

Part A • Grammar, Vocabulary and How to ...

GRAMMAR

1 Complete the sentences with the future continuous or future perfect form of the verbs in brackets.

- I can't pick you up from work because I _____ (play) squash then.
- We can move into our new house next week because we _____ (finish) decorating it.
- It's better if we meet tomorrow because I _____ (might / work) late tonight.
- She can't perform in the play tonight because she _____ (have) time to learn all her lines.
- There's no way people _____ (live) on Mars in 2030 because we won't have the right technology.
- We _____ (could / use) digital currencies for most of our payments in the near future.
- By the end of our trip, we _____ (drive) more than a thousand kilometres.
- The teacher has cancelled tomorrow's test because we _____ (study) all of the grammar.
- Do you think you _____ (complete) the report by next Friday?
- We _____ (come) home until next Tuesday because we couldn't get a flight before then.

/10

2 Complete the second version of the sentences with the passive form of the underlined verb.

- Some people think that you should have regular breaks when using a computer.
It _____ that you should have regular breaks when using a computer.
- They expected the new rules to help people with low incomes.
It _____ that the new rules would help people with low incomes.
- Some people report feeling happier after spending time outdoors.
It _____ that some people feel happier after spending time outdoors.
- Most people believe that climate change is a real problem.
It _____ by most people that climate change is a real problem.
- They have shown that spending too much time on electronic devices can affect your sleep.
It _____ that spending too much time on electronic devices can affect your sleep.
- Experts have reported that there may be water on the newly discovered planet.
It _____ that there may be water on the newly discovered planet.

- Some people thought that children had a lower risk of becoming ill.
It _____ that children had a lower risk of becoming ill.
- They have suggested people should spend fewer hours working.
It _____ that people should spend fewer hours working.
- Scientists have disproved this theory about the way the mind works.
This theory about the way the mind works _____ by scientists.
- They believed that the monument was one of the wonders of the world.
It _____ that the monument was one of the wonders of the world.

/10

VOCABULARY

3 Choose the correct words to complete the sentences.

- I try to **do a regular workout / do a sedentary job** because I have to sit at a desk all day for work.
- She wanted to **cut down on / stay in shape** fast food because she was eating too much of it.
- I hope that this management course will **expand my horizons / vary my diet**.
- I've started doing yoga and it's really **kept up my progress / transformed my lifestyle**.
- He does crosswords every day because he wants to **keep mentally active / work long hours**.

/5

4 Complete the sentences with words related to illness and treatment.

- Certain types of food, like nuts and milk, can cause **al** _____ in some people.
- I've been feeling **r** ___ **d** ___ lately. I don't have any energy and I feel tired all the time.
- The doctor has given me **ant** _____ to treat the infection.
- I've got **as** _____ so I find it hard to breathe sometimes.
- I wonder if there will ever be a **va** _____ to stop people getting colds?

/5

- 5 Complete the sentences with the words and phrases in the box. There are three words and phrases you do not need.

deep sleep drop off have a lie-in heavy sleeper
insomniac keep me awake oversleep snore

- 1 He must be a(n) _____ because he stays up all night reading or watching TV.
- 2 I _____ a lot and sometimes the noise even wakes up my family.
- 3 It took me a long time to _____ last night. I couldn't help thinking about work.
- 4 I'd love to _____ tomorrow, but I know the children will wake me up early.
- 5 Our neighbours are so annoying. I think they play music loudly at night just to _____!

/5

- 6 Match the sentence beginnings (1–5) with the endings (a–e).

- 1 We've got a small window
- 2 We got there just in
- 3 I'm afraid their future
- 4 Just then he arrived. And not
- 5 Some people think time

- a is running out for some species.
- b time for the show.
- c a moment too soon.
- d of opportunity this time.
- e is under threat.

/5

HOW TO ...

- 7 Choose the correct words to complete the sentences.

- 1 You should try to do some **low-impact** / **high-impact** activity like running because it's good for your heart.
- 2 I usually use the weight machines to build up my **aerobic** / **strength**.
- 3 The doctor recommended stretching exercises to improve my **flexibility** / **stamina**.
- 4 There was some lovely **challenge** / **teamwork** between the players.
- 5 If you gave her some more **encouragement** / **discipline**, she might enjoy swimming.

/5

- 8 Complete the conversations with the phrases in the box.

a fair point ask me couldn't agree
on the other hand up to a point

- 1 A: It's important to sleep at least seven hours a night.
B: I _____ more. In fact, I usually sleep for about eight hours.
- 2 A: I don't think the majority of people eat well.
B: I agree with you _____. However, a lot of my friends try to eat healthily.
- 3 A: If we leave now, we should get there on time.
B: But _____, there might be a lot of traffic.
- 4 A: Too many people think that climate change is someone else's problem.
B: That's _____. We all need to take more responsibility.
- 5 A: If you _____, Florence isn't looking very well lately.
B: Yes, you're right.

/5

Total: /50

Part B • Listening, Reading and Writing

LISTENING

1 [Audio UT4.01] Listen to a radio programme about meditation. Number the topics (A–G) in the order they are mentioned.

- 1 ____
- 2 ____
- 3 ____
- 4 ____
- 5 ____
- 6 ____
- 7 ____

- A Meditation can help us deal with difficulties.
 B Some people practise meditation alone.
 C Meditation is a popular topic these days.
 D Some people meditate using digital technology.
 E Meditation isn't always the best solution.
 F Meditation can help people concentrate.
 G Some people are taught how to meditate.

/7

2 [Audio UT4.01] Listen again. Are the statements True (T) or False (F)?

- 1 Andrea says the meaning of the term 'meditation' can vary. T / F
- 2 Andrea believes that attitudes towards meditation have stayed the same. T / F
- 3 Meditation can help people improve their concentration. T / F
- 4 The long-term effects of meditation are unknown. T / F
- 5 Meditation is known to be more effective than medication in some situations. T / F
- 6 Guided meditation can help people achieve objectives. T / F
- 7 Unguided meditation can be more challenging than guided meditation. T / F
- 8 Andrea regularly uses apps to help her meditate. T / F

/8

READING

3 Read the article about how jobs may change in the future. Match the statements (1–5) with the people in the article (A–E).

- 1 I'm concerned about how some people will earn money. ____
- 2 I'm pleased that people will need to look after themselves better. ____
- 3 I'm positive about the future despite the threat of population growth. ____
- 4 I'm hopeful that people will accept changes in my profession. ____
- 5 I'm worried about how some people will pay for certain things. ____

/5

Lifestyle 2050

Five professionals make predictions for how their professions will have changed by 2050.

A The farmer

There will be nearly 10 billion of us on the planet by 2050 so there will be many more mouths to feed. Not only that, but we'll be dealing with climate change and the problem of producing food more sustainably. However, I'm fairly optimistic about the ability of farmers to face the challenges of the future. Technological advances will enable us to reduce the carbon footprint of farming as well as increase food production. Some people will disagree with the new techniques, but it's possible that hunger will have become a thing of the past.

B The fitness instructor

The fitness industry will become more important in future as people begin to take their health more seriously. Although more people will be doing sedentary jobs, devices like smartwatches will be constantly telling them that they need to do more exercise. That's good news for the fitness industry because people will need gyms to help them stay in shape. Some of my colleagues worry that computers and robots will take over their jobs, but, personally, I think there'll still be a need for people like us. Motivation and encouragement are essential to personal fitness and, as far as I'm concerned, a robot won't be able to provide that.

C The architect

As population grows, there'll probably be some sort of housing crisis by 2050. The majority of people will be living in cities, and a lack of space means apartments will become smaller and smaller. Therefore, architects will need to come up with designs which save space. In addition to this, they'll need to work with more sustainable materials and make sure buildings use renewable energy. These are interesting challenges, which I'm sure we can overcome. However, my concern is that environmentally friendly housing is a lot more expensive than you might think. There are many people who won't be able to afford it.

D The supermarket manager

Shopping will have changed completely by 2050. Some people think we'll be doing all of our shopping online, but I doubt that will happen. The social aspect of going shopping will still be too important. The main difference will be that shops no longer have people working in them. Instead, we'll have installed video cameras, computers and robots which will manage everything for us. Furthermore, people won't even be paying with their mobile devices. Because these smart shops will recognise their customers, they'll be charged straight to their online account. It does sound exciting, but I'm actually quite worried about what people like me will do for a living.

E The police officer

Science fiction writers have come up with some unusual predictions for the police, like robot police officers and the ability to detect crimes before they happen. It might sound ridiculous, but I'm pretty sure that's what it will be like in 2050. Computers are already good at working out what people are thinking, so I'm sure they'll be able to predict crimes. At the same time, laboratories have already developed robotic dogs so it's likely the police will be using them in 2050. I know these predictions sound scary. However, I don't think people will mind because there'll be less crime on the streets and they won't be so afraid to go out. I'll certainly be a lot happier if policing ends up like that.

4 Read the article again. Choose the correct option (a or b).

- 1 The farmer thinks that in future we will
a need to increase our production of food.
b have solved the problem of climate change.
- 2 The farmer believes that new farming techniques may
a have an increased carbon footprint.
b help remove the problem of hunger.
- 3 The fitness instructor thinks
a fitness instructors will be replaced by robots.
b our health will be managed by technology.
- 4 The fitness instructor doubts that
a fitness instructors will have lost their jobs by 2050.
b we will be doing more sedentary jobs in 2050.
- 5 The architect suggests that by 2050
a most people will be living in urban areas.
b tiny apartments will have become more popular.
- 6 The architect says that environmentally friendly housing
a is not as expensive as you might expect.
b could cost more than some people can afford.
- 7 The supermarket manager thinks that in future
a more people will do their shopping online.
b people will appreciate going shopping.
- 8 The supermarket manager predicts that
a people will pay for their shopping with mobile devices.
b the whole shopping experience will be managed by technology.
- 9 The police officer thinks predictions by some science fiction writers
a may be correct.
b sound ridiculous.
- 10 The police officer predicts that
a crime is unlikely to exist in 2050.
b people will feel safer in 2050.

/10

WRITING

5 Complete the text with the words and phrases in the box.

a result addition but moreover not only

Although we know how important it is to stay healthy, a lot of people have a poor diet. They ¹ _____ eat sugary foods, ² _____ they also eat fatty foods. In ³ _____ to this, many people have sedentary jobs and, as ⁴ _____, they do little exercise. ⁵ _____, problems such as binge-watching mean that people are not sleeping enough.

/5

6 Write an article with the title *How to have a healthier lifestyle*.

Write 140–190 words.

/15

Total: /50

Part C • Speaking

SPEAKING

1 Make questions and ask your partner.

- 1 Do / do anything / stay in shape?
- 2 What / can / do / expand your horizons / work?
- 3 What / think you / doing / five years' time?
- 4 How often / have a nap / the afternoon?
- 5 Do / agree / time / running out / to save the planet?

/5

2 Answer your partner's questions.

/5

3 Describe the picture to your partner. What do you think the people are doing?



/10

Total: /20