

## Vocabulary for FIRST test (1)

1. Listen. Number the words and phrases in order.

A. stick, skate, steak

A.	stick	<input type="text" value="1"/>	steak	<input type="text" value="3"/>	skate	<input type="text" value="2"/>
B.	ring	<input type="text"/>	rang	<input type="text"/>	rung	<input type="text"/>
C.	boots	<input type="text"/>	boats	<input type="text"/>	boast	<input type="text"/>
D.	basket	<input type="text"/>	biscuit	<input type="text"/>	bucket	<input type="text"/>
E.	defend	<input type="text"/>	deep end	<input type="text"/>	depend	<input type="text"/>
F.	attack	<input type="text"/>	a tax	<input type="text"/>	attacker	<input type="text"/>
G.	a pitch	<input type="text"/>	a peach	<input type="text"/>	approach	<input type="text"/>
H.	batter	<input type="text"/>	butter	<input type="text"/>	better	<input type="text"/>

2. Listen. Circle (O) the correct word or phrase.

A.	score a	scorer
B.	a good pitch	a good pitcher
C.	baseball	basketball
D.	a bat	a batter
E.	a course	of course
F.	caught	court
G.	Meg loves	my gloves
H.	an ice rink	a nice ring

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Sports – people, equipment, playing area

A. helmet

B. stick

C. skates

D. ice rink



L. basket

M. basketball

N. attacker

O. defender

P. court



E. golfer

F. club

G. hole

H. course



Q. goal

R. goalkeeper

S. boots

T. pitch



I. boxer

J. gloves

K. ring



U. pitcher

V. baseball

W. batter

X. bat

Y. diamond



1. Look. Listen. Say the words and phrases.

A. helmet B. stick

2. Listen. Which sport is the person talking about? Write the number.

1. This is the most popular sport in the world ...

baseball

basketball.

boxing

1 football

golf

ice hockey

3. Listen, read and check.

## Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.

1. You hear a young professional sports person talking about her childhood.

How did she become interested in football?

- A. playing with her father in the garden
- B. watching football on television with her mother
- C. going to see her sister playing

2. You overhear a boy talking on the phone about a sports store.

The boy thinks his friend could

- A. get a job there.
- B. buy new ice skates from there.
- C. get a birthday present from there.

3. You hear two friends talking about a piece of sports equipment.

Why did the girl buy the racket?

- A. It was very cheap.
- B. She has just taken up the sport.
- C. She broke her previous one.

2. Read. Write the missing words. Then listen and check.

There was a lot of football in our house when I (1) .....

My sister, who is (2) ....., was (3) .....

with my father in the garden. It (4) ..... really annoy me because he

(5) ..... build things with my play bricks.

And my mother watched every football match (6) ..... television, even if

she (7) ..... of the two sides.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |              |                          |             |                          |                 |                          |
|----|--------------|--------------------------|-------------|--------------------------|-----------------|--------------------------|
| A. | generous     | <input type="checkbox"/> | gentlest    | <input type="checkbox"/> | genuine         | <input type="checkbox"/> |
| B. | witty        | <input type="checkbox"/> | witness     | <input type="checkbox"/> | Twitter         | <input type="checkbox"/> |
| C. | intellectual | <input type="checkbox"/> | intelligent | <input type="checkbox"/> | unintelligent   | <input type="checkbox"/> |
| D. | cheeky       | <input type="checkbox"/> | cheek       | <input type="checkbox"/> | cheekily        | <input type="checkbox"/> |
| E. | selfish      | <input type="checkbox"/> | himself     | <input type="checkbox"/> | herself         | <input type="checkbox"/> |
| F. | ambition     | <input type="checkbox"/> | ambitious   | <input type="checkbox"/> | ambassador      | <input type="checkbox"/> |
| G. | sensible     | <input type="checkbox"/> | sensitive   | <input type="checkbox"/> | sense           | <input type="checkbox"/> |
| H. | sympathy     | <input type="checkbox"/> | sympathetic | <input type="checkbox"/> | sympathetically | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |              |             |
|----|--------------|-------------|
| A. | witty        | what he     |
| B. | selfish      | sell fish   |
| C. | calm         | come        |
| D. | enthusiastic | enthusiasm  |
| E. | genius       | generous    |
| F. | since a      | sensible    |
| G. | energy       | energetic   |
| H. | sympathy     | sympathetic |

3. Listen, read and check.

## Vocabulary for FIRST test (2)



He's handsome and she's beautiful.

She always listens to me when I tell her my problems.

He's so clever, but I don't understand what he says!

She always thinks of something funny to say.

He gets really excited about each new hobby.

She gives so much money to charity.

He never gets excited about any problem.

She never stops! She's always running around.

That little boy says rude things to everyone.

I don't think she's ever said or done a stupid thing.

He never thinks about anybody else, just himself.

She only ever thinks of getting a very good job.

A They're both **gorgeous**.

B She's very **sympathetic**.

C He's so **intellectual**.

D She's really **witty**.

E He's very **enthusiastic**.

F She's so **generous**.

G He's very **calm**.

H She's very **energetic**.

I He's so **cheeky**!

J She's really **sensible**.

K He's very **selfish**.

L She's so **ambitious**.

- Look. Listen to the conversation.
- Listen. Look. Find the correct response.

1. He gets really excited about each new hobby.

- |    |                                     |    |                          |    |                          |     |                          |     |                          |     |                          |
|----|-------------------------------------|----|--------------------------|----|--------------------------|-----|--------------------------|-----|--------------------------|-----|--------------------------|
| 1. | <input checked="" type="checkbox"/> | 2. | <input type="checkbox"/> | 3. | <input type="checkbox"/> | 4.  | <input type="checkbox"/> | 5.  | <input type="checkbox"/> | 6.  | <input type="checkbox"/> |
| 7. | <input type="checkbox"/>            | 8. | <input type="checkbox"/> | 9. | <input type="checkbox"/> | 10. | <input type="checkbox"/> | 11. | <input type="checkbox"/> | 12. | <input type="checkbox"/> |

- Listen, read and check.

## Practice for FIRST test (Type 3)

*Listening to various short related monologues for gist and detail: multiple matching*

1. You will hear four short extracts in which teenagers are talking about people they know. Choose from the list (A–F) the pair of adjectives which describes each person. Use the letters only once. There are two extra letters which you do not need to use.

A. calm and sensible

Speaker 1

B. enthusiastic and energetic

Speaker 2

C. witty and intellectual

Speaker 3

D. generous and sympathetic

Speaker 4

E. selfish and ambitious

F. anxious and cautious



2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words and phrases in order.

- |    |           |                          |           |                          |             |                          |
|----|-----------|--------------------------|-----------|--------------------------|-------------|--------------------------|
| A. | time      | <input type="checkbox"/> | times     | <input type="checkbox"/> | team        | <input type="checkbox"/> |
| B. | any time  | <input type="checkbox"/> | anything  | <input type="checkbox"/> | anyone      | <input type="checkbox"/> |
| C. | no time   | <input type="checkbox"/> | nothing   | <input type="checkbox"/> | no one      | <input type="checkbox"/> |
| D. | in time   | <input type="checkbox"/> | on time   | <input type="checkbox"/> | one time    | <input type="checkbox"/> |
| E. | measure   | <input type="checkbox"/> | major     | <input type="checkbox"/> | measurement | <input type="checkbox"/> |
| F. | run out   | <input type="checkbox"/> | runs out  | <input type="checkbox"/> | running out | <input type="checkbox"/> |
| G. | time's up | <input type="checkbox"/> | time off  | <input type="checkbox"/> | time to     | <input type="checkbox"/> |
| H. | have time | <input type="checkbox"/> | half time | <input type="checkbox"/> | her time    | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |             |              |
|----|-------------|--------------|
| A. | at the time | at that time |
| B. | in time     | on time      |
| C. | measure     | major        |
| D. | run out of  | ran out of   |
| E. | have        | had          |
| F. | have        | had          |
| G. | at any time | ten times    |
| H. | time off    | time of      |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Time phrases

- A I got up late but I was **just in time** to catch my usual train.
- B Everyone arrived **on time** for the meeting.
- C I'd like some **time off** next week, Ms Jones, if it's possible.
- D OK. **Time's up**. Put your pens down and give me your test paper.
- E This garage is in use **at all times**. No parking here **at any time**.
- F I really enjoyed the holiday. I had **the time of my life**.
- G **By the time** I got to her house, the party had started.
- H I'm sorry. I don't **have time** to talk about this now.
- I She doesn't like her boss. She **has no time for** him at all.
- J She met him last year. **At that time**, she was living in London.
- K I think he is the greatest footballer **of all time**.
- L I couldn't finish my work last night. I **ran out of time**.
- M Calm down. **Take your time** and tell me what happened.

1. Look. Listen. Say the sentences.

2. Look. Which time phrase do you hear? Write the number.

- |                                       |                                      |                                   |  |
|---------------------------------------|--------------------------------------|-----------------------------------|--|
| <input type="checkbox"/> at any time  | <input type="checkbox"/> on time     | <input type="checkbox"/> in time  | <input type="checkbox"/> run out of time |
| <input type="checkbox"/> at that time | <input type="checkbox"/> by the time | <input type="checkbox"/> time off | <input type="checkbox"/> take your time  |

3. Listen, read and check.

## Practice for FIRST test (Type 2)

*Listening to a monologue for specific information: sentence completion*

1. You will hear a woman talking about measuring time. For questions 1–10, complete the sentences with a word, number or short phrase.

### Measuring time

Scientists have found evidence of oil lamps which were used for lighting in China about (1) ..... BCE. Oil lamps were also used to (2) .....

Candles with (3) ..... on them were used for telling the time in China from the 6<sup>th</sup> century BCE, but they weren't very accurate.

In about 1,500 BCE, the (4) ..... was invented, based on the flow of water into a container with marks on the side. This clock was (5) ..... than oil lamps or candles, but the water flow could still vary.

The technology of blowing glass to make containers developed in the 14<sup>th</sup> century. It became possible to make glass bowls which (6) ..... The sand flowed at a regular speed from the top glass to the bottom glass.

Finally, (7) ..... clocks began to appear in 15<sup>th</sup> century. These clocks gradually replaced all the other methods except for sand glasses which are called (8) '.....' in English. They are still used in some homes today, in particular to measure the time for (9) .....

The machinery in the mechanical clocks has been replaced by (10) ..... nowadays.

2. Listen again and check.  
3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |          |                          |            |                          |             |                          |
|----|----------|--------------------------|------------|--------------------------|-------------|--------------------------|
| A. | return   | <input type="checkbox"/> | turn       | <input type="checkbox"/> | written     | <input type="checkbox"/> |
| B. | car      | <input type="checkbox"/> | care       | <input type="checkbox"/> | cure        | <input type="checkbox"/> |
| C. | anger    | <input type="checkbox"/> | angrily    | <input type="checkbox"/> | danger      | <input type="checkbox"/> |
| D. | myself   | <input type="checkbox"/> | yourself   | <input type="checkbox"/> | herself     | <input type="checkbox"/> |
| E. | foot     | <input type="checkbox"/> | a foot     | <input type="checkbox"/> | effort      | <input type="checkbox"/> |
| F. | interest | <input type="checkbox"/> | interested | <input type="checkbox"/> | interesting | <input type="checkbox"/> |
| G. | chance   | <input type="checkbox"/> | change     | <input type="checkbox"/> | entrance    | <input type="checkbox"/> |
| H. | public   | <input type="checkbox"/> | pub        | <input type="checkbox"/> | publicity   | <input type="checkbox"/> |

2. Listen. Circle (O) the correct phrase.

- |    |               |                 |
|----|---------------|-----------------|
| A. | in anger      | in danger       |
| B. | by car        | with care       |
| C. | with interest | with in         |
| D. | a foot        | on foot         |
| E. | by chance     | by the entrance |
| F. | a worry       | a hurry         |
| G. | in secret     | a secret        |
| H. | by myself     | buy myself      |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Adverbial phrases of manner

How?		by ...	in ...	with ...	on ...
A.	on a plane	by air			
B.	on a boat	by sea			
C.	on a train	by train			
D.	on a bus	by bus			
E.	in a car	by car			
F.	in a taxi	by taxi			
G.	accidentally	by accident			
H.	not planned	by chance			
I.	with no help	by myself			
J.	angrily		in anger		
K.	secretly		in secret		
L.	quickly		in a hurry		
M.	for everyone to see		in public		
N.	getting something back		in return		
O.	carefully			with care	
P.	sympathetically			with sympathy	
Q.	afraid			with fear	
R.	interested			with interest	
S.	walking				on foot
T.	deliberately				on purpose

1. Look. Listen. Say the words and adverbial phrases.

2. Listen. Which adverbial phrase do you hear? Write the number.

by accident

in return

on purpose

by myself

in secret

with care

by train

on foot

with interest

3. Listen, read and check.

## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with a school teacher, Ellie Jones, who is talking about becoming a PE teacher. For each question, circle (O) the best answer.

1. How did Ellie get to the radio studio?

- A. By train and then on foot.
- B. By bus and then on foot.
- C. By taxi.

2. How did Ellie learn to teach PE?

- A. She learnt from another teacher.
- B. She trained for it at college.
- C. She taught herself.

3. How does Ellie feel about teaching young children?

- A. She finds it hard work.
- B. It's rewarding.
- C. She pretends she likes it, but she doesn't.

4. Ellie became a teacher at a secondary school because ...

- A. she got bored with teaching primary children.
- B. the primary kids weren't interested in PE.
- C. she wanted to teach her favourite subject.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |             |                          |            |                          |                |                          |
|----|-------------|--------------------------|------------|--------------------------|----------------|--------------------------|
| A. | right       | <input type="checkbox"/> | rights     | <input type="checkbox"/> | written        | <input type="checkbox"/> |
| B. | marry       | <input type="checkbox"/> | married    | <input type="checkbox"/> | marriage       | <input type="checkbox"/> |
| C. | ride        | <input type="checkbox"/> | rode       | <input type="checkbox"/> | ridden         | <input type="checkbox"/> |
| D. | permit      | <input type="checkbox"/> | permission | <input type="checkbox"/> | permitted      | <input type="checkbox"/> |
| E. | responsible | <input type="checkbox"/> | sponsor    | <input type="checkbox"/> | responsibility | <input type="checkbox"/> |
| F. | charity     | <input type="checkbox"/> | charities  | <input type="checkbox"/> | charts         | <input type="checkbox"/> |
| G. | neighbour   | <input type="checkbox"/> | neighbours | <input type="checkbox"/> | neighbourhood  | <input type="checkbox"/> |
| H. | volunteer   | <input type="checkbox"/> | volunteers | <input type="checkbox"/> | voluntary      | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                   |                |
|----|-------------------|----------------|
| A. | vote in           | voting         |
| B. | donate            | do not         |
| C. | charities         | charity        |
| D. | youth             | use            |
| E. | sport             | support        |
| F. | donation          | national       |
| G. | elderly           | older          |
| H. | volunteer to work | voluntary work |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Rights at 16 in many countries



A.  
leave school and  
work full time



B.  
leave home



C.  
get married with a  
parent's permission



D.  
ride a scooter

### Responsibilities of good citizens



E.  
look after elderly people  
and young people



F.  
support the local  
neighbourhood



G.  
donate money to charity,  
and sponsor people in  
charity events



H.  
vote in elections,  
local and national

1. Look. Listen. Say the sentences and parts of sentences.

In many countries, at 16, you have the right to ...

2. Listen. Look. Which right or responsibility is the person talking about? Write the letter.

1. I got a job as soon as I could. I decided I didn't want to go on to university.

- |    |                                       |    |                          |    |                          |    |                          |
|----|---------------------------------------|----|--------------------------|----|--------------------------|----|--------------------------|
| 1. | <input checked="" type="checkbox"/> A | 2. | <input type="checkbox"/> | 3. | <input type="checkbox"/> | 4. | <input type="checkbox"/> |
| 5. | <input type="checkbox"/>              | 6. | <input type="checkbox"/> | 7. | <input type="checkbox"/> | 8. | <input type="checkbox"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.

1. You hear a young woman talking about her voluntary work.

How does she help out in the community now?

- A. working at a youth club
- B. visiting an old people's home
- C. cleaning up the park

2. You overhear a boy talking on the phone about a charity event.

The boy thinks his friend could

- A. join him in the event.
- B. sponsor him.
- C. come and watch

3. You hear two friends talking about voting.

Why did the woman vote for the Green Party in the local elections?

- A. It has the best policies for the time.
- B. She didn't like the other two parties.
- C. Her parents always vote for that party.

2. Read. Write **one** word in each gap. Then listen and check.

I've always tried to help out in the neighbourhood (1) ..... I was very young.

I remember (2) ..... I was about six going with my parents (3) ..... pick up rubbish in the local park. My friends thought I was stupid, (4) ..... it was fun and important.

I (5) ..... to go to my grandmother's house and take (6) ..... shopping and stuff, but (7) ..... went into a home last year (8) ..... is too far away for me to visit. Now I teach table tennis and guitar (9) ..... a club for teenagers (10) ..... the centre of town.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |           |                          |           |                          |          |                          |
|----|-----------|--------------------------|-----------|--------------------------|----------|--------------------------|
| A. | cut       | <input type="checkbox"/> | coat      | <input type="checkbox"/> | cat      | <input type="checkbox"/> |
| B. | recycle   | <input type="checkbox"/> | recycling | <input type="checkbox"/> | recycled | <input type="checkbox"/> |
| C. | warming   | <input type="checkbox"/> | warning   | <input type="checkbox"/> | winning  | <input type="checkbox"/> |
| D. | power     | <input type="checkbox"/> | poor      | <input type="checkbox"/> | pure     | <input type="checkbox"/> |
| E. | plant     | <input type="checkbox"/> | planted   | <input type="checkbox"/> | plants   | <input type="checkbox"/> |
| F. | energy    | <input type="checkbox"/> | engine    | <input type="checkbox"/> | engineer | <input type="checkbox"/> |
| G. | pollution | <input type="checkbox"/> | polluting | <input type="checkbox"/> | polluted | <input type="checkbox"/> |
| H. | solar     | <input type="checkbox"/> | slower    | <input type="checkbox"/> | slow     | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |            |           |
|----|------------|-----------|
| A. | cutting    | cut down  |
| B. | so low     | solar     |
| C. | energy     | any       |
| D. | wind power | windier   |
| E. | and fill   | land fill |
| F. | plan it    | planet    |
| G. | saving     | safe in   |
| H. | pull a     | pollution |

3. Listen, read and check.

# Vocabulary for FIRST test (2)

## Saving the planet — Problems and solutions



A. cutting down trees



B. water pollution



C. pollution from vehicles



D. pollution from factories



E. rubbish in landfill



F. global warming



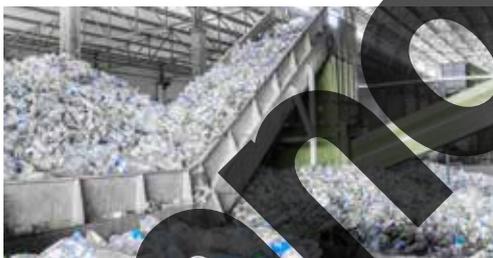
G. solar power



H. wind power



I. water power



J. recycling



K. saving energy



L. planting trees

1. Look. Listen. Say the words and phrases.

2. Look. Listen. Which problem or solution is the person talking about? Write the letter.

- |    |                          |    |                          |    |                          |     |                          |     |                          |     |                          |
|----|--------------------------|----|--------------------------|----|--------------------------|-----|--------------------------|-----|--------------------------|-----|--------------------------|
| 1. | <input type="checkbox"/> | 2. | <input type="checkbox"/> | 3. | <input type="checkbox"/> | 4.  | <input type="checkbox"/> | 5.  | <input type="checkbox"/> | 6.  | <input type="checkbox"/> |
| 7. | <input type="checkbox"/> | 8. | <input type="checkbox"/> | 9. | <input type="checkbox"/> | 10. | <input type="checkbox"/> | 11. | <input type="checkbox"/> | 12. | <input type="checkbox"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 3)

*Listening to various short related monologues for gist and detail: multiple matching*

1. You will hear four short extracts in which teenagers are talking about saving the planet. Choose from the list (A–F) the statement which describes what each speaker is doing. Use the letters only once. There are two extra letters which you do not need to use.

A. saving energy

Speaker 1

B. recycling

Speaker 2

C. clearing up rubbish

Speaker 3

Speaker 4

D. using green energy

E. travelling less

F. eating less meat

2. Listen again and check.

3. Listen, read and check.



## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |            |                          |          |                          |            |                          |
|----|------------|--------------------------|----------|--------------------------|------------|--------------------------|
| A. | conflict   | <input type="checkbox"/> | convert  | <input type="checkbox"/> | confirm    | <input type="checkbox"/> |
| B. | physics    | <input type="checkbox"/> | physical | <input type="checkbox"/> | feel       | <input type="checkbox"/> |
| C. | friend     | <input type="checkbox"/> | friends  | <input type="checkbox"/> | friendship | <input type="checkbox"/> |
| D. | war        | <input type="checkbox"/> | were     | <input type="checkbox"/> | we're      | <input type="checkbox"/> |
| E. | compromise | <input type="checkbox"/> | promise  | <input type="checkbox"/> | promises   | <input type="checkbox"/> |
| F. | cease      | <input type="checkbox"/> | sees     | <input type="checkbox"/> | says       | <input type="checkbox"/> |
| G. | aggressive | <input type="checkbox"/> | agrees   | <input type="checkbox"/> | disagrees  | <input type="checkbox"/> |
| H. | tension    | <input type="checkbox"/> | tens     | <input type="checkbox"/> | extension  | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

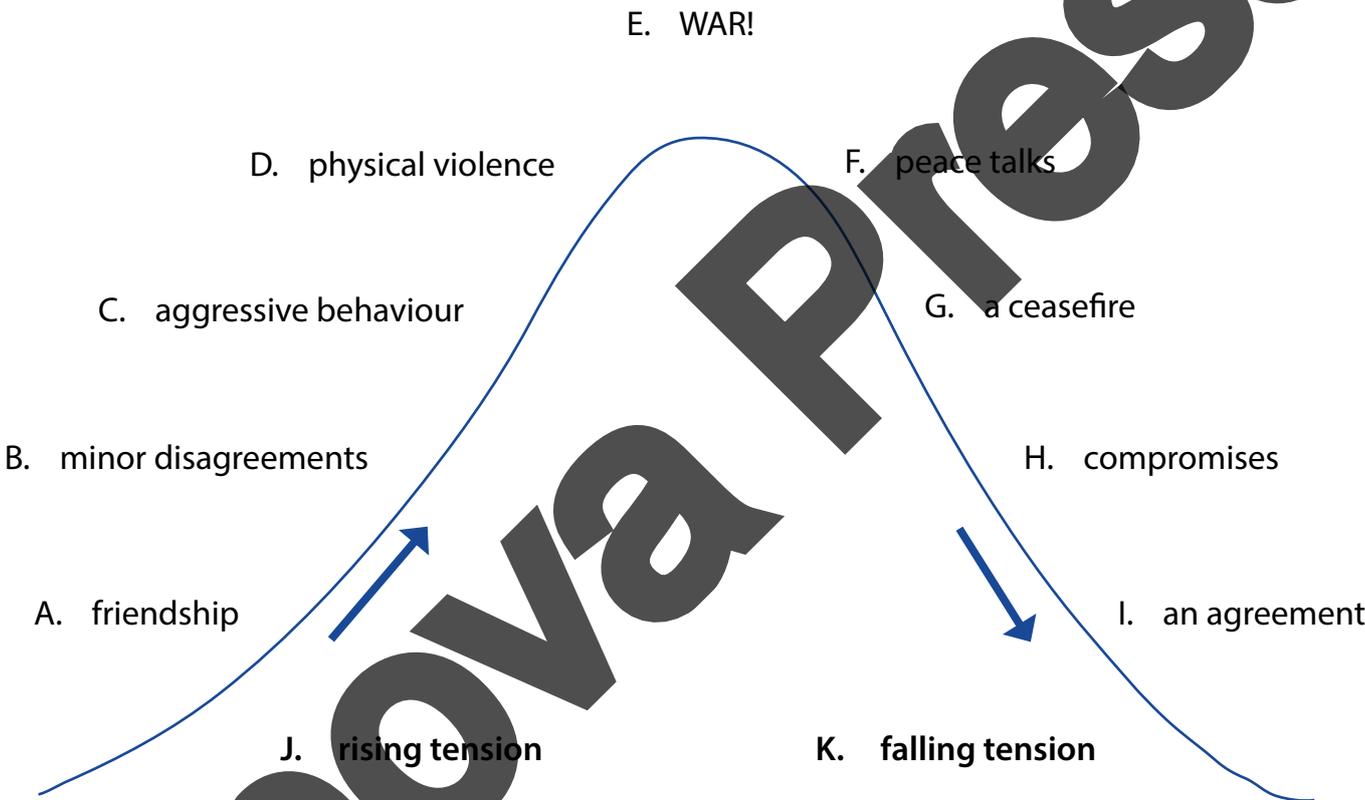
- |    |           |             |
|----|-----------|-------------|
| A. | ignore it | annoy       |
| B. | avoid it  | afford it   |
| C. | promises  | compromises |
| D. | piece     | peace       |
| E. | minor     | mine or     |
| F. | violence  | violent     |
| G. | behave    | behaviour   |
| H. | raising   | rising      |

3. Listen, read and check.

# Vocabulary for FIRST test (2)



## The graph of conflict



1. Look. Listen. Say the words and phrases.

A. friendship

2. Listen. Look. Which stage in the graph above is the person talking about? Write the letter.

1. He's started to shout at me a lot and threaten me.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

3. Listen, read and check.

## Practice for FIRST test (Type 2)

*Listening to a monologue for specific information: sentence completion*

1. You will hear a woman talking about how to deal with conflict. For questions 1–10, complete the sentences with a word, number or short phrase.



### Dealing with conflict

When a conflict starts, it is important not to (1) ..... or avoid talking about it. Pick a time and a place to talk without (2) .....

Start by (3) ..... for the need for the meeting. Say that you wanted to (4) ..... to the conflict. Ask for an explanation of the other person's

(5) ..... of the problem. Give your side, saying what (6) .....

Ask the other person what he or she sees as (7) ..... If you can see problems with that solution, (8) ....., carefully. Try to find

(9) ..... which is acceptable to both of you. Reach an agreement and fix a time (10) ..... things.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |          |                          |             |                          |            |                          |
|----|----------|--------------------------|-------------|--------------------------|------------|--------------------------|
| A. | happy    | <input type="checkbox"/> | happier     | <input type="checkbox"/> | unhappy    | <input type="checkbox"/> |
| B. | kind     | <input type="checkbox"/> | unkind      | <input type="checkbox"/> | kinder     | <input type="checkbox"/> |
| C. | sad      | <input type="checkbox"/> | said        | <input type="checkbox"/> | sadness    | <input type="checkbox"/> |
| D. | care     | <input type="checkbox"/> | careless    | <input type="checkbox"/> | careful    | <input type="checkbox"/> |
| E. | brave    | <input type="checkbox"/> | bravery     | <input type="checkbox"/> | brain      | <input type="checkbox"/> |
| F. | ambition | <input type="checkbox"/> | ambitious   | <input type="checkbox"/> | ambitions  | <input type="checkbox"/> |
| G. | gentle   | <input type="checkbox"/> | generous    | <input type="checkbox"/> | generosity | <input type="checkbox"/> |
| H. | sympathy | <input type="checkbox"/> | sympathetic | <input type="checkbox"/> | similar    | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |            |              |
|----|------------|--------------|
| A. | depression | press on     |
| B. | cruelly    | cruelty      |
| C. | trust him  | trusting     |
| D. | he worried | he's worried |
| E. | feel       | fear         |
| F. | successful | success      |
| G. | anger      | angry        |
| H. | helpful    | help         |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Feelings

#### adjectives

#### nouns

A. happy

happiness

B. kind

kindness

C. sad

sadness

D. tired

tiredness

E. depressed

depression

F. ambitious

ambition

G. helpful

help

H. careful

care

I. successful

success

J. generous

generosity

K. cruel

cruelty

L. sympathetic

sympathy

M. brave

bravery

N. worried

worry

O. trusting

trust

P. lucky

luck

Q. angry

anger

R. afraid

fear

1. Look. Listen. Say the words.

2. Listen. Look. Which form – adjective or noun – ends each sentence? Tick (✓) in the correct column above.

A. You look very ...

B. Thank you for your ...

3. Listen and check.

4. Listen, read and check.

## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with a young actor. For each question, circle (O) the best answer.

1. Why did Martha become an actor?

- A. Because her parents were successful actors.
- B. Because she loves performing.
- C. Because people told her to do it.

2. How does Martha feel about her career so far?

- A. She is disappointed because she's very ambitious.
- B. She gets depressed sometimes about it.
- C. She is surprised at the generosity of people.

3. What does Martha think is the key to success in acting?

- A. Believe in yourself.
- B. Take advice from critics.
- C. Don't trust anyone.

4. In the next few years, Martha wants to ...

- A. appear in films.
- B. move out of acting.
- C. start her own theatre company.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words and phrases in order.

- |    |           |                          |            |                          |               |                          |
|----|-----------|--------------------------|------------|--------------------------|---------------|--------------------------|
| A. | pronounce | <input type="checkbox"/> | pronounced | <input type="checkbox"/> | pronunciation | <input type="checkbox"/> |
| B. | accent    | <input type="checkbox"/> | a cent     | <input type="checkbox"/> | recent        | <input type="checkbox"/> |
| C. | sign      | <input type="checkbox"/> | signed     | <input type="checkbox"/> | resign        | <input type="checkbox"/> |
| D. | swear     | <input type="checkbox"/> | swore      | <input type="checkbox"/> | sword         | <input type="checkbox"/> |
| E. | foreign   | <input type="checkbox"/> | rain       | <input type="checkbox"/> | for lan       | <input type="checkbox"/> |
| F. | mother    | <input type="checkbox"/> | modern     | <input type="checkbox"/> | model         | <input type="checkbox"/> |
| G. | language  | <input type="checkbox"/> | a bridge   | <input type="checkbox"/> | an age        | <input type="checkbox"/> |
| H. | tone      | <input type="checkbox"/> | tune       | <input type="checkbox"/> | tongue        | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                  |                 |
|----|------------------|-----------------|
| A. | pronounce        | pronoun         |
| B. | the idiot        | the idiom       |
| C. | sign             | signal          |
| D. | foreign language | modern language |
| E. | his death        | he's deaf       |
| F. | she swore        | she's worse     |
| G. | translate        | translation     |
| H. | tone of voice    | lost her voice  |

3. Listen, read and check.

# Vocabulary for FIRST test (2)

## Talking about language

- A. an accent a way of pronouncing associated with a particular language, e.g. a French accent speaking English
- B. an alphabet all the letters from a language, e.g. A, B, C ...
- C. Braille raised dots representing numbers and letters, as used by some blind people
- D. a dead language a language from the past, e.g. Latin
- E. an idiom words with a hidden meaning, e.g. 'raining cats and dogs' = 'raining heavily'
- F. lip reading working out words from looking at a person's mouth, as used by some deaf people
- G. a modern language a language which is spoken today, e.g. Spanish
- H. a foreign language a language other than your own
- I. a native language the language of the country you were born in
- J. sign language making letters, numbers and words with fingers, as used by some deaf people
- K. mother tongue the language your parents taught you
- L. pronunciation how a letter, word or sentence is spoken, including stress
- M. swear say a rude word
- N. translate change words and sentences from one language to another, e.g. from Arabic into English
- O. tone of voice the way you say something, e.g. angrily

1. Look. Listen. Say the words and phrases.

2. Listen. Look. Which word or phrase is the person defining? Write the letter.

1. a language from the past, e.g. Latin

- |    |                                |    |                      |    |                      |     |                      |     |                      |
|----|--------------------------------|----|----------------------|----|----------------------|-----|----------------------|-----|----------------------|
| 1. | <input type="text" value="D"/> | 4. | <input type="text"/> | 7. | <input type="text"/> | 10. | <input type="text"/> | 13. | <input type="text"/> |
| 2. | <input type="text"/>           | 5. | <input type="text"/> | 8. | <input type="text"/> | 11. | <input type="text"/> | 14. | <input type="text"/> |
| 3. | <input type="text"/>           | 6. | <input type="text"/> | 9. | <input type="text"/> | 12. | <input type="text"/> | 15. | <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.

1. You hear a teenager talking about choosing a university course.

What did she finally choose?

- A. English and Spanish.
- B. Spanish and Chemistry.
- C. Spanish and Italian.

2. You overhear a boy talking on the phone about his friend's pronunciation.

The boy thinks his friend could improve if he

- A. watched more British television.
- B. spent some time in Britain.
- C. used an app which he has found.

3. You hear two friends talking about English idioms.

Which idiom do they both like?

- A. 'You're pulling my leg.'
- B. 'You've hit the nail on the head.'
- C. 'Don't beat around the bush.'

2. Read. Write **one** word in each gap. Then listen and check.

You asked me about improving your (1) ..... Your (2) ..... is actually very good. You don't (3) ..... French. Most of the time the individual (4) ..... are right but perhaps you could improve your (5) ....., the strong sound in a word or (6) ....., because that is a key point in English. One other thing is your tone of (7) ..... Sometimes you sound angry when you're not!

Don't tune in to UK TV shows because there are so many (8) .....

If you come here on holiday, people won't (9) ..... your pronunciation.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words and phrases in order.

- |    |            |                          |           |                          |           |                          |
|----|------------|--------------------------|-----------|--------------------------|-----------|--------------------------|
| A. | television | <input type="checkbox"/> | telephone | <input type="checkbox"/> | telescope | <input type="checkbox"/> |
| B. | channel    | <input type="checkbox"/> | change    | <input type="checkbox"/> | chance    | <input type="checkbox"/> |
| C. | star       | <input type="checkbox"/> | start     | <input type="checkbox"/> | stare     | <input type="checkbox"/> |
| D. | show       | <input type="checkbox"/> | shown     | <input type="checkbox"/> | shows     | <input type="checkbox"/> |
| E. | network    | <input type="checkbox"/> | not work  | <input type="checkbox"/> | new work  | <input type="checkbox"/> |
| F. | host       | <input type="checkbox"/> | hot       | <input type="checkbox"/> | hotel     | <input type="checkbox"/> |
| G. | viewer     | <input type="checkbox"/> | views     | <input type="checkbox"/> | viewers   | <input type="checkbox"/> |
| H. | tabloid    | <input type="checkbox"/> | table     | <input type="checkbox"/> | tablet    | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |             |                |
|----|-------------|----------------|
| A. | blog        | vlog           |
| B. | chat shows  | that show      |
| C. | or the ends | audiences      |
| D. | our viewers | our new shows  |
| E. | I'll stay   | station        |
| F. | presenters  | presents       |
| G. | whose       | hosts          |
| H. | celebrity   | sell or buy it |

3. Listen, read and check.

# Vocabulary for FIRST test (2)

## Media



a vlogger and influencer



a disc jockey



a tabloid newspaper



a celebrity with a chat show host



a TV presenter

The area ...	television	the internet	radio	newspapers
is divided into ...	A. networks B. channels C. programmes D. shows	J. social media K. websites	P. stations	U. quality papers V. tabloids
The stars are ...	E. actors F. celebrities G. presenters H. hosts	L. influencers M. bloggers N. vloggers	Q. presenters R. hosts S. DJs	W. columnists X. journalists
The audience is called ...	I. viewers	O. readers; viewers	T. listeners	Y. readers

1. Look. Listen. Say the words and phrases.

2. Listen. What is the person talking about? Write the number.

- |                                     |                                      |                                     |                                   |
|-------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> columnists | <input type="checkbox"/> hosts       | <input type="checkbox"/> presenters | <input type="checkbox"/> networks |
| <input type="checkbox"/> DJs        | <input type="checkbox"/> influencers | <input type="checkbox"/> tabloids   | <input type="checkbox"/> viewers  |

3. Listen, read and check.

## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with an internet influencer. For each question, circle (O) the best answer.

1. What is an influencer?

- A. It's a celebrity advertising a product on television.
- B. It's a blogger with a lot of friends on social media.
- C. It's an ordinary person who is paid to blog or vlog about a product.

2. How did Aisha become an influencer?

- A. She was paid to advertise a new product on her website.
- B. She mentioned a product on her website.
- C. She appeared in TV adverts for famous products.

3. Why is she successful as an influencer?

- A. Because people like her songs.
- B. Because she makes clever vlogs about products
- C. Because she gives her real opinion

4. Aisha became world famous by

- A. appearing on chat shows.
- B. giving interviews on music radio shows.
- C. building her social media presence.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |          |                          |          |                          |            |                          |
|----|----------|--------------------------|----------|--------------------------|------------|--------------------------|
| A. | tune     | <input type="checkbox"/> | tone     | <input type="checkbox"/> | ton        | <input type="checkbox"/> |
| B. | song     | <input type="checkbox"/> | sung     | <input type="checkbox"/> | sang       | <input type="checkbox"/> |
| C. | cello    | <input type="checkbox"/> | call     | <input type="checkbox"/> | cell       | <input type="checkbox"/> |
| D. | flute    | <input type="checkbox"/> | flight   | <input type="checkbox"/> | flat       | <input type="checkbox"/> |
| E. | jazz     | <input type="checkbox"/> | chess    | <input type="checkbox"/> | jars       | <input type="checkbox"/> |
| F. | composer | <input type="checkbox"/> | computer | <input type="checkbox"/> | competitor | <input type="checkbox"/> |
| G. | concert  | <input type="checkbox"/> | concern  | <input type="checkbox"/> | consider   | <input type="checkbox"/> |
| H. | band     | <input type="checkbox"/> | bend     | <input type="checkbox"/> | bond       | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |             |              |
|----|-------------|--------------|
| A. | guitars     | guitarist    |
| B. | lyrics      | Eric's       |
| C. | with him    | rhythm       |
| D. | popular     | pop star     |
| E. | festival    | first of all |
| F. | or chest    | orchestra    |
| G. | performance | performers   |
| H. | instrument  | instruction  |

3. Listen, read and check.

# Vocabulary for FIRST test (2)

## Music



<b>Types:</b>	A. jazz	B. rock	C. pop	D. folk	E. classical
<b>Instruments:</b>	F. guitar	G. violin	H. cello	I. keyboard	J. flute
<b>Musicians:</b>	K. composer	L. pianist	M. drummer	N. songwriter	
<b>Terms:</b>	O. lyrics	P. tune	Q. rhythm	R. song	
<b>Performances:</b>	S. concert	T. festival	U. recording	V. live	
<b>Groups:</b>	W. band	X. group	Y. orchestra		

1. Look, Listen. Say the words.

Types: A. jazz B. rock

2. Listen. What is the person talking about each time? Write the number.

a flute

an orchestra

a composer

jazz

a live performance

lyrics

3. Listen, read and check.

## Practice for FIRST test (Type 2)

*Listening to a monologue for specific information: sentence completion*

1. You will hear a man talking about the early history of music. For questions 1–10, complete the sentences with a word, number or short phrase.

### The early history of music

Every culture on Earth has had music since (1) ....., according to researchers.

Perhaps early humans copied (2) ..... to make music.

The first musical instrument was, presumably, (3) .....

Our closest living relatives, (4) ....., do not have as wide a range as humans, so we must have developed it over tens of thousands of years.

Perhaps sounds were used first to (5) .....

Perhaps it was a form of (6) ..... which served no practical purpose.

The oldest instrument found so far is a (7) ..... made from the bones of a large bird.

Next came stringed instruments played with (8) ..... or with a bow.

The oldest known song is written in the ancient language of Syria and is (9) ..... years old.

The oldest complete musical composition is believed to be from (10) ..... CE.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |            |                          |             |                          |            |                          |
|----|------------|--------------------------|-------------|--------------------------|------------|--------------------------|
| A. | walk       | <input type="checkbox"/> | work        | <input type="checkbox"/> | week       | <input type="checkbox"/> |
| B. | ride       | <input type="checkbox"/> | rode        | <input type="checkbox"/> | rude       | <input type="checkbox"/> |
| C. | cruise     | <input type="checkbox"/> | cause       | <input type="checkbox"/> | course     | <input type="checkbox"/> |
| D. | tour       | <input type="checkbox"/> | tower       | <input type="checkbox"/> | truer      | <input type="checkbox"/> |
| E. | foot       | <input type="checkbox"/> | food        | <input type="checkbox"/> | fruit      | <input type="checkbox"/> |
| F. | bus        | <input type="checkbox"/> | bush        | <input type="checkbox"/> | boots      | <input type="checkbox"/> |
| G. | away       | <input type="checkbox"/> | aware       | <input type="checkbox"/> | always     | <input type="checkbox"/> |
| H. | expedition | <input type="checkbox"/> | exploration | <input type="checkbox"/> | exhibition | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |             |               |
|----|-------------|---------------|
| A. | go on foot  | go on for     |
| B. | go and buy  | go by         |
| C. | a way       | away          |
| D. | the holiday | the whole day |
| E. | avoid it    | a voyage      |
| F. | accuse      | a cruise      |
| G. | exploration | expedition    |
| H. | go on       | going         |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Travel and activity phrases

go	A.	for	a walk	
	B.	for	a drive	= in a car
	C.	for	a ride	= on a bike, motorbike, horse
	D.	away for	the weekend	
	E.	away for	a few days	
	F.	out for	the evening	
	G.	out for	the day	
	H.	on	a journey	
	I.	on	a voyage	= a long journey by sea
	J.	on	an expedition	= to somewhere dangerous
	K.	on	a cruise	= on a cruise ship
	L.	on	holiday	
	M.	on	a tour	= visiting different places
	N.	on	foot	= walking
	O.	by	bus	
	P.	by	train	
Q.	by	air	= flying	
R.	away		= leave	
S.	to	London	= a place	
T.		home		
U.		back	= return to a place	
V.		sailing	= activity ending <i>-ing</i>	

1. Look. Listen. Say the phrases.

A. go for a walk    B. go for a drive

2. Listen. Which word or phrase ends each sentence?

Write the number.

- |                          |          |                          |               |
|--------------------------|----------|--------------------------|---------------|
| <input type="checkbox"/> | a cruise | <input type="checkbox"/> | an expedition |
| <input type="checkbox"/> | a ride   | <input type="checkbox"/> | foot          |
| <input type="checkbox"/> | a tour   | <input type="checkbox"/> | home          |
| <input type="checkbox"/> | a walk   | <input type="checkbox"/> | sailing       |
| <input type="checkbox"/> | air      | <input type="checkbox"/> | the weekend   |

3. Listen and check.

4. Listen, read and check.

## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with a young explorer. For each question, circle (O) the best answer.

1. How did Julia become interested in exploration?

- A. Watching travel programmes on television
- B. Learning about unusual places at school
- C. Reading adventure stories

2. What was Julia's first adventurous journey?

- A. A trip to a waterfall
- B. A desert safari
- C. A jungle tour

3. What is the best thing about exploration for Julia?

- A. Dealing with her fears
- B. Planning the expedition
- C. Remembering all the adventures later

4. In the future, Julia wants to ...

- A. make films of her explorations.
- B. find a lost city.
- C. have a new species named after her.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |          |                          |           |                          |            |                          |
|----|----------|--------------------------|-----------|--------------------------|------------|--------------------------|
| A. | cure     | <input type="checkbox"/> | care      | <input type="checkbox"/> | career     | <input type="checkbox"/> |
| B. | ward     | <input type="checkbox"/> | word      | <input type="checkbox"/> | warn       | <input type="checkbox"/> |
| C. | treat    | <input type="checkbox"/> | treated   | <input type="checkbox"/> | treatment  | <input type="checkbox"/> |
| D. | mental   | <input type="checkbox"/> | meant     | <input type="checkbox"/> | mean       | <input type="checkbox"/> |
| E. | poison   | <input type="checkbox"/> | person    | <input type="checkbox"/> | prison     | <input type="checkbox"/> |
| F. | disease  | <input type="checkbox"/> | disaster  | <input type="checkbox"/> | distance   | <input type="checkbox"/> |
| G. | medical  | <input type="checkbox"/> | medicine  | <input type="checkbox"/> | medication | <input type="checkbox"/> |
| H. | chemical | <input type="checkbox"/> | chemistry | <input type="checkbox"/> | chemist    | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |             |           |
|----|-------------|-----------|
| A. | mental      | meant to  |
| B. | pill        | ill       |
| C. | infect them | infection |
| D. | treat men   | treatment |
| E. | operate     | operation |
| F. | healthy     | health    |
| G. | drugstore   | drugs or  |
| H. | symptom     | symptoms  |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Talking about illness and treatment

A.	mental	connected with the brain
B.	physical	connected with the body
C.	drug	a chemical to treat an illness
D.	cure	to make someone completely better
E.	ward	a part of a hospital where patients sleep
F.	operation	opening a person's body to treat a problem
G.	infection	an illness which you can catch from other people
H.	treatment	medicine or an operation to make someone better
I.	poison	a chemical which makes someone ill, or kills them
J.	examination	[in medicine] checking to find out what's wrong
K.	therapy	a course of treatment for a mental or physical problem
L.	herbal remedy	treatment based on plants
M.	alternative medicine	treatment using old methods, not modern science
N.	medical breakthrough	finding the cause or the treatment for an illness
O.	symptom	a sign of a particular illness or disease

1. Look. Listen. Say the words and phrases.

A. mental B. physical

2. Listen. Which word or phrase is the person defining? Write the letter.

1. In medicine, it is checking to find out what's wrong.

 A

 D

 G

 J

 M

 B

 E

 H

 K

 N

 C

 F

 I

 L

 O

3. Listen, read and check.

## Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.

1. You hear a teenager talking about her illness.

Why was she in hospital?

- A. She had an infection.
- B. She had food poisoning.
- C. She had an operation.

2. You overhear a boy talking on the phone about his mother.

The boy thinks his mother should

- A. try a herbal remedy.
- B. use alternative medicine.
- C. go to see a doctor.

3. You hear two friends talking about medicine.

Why does the girl want to be a medical scientist?

- A. To find a cure for cancer.
- B. To work on treatments for tropical diseases.
- C. To discover the cause of ageing.

2. Read. Write **one** word in each gap. Then listen and check.

I haven't told you about my week in (1) ....., have I? It was horrible.

I thought I had an (2) ....., and I got some (3) ..... from the

doctor, but after two days of the (4) ....., I didn't feel any better, so I went

back to her. She didn't recognize the (5) ....., but she thought it might be

food (6) ....., She sent me to the hospital, and they (7) ..... me

and took me in immediately. They (8) ..... a few hours later, and they wouldn't

let me leave the (9) ..... for six days.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words and phrases in order.

- |    |           |                          |            |                          |             |                          |
|----|-----------|--------------------------|------------|--------------------------|-------------|--------------------------|
| A. | action    | <input type="checkbox"/> | acting     | <input type="checkbox"/> | actual      | <input type="checkbox"/> |
| B. | war       | <input type="checkbox"/> | were       | <input type="checkbox"/> | where       | <input type="checkbox"/> |
| C. | mystery   | <input type="checkbox"/> | Miss Terry | <input type="checkbox"/> | Mr          | <input type="checkbox"/> |
| D. | fantasy   | <input type="checkbox"/> | fantastic  | <input type="checkbox"/> | fans        | <input type="checkbox"/> |
| E. | adventure | <input type="checkbox"/> | advisor    | <input type="checkbox"/> | advantage   | <input type="checkbox"/> |
| F. | pirate    | <input type="checkbox"/> | parrot     | <input type="checkbox"/> | private     | <input type="checkbox"/> |
| G. | animation | <input type="checkbox"/> | admiration | <input type="checkbox"/> | anniversary | <input type="checkbox"/> |
| H. | horror    | <input type="checkbox"/> | error      | <input type="checkbox"/> | her or      | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                 |              |
|----|-----------------|--------------|
| A. | science fiction | science fact |
| B. | musical         | music or     |
| C. | comic           | comedy       |
| D. | history         | his story    |
| E. | west and        | western      |
| F. | animals         | animation    |
| G. | romance         | Romans       |
| H. | war time        | war film     |

3. Listen, read and check.

# Vocabulary for FIRST test (2)

## Film types



A. animation



B. romantic



C. horror



D. action



E. historical



F. western



G. comedy



H. science fiction



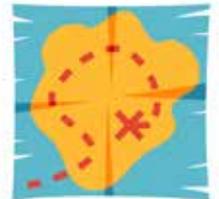
I. mystery



J. war



K. musical



L. adventure



M. pirate



N. fantasy



O. adult

1. Look. Listen. Say the words and phrases.

A. animation

2. Listen. What is the person talking about? Write the number.

- |    |                      |    |                      |    |                      |     |                      |     |                      |
|----|----------------------|----|----------------------|----|----------------------|-----|----------------------|-----|----------------------|
| 1. | <input type="text"/> | 4. | <input type="text"/> | 7. | <input type="text"/> | 10. | <input type="text"/> | 13. | <input type="text"/> |
| 2. | <input type="text"/> | 5. | <input type="text"/> | 8. | <input type="text"/> | 11. | <input type="text"/> | 14. | <input type="text"/> |
| 3. | <input type="text"/> | 6. | <input type="text"/> | 9. | <input type="text"/> | 12. | <input type="text"/> | 15. | <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with a young film maker called Naomi West. For each question, circle (O) the best answer.

1. How did Naomi become interested in making films?

- A. She watched a lot of different types of films as a child.
- B. Her parents were in the industry.
- C. She got a film camera as a present one birthday.

2. What sort of films has Naomi made so far?

- A. Comedies.
- B. Science fiction films.
- C. Mystery films.

3. How does Naomi feel about the films she has made?

- A. Her first film was her best.
- B. She is getting better with each film she makes.
- C. She hasn't made a good film yet.

4. Naomi's next film is

- A. a western.
- B. an adventure film.
- C. a romantic film.

2. Listen again and check.

3. Listen, read and check.

1. Listen. Number the words and phrases in order.

- a club
- a course
- a defender
- a helmet
- a pitch
- a ring
- a rink
- a stick
- an attacker
- gloves

Sports – people, equipment, playing area



2. Listen. Find the ending. Write the number.

- ambitious.
- calm.
- cheeky.
- enthusiastic.
- generous.
- gorgeous.
- selfish.
- sensible.
- sympathetic.
- witty.

Adjectives

gorgeous

sympathetic

intellectual

enthusiastic

energetic

ambitious

generous

3. Listen and check.

4. Listen, read and check.

1. Listen. Number the phrases in order.

- at any time
- at that time
- by the time
- have time
- in time
- of all time
- on time
- ran out of time
- take your time
- the time of my life

Time phrases

at any time

by the time

of all time

on time

at that time

at all times

in time

2. Listen. Find the ending. Write the number.

- care.
- return?
- air.
- accident.
- purpose?
- secret.
- foot.
- sympathy.
- hurry.
- myself.

Adverbial phrases

by ...

in ...

with ...

on ...

3. Listen and check.

4. Listen, read and check.

1. Listen. Complete each phrase.

- election
- events
- full-time
- married
- money
- neighbourhood
- people
- permission
- school
- scooter

## Rights and responsibilities



2. Listen and check.

3. Listen. Number the phrases in order.

- global warming
- landfills
- planting trees
- pollution from cars
- recycling
- saving energy
- solar power
- water pollution
- water power
- wind power

## Saving the planet



4. Listen, read and check.

1. Listen. Circle (O) the words on the cards.

ambitious

rights and responsibilities		
election		donate
	support	
elderly		charity
	sponsor	

saving the planet		
global		pollution
	energy	
solar		landfills
	recycling	

sports equipment and areas		
club		stick
	rink	
ring		helmet
	course	

adjectives		
ambitious		selfish
	witty	
calm		sensible
	enthusiastic	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card

4. Listen, read and check.

1. Listen. Find the ending. Write the number.

- agreement.
- behaviour.
- ceasefire.
- compromises.
- disagreement.
- friendship.
- rise.
- talks.
- violence.
- war.

## Conflict



3. Listen and check.

2. Listen. Which word do you hear in each sentence? Circle (O) the word.

1.            kind                      kindness
2.            ambitious                      ambition
3.            care                              careful
4.            cruelty                              cruel
5.            depressed                      depression
6.            brave                              bravery
7.            afraid                              fear
8.            anger                              angry
9.            generous                      generosity
10.            worry                              worried

## Feelings



4. Listen, read and check.

1. Listen. Circle (O) the words on the cards.

conflict		
agreement		war
	violence	
compromise		tension
	aggressive	

feelings		
ambitious		depression
	cruel	
bravery		fear
	worry	

saving the planet		
energy		waste
	solar power	
recycling		pollution
	wind power	

adverbial phrases		
by air		on foot
	in return	
on purpose		with care
	by myself	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card

4. Listen, read and check.

1. Listen. Number the words in order.

- a native language
- an accent
- a foreign language
- an alphabet
- an idiom
- mother tongue
- a dead language
- sign language
- swear
- translate

### Language



2. Listen. Find the ending. Write the number.

- audience.
- celebrity.
- channels.
- DJs.
- host.
- internet.
- presenters.
- tabloids.
- viewers.
- vlogs.

### Media



3. Listen and check.

4. Listen, read and check.

1. Listen. Circle (O) the words on the cards.

language		
foreign		accent
	translate	
native		swear
	idiom	

media		
viewer		audience
	celebrity	
blogger		DJ
	host	

sports equipment and places		
pitch		course
	club	
rink		court
	stick	

conflict		
war		violence
	behaviour	
agreement		compromise
	friendship	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.

1. Listen. Find the ending. Write the number.

- air.
- concert.
- folk.
- guitar.
- instruments.
- musicians.
- orchestra.
- performances.
- rhythm.
- song.

## Music



2. Listen and check.

3. Listen. Number the words and phrases in order.

- away for the weekend
- back
- by air
- by sea.
- for a ride
- for a walk
- on a cruise
- on a tour
- on a voyage
- on foot

## Travel



4. Listen, read and check.

1. Listen. Circle (O) the words and phrases on the cards.

<b>music</b>		
rhythm		flute
	composer	
tune		festival
	lyrics	

<b>travel</b>		
voyage		expedition
	journey	
cruise		by air
	tour	

<b>adjectives</b>		
gorgeous		sensible
	generous	
intellectual		witty
	energetic	

<b>rights and responsibilities</b>		
elections		support
	donate	
sponsor		vote
	charity	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.

1. Listen. Number the words in order.

- cure
- infection
- mental
- operation
- physical
- poison
- symptom
- therapy
- treatment
- ward

### Illness and treatment



2. Listen. Find the ending. Write the number.

- action.
- adults.
- animation.
- comedy.
- fiction.
- musical.
- mystery.
- romantic.
- war.
- Westerns!

### Film types



3. Listen and check.

4. Listen, read and check.

1. Listen. Circle (O) the words and phrases on the cards.

illness and treatment		
poison		ward
	therapy	
infection		cure
	symptom	

film types		
romantic		mystery
	war	
historical		horror
	fantasy	

music		
violin		lyrics
	rhythm	
band		composer
	orchestra	

media		
listener		presenter
	audience	
host		channel
	vlog	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |       |                          |         |                          |        |                          |
|----|-------|--------------------------|---------|--------------------------|--------|--------------------------|
| A. | put   | <input type="checkbox"/> | but     | <input type="checkbox"/> | boot   | <input type="checkbox"/> |
| B. | make  | <input type="checkbox"/> | take    | <input type="checkbox"/> | wake   | <input type="checkbox"/> |
| C. | blow  | <input type="checkbox"/> | blew    | <input type="checkbox"/> | blown  | <input type="checkbox"/> |
| D. | bring | <input type="checkbox"/> | brought | <input type="checkbox"/> | bought | <input type="checkbox"/> |
| E. | do    | <input type="checkbox"/> | did     | <input type="checkbox"/> | done   | <input type="checkbox"/> |
| F. | go    | <input type="checkbox"/> | went    | <input type="checkbox"/> | gone   | <input type="checkbox"/> |
| G. | clear | <input type="checkbox"/> | clean   | <input type="checkbox"/> | learn  | <input type="checkbox"/> |
| H. | pick  | <input type="checkbox"/> | pack    | <input type="checkbox"/> | pink   | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |           |          |
|----|-----------|----------|
| A. | make up   | my cup   |
| B. | pick up   | put up   |
| C. | clear up  | clean up |
| D. | do up     | done up  |
| E. | turn off  | turn up  |
| F. | bring up  | ring up  |
| G. | take up   | take off |
| H. | blow down | blow up  |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Phrasal verbs with 'up'

A.	blow up	1. a building	= destroy it
		2. a photograph	= make it bigger
B.	bring up	1. a child	= raise from a baby
		2. a topic	= start to talk about something
C.	clear up	1. a mess	= put things away
		2. a misunderstanding	= deal with confusion about something
D.	do up	1. a house	= repair it
		2. a shirt	= put the buttons in their holes
E.	make up	1. a story	= invent it
		2. with a friend	= become friends again after an argument
F.	take up	1. an offer	= accept the offer
		2. a hobby	= start doing something as a hobby
G.	pick up	1. clothes	= take hold of and move them from the floor
		2. a person	= give someone a lift in your car
H.	put up	1. shelves	= attach them to the wall
		2. a person	= give them temporary accommodation
I.	turn up	1. the volume	= make it louder
		2. at a party, etc	= arrive unexpectedly

1. Look, listen. Say the two uses of each phrasal verb.

A. blow up a building; blow up a photograph

2. Listen. Which meaning does the verb have in each sentence? Write 1 or 2.

A. They blew up the bridge so the enemy could not use it.

1

A

B

C

D

E

F

G

H

I

3. Listen, read and check.

# Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.

1. You hear a teenager talking about her doing up a house.

How is she helping her parents?

- A. She's putting up curtains in the living room.
- B. She's picking up rubbish in the garden.
- C. She's clearing up the mess in the kitchen.

2. You overhear a boy talking on the phone about an argument.

The boy thinks his friend should, immediately,

- A. clear up the misunderstanding.
- B. make up with his girlfriend.
- C. turn up at her house.

3. You hear two friends talking about the future.

What is the girl going to do?

- A. bring up a child
- B. take up an offer
- C. make up stories

2. Read. Write **one** word in each gap. Then listen and check.

You really shouldn't let this (1) ..... any longer. I know you are  
 (2) ....., and it will probably (3) ..... to make up  
 completely. And I know (4) ..... just turn up at her house and  
 expect everything to be (5) ..... But you must (6) .....  
 the misunderstanding now, straight away, and explain what (7) .....  
 You can't let her continue with (8) .....

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

A.	amazed	<input type="checkbox"/>	amused	<input type="checkbox"/>	amazement	<input type="checkbox"/>
B.	relax	<input type="checkbox"/>	realise	<input type="checkbox"/>	relaxation	<input type="checkbox"/>
C.	courage	<input type="checkbox"/>	encourage	<input type="checkbox"/>	encouragement	<input type="checkbox"/>
D.	depress	<input type="checkbox"/>	depressed	<input type="checkbox"/>	depression	<input type="checkbox"/>
E.	compete	<input type="checkbox"/>	competition	<input type="checkbox"/>	competitor	<input type="checkbox"/>
F.	motivate	<input type="checkbox"/>	motivation	<input type="checkbox"/>	motive	<input type="checkbox"/>
G.	concentrate	<input type="checkbox"/>	concentration	<input type="checkbox"/>	conversation	<input type="checkbox"/>
H.	appointment	<input type="checkbox"/>	disappoint	<input type="checkbox"/>	disappointment	<input type="checkbox"/>

2. Listen. Circle (O) the correct word or phrase.

A.	enjoy	enjoyment
B.	solve	solution
C.	competitor	competition
D.	require	requirement
E.	concentrate	concentration
F.	contributing	contribution
G.	depressed	depression
H.	entertaining	entertainment

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Verbs to nouns

#### Group 1: same stress

A.	amaze	amazement
B.	astonish	astonishment
C.	develop	development
D.	disappoint	disappointment
E.	encourage	encouragement
F.	enjoy	enjoyment
G.	entertain	entertainment
H.	require	requirement
I.	depress	depression

#### Group 2: different stress

J.	concentrate	concentration
K.	compete	competition
L.	motivate	motivation
M.	relax	relaxation
N.	contribute	contribution
O.	solve	solution

1. Look. Listen. Say the words in Group 1.      2. Look. Listen. Say the words in Group 2.

3. Listen. Which type of word do you hear in each sentence, verb or noun? Write N or V.

A. She came first in the 100 metre race. She was completely amazed.

A.	<input checked="" type="checkbox"/>	D.	<input type="checkbox"/>	G.	<input type="checkbox"/>	J.	<input type="checkbox"/>	M.	<input type="checkbox"/>
B.	<input type="checkbox"/>	E.	<input type="checkbox"/>	H.	<input type="checkbox"/>	K.	<input type="checkbox"/>	N.	<input type="checkbox"/>
C.	<input type="checkbox"/>	F.	<input type="checkbox"/>	I.	<input type="checkbox"/>	L.	<input type="checkbox"/>	O.	<input type="checkbox"/>

4. Listen, read and check.

## Practice for FIRST test (Type 3)

*Listening to various short related monologues for gist and detail: multiple matching*

1. You will hear four short extracts in which teenagers are talking about their favourite teacher. Choose from the list (A–F) the noun which describes the teacher's approach. Use the letters only once. There are two extra letters which you do not need to use.

A. competition

Speaker 1

B. relaxation

Speaker 2

C. contribution

Speaker 3

D. encouragement

Speaker 4

E. entertainment

F. motivation

2. Listen again and check.

3. Listen, read and check.



## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |            |                          |            |                          |            |                          |
|----|------------|--------------------------|------------|--------------------------|------------|--------------------------|
| A. | boil       | <input type="checkbox"/> | boiled     | <input type="checkbox"/> | boiling    | <input type="checkbox"/> |
| B. | empty      | <input type="checkbox"/> | MPT        | <input type="checkbox"/> | sympathy   | <input type="checkbox"/> |
| C. | mystery    | <input type="checkbox"/> | Miss Terry | <input type="checkbox"/> | mysterious | <input type="checkbox"/> |
| D. | terrific   | <input type="checkbox"/> | terrible   | <input type="checkbox"/> | terrifying | <input type="checkbox"/> |
| E. | crowd      | <input type="checkbox"/> | crowded    | <input type="checkbox"/> | crowding   | <input type="checkbox"/> |
| F. | freezer    | <input type="checkbox"/> | freezing   | <input type="checkbox"/> | frozen     | <input type="checkbox"/> |
| G. | exhausting | <input type="checkbox"/> | exhaustion | <input type="checkbox"/> | exhausted  | <input type="checkbox"/> |
| H. | memorable  | <input type="checkbox"/> | memory     | <input type="checkbox"/> | remember   | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                |             |
|----|----------------|-------------|
| A. | crowd          | crowded     |
| B. | terrified      | terrifying  |
| C. | boiling it     | boiling hot |
| D. | a freezing day | a freezer   |
| E. | memory         | memorable   |
| F. | emotion        | emotional   |
| G. | exhaustion     | exhausting  |
| H. | magnificent    | magazine    |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Adjectives

- |    |             |                                       |
|----|-------------|---------------------------------------|
| A. | accessible  | You can get there easily.             |
| B. | boiling     | It is very, very hot.                 |
| C. | crowded     | There are a lot of people.            |
| D. | emotional   | It makes you want to cry.             |
| E. | empty       | There are no people or only a few.    |
| F. | exhausting  | It makes you very tired.              |
| G. | freezing    | It is very, very cold.                |
| H. | magnificent | It is very, very beautiful.           |
| I. | memorable   | You will remember it for a long time. |
| J. | mysterious  | You don't understand it.              |
| K. | terrifying  | You are afraid for your life.         |
| L. | thrilling   | It is exciting.                       |

1. Look. Listen. Say the adjectives.

2. Listen. Which adjective could you use to describe each item or experience? Write the letter.

1. My favourite ride was the roller coaster. You go up and down so fast and, at one point, you turn upside down. I loved it!

1.

4.

7.

10.

2.

5.

8.

11.

3.

6.

9.

12.

3. Listen, read and check.

## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with a travel agent, Cassie Stewart, who is talking about organising holidays. For each question, circle (O) the best answer.

1. How did Cassie become a travel agent?

- A. Her parents are in the business.
- B. She had a lot of bad holiday experiences as a child.
- C. It happened by accident.

2. What is the key to organising a successful holiday for someone?

- A. Matching the person to the holiday.
- B. Knowing the destination personally.
- C. Finding a holiday which the person can afford.

3. How do you organise a good holiday for a family?

- A. Think about the children.
- B. Think about the parents.
- C. Find out the interests of all the people involved.

4. Cassie's next holiday will be ...

- A. something adventurous.
- B. something relaxing.
- C. something memorable.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |          |                          |          |                          |           |                          |
|----|----------|--------------------------|----------|--------------------------|-----------|--------------------------|
| A. | diet     | <input type="checkbox"/> | died     | <input type="checkbox"/> | die       | <input type="checkbox"/> |
| B. | heal     | <input type="checkbox"/> | health   | <input type="checkbox"/> | healthy   | <input type="checkbox"/> |
| C. | vital    | <input type="checkbox"/> | virtual  | <input type="checkbox"/> | vitamin   | <input type="checkbox"/> |
| D. | vary     | <input type="checkbox"/> | varied   | <input type="checkbox"/> | variety   | <input type="checkbox"/> |
| E. | cosy     | <input type="checkbox"/> | cost     | <input type="checkbox"/> | coast     | <input type="checkbox"/> |
| F. | desserts | <input type="checkbox"/> | desert   | <input type="checkbox"/> | deserts   | <input type="checkbox"/> |
| G. | recipes  | <input type="checkbox"/> | receipts | <input type="checkbox"/> | receives  | <input type="checkbox"/> |
| H. | flavour  | <input type="checkbox"/> | favour   | <input type="checkbox"/> | favourite | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                 |                 |
|----|-----------------|-----------------|
| A. | a balanced diet | a bad diet      |
| B. | recipes         | rice and peas   |
| C. | low-cal sauce   | local source    |
| D. | the staff       | this stuff      |
| E. | their prices    | their rice is   |
| F. | the menu        | them and you    |
| G. | full of flavour | fuller flavour  |
| H. | delicate taste  | delicious taste |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Food collocations

- A. I try to eat a **balanced diet**.
- B. I never eat **junk food**.
- C. I buy a lot of **organic** food which comes from **local** suppliers.
- D. I drink juice every day which has a lot of **vitamins**.
- E. Once a week, I go to a small restaurant which has a **cosy atmosphere**.
- F. The **menu** is **varied**.
- G. The **recipes** are **simple**.
- H. The **ingredients** are **fresh**.
- I. The food is **delicious**.
- J. All their **dishes** are **full of flavour**.
- K. The **prices** are **reasonable**.
- L. It's good **value for money**.
- M. The staff don't **rush** you.
- N. I usually have a main course and a **dessert**.
- O. They have a wonderful **range** of **fresh fruit**.

1. Look. Listen. Say the sentences.

2. Listen. Look. Which sentence do you hear? Write the letter.

1. All their dishes are full of flavour.

- |    |                                |    |                      |    |                      |     |                      |     |                      |
|----|--------------------------------|----|----------------------|----|----------------------|-----|----------------------|-----|----------------------|
| 1. | <input type="text" value="J"/> | 4. | <input type="text"/> | 7. | <input type="text"/> | 10. | <input type="text"/> | 13. | <input type="text"/> |
| 2. | <input type="text"/>           | 5. | <input type="text"/> | 8. | <input type="text"/> | 11. | <input type="text"/> | 14. | <input type="text"/> |
| 3. | <input type="text"/>           | 6. | <input type="text"/> | 9. | <input type="text"/> | 12. | <input type="text"/> | 15. | <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 2)

*Listening to a monologue for specific information: sentence completion*

1. You will hear a woman talking about a balanced diet. For questions 1–10, complete the sentences with a word, number or short phrase.

### A balanced diet

The human body needs to get (1) ..... things to remain healthy.

We need water but it is not necessary to actually drink (2) ..... from a glass or bottle.

We need to eat things like bread, rice, pasta and potatoes to (3) .....

Then we need to eat some meat or fish, or (4) .....

We should eat a certain amount of fat, because it is a good way of (5) ..... for use later. But we should only eat about (6) ..... of fat in a balanced diet.

We need fibre from fruit and vegetables, and also from (7) .....

Our bodies need tiny amounts of vitamins, A, B, C, etc. but you (8) ..... take vitamins in tablet form if you have a balanced diet.

Finally, we need a small amount of minerals, like sodium (Na) and potassium (K), to help with (9) ..... and other functions, which we get naturally in a balanced diet.

If you don't have a balanced diet now, eat more (10) ..... and fewer cakes, biscuits and processed meals from supermarkets.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |             |                          |             |                          |                |                          |
|----|-------------|--------------------------|-------------|--------------------------|----------------|--------------------------|
| A. | applies     | <input type="checkbox"/> | application | <input type="checkbox"/> | apples         | <input type="checkbox"/> |
| B. | admits      | <input type="checkbox"/> | admission   | <input type="checkbox"/> | admitting      | <input type="checkbox"/> |
| C. | permit      | <input type="checkbox"/> | permission  | <input type="checkbox"/> | permitted      | <input type="checkbox"/> |
| D. | research    | <input type="checkbox"/> | search      | <input type="checkbox"/> | researcher     | <input type="checkbox"/> |
| E. | responsible | <input type="checkbox"/> | responsibly | <input type="checkbox"/> | responsibility | <input type="checkbox"/> |
| F. | revise      | <input type="checkbox"/> | revised     | <input type="checkbox"/> | revision       | <input type="checkbox"/> |
| G. | attend      | <input type="checkbox"/> | attendance  | <input type="checkbox"/> | attending      | <input type="checkbox"/> |
| H. | accept      | <input type="checkbox"/> | accepts     | <input type="checkbox"/> | acceptance     | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                   |             |
|----|-------------------|-------------|
| A. | essay             | I say       |
| B. | at ten            | attend      |
| C. | encourage         | courage     |
| D. | can send straight | concentrate |
| E. | focus             | for us      |
| F. | responsible       | response    |
| G. | reviews           | revise      |
| H. | permission        | admission   |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Nouns and verbs connected with studying

- A. admission                    getting into, e.g. a college
- B. application                request to join, e.g. a university or a company
- C. essay                        a long piece of formal writing on one subject
- D. independence            being able to make your own decisions
- E. permission                allowing someone to do something
- F. research                    finding out the facts about someone or something
- G. responsibility            having to do something because, e.g. you are attending a particular course
- H. accept                      agree to receive or do something
- I. attend                        go to a school or a lecture or a course
- J. concentrate [on]        work hard on something
- K. encourage                give support to someone so that they continue to do something
- L. focus [on]                 study something very carefully
- M. revise                      look again at things you have studied to prepare for an exam

1. Look. Listen. Say the words and phrases.

A. admission    B. application

2. Listen. Which word or phrase is the person defining? Write the letter.

1. agree to receive or do something

- |                                   |                         |                         |                          |
|-----------------------------------|-------------------------|-------------------------|--------------------------|
| 1. <input type="text" value="H"/> | 4. <input type="text"/> | 7. <input type="text"/> | 10. <input type="text"/> |
| 2. <input type="text"/>           | 5. <input type="text"/> | 8. <input type="text"/> | 11. <input type="text"/> |
| 3. <input type="text"/>           | 6. <input type="text"/> | 9. <input type="text"/> | 12. <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.
  1. You hear a teenager talking about admission to university.  
What was the hardest part for her?
    - A. the application form
    - B. the personal statement
    - C. the interview
  2. You overhear a boy talking on the phone about an essay.  
The boy thinks his friend should
    - A. do more research
    - B. concentrate on his English
    - C. focus on the main results of his experiment
  3. You hear a brother and sister talking about life at university.  
What does the girl like the most?
    - A. the independence
    - B. the essays
    - C. the lectures
2. Read. Write **one** word in each gap. Then listen and check.
  - A. I've been (1) ..... by North Western University. The (2) ..... form was so hard – there were so many questions. When they asked me to (3) ..... an interview, I thought, 'This is going to be terrible!' But it wasn't. The people were really nice.
  - B. You've done a load of (4) ..... because I've seen you in the library every day for the past week.
  - C. The (5) ..... are a bit hard to follow at times but the other students help me to understand anything which I'm confused about.
  - D. What about the actual work? Is that interesting? Writing long (6) ..... about the digestive system or something?
3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |           |                          |              |                          |               |                          |
|----|-----------|--------------------------|--------------|--------------------------|---------------|--------------------------|
| A. | indoor    | <input type="checkbox"/> | outdoor      | <input type="checkbox"/> | a door        | <input type="checkbox"/> |
| B. | skills    | <input type="checkbox"/> | skilled      | <input type="checkbox"/> | unskilled     | <input type="checkbox"/> |
| C. | weekdays  | <input type="checkbox"/> | weeks        | <input type="checkbox"/> | weekends      | <input type="checkbox"/> |
| D. | professor | <input type="checkbox"/> | professional | <input type="checkbox"/> | prefers       | <input type="checkbox"/> |
| E. | employ    | <input type="checkbox"/> | employee     | <input type="checkbox"/> | self-employed | <input type="checkbox"/> |
| F. | money     | <input type="checkbox"/> | many         | <input type="checkbox"/> | manual        | <input type="checkbox"/> |
| G. | part-time | <input type="checkbox"/> | free time    | <input type="checkbox"/> | full-time     | <input type="checkbox"/> |
| H. | enjoy     | <input type="checkbox"/> | enjoyed      | <input type="checkbox"/> | enjoyable     | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                       |                     |
|----|-----------------------|---------------------|
| A. | my wages              | my age is           |
| B. | a skilled worker      | an unskilled worker |
| C. | an employee           | an employer         |
| D. | nine to five          | ninety-five         |
| E. | attempt to do the job | a temporary job     |
| F. | it's well-paid        | it will be paid     |
| G. | manual work           | many will work      |
| H. | pleasant              | unpleasant          |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Talking about work

Location	A	indoor	outdoor
Money	B	wages (weekly)	salary (monthly)
Hours	C	9 to 5 (regular)	shift work
Days	D	weekdays	weekends
Period	E	part-time	full-time
	F	temporary	permanent
Type	G	skilled	unskilled
	H	professional	manual
	I	employee	self-employed
Opinions	J	challenging	easy
	K	enjoyable	boring
	L	pleasant	unpleasant
	M	well-paid	badly-paid

1. Look. Listen. Say the words and phrases.

A. indoor, outdoor

2. Listen. Which word or phrase is the person talking about for each letter? Circle (O) the correct word or phrase.

A. I like my job because I'm outside in the fresh air all the time.

3. Listen, read and check.

## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with a website designer, Lena Williams, who is talking about her job. For each question, circle (O) the best answer.

1. How did Lena become interested in website design?

- A. Her parents worked in IT.
- B. She did an Art and Design course at college.
- C. She did a temporary job at a design company.

2. What does Lena like about being a website designer?

- A. It's not 9 to 5.
- B. It's a permanent job.
- C. It's well-paid.

3. What is the key to successful website design, according to Lena?

- A. Remember that people don't have a lot of time.
- B. Visitors to websites are impatient.
- C. You've got to make people stay on your site.

4. What does Lena want to do next in her professional life?

- A. go freelance
- B. start her own company
- C. get promoted in her present company

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |             |                          |            |                          |             |                          |
|----|-------------|--------------------------|------------|--------------------------|-------------|--------------------------|
| A. | play        | <input type="checkbox"/> | played     | <input type="checkbox"/> | player      | <input type="checkbox"/> |
| B. | athletes    | <input type="checkbox"/> | athletic   | <input type="checkbox"/> | athletics   | <input type="checkbox"/> |
| C. | competition | <input type="checkbox"/> | competitor | <input type="checkbox"/> | competitive | <input type="checkbox"/> |
| D. | train       | <input type="checkbox"/> | trainer    | <input type="checkbox"/> | trained     | <input type="checkbox"/> |
| E. | attack      | <input type="checkbox"/> | attacker   | <input type="checkbox"/> | attacked    | <input type="checkbox"/> |
| F. | baseball    | <input type="checkbox"/> | basketball | <input type="checkbox"/> | handball    | <input type="checkbox"/> |
| G. | terrific    | <input type="checkbox"/> | terrifying | <input type="checkbox"/> | terrified   | <input type="checkbox"/> |
| H. | coach       | <input type="checkbox"/> | coaches    | <input type="checkbox"/> | coached     | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                |                  |
|----|----------------|------------------|
| A. | a tutor        | at your tour     |
| B. | the champions  | the championship |
| C. | believe        | unbelievable     |
| D. | the race is    | the races        |
| E. | a team-mate    | a team that      |
| F. | a trainer      | a train or       |
| G. | athletes       | athletics        |
| H. | the tournament | the tour of      |

3. Listen, read and check.

# Vocabulary for FIRST test (2)

## Sports and activities



<b>Sports</b>	A. golf	B. basketball	C. baseball	D. football
<b>Activities</b>	E. athletics	F. windsurfing	G. gymnastics	H. weightlifting
<b>Events</b>	I. competition	J. race	K. tournament	L. championship
<b>Players</b>	M. team-mate	N. attacker	O. defender	P. goalkeeper
<b>Teachers</b>	Q. trainer	R. coach	S. instructor	T. tutor
<b>Opinions</b>	U. exhausting	V. unbelievable	W. terrifying	X. thrilling

1. Look, Listen. Say the words.

A. golf B. basketball

2. Listen. What is each person talking about? Write the letter.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

1. My favourite part is the floor exercises. They're so beautiful. It's an art form as well as a sport. I don't like all the jumping and swinging from ropes so much.

3. Listen, read and check.

## Practice for FIRST test (Type 2)

*Listening to a monologue for specific information: sentence completion*

1. You will hear a man talking about taking exercise. For questions 1–10, complete the sentences with a word, number or short phrase.

### Exercise

1. We can divide exercise into two main types – .....
2. A sport has rules, games, and winners – .....
3. One type is one individual against an ....., for example, tennis.
4. Another type is an individual against a ....., e.g. swimming competitions.
5. Many types of sport, such as football, basketball and baseball, are ..... against another.
6. Each team has a captain, and there are usually attackers and .....
7. Activities may be for ....., like windsurfing or paragliding.
8. Activities in competitions set competitors against a ....., for example, high jump and long jump.
9. The ..... meets the target or does better, such as jumping higher or longer than anyone else in the competition.
10. Some activities, like paragliding, are thrilling or even terrifying, but many people enjoy .....

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |         |                          |          |                          |            |                          |
|----|---------|--------------------------|----------|--------------------------|------------|--------------------------|
| A. | play    | <input type="checkbox"/> | plate    | <input type="checkbox"/> | plot       | <input type="checkbox"/> |
| B. | star    | <input type="checkbox"/> | start    | <input type="checkbox"/> | straight   | <input type="checkbox"/> |
| C. | fame    | <input type="checkbox"/> | flame    | <input type="checkbox"/> | famous     | <input type="checkbox"/> |
| D. | theatre | <input type="checkbox"/> | threat   | <input type="checkbox"/> | threaten   | <input type="checkbox"/> |
| E. | direct  | <input type="checkbox"/> | director | <input type="checkbox"/> | direction  | <input type="checkbox"/> |
| F. | stage   | <input type="checkbox"/> | strange  | <input type="checkbox"/> | state      | <input type="checkbox"/> |
| G. | youth   | <input type="checkbox"/> | your     | <input type="checkbox"/> | yours      | <input type="checkbox"/> |
| H. | produce | <input type="checkbox"/> | product  | <input type="checkbox"/> | production | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                  |                |
|----|------------------|----------------|
| A. | film star        | films are      |
| B. | play right       | playwright     |
| C. | a scene          | as seen        |
| D. | talented         | to lend it     |
| E. | an audience      | Ann or Dean is |
| F. | director         | direct a       |
| G. | acting           | act in         |
| H. | theatre critical | theatre critic |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Talking about acting

A.	on stage	acting
B.	a plot	the story in a play or film
C.	a critic	a person who writes about plays, books, films etc.
D.	a director	a person who tells actors what to do on stage
E.	a production	a particular version of a play
F.	a scene	one part of a play
G.	a star	a very famous actor, usually from film work
H.	an audience	a group of people watching a play or a film
I.	drama school	a college where people learn to act
J.	fame	being well-known by a lot of people
K.	playwright	a person who writes a play [Be careful with the spelling!]
L.	talent	the ability to act, play a musical instrument etc.
M.	to clap	to bring your hands together to show you like something
N.	a youth theatre	a place for young people to do drama and give performances

1. Look. Listen. Say the words and phrases.

A. on stage B. a plot

2. Listen. Look. Which sentence do you hear? Write the letter.

1. He goes to about three or four productions every week and writes about each one in a national newspaper. I don't always agree with his opinion, but I always read what he says about a production before I book tickets.

- |    |                                     |    |                          |    |                          |    |                          |     |                          |
|----|-------------------------------------|----|--------------------------|----|--------------------------|----|--------------------------|-----|--------------------------|
| 1. | <input checked="" type="checkbox"/> | 3. | <input type="checkbox"/> | 5. | <input type="checkbox"/> | 7. | <input type="checkbox"/> | 9.  | <input type="checkbox"/> |
| 2. | <input type="checkbox"/>            | 4. | <input type="checkbox"/> | 6. | <input type="checkbox"/> | 8. | <input type="checkbox"/> | 10. | <input type="checkbox"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 3)

*Listening to various short related monologues for gist and detail: multiple matching*

1. You will hear four short extracts in which teenagers are talking about acting, the theatre and films. Choose from the list (A–F) how each speaker feels. Use the letters only once. There are two extra letters which you do not need to use.

A. I want a career in the theatre but not on stage.

Speaker 1

B. I've decided not to go to university. It's drama school for me.

Speaker 2

C. I love films but I'm not interested in the theatre.

Speaker 3

D. I was in a youth theatre for a few years but I didn't really enjoy it.

Speaker 4

E. I just don't know how people can get up on stage in front of a live audience.

F. Drama enables me to express myself fully.

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |            |                          |              |                          |               |                          |
|----|------------|--------------------------|--------------|--------------------------|---------------|--------------------------|
| A. | psychology | <input type="checkbox"/> | psychologist | <input type="checkbox"/> | psychological | <input type="checkbox"/> |
| B. | person     | <input type="checkbox"/> | personal     | <input type="checkbox"/> | personality   | <input type="checkbox"/> |
| C. | caution    | <input type="checkbox"/> | cautious     | <input type="checkbox"/> | caught        | <input type="checkbox"/> |
| D. | relax      | <input type="checkbox"/> | relaxing     | <input type="checkbox"/> | relaxation    | <input type="checkbox"/> |
| E. | expect     | <input type="checkbox"/> | expectation  | <input type="checkbox"/> | expecting     | <input type="checkbox"/> |
| F. | adventure  | <input type="checkbox"/> | adventures   | <input type="checkbox"/> | adventurous   | <input type="checkbox"/> |
| G. | social     | <input type="checkbox"/> | sociable     | <input type="checkbox"/> | society       | <input type="checkbox"/> |
| H. | despair    | <input type="checkbox"/> | desperate    | <input type="checkbox"/> | despaired     | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                |                  |
|----|----------------|------------------|
| A. | personality    | personally       |
| B. | psychology     | psychologist     |
| C. | caught us      | cautious         |
| D. | this pair      | despair          |
| E. | his adventures | he's adventurous |
| F. | inspecting     | expecting        |
| G. | sociable       | sociably         |
| H. | admiring       | admiration       |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Words connected with the mind

A.	psychology	the study of the mind
B.	personality	a person's normal behaviour and attitudes
C.	to cope	to deal with, e.g. a difficult situation
D.	to despair	to think that a situation is hopeless
E.	an objective	an aim, particularly in your career or your life in general
F.	depression	extreme sadness, sometimes with no specific reason
G.	relaxation	resting
H.	enthusiasm	strong enjoyment in something
I.	admiration	liking how a person looks or behaves
J.	expectation	strong belief that something will happen, usually good
K.	potential	having the possibility of developing into something
L.	sociable	enjoying the company of other people
M.	conscious	aware of your surroundings
N.	nervous	frightened by something, perhaps without cause
O.	shy	uncomfortable when meeting new people or talking in public
P.	demanding	expecting a lot of other people
Q.	adventurous	liking to take risks, e.g. with sports
R.	cautious	not liking to take risks, e.g. with money

1. Look. Listen. Say the words and phrases.

2. Listen. Which word or phrase is the person defining? Write the letter.

1. a person's normal behaviour and attitudes

- |    |                                |    |                      |    |                      |     |                      |     |                      |
|----|--------------------------------|----|----------------------|----|----------------------|-----|----------------------|-----|----------------------|
| 1. | <input type="text" value="B"/> | 4. | <input type="text"/> | 7. | <input type="text"/> | 10. | <input type="text"/> | 13. | <input type="text"/> |
| 2. | <input type="text"/>           | 5. | <input type="text"/> | 8. | <input type="text"/> | 11. | <input type="text"/> | 14. | <input type="text"/> |
| 3. | <input type="text"/>           | 6. | <input type="text"/> | 9. | <input type="text"/> | 12. | <input type="text"/> | 15. | <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.

1. You hear a teenager talking about her latest holiday.

What sort of holiday was it?

- A. adventurous
- B. relaxing
- C. sociable

2. You overhear a boy talking on the phone about a summer job.

The boy thinks his friend should

- A. think carefully before he takes the job.
- B. take the job if it fits with his personality.
- C. consider whether the job has the potential to improve his skills.

3. You hear two friends talking about someone they both know.

What does the girl like the most about him?

- A. the way he has coped with problems in his life
- B. the fact that he has overcome being shy
- C. his enthusiasm for everything

2. Read. Write **one** word in each gap. Then listen and check.

I had a great time. I went (1) ..... a group of friends and, to be honest, we didn't actually do very (2) ..... The weather wasn't very good, (3) ..... we couldn't spend the whole time lying on the beach. And none of (4) ..... was very interested in things (5) ..... windsurfing or paragliding. (6) ....., we just went for long walks and stopped (7) ..... beautiful places for lunch and dinner every day. It was lovely (8) ..... the time together.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words and phrases in order.

- |    |              |                          |             |                          |              |                          |
|----|--------------|--------------------------|-------------|--------------------------|--------------|--------------------------|
| A. | clear up     | <input type="checkbox"/> | give up     | <input type="checkbox"/> | pick up      | <input type="checkbox"/> |
| B. | run out of   | <input type="checkbox"/> | run into    | <input type="checkbox"/> | run over     | <input type="checkbox"/> |
| C. | catch on     | <input type="checkbox"/> | go on       | <input type="checkbox"/> | take on      | <input type="checkbox"/> |
| D. | give away    | <input type="checkbox"/> | throw away  | <input type="checkbox"/> | put away     | <input type="checkbox"/> |
| E. | turn down    | <input type="checkbox"/> | turn over   | <input type="checkbox"/> | turn out     | <input type="checkbox"/> |
| F. | go off       | <input type="checkbox"/> | turn off    | <input type="checkbox"/> | put off      | <input type="checkbox"/> |
| G. | cut down on  | <input type="checkbox"/> | get down to | <input type="checkbox"/> | run down     | <input type="checkbox"/> |
| H. | keep up with | <input type="checkbox"/> | put up with | <input type="checkbox"/> | come up with | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |             |              |
|----|-------------|--------------|
| A. | run out of  | run into     |
| B. | go away     | throw away   |
| C. | catch on    | get on       |
| D. | pick up     | put up       |
| E. | cut down on | cut out      |
| F. | put off     | go off       |
| G. | check in    | check out    |
| H. | do without  | do away with |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Phrasal verbs

- A. Have you **come up with** any good ideas?
- B. All this work is really **getting me down**.
- C. Did you **get round to** the chores I asked you to do?
- D. I think this milk has **gone off**. It smells awful.
- E. You really should **cut down on** junk food. You'll get fat.
- F. Could you **pick up** some fruit when you go to the shops?
- G. Can you **do without** coffee today? I forgot to get any at the supermarket.
- H. I've **drawn up** a shopping list. Do you want me to add anything to it?
- I. We've **run out of** sugar. I'll have to go to the shops this afternoon.
- J. This bread is past its use-by date. **Throw it away**.
- K. I can't **keep up with** you and your soft drinks! There are none in the fridge again.
- L. Do you think flying cars will ever **catch on**?
- M. We haven't got strawberry jam. You'll have to **put up with** raspberry.
- N. I don't like shopping on the internet. I'll **stick with** the high street.

1. Look. Listen. Say the sentences.

2. Listen. Look. Which sentence do you hear? Write the letter.

1. Have you thrown away today's newspaper?

- |    |                                |    |                      |    |                      |    |                      |     |                      |
|----|--------------------------------|----|----------------------|----|----------------------|----|----------------------|-----|----------------------|
| 1. | <input type="text" value="J"/> | 3. | <input type="text"/> | 5. | <input type="text"/> | 7. | <input type="text"/> | 9.  | <input type="text"/> |
| 2. | <input type="text"/>           | 4. | <input type="text"/> | 6. | <input type="text"/> | 8. | <input type="text"/> | 10. | <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 2)

*Listening to a monologue for specific information: sentence completion*

1. You will hear a man talking about food shopping through the ages. For questions 1–10, complete the sentences with a word, number or short phrase.

### Food shopping through the ages

A hundred years ago, food shopping was a daily chore for two reasons. Firstly, people had to walk to the high street shops because they couldn't (1) ..... car, which meant that they could only (2) ..... up what they could carry home. Every time they (3) ..... of something, it meant a new shopping trip unless they wanted to do (4) ..... the item for a time.

Secondly, many things which they bought did not keep at home. Meat and milk and so on (5) ..... off very quickly because they didn't have fridges or freezers. A lot of food had to be (6) ..... In 1916, Clarence Saunders opened a self-service grocery store, an idea which (7) ..... on with people over the next 20 years and developed into the modern supermarket.

People gradually got fridges and freezers in their homes, and went to the supermarket by car more and more, so they could cut (8) ..... trips for food shopping. But they still had to buy only what they could carry to the (9) ..... Then, in 1937, a man called Sylvan Goldman (10) ..... with the idea of the shopping trolley – and modern food shopping was born.

2. Listen again and check.  
3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words and phrases in order.

- |    |          |                          |            |                          |            |                          |
|----|----------|--------------------------|------------|--------------------------|------------|--------------------------|
| A. | heal     | <input type="checkbox"/> | health     | <input type="checkbox"/> | healthy    | <input type="checkbox"/> |
| B. | ward     | <input type="checkbox"/> | word       | <input type="checkbox"/> | would      | <input type="checkbox"/> |
| C. | ill      | <input type="checkbox"/> | I'll       | <input type="checkbox"/> | illness    | <input type="checkbox"/> |
| D. | treat    | <input type="checkbox"/> | treatment  | <input type="checkbox"/> | treated    | <input type="checkbox"/> |
| E. | recover  | <input type="checkbox"/> | recovered  | <input type="checkbox"/> | recovery   | <input type="checkbox"/> |
| F. | check up | <input type="checkbox"/> | check in   | <input type="checkbox"/> | check out  | <input type="checkbox"/> |
| G. | special  | <input type="checkbox"/> | specialist | <input type="checkbox"/> | specialise | <input type="checkbox"/> |
| H. | death    | <input type="checkbox"/> | dead       | <input type="checkbox"/> | die        | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |               |                 |
|----|---------------|-----------------|
| A. | he's ill      | he'll           |
| B. | full recovery | I'll recover    |
| C. | an incident   | an accident     |
| D. | a specialist  | to specialise   |
| E. | check-out     | check-up        |
| F. | a bad disease | I had a disease |
| G. | the cure      | a cure          |
| H. | and injured   | Anne injured    |

3. Listen, read and check.



## Practice for FIRST test (Type 4)

*Listening to an interview for gist, detail and specific information: multiple choice*

1. You will hear part of a radio interview with a young doctor, Marta MacCarthy, who is talking about her job. For each question, circle (O) the best answer.

1. How did Marta become interested in medicine?

- A. Her parents are in the medical profession.
- B. She spent a lot of time in hospital as a child.
- C. Her pet dog was ill when she was young.

2. What's Marta's job now?

- A. in an Emergency Room
- B. in a ward for child patients
- C. in a private practice

3. What does Marta like about her job?

- A. It's different every day.
- B. She's always learning something new.
- C. The money is good.

4. What does Marta want to do next in her professional life?

- A. set up her own surgery
- B. move into medical administration
- C. work abroad

2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |       |                          |       |                          |        |                          |
|----|-------|--------------------------|-------|--------------------------|--------|--------------------------|
| A. | cows  | <input type="checkbox"/> | owls  | <input type="checkbox"/> | knows  | <input type="checkbox"/> |
| B. | sheep | <input type="checkbox"/> | cheap | <input type="checkbox"/> | sleep  | <input type="checkbox"/> |
| C. | camel | <input type="checkbox"/> | came  | <input type="checkbox"/> | camels | <input type="checkbox"/> |
| D. | guide | <input type="checkbox"/> | guard | <input type="checkbox"/> | good   | <input type="checkbox"/> |
| E. | bears | <input type="checkbox"/> | bores | <input type="checkbox"/> | pours  | <input type="checkbox"/> |
| F. | wild  | <input type="checkbox"/> | world | <input type="checkbox"/> | would  | <input type="checkbox"/> |
| G. | eat   | <input type="checkbox"/> | meat  | <input type="checkbox"/> | might  | <input type="checkbox"/> |
| H. | pet   | <input type="checkbox"/> | part  | <input type="checkbox"/> | parrot | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                 |                 |
|----|-----------------|-----------------|
| A. | guard dogs      | guide dogs      |
| B. | my parrots      | my rabbits      |
| C. | polar bears     | a polar bear    |
| D. | his horses      | his or hers     |
| E. | the rhinos      | their hippos    |
| F. | sheep and goats | she keeps goats |
| G. | they're pets    | their pets      |
| H. | the camels      | three camels    |

3. Listen, read and check.

# Vocabulary for FIRST test (2)

## The animal kingdom

wild

domestic

main diet

meat	not meat	as pets	for work	for food
A. lions	F. zebras	K. cats	P. horses	U. cows
B. tigers	G. elephants	L. dogs	Q. camels	V. pigs
C. polar bears	H. rhinos	M. fish	R. guide dogs	W. sheep
D. owls	I. hippos	N. parrots	S. guard dogs	X. goats
E. eagles	J. giraffes	O. rabbits	T. drugs dogs	Y. chickens

1. Look. Listen. Say the words and phrases.

A. lions B. tigers

2. Listen. Which type of animal is each person talking about? Write the letter.

1. They are trained to help people who are blind or partly sighted.

- |                                   |                         |                         |                         |                          |
|-----------------------------------|-------------------------|-------------------------|-------------------------|--------------------------|
| 1. <input type="text" value="R"/> | 3. <input type="text"/> | 5. <input type="text"/> | 7. <input type="text"/> | 9. <input type="text"/>  |
| 2. <input type="text"/>           | 4. <input type="text"/> | 6. <input type="text"/> | 8. <input type="text"/> | 10. <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 3)

*Listening to various short related monologues for gist and detail: multiple matching*

1. You will hear four short extracts in which teenagers are talking about animals. Choose from the list (A–F) how each speaker feels. Use the letters only once. There are two extra letters which you do not need to use.

A. I'd like to be a vet for farm animals.

B. I'm frightened of most animals.

C. I'd love to have a pet one day.

D. I don't want to have another pet.

E. I don't think we should eat animals.

F. I get on with animals better than people.

Speaker 1

Speaker 2

Speaker 3

Speaker 4



2. Listen again and check.

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |         |                          |         |                          |         |                          |
|----|---------|--------------------------|---------|--------------------------|---------|--------------------------|
| A. | roof    | <input type="checkbox"/> | room    | <input type="checkbox"/> | root    | <input type="checkbox"/> |
| B. | hedge   | <input type="checkbox"/> | edge    | <input type="checkbox"/> | age     | <input type="checkbox"/> |
| C. | bricks  | <input type="checkbox"/> | breaks  | <input type="checkbox"/> | barks   | <input type="checkbox"/> |
| D. | stairs  | <input type="checkbox"/> | stars   | <input type="checkbox"/> | stores  | <input type="checkbox"/> |
| E. | she     | <input type="checkbox"/> | she'd   | <input type="checkbox"/> | should  | <input type="checkbox"/> |
| F. | heating | <input type="checkbox"/> | hitting | <input type="checkbox"/> | hurting | <input type="checkbox"/> |
| G. | loft    | <input type="checkbox"/> | lift    | <input type="checkbox"/> | left    | <input type="checkbox"/> |
| H. | area    | <input type="checkbox"/> | air     | <input type="checkbox"/> | are     | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |                   |               |
|----|-------------------|---------------|
| A. | house             | ours          |
| B. | a state           | estate        |
| C. | a fence           | offence       |
| D. | sell or           | cellar        |
| E. | neighbours should | neighbourhood |
| F. | our skirts        | outskirts     |
| G. | it's superb       | it's a suburb |
| H. | this shed         | the shed      |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Words and phrases connected with the home

A.	basement	room under a house, often used for general storage
B.	bricks	building materials which are arranged in rows
C.	cellar	room under a house where things are stored to keep cool
D.	chimney	way of taking smoke from open fires out of a house
E.	concrete	building material which is often poured into shapes
F.	estate	group of houses which look the same or very similar
G.	fence	pieces of wood making a divider, e.g. between gardens
H.	hedge	plants making a divider, e.g. between gardens
I.	loft	room under the roof of a house, sometimes used as a bedroom
J.	shed	building made of wood for storing things, usually in the garden
K.	stairs	way of moving between floors of a house
L.	central heating	way of getting warmth around a house
M.	air conditioning	way of cooling a room or a whole house
N.	neighbourhood	immediate area where a house is located
O.	suburbs	residential area on the outskirts of a city

1. Look. Listen. Say the words and phrases.

2. Listen. Which word or phrase is the person defining? Write the letter.

1. It's a building made of wood for storing things, usually in the garden.

- |    |                                |    |                      |    |                      |     |                      |     |                      |
|----|--------------------------------|----|----------------------|----|----------------------|-----|----------------------|-----|----------------------|
| 1. | <input type="text" value="J"/> | 4. | <input type="text"/> | 7. | <input type="text"/> | 10. | <input type="text"/> | 13. | <input type="text"/> |
| 2. | <input type="text"/>           | 5. | <input type="text"/> | 8. | <input type="text"/> | 11. | <input type="text"/> | 14. | <input type="text"/> |
| 3. | <input type="text"/>           | 6. | <input type="text"/> | 9. | <input type="text"/> | 12. | <input type="text"/> | 15. | <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 1)

*Listening to short monologues or dialogues for gist and detail: multiple choice*

1. You will hear people talking in different situations. For each question, circle (O) the best answer.
  1. You hear a teenager talking about looking for her passport.  
Where did she find it?
    - A. the loft
    - B. the basement
    - C. the shed
  2. You overhear a boy talking on the phone about his new house.  
The boy likes
    - A. the neighbourhood.
    - B. the estate.
    - C. living in the suburbs.
  3. You hear two teenagers exploring an empty house.  
Where do they find the money?
    - A. under the concrete in the cellar
    - B. behind the bricks
    - C. in one of the bottles
2. Read. Write **one** word in each gap. Then listen and check.
  - A. I looked everywhere in my bedroom without any luck. I even went down and checked out the (1) ..... to see if it was in one of the storage boxes there. I finally asked my mother and she suggested the (2) ..... at the end of the garden, but she was joking. Then she said, 'I put your summer jacket away up in the (3) ..... I went up the ladder and found it.'
  - B. When my father said it was a new house on an (4) ....., I imagined somewhere miles from anywhere but in fact it's in the (5) ..... with really good connections to the city centre. I've already met a few of the people who live (6) .....

3. Listen, read and check.

## Vocabulary for FIRST test (1)

1. Listen. Number the words in order.

- |    |            |                          |             |                          |              |                          |
|----|------------|--------------------------|-------------|--------------------------|--------------|--------------------------|
| A. | attract    | <input type="checkbox"/> | attracts    | <input type="checkbox"/> | attraction   | <input type="checkbox"/> |
| B. | even       | <input type="checkbox"/> | event       | <input type="checkbox"/> | eventually   | <input type="checkbox"/> |
| C. | celebrate  | <input type="checkbox"/> | celebrity   | <input type="checkbox"/> | celebration  | <input type="checkbox"/> |
| D. | race       | <input type="checkbox"/> | raced       | <input type="checkbox"/> | racing       | <input type="checkbox"/> |
| E. | competitor | <input type="checkbox"/> | competition | <input type="checkbox"/> | competitive  | <input type="checkbox"/> |
| F. | costume    | <input type="checkbox"/> | customer    | <input type="checkbox"/> | custom       | <input type="checkbox"/> |
| G. | parade     | <input type="checkbox"/> | pride       | <input type="checkbox"/> | proud        | <input type="checkbox"/> |
| H. | organise   | <input type="checkbox"/> | origins     | <input type="checkbox"/> | organisation | <input type="checkbox"/> |

2. Listen. Circle (O) the correct word or phrase.

- |    |            |              |
|----|------------|--------------|
| A. | festival   | first of all |
| B. | attract    | attraction   |
| C. | a band     | up and       |
| D. | dress up   | dressed up   |
| E. | costume    | cost him     |
| F. | raises     | raises       |
| G. | performers | performance  |
| H. | shows      | chose        |

3. Listen, read and check.

## Vocabulary for FIRST test (2)

### Bull racing in Bali

1. Look. Listen. Say the sentences.

- A. There is a **traditional** event in Bali every year.
- B. It **attracts** locals and visitors each September and October.
- C. It is a very unusual **event**.
- D. It **features** water buffalos and carts.
- E. The young men of the town of Negara **participate** in the event.
- F. They **race** the bull buffalos which pull carts.
- G. No one is sure about the **origins** of the event.
- H. They don't know what it **celebrates**.
- I. Perhaps it was part of a **festival** giving thanks for a successful harvest.
- J. On the day of the race, the young men **decorate** their carts.
- K. The whole **community** comes to watch.
- L. However, the race is difficult to follow for the **spectators**.
- M. The **competitors** race at different times.
- N. But, in the end, a winner is **declared**.

2. Listen. Which word do you hear? It might be in a different form! Write the letter.

1. One tradition used to be very strong in my country.

- |    |                                |    |                      |    |                      |    |                      |
|----|--------------------------------|----|----------------------|----|----------------------|----|----------------------|
| 1. | <input type="text" value="A"/> | 3. | <input type="text"/> | 5. | <input type="text"/> | 7. | <input type="text"/> |
| 2. | <input type="text"/>           | 4. | <input type="text"/> | 6. | <input type="text"/> | 8. | <input type="text"/> |

3. Listen, read and check.

## Practice for FIRST test (Type 2)

*Listening to a monologue for specific information: sentence completion*

1. You will hear a man talking about a famous event in Siena. For questions 1–10, complete the sentences with a word, number or short phrase.

### The Palio in Siena

Siena is a city of around (1) ..... people on a high hilltop in central Italy.

Siena was once an important centre for banking and art, but the (2) ..... of 1348 killed thousands of people there.

Today, it is best known for a (3) ..... which is nearly 3,000 years old.

The Palio takes place in (4) ..... each year, and thousands of visitors come to see of it. Young men from (5) ..... contradas take part in each race.

The young people dress up in (6) ..... from the Middle Ages.

On the day of the race, there is a (7) ..... in the Piazza del Campo. After that,

there is an exhibition of (8) ..... with lots of drumming. Finally, at

6.30 p.m., the men race round the square ... in just (9) .....! After the race,

there are (10) ..... in each contrada.

2. Listen again and check.  
3. Listen, read and check.

1. Listen. Number the phrasal verbs in order. They may be in a different form.

- turn up
- bring up
- do up
- clear up
- make up
- blow up
- pick up
- put up
- take up

Phrasal verbs with 'up'



blow up



put up



pick up



clear up

2. Listen. Find the ending. Write the number.

- amazement.
- competition.
- contribution.
- depression.
- development.
- disappointment.
- entertainment.
- motivation?
- relaxation?
- solution.

Verbs to nouns

amaze

disappoint

compete

depress

solve

relax

3. Listen and check.

4. Listen, read and check.

1. Listen. Number the words in order.

- mysterious
- boiling
- emotional
- exhausting
- accessible
- crowded
- freezing
- empty
- memorable
- thrilling

### Adjectives



**boiling**



**freezing**



**mysterious**



**terrifying**

2. Listen. Find the ending. Write the number.

- atmosphere.
- balanced diet.
- delicious.
- dessert.
- flavour.
- fresh.
- fruit.
- junk food.
- varied.
- vitamins.

### Food collocations



3. Listen and check.

4. Listen, read and check.

1. Listen. Find the word for each definition.

- admission
- application
- attend
- concentrate [on]
- encourage
- focus [on]
- accept
- independence
- permission
- responsibility

### Studying



2. Listen. Find the ending. Write the number.

- badly-paid.
- challenging.
- manual work.
- outdoors.
- part-time.
- salary.
- self-employed.
- shift work.
- skilled job.
- wages.

### Working



3. Listen and check.

4. Listen, read and check.

1. Listen. Circle (O) the words on the cards.

verbs		
amaze		compete
	contribute	
disappoint		entertain
	solve	

adjectives		
empty		memorable
	crowded	
emotional		accessible
	freezing	

food		
dessert		fruit
	vitamins	
diet		junk
	flavour	

work		
salary		wages
	manual	
employee		skilled
	full-time	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.

1. Listen. Find the ending. Write the number.

- athletics.
- championship.
- competitors.
- defender.
- golf.
- race.
- team-mates.
- tournament.
- trainer.
- windsurfing.

### Sports and activities



2. Listen and check.

3. Listen. Which word do you hear in each sentence? Write the number.

- audience
- critic
- director
- fame
- playwright
- plot
- scene
- stage
- star
- talent

### Acting



4. Listen, read and check.

1. Listen. Circle (O) the words and phrases on the cards.

work and study		
admission		attend
	manual	
concentrate		salary
	wages	

sports and activities		
attacker		coach
	athletics	
race		champions
	tournament	

phrasal verbs with 'up'		
turn up		pick up
	make up	
do up		bring up
	put up	

acting		
fame		critic
	scene	
plot		star
	audience	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.

1. Listen. Number the words in order.

- adventurous
- cautious
- demanding
- enthusiasm
- expectation
- nervous
- personality
- potential
- psychology
- sociable

### The mind



2. Listen. Find the ending. Write the number.

- away.
- down.
- food.
- it.
- off.
- on.
- out.
- up.
- with?
- without?

### Phrasal verbs (2)

pick up

turn down

come up with

do without

run into

catch on

go off

run out

3. Listen and check.

4. Listen, read and check.

1. Listen. Circle (O) the words on the cards.

phrasal verbs		
pick up		turn down
	run into	
catch on		do without
	run out	

the mind		
personality		potential
	sociable	
psychology		enthusiasm
	demanding	

verbs		
accept		contribute
	attend	
encourage		responsibility
	focus	

food		
flavour		delicious
	vitamin	
fruit		fresh
	diet	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.

1. Listen. Find the ending. Write the number.

- check-up.
- cure.
- ER.
- hospital.
- prescription.
- recovery.
- specialist.
- accident?
- symptoms?
- ward?

### Medical matters



2. Listen and check.

3. Listen. Number the words and phrases in order.

- chicken
- dog
- eagle
- giraffe
- horse
- parrot
- pig
- polar bear
- tiger
- zebra

### The animal kingdom



4. Listen, read and check.

1. Listen. Circle (O) the words on the cards.

medical matters		
specialist		injury
	ER	
surgery		symptom
	cure	

the animal kingdom		
zebra		rhino
	goat	
eagle		parrot
	tiger	

acting		
scene		star
	plot	
audience		critic
	fame	

work		
manual		salary
	skilled	
temporary		shift
	indoor	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.

1. Listen. Number the words and phrases in order.

- air conditioning
- central heating
- concrete
- estate
- bricks
- fence
- basement
- hedge
- shed
- suburbs

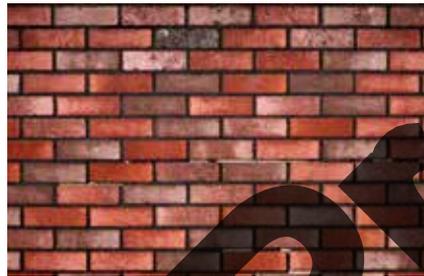
### Home



fence and hedge



air conditioner



brick wall



shed

2. Listen. Find the ending. Write the number.

- before.
- 'day'.
- festival.
- gardens.
- hills.
- relatives.
- S.
- Turkey.
- winter.
- year.

### A traditional festival



3. Listen and check.

4. Listen, read and check.

1. Listen. Circle (O) the words on the cards.

traditional events		
celebration		attract
	feature	
community		origins
	spectators	

home		
fence		basement
	roof	
shed		cellar
	suburbs	

sports and activities		
coach		team-mate
	athlete	
trainer		gymnastics
	competitor	

adjectives		
crowded		freezing
	terrifying	
empty		exhausting
	memorable	

2. Listen and check.

3. Which card has got all the words? Tick (✓) the card.

the red card

the green card

the purple card

the blue card


4. Listen, read and check.