

Reading and Use of English Part 5 Multiple choice

You are going to read a newspaper article about life at sea. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

- 1 Why does the writer give the example of a knot in her hair?
 - A to lament the lack of facilities on board
 - B to illustrate her lethargy during a tedious journey
 - C to highlight her parents' unconventional approach to child-rearing
 - D to refute a misunderstanding about the glamour of seafaring
- 2 During her first three-week voyage, the writer suggests she felt
 - A liberated by having so much time to think.
 - B frustrated with the monotony of the journey.
 - C impatient to reach her destination.
 - D weakened by the sea's constant motion.
- 3 Which aspect of the open ocean does she suggest had the most profound impact on her?
 - A Her inability to fit in with the norms and standards of the rest of society.
 - B The awareness that few others had experienced such isolation.
 - C Her awe at the vastness of the ocean in contrast to her own irrelevance.
 - D Her experience of seeking significance in seemingly meaningless emptiness.
- 4 What point does she make about the dangers of life at sea?
 - A Most people are irrationally obsessed with the exaggerated risks.
 - B The sea is safer than some places that provoke less terror.
 - C Her parents' recklessness put the whole family in great danger.
 - D Sea travel can be relatively safe with meticulous preparation.
- 5 The writer attributes her own fascination with the sea to
 - A her need to spend time far from land.
 - B the insufficient maritime skills she acquired as a child.
 - C her deep-seated desire to explore remote destinations.
 - D her likely possession of the DRD 4-7R gene.
- 6 What seems to be the writer's current attitude to her childhood experiences?
 - A She longs to return to her former nomadic lifestyle.
 - B She regrets her lack of enthusiasm during her family's voyages.
 - C She accepts that the monotony shaped her character.
 - D She feels bitter about the psychological dependence they created.

How to go about it

- › Read the whole text quickly first, without looking at the questions. Try to get a sense of what it's about and why the writer has written it.
- › Identify which part of the text corresponds to each question. They are answered in the same order (although you'll often need to understand the whole text). The final question is often about the whole text.

WHAT FOUR YEARS AT SEA TAUGHT ME ABOUT OUR RELATIONSHIP TO THE OCEAN

It was on day 11, I think, that I stopped getting out of bed at all. I had already let my hygiene standards slip to the point that a large knot was starting to form in my hair. Later my mother would have to cut it out with scissors. She didn't mind. We were all in the same boat.

I was nine years old, and nearly two weeks into sailing across the Atlantic with my family. Including my little sister, there were four of us aboard a 52 ft yacht – our home for four years, in which time we got from Dorset to New Zealand.

The longest period we spent entirely at sea was 21 days, and we did so twice: from the Canary Islands to Barbados, and then from the Galápagos Islands to French Polynesia. The first trip I remember spending mostly in bed, below deck in the dark, forging a new relationship to time.

I grew used to observing the ebb and flow of my thoughts with a languor that today would probably be praised as meditative. The days slid by, mostly unbroken except for meals and milestones: quarter-way, halfway, crossing the equator, which we marked with little parties. Not long after the sun had gone down, you'd go to sleep – partly because artificial light drained the boat's battery, and partly because the sooner you went to sleep, the sooner another day would pass, and the sooner you would arrive. When we finally reached Barbados, and set foot on land for the first time in three weeks, my knees wobbled, bracing for the next wave that didn't come.

Most people have no more personal connection to the sea than the odd trip to the seaside. A more intimate relationship can be incompatible with conventional ways of life and maybe – the knot in my hair might attest – its quality. At the same time, it changes you in a very profound way. It was only relatively recently, I'm embarrassed to say, that I realised that my experience was not universally shared – that not everyone has known the open ocean, with no land in sight in any direction for many miles. Just endless sea, sometimes even indistinguishable from sky; an expanse of grey or blue, entirely uninterrupted, except by you.

It is hard to convey what that feels like, the effect that it can have. You feel dwarfed and insignificant, of course – but the mind cannot hold on to reverence for long. I remember it more often playing tricks on me, registering patterns and shapes in the movements of the wave – my brain determinedly generating interest, overlaying meaning, as though it could not make sense of there being only water everywhere.

Yet, in imagining a life at sea, most people seem less inclined to think of tedium than terror. Many have told me that the thought of being stranded in the open ocean is one of their greatest fears; I'm not sure that they would single out being lost in a forest, for example, or on a snowy mountain in the same way, though all three landscapes are alien and potentially dangerous.

In fact, the first question I am most often asked about my childhood is, 'Were there any storms?' or, more to the point, 'Were you scared?' The answers are yes, only one, a freak occurrence overnight; and no – I slept through it. My parents were highly risk-averse, setting out for sea only when the weather forecast was favourable and they had supplies – food, medical, electrical – in order to be ready for every eventuality.

There could be a genetic predisposition towards how we feel about travelling the seas: DRD 4-7R, the so-called 'wanderlust' gene, is thought to be present in about 20% of the population. Even if my parents have wanderlust in their DNA, I'm not sure it was handed down to me. Though I spent the first half of my life sailing, I acquired none of the skills – I couldn't even manage a bowline knot. I have blamed it on my being a child, but the truth is I have never had any interest in boats beyond as a means of accessing the open ocean.

I still feel a strong connection to the sea. When I am struggling to get to sleep I play ocean sounds through my phone: a crude attempt to simulate the limitlessness, even transcendence, I remember feeling out in open water. You can be claimed by the sea without drowning. I feel its absence on a bodily level like a mineral deficiency.

Language focus Talking about the past

1 Complete the sentences with a suitable past form of the words in brackets. Sometimes more than one answer is possible.

- 1 That budget airline used to be terrible – they _____ (*always / lose*) my bags when I flew with them – but now they're much better.
- 2 The boat trip _____ (*mean / depart*) at dawn, but due to the rain, it didn't leave till mid-morning.
- 3 Do you have five minutes? I _____ (*hope / speak*) to you about the possibility of some financial support.
- 4 There's no time like the present, as my mother _____ (*say*) whenever she had an important job to do.
- 5 We _____ (*be / give*) a free in-flight meal, but they seem to have forgotten us.
- 6 Everybody screamed because the boat _____ (*about / crash*), but somehow the captain managed to avoid a collision.

2 Read the text below and think of the word which best fits each gap. Use only one word or a contraction.

A JOURNEY TO REMEMBER

When I was younger, I was (1) _____ travelling around Europe on coaches and trains to visit friends and acquaintances in other countries. And (2) _____ always leave everything till the last minute: planning my route, buying tickets, packing. I used (3) _____ to worry about getting lost or stuck anywhere – 'coping with the unexpected' was part of the thrill of travelling. My parents (4) _____ always telling me to plan more carefully, but I (5) _____ listen.

On one occasion, I'd decided to travel by train to Belgrade and (6) _____ packed my rucksack with a few clothes just in time to catch a bus to the train station. But then, just as I was (7) _____ to leave the house, I realised I (8) _____ packed my passport. I then spent an hour hunting for it, and by the (9) _____ I'd found it, (10) _____ missed my train. I was to (11) _____ met up with some friends in Belgrade and gone to a concert, but arrived 24 hours late – long after the concert (12) _____ finished. I was so annoyed – I'd (13) _____ (14) _____ forward to it for ages.

Adverbs and adverbial phrases

1 How many possible positions are there for the adverbs or adverbial phrases in brackets?

- 1 After such a near miss, the captain of the ship was visibly shaken. (even)
- 2 Although flying makes me nervous, it's the only alternative. (every now and then)
- 3 I don't understand why the tickets aren't a lot cheaper. (really)
- 4 I spotted a ship. (far away on the horizon)
- 5 I believe they were acting. (honestly)

2 Complete each sentence with a pair of adverbs from the box.

deep/deeply fine/finely high/highly short/shortly wide/widely

- 1 We climbed so _____ up the mountain that it was hard to breathe, but the views from the top were amazing, so I'd _____ recommend the expedition.
- 2 We're receiving news that a plane has landed just _____ of the runway at City Airport. We'll bring you more details on that story _____.
- 3 I was _____ impressed by the train tunnel, which took us _____ under the mountains.
- 4 The tickets were supposed to be _____ available, but after searching far and _____, I've been unable to get my hands on any.
- 5 Earlier, the food processor wasn't chopping the vegetables _____ enough, but it seems to be working _____ now.

Vocabulary Travel

1 Complete each text with three adjectives from the box that collocate with the nouns in bold.

alternative arduous bumpy circuitous fleeting flying impromptu long-haul
perilous scenic smooth unacceptable unavoidable uneventful unforeseen

- I am writing to complain about the _____ **delay** to the start of our holiday. The tour operator claimed that it was _____ because of the weather. However, it can't have been completely _____, because everyone knew a huge storm was on its way.
- When we saw the city centre was jammed, we asked our taxi driver if there was an _____ **route** to the hostel. She then took us on a _____ **ride** through the industrial district, which, while not exactly _____, eventually got us to our destination.
- While we were having dinner, we received an _____ **visit** from my old flatmate Jose. He said it was just a _____ **visit**, as he was passing our house on his way to a meeting, but he promised his next **visit** would be a little less _____.
- We were apprehensive about the _____ **journey** through the rainforest, but fortunately it turned out to be pretty _____ – apart from nearly being bitten by a venomous snake! That said, we were exhausted after the _____ three-day **journey**.
- I was dreading my _____ **flight**, with its late-night departure. Luckily, it was a very _____ **flight**, so I managed to sleep for most of it, although I was woken up when we hit turbulence and it got a bit _____ over the ocean.

2 Complete the sentences with a suitable noun. The first letter has been given for you.

- The city centre has a lively atmosphere with bustling **c** _____ everywhere.
- After I'd got over the initial culture **s** _____, I started to feel more at home.
- The VIP lounge offers a welcome respite for the discerning **t** _____.
- The journey to the hotel took us through dozens of backwater **v** _____.
- Although the locals hated the statue when it was first built, it has since become an iconic **I** _____ of the whole city.
- I've stopped eating at that restaurant because of the shoddy **s** _____.

Word formation Adverbs

Complete the sentences with a suitable adverb formed from the words in brackets.

- It's easy to make the car go left. Just turn the wheel _____. (*clock*)
- Even if a guest turns up uninvited, you should still treat them _____. (*consider*)
- Unfortunately, you tried to fix the laptop yourself, _____ breaking the terms of your guarantee. (*there*)
- The trail leads _____ through the forest. Shall we follow it? (*on*)
- My work for charity allows me to live my life more _____. (*purpose*)
- The holiday cabins are _____ arranged around a central swimming pool. (*space*)
- The weather was terrible, but we went camping _____. (*regard*)
- She's very well-read and can talk _____ about a huge range of topics. (*know*)
- I'm sure we'll bump into each other on our travels again one day, _____ that might be. (*where*)
- The food was awful, the service _____. (*like*)
- The crowd listened _____ as the speaker eloquently voiced their concerns. (*admire*)
- I've been told this _____, so don't mention it to anyone else. (*confide*)
- _____ they'll say I'm mistaken, but I'm sure I was told service was included. (*doubt*)
- The resort is famed for its _____ pristine beach, but the sand looks pretty grubby to me. (*suppose*)



Reading and Use of English Part 3 Word formation

How to go about it

- › Read the whole text first to get a sense of what it's about.
- › Don't simply write a form of the word that fits grammatically – it must also make logical sense too. Be especially careful where more than one form would be grammatically correct.
- › Remember that you may need to make two, three or more changes to the root word (e.g. deny → deniable → undeniable → undeniably).

For questions 1–8, 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).



Virtual tourism

Virtual tourism offers you the opportunity to explore the world's most (0) *PICTURESQUE* and exhilarating locations from the comfort of your own home, thanks to (1) virtual reality technology. Simply don your headset and explore to your heart's content.

**PICTURE
IMMERSE**

(2) to say, the main benefit is cost: there's obviously no need to shell out for an (3) plane ticket or hotel room. Virtual tourism is also (4) less harmful to the environment: not only do you avoid greenhouse gas emissions during your journey, but you also steer clear of delicate landscapes that might (5) be harmed by your presence.

**NEED
PRICE
QUESTION**

Of course, unlike real tourism, the (6) of relaxing on a virtual sunny beach will wear off quickly, and 3D technology is still far from enabling you to experience the tastes, smells and emotions of being there in person. So the (7) of virtual tourism replacing the real thing any time soon remains low. In fact, many tourist boards are hoping it may even entice more visitors: having experienced the location virtually, you'll have the (8) urge to visit again in real life.

OTHER

NOVEL

LIKE

RESIST

Listening Part 2 Sentence completion

► 2 You will hear part of a podcast about sleep tourism. For questions 1–9, complete the sentences with a word or short phrase.

Don't forget!

- Each space needs to be filled with a word or short phrase. You are not expected to change the form of the words (e.g. to make a plural or change the tense) – the gapped words will appear in the correct form in the script.
- The answers are given in the same order in the script. However, you'll often hear a word or phrase **before** it's clear that it's the missing information. So you'll need to remember things that you heard a few seconds earlier.
- Before you listen, read the sentences carefully to predict what is missing (e.g. a noun phrase).
- You'll hear the recording twice. Use the second listening to check your answers.

Sleep Hotels

The priority for sleep hotels is to give their guests a (1)

Recently, increased awareness of the health benefits of sleep has meant many ambitious and successful people no longer deem it to be a (2)

In a traditional hotel, sounds from both its (3) and the street can prevent guests from sleeping well.

Blackout curtains are vital for preventing the light of (4) entering the room when guests are trying to fall asleep.

It is likely that hotels will need to renovate or replace their (5) in order to cater for sleep tourists.

Each sleep-hotel guest should be allowed to select their own (6) from a handful of options.

It's recommended that guests ought to be able to listen to (7) or drink herbal tea to help them to fall asleep.

A persistent inability to sleep may be the result of insomnia, sleep apnoea or another (8)

Sleep tourism may offer a (9) by teaching people to sleep more soundly on a permanent basis.



Writing Part 1 Essay

Don't forget!

- › In part 1, there are usually two key points in each text. It's vital to identify these before you do anything else, because you must cover all the key points in your own writing.
- › The key points are often controversial statements of the writer's opinion. Look out for opinion adjectives and adverbs that present an opinion rather than an objective fact.
- › The key points may also be recommendations. Look out for phrases like, 'Why don't we ...?' and 'Wouldn't it make more sense to ...?'

1 Read the following Writing Part 1 task. Answer the questions.

- 1 What are the two key points in each text? Underline them and label them a, b, c and d.
- 2 Are the key points controversial statements of opinion or recommendations?
- 3 Why aren't the other sentences also 'key points'?
- 4 Which phrases in 'Beyond the comfort zone' echo (or contrast with) points made in 'Just a bucketful of shallow experiences'?

Just a bucketful of shallow experiences

For many, travel is a race against time, to visit every place on their bucket-list before it's too late. No sooner have they ticked off one country, city or entire civilisation from their list ("Been there, done that") than they're already planning where to go next. But this leads to a pitifully shallow experience of each destination, with no effort to get to know its people and their culture on a more meaningful level. Wouldn't it be better to spend more time in each location, and even return repeatedly over the years, to get a much deeper sense of time and place?

Beyond the comfort zone

While most people are content to spend their whole lives in one place, or to spend every holiday in the same resort, those of us with broader horizons feel the relentless pull of the unknown. Who cares about those well-trodden places that we've already explored? Life is all about venturing beyond the familiar. Of course, a sedentary lifestyle may suit some people, but history has shown that the world belongs to those who are brave enough to leap into the unknown, again and again.

Write an essay summarising and evaluating the key points from both texts. Use your own words throughout as far as possible and include your own ideas in your answers.

Write your **essay** in **240–280** words in an appropriate style.

2 Read the model answer. Underline extracts that echo the four key points from the input texts.

In search of meaningful travel experiences

Travel is often said to broaden the mind, but it can also shape our very souls. Many of us define ourselves by the places we've visited, the wonders we've seen and the experiences we've lived through. But there is a dilemma inherent in the nature of travel: is it better to travel far and wide, or to get to know only a few places intimately?

There is certainly a lot to be said for visiting as many places as possible. Indeed, it might be argued that the exploration of new destinations is the essence of life. Not only does it open our eyes to an unlimited range of lifestyles, landscapes, wildlife and artificial constructions, but it also unleashes the creative spirit of adventure that has been so central throughout the development of civilisation.

That said, there is a danger that by simply racing through as many destinations as possible, we barely scratch the surface of each location. After all, what deeper meaning is there in spending just enough time to take a few selfies before heading off again? For a less superficial experience, it is necessary to invest time to get to know each place, its people and culture, and then to come back again and again. Although this takes more effort and results in fewer selfie opportunities, ultimately it leads to a far richer experience.

Overall, while I fully understand and respect the wanderlust that drives people to head into the unknown, there's a severe risk that it can become a meaningless bucket-list exercise. A far superior alternative, in my opinion, is to explore widely but also deeply, and to return to your favourite destinations throughout your life.

- 3 Complete the *Useful language* box with phrases from the model answer. Write one word in each space.

Useful language	
Reporting or imagining people's opinions <i>It is often said that X does Y.</i> (1) X _____ to do Y. (2) There is certainly a lot _____ for (-ing). (3) Indeed, it _____ that ...	Introducing a contrast or a supporting argument <i>Having said that, ...</i> (4) _____, ... <i>Let's face it, ...</i> (5) _____, ... (6) Overall, _____ I (fully understand and respect ...), there's a (severe risk that ...)

- 4 Match the beginnings to the endings to make idioms and collocations from the model text. Try to do it from memory first.

- | | |
|---------------------|-----------------------------|
| 1 travel broadens | a the surface of something |
| 2 to live through | b life |
| 3 a dilemma | c and wide |
| 4 to travel far | d the mind |
| 5 get to know | e someone's creative spirit |
| 6 the essence of | f an experience |
| 7 to open | g something intimately |
| 8 to unleash | h the unknown |
| 9 to barely scratch | i inherent in something |
| 10 to head into | j one's eyes to something |

- 5 Complete the following exam task.

Read the two texts below.

Just get up and go

There's something magical about spontaneous travel, be it a trip to the local park or a voyage around the world. To be able to drop everything, grab a few essentials and head out into the world is one of the most glorious freedoms we have. But in our modern world, travel has become commoditised and packaged for us. More often than not, somebody has already planned everything meticulously, so instead of hitting the open road, we're herded like sheep. For me, that's just a pale imitation of real travel.

Fortune favours the prepared

Some people are under the mistaken belief that travel always has to be spontaneous. In my experience, however, much of the joy of travelling comes from meticulous research and planning, often weeks or months in advance. That way, you know exactly what to see and what to avoid like the plague. Of course, no amount of planning will allow you to foresee all that may befall you during your trip, but at least it should keep you safe from disease, crime and accidents, and may even help you turn your trip into the adventure of a lifetime.

Write an essay summarising and evaluating the key points from both texts. Use your own words throughout as far as possible and include your own ideas in your answers.

Write your **essay** in **240–280** words in an appropriate style.