



C1 ENTRY TEST

Vorname

Nachname

Privatadresse

Telefon G

Telefon P

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Datum

PLEASE RETURN THIS COVER SHEET, THE ANSWER SHEET AND WRITING TO IAN CRYER AT THE ABOVE FAX NUMBER. THANK YOU!

Vom Büro auszufüllen:

Reading

Use of English

Writing

Total%



CAE ANSWER SHEET

READING TEST	ENGLISH IN USE
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
	21
	22
	23
	24

I. READING: FIRST TEXT

Answer the following questions by referring to the newspaper article on the following page.

For questions **1-14**, match the various sports with the characteristics **attributed to them (A-J)** in the text.

Note: When a question requires more than one answer, please give the answers in **alphabetical order**. Some choices may be required more than once.

Golf	1. _____	2. _____	A. has a calming effect
			B. can be boring
Jogging	3. _____	4. _____	C. is not good for the skeleton
	5. _____	6. _____	D. keeps the muscles stretched
Swimming	7. _____		E. causes few serious injuries
Tennis	8. _____	9. _____	F. can cause back injuries
	10. _____		G. prevents the body from stiffening up
Yoga	11. _____	12. _____	H. uses the same muscles over and over again
	13. _____	14. _____	I. can harm the joints
			J. is not an aggressive or competitive sport

I. READING: FIRST TEXT

Warning: Sport does not make you fit

Light nights and the hope of summer weather always encourage bouts of strenuous sport. But subjecting a stiff body to a couple of sets of tennis may well result in sessions at the nearest sports injury clinic.

At this time of the year, the injury clinic at the National Sports Centre at Crystal Palace sees up to 40 patients a day - mostly people who have pulled muscles or put backs or knees out trying to do too much too soon. "It's a basic rule that you can't go out and do sport to get fit," says Rose Macdonald, director of the clinic. "You should think ahead of time and get the muscles used to being exercised."

"The problem with physical fitness is that it doesn't last. Even 24 hours after working out, your muscles will start to lose their tone. Muscles that are not kept exercised become short, so the very best forms of exercise are those that stretch large muscle groups. Joints that are unused become dry and brittle."

According to Ms Macdonald, the best kinds of activities for getting fit are those where it is difficult to overdo it. Yoga and swimming are excellent, as you will not have the strength or suppleness to take the body beyond its limits. Jogging is fine, as long as it is built up gently so that the system can adapt gradually.

For most people, the problem with getting fit is that it can be so mind-numbingly boring. To overcome this, Ms Macdonald suggests jogging with a friend and chatting along the way. Most people give up through sheer boredom," she says. "Ideally, you should vary your activities. A 15- to 20-minute work-out three times a week will be enough to get fit for

summer sports and will lessen the risk of injury when playing. You need to start a get-fit programme at least a month before taking up any serious sport."

Assuming you have reached a reasonable level of fitness, which sport should you choose? Sarah Key, an Australian physiotherapist, says it is a myth that all sport is good for you.

She maintains that most sports, particularly the more physical and aggressive types, are positively bad for the skeleton. The main physical value of sport is to stretch muscles, so the best are those that do not have a limited range of stereotyped movements. As a general rule, Ms Key believes, the more variety in the movements, and the more natural and uncontrived these are, the better the sport.

Ms Key reserves particular opprobrium for tennis, which uses the same few muscles over and over again and is not good for the skeleton. The spine is juddered with thumping down on a hard court surface and the length and size of the racket also puts strain on the back. She says that those who play tennis should make sure they limber up first by doing daily sit-ups to strengthen tummy muscles. The stronger the tummy muscles the less risk of back injury.

But tennis is not as bad as squash, which Ms Key considers the worst game of all for the unfit to play, as it relies even more than tennis on rapid, contorted and unnatural movements.

Golf, becoming ever more popular, also is a very one-sided activity that wrenches the spine and risks putting the joints out of action. It also involves a lot of standing around - making it a very bad keep-fit activity. Golfers

should make sure they do lots of toe-touches while waiting, or squat on their haunches to realign the spine, says Ms Key. Daily sit-ups to strengthen the tummy muscles are also a must.

Serious jogging is more useful for the mind than the body. "Running definitely has a calming effect, but is detrimental to the joints as it bashes them around," she says. "The combination of a sedentary working life with aggressive endurance running, usually on hard surfaces, is highly injurious to the skeleton. I won't even treat runners now unless they are prepared to do half an hour's stretching exercises before running, and curl-ups and toe-touches each time they have to stop at traffic lights."

Aerobics, commonly taken up by those desperate to get fit, can be beneficial so long as the exercises are undertaken gradually.

"With many aerobic classes, it's a question of too much too soon," Ms Key says. "As the main purpose of aerobic exercise is to build up fitness by getting air into the lungs, these work-outs should always be done in a room where there is lots of fresh air. It is completely counterproductive to exercise in a sealed or air-conditioned room."

Sarah Key says the two most therapeutic forms of exercise are yoga and brisk walking, as they are gentle, combat stiffness and rejuvenate the body by keeping the joints and muscles well oiled and properly stretched. Also, there is very little risk of injury or strain and no aggression or competition between participants.

I. READING : SECOND TEXT

For questions 15-20, you must choose which of the paragraphs A - G match the numbered gaps in the extract from a newspaper article. There is one extra paragraph which does not belong to any of the gaps.

Job seekers ill-suited for interviews

JOB Hunters are abandoning the suit and dressing in outrageous clothes in order to stand out from the other candidates.

15 _____

Another candidate, determined to show the prospective employer how desperately he needed the job had large holes in his shoes.

16 _____

'Examples of odd interview attire offered by managers taking part in a survey we conducted varied from the merely inappropriate to the provocative, and even revolting: earrings, pony tails, shorts, bright yellow suits and pink corduroys were listed. And that was just for men.'

17 _____

In a slightly different approach, another man tried to unsettle the interviewer by refusing to take off his overcoat although it was a sweltering hot day and the interview room was warm.

18 _____

One woman showed how much she felt at home in the office by finishing off her interview attire with a rather delightful pair of gold slippers. Laddered tights, loud and revolting ties, sunglasses and tattoos were cited as pet hates on the interview circuit.

19 _____

'In creative environments such as advertising, people can get away with more unconventional dress than within, say, accountancy,' he explained.

20 _____

'You are likely to score more points in that crucial time by looking smart and professional rather than by trying to stand out from the crowd with a style of dress that may be alien and ridiculous to the interviewer.'

A

Mr Grout said: 'To increase your chances of getting a job at the interview stage, you need to play the interview game and ensure that you are appropriately dressed for the profession and the position'.

B

Jeff Grout, Managing Director of Robert Hall, the financial recruitment specialist, said: 'Many interview candidates are abandoning the conservative suit and sensible shoes for a look that is bound to get them noticed - but for the wrong reasons.'

C

While the men tended to be unconventional or just plain scruffy, the women dressed to kill.

D

Another female candidate, who was extremely thin, managed to turn up in a suit which she had apparently borrowed from a friend several sizes larger.

E

However, as the decision to hire is made within the first five minutes of the meeting, possibly before the candidate has spoken, dress and personal presentation are the key to the decision-making process.

F

One young hopeful sped into the interview room on a skateboard.

G

Other male candidates made their mark at important interviews by turning up in a boiler suit, baseball boots or different colour socks.

II. ENGLISH IN USE

A.

In the following text (Questions 1 - 14) some lines have one word **omitted**. Write the missing word in the space provided next to the line. In some lines there is an **unnecessary** word. Write the unnecessary word in the space. Some lines are correct. Indicate each of these lines with a tick (✓) in the space. The first two lines have been done as examples (0).

DRIVING SAFELY

- | | | | |
|---|--|---|-------------|
| 0 | It is a truth just about universally be acknowledged | 0 | <u>be</u> |
| 0 | every motorist considers him or herself to be the safest driver on | 0 | <u>that</u> |
| 1 | the road - perhaps the only safe driver on the road. | 1 | _____ |
| 2 | According whether we are male or female, young or | 2 | _____ |
| 3 | old, occasional or occupational road-users, thus each of | 3 | _____ |
| 4 | us has distinctly personal views the habits of other | 4 | _____ |
| 5 | kinds of drivers. Men think women can't drive, lorry drivers | 5 | _____ |
| 6 | regard car drivers such as lunatics, while no one over 30 | 6 | _____ |
| 7 | years age thinks anyone under 30 should be allowed | 7 | _____ |
| 8 | on road at all. | 8 | _____ |

B

In **most** lines of the following text, there is **one** extra word which is incorrect for reasons either of **grammar** or **meaning**. For each numbered line 9 - 14, write the extra word in the space provided beside the line. Some lines are correct. Indicate these lines with a tick (✓). The exercise begins with two examples (0).

OPERA AND THE ENGLISH

- | | | | |
|----|--|----|-----------|
| 0 | When I told an architect friend that I was writing a brief book on opera, | 0 | <u>✓</u> |
| 0 | he asked if it would tell him 'what he was missing'. The feeling of that he | 0 | <u>of</u> |
| 9 | was missing something was a step in the exactly right direction, but the | 9 | _____ |
| 10 | fact that he had lived in England for 45 years without setting his foot in | 10 | _____ |
| 11 | the theatre for an opera performance was a reflection on the small part | 11 | _____ |
| 12 | that opera plays in the lives of the majority of so intelligent people in | 12 | _____ |
| 13 | Britain. The basic appeal of opera is to the heart, if not the head, and the | 13 | _____ |
| 14 | British find the outpouring of emotion and passionate melody feel a little | 14 | _____ |
| | embarrassing. | | |

II. ENGLISH IN USE

For questions 15 - 24, read the article below and then circle the letter of the word that best fits each space, as in the example (O).

RELAXATION

The speed and nature of everyday modern living put us under a variety of stresses. Buying a house, sitting in a traffic (0) ..., filling in tax (15) ..., seeing to children - all can make us tense and anxious. And since too much stress, too often, can lead to serious physical and (16) ... illness, we need to take positive (17) ... to protect ourselves from it. After all, stress is known to play a major (18) ... in heart disease, depression and frequent headaches. Of course a certain (19) ... of pressure can be a positive thing. An increase in the flow of adrenalin helps you produce your (20) ... during an examination, or at that critical board meeting. But, like a car, if you continually drive yourself at top speed and over rough roads, your body will soon start to show signs of (21) ... and tear. You need to wind down, so that (22) ... muscles have a chance to relax, and your mind is cleared of worries for a while. But how you relax is a (23) ... of personality. It is up to you to (24)...your own particular way of letting go.

- | | | | | |
|----|--------------|-------------|------------|--|
| 0 | A failure | B strike | C block | <input checked="" type="radio"/> D jam |
| 15 | A forms | B papers | C sheets | D leaflets |
| 16 | A biological | B emotional | C nervous | D mental |
| 17 | A movement | B step | C action | D behaviour |
| 18 | A cause | B role | C act | D influence |
| 19 | A amount | B quantity | C extent | D limit |
| 20 | A most | B highest | C greatest | D best |
| 21 | A ruin | B decay | C wear | D cracks |
| 22 | A aching | B tense | C nervous | D hard |
| 23 | A subject | B business | C point | D matter |
| 24 | A reveal | B discover | C display | D expose |

III. WRITING

Choose **ONE** of the following writing tasks. Your answer should follow exactly the instructions given. Please write approximately 200 words.

1. Here is part of a letter you receive from an American friend whose parents are about to take a long holiday overseas.

My parents will be passing through your part of the country in mid-October. Can you give them some advice about what clothes they will need, and what the weather will be like? What sorts of things can they expect to be able to buy as souvenirs? By the way, if there's anything you would like from the US, please let them know. They'd be glad to bring anything, as long as it isn't too heavy, of course!

Write **a detailed letter** to your friend's parents, covering all the points raised.

2. You have been asked by an international magazine to write **an article** entitled "The Changing Family". Describe any changes in family life you see taking place in your community, and give your opinion on whether life in the family is getting better or worse.
3. Details of a competition have been announced on 'World English Radio'.

COULD YOU WRITE A RADIO SCRIPT AND READ IT YOURSELF ?

WORLD ENGLISH RADIO OFFERS YOU THE CHANCE TO DO JUST THAT. SIMPLY WRITE AN ACCOUNT OF WHAT HAPPENED THE FIRST TIME YOU WENT TRAVELLING WITHOUT YOUR PARENTS (IN YOUR OWN COUNTRY OR ABROAD) AND SEND IT TO US. WE'LL CHOOSE THE THREE PIECES WE LIKE BEST - THEY'LL PROBABLY BE THE THREE MOST AMUSING AND INTERESTING - AND INVITE THE WINNERS ALONG TO THE STUDIO TO RECORD THEM.

Write **the account** which you enter for the competition.

4. An international relief agency is asking for volunteers with good practical skills - for example, in medicine, child-care, building or any other branch of technology or education - to take a year off from their work or study to help the people of one of the world's poor or troubled countries. Write **a letter of application** for work as a volunteer, giving full details of the skills you have to offer, the kind of place you would prefer to work in and your reasons for applying to be a volunteer.



