

Listening and Reading

Time: 1 hour 15 minutes

LISTENING

Task 1

For items **1-10** listen to part of an interview about cooking and decide whether the statements (**1-10**) are **TRUE (A)**, or **FALSE (B)** according to the text you hear. You will hear the text **TWICE**.

1. Miranda has been into cooking since childhood.
A. True **B. False**
2. Miranda used to be a chef in London.
A. True **B. False**
3. To get the scholarship Miranda had to submit food photos she had taken.
A. True **B. False**
4. Miranda got a phone call half a year later after the submission.
A. True **B. False**
5. All the participants of the semifinal were chefs.
A. True **B. False**
6. Miranda's boss always wants everything to be right.
A. True **B. False**
7. Miranda thinks her boss is a great mentor because he never gets upset.
A. True **B. False**
8. A dish in the restaurant Miranda works at may cost more than £30.
A. True **B. False**
9. Marcus thinks a carrot is as valuable as oysters.
A. True **B. False**
10. Miranda wants a carrot to taste like a beetroot.
A. True **B. False**

Task 2

For items **11-15** listen to the dialogue. Choose the correct answer (**A, B** or **C**) to answer questions **11-15**. You will hear the text **only ONCE**.

11. Selina's seat was

- A.** next to the emergency exit.
- B.** near the kitchen.
- C.** in the middle.

12. The guy sitting next to Selina

- A.** didn't inspire much confidence.
- B.** had a snake.
- C.** didn't have hand luggage.

13. The flight to Nigeria was NOT

- A.** three times overbooked.
- B.** internal.
- C.** in 1995.

14. The problem was solved with the help of

- A.** the police.
- B.** the cabin crew.
- C.** the army.

15. Selina had her seat because she was

- A.** fast.
- B.** serious.
- C.** arguing.

INTEGRATED LISTENING AND READING

Task 3

Read the book review below, then listen to part of an interview with the author of the book. You will notice that some ideas coincide and some differ in them. Answer questions **16-25** by choosing **A** if the idea is expressed in **both** materials, **B** if it can be found **only in the reading text**, **C** if it can be found **only in the audio-recording**, and **D** if **neither** of the materials expresses the idea.

Now you have 7 minutes to read the text.

The Princess Bride is one of those rare films that is almost universally beloved by its audience and has ingrained itself in popular culture to the point where even shows like *Supernatural* manage to get an Inigo Montoya (the main character of the film) reference on occasion. Although it met with critical acclaim upon its release in 1987, a confused marketing campaign ensured that it didn't find its audience until later on home video. The film celebrated its 25th Anniversary in 2012 and it's as popular as ever, which makes it a perfect time for a behind-the-scenes memoir.

In *As You Wish: Inconceivable Tales From The Making Of The Princess Bride*, actor Cary Elwes, who portrays Westley in the film, takes us behind the scenes to deliver a tale that is every bit as fun and heartwarming as *The Princess Bride* itself. The book begins with the various attempts to bring William Goldman's novel to the screen, through the production process itself and then beyond to the film's presence in contemporary popular culture. Elwes tells his story with wit and enthusiasm and it's clear that there is a great deal of affection there for both the film and his colleagues.

If anyone was expecting an in-depth look into the film-making process, *As You Wish* will disappoint slightly. There are enough details to understand the more technical moments, but Elwes is more keen to share the experience of the making of the film rather than the processes behind it. There are moments designed to make you laugh, others that will tug on the heartstrings, but all of it is told with a sincerity that points to the genuine affection for the experiences had during the making of the film.

Elwes also punctuates his narrative with anecdotes from his colleagues including director Rob Reiner, screenwriter William Goldman and co-stars such as Robin Wright, Mandy Patinkin, Christopher Guest and Billy Crystal. Additionally it allows for different perspectives on certain events, particularly concerning the experiences of the other actors in certain scenes. It makes for an all-encompassing experience, one that takes in a variety of perspectives on the film. The overwhelming sense though is that everyone involved still has a huge amount of love for *The Princess Bride*.

For a fan of the film, *As You Wish* is a real delight, offering insight into a beloved family film as well as the people behind it. It's a treat to read about stories that haven't previously been shared as well as re-visit ones that the cast have been talking about before. *The Princess Bride* is a storytelling film about the joys of true love and Elwes lives up to that with style.

Now listen to part of an interview with the author of the book and then do the tasks (questions 16-25), comparing the text above and the interview. You will hear the interview TWICE.

- 16 *The Princess Bride* is a love story.
- 17 The movie is based on the idea of storytelling.
- 18 The book mixes the author's stories and the stories of other people.
- 19 *The Princess Bride* was an immediate success.
- 20 The movie is based on the book.
- 21 Cary Elwes admires his colleagues' talents.
- 22 The movie has become a part of pop culture.
- 23 Social media helped advertise *The Princess Bride*.
- 24 *The Princess Bride* is a mixture of genres.
- 25 All the cast still love the movie.

READING

Task 4

Read the text and answer questions **26-40** below.

How to Take the Perfect Breath

(A) Aimee Hartley, like most people, thought she knew how to breathe – she had, after all, been doing it all her life. She had also given it plenty of thought, having trained as a yoga teacher. But then she took a lesson with a breathing coach, and, surprisingly, he

told her where she was going wrong. He pointed out she wasn't taking the air into her lower lungs but was, she says, an "upper chest breather". Aimee adds: "He then taught me this conscious breathing and I then became fascinated by how we breathe."

(B) There has been a huge rise in interest in "breathwork" in the last few years, in the western wellness world at least. Aimee Hartley is a coach in transformational breathing, the method created by Judith Kravitz in the 70s. There are other methods, including Buteyko and holotropic, as well as the ancient pranayama, or breath control practice, in yoga. Hartley offers group and private breathwork sessions, and published a book earlier this year, *Breathe Well*. Hers is just one of a number of books on breathing this year, including *Breath: The New Science of a Lost Art* by the journalist James Nestor and *Exhale* by Richie Bostock, an Instagram-friendly coach who describes breathwork as "the next revolution in health and wellness".

(C) These mostly contain exercises that promise to help us become better breathers, which, it is claimed by practitioners, can transform our physical and mental health by improving immune function, sleep, digestion and respiratory conditions, and reducing blood pressure and anxiety. However, there is little high-quality research to back up many of these claims, although it has become widely accepted that diaphragmatic breathing can reduce feelings of stress and anxiety – and the NHS recommends this for stress relief. Several studies have shown that controlled breathing can reduce levels of the stress hormone cortisol in saliva, and another study shows that controlled breathing can alter the chemistry in the brain, affecting levels of another stress hormone, noradrenaline, which could enhance focus and keep brains healthier for longer.

(D) About 80% of the people Hartley sees in her sessions are "upper chest breathers, so that when they breathe in, their between the ribs muscles and their shoulder muscles are overused. Their chests puff out and hardly anyone is breathing really well into their belly, which should be the foundation of the healthy breath. Proper breathing makes your belly expand and your upper chest and back lift slightly, in a fluid motion. Watch a toddler breathe, she says – their tummies swelling with each in-breath. Hartley believes it is when children begin school that bad breathing habits start setting in that last a lifetime – they are less active and start to experience emotional stresses that affect breathing.

(E) It is hardly surprising, she says: "Modern life stops us breathing well." Stress is associated with small, quick breaths which, in turn, makes us feel even more frazzled. Hartley has observed that people who live in cities, with the added problem of

pollution, take in shallower breaths. And even tight-fitting clothes can affect your breathing, while “this mad desire to be skinny”, she says, has meant people holding their stomachs in – she says she has seen people reluctant to take a full breath because it gives a rounded-tummy shape. There are also postural issues that can hamper our respiratory system, whether you are hunched over a laptop or, head down and neck bent, looking at your phone.

(F) The first step to improving your breathing is to become aware of it, says Hartley. You may notice you are holding your breath more than you realise, or taking shallow breaths. “Breathing is subconscious, as it goes on 24 hours a day, and most of this we don’t notice, but it’s the only system of the body that we have some alertness over and have some ability to change,” says Hartley. “Find out how you breathe first – place one hand on the lower belly, one hand on the upper chest, take a few breaths and notice which part of the body rises more.”

(G) There are dozens of exercises in Hartley’s book, but as an easy one to try, she recommends extending the exhalation as a way to feel more relaxed. “Breathe in through the nose for four, hold the breath for two, and then breathe out for six, and then repeat that for a few rounds.” You can also do it on the move, ideal on your daily walk or commute, if you are back at work. “Breathe in for five steps while you’re walking, and out for five steps, always in and out through the nose.”

(H) Of all the wellness trends, one benefit appears to be that breathing – for all the coaches, books and apps out there – cannot be commercialised in quite the same way as sleep and eating. It is free, it can be done anywhere and the effects are instant. “Breathwork is brilliant for bringing us into the present moment,” says Hartley. “We spend a lot of time mentally elsewhere, and the breath can never be in the past or future. If we focus on our breath, we’re pulled back to the present moment so there’s no overworrying or overthinking. We can just be in the here and now.”

Questions 26-30

In which part of the text is the following mentioned?

- 26 recently increased attention to the subject discussed
27 various sources of information on the same issue

- 28 an opportunity to concentrate on the current period of time
- 29 official approval of a particular breathing exercise
- 30 the turning point for hindering the correct breathing patterns
- 31 the correspondence between one's dwelling and breathing patterns
- 32 non-profit nature of the popular tendency
- 33 the prevalent inappropriate pattern of breathing
- 34 body positions negatively affecting the breathing process
- 35 the involuntary character of the described process
- 36 a substance that can positively affect one's mental abilities
- 37 an unexpected discovery made by a professional
- 38 a possibility to practice an activity simultaneously with another one
- 39 absence of valid and serious proof of certain assertions
- 40 balanced and smooth functioning of the different parts of the body

TRANSFER ALL YOUR ANSWERS TO YOUR ANSWER SHEET