**Reading**

*You are going to read a magazine article in which four different women talk about the importance of their own personal space. For questions* ***1-15****, choose from the people (****A-D****). The people may be chosen more than once. When more than one answer is required, these may be given in any order.*

Which of the women

spends her day in conversation with others? 1. \_\_\_\_\_\_

would like to take exercise during the day? 2. \_\_\_\_\_\_

worries she might upset other people? 3. \_\_\_\_\_\_

builds in a special time to be alone at home? 4. \_\_\_\_\_\_ 5. \_\_\_\_\_\_

escapes outside to find peace and quiet? 6. \_\_\_\_\_\_

likes to prepare mentally for what is to come? 7. \_\_\_\_\_\_

gets annoyed if she has no time to herself? 8. \_\_\_\_\_\_ 9. \_\_\_\_\_\_

thinks other people may feel equally stressed? 10. \_\_\_\_\_\_

relies entirely on her home environment for space? 11. \_\_\_\_\_\_

feels pressurised by too many demands at work? 12. \_\_\_\_\_\_

gets irritated early in the day? 13. \_\_\_\_\_\_

creates space for herself even if she is not at home? 14. \_\_\_\_\_\_

has no time to relax during her working day? 15. \_\_\_\_\_\_

**MY OWN PERSONAL SPACE**

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| **A** | **Katrin** |

I always need to get away from other people at some point during the day. It’s not that I don’t get on with others, I have loads of friends. But I work in a really bust office in the centre of town and from the moment I leave home each morning it’s non-stop. Crowds of the buses, busy streets, office bustle, phones, email, do this, do that… By the time the end of the day comes, I’m desperate for some peace and quiet. Even if I’m going out later in the evening, I always make sure I have at least an hour to myself without anyone being able to disturb me. I arrive home, make myself a drink and lie on the sofa. I close my eyes and relax by concentrating on each part of my body in turn, beginning with my neck. Even if I’m away from home, I try to find the time just to be alone in order to unwind and recharge my batteries. If I don’t make this space for myself, I feel really tense and irritable.

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| **B** | **Lia** |

I share a student flat with three others, so there’s never a quiet moment. When I come back from college in the evenings, it’s quite likely that there’ll be other people there as well and we’ll all have supper together. It’s great fun but towards the end of the evening I feel really tired and so I like to disappear by myself for a while. It’s hopeless to try and find any privacy in the flat, so I go out for a walk. Whatever the weather, I walk through the park which is quite close. Late at night it’s usually empty. There are just shadows and the rustle of animals and birds. It’s very peaceful and it gives me the opportunity to reflect on the day and to think about what I have to do the next day. When I get back to the flat I like to go straight to bed. Usually I fall asleep pretty quickly even if the others are still up and chatting or listening to music. If I don’t get this time to myself, I’ll be like a bear with a sore head the next morning and not nice to know!

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| **C** | **Beatriz** |

I’m a night owl and I absolutely hate getting up in the mornings. If people try and talk to me before midday, I really snap at them. Being an actress means that I work late so it’s important that I create space for myself at the beginning of each day. And because I use my voice so much, in fact totally depend on it, I like to rest my voice and just listen to music when I wake up. I don’t even want to hear other people’s voices. Some people find this very hard to understand and get quite cross when I tell them not to contact me before noon. I tell them it’s nothing personal but they still sound offended. I’m sure it must be the same for singers and, who knows, maybe teacher and lecturers get fed up with hearing the sound of their own voice and simply long to be by themselves somewhere, in complete silence.

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| **D** | **Natali** |

I work in call centre, which means I’m constantly on the phone. Apart from lunch and two short breaks during the day I’m speaking to people all day long. And of course you never get to see who you’re speaking to! By the end of my shift I’m exhausted, not because I’m rushing around or I’m on my feet all day but simply because I’ve spent the day talking and listening. The breaks are so short that there’s no time to do anything other than get a drink and something to eat. I’d love to be able to go for a walk but there’s nowhere to escape to within easy walking distance. The building where I work is in the middle of an industrial estate, you can’t even see a single tree. So my flat is full of house plants and when I get home it’s wonderful to be able to relax, surrounded by all the greenery. I lie on the floor, stretch out, look up at the plants and try to imagine I’m in a tropical rainforest miles away!

**Use of English**

*For questions* ***16-25*** *read the text below and decide which answer* ***A, B, C or D*** *best fits each space.*

**THE DODO LIVES ON**

For many people the island of Mauritius in the Indian Ocean means one (16) \_\_\_\_\_\_ : a tropical paradise. But for the scientists, it represents the heart of an age-old mystery: the mystery of the dodo. There are so many stories that (17) \_\_\_\_\_\_ this bird, which could not fly, that it is difficult to separate fact from (18) \_\_\_\_\_\_.

The dodo was one of the most famous birds of all (19) \_\_\_\_\_\_, yet we know very little about it. Within a few years of being discovered it had ceased to exist and there are not many good-eye witness reports that describe it. It (20) \_\_\_\_\_\_ in Mauritius, but after its discovery I the late sixteenth century, the dodo was shipped around the world as a curiosity, a flightless bird which attracted and fascinated everyone who saw it. But some birds occasionally suffered a worse (21) \_\_\_\_\_\_. They were cooked and eaten by starving sailors who (22) \_\_\_\_\_\_ across dodos when they (23) \_\_\_\_\_\_ on the island.

There are documents from the seventeenth century which record sightings of the bird in its island home and beyond. However, nobody can be really (24) \_\_\_\_\_\_ about the history of the dodo and (25) \_\_\_\_\_\_ the truth is never going to prove easy.

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| 16 | **A** idea | **B** subject | **C** thing | **D** object |
| 17 | **A** create | **B** treat | **C** support | **D** surround |
| 18 | **A** literature | **B** fiction | **C** fairy tale | **D** evidence |
| 19 | **A** days | **B** time | **C** periods | **D** history |
| 20 | **A** arrived | **B** started | **C** originated | **D** born |
| 21 | **A** event | **B** fate | **C** destruction | **D** finish |
| 22 | **A** fell | **B** walked | **C** came | **D** tripped |
| 23 | **A** went | **B** swam | **C** travelled | **D** landed |
| 24 | **A** fixed | **B** sure | **C** particular | **D** steady |
| 25 | **A** uncovering | **B** lifting | **C** undoing | **D** telling |

*You are going to read the text about one young English person’s experience of a ‘gap year’, a year spent oversees in China, between leaving school and going to university. For questions* ***26 – 40****, choose the correct answer* ***A, B, C*** *or* ***D****.*

**INTO THE GAP**

I (26)\_\_\_\_\_\_ into a large, whitewashed room to face a jury of 99. They (27) \_\_\_\_\_\_ in rows, and we look at each other through a cloud of yellow chalk dust. They (28) \_\_\_\_\_\_ a foreigner before and eye me nervously as I step forward. I am in China for a year to work with 20-year-old students learning English. It felt odd being younger than my students, but I never felt too unexperienced (29) \_\_\_\_\_\_ .

It (30) \_\_\_\_\_\_ an easy choice to take the opportunity of taking a gap year. I (31) \_\_\_\_\_\_afraid of not being able to settle down to a life of studying when I returned and of (32) \_\_\_\_\_\_ touch with my friends. But once the decision (33) \_\_\_\_\_\_, I looked for something challenging to live and work, with the possibility of travelling around the country at the end of my work placement.

I worked at a huge concrete institute in a city with a million inhabitants and I grew to love it. The size of the class which (34) \_\_\_\_\_\_ sometimes include up to 99 students, of very mixed ability and enthusiasm, left me feeling (35) \_\_\_\_\_\_, but rewarded.

One of the best things about the work was that I (36) \_\_\_\_\_\_ hundreds of people, and felt appreciated and welcomed by them – people who had had practically no contact with the West. In China, everyone (37) \_\_\_\_\_\_ to be your friend. My best Chinese mate was Mt Chow, a 35-year-old electronics teacher with a son, wife and a cheerful face like a full moon. I helped him with his English and he (38) \_\_\_\_\_\_ me at table tennis, and taught me how to ride a motorbike. Best of all he was a great storyteller, and some of my best nights were spent eating with him and his family. In China I learnt that fun takes on different forms.

So, what (39) \_\_\_\_\_\_ away with? I had no choice but to adapt, budget, bargain and become (40) \_\_\_\_\_\_. There’s no faster way to grow up than having to stand in front of those 99 students, all older than yourself and tell someone off for turning up late again to the lesson.

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| 26 | **A** am led | **B** lead | **C** led | **D** leading |
| 27 | **A** arranged | **B** are arranged | **C** is arranged | **D** was arranged |
| 28 | **A** have never met | **B** has never met | **C** had never met | **D** never met |
| 29 | **A** coping | **B** coped | **C** to cope | **D** cope |
| 30 | **A** have not been | **B** had not been | **C** is not | **D** was |
| 31 | **A** was | **B** were | **C** is | **D** been |
| 32 | **A** lose | **B** to lose | **C** lost | **D** losing |
| 33 | **A** has made | **B** was made | **C** are made | **D** made |
| 34 | **A** can | **B** must | **C** could | **D** has to |
| 35 | **A** exhaust | **B** exhausted | **C** exhausting | **D** to exhaust |
| 36 | **A** meets | **B** were meeting | **C** hasmet | **D** met |
| 37 | **A** wants | **B** want | **C** wanting | **D** towant |
| 38 | **A** to coach | **B** will coach | **C** coaching | **D** coached |
| 39 | **A** have I come | **B** has I come | **C** had I come | **D** will I come |
| 40 | **A** independent | **B** much independent | **C** more independent | **D** most independent |

*For questions* ***41 – 50****, read the text below and think of the word that best fits each space. Use only* ***one*** *word in each space.*

**NAPPING IS GOOD FOR YOU**

Napping, or taking short periods of sleep during the day, is (41) \_\_\_\_\_\_ basic human need. According (42) \_\_\_\_\_\_ numerous studies, napping decreases tiredness and increases energy levels. Napping (43) \_\_\_\_\_\_ based on common sense and every animal on the planet naps. But many people prefer to fight against tiredness rather (44) \_\_\_\_\_\_take a short sleep during the day.

For the majority of workers a nap in the afternoon increases productivity, creativity and problem-solving skills. One expert (45) \_\_\_\_\_\_ called for a new part to the work day, a period called ‘nap time’. He argues that the modern work system is not designed around the actual physical needs of people’s bodies. People have coffee breaks, but (46) \_\_\_\_\_\_ they really need is a nap break.

Chronobiologists, scientists (47) \_\_\_\_\_\_study sleep patterns, say the ‘morning’ people can benefit (48) \_\_\_\_\_\_ a twenty-minute nap around noon, while ‘night owls’ need a nap around three or four in (49) \_\_\_\_\_\_ afternoon. The key is to (50) \_\_\_\_\_\_ out what kind of nap you need and for how long. It has been established that even very short breaks reduce errors and accidents and are very useful if taken about eight or nine hours after you wake up.