



I. Reading Section (15 marks)

Read the advertisement.

Adapted from: the editorial review of
the book *Take a Nap! Change your Life!*
by Sara C. Mednick Ph.D

Imagine a product that increases your energy levels, reduces stress, helps you make better decisions and lose weight, keeps you looking younger, reduces the **risk** of a heart attack, improves your **mood**, and **strengthens** your memory. Now imagine that this product is nontoxic, has no dangerous **side effects**, and, best of all, is absolutely free.

This miracle drug is the "nap": the right nap at the right time.

Take a Nap! Change Your Life explains the five **stages** of the sleep cycle, and the benefits each one provides. It explains how to assess your tiredness and set up a personal sleep profile. It also discusses how to ignore the voice in your head that tells you that you are lazy because you like napping.

Using the unique, moveable "Nap Wheel" on the **cover**, the book shows us exactly when the best time to take a nap is, and exactly how long we should try to sleep. It even shows how it's possible to design a nap to inspire creativity one day, and the next day design one to help us with our memory.

Fill the gaps in the following summary with suitable words. (5 marks).

The advertisement is for a (1) _____. It explains that (2) _____ is good for your health and your happiness. Taking a nap isn't (3) _____ and it doesn't cost anything! The book includes a (4) _____ which you can use to calculate (5) _____ to take a nap.

Match the words from the text (6-11) with their definitions (a-f) (3 marks):

6. risk	a. a negative consequence of taking a drug
7. mood	b. the way you feel
8. strengthen	c. the outside part of a book
9. side effect	d. make stronger, better
10. stage	e. the possibility that something bad will happen
11. cover	f. part of a process

Read about Pamela's holiday experience.

The best holiday I've ever had was when I was a child. My parents thought I should learn to be more independent so they sent me away on a one-week's summer camp in the Wye Valley, England.



It was difficult at first. When I said good bye to my mum, I felt really lonely, but after a couple of hours I was chatting to the other kids and feeling quite relaxed.

Summer camps are 24 hours of fun. You never stop doing things. We went canoeing and swam in the local river. The water was freezing! After we got back to the camp, we had to have a hot shower. We **went orienteering** too. Some kids got lost, but my group didn't because I was quite good at reading maps. We also built **rafts** and went sailing on a big lake. That was funny! The rafts fell apart and we all ended up in the muddy water screaming with laughter.

My favourite activity, however, was definitely the abseiling – that's when you go down a wall or cliff suspended by ropes. You feel really nervous at the top, but once you learn how to descend, it's really fun. It's not dangerous when you have a good instructor.

I think the best thing about the holiday was spending time with people of my age. We spent hours talking at night (I hardly slept a wink!) and hid under the bed sheets every time an adult came into the room to tell us to be quiet.

When my parents came to pick me up after a week, I was really disappointed. I didn't want to leave!

Are the following statements true or false? If they are false, re-write them so that they are true. (6 marks)

12. Pamela's parents believed that their daughter was too independent as a child.
13. Pamela didn't like it when her mum left her, but then she made some new friends.
14. Pamela didn't go swimming in the lake. She stayed on the land.
15. Abseiling is the same as climbing.
16. Pamela, her friends and the adults who worked at the camp stayed awake and chatted every night.
17. It was a quiet, relaxing holiday experience.

Choose the best definition for the underlined word or phrase. (1 mark)

18. We went orienteering too.

1. visited a nature park where you can see lots of animals.
2. took a trip on the Orient Express train and visit different cities.
3. went for a long walk through the countryside to find locations marked on a map.

19. We also built rafts ...

- a. cars made from wood and paper
- b. flat boats used to travel across rivers and lakes
- c. small houses made from sheets of metal and wooden posts

II. Use of English Section (25 marks)

Complete these first and second conditional sentences with the correct form of the verbs in brackets. (4 marks)

Example: If he offered me a job, I'd accept (accept) it.

20. What _____ you _____ (spend) the money on if you win the prize?
21. If I _____ (not have) any children, I'd go travelling a lot.
22. If someone told you to hold a tarantula, _____ you _____ (do) it?
23. I'd definitely buy a car if I _____ (can) save enough money.

Complete the phrasal verbs. (3 marks)

Example: I haven't checked into the hotel yet.

24. In my job, I have to d _____ a lot of difficult customers.
25. Our flight was at 6am, so we s _____ o _____ very early in the morning.
26. I can't p _____ the noise any longer. It's driving me crazy.
27. My sister b _____ me _____ this little red bus from London as a souvenir.
28. The best way to g _____ a _____ Scotland is to hire a car.
29. When I flew to Australia, my parents came to the airport to s _____ me _____.

Choose the correct words. (4 marks)

Example: I must/can't leave now or I'll miss my train.

30. My sister is very bright. She *was able to*/can read when she was three.
31. I know I am allowed to/ought to leave work earlier and relax more.
32. No one knows about his yet, so you *mustn't*/don't have to tell anyone.
33. Last year we *didn't have to*/weren't allowed to take more than two week's holiday in the summer.
34. You are working too hard. You *should*/are able to have a holiday.
35. We *can't*/are supposed to take an hour for lunch, but my boss takes a lot longer than that.
36. Sheila *doesn't have to*/mustn't go to London because the meeting is cancelled.
37. My brother *has to*/can drive to work now he's passed his driving test.

Make questions with these words. (5 marks)

Example: Why / you / learn / English / this school?

Why are you learning English at this school?

38. How long / Eve / live / her flat?
39. What / Nick / watch / at the moment?
40. What / happen / when you / get / home / last night?
41. What / Andrew normally / do / the weekend?
42. What / Tom and Ann / do / now?

Fill in the gaps with the correct form of these verbs. (4 marks)

save waste owe lend cost borrow win

Note: you do not have to use all the verbs.

Example: He's saving money to go on holiday.

43. My mobile phone _____ me a lot of money last month. I couldn't pay the bill.
44. I _____ some money from my father last year to buy a car.
45. If you _____ money to the bank, you always have to pay it back.
46. _____ you ever _____ any money in a competition?

Tick the correct sentences. Change the incorrect sentences. (5 marks)

lost

Example: I've ~~been losing~~ my keys.

47. Both of my brothers have got cars.
48. This is a very touristic town.
49. He's been in India during three months.
50. How was your travel to Scotland?
51. Uli's not here. She's gone to the supermarket.

III. Listening practice (10 marks)

A. Cindy is talking about her vacation. Are the statements true or false? (6 marks)

- 52. Cindy hated her trip to San Francisco.
- 53. The food in China Town was great.
- 54. She took photos of the Golden Gate Bridge.
- 55. Napa Valley is well-known for its wine.
- 56. Cindy hit another car on the road.
- 57. She had to get a taxi back to the hotel.

B. Listen to the four conversations. Where are the people? Choose the best answers. (4 marks)

One

58. The students are ...

- a. in the library
- b. in the cafeteria
- c. in a classroom
- d. in the street

Two

59. The two men are ...

- a. in an elevator
- b. in a car
- c. in a workshop
- d. in the street

Three

60. The two women are ...

- a. in a coffee shop
- b. in a train
- c. in a car
- d. in the street

Four

61. They're ...

- a. in a call centre
- b. in an office
- c. in an elevator
- d. in the street

IV. Writing Section (15 marks)

A. What kind of food do you like? Do you like cooking at home or going out to restaurants? Write about your eating habits. (5 marks)

B. What are your goals for next year? Write about them. (5 marks)

C. What do you like to do at the weekend? Write about your likes and dislikes. (5 marks)

V. Oral (15 marks)

VI. Homework and tests (20 marks)