

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.

- My company _____ (open) three new stores by the end of this year.
- I'm sure Jenny _____ (do) the same job in ten years' time. I can't imagine her doing anything else.
- She _____ (run) more than thirty kilometres by the end of the race.
- We _____ (might / drive) around in flying cars in ten years' time.
- I'm afraid I _____ (complete) the essay by tomorrow. Can I give it to you next week?
- Do you think you _____ (arrive) by 6 o'clock? I'd like to have dinner then.
- He _____ (watch) the match tonight because he's got too much work on.
- He _____ (might / find) a new job by the summer, but I don't think it's likely.
- I'm looking forward to going home because I won't _____ (see) my family for months by then.
- Do you think you _____ (still / live) in Bucharest this time next year?

/10

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

- They expect the new road to reduce traffic jams around the city.
It _____ that the new road will reduce traffic jams around the city.
- They have thought that children should spend less time on mobile devices.
It _____ that children should spend less time on mobile devices.
- Scientists believe that this is an important discovery for medicine.
It _____ that this is an important discovery for medicine.
- People believed that the Sun moved around the Earth.
It _____ that the Sun moved around the Earth.
- Experts have suggested eating less meat in order to reduce your carbon footprint.
It _____ that eating less meat can reduce your carbon footprint.
- They expected the film to be a huge success.
It _____ that the film would be a huge success.
- They disproved the flat earth theory hundreds of years ago.
The flat earth theory _____ hundreds of years ago.

- They have reported that a lot of people watch more than four hours of television a day.
It _____ that a lot of people watch more than four hours of television a day.
- Some people report hearing strange noises coming from the old house.
It _____ that some people hear strange noises coming from the old house.
- They thought that there would be enough food for everyone.
It _____ that there would be enough food for everyone.

/10

VOCABULARY

3 Choose the correct words to complete the sentences.

- The best way to **work long hours** / **stay in shape** is by doing exercise and eating healthily.
- He doesn't do a lot of exercise during the day because he **does a sedentary job** / **does a regular workout**.
- I try to **cut down on** / **vary my diet** by eating a range of fruit, vegetables and fish.
- I didn't **keep up my progress** / **expand my horizons** at the gym so I need to start again now.
- If you have to **transform your lifestyle** / **work long hours**, you should take regular breaks.

/5

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

- My father needs to take **me** _____ for his heart condition.
- Her foot was infected so the doctor gave her **ant** _____.
- Everyone who ate the seafood seemed to have **f** _____ **po** _____ the next day.
- She must have some **al** _____ because she's been sneezing all day.
- I learnt **f** _____ **a** _____ when I was younger so I can treat some injuries.

/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 exhausted heavy sleeper
nap nightmare oversleep snore

- 1 I hate it when I _____ in the mornings. That's why I always set the alarm.
- 2 My wife is a _____. Nothing can wake her up when she's asleep.
- 3 I had a terrible _____ last night. I dreamt that I was being chased by a giant rat.
- 4 He always has a twenty minute _____ after his lunch.
- 5 The journey took more than twelve hours so we were _____ by the time we arrived.

/5

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

- 1 It's late now. It's time
- 2 It seems like their future
- 3 For arctic wildlife, time
- 4 You're here! And not a moment
- 5 My parcel of clothes arrived just

- a is under threat.
- b too soon.
- c is running out.
- d in time for my holiday.
- e to go to bed.

/5

HOW TO ...

- 7 Choose the correct words to complete the sentences.

- 1 I prefer to do **moderate** / **vigorous** exercise because I get too tired if I do too much.
- 2 It's important to develop your **stamina** / **aerobic** if you're planning to run a marathon.
- 3 I don't have enough **discipline** / **habit** to do exercise every day.
- 4 Being chosen for the cricket team really boosted my **encouragement** / **confidence**.
- 5 The chance to meet new people was my main **challenge** / **incentive** for doing yoga classes.

/5

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

as far as makes sense my point of view
on the other hand what you mean

- 1 A: From _____, we're expected to work too hard.
B: Yes, I couldn't agree more.
- 2 A: We need to encourage people to walk or cycle as much as possible.
B: Yes, that _____.
- 3 A: If you ask me, cars shouldn't be allowed in the city centre.
B: Yes, but _____, what about the people who live there?
- 4 A: In my opinion, children don't do enough exercise these days.
B: I know _____, but we didn't do much exercise either.
- 5 A: _____ I'm concerned, we need to eat more vegetables.
B: I'm not sure. I think we need to eat meat as well.

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

/7

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

- 1 Andrea uses meditation to help her stop thinking. T / F
- 2 Andrea believes people today generally have a negative attitude towards meditation. T / F
- 3 Meditation is known to have an effect on the brain. T / F
- 4 The positive effects of meditation can last for a number of years. T / F
- 5 Andrea recommends using meditation rather than medicine. T / F
- 6 Guided meditation is only useful for beginners. T / F
- 7 Basic techniques for unguided meditation are not difficult to learn. T / F
- 8 Andrea thinks meditation apps can help people meditate regularly. 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 the way technology will be used in my profession. ____
- 2 I'm looking forward to the benefits technology will bring to my profession. ____
- 3 I'm not convinced there will be any need for people like me. ____
- 4 I'm not worried about my job being replaced by computers in future. ____
- 5 I think people like me will need to learn new skills. ____

/5

Lifestyle 2050

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

A The sports coach

I've been a coach for thirty years and things have only changed a little in that time. However, I think coaching will have changed completely by 2050. The main reason is that athletes will have been fitted with all sorts of devices, including microchips, which will analyse every aspect of their health. Computers will use that information to work out personalised training programmes for them. Some people say the coach's main job will be to motivate and encourage athletes, but I'm not so sure. Computers will probably be doing that as well.

B The teacher

A lot of teachers were excited when the internet appeared because they thought it would improve education. The problem is that many people still aren't connected to it. However, most of the world will have access to fast internet by 2050, so online education will be available to almost everyone. Moreover, there will be more interest in developing problem-solving skills rather than learning facts and figures. We won't be giving classes in the traditional sense, but we'll be helping students make decisions about their studies and use online resources. That means we'll need to become technology experts as well as teachers.

C The builder

The most important qualities for a builder are fitness and strength. Despite all the machines we have on building sites, we still do a lot of heavy lifting. I'm pretty sure that's going to change, though. On the one hand, robots will be lifting and moving materials for us and, on the other hand, 3D printing means we'll be printing parts of buildings on site. I don't think builders will disappear, though, because someone will have to be responsible for all the equipment. Personally, I won't miss all the physical work we have to do. I'll be quite happy to sit there controlling a team of robots.

D The bank manager

It's been predicted that banking will be completely run by computers in future, but I'm not convinced. There's no doubt that we won't be using cash by 2050 and computers will have taken over most of the jobs in banking. However, there are certain decisions that bank managers make that computers won't be allowed to. That's because people won't feel comfortable talking to a computer about their finances. There'll probably be fewer banks, but you'll still be able to talk to your bank manager for advice and help with your finances.

E The nurse

Medical technology has already advanced a great deal, but it will have advanced much more by 2050. Firstly, most of us will be wearing smart devices so computers can monitor our health all the time. Secondly, robots will probably be doing some of the jobs we do now, like treating cuts and burns. Not only that, but medication will be specially designed for each person. Some people think these will be exciting developments, but I'm more pessimistic. I just can't see how robots will be able to look after people as well as nurses can.

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

- 1 The sports coach says that coaching
 - a has changed a great deal in the last 30 years.
 - b is likely to change a great deal in future.
- 2 The sports coach thinks computers will be able to
 - a analyse the needs of individual athletes.
 - b motivate and encourage sports coaches.
- 3 The teacher believes that the internet
 - a has not improved education as much as expected.
 - b has helped provide education to most of the world.
- 4 The teacher thinks that in future people will learn
 - a facts and figures.
 - b problem-solving skills.
- 5 The builder believes that builders will need to
 - a carry out less physical work in future.
 - b improve their strength and fitness.
- 6 The builder thinks computers will be used to
 - a control teams of robots on building sites.
 - b produce materials for buildings.
- 7 The bank manager agrees with the prediction that
 - a paper money won't be used in future.
 - b banks will only be run by computers.
- 8 The bank manager doesn't think computers will
 - a replace humans in the banking industry.
 - b make all the decisions in banking.
- 9 The nurse thinks that in future
 - a people's injuries will be treated by machines.
 - b nurses will have to wear smart devices.
- 10 The nurse believes there will be
 - a worrying changes within nursing.
 - b exciting developments within nursing.

/10

WRITING

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

addition but furthermore led to not only

While many of us try to stay in shape, it's not easy. Many of us have sedentary jobs, and the lack of exercise has ¹ _____ an unhealthier population. ² _____, few of us have a healthy diet. We ³ _____ eat too much fatty food, ⁴ _____ we also eat too much sugary food. In ⁵ _____ to this, we spend our evenings binge-watching series, so we don't get enough sleep.

/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 Is / anything / like / cut down on?
- 2 What / best way / keep mentally active?
- 3 What / think / you / learnt / by the end of this course?
- 4 When / last time / overslept?
- 5 Do / agree / the future of the oceans / under threat?

/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