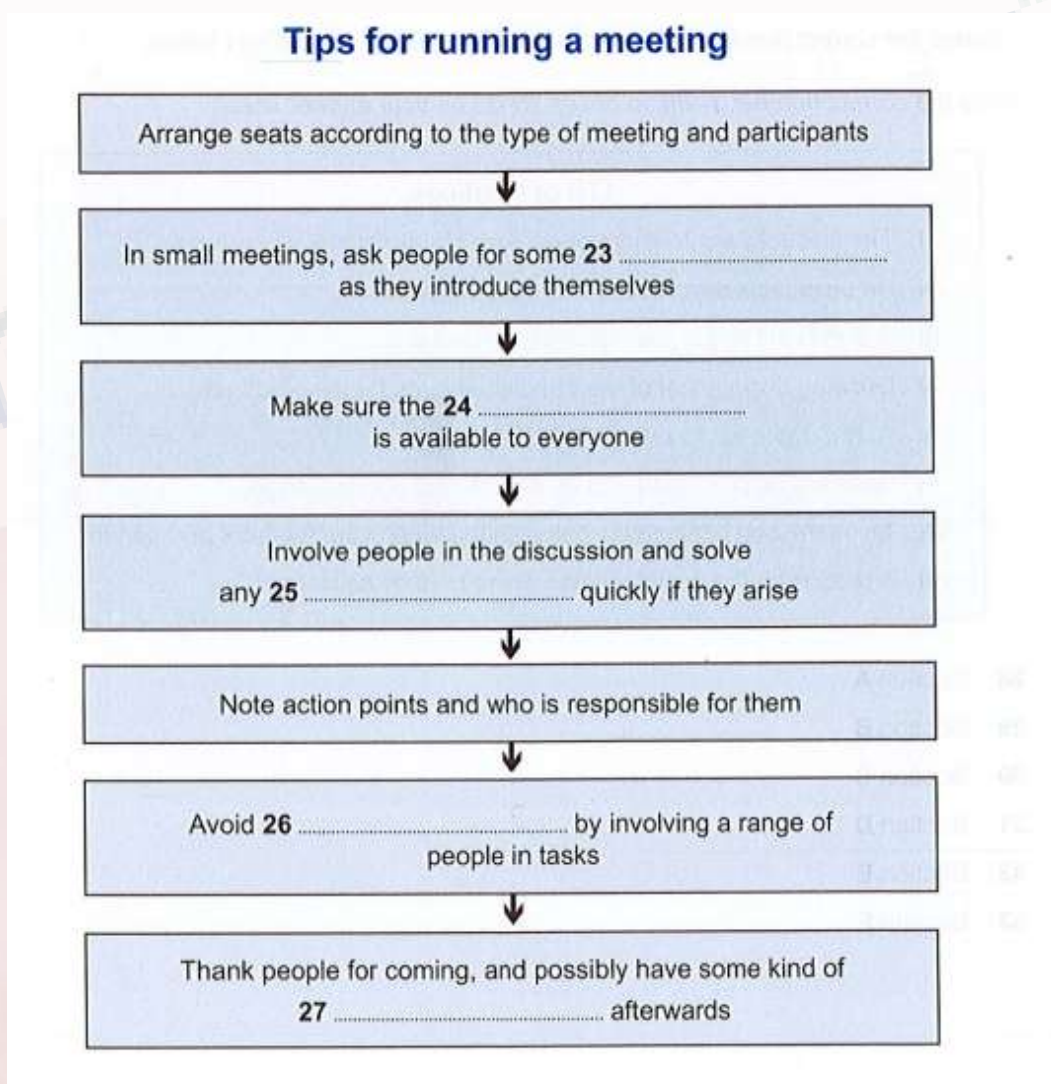
Questions 23-27

Complete the chart below.

Choose **NO MORE THAN TWO WORDS** from the text for each answer.

Write your answers in boxes **23-27** on your reading answer sheet.

Tips on running a meeting



Questions 28-33

The text has six sections, **A-F**.

Choose the correct heading for each section from the list of headings below.

Write the correct number, **i-viii**, in boxes **28-33** on your answer sheet.

List of Headings

- i** The link between feathers and a wider international awareness
- ii** An unsuitable decoration for military purposes
- iii** A significant rise in the popularity of feathers
- iv** Growing disapproval of the trapping of birds for their feathers
- v** A new approach to researching the past
- vi** Feathers as protection and as a symbol of sophistication
- vii** An interesting relationship between the wearing of feathers and gender
- viii** A reason for the continued use of feathers by soldiers

- 28.** Section A
- 29.** Section B
- 30.** Section C
- 31.** Section D
- 32.** Section E
- 33.** Section F



Feathers as decoration in European history

A.

Today, we do not generally associate feathers with the military in Europe, yet history shows that in fact feathers have played an intriguing role in European military clothing. The Bersaglieri of the Italian Army, for example, still wear a bunch of long black feathers in their hats hanging down to one side, while British fusiliers have a clipped feather plume whose colour varies according to their regiment. The Royalists in the English Civil War adorned their headgear with ostrich feathers. 'Historically, feathers were an incredibly expressive accessory for men,' observes Cambridge historian, Professor Ulinka Rublack. 'Nobody has really looked at why this was the case. That's a story that I want to tell.'

Rublack is beginning to study the use of featherwork in early modern fashion as part of a joint project between the Universities of Cambridge, Basel and Bern. To the outsider, its preoccupations (her co-researchers are studying

gold, glass and veils) might seem surprising. Yet such materials sustained significant economies and expertise.

B.

Rublack has spotted that something unusual started to happen with feathers during the 16th century. In 1500, they were barely worn at all in Europe; 100 years later they had become an indispensable accessory for the fashionable European man. In prosperous trading centres, the citizens started wearing hats bedecked with feathers from cranes and swallows. Headgear was specially manufactured so that feathers could be inserted more easily. By 1573, Plantin's Flemish-French dictionary was even obliged to offer words to describe people who chose not to wear them, recommending such terms as: 'the featherless' and 'unfeathered'.

Leatherworking became a big business. From Prague and Nuremberg to Paris and Madrid, people started to make a living from decorating feathers for clothing. Impressive efforts went into dyeing them. A 1548 recipe recommends using ashes, lead monoxide and river water to create a 'very beautiful' black, for example.

C.

Why this happened will become clearer as Rublack's project develops. One crucial driver, however, was exploration – the discovery of new lands, especially in South America. Compared with many of the other species that early European colonists encountered, exotic birds could be captured, transported and kept with relative ease. Europe experienced a sudden 'bird-craze', as exotic birds became a relatively common sight in the continent's largest markets. Given the link with new territories and conquest, ruling elites wore feathers partly to express their power and reach. But there were also more complex reasons. In 1599, for example, Duke Frederick of Wurttemberg held a display at his court at which he personally appeared wearing a costume covered in exotic feathers and representing the Americas. This was not just a symbol of power, but of cultural connectedness, Rublack suggests: The message seems to be that he was embracing the global in a duchy that was quite insular and territorial.'

D.

Nor were feathers worn by the powerful alone. In 1530, a legislative assembly at Augsburg imposed restrictions on peasants and traders adopting what it clearly felt should be an elite fashion. The measure did not last, perhaps because health manuals of the era recommended feathers could keep the wearer safe from 'bad' air – cold, miasma, damp or excessive heat – all of which were regarded as hazardous. During the 1550s, Eleanor of Toledo had hats made from peacock feathers to keep her dry in the rain. Gradually, feathers came to indicate that the wearer was healthy and civilised. Artists and musicians took to wearing them as a mark of subtlety and style.

E.

As with most fads, this enthusiasm eventually wore off. By the mid-17th century, feathers were out of style, with one striking exception. Within the armies of Europe feathers remained an essential part of military costume. Rublack thinks that there may have been several reasons for this strange contradiction. 'It's associated

with the notion of graceful warfaring,' she says. This was a period when there were no standing armies and it was hard to draft soldiers. One solution was to aestheticise the military, to make it seem graceful and powerful.' Feathers became associated with the idea of an art of warfare. They were also already a part of military garb among many native American peoples and in the Ottoman empire. Rublack believes that just as some of these cultures considered the feathers of certain birds to be highly significant, and sometimes sacred, European soldiers saw the feathers as imparting noble passions, bravery and courage.

F.

In time, her research may therefore reveal a tension about the ongoing use of feathers in this unlikely context. But, as she also notes, she is perhaps the first historian to have spotted the curious emotional resonance of feathers in military fashion at all. All this shows a sea-change in methodologies: historians now chart the ways in which our identities are shaped through deep connections with 'stuff' – the material objects that are parts of our lives.

Questions 34-36

Choose the correct letter, **A, B, C or D**.

Write the correct letter in boxes **34-36** on your answer sheet.

34. In Section B, what information is given about the use of feathers in the 16th century?

- A)** Some were not real feathers, but imitations.
- B)** They were sometimes coloured artificially.
- C)** Birds were specially bred for their feathers.
- D)** There was some disapproval of their use for decoration.

35. Rublack suggests the feather costume worn by Duke Frederick in 1599 represented

- A)** a lack of sensitivity to American traditions.
- B)** a rejection of the beliefs held by those around him.
- C)** a positive attitude towards the culture of the Americas.
- D)** a wish to follow the fashion of the time.

36. According to Rublack, one reason why feathers survived in European military costume was because

- A)** birds were seen as having religious significance.
- B)** feathers suggested certain qualities about military activities.
- C)** the power of feathers was feared by other cultures.
- D)** soldiers came to associate particular birds with warlike qualities.

Questions 37-40

Complete each sentence with the correct ending, **A-G**, below.

Write the correct letter, **A-G**, in boxes **37-40** on your answer sheet.

- 37.** Hats decorated with long black feathers
- 38.** Feathers from cranes and swallows
- 39.** Feathers from exotic birds
- 40.** Peacock feathers

- A. lost popularity in the 16th century.
- B. were used as protection from bad weather.
- C. are worn today by some soldiers.
- D. could only be worn by men of noble birth.
- E. were used to create an outfit worn by a person of high status.
- F. were once awarded for military achievements.
- G. became popular decorations for urban dwellers in the 16th century.

READING



Answer key with extra explanations
in Resource Bank

Reading Section 1, Questions 1–14

- 1 E
- 2 D
- 3 C
- 4 A
- 5 C
- 6 TRUE
- 7 NOT GIVEN
- 8 NOT GIVEN
- 9 FALSE
- 10 TRUE
- 11 TRUE
- 12 NOT GIVEN
- 13 FALSE
- 14 FALSE

Reading Section 2, Questions 15–27

- 15 correct
- 16 conversation
- 17 filter
- 18 fresh
- 19 flavour / flavor
- 20 bitter

- 21 day
- 22 issues
- 23 (relevant) information
- 24 (meeting) agenda
- 25 conflicts
- 26 tension
- 27 social activity

Reading Section 3, Questions 28–40

- 28 vii
- 29 iii
- 30 i
- 31 vi
- 32 viii
- 33 v
- 34 B
- 35 C
- 36 B
- 37 C
- 38 G
- 39 E
- 40 B

Test 8

Section 1

Read the text below and answer **Questions 1-8**.

The best hiking boots

Whether you're climbing a mountain or walking in the country, be sure to buy the right boots, writes Sian Lewis

A. Hanwag Tatra Boots

These boots are expensive but will give you a lifetime of wear. They are a wide fit and offer excellent ankle support. They passed our waterproof test when worn on long, rainy walks, although they are a bit heavy.

B. Scarpa Peak Gore-tex Boots

These are good all-round boots that have kept our feet dry in heavy rain, snow and mud. They are warm and comfortable to wear straight out of the box and continue to be so even after many kilometres. A great choice for all seasons.

C. Keen Terradora Ethos

These are meant for spring and summer walks and for putting in your backpack for treks in hot climates. They will never weigh you down. Their soles grip well and despite not being waterproof, they are quick-drying when they get wet.

D. Danner Jag

Danner's retro boots are one of the heavier ones we reviewed. They take a week or two for your feet to get used to them, but we found them waterproof even in heavy rain. These are boots for the style conscious, but still suitable for demanding walks.

E. Merrell Siren Sport Q2 Mid Boots

We've worn these boots in freezing cold conditions and our feet felt comfortable.

Remember to pull the laces firmly when you put these boots on as they are rather wide around the ankles.

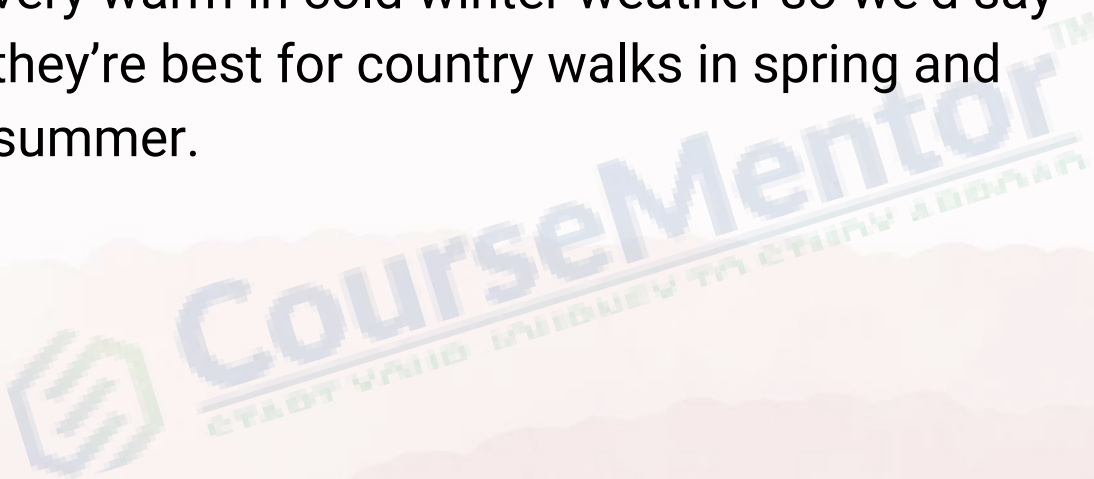
F. Teva Arrowood Mid WP

The soft leather might not be tough enough for extreme environments, but these boots get top

marks for comfort. They're waterproof, but we found this wore off after about 20 wet walks. You can, however, get around this problem by using a protective spray on them.

G. Regatta Clydebank Mid Boots

These boots are reasonably priced and they performed well in heavy rain. They don't grip the ground as well as some other boots and aren't very warm in cold winter weather so we'd say they're best for country walks in spring and summer.



Questions 1-8

Look at the seven reviews of hiking boots, **A-G**.
For which hiking boots are the following
statements true?

Write the correct letter, **A-G**, in boxes **1-8** on your
answer sheet.

NB You may use any letter more than once.

1. These boots are a good choice for people who want to look smart when they are walking.
2. People do not need to spend time getting their feet accustomed to these boots.
3. These boots should last for many years.
4. People find these boots useful when travelling as they are not heavy.
5. One feature of these boots does not continue to be effective for very long.
6. These boots do not keep the rain out.
7. It is important to make sure these boots are done up tightly before starting a walk.
8. These boots should suit people who don't want to spend a lot.

Read the text below and answer Questions 9-14

Beekeeping workshop at Elm Farm

If you've ever wanted to keep bees and have your own delicious honey, there's no better time to begin! Whether you're keen to learn everything you need to know to get you started, or simply extremely interested in the idea of keeping bees, this one-day interactive workshop will teach you the fascinating secrets of the honeybee and how to care for and keep bees.

Our day begins here on the farm, getting to know about the honeybee, specifically the kind we keep here, and their fascinating history. You will find out about and try for yourself the equipment beekeepers use to care for their bees and discover the many different types of hives bee colonies live in and their different uses. You'll learn about the life cycle of a colony, disease prevention and caring for bees and of course how to harvest honey for your personal use or for sale.

Then it's time to try on your bee suit and meet our bees. We'll teach you how to open the hive, recognize the different bees in it (including how to spot the queen!) and explain what they're doing in different parts of the hive.

What's included in the price?

We'll provide everything you need, including unlimited organic tea or coffee, lunch cooked in our outdoor, wood-fired oven and beekeeping suits for the day. Just bring a pair of thick boots with you. You'll leave with plenty of notes and resources, including a packet of bee-friendly wildflower seeds and, courtesy of BJ Sherriff, the leading supplier of beekeeping clothing, an exclusive 25% discount for anything in their online store.

We like to run our workshops fairly and honestly. Your booking secures a very limited place, so is non-refundable – if you can't make it, you can send a friend or colleague instead though. If at the end of any of our workshops, you don't believe that it has helped you to achieve what it set out to, we will gladly provide a full refund. Places are strictly limited so please do book early to avoid disappointment.

Questions 9-14

Do the following statements agree with the information given in the text?

In boxes **9-14** on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

9. The workshop is only suitable for people who already keep their own bees.
10. Participants will meet people who are involved in selling honey to the public.
11. Vegetarian refreshments are available if requested in advance.
12. Participants will need to pay extra to hire appropriate clothes for the workshop.
13. Protective footwear will be required during the workshop.
14. If someone has to cancel before the workshop, the fee will be repaid.

Section 2

Read the text below and answer **Questions 15-20**.

Should you pay someone to write your CV?

In my view, the belief that the individual is the best person to write their own CV is not always true. Although many people can write their own CVs, and do it well, others struggle with a variety of problems initially, such as not knowing how to structure a CV or how to highlight their most relevant strengths.

Through in-depth consultation, a professional CV writer can help identify exactly what is necessary for a particular role, cut out unnecessary or irrelevant details, and pinpoint what makes the individual stand out. This level of objectivity is one of the major benefits of working with a professional writer. It's often difficult to stand back from your own career history to assess what's relevant or not, or to choose the most appropriate qualities.

If you do choose to work with a professional CV writer, here are some tips:

Ask for a CV writer who has experience in your sector. HR professionals and recruiters with relevant experience can also have valuable insights into what companies are looking for. Look for someone who's prepared to take the time to find out your core qualities, who can choose exactly the right words for maximum impact and who understands what and where to edit. Ask to see samples of their work or use personal recommendations before you choose a CV writing service.

You'll probably need to answer an in-depth email questionnaire or be interviewed before any writing actually starts. The more you can give your CV writer to work with, the better, so the promise of a quick turnaround time isn't always going to result in the best possible CV. Take the time to think about and jot down your career aims, your past successes, and the value you bring, before you start the whole process. Your

CV will probably be used as a springboard for questions at an interview, so you need to make sure you feel happy with the way it's being written and with the choice of words. Being involved in the writing process means your CV sounds authentic.

Questions 15-20

Complete the sentences below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **15-20** on your answer sheet.

15. Some jobseekers have difficulty with their CV because they have not learnt which qualities they should

16. Professional CV writers know which are best left out of the CV.

17. CV writers with knowledge of a particular field of work often provide useful about the skills firms expect from job applicants.

18. It is advisable to request of what a professional CV writer has previously produced.

19. Professional CV writers often ask jobseekers to work through a as a first step.

20. If the jobseeker assists the professional writer, the tone of the CV will be

Read the text below and answer **Questions 21-27.**

Starting a new job

First impressions really do last, so it's important you perform well on your first day in the new job. Here are our top tips that will help you sail through your first day with ease.

A new job is a great opportunity to hit the reset button. If you got into the habit of skipping breakfast at your last job, fit it in now or experiment with getting a workout in before going to the office. Having a routine you like and sticking to it definitely impacts on your overall happiness.

You've probably already been into the office for an interview, so you'll have some idea of what the dress code is. While you definitely want to feel comfortable, it's best to play it safe, leaning towards a smarter and more polished look on your first day.

You don't want to be late, but getting to the office way too early can also potentially upset not only your schedule but other people's too. A good rule of thumb is to try and arrive 15 minutes ahead of the agreed start time.

Accepting an invite to lunch with your boss and co-workers will allow you to get to know the people you'll be working with on a more personal level. It will also help you get a handle on personalities and work styles. To ensure the lunch goes well, have a few conversation starters in mind. That way, if the talk dries up, you can get it going again.

One of the big outcomes of going through a job search is you learn loads about yourself. In particular, you learn what you want and don't want, and what skills you bring to the table. With

this new-found understanding, take some time over the initial period to think about what goals you have for your new role. In identifying these early on, you'll be one step closer to positioning yourself for success.

It's important that you approach your new job with an open mind, and that you're ready to soak it all in. Be patient with yourself as you figure out how you fit in, and make sure you understand the way things are done before rushing into giving suggestions on improvements.

Remember they hired you for a reason, so smile, relax a little and enjoy the first day of your next big thing.

Questions 21-27

Complete the notes below.

Choose **NO MORE THAN TWO WORDS** from the text for each answer.

Write your answers in boxes **21-27** on your reading answer sheet.

How best to tackle a new job

The first day

- Before arriving at work
 - try out a different morning **21** that will create a sense of well-being.
 - make sure your chosen outfit conforms to the company's **22**
- If you eat with colleagues at midday:
 - it will provide information on their **23** and the way they operate.
 - it may be wise to prepare some **24** to help the interaction flow.

During the first few weeks

- Work out some **25** and how to go about fulfilling them.

- Try to keep a completely **26** as you settle into the post
- Avoid making proposals at **27** too soon.



Section 3

History of women's football in Britain

Womens' football In Britain has deeper roots than might be expected. In one town in 18th-century Scotland, single women played an annual match against their married counterparts, though the motives behind the contest were not purely sporting. Some accounts say that the games were watched by a crowd of single men, who hoped to pick out a potential bride based on her footballing ability.

By the late 19th century, with the men's game spreading across Britain like wildfire, women also began to take up association football. Early pioneers included Nettie J Honeyball, who founded the British Ladies' Football Club (BLFC) in 1895. Honeyball was an alias: like many of the middle- and upper-class women who played in the late 19th century, she was not keen to publicise her involvement with a contact sport played on muddy fields. We know more about Lady Florence Dixie, who was appointed president of the BLFC in 1895 and who was an ardent believer in equality between the sexes.

The BLFC arranged games between teams representing the north and the south of England, where money would be raised for those in need. These initially attracted healthy numbers of supporters although early newspaper reports were not particularly generous, with one reporter suggesting 'when the novelty has worn off, I do not think women's football will attract the crowds'. And crowds did drop off as the growing popularity of the men's game came to dominate public interest. In a country where women were not yet allowed to vote, it would take extraordinary circumstances for their efforts on the football pitch to attract widespread attention.

Those circumstances arose in 1914 with the outbreak of the First World War. With many men leaving their jobs to join the army, women started to work in factories and just as men had done before them, they began to play informal games of football during their lunch breaks. After some initial uncertainty, their superiors came to see these games as a means to boost morale and thus increase productivity. Teams soon formed and friendly matches were arranged.

In the town of Preston in the north of England, the female workers at a manufacturing company called Dick, Kerr & Co showed a particular aptitude for the game. Watching from a window above the yard where they played, office worker Alfred Frankland spotted their talent and he set about forming a team. Under Frankland's management, they soon drew significant crowds to see their games. Known as Dick, Kerr's Ladies, they beat rival factory Arundel Coulthard 4-0 on Christmas Day 1917, with 10,000 watching at Preston stadium.

After the war ended in 1918 the Dick, Kerr's side and other women's teams continued to draw large crowds. In 1920 there were around 150 women's sides in England and Dick, Kerr's Ladies packed 53,000 into Everton's Goodison Park stadium. The same year, the team found their one true genius: Lily Parr. Parr grew up playing football with her brothers, and began her career with her town's ladies' team at the age of 14. When they played against the Dick, Kerr's side, she caught Frankland's eye and was offered a

job at the factory – as well as a spot on the team. Close to six-feet tall and with jet-black hair, she had a ferocious appetite and a fierce left foot. She is credited with 43 goals during her first season playing for Dick, Kerr's Ladies and around 1,000 in total.

By 1921 Dick, Kerr's Ladies were regularly attracting crowds in the tens of thousands. But the year ended in catastrophe for the women's game. The Football Association (FA) – officially the governing body for the sport as a whole, but really only concerned with men's competitions – had always taken a poor view of female participation. Women's football was tolerated during the war, but in the years that followed, driven by the fear that the women's game could affect Football League attendances, the FA sought to assert itself.

Its solution was decisive and brutal. On 5 December 1921, the FA banned its members from allowing women's football to be played at its grounds, saying that football was 'quite unsuitable for females'.

The FA also forbade its members from acting as referees at women's games. To all intents and purposes, women's football in England was outlawed.

The FA also suggested that an excessive proportion of the gate receipts were absorbed in expenses and an inadequate percentage devoted to charity. No such obligation to donate profits existed for men's clubs and no proof of financial mismanagement was presented, but there was little the women's clubs could do in response. There was outrage from players, with the captain of Plymouth Ladies remarking that the FA was 'a hundred years behind the times' and calling its decision 'purely sex prejudice'.

It was not until 1966 that serious efforts to revive the women's game began, but progress remained painfully slow. It took pressure from the Union of European Football Associations (UEFA), to finally force the FA to end restrictions on women's football in 1971. By this time, half a century of progress had been lost.

Questions 28-31

Choose the correct letter, **A, B, C or D**.

28. In the first paragraph, the writer says that in 18th-century Scotland

A. only unmarried women were allowed to play football.

B women's football was more common than men's football.

C women were sometimes forbidden to watch football matches.

D skill at football might be considered when choosing a wife.

29. The writer says that Nettie J Honeyball was unwilling to

A. take an active part in team sports.

B. mix with people she considered lower class.

C. let the public know of her involvement in football.

D. take a leadership role in the British Ladies' Football Club.

30. The writer suggests that in Britain, between 1895 and 1914,

- A** society was not yet ready for women's football.
- B** there were false reports of the decline of women's football.
- C** the media felt that women's football should not be allowed.
- D** women's football mainly attracted people because it was unusual.

31. After the First World War broke out in 1914, factory managers

- A** were initially unwilling to employ women.
- B** played in matches against female employees.
- C** allowed extra time for their employees to play football.
- D** decided that women's football might have positive effects.

Questions 32-37

Look at the following statements (**Questions 32-37**) and the list of football organisations below. Match each statement with the correct organisation, **A, B, C or D**.

Write the correct letter, **A, B, C or D**, in boxes **32-37** on your answer sheet.

NB You may use any letter more than once.

- 32.** It felt threatened by the rise of women's football.
- 33.** It was established by a male office worker.
- 34.** It donated money from football matches to good causes.
- 35.** It called for the ending of the ban on women's football in Britain.
- 36.** it was accused of being old-fashioned.
- 37.** It was led by a believer in women's rights.

List of Football Organisations

A the British Ladies' Football Club (BLFC)

B the Dick, Kerr's Ladies team

C the Football Association (FA)

D the Union of European Football Associations (UEFA)

Questions 38-40

Complete the summary below. Choose **ONE WORD ONLY** from the text for each answer.

A catastrophic year for women's football

At the end of 1921, women's football teams were forbidden to use the **(38)**.....of the Football

Association, and were not allowed to have

Football Association members as **(39)**.....

The FA said that women's clubs did not give

enough to charity, and that there had been

mismanagement of funds. Female workers

accused the FA of **(40)**..... against

women, but the ban continued until 1971.

READING



Answer key with extra explanations
in Resource Bank

Reading Section 1, Questions 1–14

- 1 D
- 2 B
- 3 A
- 4 C
- 5 F
- 6 C
- 7 E
- 8 G
- 9 FALSE
- 10 NOT GIVEN
- 11 NOT GIVEN
- 12 FALSE
- 13 TRUE
- 14 FALSE

Reading Section 2, Questions 15–27

- 15 highlight
- 16 details
- 17 insights
- 18 samples
- 19 questionnaire
- 20 authentic

- 21 routine
- 22 dress code
- 23 personalities
- 24 conversation starters
- 25 goals
- 26 open mind
- 27 improvements

Reading Section 3, Questions 28–40

- 28 D
- 29 C
- 30 A
- 31 D
- 32 C
- 33 B
- 34 A
- 35 D
- 36 C
- 37 A
- 38 grounds
- 39 referees
- 40 prejudice

Test 9

Section 1

Read the text below and answer Questions 1-6.

TRANSITION CARE FOR THE ELDERLY

What is transition care?

Transition care is for older people who have been receiving medical treatment, but need more help to recover, and time to make a decision about the best place for them to live in the longer term. You can only access transition care directly from the hospital.

Transition care is focused on individual goals and therapies and is given for a limited time only. It offers access to a package of services that may include:

- low-intensity therapy such as physiotherapy (exercise, mobility, strength and balance) and podiatry (foot care)

- access to a social worker
- nursing support for clinical care such as wound care
- personal care

Who provides transition care services?

Transition care is often provided by non-government organisations and is subsidised by the government. If your circumstances allow, it is expected you'll contribute to the cost of your care.

Daily care fees are set by the organisation that provides your transition care services (your service provider). They should explain these fees to you, and the amount charged should form part of the agreement between you and the service provider. The fee is calculated on a daily basis.

Where do I receive transition care?

Transition care is provided in your own home or in a 'live-in' setting. This setting can be part of an existing aged-care home or health facility such as a separate wing of a hospital.

What if I'm already receiving services through a different programme?

If you're already receiving subsidized residential care in an aged-care home, but you need to go somewhere else for transition care, your place in the aged-care home will be held until you return.



Questions 1-6

Do the following statements agree with the information given in the reading passage?

In boxes **1-6** on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

1. Only hospital patients can go on to have transition care.
2. Transition care may be long term or short term.
3. Everyone receiving transition care must contribute to the cost.
4. Transition care at home is only available for patients who live alone.
5. Transition care may be given on a hospital site.
6. You may lose your place in a care home if you have to leave it to receive transition care

Read the text below and answer **Questions 7-14**.

CABIN BAGS FOR AIR TRAVEL

If you want a small bag with wheels that you can take onto the plane with you, there's a wide choice. Here are some of the best.

A

The Flyer B3 is an ultra-lightweight cabin bag which can withstand some pretty harsh treatment, its nylon and polyester sides won't rip or burst open if it's dropped or thrown whilst in transit. However, the trolley handle feels quite thin and flimsy. The top carrying handle is hard and flat, and the side handle isn't easy to grip.

B

The Lightglide has two external pockets, both of which are zipped and lockable, but the inside pocket does not zip. In tests, we found the contents remain dry when given a good soaking, even around the zips. The trolley handle has a choice of two heights and the plastic hand grip doesn't have any sharp ridges that'll make your hands sore. For carrying there are fabric handles at the top and side.

C

The Foxton is easy to control across most surfaces. However, the zips don't always run smoothly especially around the corners, so you may have to give them a good tug, especially if the case is very full. This is definitely one to avoid if you're going somewhere rainy as it lets loads of water in, and documents in the pockets will also get pretty wet unless they're in plastic folders.

D

The Skybag has a single external zipped pocket and another located inside the lid. Your clothes are kept in place by two adjustable straps. The zips are easy to grip and they run smoothly around the case. However, this cabin bag felt a little heavy to pull on all but smooth floors, and it was hard to steer compared with some of the other suitcases.

E

The Travelsure 35 is available in a huge range of fabric designs including leopard print or lipstick

kisses. The retractable trolley handle is comfortable but can't be adjusted to suit users of different heights. There's no internal divider, but there are two handy zipped pockets in the lid. We test each bag by letting it fall onto a hard floor – and our results show that you'll have to treat this bag with great care if you want it to last. The fabric tore so badly at one of the corners that it was unusable.



Questions 7-14

The above text has five paragraphs, **A-E**.

Which paragraph mentions the following?

Write the correct letter, **A-E**, in boxes **7-14** on your answer sheet.

NB. You may use any letter more than once.

7. The zips on this cabin bag may be difficult to use.
8. This cabin bag may be badly damaged if it is dropped.
9. The handles of this cabin bag have a number of different problems.
10. This cabin bag is very resistant to water.
11. There's a good choice of patterns for the fabric of this cabin bag.
12. This cabin bag isn't very easy to move around.
13. This cabin bag has just one internal zipped pocket.
14. The trolley handle of this cabin bag is adjustable.

Read the text below and answer **Questions 15-20**.

College car parking policy – staff

Parking permits and tickets

Staff permits are required to park a motor vehicle (other than a motorcycle parked in the cycle bays) on campus between 8.30 am and 4.30 pm, Monday to Friday, during term time. Annual permits can be purchased from the Hospitality Department. Application forms can be downloaded from the College website. All permits/tickets must be clearly displayed in the windscreen of vehicles during the dates of term time, as published in the academic calendar. Please inform the Services Administrator of any changes to registration details on telephone ext. 406. Annual car parking permits can be purchased from 20th September and are valid for one academic year from 1st October to 30th June. The annual charges for car parking are displayed on the application form.

Enforcement

The nominated contractor will issue fixed Penalty Charge Notices (see below) on vehicles

that fail to display a valid permit and/or parking ticket, or vehicles that are parked on yellow lines or in disabled parking bays without displaying a blue disabled-parking permit. Reductions of parking space availability may arise in order to accommodate College recruitment activities and/or estate development/maintenance projects. Vehicles that are in breach of the policy will be issued with a Penalty Charge Notice.

Penalty Charge Notice (PCM)

The PCN is £30, increasing to £60 seven days after issue. The nominated contractor is responsible for the collection of unpaid PCNs and may use legal action where necessary to recover unpaid PCNs. If issued with a PCN, appeals must be taken up directly with the parking enforcement company (details included on the notice) not the college.

Disabled parking

The college has designated car parking spaces for disabled car drivers. The college will make all reasonable efforts to ensure these parking spaces are used only by drivers who display their

blue disabled-parking permits, and a valid pay-and-display or annual permit, as appropriate. If issues arise concerning the availability of the parking spaces, those concerned should raise the matter with the Domestic Services Department in order to effect a temporary solution.

Visitors

The College welcomes visitors and provides parking arrangements through pre-arranged permits, which must be displayed in the vehicle. Please contact the Hospitality Department for further information. On Open Days, sections of car parking on campus may be reserved for visitors.

Short-term drop-off/pick-up provision

There will be two short-term drop-off/pick-up spaces for users of the nursery, with a maximum of ten minutes' waiting time allowed. These are located outside the Concorde Building. The nursery staff bays may not be used under any circumstances.

Questions 15-20

Answer the questions below.

Choose **NO MORE THAN THREE WORDS AND/OR A NUMBER** from the text for each answer.

Write your answers in boxes **15-20** on your answer sheet.

15. Where can you buy parking permits at the college?
16. Which document shows the dates of term time?
17. What is the start date of annual parking permits?
18. Who is responsible for giving out parking fines if you park in the wrong place?
19. What do visitors need to show when parking?
20. Where can the nursery pick-up point be found?

Read the text below and answer Questions 21-27.

Maternity benefits

If you are expecting a baby, there are a number of benefit schemes that could help you financially. However, eligibility differs for each individual scheme.

Statutory Maternity Pay (SMP)

You may be entitled to Statutory Maternity Pay (SMP) from your employer. This is a weekly payment, to help make it easier for you to take time off, both before and after the birth of your baby. SMP can be paid for up to 39 weeks.

You are entitled to SMP if you have been employed by the same company for at least 26 weeks by the end of the 15th week before your baby is due. You must also be earning an average of at least £87 per week (before tax). The amount you get depends on how much you earn. For 6 weeks, you will receive 90% of your average weekly earnings. Then you will receive £112.75 per week for the remaining 33 weeks.

Maternity Allowance (MA)

Maternity Allowance (MA) is available to those who are employed or self-employed but not eligible for Statutory Maternity Pay (SMP). You may be entitled to Maternity Allowance if you have been employed or self-employed for at least 26 weeks in the 66 weeks before you are due to give birth. You don't have to work for the same employer for those 26 weeks. You also don't have to work full weeks (as a part week counts as a full week) during the same period. Maternity Allowance can be paid for up to 39 weeks, and is either paid at the same standard rate as SMP or 90% of your average weekly earnings. You'll receive whichever amount is the lower. You can find Maternity Allowance forms at antenatal clinics throughout the country.

Child Tax Credit

If you're on a low income, over 16, and are responsible for at least one child, you may also be entitled to Child Tax Credit. The amount you get will depend on your personal circumstances and income. When your income is being assessed, any child benefit, maintenance payments or Maternity Allowance payments will

not be classed as income. This means that it will not be taken into account when calculating your Child Tax Credit.

Sure Start Maternity Payments

If you get benefits or Child Tax Credit because you're on a low income, then you may be entitled to Sure Start Maternity Payments. These are individual grants to help towards the cost of a new baby.



Questions 21-27

Answer the questions below.

Choose **NO MORE THAN TWO WORDS AND/OR A NUMBER** from the text for each answer.

Write your answers in boxes **21-27** on your answer sheet.

- 21.** What is the minimum period you must have worked for an employer in order to be eligible for SMP?
- 22.** For how long is SMP payable every week as a percentage of your average weekly earnings?
- 23.** What sum is payable every week as the second part of SMP entitlement?
- 24.** What is the maximum length of time MA is payable?
- 25.** Where can MA forms be obtained?
- 26.** Apart from income, what else is considered when assessing how much Child Tax Credit is paid?
- 27.** What are Sure Start Maternity Payments?

Question 28-32

The text below has five sections, **A-E**.

Choose the correct heading for each section from the list of headings below.

Write the correct number i-viii in boxes **28-32** on your answer sheet.

List of Headings

- i Solving the puzzle of a papyrus document
- ii The importance of written records and different ways of recording them
- iii The use of papyrus for a range of purposes
- iv Suggestions for future possibilities for papyrus
- v How papyrus was cultivated and different manufacturing methods
- vi The decline of papyrus use
- vii The preservation and destruction of papyrus documents
- viii The process of papyrus production

- 28.** Section A
- 29.** Section B
- 30.** Section C
- 31.** Section D
- 32.** Section E

Papyrus

Used by the ancient Egyptians to make paper, the papyrus plant has helped to shape the world we live in

A.

Libraries and archives are cultural crossroads of knowledge exchange, where the past transmits information to the present, and where the present has the opportunity to inform the future. Bureaucracies have become the backbone of civilizations, as governments try to keep track of populations, business transactions and taxes. At a personal level, our lives are governed by the documents we possess; we are certified on paper literally from birth to death. And written documentation carries enormous cultural importance: consider the consequences of signing the Foundation Document of the United Nations or the Convention on Biological Diversity.

Documentation requires a writing tool and a surface upon which to record the information permanently. About 5,000 years ago, the Sumerians started to use reeds or sticks to make marks on mud blocks which were then baked, but despite being fireproof, these were difficult to store. Other cultures used more flexible but less permanent surfaces, including animal skins and wood strips. In western culture, the adoption of papyrus was to have a great impact. Sheets of papyrus not only provide an invaluable record of people's daily lives, they can also be dated using carbon-dating techniques, giving precise information about the age of the text written on them.

B.

Papyrus is strongly associated with Egyptian culture, although all the ancient civilizations around the Mediterranean used it. The papyrus sedge is a tall grass-like plant. It was harvested from shallow water and swamplands on the banks of the River Nile. Manufacturing sheets of papyrus from papyrus sedge was a complex, messy process. Pith from inside the plant's stem

was cut into long strips that were laid side by side. These were then covered with a second layer of strips which were laid at right angles to the first, then soaked in water and hammered together. The sheet was then crushed to extract the water, dried and then polished to produce a high-quality writing surface, individual sheets could be glued together and rolled up to make scrolls or folded and bound to form books.

C.

In moist climates, the cellulose-rich sheets of papyrus would readily decay, becoming covered by mould or full of holes from attacks by insects. But in dry climates, such as the Middle East, papyrus is a stable, rot-resistant writing surface. The earliest known roll of papyrus scroll was found in the tomb of an official called Hemeka near Memphis, which was then the capital city of Egypt, and is around five thousand years old. In 79CE, nearly 2,000 papyrus scrolls in the library of Julius Caesar's father-in-law were protected at Herculaneum by ash from the catastrophic eruption of Mount Vesuvius. However, the most famous discoveries of papyrus have come from the rubbish dumps of the ancient town of

Oxyrhynchus, some 160km south-west of Cairo, in the desert to the west of the Nile. Oxyrhynchus was a regional administrative capital and for a thousand years generated vast amounts of administrative documentation, including accounts, tax returns and correspondence, which was periodically discarded to make room for more. Over time, a thick layer of sand covered these dumps, and they were forgotten. But the documents were protected by the sand, creating a time capsule that allowed astonishing glimpses into the lives of the town's inhabitants over hundreds of years.

Collections of documents that record information and ideas have frequently been viewed as potentially dangerous. For thousands of years, governments, despots and conquerors have resorted to burning libraries and books to rid themselves of inconvenient evidence or obliterate cultures and ideas that they found politically, morally or religiously unacceptable. One such calamity, the burning of the Great Library of Alexandria, and the papyrus scrolls and books it contained, has been mythologized and has come to symbolize the global loss of cultural knowledge.

D.

Besides their use in record-keeping, papyrus stems were used in many other aspects of Mediterranean life, such as for boat construction and making ropes, sails and baskets, as well as being a source of food. In 1969 the adventurer Thor Heyerdahl attempted to cross the Atlantic from Morocco in the boat Ra, to show that it was possible for mariners in ancient times to cross the Atlantic Ocean. Ra was made from bundles of papyrus stems and modelled on ancient Egyptian craft. As a marshland plant, papyrus sedge stabilizes soils and reduces erosion, while some investigations show that it has potential for water purification and sewage treatment.

E.

True paper was probably invented in China in the first century CE. Like papyrus, it was constructed from a meshwork of plant fibres, but the Chinese used fibres from the white mulberry tree, which yielded a tough, flexible material that could be folded, stretched, and compressed. The adoption of this paper by western cultures soon rendered papyrus obsolete.

Despite dreams of paper-free societies, western cultures still use enormous quantities of paper, often in ways that it would be inconceivable to use papyrus for. As a paper substitute, the role of the papyrus sedge in western cultures has been superseded; papyrus is little more than a niche product for the tourist market. What makes papyrus noteworthy for western societies nowadays is its use as the surface upon which our ancient ancestors recorded their lives, their art and their science. In the words of the ancient Roman philosopher Pliny the Elder, it is 'the material on which the immortality of human beings depends'.



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Questions 33-37

Choose the correct letter, **A, B, C or D**.

Write the correct letter in boxes **33-37** on your answer sheet.

33. What was the problem with using animal skins and wood strips for writing on?

A. They did not last for a long time.

B. They were not easy to store.

C. They were insufficiently flexible.

D. They could be destroyed by fire.

34. Why did papyrus manufacturers hammer the papyrus?

A to remove water from the pith strips

B to join the layers of pith strips together

C to allow the pith strips to be easily cut

D to position the layers of pith strips at the correct angle

35. When referring to burning libraries and books, the writer is suggesting that

A. information can be used for harm as well as for good.

B new ways must be found to ensure information is not lost.

C cultural knowledge depends on more than written texts.

D those in power may wish to keep others in ignorance.

36. The writer refers to Thor Heyerdahl to illustrate the point that

A papyrus could be used as a food on long sea voyages.

B the ancient Egyptians already had advanced navigation skills.

C papyrus could be used to build boats for long sea journeys.

D the ancient Egyptians knew of the environmental benefits of papyrus

37. What does the writer conclude about papyrus today?

A. It is better for the environment than using paper.

B Its significance is restricted to its role in the past.

C It is still the best writing surface for some purposes.

D More efforts need to be made to ensure it stays in use.

Questions 38-40

Complete the summary below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **38-40** on your answer sheet.

How papyrus documents have survived

Papyrus is rich in cellulose and in some conditions will be destroyed by fungal growths or be consumed by **38** However, it can survive for long periods in an environment that is dry. It has been found in a 5,000-year-old **39** in Egypt, and in Herculaneum, many papyrus documents were preserved following a huge **40** in 79 CE. in the town of Oxyrhynchus, unwanted

administrative documents were left on rubbish dumps which were covered with sand, preserving them for many years.



Test 10

Section 1

Read the text below and answer **Questions 1-7**.

Five reviews of the Wellington Hotel

A.

My husband and I first stayed at the Wellington a few years ago, and we've returned every year since then. When we arrive and check in, we're always treated like old friends by the staff, so we very much feel at home. Our one disappointment during our last visit was that our room overlooked the car park, but that didn't spoil our stay.

B.

The hotel hardly seems to have changed in the last hundred years, and we prefer that to many modern hotels, which tend to look the same as each other. Wellington has character! Our room was very comfortable and quite spacious. We strongly recommended breakfast, though we had to wait for a table as the hotel was so full. That was a bit annoying, and there was also nowhere to sit in the lounge.

C.

We made our reservation by phone without problem, but when we arrived the receptionist couldn't see it on the computer system. Luckily there was a room available. It wasn't quite what we would have chosen, but it was a pleasure to sit in it with a cup of tea, and look out at the swimmers and surfers in the sea.

D.

We'd be happy to stay in Wellington again. Although there's nothing special about the rooms, the view from the lounge is lovely, and the restaurant staff were friendly and efficient. Breakfast was a highlight – there was so much on offer we could hardly decide what to eat. We'd stay another time just for that!

E.

The staff all did their jobs efficiently, and were very helpful when we asked for information about the area. The only difficulty we had was making our reservation online – it wasn't clear whether payment for our deposit went through or not, and I had to call the hotel to find out. Still, once we'd arrived, everything went very smoothly, and we had a delicious dinner in the restaurant.

Questions 1-7

Look at the five online reviews of the Wellington Hotel, **A-E**.

Which review mentions the following?

Write the correct letter, **A-E**, in boxes **1-7** on your answer sheet.

NB You may use any letter more than once.

1. liking the view from the bedroom window
2. finding the receptionists welcoming
3. being pleased with the bedroom
4. becoming confused when booking a room
5. being impressed by the wide choice of food
6. staying in the hotel regularly
7. finding it inconvenient that the hotel was crowded

Read the text below and answer **Questions 8-14**.

Come and play walking football or walking netball

Walking football and netball have become increasingly popular in recent years, but do you know you can take part in this area? The names make it clear what they are – two of the country's favourite sports where, instead of running, the players walk. It's as simple as that.

Walking football was invented in the UK in 2011, but it was a 2014 TV commercial for a bank, showing it providing financial support to someone who wanted to set up a website for the game, that brought it to people's attention. Since then, tens of thousands of people – mostly, though not only, over the age of 50 – have started playing, and there are more than 800 walking football clubs. Both men and women play walking football, but at the moment the netball teams consist only of women. However, men are beginning to show an interest in playing.

The two games are designed to help people to be active or get fit, whatever their age and level of fitness. In particular, they were invented to encourage older men and women to get more exercise, and to give them a chance to meet other people. Regular physical activity helps to maintain energy, strength and flexibility. You can start gently and do a little more each session. The benefits include lower heart rate and blood pressure, greater mobility, less fat and more muscle.

Many players have given up a sport – either through age or injury – and can now take it up again. They're great ways for people to enjoy a sport they used to play and love, and keep active at the same time, though people who have never played the standard game before are also very welcome.

The local councils Active Lifestyles Team runs sessions at all the council's leisure centres. Come alone or with a friend, and enjoy a friendly game on Monday or Saturday afternoons, or Tuesday or Thursday evenings. Each session

costs £3 per person, and you don't have to come regularly or at the same time each week. Our aim is to set up netball and football clubs as soon as there are enough regular players.

Questions 8-14

Do the following statements agree with the information given in the text on passage?

In boxes **8-14** on your answer sheet, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

8. Walking football became well-known when a club featured in a TV programme about the sport.
9. The majority of walking netball players are men.
10. Most clubs arrange social activities for their members,

- 11.** Players are tested regularly to measure changes in their fitness.
- 12.** People who have never played football are encouraged to play walking football.
- 13.** People can take part in the Active Lifestyles Team's sessions whenever they wish
- 14.** The Active Lifestyles Team intends to start clubs in the future.



Read the text below and answer **Questions 15-20**.

Dress regulations at work

Your contract may state that you need to dress in a certain manner or wear a uniform. Your contract might also state that you need to dress 'smartly', rather than specifying any particular garments. As you might well have conflicting ideas of what counts as smart', you should ask your employer for clarification. Many employers that have a strict dress code choose to provide clothing or a discount on clothing. However, this is not necessarily compulsory for the employer and is a factor you need to consider when taking a job.

Protective clothing and equipment

Your employer can tell you to put on protective clothing and equipment (such as gloves, a visor, boots, etc.). If you don't, your employer is entitled to take disciplinary action, which can include excluding you from the workplace.

You are required to:

- cooperate with your employer on health and safety
- correctly use work items provided by your employer, including protective equipment, in accordance with instructions
- not interfere with or misuse anything provided for your health and safety or welfare.

Of course, any protective gear has to fit and be appropriate for the situation. It shouldn't cause you pain. If it does, you should negotiate alternative equipment or arrangements. Don't be put off. Sometimes employers can, out of caution, interpret health and safety rules unnecessarily rigidly. And of course, you shouldn't be required to pay for any protective equipment or clothing that you need. However, if your employer buys the gear, they are entitled to keep it when you leave.

The obligation to maintain protective clothing lies with the employer. The employer is also required to provide an appropriate storage space

to keep the protective equipment in when it is not being used. And finally, the employer must provide the equipment and service free of charge to the employee.

Jewellery

Banning employees from wearing jewellery and loose clothing may be justified to prevent a potential hygiene hazard if you work in areas of food production or areas which need to be kept sterile.

Likewise, your employer can judge that loose jewellery may constitute a snagging hazard if you operate machinery. If you think restrictions are not justified by health and safety concerns, talk to your workplace union rep if you have one, as they may know of solutions to the problem which other employees have used before.

Questions 15-20

Complete the sentences below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in boxes **15-20** on your answer sheet.

15. If employees are unsure what their company wishes them to wear for work, they should request
16. Some companies offer their employees a when they buy items to wear for work.
17. Employees who fail to wear protective clothing when required could be subject to procedures.
18. Employees ought not to be in because of protective clothing or equipment.
19. It is the company's responsibility to ensure that there is a suitable place for the of protective equipment.
20. Employees who work with certain types of may have to remove jewellery to avoid potential injuries.

Read the text below and answer **Questions 21-27**.

How to achieve a better work-life balance

As more and more employees work from home full time and everyone has 24/7 access to email, balancing work and family may not seem like an easily attainable goal. So how can you juggle the demands of both worlds? Below are some tips to help you get started.

It's easy to get sucked into habits that make us less efficient without realising it – like keeping your social media page open at work so you don't miss something 'important'. Draw up a list with all the activities that don't enhance your life or career. Then minimise the time you spend on them.

It's hard to say no', especially to a supervisor or loved one, but sometimes that powerful little word is essential. Learn to use 'no' judiciously and it will become a powerful tool in balancing work and family.

Research shows that exercise helps you remain alert. Finding time to hit the gym may be hard, but it will ultimately help you get more things done because exercise really boosts energy and improves your ability to concentrate.

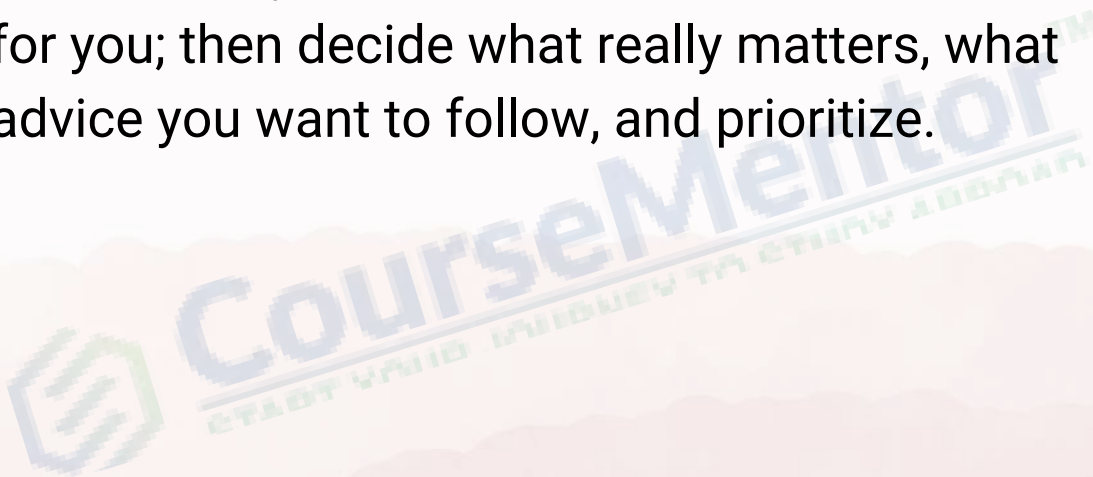
Study after study shows that significant sleep deprivation affects your health and well-being. Exposure to electronics can significantly negatively impact your sleep, so try to unplug an hour before you go to sleep.

What would you do if you had a whole day to yourself with no demands on your time? While most people don't have the luxury of a whole day dedicated to relaxation, constantly putting off that downtime and putting everyone's needs before yours will wear you down. Pick a time to do something just for you. Even just a few minutes of 'me time' a day will help to recharge your batteries.

Don't assume your family and manager are aware of your concerns. If you feel you have to adjust your schedule to discover a better work-

life balance, then voice that requirement. If that means asking your boss for permission to leave a few minutes early once a week so you can hit that yoga class on the way home, do it.

All new habits require time to build, so if you find yourself sneaking your smartphone to bed, that's okay. Leave your phone downstairs tomorrow night. Tiny steps are the key to finding that balance, so start small, and go from there. Most of all, know your limitations and what works best for you; then decide what really matters, what advice you want to follow, and prioritize.



Questions 21-27

Complete the notes below.

Choose **ONE WORD ONLY** from the text for each answer.

Write your answers in Boxes **21-27** on your answer sheet.

Achieving a better work-life balance

How to begin

- Make a complete **21** of things that are not helpful and reduce involvement in them
- Refuse some requests as this can be a useful **22** in gaining a better work-life balance

Things that cars help

- Regular exercise
 - can increase **23** significantly
- Sleep
 - insufficient sleep can make people ill
 - avoid focusing on **24** in the lead-up to bedtime

Issues that require attention

- Those who see other people's **25** as more important than their own will suffer
- If the working day is too long, get **26** to shorten it occasionally
- People should learn to recognize their own **27**



Read the text below and answer **Questions 28-40**.

San Francisco's Golden Gate Bridge

A.

For several decades in the nineteenth century, there were calls to connect the rapidly growing metropolis of San Francisco to its neighbours across the mile-wide Golden Gate Strait, where San Francisco Bay opens onto the Pacific Ocean. Eventually, in 1919, officials asked the city engineer, Michael O'Shaughnessy, to explore the possibility of building a bridge. He began to consult engineers across the USA about the feasibility of doing so, and the cost. Most doubted whether a bridge could be built at all, or estimated that it would cost \$100 million. However, a Chicago-based engineer named Joseph Strauss believed he could complete the project for a modest \$25 to \$30 million. After his proposal was accepted, Strauss set about convincing the communities on the northern end of the strait that the bridge would be to their

benefit, as well as to that of San Francisco. With population centres growing fast, there was severe traffic congestion at the ferry docks, and motor vehicle travel by ferry was fast exceeding capacity.

B.

The bridge could not be constructed without the agreement of the US War Department, which owned the land on each side of the Strait and had the power to prevent any harbour construction that might affect shipping traffic. In 1924, San Francisco and Marin counties applied for a permit to build a bridge, and after hearing overwhelming arguments in favour of the project, the Secretary of War agreed. Despite the economic benefits promised by its supporters, the project met fierce resistance from a number of businesses – particularly ferry companies – and civic leaders. Not only would the bridge be an obstacle to shipping and spoil the bay's natural beauty, they argued, it wouldn't survive the sort of earthquake that had devastated the city in 1906. Eight years of legal actions followed as opponents tried to prevent it from being built.

C.

Meanwhile, Strauss's team scrapped their original plans in favour of a suspension span capable of moving more than two feet to each side: this would withstand strong wind far better than a rigid structure. They also planned the two towers, and decided on a paint colour they called 'international orange'.

D.

O'Shaughnessy, Strauss and the Secretary to the Mayor of San Francisco believed a special district needed to be created, with responsibility for planning, designing and financing construction. The formation of this district would enable all the counties affected by the bridge to have a say in the proceedings. This happened in 1928, when the California legislature passed an act to establish the Golden Gate Bridge and Highway District, consisting of six counties. In 1930, residents voted on the question of whether to put up their homes, their farms and their business properties as security for a \$35 million bond issue to finance construction. The outcome was a large majority in favour.

However, the District struggled to find a financial

backer amid the difficulties of the Great Depression, a problem made worse by years of expensive legal proceedings. Now desperate, Strauss personally sought help from the President of Bank of America, who provided a crucial boost by agreeing to buy \$6 million in bonds in 1932.

E.

Construction began in January 1933, with the excavation of a vast amount of rock to establish the bridge's two anchorages – the structures in the ground that would take the tension from the suspension cables. The crew consisted of virtually anyone capable of withstanding the physical rigours of the job, as out-of-work cab drivers, farmers and clerks lined up for the chance to earn steady wages as ironworkers and cement mixers.

The attempt to build what would be the first bridge support in the open ocean proved an immense challenge. Working from a long framework built out from the San Francisco side, divers plunged to depths of 90 feet through strong currents to blast away rock and remove the debris.

The framework was damaged when it was struck by a ship in August 1933 and again during a powerful storm later in the year, setting construction back five months.

F.

The two towers were completed in June 1935, and a New Jersey-based company was appointed to handle the on-site construction of the suspension cables. Its engineers had mastered a technique in which individual steel wires were banded together in spools and carried across the length of the bridge on spinning wheels. Given a year to complete the task, they instead finished in just over six months, having spun more than 25,000 individual wires into each massive cable.

The roadway was completed in April 1937, and the bridge officially opened to pedestrians the following month. The next day, President Roosevelt announced its opening via White House telegraph.

G.

The Golden Gate has endured as a marvel of modern engineering; its main span was the longest in the world for a suspension bridge until

1981, while its towers made it the tallest bridge of any type until 1993. It withstood a destructive earthquake in 1989 and was closed to traffic only three times in its first 75 years due to weather conditions. Believed to be the most photographed bridge in the world, this landmark was named one of the seven civil engineering wonders of the United States by the American Society of Civil Engineers in 1994.



Questions 28-35

The text above has seven sections, **A-G**.

Which section mentions the following?

Write the correct letter, **A-G**, in boxes **28-35** on your answer sheet.

NB You may use any letter more than once.

28. why it was easy to recruit workers to build the bridge

29. a change in the design of the bridge

30. opposition to building the bridge

31. why a bridge was desirable

32. problems with raising funding for the bridge

33. permission being given to build the bridge

34. which records the bridge broke

35. the idea that building a bridge might be impossible

Questions 36-40

Complete the sentences below.

Choose **ONE WORD ONLY** from the text for each answer

Write your answers in boxes **36-40** on your answer sheet.

- 36.** Building the bridge required a
issued by the Secretary of War.
- 37.** One objection to building the bridge was that
another would destroy it.
- 38.** Construction was delayed when the
framework was damaged by a ship and again
by a
- 39.** The last part of the bridge to be constructed
was the
- 40.** The bridge was first used by in
May 1937.