

**PART 1. LISTENING**

**Answer sheet 1. Put a-g**

1	2	3	4	5	6	7	8	9	10	11
b	g	f	a	d	g	d	c	a	e	c

**Script 1**

**Peter**

I took this picture when I was about ten, I think. My parents had taken me to a place called Arosa in Switzerland. They'd decided to learn how to ski. It was quite a surprise I think because before that we'd only ever been on holiday in England. We used to go to the seaside every summer. But this winter, for some reason, well I don't know. Anyway, they'd given me this box camera for Christmas. Box cameras were just that, a little box with a funny little viewfinder to look through, and film, quite big, which is funny considering you got such small prints! I loved skiing and the snow. You know I think it was my first time abroad ever. But all that fresh mountain air and racing down the slopes. It was really great. Fantastic! I haven't been skiing for years. I've probably forgotten how to. I wonder what happened to that box camera. It was so primitive compared to the digital ones you get nowadays.

**Jane**

I really love this picture. It's me and my sister on the old Inca trail, you know, in Peru. Well it's something I'd always wanted to do, and then when my sister spent a few months in Chile between school and university I went out and joined her. It was one of the best trips I've ever done. We went up through Chile, then Bolivia and into Peru. Like everyone who goes to South America we wanted to see the fabulous old Inca city of Machu Picchu, so we travelled to Cusco which is the old capital of the Inca empire, you know before the Spaniards got there in the 16th century and started their 300-year rule in that part of the world. Well not 300 years exactly. Anyway, so you leave Cusco and walk the Inca trail. It's spectacular scenery. And then, when you get to Machu Picchu itself, well it's absolutely fantastic, just as good as everyone says and much much better than any photograph you've ever seen of it. There are places like that aren't there, you know, no matter how often you've seen photographs it's just not a patch on the real thing. Machu Picchu was like that.

**Kate**

Oh yeah, that's the Grand Palace in Bangkok, in Thailand. It's a fantastic place. I mean, I haven't been in Thailand for ten years, but I can remember it really well. I loved Bangkok better than

some of the other places. Well I can hardly remember Egypt 'cos I was just a kid then, and didn't specially like the school I was in in Johannesburg when we were there. But Thailand. Thailand was really cool. My dad was a diplomat - well he still is - and my Mom's a teacher. That's why we lived in so many different places. The Grand Palace dates back to the 18th century, I think. That's when King Rama J had it built. See, I really paid attention to all that stuff. I think I remember it correctly anyway. It's a fantastic place. There are temples and pagodas and some incredible wall paintings. I went there quite a few times. Well every time friends or family would come out to visit we'd take them to different places, you know, kind of like tourist guides 'cos we knew what to show them, and at the palace they'd be like 'Wow! That's fabulous!' I'd so like to go back to Bangkok and see some of my friends there. Maybe I will next vacation. Maybe.

**Betty**

Oh no, look at that! That's me and my dog Sally ... well, and my sister, of course. I wonder how old I was then. I must have been, what, about six or seven. I loved that dog. We went everywhere together. Well, in my memory we did anyway. I used to take her over the fields to my friend's house, and in the summer she'd come with us on long walks when we went on holidays. We used to go to this farm in the hills. I loved that, so did my brothers. We used to have a fantastic time. And Sally! D'you know I haven't thought about her for years. I loved that dog. And then when I was about 11, they sent me away to school and the dog passed away. I was heartbroken. It was so difficult being young back then. A lot easier now, I can tell you.

**Answer sheet 2. Put 1, 2 or 3 words**

12.	I wake up
13.	conscious
14.	daylight hours
15.	measured their levels
16.	anticipation
17.	inside their minds/brains/heads
18.	can control them
19.	flying

**Script 2**

**A:** Dreams have always fascinated us but have remained outside our control. This afternoon, scientist Dr. Silvia Johnson explains that this need not be so.

**B:** Late for work in the morning? Forget that old excuse about the alarm clock not working. I believe that we can wake up at any time in the morning we choose, simply by making a decision to do so the night before.

Until quite recently, sleep researchers assumed that sleep was not conscious, but controlled by automatic hormonal mechanisms - known colloquially as 'the body clock' and that these in turn reacted to environmental influences such as the number of daylight hours. However, now we're beginning to see that sleep can also be affected by the conscious brain. In effect, this means that we can, if we try hard enough, decide when to wake up.

In our most recent study, two groups of volunteers were told before going to bed that they had to wake up at different times. As they slept, my team measured the levels of a particular stimulating hormone in each of the volunteers. This hormone is released around the body shortly before we wake up. In both groups the levels of the hormone started to rise about an hour before the time they had been told they would have to get up. This suggests that anticipation - which is a conscious activity - can actually influence bodily mechanisms that we once thought were entirely unconscious.

Of course one of the problems with this kind of research is that we can't ask the subjects of the study why they woke up when they did. We have to make the assumption that it was because they anticipated having to wake up at a certain time. Generally a sleeping person is out of contact and unable to indicate what, if anything, is going on inside their mind.

But there's a curious condition in which a person is partly awake and partly asleep. In this state, the conscious part of the mind can actually observe some of its unconscious mechanisms. I'm talking about lucid dreaming.

What happens in a lucid dream is that a person 'wakes up' while dreaming, but continues to dream. All the strange fantasies that the brain concocts seem to be as solid as the real world, but because the dreamer's brain is in full waking mode, he or she realizes that the effects must be hallucinations.

And what makes lucid dreams really different from ordinary dreams is that we can control them.

Experienced lucid dreamers can learn to create extraordinary physical sensations, such as leaving their bodies and flying.

Most people are likely to experience a fleeting lucid dream at least once, and some people have them at least once a month. Anyone can learn to do it. The trick is to tell yourself repeatedly while awake that you will watch out for oddities in your dream and 'wake up' when you notice them.

**PART 2. READING**

**Answer sheet 3. Put T (True) or F (False)**

1	2	3
F	T	T

**Answer sheet 4. Put A-D**

4	5	6	7
A	B	D	C

**Answer sheet 5. Put A-D**

8	9	10	11	12	13	14
D	B	C	B	A	A	C

**Answer sheet 6. Put a word**

15	vegetarian
16	nibble
17	nutrition
18	beneficial
19	slim

**Answer sheet 7. Put A-H**

0	20	21	22	23	24	25
H	G	D	C	F	A	B

**Answer sheet 8. Put a word**

26	x-ray
27	sprained

28	sore
29	fractured
30	wards
31	demanding

**PART 3. USE OF ENGLISH**

**Answer sheet 9. Put the numbers**

BIG	SMALL
1, 3, 4, 6, 7, 9, 10, 11, 13, 16, 18, 19, 20	2, 5, 8, 12, 14, 15, 17

**Answer sheet 10. Put a letter or +**

21.	c	25.	a
22.	b	26.	+
23.	c	27.	b
24.	+		

**Answer sheet 11. Put a letter**

28.	C	32.	A	36.	B	40.	A	44.	D
29.	B	33.	C	37.	C	41.	B	45.	A
30.	D	34.	D	38.	A	42.	D	46.	C
31.	B	35.	A	39.	C	43.	A	47.	B

**Answer sheet 12. Put the correct form**

48.	are building
49.	has pushed
50.	has taken
51.	is being repaired
52.	was invented
53.	are watered
54.	did they send / have they sent
55.	will be sent