

# Test 4

## READING AND USE OF ENGLISH (1 hour 15 minutes)

### Part 1

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Mark your answers on the separate answer sheet.

**Example:**

0 A strong B deep C thorough D heavy

0	A	B	C	D
	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Chimpanzee beds

One morning, Koichiro Zamma, a zoologist at Japan's Kyoto University, awoke from a (0) ..... sleep in the treetops of an African forest. For years, he had been (1) ..... for the perfect night's sleep. His (2) ..... sleep that night had not involved special mattresses or pillows. It had been on a construction of leaves, (3) ..... together by twigs, and built by chimpanzees.

Zamma noticed that chimpanzees' beds are built to (4) ..... the exact shape of their bodies. They're built high up in trees, and sway gently with the movement of the branches, which aids sleep. He realised they could serve as a useful (5) ..... for the perfect human bed.

Zamma has now designed a bed based on the principles of the chimpanzee bed. The mattress (6) ..... a depression in the centre to imitate the natural dip in the chimpanzee bed. This is supported by a frame which (7) ..... the bed to gently move. Some enthusiasts (8) ..... the bed has transformed their sleeping habits.

- |   |             |                |              |              |
|---|-------------|----------------|--------------|--------------|
| 1 | A inquiring | B wanting      | C searching  | D attempting |
| 2 | A restoring | B refreshing   | C relieving  | D renewing   |
| 3 | A gripped   | B grasped      | C pushed     | D held       |
| 4 | A coincide  | B fit          | C follow     | D correspond |
| 5 | A model     | B standard     | C imitation  | D example    |
| 6 | A promotes  | B demonstrates | C consists   | D features   |
| 7 | A admits    | B allows       | C encourages | D provides   |
| 8 | A respond   | B promote      | C claim      | D recommend  |

**Part 2**

For questions 9–16, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

Write your answers **IN CAPITAL LETTERS** on the separate answer sheet.

Example: 0 

O	F																		
---	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

**New Year's resolutions**

At the start (0) ..... each new year, people in some countries make resolutions for the future. These resolutions are intentions that people aim to fulfil in the hope of changing their lives (9) ..... the better. Resolutions range from giving (10) ..... a bad habit such as smoking (11) ..... beginning a new activity, for example learning to play a musical instrument.

Unfortunately, many people find keeping their resolutions very difficult and, a month (12) ..... so later, abandon them. This is often a result of having set a totally unrealistic goal for themselves.

The people who are most successful in keeping their resolutions (13) ..... usually those who make sure that their goals are fairly small and straightforward. They have a clear idea of precisely (14) ..... they plan to do to reach their goal. Often they find (15) ..... helpful if they have friends who have made the same resolution because they are then able to support one (16) ..... in remaining committed and focused.

**Part 3**

For questions 17–24, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning (0).

Write your answers **IN CAPITAL LETTERS** on the separate answer sheet.

Example: 0 

F	A	M	O	U	S														
---	---	---	---	---	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--

**Alfred Hitchcock**

One of the most (0) ..... filmmakers of the twentieth century was Alfred Hitchcock. He was born in England and had considerable (17) ..... making films there before he decided to move to the United States to work in Hollywood.

Hitchcock is best remembered for his (18) ..... thrillers, such as *Psycho*. He had great skill in building up (19) ..... , which made his films extremely (20) ..... for audiences.

Hitchcock liked to make a brief (21) ..... in most of his films – at times that were in no way essential to the plot. When he realised audiences were waiting eagerly for him to appear, he started to make sure that these moments occurred early in the films to avoid being a (22) ..... from the plot.

It was sometimes said that Hitchcock had no great liking for actors. This was something of an (23) ..... , but there is certainly some (24) ..... in it as he did not enjoy working with actors who disagreed with the way he interpreted their parts.

- FAME**
- SUCCEED**
- PSYCHOLOGY**
- TENSE**
- FRIGHTEN**
- APPEAR**
- DISTRACT**
- EXAGGERATE**
- TRUE**

**Part 4**

For questions **25–30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example (0).

**Example:**

0 A very friendly taxi driver drove us into town.

**DRIVEN**

We ..... a very friendly taxi driver.

The gap can be filled by the words 'were driven into town by', so you write:

**Example:** 0 WERE DRIVEN INTO TOWN BY

Write **only** the missing words **IN CAPITAL LETTERS** on the separate answer sheet.

25 My mother once worked for an engineering company.

**EMPLOYED**

My mother used ..... an engineering company.

26 It rained without stopping last Friday.

**NEVER**

It ..... last Friday.

27 I'm having difficulty understanding the instructions on my new camera.

**DIFFICULT**

I am finding ..... the instructions on my new camera.

28 People are spending more money on leisure activities than in the past.

**INCREASE**

There has been ..... the amount of money people are spending on leisure activities.

29 The city needs to have a far better transport system.

**NEED**

The city is ..... a far better transport system.

30 You should be more careful with your handwriting.

**ATTENTION**

You ought ..... your handwriting.

## Part 5

You are going to read a magazine article about being a cartoonist. For questions 31–36, choose the answer (A, B, C or D) which you think fits best according to the text.

Mark your answers on the separate answer sheet.

### So you want to be a cartoonist?

People are always asking me how I became a cartoonist. This is understandable – cartooning is one of those jobs you dream about as a little kid, like being a race car driver. But most people eventually throw these childish daydreams away and consider more realistic professions, like becoming a tax lawyer or a manufacturer of auto parts. The idea that you can support yourself financially at all, let alone maintain an adequate lifestyle, by sketching the sort of doodles commonly found in the margins of high school notebooks is, when you think about it, silly. Yet some people do exactly that.

line 13

As for me, after having a fairly typical cartoonist's childhood (obsessive love of comic strips, contributions to school publications, being known throughout school as 'the kid who draws'), I happened to study graphic design in college and then, after graduating, went around different companies with a collection of illustrations. I was lucky to find someone at a newspaper who told me they were looking for political cartoons on local issues. I drew up a few ideas and they bought them; in a few months, I was selling enough to support myself.

You actually don't need much to become a cartoonist. You don't need a university degree, you don't need much money, you don't even really need to know how to draw. You just need your brain, your hand and something that makes a mark. But of course, if it really was that easy, there would be as many cartoonists as there are, say, teachers. The technical barriers to being a cartoonist are low, but it's a tough job nevertheless. No one should attempt to enter the profession unless they feel that doing anything else would be impossible. After all, it's so much easier to get a regular job that pays the rent and leaves at least a little time for the family, home repairs and hobbies.

The more things you know how to do well, the more chance you have of making a living with your art. I've done political cartoons, comic strips and comic books. I've also been a writer, a caricaturist and occasionally a designer. I don't turn down anything – that's because you can learn an awful lot even from work you don't particularly want to do. It also doesn't hurt to be intelligent, well-read and curious about everything around you.

But what about the business side of being a cartoonist? There was a time when a significant number of cartoonists could find regular jobs doing cartoons for several different newspapers and magazines. But those days, if they aren't gone, are rapidly passing. For almost everyone today, cartooning is an entrepreneurial activity – that means you're not just going to have to produce the work, you're going to have to sell it. The more comfortable you are with what that involves, the better you'll do. Time and time again, I've seen cartoonists with average creative abilities and excellent business skills do far better than those who were artistic geniuses but nothing else.

It amazes me how often I meet people who have never sold a cartoon in their life and yet are terrified someone will steal their ideas. Some of these people are so worried that they refuse to let others even look at their work! Legally, all you need to do to protect your stuff is draw a little 'c' for 'copyright' somewhere, put a circle around the letter, then write your name and the date next to it. But let's face it – it's far more realistic that no one will be interested in your work. If, by some chance, someone steals a cartoon and it goes viral on the internet and everybody starts emailing it to their friends, it's not a disaster – it can be an extremely lucky break, publicity-wise!

- 31 In the first paragraph, what point does the writer make about being a cartoonist?
- A It is not seen as a very practical career option.
  - B People prefer doing jobs that have a higher status.
  - C People are surprised at how little money cartoonists get.
  - D Not enough children are being encouraged to become one.
- 32 What does 'that' in line 13 refer to?
- A thinking about things too much
  - B supporting yourself financially
  - C sketching doodles in school notebooks
  - D considering a different profession
- 33 The writer mentions teachers to make the point that
- A professional cartoonists need time to develop their skills.
  - B professional cartoonists need to have a passion for their work.
  - C it is harder to become a professional cartoonist than it might seem.
  - D many professional cartoonists complain of not having much free time.
- 34 In the fourth paragraph, the writer suggests professional cartoonists
- A learn from other types of artists.
  - B do thorough research for jobs.
  - C work on different projects at the same time.
  - D accept even unappealing jobs.
- 35 What does the writer say about dealing with the business side of being a cartoonist?
- A It can be distracting.
  - B It is unavoidable.
  - C It is difficult to do well.
  - D It can be exhausting.
- 36 What does the writer say about the theft of ideas from cartoonists?
- A It is highly unlikely to happen.
  - B People are more aware of it now.
  - C The law does not prevent it happening.
  - D The internet has made it easier to do.

## Part 6

You are going to read an article from a magazine about an unusual hobby. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (37–42). There is one extra sentence which you do not need to use.

Mark your answers on the separate answer sheet.

## Messages in bottles

I was 22 and on a family holiday in the Caribbean Turks and Caicos Islands when it first happened. As we strode along the beach, I saw a glint of blue glass on the shoreline. I realised it was a large bottle – and that there was something inside it. I was so excited!

I'd always dreamed of finding a message in a bottle and my hands were shaking as I uncorked it. It turned out the bottle had been dropped eight months previously by a couple on board a cruise from the Portuguese island of Madeira. **37**  This bottle had managed to survive its journey all the way across the Atlantic and I'd found it.

I emailed the senders as soon as I got back to the hotel. They were happy to know someone had got their message, but perhaps disappointed that it had been found so soon after they'd dropped it overboard. For me, however, it was a profound experience. **38**  My family and I had always beach-combed for shells on vacation, and when you learn how to look properly, you start finding loads. I figured that I could do the same with messages in bottles.

Since that holiday, eight years ago, I've found more than 80 messages in bottles, mostly on the Turks and Caicos Islands, which oceanographer Curtis Ebbesmeyer calls 'a magnet for floating objects'. Bottles have been washing up on the islands since at least the 1800s; the Turks and Caicos National Museum features a large collection. I've picked up

bottles from senders in North America, Europe and Asia. **39**  I've also found artwork, business cards, dollar bills ... even a crumbling piece of wedding cake.

I try to make contact with the senders if I can. **40**  I travelled to Düsseldorf last summer to meet Sabine Roy, a German travel agent whose message I found back in 2011. Sabine's message had deteriorated badly by the time I'd found it; all I could make out was a cruise ship letterhead, her name and 'Düsseldorf'. I tried tracing her for four years before I thought of posting a message on social media. Within a day, I had tracked her down.

It's a very strange experience when I meet a sender. We've been brought together entirely by chance and there are no guarantees we'll have anything in common. **41**  People who send messages in bottles tend to be adventurous types and are often as excited to meet up as I am.

A lot of people forget they've sent these messages and when you present them with these pieces of their past, it's almost like time travel. **42**  When I called the phone number supplied, in Baltimore, USA, I spoke to an elderly woman. She told me her young son must have sent the bottle while on a boat trip with his dad in the 1990s. It's discoveries like these that keep me interested in hunting for bottles.

- |  |   |
|--|---|
| <b>A</b> It's not just messages inside either.   | <b>E</b> Sometimes it's funny, as was the case with a note I found from a sender who claimed to have been 'taken prisoner by a grumpy old monster'. |
| <b>B</b> So you might think these encounters could be awkward – although that hasn't been my experience so far.              | <b>F</b> It sparked a sort of obsession and I started spending every spare cent and every spare moment looking for more bottles.                    |
| <b>C</b> One of the oldest messages I found was from a soft drinks bottle from the 1970s.                                    | <b>G</b> The internet has made that easier than it would have been in the past and I often get help through my blog and web page.                   |
| <b>D</b> It wasn't a treasure map or a cry for help from someone stranded on a deserted island, but to me, it was a miracle. |   |

**Part 7**

You are going to read a magazine article about working as a sports psychologist. For questions 43–52, choose from the sections (A–E). The sections may be chosen more than once.

Mark your answers on the separate answer sheet.

**In which section are the following mentioned?**

- the need to appreciate the process of competing 43
- the need for patience to achieve success 44
- an increased level of curiosity about how psychology can help in sport 45
- the apparent difficulty of giving instruction in the use of mental strategies 46
- understanding from experience what sports professionals require 47
- how recent research findings can aid sportspeople 48
- sportspeople's feelings having a negative effect on them 49
- greater awareness of what sports psychologists do these days 50
- the importance for sportspeople of maintaining focus 51
- a tendency to see successful people as having no weaknesses 52

# What does a sports psychologist do?

*Jeremy Snape explains*

- A** I set up my company Sporting Edge a decade ago to share the practical tools which promote success in sport. I specialise in the mental side of high performance. The role of the sports psychologist is more widely accepted than it was when I set up my company. Nowadays, when people reach the very top of their professions, we often hear that it was their mental game that led to their success. With so many world champions in sport speaking positively about their mental training now, it has created a new drive for sportspeople to find out what they could achieve with it. There used to be more mistrust of the concept of sports psychology. I think this is because our society celebrates people who are presented as being perfect, so it's a contradiction for these people to express any doubts or have any flaws. Thankfully, it's now seen as a positive thing, not a failing, to deal with imperfections in the mental game as readily as we do in the physical one.
- B** Part of my role involves working with players and coaches to focus on the things that create the conditions for success. I teach them not to be overly influenced by the emotions that can impact badly on performance. When they can do this, they are able to create a clearer and more logical plan for success. We all want instant success, but if you take the time to develop quality long-term plans and not just concentrate on thorough preparation in the short term, you have a chance of reaching your potential. As a former international sportsman myself, I know very well the importance of this.
- C** The latest scientific discoveries can help athletes' state of mind. For example, developments in functional MRI scanning and neuroscience show us that talking to ourselves isn't meaningless, as is commonly thought – it actually creates structures in the brain which, if reinforced repeatedly, can influence our actions and thus our success or failure. We therefore have a responsibility to ensure that our thinking habits are as healthy as possible. Learning routines to develop concentration is crucial. Athletes need to forget about everything else and keep their minds on their game. Mental strength is definitely something that can be trained and developed like physical strength.
- D** The vast majority of training within teams will be physical rather than mental, but there are mental skills running through every physical session – decision-making, understanding team behaviour, confidence, focus, and so on. When coaches place an emphasis on these, it can really make a difference. The problem is that they seem harder to coach and that's where a sports psychologist can help. We can help coaches find new ways of reinforcing psychological skills. We can help them develop the way they deliver instructions, get feedback after skills sessions or facilitate team discussions in meetings. Forward-thinking coaches know that this is the way to engage and motivate players.
- E** Elite performers are often driven by a fear of failure and feel a strong sense of relief after they succeed. This is because so much of people's identity is made up of what we do for a job rather than who we really are. This means we are desperate to be considered a success and not to let anyone down. If we tried to enjoy the struggle more, rather than just the end result, we would see that this is actually where the fun is. Professional sport is defined by results, though, so we have to accept that our careers will be remembered for those moments when we win something.

**WRITING** (1 hour 20 minutes)

**Part 1**

You **must** answer this question. Write your answer in **140–190** words in an appropriate style on the separate answer sheet.

- 1 In your English class you have been talking about family life. Now, your English teacher has asked you to write an essay.

Write your essay using **all** the notes and giving reasons for your point of view.

**Is it better to be part of a large family or a small family?**

**Notes**

Write about:

1. cost
2. learning from others
3. ..... (your own idea)

**Part 2**

Write an answer to **one** of the questions **2–4** in this part. Write your answer in **140–190** words in an appropriate style on the separate answer sheet. Put the question number in the box at the top of the answer sheet.

- 2 You recently saw this notice in a magazine.

**Reviews wanted**

**Useful books**

Write us a review of a useful book which you have read.

In your review describe what the book is about, explain how it was useful to you and say why you would recommend it to others.

Write your **review**.

- 3 You see this notice in a travel magazine.

**Wanted – people to join Arctic expedition**

Our organization is researching life in the Arctic. We are looking for people to join our two-month expedition next year. You should be able to work in a team, have skills that are useful in an Arctic environment and have a good level of English.

Write to expedition organizer, Roger Beard, explaining why you would be suitable to join our expedition.

Write your **letter of application**.

- 4 You see this announcement on an English-language website.

**Articles wanted**

**An important decision**

Write us an article about an important decision you've made. In your article you should say what you had to decide, explain how easy or difficult it was to make the decision, and say what effect it had on your life.

Write your **article**.

**LISTENING** (approximately 40 minutes)**Part 1**

You will hear people talking in eight different situations.  
For questions 1–8, choose the best answer (A, B or C).



- 1 You hear an actress talking about her new part in a play.  
Why did she choose to accept it?  
A She wanted to work with the main male actor.  
B She was attracted by the strong female role.  
C She wanted a change from her TV work.
- 2 You hear two friends talking about a restaurant.  
What do they agree about it?  
A The service could be improved.  
B The food looked unappealing.  
C The interior was badly designed.
- 3 You hear two students talking about a visit to a museum.  
What does the man say about their guide?  
A He knew a lot about the exhibits.  
B He gave clear answers to questions.  
C He made a difficult subject interesting.
- 4 You hear a talk given by a child psychologist.  
The purpose of her talk is to  
A warn of the potential dangers of outdoor play.  
B highlight the findings of some recent health research.  
C persuade people to give their children more freedom.
- 5 You hear part of a radio phone-in discussion about a proposal to redevelop one part of a city.  
Why is the man calling the programme?  
A to express concern about how the project may affect local residents  
B to question the motivation behind the plan  
C to point out the likely environmental impact of any changes
- 6 You hear two people talking on the radio about an exhibition of work by a wildlife photographer.  
What do they both say about the photos?  
A The lack of variety was disappointing.  
B The technique used in them was unusual.  
C The photographer's aims were unclear.
- 7 You hear a man telling a colleague about a workshop he will attend.  
What does the man have to do before the workshop?  
A listen to some online material  
B read some written information  
C think of some questions to bring up
- 8 You hear two friends talking about the football team they support.  
How does the man feel about the manager of the team?  
A concerned about his ability to motivate the players  
B disappointed with the style of play he encourages  
C worried about his attitude towards journalists

**Part 2**

You will hear a man called Victor Medway talking to some students about his job, helping to organise a music festival. For questions 9–18, complete the sentences with a word or short phrase.



**Helping to organise a music festival**

Victor worked as a (9) .....  
 for radio programmes before becoming a festival organiser.

Victor's work as a volunteer involved (10) .....  
 at a music festival.

Victor recently booked a well-known group who play  
 (11) ..... music for this year's music festival.

A maximum number of (12) .....  
 people are allowed to attend the festival.

Victor says that criticising his festival for a lack of (13) .....  
 is no longer fair.

The festival will include (14) .....  
 acts as a new feature this year.

Victor attends other music festivals for the (15) .....  
 they provide.

Victor welcomes the development of a (16) .....  
 of festival organisers.

Victor says he's surprised that musicians' (17) .....  
 are sometimes difficult to work with.

Victor has worked hard to improve his (18) ..... skills.

**Part 3**

You will hear five short extracts in which people are talking about a cookery course they participated in. For questions 19–23, choose from the list (A–H) what each speaker liked best about the course. Use the letters only once. There are three extra letters which you do not need to use.



- A watching a professional cook an unusual dish
- B using modern equipment
- C meeting different people
- D cooking with fresh ingredients
- E learning new cooking techniques
- F trying other people's cooking
- G mastering new recipes
- H discovering how quick some dishes can be to cook

Speaker 1	<input type="text"/>	19
Speaker 2	<input type="text"/>	20
Speaker 3	<input type="text"/>	21
Speaker 4	<input type="text"/>	22
Speaker 5	<input type="text"/>	23

## Part 4

You will hear an interview with Terry Bankcroft, whose company Get Running organises overseas marathons, talking about his work. For questions 24–30, choose the best answer (A, B or C).



- 24 Terry got involved in running because he was
- A keen to change his lifestyle.
  - B interested in starting a new hobby.
  - C motivated to do so by another person.
- 25 What does Terry say about his own running?
- A It's a fundamental part of his life.
  - B It's less enjoyable than other sports.
  - C He now prefers to do shorter races.
- 26 Terry thinks the most challenging aspect of organising a race is
- A justifying the cost of the race fee to the runners.
  - B dealing with people in authority overseas.
  - C ensuring that preparations are completed on time.
- 27 What is important to Terry when considering a location for a new race?
- A how easily accessible it is
  - B how well he knows the area
  - C how visually appealing the landscape is
- 28 Terry says the volunteers who help out at his races
- A are often new to running.
  - B get little recognition for the work they do.
  - C find helping at events rewarding.
- 29 Terry explains that the race package tours for overseas participants
- A cover the cost of air travel.
  - B are handled exclusively by local companies.
  - C include local accommodation.
- 30 What is Terry's advice to people who are racing for the first time?
- A Try to get a good position early on in the race.
  - B Concentrate on running your own race.
  - C Take great care to avoid any injuries.