

Task 4

Read the texts below. Match choices (A-H) to (17-21). There are three choices you do not need to use. Write your answers on the separate answer sheet.

17

Please be aware that food prepared here may contain or have come into contact with the following ingredients:

dairy
eggs
soya beans
wheat



peanuts
tree nuts
fish and
shellfish

Please ask a server about the ingredients used in your meal before ordering.

18

REMEMBER BEFORE ENTERING THIS BUILDING SITE

Protecting your feet at work

- Your safety boots must meet official standards and fit you correctly.
- Choose safety boots that cover your ankle to provide additional support.
- Keep your laces tied tightly to avoid any trip hazards.

IF YOU HAVE ANY CONCERNS ABOUT YOUR PPE, PLEASE SEE THE SUPERVISOR IMMEDIATELY



19

WARNING

TO REDUCE THE RISK OF INJURY, USER MUST READ AND UNDERSTAND OPERATOR'S MANUAL BEFORE USING THIS EQUIPMENT.

FAILURE TO FOLLOW INSTRUCTIONS COULD RESULT IN DEATH OR SERIOUS INJURY



20

Prescription only

Keep out of reach of children



- One dose daily
- Take with food
- Shake well before using
- Do not take for longer than one week

For oral use only

In case of overdose, get medical help or contact a **Poison Control Center** immediately.

21

Working from home? Follow these electrical safety tips

- Avoid overloading outlets
- Unplug devices when not in use
- Regularly inspect electrical cords and extension cords for damage
- Never run cords under rugs, carpets, doors or windows
- Keep papers at least 2 metres away from heaters
- Make sure your home has working smoke alarms.



More tips at safetyaware.com/home

Which of the notices contains advice for _____?

- A electricians
- B remote workers
- C chemists
- D machine operators
- E construction workers
- F restaurant customers
- G boot makers
- H medical patients

Task 5

Read the text below. For questions (22-26) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Avatar. The Backstage

The idea of directing a movie about life on a distant planet had been running in James Cameron's head long before the necessary technological capacities became available to turn his big dream into reality. So, it was not until 2005 that the onset of the new era of computer technologies allowed to put the captivating script into action. However, first, the director had to find a film production company that would agree to finance such an ambitious project. It cost James Cameron a lot of efforts to convince the board of executives in *20th Century Fox* that despite the enormous production budget, they will eventually get a box-office hit never seen before.

The pre-production stage continued with artwork, which actually constitutes the major part of *Avatar*. The director and his assistants were carefully analysing the script of the film, doing their best to get the feel of the atmosphere on Pandora to create unique and authentic inhabitants of the planet, the tribe called Na'vi. James Cameron insisted that the aliens need to evoke empathy in the viewers and look appealing. The result of the whole work can be seen in the mesmerising landscapes of Pandora, the home of fearless and kind-hearted blue cat-like giants who were bravely resisting the aggression of the cruel terrestrial invaders.

However, the brilliant actors' screenplay should not be underestimated either. Although many of them were transformed into the animated Na'vi natives by graphic designers, they had to master archery, martial arts, learn how to ride a horse and dance ritual dances. And one of the biggest challenges for the actors was learning the Na'vi language, which had been developed by a professional linguist based on an Ethiopian dialect, Polynesian, and Māori – the native language of New Zealand. While being actively involved in the filming process, every member of the production team began to think of Pandora as a real, existing planet.

Eventually, all the video footage and artwork were given to the best-qualified IT specialists who, step by step, were turning the "raw" materials into high-definition graphics we all enjoyed on cinema screens. The most powerful computers and state-of-the-art software were used for processing and digitising every move of each character to make them look true to life. The computer systems broke down at times, failing to cope with such complex operations and great amounts of data. That, in turn, caused constant delays in the following production stages. With its huge digital video footage and 3D graphics, the whole film required incredible storage space, so Microsoft created a unique data cloud management system called *Gaia* specially for *Avatar*.

All in all, the production of *Avatar* involved a record-breaking number of graphic designers, programmers, as well as software and hardware for data storage and processing compared to similar projects. The film received nine nominations and won three Oscars – for the best cinematography, special effects and artwork. And although *Avatar* did not get as many Oscars as another Cameron's creation – *Titanic* – millions of people rightfully call it "the highest-grossing film at the time". The viewers can't wait for the upcoming sequel to appear on screens in 2022 and keep wondering if it will be another technological sensation.

- 22** To start directing the film, James Cameron had to overcome several obstacles EXCEPT
- A** a gripping script.
 - B** getting the sponsor interested in the project.
 - C** lack of funds for the project.
 - D** insufficient technology.
- 23** The features the Na'vi tribe possess do NOT include
- A** courage.
 - B** cruelty.
 - C** good nature.
 - D** an attractive appearance.
- 24** Which skill demanded most of the actors' efforts?
- A** performing ceremonial dances
 - B** shooting arrows
 - C** speaking the tribe's language
 - D** fighting or defending themselves
- 25** Why couldn't the IT team complete their work in time?
- A** because of outdated equipment
 - B** because of the poor quality of the video footage
 - C** because of the overloaded computer equipment
 - D** because the staff lacked expertise
- 26** What recognition did the film receive?
- A** The film won a dozen Oscars.
 - B** Cameron got his Oscar for the best directing.
 - C** It won the same number of award statuettes as *Titanic*.
 - D** The film broke box-office records.

Task 6

Read the texts below. Match choices (A-H) to (27-32). There are two choices you do not need to use. Write your answers on the separate answer sheet.

Kinds of Unconventional Medicine**27****Acupuncture**

Acupuncture is a type of alternative medicine that is based on influencing human organs and systems by pushing special needles into the person's skin. It is believed that depending on the needle's location, we can stimulate the work of different organs and improve the person's well-being. Even professional doctors admit its positive effects on their patients. The most common conditions treated by acupuncture are various aches and pains, high blood pressure, allergies, anxiety and depression.

28**Meditation**

Meditation belongs to relaxation techniques that help to take your mind off disturbing thoughts causing stress and anxiety. So, in order to get rid of all the mental load, you should focus on one particular thing or situation you find pleasant and relaxing, thus reaching emotional balance and tranquillity. Ideally, meditation should be prescribed and controlled by a specialist to avoid its misuse and increase its effectiveness in treating a certain condition.

29**Yoga**

Yoga refers to both spiritual and physical practices. It involves meditation as well as physical exercise accompanied by a set of breathing techniques. In other words, yoga is aimed at bringing the mind and body in harmony and making a person healthy and happy. It is suggested that yoga increases body strength and flexibility; reduces levels of stress and anxiety; improves sleep quality; relieves pain and cures heart conditions.



30

Homoeopathy

Homoeopathy relies on the use of various plants, including their roots and seeds, to treat mental and physical health problems. A lot of homoeopaths state that herbal therapy is most beneficial for strengthening the immune system and making the body more resistant to potential illnesses. However, not all herbs have been properly studied yet, and the use of many of them may appear to be even life-threatening. So, when deciding on such a treatment, one must be aware of this fact.

31

Art Therapy

Art therapy is another alternative approach to treating mental and psychological disorders. These practices may range from visiting art galleries to drawing pictures or performing in a play yourself. Any of such activities helps reduce stress, cure depression, improve learning abilities, and develop creativity. Art therapy can also be utilised as a complementary therapy along with conventional approaches to curing some serious medical conditions and addictions.

32

Electromagnetic Therapy

We are used to the idea that electromagnetic waves do nothing but harm to the human body. However, there have appeared special medical devices that produce electromagnetic waves of particular frequencies our organism can benefit from. Their application is based on the safe interaction between the electromagnetic field of our body and that of the medical device. A number of medical experiments show that such interaction results in curing illnesses on a cellular level, causing no pain or discomfort.

Which of the therapies _____?

- A** can cause addiction over time
- B** proves that medicine can take advantage of a physical phenomenon
- C** increases muscle tone and improves respiration
- D** has proven to be the safest of all
- E** requires some guidance for achieving better results
- F** can be part of traditional medical treatment
- G** is recognised by traditional scientific medicine
- H** is a good option to prevent some diseases

Task 7

Read the text below. Choose from (A-H) the one which best fits each space (33-38). Write your answers on the separate answer sheet.

Why We Forget Things

Every day, the modern world pours tons of information upon us. Some of it fades away over time, the other just slips our mind no matter how hard we try to retain it. Conversely, we sometimes get annoyed by information (33) _____. Why can't our brain remember everything and just let us pick out necessary bits of knowledge whenever we need them?

There are several reasons (34) _____. First and foremost, lots of memories are lost just because we don't rehearse them. Therefore, (35) _____, we need to use it regularly, thus making sure it gets into our long-term memory.

Second, when trying to remember new information, we often forget things we learned before. Due to this phenomenon, called *interference*, past memories vanish and free up storage space in our brain for new data. For instance, when our home address changes, our brain doesn't consider it necessary (36) _____. This ability of our memory often helps people (37) _____ if they don't focus on those unpleasant recollections for too long.

And finally, some other factors like stress, depression, alcohol and lack of sleep increase our forgetfulness, (38) _____. In such cases, changing lifestyle and developing healthy habits will be most helpful in improving all mental processes, including our ability to remember things well.

- A** to get rid of negative flashbacks
- B** to keep any information in our head for a long time
- C** why they have mastered more than one foreign language
- D** to remember the old one anymore
- E** that gets stuck in our brain despite being obviously useless
- F** making us struggle to keep in mind the simplest facts
- G** getting acquainted with new people
- H** why our brain doesn't store all the information we perceive

Task 8

Read the texts below. For questions (39-48) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

AirPods: Love at First Hearing

Fond of running, listening to podcasts, audiobooks, music? This ingenious Apple device will definitely (39)_____ in handy for you. They are so loud, so clear and, most impressive, so light that you will forget about them in your ears and will have music around you, just in the air.

Being announced in 2016, these truly wireless earbuds immediately received rave reviews due to their clever design and thoughtful (40)_____ features, such as hands-free Siri activation, music control or monitoring vital signs.

But what really sets air pods (41)_____ from average headphones is stellar active noise cancellation that silences the world around you unless you turn on "transparency mode".

It is unbelievable how well they fit most people and startling how difficult it is to dislodge them by (42)_____.

Despite its astonishing simplicity and comfort, the device went through plenty of obstacles since its (43)_____ in 2011.

39	A	go	B	come	C	run	D	become
40	A	software	B	hardware	C	pop-up	D	attachment
41	A	except	B	off	C	out	D	apart
42	A	design	B	purpose	C	accident	D	coincidence
43	A	findings	B	invention	C	discovery	D	research

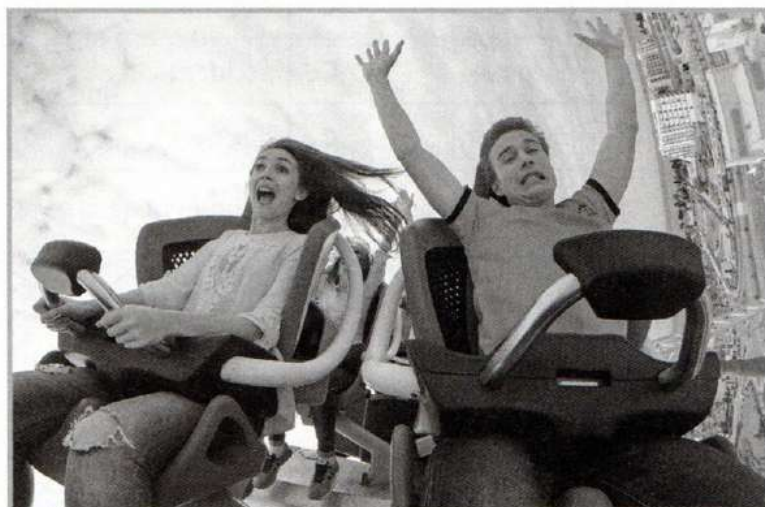


Healthy Risk Taking

Risk taking is not (44) _____ an integral part of identity development but also exploring the boundaries that exist as well as finding out who you are and what you are worth. Risky behaviour, in (45) _____ speeding or texting while driving, is often at its lifetime peak in adolescence and can lead to unpleasant or even tragic consequences such as loss of vehicle control, crashes and serious (46) _____.

If being (47) _____ to hospital or spending months on (48) _____ are not in your plans, think of healthy risk taking activities that create excitement without the potential for unhealthy consequences. Learn new skills and experience new things while taking on more independence and responsibility for your life. It can be skydiving, canoeing or going on rides at an amusement park – less risky ways to get that adrenaline rush.

44	A	only	B	as	C	like	D	one
45	A	partly	B	partially	C	particular	D	particularly
46	A	pain	B	illnesses	C	diseases	D	injuries
47	A	admitted	B	accepted	C	acquired	D	abandoned
48	A	crutches	B	stretchers	C	sticks	D	alpenstocks



Task 9

Read the texts below. For questions (49-58) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Home Workouts

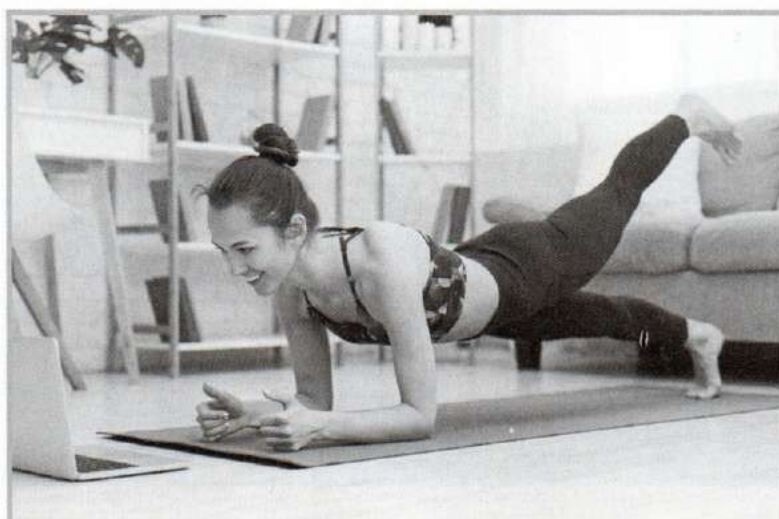
A gym at home? Without any equipment? I've never heard (49) _____ nonsense! (50) _____, it exists, and plenty of people have already gained substantial benefits from trying it.

Home Workouts is the app on your phone that helps you exercise no matter where you are. It provides daily workout instructions for your chest, abs, arms and legs by offering tips, training plans and tracking tools to monitor your progress. Even (51) _____ it takes several minutes a day, you have all your main muscle groups effectively (52) _____.

No coach needed; just use video guidance so as to be sure that you use the right form during each exercise. All the workouts are designed by experts, and all exercises can be performed (53) _____ just your body weight.

Turn to one of the workout apps, and notice a change in your body in just a few weeks.

49	A	such	B	so	C	the	D	-
50	A	But	B	Although	C	Therefore	D	However
51	A	if	B	only	C	through	D	after
52	A	tone	B	toned	C	toning	D	been toned
53	A	from	B	with	C	on	D	to



Wearable Technology

Not until I saw how it worked, (54) _____ how useful it was. A fitness tracker, a type of electronic device that monitors human activities such as the number of steps you walk or your heart rate and sleep quality. It can tell you how many calories you're burning, how far you're running or alert you when you have new messages. (55) _____, they can send a "move alert" to let you know when you've been sitting still for too long. They can also send you messages of praise when you hit an activity goal.

Many of them are compatible with mobile systems and can be linked to Bluetooth (56) _____ upload data to a computer. (57) _____ their limitless potential, fitness trackers (or activity trackers as they are also called) can change the ways people monitor their fitness and health. Though they (58) _____ to help with obesity, now they are considered a part of the "next generation" of wearable computers that monitor your energy expenditure and heart health.

54	A	I realise	B	I have realised	C	did I realise	D	will I realise
55	A	Nevertheless	B	Consequently	C	Therefore	D	Furthermore
56	A	in order to	B	so that	C	in case	D	so as
57	A	Because	B	Because of	C	Since	D	Due
58	A	introduce	B	are introduced	C	have been introduced	D	have introduced

