

Paper 1: Reading (1 hour)

PART 1

You are going to read a newspaper article about an adventure centre. For questions 1–8, 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.

A family adventure centre

I'm focused. Completely terrified, but focused. I've got a tiny area to stand on and beneath me is a 10-metre drop. To make things worse, the totem pole that I'm trying to climb onto is shaking. With one knee bent on the top of the pole and the other foot next to it, I slowly stand up with my arms outstretched for balance. Once upright, my legs are still wobbling but an enormous smile has spread across my face. I shuffle my toes over the edge. And then I jump. Back on the ground, my knees won't stop quaking. But for the boys at Head 4 Heights, an aerial adventure centre in Cirencester, it's all in a day's work.

Head 4 Heights, one of the tallest climbing centres in Britain, opened two years ago. It's the only UK climbing centre open to the public year-round (the only days it closes are when winds exceed 70 mph, almost enough to blow you off a totem pole and into one of the lakes). The course was set up by Rod Baber, adventurer extraordinaire and holder of the world record for scaling the highest peak of every country in Europe in the shortest time. Rod's latest plan is to snag the record for North and South America as well, but in between he starts every day with a clamber round the Cirencester course. His favourite is the 'Trapeze' challenge: 'It still gets me every time. Eyes dilate,

mouth goes dry and adrenalin goes everywhere.'

Although the course is only roughly the size of a tennis court, it packs a lot into a small space. There are four totem poles (of varying degrees of difficulty according to the holds attached to them), a stairway to heaven (a giant ladder with an increasing distance between the rungs), two freefall platforms and a trapeze jump. Plans for a new 30-metre pole are presently under way. All can be made easier or harder, according to ability, and incorporated into different challenges, which is why the course has proved a success with families, corporate days out and the armed forces. More than half who visit return for more and the centre now averages about 1,500 visitors a month.

All ages over five are welcome, but children are the most enthusiastic and 'far easier to teach than the bankers,' says Rod. Parents are usually more reluctant to join in. 'We hear all sorts of excuses,' says Rod. 'Everything from bad knees to "I haven't trimmed my toenails".' The oldest customer was a 78-year-old who arrived with his son and grandson. When the younger two **decided to give it a miss**, the grandfather set off to show them how it was done.

For the most part, though, people start off nervous and only

gain confidence as they progress. 'Everything is kept very positive.

We always tell people to look up not down and to take their time,' says Rod. 'We want to push people outside their comfort zone and into the adventure zone, but we don't want people to be pushed into the panic zone, which can be mentally damaging.'

Also reassuring is the 100 per cent safety record. The course was designed and built by Nick Moriarty, an expert in his field who has constructed 450 courses in 16 countries and trained 2,700 instructors. Key to the design is the safety-rope system, which ensures that if you do lose your balance or grip, your full-body harness will guarantee that you float, not fall, back to earth.

What isn't guaranteed, though, is family harmony. 'The Leap of Love' is usually left as the final challenge and involves two (similarly sized) people squeezing themselves onto a 'bird table' at the top of a totem pole, before jumping in tandem to grab a trapeze. Not everything always goes according to plan. Aside from not arguing, both people need to be careful not to unbalance each other and must jump at exactly the same time. 'We do have some people who have refused to speak to each other afterwards,' says Rod, 'but if you can both make it together, it's such a buzz.'

- 1 One problem the writer describes in the first paragraph is that
- A she keeps falling off the totem pole.
 - B she is trying to stand on top of a moving object.
 - C she cannot get her arms into the right position.
 - D she is too nervous to complete the climb.
- 2 What do we learn about Head 4 Heights in the second paragraph?
- A It remains open even in quite windy conditions.
 - B Rod Baber got the idea for it while climbing mountains.
 - C It did not initially stay open throughout the year.
 - D It is aimed at people who don't have the chance to climb mountains.
- 3 What does Rod Baber say about the 'Trapeze' challenge?
- A He does it more often than anything else on the course.
 - B He always fails to complete it.
 - C He continues to find it difficult.
 - D He takes a long time to recover after doing it.
- The writer says that the main reason for the course's popularity is that
- A the challenges it offers cannot be found anywhere else.
 - B new challenges are constantly being added.
 - C it can be completed in a fairly short time.
 - D it can be adapted for different people.
- 5 The people who 'decided to give it a miss' (column 2) are examples of people who
- A find it difficult to do the course.
 - B are unwilling to do the course.
 - C are easily taught how to do the course.
 - D give up while they are doing course.
- 6 Rod says that the intention of the course is that people taking part
- A learn how to deal with extreme fear.
 - B progress as quickly as possible.
 - C take risks they might not initially want to take.
 - D increase in confidence after repeated visits.
- 7 The writer uses the phrase 'Also reassuring' (column 3) to emphasize
- A that people benefit from doing the course.
 - B how carefully the course has been constructed.
 - C that people should not be afraid to do the course.
 - D how enthusiastic Rod is about the course.
- 8 What is said about 'The Leap of Love'?
- A Most people fail to do it successfully.
 - B It can cause people to fall out with each other.
 - C It is the hardest challenge on the course.
 - D Some people don't try hard enough to do it.

PART 2

You are going to read an article about jobs that involve international travel. Seven sentences have been removed from the article. Choose from the sentences A–H the one which fits each gap (9–15). There is one extra sentence which you do not need to use.

Mark your answers on the separate answer sheet.

WANT TO JOIN THE JET SET?

You could be jetting off to exotic locations, staying in five-star hotels, eating in top-class restaurants, and it's all paid for by your employer. Who wouldn't want a job that involves foreign travel? **9** _____ The number of jobs requiring international travel is growing significantly. And citing business travel experience on your CV can bring enormous professional benefits.

But it's not always as exciting as it sounds. There is a big difference between travelling to Milan as a tourist and travelling there to spend a day in the type of hotel meeting room that can be found anywhere in Europe. It can be very exciting, but you need to keep your feet firmly on the ground. **10** _____ Flights can be delayed, things can go wrong and it's easy to get exhausted. Many jobs mean travelling alone, so you can be lonely.

Simply targeting any job that involves foreign travel is not the way to start. **11** _____ It's as illogical as saying you want a job that involves wearing smart clothes. Instead, you should consider all the usual factors, such as qualifications and experience, and only then choose a sector or company that offers opportunities for international travel.

The travel and hotel trades are obvious areas, but the commercial sector also offers good prospects for travel. In the retail sector, buyers often travel, especially if they work in fresh produce, where they have to check the suitability of crops. **12** _____ Jobs in the engineering and environment sector can involve travel, too. Almost any career can mean international travel, if you choose the right company and role. The number of jobs involving travel, especially at middle-management level, is growing.

So what will help you secure a role with an



international flavour? **13** _____ A second language is a good indication of how well someone will adapt. You need to show you are flexible and willing to learn. If your company has a sister company in the Czech Republic, for instance, learning some Czech will boost your chances.

Find out what the company offers as a support package. Many now guarantee that you can return home at the weekends, or they will limit the amount that people travel each year.

14 _____ One company asked graduates fresh out of university to move to another country over a weekend, alone, and to find their own accommodation.

And it's as well to remember that international travel can be stressful. People can get burned out by international business travel. You need to be in control of your schedule, rather than leaving it to the company. You must ensure you get time to rest and talk to your employer all the time about how you are coping. Don't wait for formal appraisals or until they ask for your views. **15** _____ Most sensible companies ask people to commit to two to three years. This increases the likelihood of success. And most people who travel on business remember it fondly.

- A On the other hand, it does bring personal benefits, and it also has a dramatic effect on promotion prospects.
- B Making travel your first requirement is not the way to choose a career.
- C And realize you might not want to travel for ever.
- D Employers look for candidates with an international outlook.
- E And there are plenty of opportunities.
- F But not all employers are like this.
- G Speak to seasoned international business travellers to get an idea of what you will face.
- H Employment in communications, banking and finance, and property management is also worth looking at.

Paper 3: Use of English (45 minutes)

PART 1

For questions 1–12, 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 seriously B extremely C absolutely D intensely

0	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
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Multitasking children

The trend for children to multitask by juggling all sorts of electronic gadgets at the same time is 0 _____ damaging their levels of concentration, scientists have warned. 1 _____ use of the Internet, iPods, mobile phones and DVDs 2 _____ behind that finding. Scientists have 3 _____ the belief of many parents that it is impossible to concentrate on more than one thing at the same time. They found that children 4 _____ homework while sending messages via the Internet can 5 _____ up spending 50% longer than if they had done each task 6 _____.

David E Meyer, Professor of Cognitive Psychology at the University of Michigan, said that true multitasking is 7 _____ possible for simple activities such as ironing and listening to the radio. He 8 _____ experiments demonstrating that young adults who had to 9 _____ from one maths problem to another wasted significant amounts of time. Meyer said: 'For situations 10 _____ more complex tasks, especially those requiring language, the total time taken to get all the tasks done will increase 11 _____. Over long periods, this kind of multitasking can stress you out and 12 _____ to mental and physical exhaustion.'

- | | | | |
|-----------------|---------------|--------------|--------------|
| 1 A Rocketing | B Heightening | C Ascending | D Leaping |
| 2 A stands | B rests | C lies | D sits |
| 3 A assured | B guaranteed | C authorized | D confirmed |
| 4 A engaging | B tackling | C attending | D undergoing |
| 5 A turn | B come | C use | D end |
| 6 A separately | B distinctly | C apart | D aside |
| 7 A merely | B purely | C only | D simply |
| 8 A set | B put | C took | D ran |
| 9 A alter | B switch | C interrupt | D exchange |
| 10 A consisting | B containing | C involving | D meaning |
| 11 A largely | B greatly | C widely | D highly |
| 12 A result | B proceed | C lead | D bring |

PART 2

For questions 13–24, 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	I	T																	
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The London Marathon

The London Marathon race is a long-running story. 0 _____ was first held in 1981, 13 _____ when more than half a million marathon runners of various shapes, sizes and abilities have completed the challenge of running the full 42 km of the course.

The London Marathon was the brainchild of Chris Brasher. The former Olympic champion brought the idea home to London 14 _____ completing the New York Marathon in 1979. 'Could London stage 15 _____ an event?' wondered Brasher, answering his 16 _____ question by organizing the first London Marathon on March 29 1981, 17 _____ 6,255 runners completed the course.

The event has captured the public imagination and there are always 18 _____ many people wanting to take part. Last year 19 _____ amazing 98,500 people applied to run in it, although only 46,500 20 _____ be accepted.

For most of 21 _____ thousands who do take part, the day is about fun, achievement and raising money for charity – with varying degrees of pain! It is the immense community spirit that 22 _____ the race so special. Clubs, community groups and schools assist and entertain along the route as the runners – many of 23 _____ in fancy dress – run through the streets raising money for charitable causes. The streets of London are turned 24 _____ the longest street party in the world as crowds line the course to cheer the runners and enjoy the spectacle.

PART 3

For questions 25–34, 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	N	A	T	I	O	N	A	L						
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MOBILE LIBRARY'S A WINNER

The city's new mobile library has won an award at a 0 _____ meeting of mobile library providers. The award is for the 25 _____ design of this new vehicle.

**NATION
STAND**

The stunning external design, which features photographs of people using libraries, uses the catchphrase 'The Book Stops Here', and co-ordinates with the attractive 26 _____ leaflets, postcards and posters which give details about the library routes and stops.

PUBLIC

The new library went into 27 _____ in April and has been very well received by the public. Both visits and loans of books have increased 28 _____ since the new vehicle began operating. Comments have included 'It's such a friendly-looking library', 'I couldn't wait to look inside!' and 'Thanks for all the 29 _____ new books.'

SERVE

CONSIDER

The mobile library is an air-conditioned, state-of-the-art vehicle, which is fully networked for using information technology if 30 _____. The air suspension allows the vehicle to be 31 _____ for easy access and ensures 32 _____ when parked. The internal layout was designed with major input from the library staff, who insisted that the décor was bright and 33 _____. The library carries up to 3,000 books, CDs and DVDs for all ages and 34 _____, and much of the stock is brand new.

WONDER

REQUIRE

LOW

STABLE

COLOUR

INTERESTED

Paper 4: Listening (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 someone talking about football referees.
What is the speaker's attitude towards referees?

- A They make too many mistakes.
- B They deserve sympathy.
- C Some are better than others.

1

2 You hear a famous chef talking about his week.
What does he say about what happened during the week?

- A He had a problem that was not his fault.
- B He didn't want to appear on so many programmes.
- C He had his first experience of live TV.

2

3 You hear someone talking about her career in dancing.
What does she emphasize?

- A the contribution made by her parents
- B how much hard work she did
- C her desire to be a dancer

3

4 You hear someone talking on the phone at work.
Who is she talking to?

- A a colleague
- B her boss
- C a client

4

5 You hear a radio presenter talking about a book.
What feeling does the presenter express about the book?

- A doubt that it does exactly what it says it does
- B amazement at how up to date its information is
- C curiosity about how it was written

 5

6 You hear part of an interview with a famous comedian.
What does he say about his school days?

- A The teachers never criticized him.
- B He was only good at one subject.
- C Other people found him amusing.

 6

7 You hear someone talking about a person he knows.
What is the speaker doing?

- A complaining
- B apologizing
- C arguing

 7

8 You hear a tour guide talking to a group of visitors to a museum.
What does he tell them about the museum?

- A It's easy to get lost in it.
- B Big groups aren't allowed in some parts of it.
- C It's better only to visit a small part of it.

 8

PART 2

You will hear someone talking about the sport of elephant polo. For questions 9–18, complete the sentences.

ELEPHANT POLO

Elephants are 9 animals and so they enjoy elephant polo tournaments.

The 10 of a goal in elephant polo is the same as in football.

A player and an elephant 11 both sit on each elephant.

It is against the rules for the elephants to use their trunks to 12 the ball.

A total of 13 elephants are required for a game to take place.

The participants are in action for a total of 14 during each game.

The stick used in the game is both and 15.

The elephants sometimes want to 16 in front of a goal.

An elephant with a bad 17 will be taken out of a game.

African elephants are not used because 18 cause a problem.

PART 3

You will hear five different people talking about cities they have visited. For questions 19–23, choose from the list (A–F) the opinion each person gives about the city. Use the letters only once. There is one extra letter which you do not need to use.

A It was exactly as I had imagined.

Speaker 1 19

B It is not as good as it used to be.

Speaker 2 20

C It is hard to find your way around it.

Speaker 3 21

D It is overrated.

Speaker 4 22

E It can get too crowded.

Speaker 5 23

F It was even better than I expected.

PART 4

You will hear an interview with someone who is involved in the music business. For questions 24–30, choose the best answer (A, B or C).

24 What does James say about the radio station he started?

- A Its name was very appropriate.
- B It was more popular than he had expected.
- C It was not very expensive to run.

24

25 What does James say about people's attitudes towards his age?

- A They were nicer to him when he was 12 than when he was 16.
- B They were more jealous of him when he was 12 than when he was 16.
- C They expected more of him when he was 16 than when he was 12.

25

26 James says that his career in music has included

- A taking over a local radio station.
- B making advertisements.
- C setting up new festivals.

26

27 What do we learn about advertising on James' TV channel?

- A There isn't any of it.
- B It always includes music.
- C It doesn't interrupt the programmes.

27

28 What does James say about the people interviewed on the channel?

- A They have to say something interesting.
- B They enjoy being interviewed.
- C They often say unexpected things.

28

29 What does James say about his ideas?

- A Some of them are not very realistic.
- B He expects to have good ones all the time.
- C He makes sure that he doesn't forget them.

29

30 James's advice to listeners who might want to go into business is to

- A forget about past problems.
- B learn from past mistakes.
- C take big risks.

30

Paper 5: Speaking (14 minutes)

PART 1 (3 minutes)

Where you live

- Where do you live?
- How long have you been living there?
- What kind of building do you live in?
- Who lives with you?
- What do you like / dislike about the town / village / district where you live?

Travel

- Have you been to many other countries? (Which ones?)
- Would you like to travel more? (Where?)
- What's the best country / city / region that you've visited? (Why?)
- Which country / city / region would you most like to visit? (Why?)
- Describe a journey that you often make.