1.

You are going to read a newspaper article about an adventure centre. For questions 1–8, choose the answer (A, B, C or D) which you think fits best according to the text.

Mark your answers on the separate answer sheet.

A family adventure centre

I'm focused. Completely terrified, but focused. I've got a tiny area to stand on and beneath me is a 10-metre drop. To make things worse, the totem pole that I'm trying to climb onto is shaking. With one knee bent on the top of the pole and the other foot next to it, I slowly stand up with my arms outstretched for balance. Once upright, my legs are still wobbling but an enormous smile has spread across my face. I shuffle my toes over the edge. And then I jump. Back on the ground, my knees won't stop quaking. But for the boys at Head 4 Heights, an aerial adventure centre in Cirencester, it's all in a day's work.

Head 4 Heights, one of the tallest climbing centres in Britain, opened two years ago. It's the only UK climbing centre open to the public year-round (the only days it closes are when winds exceed 70 mph, almost enough to blow you off a totem pole and into one of the lakes). The course was set up by Rod Baber, adventurer extraordinaire and holder of the world record for scaling the highest peak of every country in Europe in the shortest time. Rod's latest plan is to snag the record for North and South America as well, but in between he starts every day with a clamber round the Cirencester course. His favourite is the 'Trapeze' challenge: 'It still gets me every time. Eyes dilate, mouth goes dry and adrenalin goes everywhere.'

Although the course is only roughly the size of a tennis court, it packs a lot into a small space. There are four totem poles (of varying degrees of difficulty according to the holds attached to them), a stairway to heaven (a giant ladder with an increasing distance between the rungs), two freefall platforms and a trapeze jump. Plans for a new 30-metre pole are presently under way. All can be made easier or harder, according to ability, and incorporated into different challenges, which is why the course has proved a success with families, corporate days out and the armed forces. More than half who visit return for more and the centre now averages about 1,500 visitors a month.

All ages over five are welcome, but children are the most enthusiastic and 'far easier to teach than the bankers,' says Rod. Parents are usually more reluctant to join in. 'We hear all sorts of excuses,' says Rod. 'Everything from bad knees to "I haven't trimmed my toenails".' The oldest customer was a 78-year-old who arrived with his son and grandson. When the younger two decided to give it a miss, the grandfather set off to show them how it was done.

For the most part, though, people start off nervous and only gain confidence as they progress. 'Everything is kept very positive. We always tell people to look up not down and to take their time,' says Rod. 'We want to push people outside their comfort zone and into the adventure zone, but we don't want people to be pushed into the panic zone, which can be mentally damaging.'

Also reassuring is the 100 per cent safety record. The course was designed and built by Nick Moriarty, an expert in his field who has constructed 450 courses in 16 countries and trained 2,700 instructors. Key to the design is the safety-rope system, which ensures that if you do lose your balance or grip, your full-body harness will guarantee that you float, not fall, back to earth.

What isn't guaranteed, though, is family harmony. 'The Leap of Love' is usually left as the final challenge and involves two (similarly sized) people squeezing themselves onto a 'bird table' at the top of a totem pole, before jumping in tandem to grab a trapeze. Not everything always goes according to plan. Aside from not arguing, both people need to be careful not to unbalance each other and must jump at exactly the same time. 'We do have some people who have refused to speak to each other afterwards,' says Rod, 'but if you can both make it together, it's such a buzz.'

1 One problem the writer describes in the first paragraph is that
- A she keeps falling off the totem pole.
- B she is trying to stand on top of a moving object.
- C she cannot get her arms into the right position.
- D she is too nervous to complete the climb.

2 What do we learn about Head 4 Heights in the second paragraph?
- A It remains open even in quite windy conditions.
- B Rod Baber got the idea for it while climbing mountains.
- C It did not initially stay open throughout the year.
- D It is aimed at people who don't have the chance to climb mountains.

3 What does Rod Baber say about the 'Trapeze' challenge?
- A He does it more often than anything else on the course.
- B He always fails to complete it.
- C He continues to find it difficult.
- D He takes a long time to recover after doing it.

4 The writer says that the main reason for the course's popularity is that
- A the challenges it offers cannot be found anywhere else.
- B new challenges are constantly being added.
- C it can be completed in a fairly short time.
- D it can be adapted for different people.

5 The people who 'decided to give it a miss' (column 2) are examples of people who
- A find it difficult to do the course.
- B are unwilling to do the course.
- C are easily taught how to do the course.
- D give up while they are doing course.

6 Rod says that the intention of the course is that people taking part
- A learn how to deal with extreme fear.
- B progress as quickly as possible.
- C take risks they might not initially want to take.
- D increase in confidence after repeated visits.

7 The writer uses the phrase 'Also reassuring' (column 3) to emphasize
- A that people benefit from doing the course.
- B how carefully the course has been constructed.
- C that people should not be afraid to do the course.
- D how enthusiastic Rod is about the course.

8 What is said about 'The Leap of Love'?
- A Most people fail to do it successfully.
- B It can cause people to fall out with each other.
- C It is the hardest challenge on the course.
- D Some people don't try hard enough to do it.

2.

You are going to read an article about jobs that involve international travel. Seven sentences have been removed from the article. Choose from the sentences A–H the one which fits each gap (9–15). There is one extra sentence which you do not need to use.

Mark your answers on the separate answer sheet.

WANT TO JOIN THE JET SET?

You could be jetting off to exotic locations, staying in five-star hotels, eating in top-class restaurants, and it's all paid for by your employer. Who wouldn't want a job that involves foreign travel? 9 _____ The number of jobs requiring international travel is growing significantly. And citing business travel experience on your CV can bring enormous professional benefits.

But it's not always as exciting as it sounds. There is a big difference between travelling to Milan as a tourist and travelling there to spend a day in the type of hotel meeting room that can be found anywhere in Europe. It can be very exciting, but you need to keep your feet firmly on the ground. 10 _____ Flights can be delayed, things can go wrong and it's easy to get exhausted. Many jobs mean travelling alone, so you can be lonely.

Simply targeting any job that involves foreign travel is not the way to start. 11 _____ It's as illogical as saying you want a job that involves wearing smart clothes. Instead, you should consider all the usual factors, such as qualifications and experience, and only then choose a sector or company that offers opportunities for international travel.

The travel and hotel trades are obvious areas, but the commercial sector also offers good prospects for travel. In the retail sector, buyers often travel, especially if they work in fresh produce, where they have to check the suitability of crops. 12 _____ Jobs in the engineering and environment sector can involve travel, too. Almost any career can mean international travel, if you choose the right company and role. The number of jobs involving travel, especially at middle management level, is growing

international flavour? 13 _____ A second language is a good indication of how well someone will adapt. You need to show you are flexible and willing to learn. If your company has a sister company in the Czech Republic, for instance, learning some Czech will boost your chances.

Find out what the company offers as a support package. Many now guarantee that you can return home at the weekends, or they will limit the amount that people travel each year. 14 _____ One company asked graduates fresh out of university to move to another country over a weekend, alone, and to find their own accommodation.

And it's as well to remember that international travel can be stressful. People can get burned out by international business travel. You need to be in control of your schedule, rather than leaving it to the company. You must ensure you get time to rest and talk to your employer all the time about how you are coping. Don't wait for formal appraisals or until they ask for your views. 15 _____ Most sensible companies ask people to commit to two to three years. This increases the likelihood of success. And most people who travel on business

A On the other hand, it does bring personal benefits, and it also has a dramatic effect on promotion prospects.

B Making travel your first requirement is not the way to choose a career.

C And realize you might not want to travel for ever.

D Employers look for candidates with an international outlook.

E And there are plenty of opportunities.

F But not all employers are like this.

G Speak to seasoned international business travellers to get an idea of what you will face.

H Employment in communications, banking and finance, and property management is also worth looking at.

READING

TEST 1

TEST 1

READING

You are going to read a magazine article about various authors. For questions 16–30, choose from the authors (A–D). The authors may be chosen more than once.

Mark your answers on the separate answer sheet.

3.

Which author

- feels that she is not completely in control when she is writing? 16
- took action in response to someone's negative view of her chances of getting her work accepted? 17
- thinks that her current working arrangement may not be permanent? 18
- decides when information given in her books does not have to be true? 19
- did something dishonest while trying to get her work accepted? 20
- is unwilling to do a great deal of background work for her books? 21
- was offered her first contract as a result of an earlier success? 22
- makes sure that her books contain strange elements? 23
- got great pleasure from carrying out a certain process repeatedly? 24
- draws attention to the likelihood of a new author getting their work accepted? 25
- wants people to be cheered up by her books? 26
- feels that it is an advantage that people give her their sincere views on her work? 27
- recommends analysing various aspects of other authors' books? 28
- leaves sentences incomplete while she is writing? 29
- felt that her job was taking up too much of her attention? 30

The best-sellers book club

Fancy being an author? We asked some of Britain's favourite best-selling writers to share the secrets of their success.

A JOANNE HARRIS *Her novels have attracted millions of fans worldwide.*

MY BIG BREAK I was a full-time teacher and made time to write my first novel before and after school. It took two years. Then I spent a fortune on posting manuscripts to agents. I found one, but he got discouraged when my manuscripts were rejected, so I sacked him and wrote my next novel, which my next agent loved. He got me a deal for both novels.

HOW I WORK I travel a lot, on promotional work, but when I'm at home I work in my library, looking out onto the garden. I don't want to do lots of research, so I stick to subjects I know about.

MY BEST ADVICE 100,000 titles are published in the UK every year. For each, 100 are rejected. If, knowing this, you still want to write and you love it, you're on the right track.

THE SECRET OF MY SUCCESS I don't believe in a magic wand. You need ability, luck and hard work.

B LAUREN CHILD *She writes and illustrates children's books for two to 10-year-olds.*

MY BIG BREAK After school, I did an art course. Then I did all sorts of jobs – making lampshades, working as an assistant to artist Damien Hirst (I painted a lot of the spots on his paintings). I wrote my first book in the hope it would become an animation. I found an agent, but didn't get a deal for five years. I didn't lose heart, as so many people were positive about it. Eventually I got a deal and was asked to do a second book.

HOW I WORK In the early days I used to work while I answered the phones at a graphic design agency. Some illustrations take hours, and I prefer having other people around. Now, I've just bought a new house and have a studio, but I'm not sure how long I'll be able to stand working by myself.

MY BEST ADVICE Read as much as you can before you even think of writing. And you can't please everyone – above all, your work must interest you.

THE SECRET OF MY SUCCESS I keep stories simple, but always add a quirky touch – children really like the more bizarre moments in life. I also have a very honest audience who tell me what they think.

C FREYA NORTH *She writes lively, fast-paced fictio*

MY BIG BREAK I was doing a PhD in Art History and bought a computer. The sheer joy of typing then deleti stuff was compulsive and I started to write fiction that actually wanted to read. After four years of rejections, I presumed I was doing something wrong. Then I worke for a publishing company and realized I needed an age I sent my manuscript with fake reviews I'd made up myself to lots of agents. One took me on and got me a three-book deal.

HOW I WORK I used to work at our kitchen table, but now I go to the library. Touch-typing was the best thin I ever learnt. I never interrupt the flow and just throw in asterisks if I can't think of an adjective. It's as if the story and the characters have taken me over and I have struggle to keep up!

MY BEST ADVICE Let your character dictate the story. could be the most intricate plot in the world, but if the characters aren't 'real', no one will care.

THE SECRET OF MY SUCCESS I write simply and keep chapters short so my readers can enjoy them on journe home at the end of a bad day. I want them to giggle.

D MANDA SCOTT *She has written a cult series of historical novels.*

MY BIG BREAK I was a veterinary anaesthetist. On my 30th birthday, I was climbing a mountain and I was happy, but all I could think about was work on Monday. I decided to follow my heart and make a living from writing. I was among the finalists in a writing competition and from that got a deal for my first book.

HOW I WORK I have a routine: in the morning, edit everything from the previous day, then I walk my dogs and write in the afternoon.

MY BEST ADVICE Read bad books and work out what makes them bad. Read the books you love and work ou why you love them. Write what you will really, really wa to read. Always.

THE SECRET OF MY SUCCESS I'm good at judging wha needs to be factual and what I can make up.