

Part 3

Questions 11–20

Look at the sentences below about a trip to the Andes in Peru. Read the text on the opposite page to decide if each sentence is correct or incorrect. If it is correct, mark A on your answer sheet. If it is not correct, mark B on your answer sheet.

- 11 This tour of Peru begins in the capital city.
- 12 There are organised trips in Cusco.
- 13 All sporting activities must be booked before arrival.
- 14 The train ride through the mountains is non-stop.
- 15 You need to pay more for the train ride.
- 16 There is a choice of hotel for the whole trip.
- 17 There is a chance to go on a trip as soon as you arrive in Lima.
- 18 There are opportunities to buy local goods in the mountains.
- 19 The mountain trip includes a talk by musicians.
- 20 There is time to do an activity on the final full day in Lima.

Tip
Read statements 11–20 carefully before you read the text, and underline the most important words.

Part 4

Questions 21–25

Read the text and questions below. For each question, mark the correct letter A, B, C or D on your answer sheet.

Tip
Read the title and the text quickly once for a general idea, then read it again more slowly.

Exercise can be fun!

Exercise has become a huge part of our world. There are gyms everywhere, but if you're not keen on them, there are hundreds of exercise videos to choose from. Exercise is good for you. It makes you feel better, look better and can help you live longer.

But what happens if you are the kind of person who would do anything rather than spend five minutes on an exercise bike, including cleaning the house, visiting a boring relative or watching a terrible TV programme? If you are that kind of person, you need a plan!

First of all decide when you are going to exercise. Choose three times a week, like me. Write EXERCISE in your diary, on your calendar, on the wall if necessary! Then make sure you do it. Don't do anything else. I never make other arrangements.

Next, vary what you do. I went to the same aerobics class for two years! No wonder I was bored! Now I use different machines at the gym, I often change my jogging route and I never do aerobics.

Make exercise fun and find an exercise you enjoy. Why not play a sport, or join a dance class? I recently started a modern dance class. It's great fun and I've met lots of new people, but as soon as I get bored I'll find something else!

- 21 What is the writer's main aim in writing the text?
 - A to describe different ways of keeping fit
 - B to persuade people about the benefits of exercise
 - C to talk about the exercise classes she goes to
 - D to encourage people to take exercise
- 22 What does the writer say about herself?
 - A She prefers to exercise at home.
 - B She isn't keen on joining classes.
 - C She likes to do different kinds of exercise.
 - D She doesn't like watching TV.

Exploring Peru

Our tour will introduce you to the most beautiful parts of Peru, starting with the capital of the country, Lima. Here you can visit some excellent museums and eat in world-famous restaurants. You will also visit the mountain city of Cusco, which is a magical place with a relaxed atmosphere, colourful markets and a lively nightlife.

There are opportunities for you to explore the city at leisure, or you can choose to go sightseeing with our excellent guides. There is also a chance to go hiking, mountain biking, white water rafting, horse riding, paragliding and hot-air ballooning. Our guides will help you choose and book any activity as soon as you arrive.

From Cusco, you can take a train ride through the mountains of the Andes. This is the high point of your tour and we have carefully chosen a route that will allow you to visit local villages and eat in local restaurants. There is also a visit to the ancient city of Macchu Picchu. The full cost of this mountain trip is included in the price of the tour.

We offer two choices of hotel grades for most of your stay. The nights in the mountains are spent together in local hotels. All our hotels are of the highest quality.

Days 1–3 Mid-morning flight from London Heathrow to Lima. You will be met on arrival at Lima airport and taken to your hotel. Just enough time to eat and sleep, and the next day you can join a sightseeing trip and spend your time getting to know the capital.

Days 4–6 Take an early morning flight to Cusco and explore the magical city.

Days 7–9 Take an unforgettable train ride through the mountains. Stay in a village and see a typical Inca home. There are plenty of beautiful local cloths and pots for sale. Listen to a traditional Peruvian band, who will give you a demonstration and an explanation of the musical instruments of the Andes. Visit the ancient city of Macchu Picchu.

Day 10 Return to Cusco for another day to explore the beautiful city. Perhaps try one of the adventure sports on offer.

Day 11 Take the morning flight to Lima. Visit the famous Gold Museum.

Day 12 Return flight to London.



- 23 What does the reader learn about the writer's habits?
 - A She exercises three times a week.
 - B She often exercises with friends.
 - C She does aerobics regularly.
 - D She runs the same route every day.
- 24 What does she say about her dance class?
 - A She sometimes finds it boring.
 - B She may not do it forever.
 - C She thinks some people are unfriendly.
 - D She prefers doing sport.
- 25 What would be another good title for the article?
 - A Exercise may be boring, but it's good for you.
 - B Many people do too much exercise.
 - C Regular exercise is best.
 - D Exercising once a week is better than nothing.