PART ONE: READING

Read the text about different health treatments. For questions 1-5, choose the best answer A, B, C or D.

1. In a hay bath, there’s ________________________.
   a. hay, water, flowers and plants
   b. only hay and water
   c. only hay
   d. only water

2. One problem with hay baths is ________________________.
   a. they sometimes give you a headache
   b. you often get very cold
   c. they aren’t always comfortable
   d. you get wet

3. An ice sauna is ________________________.
   a. very cool
   b. very cold
   c. hot and then cold
   d. very warm

4. The view from an ice sauna is beautiful because ________________________.
   a. ice is beautiful
   b. you can see through the walls
   c. you can see other people
   d. you can watch the fire

5. In what order are the four parts of the beer bath treatment?
   a. Beer bath, sleep, shower, swim.
   b. Shower, beer bath, swim, sleep.
   c. Beer bath, shower, sleep, swim.
   d. Shower, swim, beer bath, sleep.
RELAX!

**Hay bath**
Hay baths are a very old treatment from the mountains in the north of Italy. It’s a very simple idea. Patients take off their clothes and lie in wet hay. There are flowers and plants in the hay too. It gets very hot, so it isn’t always comfortable, but some people believe it is very good for your health and can cure headaches.

**Ice Sauna**
Saunas are very hot places – ice is very cold. So can you build a sauna out of ice? The answer is yes! They do it in Russia and Finland during the long winters. A fire makes the sauna very warm inside; over 60°C! And because the walls are ice, you have a beautiful view of the world outside.

**Beer Bath**
Beer baths are a popular treatment in the Czech Republic and Austria. Hedwig Bauer has a hotel in Austria where you can have a 30-minute beer bath for 44 euros. After the bath, patients sleep for 20 minutes. Then they have a shower and go swimming. ‘Beer is very good for skin,’ says Hedwig.
PART TWO: LISTENING

Listen to an interview with actress Kitty Williams. For questions 6-10, choose the best answer A, B, C or D.

   a. healthier
   b. busier
   c. more stressful
   d. more boring

7. In Hollywood Kitty Williams eats ____________________________.
   a. the same food as in London
   b. only vegetables
   c. no meat
   d. no vegetables

8. Kitty finds it easy to have a healthy diet in Hollywood because ________________.
   a. the temperature is always high
   b. restaurants offer a lot of choice
   c. she doesn’t like butter or mayonnaise
   d. she doesn’t eat chips or pasta very often

9. Kitty Williams thinks running is ____________________________.
   a. very tiring
   b. very boring
   c. relaxing after a long day of work
   d. a good way to start a day

10. Kitty misses London because ____________________________.
    a. she likes going to the gym with her friends
    b. she can eat chips or pasta there
    c. it is more entertaining than Hollywood
    d. it is quieter than Hollywood
PART THREE: GRAMMAR

For questions 11-15, choose the best answer A, B, C or D.

11. Every Sunday Alan _______ for a drive in the countryside. Today it is Saturday. Alan _______ a bike in the city centre.
   a. go / ride
   b. goes / rides
   c. is going / rides
   d. goes / is riding

12. A: I think Victoria Falls is __________ waterfall in the world.
    B: I agree.
    a. higher than
    b. the highest
    c. high
    d. as high as

13. A: What __________ (you / do) yesterday?
    B: I __________ (go) to the cinema.
    a. do you do / go
    b. did you do / went
    c. are you doing / am going
    d. have you done / have gone

14. She __________ chess well five years ago but she _______ chess well now.
    a. can play / can’t play
    b. could play / couldn’t play
    c. could play / can’t play
    d. can play / couldn’t play

15. A: What does Helen enjoy _____ in her free time?
    B: She likes _______ for clothes.
    a. do / shop
    b. doing / shopping
    c. doing / shop
    d. do / shopping
PART FOUR: VOCABULARY

For questions 16-20, choose the best answer A, B, C or D.

16. A: I heard you passed your exams._________!
   B: Thanks a lot.
   a. Congratulations
   b. Bad luck
   c. Better luck next time
   d. I’m sorry

17. A: Are you __________?
   B: No. I ate two hours ago.
   a. empty
   b. worried
   c. alone
   d. hungry

18. A: Generally, in big cities there’s a lot of __________.
   B: Yes, you’re right. The air and water are very dirty.
   a. pollution
   b. health
   c. noise
   d. traffic

19. A: Let’s go to Sultan Ahmet after the lesson.
   B: Oh, that’s a good ________!
   a. excitement
   b. career
   c. idea
   d. comment

20. A: Have you got a car?
   B: No. I ________ it last month.
   a. bought
   b. sold
   c. caught
   d. wore
PART ONE: READING

Read the text about living longer. For questions 21-25, choose the best answer A, B, C or D.

21. Scientists at the University of California have _________________.
   a. developed a new yeast diet
   b. stopped yeast growing old
   c. removed cancer from yeast
   d. put yeast genes into humans

22. Valter Longo thinks _________________________.
   a. human and yeast genes are the same
   b. people can live longer than 120 years now
   c. human genes could be removed to make us live longer
   d. scientists will not be able to remove the genes which make us old

23. Other scientists think that ____________________________.
   a. removing old-age genes is possible
   b. there are many people who can live longer than 120
   c. 125 years is the oldest a human can be
   d. there is no maximum limit to human life

24. The last paragraph says that ________________________.
   a. Britain has the highest number of 100-year-olds in the world
   b. more than 9,000 women are over 100 in Britain now
   c. there are seven women who are more than 100 years old in Britain
   d. a lot more women than men live to 100 in Britain at present

25. The best title for the article is ________________________.
   a. How the oldest people in the world live
   b. How food can help you live longer
   c. The possibility of extending human life
   d. How to live to 120
It could become possible for humans to live for up to 800 years. This is what researchers are saying at the University of California. They have made a scientific discovery using ordinary yeast: the kind you find in bread.

The scientists were looking at live yeast and removed two genes that are responsible for making it grow old. These are the same genes that also cause cancer in humans. They then put the yeast on a diet! This made the yeast live ten times longer than normal, which is the longest extension of life that scientists have achieved so far in living organisms.

Valter Longo, the head scientist of the project, says that although human and yeast genes are different, the method of making things live longer is the same. If scientists develop this method, humans could live much longer too. At the moment, this is only a possibility. But Longo believes that scientists know enough now to help everybody live at least 120.

Longo also thinks that there is another gene that is responsible for making us age. He thinks that humans die before they need to. If we can also find this gene and remove it, then it might be possible to live to an incredible age.

Other scientists don’t think this is possible. They think that humans can’t live for more than 125 years. The oldest known person in the world, Jeanne Calment, died at the age of 122 years and 164 days. Most scientists think that she was one of the few lucky ones to almost reach the maximum human age limit.

However, it is true that more humans are living longer than ever before. In Britain, there is a huge number of people living past 100. Nearly 9,000 people are 100 or older now, compared to only 100 people in 1911. There are still far more women than men in this age group – seven women for every man. So, if you want to live a long time, the best thing to be is female!
PART TWO: LISTENING

Listen to a short report about dying languages. For questions 26-30, choose the best answer A, B, C or D.

26. The Enduring Voices Project started in order to _________________.
   a. teach languages
   b. learn languages
   c. make new languages
   d. save languages

27. It is believed that one language disappears every _________________.
   a. week
   b. two weeks
   c. month
   d. year

28. Younger people in Eastern Siberia speak Russian _________________.
   a. at school
   b. at home
   c. with their friends
   d. with their families

29. The speaker suggests that Aboriginal Australian languages are _________________.
   a. in the most danger
   b. in the least danger
   c. spoken by lots of people nowadays
   d. spoken by crowded groups

30. There is no _________________.
    a. living person who speaks Amurdag
    b. recording of Amurdag
    c. written form of Amurdag
    d. spoken form of Amurdag
PART THREE: GRAMMAR

For questions 31-35, choose the best answer A, B, C or D.

31. A: What was the weather like this morning?
   B: It________ (rain), so I __________ (take) my umbrella with me.
   a. rains / take
   b. will rain / will take
   c. rained / am taking
   d. was raining / took

32. A: I expected _______ (see) Tony here tonight.
   B: Well, he wanted _______ (come), but he was busy.
   a. to see / to come
   b. seeing / coming
   c. to see / coming
   d. seeing / to come

33. A: I hate waiting for the bus in the morning!
   B: Fortunately, I ____________ (take) the bus because I go to school by bike.
   a. have to take
   b. mustn’t take
   c. can take
   d. don’t have to take

34. A: Why don’t you drink your coffee, Dad?
   B: This coffee is ________to drink.
   a. too hot
   b. enough hot
   c. hot too
   d. hot so

35. Stratford-upon Avon, _______Shakespeare was born, is a town in Warwickshire.
   a. who
   b. which
   c. when
   d. where
PART FOUR: VOCABULARY

For questions 36-40, choose the best answer A, B, C or D.

36. My husband has become a ___________ since he lost his job. Now all he does is sit in front of the television all day eating pizza.
   a. workaholic  
   b. culture vulture  
   c. party animal  
   d. couch potato

37. A: How was your holiday to Egypt?
   B: It was lots of fun and the pyramids were absolutely ___________.
   a. disgusting  
   b. amazing  
   c. uninteresting  
   d. happy

38. A: Would you like to take the metro bus today?
   B: No, it’s too _________. Lots of people use it every day.
   a. relaxing  
   b. comfortable  
   c. crowded  
   d. scary

39. A: What are you going to do today?
   B: I’m going to the ___________ to see Picasso’s collection of work.
   a. concert  
   b. art gallery  
   c. school  
   d. shopping centre

40. A: David practises the piano 6 hours a day.
   B: So he must be really ___________ about music.
   a. passionate  
   b. sad  
   c. shy  
   d. polite
TEST THREE
LEVEL: INTERMEDIATE

PART ONE: READING

Read the text about hybrid cars. For questions 41-45, choose the best answer A, B, C or D.

41. Car manufacturers are trying to invent a new vehicle because _________________.
   a. today’s cars produce too much poisonous gas
   b. it is difficult to drive in cities
   c. today’s cars use too much fuel
   d. the car industry is in trouble

42. Vehicles which ran on electric motors _________________.
   a. moved very fast
   b. were made of pieces of scrap
   c. were not very popular
   d. had to have their engines replaced

43. The computer in a hybrid car _________________.
   a. powers the engine
   b. helps the car to go up hills
   c. keeps the car running at a steady speed
   d. decides how the car should be powered

44. Hybrid cars are not the ideal solution because _________________.
   a. they produce carbon fibre
   b. they do not make the roads cleaner
   c. they also use petrol
   d. they are made from aluminium

45. Cars which run on hydrogen are not available yet because _________________.
   a. it is hard to drive them in the right direction
   b. it is difficult to store hydrogen
   c. they produce too much water vapour
   d. there is no future for them
GREEN CARS

1 Many of the world’s cities lie under a permanent blanket of smog. People are concerned about global warming, and fuel prices just keep going up and up. It’s no surprise therefore, that in recent years, car manufacturers have been put under pressure to invent a vehicle that is both cheaper to run and better for the environment. Finally, after much trial and error, it seems as though they might be making progress, and the future of the car industry is beginning to look a little ‘greener’.

2 One of the first ideas which car manufacturers tried, was to replace engines which run on fossil fuels with electric motors. Unfortunately, these vehicles had several drawbacks and they didn’t sell very well. The problems were that the batteries of these electric cars ran out very quickly and took a long time to recharge. Also, the replacement energy packs were very expensive.

3 However, the idea of electric cars has not been scrapped altogether. Car manufacturers have improved the concept so that environmentally friendly cars can now be efficient and economical as well. This is where the hybrid car, which has both an electric motor and a traditional petrol engine, comes in. The electric motor never needs to be recharged and it is much better for the planet than a traditional car.

4 In a hybrid car, the engine is controlled by a computer which determines whether the car runs on petrol, electricity, or both. When the car needs maximum power, for example, if it is accelerating or climbing a steep hill, it uses all of its resources, whereas at steady speeds it runs only on petrol. When slowing down or braking, the electric motor recharges its batteries.

5 Hybrid cars are better for the environment because the electric motor can help out whenever it is needed and they have a much smaller engine than a traditional car. Also, hybrid cars on the market are made using materials such as aluminium and carbon fibre, which makes them extremely light. Both of these factors mean that they use far less petrol than normal cars, so they produce less pollution.

6 Of course, hybrid cars aren’t perfect; they still run on fossil fuel and so pollute the environment to some extent. However, they may be the first step along the road to cleaner, ‘greener’ cars. Car manufacturers are already working on vehicles which run on hydrogen. The only emission from these cars is harmless water vapour. These are still some way in the future, though, as designers need to think of cheap and safe ways of producing, transporting and storing hydrogen, but at last, it looks like we might be heading in the right direction.
PART TWO: LISTENING

Listen to a radio interview with Jo Makeba. For questions 46-50, choose the best answer A, B, C or D.

46. The presenter said that _________________________________.
   a. wildlife success stories never made the headlines
   b. wildlife issues didn’t make headlines
   c. wildlife stories were usually disaster stories
   d. many success stories made the headlines

47. Jo Makeba said that _________________________________.
   a. we rely too much on traditional media
   b. we need traditional media to reach a wide audience
   c. we don’t need traditional media any more
   d. it’s easy for people to reach a wide audience these days

48. The presenter asked _________________________________.
   a. who worked in wildlife projects
   b. how the Internet affected wildlife projects
   c. if the Internet affected wildlife projects
   d. who was interested in wildlife projects

49. Jo Makeba said that WildlifeDirect was _________________________________.
   a. a way of sending money direct to projects
   b. a wildlife programme that went out at lunchtime
   c. a website that brought small projects together
   d. an online platform for vets

50. Paula Kahumbu told Jo that Rosy the eagle _________________________________.
   a. was Wildlife Direct’s first success story
   b. could see again
   c. was filmed raising his chicks
   d. did not survive
PART THREE: GRAMMAR

For questions 51-55, choose the best answer A, B, C or D.

51. A: What did he wear yesterday?
   B: He wore a jacket __________________ it was cold.
   a. so
   b. because
   c. although
   d. or

52. A: John is late.
   B: He __________________ stuck in traffic.
   a. may be
   b. needs to be
   c. should be
   d. doesn’t need to be

53. A: Do you still work at Browns and Co?
   B: Yes, I do. I __________________ by Mr. Brown for five years now, you know.
   a. am employed
   b. was employed
   c. have been employed
   d. am being employed

54. A: __________Chloe______ (see) Michael at the party yesterday?
   B: No. By the time she ______ (get) there, Michael _____already _____ (leave).
   a. Did-see / got / has-left
   b. Did-see / got / will-leave
   c. Did-see / got / had-left
   d. Does-see / gets / will- leave

55. A: What do you regret in your life, John?
   B: I overslept, so I missed the tour of NASA. If I _______ (not / oversleep), I _______ (not / miss) the tour of NASA.
   a. didn’t oversleep / will not miss
   b. don’t oversleep / wouldn’t miss
   c. hadn’t overslept / wouldn’t have missed
   d. didn’t oversleep / don’t miss
PART FOUR: VOCABULARY

For questions 56-60, choose the best answer A, B, C or D.

56. Do you ____________ any clubs or societies?
   a. belong to  
   b. part of  
   c. come to  
   d. get on

57. I ____________ how good the new Samsung tablet will be.
   a. capture  
   b. paste  
   c. wonder  
   d. click

58. The subject of Fox hunting is a very ____________ subject in England.
   a. obedient  
   b. solution  
   c. maze  
   d. controversial

59. A: Did you hear about the criminal who robbed the bank?  
   B: Yes. He was ____________ by the police yesterday.
   a. guilty  
   b. victim  
   c. arrested  
   d. stolen

60. A: Have you spoken to Todd recently?  
   B: No, we ____________ with each other last week, and haven’t spoken since then.
   a. grew up  
   b. made fun of  
   c. told off  
   d. fell out