

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

GRAMMAR

1 Circle the answer (A or B) that best completes each sentence.

0 I can't pick you up from work because I ____ squash then.

A 'll have played	B 'll be playing
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1 It's better if we meet tomorrow because I ____ late tonight.

A 'll have worked	B might be working
-------------------	--------------------

2 She can't perform in the play tonight because she ____ time to learn all her lines.

A won't have had	B won't be having
------------------	-------------------

3 There's no way people ____ on Mars in 2030 because we won't have the right technology.

A will have lived	B will be living
-------------------	------------------

4 We ____ digital currencies for most of our payments in the near future.

A could have used	B could be using
-------------------	------------------

5 By the end of our trip, we ____ more than a thousand kilometres.

A 'll have driven	B 'll be driving
-------------------	------------------

6 The teacher cancelled tomorrow's test because we ____ all of the grammar.

A won't have studied	B won't be studying
----------------------	---------------------

7 We ____ home until next Tuesday because we couldn't get a flight before then.

A won't have come	B won't be coming
-------------------	-------------------

8 Do you think you ____ the report by next Friday?

A will have completed	B will be completed
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9 We can move into our new house next week because we ____ decorating it.

A 'll have finished	B 'll be finishing
---------------------	--------------------

___ / 9

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

0 Some people think that you should have regular breaks when using a computer.

⇒ It is thought that you should have regular breaks when using a computer.

1 They expected the new rules to help people with low incomes.

⇒ It _____ that the new rules would help people with low incomes.

2 Most people believe that climate change is a real problem.

⇒ It _____ by most people that climate change is a real problem.

3 Experts have reported that there may be water on the newly discovered planet.

⇒ It _____ that there may be water on the newly discovered planet.

4 Some people thought that children had a lower risk of becoming ill.

⇒ It _____ that children had a lower risk of becoming ill.

5 Scientists have disproved this theory about the way the mind works.

⇒ This theory about the way the mind works _____ by scientists.

6 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.

VOCABULARY

3 Circle the correct words.

0 She wanted to cut down on / **stay in shape** fast food because she was eating too much of it.

1 Certain types of food, like nuts and milk, can cause **asthma** / **allergies** in some people.

2 I hope that this management course will **expand my horizons** / **vary my diet**.

3 I've been feeling **run down** / **sedentary** lately. I don't have any energy and I feel tired all the time.

4 I've started doing yoga and it's really **kept up my progress** / **transformed my lifestyle**.

5 I wonder if there will ever be a **workout** / **vaccine** to stop people getting colds?

___ / 5

4 Complete the sentences with the words and phrases (A–E).

0 He must be a(n) **C** because he stays up all night reading or watching TV.

1 I ___ a lot and sometimes the noise even wakes up my family.

2 It took me a long time to ___ last night. I couldn't help thinking about work.

3 I'd love to ___ tomorrow, but I know the children will wake me up early.

4 Our neighbours are so annoying. I think they play music loudly at night just to ___!

A drop off

B have a lie-in

C ~~insomniac~~

D keep me awake

E snore

___ / 4

5 Match (1–4) with (A–E) to make sentences.

0 We've got a small window D

1 We got there just in

2 I'm afraid their future

3 Just then he arrived. And not

4 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.

 / 4

HOW TO ...

6 Circle the correct words.

0 You should try to do some **low-impact** / **high-impact** activity like running because it's good for your heart.

1 The doctor recommended stretching to improve my **flexibility** / **stamina**.

2 There was some lovely **challenge** / **teamwork** between the players.

3 If you gave her some more **encouragement** / **discipline**, she might enjoy swimming.

___ / 6

7 Complete the conversations with the phrases (A–D).

0 A: It's important to sleep at least seven hours a night.

B: I C more. In fact, I usually sleep for about eight hours.

1 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.

2 A: Too many people think that climate change is someone else's problem.

B: That's _____. We all need to take more responsibility.

3 A: If you _____, Florence isn't looking very well lately.

B: Yes, you're right.

A a fair point

B ask me

C couldn't agree

D up to a point

____ / 6

TOTAL: ____ / 40

x 1.25 = ____ / 50

Part B • Listening, Reading and Writing

LISTENING

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

0 C

1 _____

2 _____

3 _____

4 _____

A Meditation isn't always the best solution.

B Some people meditate using digital technology.

C ~~Meditation is a popular topic these days.~~

D Meditation can help people concentrate.

E Some people are taught how to meditate.

____ / 4

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

0 Andrea says the meaning of the term 'meditation' can vary. T

1 The long-term effects of meditation are unknown. ____

2 Guided meditation can help people achieve objectives. ____

3 Unguided meditation can be more challenging than guided meditation. ____

4 Andrea regularly uses apps to help her meditate. ____

____ / 8

READING

3 Read the text about how jobs may change in the future. Match the statements (1–4) with the people in the text (A–E).

0 I'm concerned about how some people will earn money. **D**

1 I'm pleased that people will need to look after themselves better.

2 I'm positive about the future despite the threat of population growth.

3 I'm hopeful that people will accept changes in my profession.

4 I'm worried about how some people will pay for certain things.

 / 4

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. We'll also be dealing with climate change** and the problem of producing food more sustainably. However, I'm optimistic **that technological advances will enable farmers to reduce the carbon footprint of farming as well as increase food production.**

B – THE FITNESS INSTRUCTOR

The fitness industry will become more important in future as although more **people will be doing sedentary jobs, devices like smartwatches will be** constantly telling them to exercise more. People will need gyms to help them **stay in shape so I think there'll still be a need for people like us.** Motivation and encouragement are essential to personal fitness.

C – THE ARCHITECT

As the 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. My real 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 think the social aspect of going shopping will still be too important.** The main difference is we'll have **installed video cameras, computers and robots in shops which will manage everything.** Furthermore, customers won't even be paying with their **mobile devices. Because these smart shops will recognise them,** they'll be charged straight to their online account. It does sounds exciting, **but I'm 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.** I know **these predictions sound scary. However, I don't think people will mind because there'll be less crime on the streets. I'll certainly be a lot happier if policing ends up like that.**

4 Read the text again. Circle the answer (A or B) that best completes each sentence.

0 The farmer thinks that in future we will

^A have solved the problem of climate change.	^B need to increase our production of food.
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1 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.
---	--

2 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.
---	---

3 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.
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4 The police officer thinks predictions by some science fiction writers

^A may be correct.	^B sound ridiculous.
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___ / 8

WRITING

5 Complete the sentences with the words and phrases (A–E).

Although we know how important it is to stay healthy, a lot of people have a poor diet. They ⁰ E eat sugary foods, ¹ ____ they also eat fatty foods. In ² ____ to this, many people have sedentary jobs and, as ³ ____, they do little exercise. ⁴ ____, problems such as binge-watching mean that people are not sleeping enough.

A addition

B a result

C but

D Moreover

E not only

____ / 4

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

Write 140–190 words.

____ / 12

TOTAL: ____ / 40

x 1.25 = ____ / 50

Part C • Speaking

SPEAKING

1 Put the words in the correct order to make questions.

Ask your partner your questions.

0 you / to stay / Do / do / anything / in shape?

Do you do anything to stay in shape?

1 you do / horizons / What / to expand / can / your / at work?

2 in five / be doing / What / think / do you / you'll / years' time?

3 do you / in the / often / a nap / How / have / afternoon?

4 agree / is running / Do you / that time / to save / out / the planet?

___ / 4

2 Answer your partner's questions.

___ / 4

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



___ / 12

TOTAL: ___ / 20