

(Đề thi bao gồm 19 trang)

Thời gian làm bài: 180 phút

(không kể thời gian phát đề)

- *Thí sinh không được sử dụng tài liệu, kể cả từ điển.*
- *Giám thị coi thi không giải thích gì thêm.*

I. LISTENING (50 POINTS)

HƯỚNG DẪN PHẦN THI NGHE HIỂU

- *Bài nghe gồm 4 phần; mỗi phần được nghe 2 lần, mỗi lần cách nhau 05 giây; mở đầu và kết thúc mỗi phần nghe có tín hiệu. Thí sinh có 20 giây để đọc mỗi phần câu hỏi.*
- *Mở đầu bài nghe có tín hiệu nhạc.*
- *Mọi hướng dẫn cho thí sinh (bằng tiếng Anh) đã có trong bài nghe.*

Part 1: Listen and complete the notes below. Write ONE WORD AND/OR A NUMBER for each answer in the corresponding numbered boxes provided. (14 points)

Copying photos to digital format

Name of company: Picturerep

Requirements

- Maximum size of photos is 30 cm, minimum size 4 cm.
- Photos must not be in a (1)_____ or an album.

Cost

- The cost for 360 photos is (2) £_____ (including one disk).
- Before the completed order is sent, (3)_____ is required.

Services included in the price

- Photos can be placed in a folder, e.g. with the name (4)_____
- The color and contrast can be improved if necessary.
- Photos which are very fragile will be scanned by (5)_____

Special restore service (costs extra)

- It may be possible to remove an object from a photo, or change the (6)_____
- A photo which is not correctly in focus cannot be fixed.

Other information

- Orders are completed within (7)_____
- Send the photos in a box (not plastic)

(Adapted from Cambridge IELTS 16 - test 2 – listening – section 1)

Your answers:

1.	5.
2.	6.
3.	7.
4.	

Part 2: You will hear a radio news item about a manufacturer of hot-air balloons. For questions 8-15, complete the notes below which summarize what the speaker says. Write NO MORE THAN THREE WORDS AND/OR A NUMBER in the space provided. (16 points).

Douglas Finch award

Douglas Finch is going to be given the Honorary Degree of Doctor of (8)_____.

Douglas Finch was born just outside of Glasgow and went to Allan Glen's School before reading (9)_____ at Glasgow University.

The Bristol Belle was the first hot air balloon in (10)_____.

In 1968, he was issued with the first ever (11)_____ for Hot Air Balloons.

The Golden Falcon was designed specifically to fly (12)_____.

In 1973, he was awarded the Royal Aeronautical Club Silver Medal for the first balloon flight (13)_____.

In 1978, he attempted to cross the Atlantic in a balloon called "Zanussi"

Bristol is considered the undisputed (14)_____ of the world.

Doug Finch has advanced the science, technology and art of balloon flight to (15)_____.

(Adapted from FCE - test 2 – listening - part 2)

Your answers:

8.	9.	10.	11.
12.	13.	14.	15.

Part 3: Listen to part of an interview in which a science writer called Andy Hicks and a psychologist called Dr Karen Ferrigan are talking about how technology affects our brains. Decide whether the following statements are True (T), False (F). Write your answers in the corresponding numbered boxes provided. (10 points)

16. Slightly more than half of the English population survived the Black Death after the first wave of the pandemic.

17. The collapse of the exploitative feudal system could be attributed to the increased labour force.

18. Troop commuting and consumer goods factories provided a nesting ground for the spread of Spanish flu.
19. In 1948, calls for a unified medical service poured out which led to the establishment of Britain's National Health Service.
20. The speaker doubts whether the innovations will really help the world.

(Authentic source: <https://www.youtube.com/watch?v=-LXAHGAmBao&t=103s>)

Your answers:

16.	17.	18.	19.	20.
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Part 4: For questions 21-25, listen to a psychologist being interviewed about friendship and choose the answer A, B, C, or D which fits best according to what you hear. Write your answers in the corresponding numbered boxes provided. (10 points)

21. From three to five years old, children _____.

- A. are happy to play alone B. prefer to be with their family
C. have rather selfish relationships D. have little idea of ownership

22. From age five to eight or ten, children _____.

- A. change their friends more often
B. decide who they want to be friends with
C. admire people who don't keep to rules
D. learn to be tolerant of their friends

23. According to Sarah Browns, adolescents _____.

- A. may be closer to their friends than to their parents
B. develop an interest in friends of the opposite sex
C. choose friends with similar personalities to themselves
D. want friends who are dependable

24. Young married people _____.

- A. tend to focus on their children B. often lose touch with their friends
C. make close friends less easily D. have fewer friends than single people

25. In middle or old age people generally prefer _____.

- A. to stay in touch with old friends B. to see younger friends more often
C. to have friends who live nearby D. to spend more time with their friends

(Adapted from FCE - test 14 – listening - part 4)

Your answers:

21.	22.	23.	24.	25.
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II. LEXICO-GRAMMAR (30 POINTS)

Part 1: Choose the answer A, B, C, or D that best completes each of the following sentences. Write your answers in the corresponding numbered boxes. (15 points)

26. The CEO's decision to abruptly change the company's direction was met with widespread _____ from the employees.

- A. approbation B. deference C. consternation D. equanimity

27. Despite the overwhelming evidence against him, he remained _____, refusing to admit any wrongdoing.

- A. penitent B. recalcitrant C. complacent D. transient

28. The seasoned diplomat was known for his ability to _____ delicate negotiations with tact and finesse.

- A. embark on B. tamper with C. cotton on D. knuckle down

29. After weeks of intense pressure, the politician finally decided to _____ and resign from his post.

- A. bite the bullet B. throw in the towel
C. jump the gun D. hit the nail on the head

30. She's always been one to _____ when it comes to expressing her opinions, regardless of how unpopular they might be.

- A. mince words B. pull her punches
C. speak her mind D. beat around the bush

31. They are a real _____ organization; they are only interested in making a profit.

- A. devil-may-care B. fly-by-night
C. open-handed D. down-to-earth

32. There was an enormous _____ of junk mail lying on the doormat when we got back.

- A. heap B. ward C. pile D. bunch

33. Were it not for your timely intervention, the project _____ a complete disaster.

- A. was B. would be C. had been D. would have been

34. The students paid _____ attention to the distinguished professor.

- A. respectable B. respected C. respectful D. respective

35. The new manager behaves _____ he owns the place, despite only having been here for a week.

- A. as though B. in case C. even if D. otherwise

36. The President accused his critics of being oversensitive and of _____.

- A. playing it by ear B. cutting to the chase
C. making a mountain out of a molehill D. splitting hairs

37. My older brother is extremely fond of astronomy, he seems to _____ a lot of pleasure from observing the stars.

- A. possess B. seize C. reach D. derive

A. have she imagined B. she had imagined
C. did she imagine D. she imagined

A. when B. what C. which D. that

A. came down to B. got down to C. looked through D. ran into

Your answers:

Part 2. There are FIVE mistakes in the passage below. Find the mistakes and correct them. Write your answers in the corresponding numbered boxes provided. (5 points)

44. The company significantly underestimated the market's demand for its innovative product; furthermore, they struggled to scale up production to meet the sudden surge in orders.

(Source: Vince, M., & Sunderland, P. (n.d.). *Advanced language practice with key*. MacMillan Education)

Question	Mistake	Correction
41.		
42.		
43.		
44.		
45.		

Part 3: Give the correct form of each given word to complete the following sentences.

Write your answers in the numbered boxes. (10 points)

46. The company's commitment to environmental practices has led to a significant increase in its reputation for _____. (**SUSTAIN**)

47. The intricate legal document proved almost _____ to the layperson, requiring expert interpretation. (**COMPREHEND**)

48. Her _____ determination to complete the project, despite numerous setbacks, was truly inspiring. (**RESOLVE**)

49. The new urban development project is expected to prove highly _____ for local businesses, stimulating economic growth. (**BENEFIT**)

50. The government's _____ of direct responsibility for the escalating crisis drew widespread criticism from the media. (**AVOID**)

51. The shift in public opinion was almost _____, yet it ultimately led to a significant political change. (**PERCEIVE**)

52. She approached the delicate negotiations _____, aware of the potential for any misinterpretation that could derail the talks. (**CRITIC**)

53. The factory was fined heavily for the illegal _____ of hazardous waste into the local river system. (**DISPOSE**)

54. The new monument serves as a powerful _____ of the nation's struggle for independence and its enduring spirit. (**EMBODY**)

55. Access to the restricted archives was granted only to individuals with _____ security clearance and a compelling research proposal. (**EXCLUDE**)

(Source: Vince, M., & Sunderland, P. (n.d.). *Advanced language practice with key*. MacMillan Education)

Your answers:

46.	51.
47.	52.
48.	53.
49.	54.
50.	55.

III. READING (60 POINTS)

Part 1: Choose the correct answer A, B, C, or D which best fits each gap in the following passage. Write your answers in the numbered boxes. (10 points)

Over the past fifty years or so, the methods used for collecting money from the public to aid the developing world have changed out of all recognition, along with the

gravity of the problems (56) _____, and the increasing awareness among the population that something must be done. At the beginning of this period, it would have been common to put money in a collecting box, perhaps on the street or at church. The 1960s saw the (57) _____ of shops which sold second-hand goods, donated by the public, and which also began to sell articles manufactured in the developing world in charitable projects set up to guarantee a fair income to local people. The next development was probably the charity 'event', in which participants were (58) _____ to run, cycle, swim or what have you, and collected money from friends and relatives (59) _____ how far or long they managed to keep going. The first hint of what was to become the most successful means of (60) _____ money was the charity record, where the artists donated their time and talent, and the (61) _____ from the sales went to a good cause. This was perhaps a (62) _____ of the fact that young people felt increasingly concerned about the obvious differences between life in Europe and the United States, and that in most of Africa, for example. A feeling of frustration was building up. Why was so little being done? The huge success of Band Aid, and (63) _____ televised concerts, showed the power of the media, and of music in particular, to inspire and shock. It differed significantly in style from other events. People phoned up in their thousands on the day and pledged money by (64) _____ their credit card numbers. (65) _____, if you have enough money to buy an MP3 player, you can afford something for the world's starving children.

- | | | | |
|----------------------|-----------------|----------------------|----------------|
| 56. A. faced | B. covered | C. opposed | D. approached |
| 57. A. occurrence | B. entrance | C. happening | D. advent |
| 58. A. supported | B. funded | C. sponsored | D. promoted |
| 59. A. in as much as | B. according to | C. with reference to | D. as regard |
| 60. A. increasing | B. lifting | C. boosting | D. raising |
| 61. A. produce | B. proceeds | C. receipts | D. returns |
| 62. A. consideration | B. reflection | C. view | D. display |
| 63. A. subsequent | B. consequent | C. attendant | D. relevant |
| 64. A. mentioning | B. quoting | C. affirming | D. recalling |
| 65. A. Anyway | B. After all | C. Although | D. At any rate |

Your answers:

56.	57.	58.	59.	60.
61.	62.	63.	64.	65.

Part 2: Read the text below and think of the word which best fits each space. Use only ONE word in each space. Write your answers in the numbered boxes. (10 points)

SMILE POWER

The expression on your face can dramatically alter your feelings and perceptions, and it has been proved that deliberately smiling or frowning can create corresponding (66)_____ responses. The idea was first put (67)_____ by a French physiologist, Israel Waynbaum, in 1906. He believed that different facial expressions affected the flow of blood to the brain, and that this could create positive or negative feelings. A happy smile or irrepressible (68)_____ increased the blood flow and contributed to joyful feelings. But sad, angry expressions (69)_____ the flow of oxygen-carrying blood and created a vicious circle of gloom and depression (70)_____ effectively starving the brain of essential fuel. Psychologist Robert Zajonc rediscovered this early research and suggested that the temperature of the brain could affect the production and synthesis of neurotransmitters (71)_____ influence our moods and energy levels. He argues that an impaired blood flow could not even deprive the brain of oxygen (72)_____ create further chemical imbalance by inhibiting these vital hormonal messages. Zajonc goes on to propose that our brains remember that smiling is (73)_____ with being happy, and that by deliberately smiling through your tears you can persuade your brain to release uplifting neurotransmitters - (74)_____ a depressed condition with a happier one. People suffering from psychosomatic illness, depression and anxiety states could benefit from simply exercising their zygomatic muscles- which pull the (75)_____ of the mouth up and back to form a smile several times an hour.

(Source: Collection of April 30th English Olympic Exam Papers)

Your answers:

66.	67.	68.	69.	70.
71.	72.	73.	74.	75.

Part 3: Read the passage below and choose the answer (A, B, C or D) which you think fits best according to the text. Write your answers in the numbered boxes. (10 points)

If you've ever been told to "take a deep breath" during a stressful moment, know that this advice isn't merely a platitude—it's backed by science. Research shows conscious breathing comes with a host of immediate and long-term benefits that include improved heart health, reduced anxiety, boosted mood, improved cognitive function, and better sleep quality.

"Breathwork is one of the simplest and profoundly effective tools we have for calming the nervous system and boosting physical and mental resilience," says Guy Fincham, founder of the breathwork lab at Brighton & Sussex Medical School in England and co-author of breathwork research. "And yet, precisely because it's so accessible, its power is often underestimated." Emerging science suggests that how you breathe - day in and day out - can influence everything from heart health and mood to memory and sleep.

One of the clearest examples comes from the cardiovascular system. Diaphragmatic, or “belly,” breathing stimulates the vagus nerve. This nerve originates in the brainstem and extends down through the neck into many branches of the large intestine and other vital organs. When this nerve is activated through deep breathing, it sends calming signals throughout the body, helping to regulate heart rate, lower blood pressure, and improve circulation.

Adjusting your breathing pattern can also subtly shift your body’s internal chemistry. “When you slow your breathing and gently take in less air, carbon dioxide levels in the lungs and blood rise slightly,” says Patrick McKeown, an advisor of the International Academy of Breathing and Health and the author of *The Breathing Cure: Develop New Habits for a Healthier, Happier, and Longer Life*. This is a good thing, he explains, as carbon dioxide is not just a waste gas but “acts as a natural vasodilator by opening up blood vessels and allowing more oxygen-rich blood to reach the brain and the heart.”

Since the vagus nerve is part of the parasympathetic nervous system—the system that counteracts the body’s fight-or-flight response by triggering a “rest and digest” response—breathing slower and consciously can also ease symptoms of stress, anxiety, and depression. In fact, the longer and slower your breath, “the more you activate the calming effects of this system,” says Raj Dasgupta, a pulmonary and sleep medicine physician at Huntington Memorial Hospital in California.

Fincham agrees, as he has co-authored a meta-analysis demonstrating the positive effects conscious breathing has “on stress, anxiety, and depressive symptoms.” In 2017, Stanford researchers similarly identified a cluster of neurons in the brainstem that links the breathing control center with the brain’s arousal system. “This neural pathway explains how slow, controlled breathing can further induce a state of calm,” says McKeown. That sense of calm isn’t only good for easing **frazzled** nerves—it’s also been shown to reduce cravings for food and addictive substances, suggesting a wider reach of breathwork’s regulatory power.

(Source: nationalgeographic.com)

Question 76. What is the main idea of the article extract?

- A. The history of breathing exercises.
- B. The psychological benefits of deep breathing.
- C. The scientific basis and benefits of conscious breathing.
- D. The opinions of various experts on breathwork.

Question 77. By stating that the advice to “take a deep breath” is *not merely a platitude*, the author primarily aims to _____.

- A. highlight the commonality of the advice in daily conversation
- B. suggest that the advice was once considered unscientific but is now validated

- C. emphasize that a seemingly simple piece of advice has profound scientific backing
- D. criticize the dismissal of traditional wisdom in modern science

Question 78. Which of the following is NOT listed as an immediate or long-term benefit of conscious breathing?

- A. Improved heart health
- B. Prevention of substance addiction
- C. Boosted mood
- D. Better sleep quality

Question 79. Guy Fincham's observation that breathwork's power is "often underestimated" *precisely because it's so accessible* implies which of the following?

- A. People tend to undervalue remedies that are readily available and simple to implement.
- B. The widespread availability of breathwork makes it difficult to conduct rigorous scientific studies.
- C. Only complex and expensive interventions are perceived as genuinely effective by the public.
- D. Researchers have historically neglected breathwork due to its lack of novelty.

Question 80. Which of the following terms is defined in the text?

- A. 'diaphragmatic'
- B. 'cardiovascular'
- C. 'parasympathetic'
- D. 'pulmonary'

Question 81. Based on Patrick McKeown's explanation, what can be inferred about the common or prior understanding of carbon dioxide's role in the human body?

- A. It was widely believed to be primarily responsible for muscle contraction.
- B. It was already recognized as a critical component for delivering oxygen to organs.
- C. It was generally perceived as solely a byproduct to be expelled.
- D. Its levels in the blood were considered irrelevant to cardiovascular health.

Question 82. Which of the following could be the best primary purpose of consciously slowing one's breathing, as implied in the passage?

- A. To amplify the body's natural state of vigilance and alertness.
- B. To deliberately disengage the physiological mechanisms associated with emergency and stress.
- C. To accelerate the rate at which metabolic energy is produced and expended.
- D. To selectively target and inhibit specific neural pathways responsible for memory recall.

Question 83. Why does the author specifically mention the 2017 Stanford researchers' findings within this discussion of breathwork's benefits?

- A. To establish the historical origins of conscious breathing techniques.
- B. To introduce a specific neurological pathway that explains the calming effect of controlled breathing.
- C. To emphasize the novelty of the research by highlighting the recent date of discovery.

D. To suggest that addiction treatment is the most significant outcome of this particular study.

Question 84. The word “**frazzled**” in the text could be best replaced by_____.

A. extremely tired

B. extremely excited

C. dried out

D. vigorous

Question 85. Which of the following best describes the author’s overall attitude towards conscious breathing throughout the article?

A. Skeptical

B. Neutral

C. Supportive

D. Cautionary

Your answers:

76.	77.	78.	79.	80.
81.	82.	83.	84.	85.

Part 4: Read the passage and do the tasks that follow. (20 points)

Mutual harm

A In forests and fields all over the world, plants are engaged in a deadly chemical war to suppress other plants and create conditions for their own success. But what if we could learn the secrets of these plants and use them for our own purposes? Would it be possible to use their strategies and weapons to help us improve agriculture by preventing weeds from germinating and encouraging growth in crops? This possibility is leading agricultural researchers to explore the effects plants have on other plants with the aim of applying their findings to farming.

B The phenomenon by which an organism produces one or more chemicals that influence the growth, survival and reproduction of other organisms is called allelopathy. These chemicals are a subset of chemicals produced by organisms called secondary metabolites. A plant’s primary metabolites are associated with growth and development. Allelochemicals, however, are part of a plant’s defence system and have a secondary function in the life of the organism. The term *allelopathy* comes from the Greek: *allelo* and *pathy* meaning ‘mutual harm’. The term was first used by the Austrian scientist Hans Molisch in 1937, but people have been noting the negative effects that one plant can have on another for a long time. In 300 BC, the Greek philosopher Theophrastus noticed that pigweed had a negative effect on alfalfa plants. In China, around the first century AD, the author of *Shennong Ben Cao Jing* described 267 plants that have the ability to kill pests.

C Allelopathy can be observed in many aspects of plant ecology. It can affect where certain species of plants grow, the fertility of competitor plants, the natural change of plant communities over time, which plant species are able to dominate a particular area, and the diversity of plants in an area. Plants can release allelopathic chemicals in several ways: their

roots can release chemicals directly into the soil, and their bark and leaves can release chemicals into the soil as they rot. Initially, scientists were interested in the negative effects of allelopathic chemicals. Observations of the phenomenon included poor growth of some forest trees, damage to crops, changes in vegetation patterns and, interestingly, the occurrence of weed-free areas. It was also realised that some species could have beneficial effects on agricultural crop plants and the possible application of allelopathy became the subject of research.

D Today research is focused on the effects of weeds on crops, the effects of crops on weeds, and how certain crops affect other crops. Agricultural scientists are exploring the use of allelochemicals to regulate growth and to act as natural herbicides, thereby promoting sustainable agriculture by using these natural chemicals as an alternative to man-made chemicals. For example, a small fast-growing tree found in Central America, sometimes called the ‘miracle tree’, contains a poison that slows the growth of other trees but does not affect its own seeds. Chemicals produced by this tree have been shown to improve the production of rice. Similarly, box elder - another tree - stimulates the growth of bluestem grass, which is a tall prairie grass found in the mid-western United States. Many weeds may use allelopathy to become ecologically successful; a study in China found that 25 out of 33 highly poisonous weeds had significant allelopathic properties.

E There may be at least three applications of allelopathy to agriculture. Firstly, the allelopathic properties of wild or cultivated plants may be bred into crop plants through genetic modification or traditional breeding methods to improve the release of desired allelochemicals and thus improve crop yield. Secondly, a plant with strong allelopathic properties could be used to control weeds by planting it in rotation with an agricultural crop and then leaving it to rot and become part of the soil in order to inhibit the growth of weeds. Finally, naturally occurring allelopathic chemicals could be used in combination with man-made chemicals. Boosting the efficiency of man-made herbicides could lead to a reduction in the amount of herbicides used in agriculture, which is better for the environment.

F Despite the promising uses of allelopathic chemicals, agricultural scientists are still cautious. Firstly, allelopathic chemicals may break down and disappear in the soil more easily than artificial chemicals. Secondly, allelopathic chemicals may be harmful to plants other than weeds. Thirdly, allelopathic chemicals could persist in the soil for a long time and may affect crops grown in the same field as the allelopathic plants at a later date. Because the effects of allelopathic chemicals are not yet fully known, agricultural scientists will need to continue to study the biological war between plants.

Choose the correct heading for paragraphs B-F from the list of headings below. Write the correct number, i-ix in the numbered boxes provided. One of the items has been done correctly as an example.

List of Headings	
i	What are metabolites?
ii	The negative effects of allelopathy
iii	Biological warfare in the plant world
iv	Why we cannot use allelopathic chemicals at present
v	What is allelopathy?
vi	The reasons why plants compete with other plants
vii	The effects of allelopathy and realisation of its possible uses
viii	How could we use allelopathic chemicals in farming?
ix	Specific examples of allelopathic plants

Example Answer

Paragraph A *iii*

86. Paragraph B

87. Paragraph C

88. Paragraph D

89. Paragraph E

90. Paragraph F

Complete the summary below. Choose NO MORE THAN TWO WORDS from the passage for each answer. Write your answer in the numbered boxes provided.

Scientists can see three potential uses of allelopathic chemicals in farming. Firstly, the ability to produce allelopathic chemicals could be (91) _____ into agricultural crops; secondly, allelopathic plants could be planted in rotation with the (92) _____; finally, naturally produced chemicals could be combined with (93) _____ herbicides. However, agriculturalists are still (95) _____ as allelopathic plants may have negative effects on plants which are not the intended target and the chemicals could remain in the ground for a(n) (95) _____, even after the plants themselves have died.

Your answers:

86.	91.
87.	92.
88.	93.
89.	94.
90.	95.

Part 5: You are going to read an article in which five people talking about why they enjoy camping. For questions 96 to 105, choose from the people (A-E). The people may be chosen more than once. Write your answer in the space provided. (10 points)

<i>Which person:</i>	Your answers
likes being in the open air surrounded by wildlife?	96. _____
gives some advice on things you should take with you?	97. _____
gives an example of people working together to solve a difficult situation?	98. _____
is looking for variety when he/she goes on holiday?	99. _____
doesn't want to meet the people he/she works with when on holiday?	100. _____
mentions something you can't do on campsites?	101. _____
has enjoyed camping for many years?	102. _____
mentions a possible problem when arriving at campsites?	103. _____
says they can't choose when they go away on holiday?	104. _____
has been to the same campsite more than once?	105. _____

The Joys of Camping

Camping has been a popular choice for holiday accommodation for a long time but it seems that now its popularity is on the increase. Kate Reilly speaks to 5 dedicated campers and finds out why they prefer to pitch their tents or park their camper vans rather than stay in hotels or rent apartments.

A. Ben: a teacher

For Ben, the most important thing is to find a cheap and affordable option during the busy school holidays. "Because I have to go away during the peak season when all the schools are on holiday, it's often difficult to find cheap hotel deals or holidays flats for rent." he explains. In addition to this, he enjoys the flexibility camping offers. "I'm not that good at planning ahead and like to be spontaneous with my travel plans. The fact that it's not usually necessary to pre-book to stay at a campsite suits me very well. I also like that I can go away to more obscure and remote places and get away from the students I spend all year in the classroom with."

B. Cathy: finance director

Cathy is looking for a contrast from her stressful working life when she goes on holiday. She says, "I love being outside and the freedom camping offers. I spend all day in the office when I'm at work and have to be very organised to meet tight deadlines, so when I'm on

holiday I like to be in the fresh air and be able to do exactly what I want when I want; camping is perfect for that. Of course there are some rules you have to respect like you're not allowed to make noise after 11 or 12 at night but I like that. I love going to sleep listening to the insects in the trees or the waves on the shore."

C. Matt: IT engineer

Matt likes to spend his holiday seeing lots of different places. "I'm a restless person so when I go away on holiday I don't like to be tied down to one place; camping means you can stay for two nights in one place then pack up the tent, jump in the car and stay somewhere else for the next night or two and so on with no need to book ahead. It's a great way to see lots of different places in a short period of time." He also points out that, "You obviously need a car to really be able to make the most of your time and make sure you have a good map and a good up-to-date campsite guide with clear directions to help you find the different campsites. Campsites are often not well signposted and there is nothing more frustrating than driving around for hours looking for a campsite when you'd rather be relaxing on the beach."

D. Eli and Catriona: doctor and medical researcher

Eli and Catriona explain why camping is the perfect holiday for families. "We used to go camping when we were much younger, before we had children and loved it, but now we have the boys it makes even more sense. There are so many child-friendly campsites with swimming pools and special activities for kids. It's so nice for them to have lots of space to run around in and other children to play with. It also means we have time to ourselves to really relax. We've actually been to the same campsite for 2 years in a row now as we all had such a good time there the first year. The boys are still in touch with friends they made there last year so we might well go back again this year."

E. Melissa and Stefano: salon manager and marketing director

For Melissa and Stefano it's the friendly atmosphere that means they keep going back to campsites year after year. "We've travelled around the whole of Europe in our campervan and every year we meet so many interesting people and make friends with people from all over the world. Everyone is always so helpful when you stay on a campsite. If you need to borrow something like matches your neighbours will always help you out. One year we got the back wheels of the campervan stuck in the sand and it took ten of our new neighbours to help push it out. Everyone came rushing over to help as soon as they saw there was a problem and most of us didn't even speak the same language. It was a wonderful feeling; you don't get that in hotels."

This image shows a full page of white paper with horizontal dotted lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Part 2: Writing an essay (40 points)

Write an essay to answer the following questions. Give reasons and include any relevant examples to support your answer.

Most experiences in our lives that seemed difficult at the time become valuable lessons for the future. Do you agree or disagree with this statement?

Use reasons and specific examples to support your answer.

[illegible]

[illegible]

[illegible]