

B1 Progress test 1A Units 1–3

1 ▷ Listen to a man talking about one of his free-time activities, Tai Chi. Decide if the sentences are true (T) or false (F).

- 1 Tai Chi was recommended to the man by someone he knows. _____
- 2 People have to move in the shape of a square while doing Tai Chi. _____
- 3 According to doctors, practising Tai Chi has benefits for our minds as well as our bodies. _____
- 4 The man's wife is unhappy about him practising Tai Chi. _____
- 5 The man always goes to a nearby park to do Tai Chi. _____

2 points for each correct answer

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▷ Listen again. Complete sentences 6–10 using one word in each space.

- 6 The man says that many people think Tai Chi and _____ are similar.
- 7 Tai Chi involves the movement of _____ through the body.
- 8 According to scientists, doing Tai Chi can make a person's _____ bigger.
- 9 The man says he doesn't enjoy doing _____ with other people.
- 10 The Chinese believe it's better to do Tai Chi when you're surrounded by _____.

2 points for each correct answer

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2 Complete the text message with the abbreviations in the box. There are two that you don't need.

asap thnx CU sry G8 U pls

Hi! ¹ _____ but I'm going to be late today. ² _____ can ³ _____ pick the children up from basketball practice. I'll be home ⁴ _____. ⁵ _____. H x
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1 point for each correct answer

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3 Read the text about how people use their time. Choose the best answers.

I have ¹ _____ wondered where time goes. I know we live in a digital age, and we have modern technology to save us time. But I still seem to have less time now to ² _____ with friends and relatives than I had before. In the past, people ³ _____ to each others' houses to have a drink and a chat. Then, the telephone came along. It was an invention ⁴ _____ changed everything because then people had something at home they could use to chat – they ⁵ _____ have to go out to meet their friends in order to talk to them.

Nowadays, of course, with social media, we don't even have to speak to each other if we don't want to. We can just post a message telling our friends that we're feeling ⁶ _____ because we're going on holiday or we're ⁷ _____ because we've just finished ⁸ _____ the housework. I know what my problem is, though – it's that I waste far too much of my free time ⁹ _____ the internet. And how am I using my time right now? Well, I'm ¹⁰ _____ a blog about wasting time. Who knows? Maybe that will help other people in some way.

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|---------------|------------|----------------------|
| 1 a most days | b often | c every now and then |
| 2 a offer | b give | c spend |
| 3 a visited | b went | c invited |
| 4 a who | b where | c which |
| 5 a didn't | b weren't | c doesn't |
| 6 a good | b lonely | c disappointed |
| 7 a anxious | b confused | c exhausted |
| 8 a doing | b making | c cleaning |
| 9 a in | b at | c on |
| 10 a reading | b writing | c having |

2 points for each correct answer

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4 Read the text about a new building in Saudi Arabia. Which paragraph A–F contains the following information? Write the correct letter. There is one paragraph that you don't need.

- 1 some of the challenges the building project has to deal with _
- 2 a reason for choosing to deal with a certain company _
- 3 an advantage the building project will bring to the country _
- 4 the period of time needed for the building project _
- 5 different services that the building will offer _

The Kingdom Tower

A Work has just started on the new Kingdom Tower in the coastal city of Jeddah, Saudi Arabia. Its developers say it will be the tallest building in the world when it has been completed. Not only that, the Tower will also have the world's fastest and highest double-decker elevator. The building is expected to take five years to complete and will be ready by 2019 at the latest.

B The idea behind the project belongs to a member of the Saudi royal family, Prince Al Waleed bin Talal. The Prince's dream is that the project will bring Saudi Arabia, especially Jeddah, to the world's attention and improve international business as a result. He also hopes that the project will provide hundreds of jobs for the people of Saudi Arabia.

C The Kingdom Tower will measure 1 km. This is 173 metres taller than the current world record holder, Dubai's Burj Khalifa standing at 827 metres, and four times taller than The Shard in London, which is currently the tallest building in Western Europe. It is estimated that the building will cost \$1.23 billion, using approximately 530,000 square metres of concrete and 80,000 tonnes of steel for its 200 floors. It will have a five-star hotel, apartments, office space and an observatory – a room from where people can watch the planets and stars – as well as amazing views of the Red Sea.

D The Jeddah Economic Company (JEC), which is responsible for building the Kingdom Tower, says the building will have a total of 59 elevators, including

five that are double. These have a travel speed of over 10 metres per second and will take visitors to the observatory. Speaking for JEC, Mounib Hammoud said they plan to work with elevator company Kone because they have the best technology in the business. This means that elevators can travel to heights that are twice the distance that was previously possible, while still being environmentally friendly.

E However, building a tower of this height is not simple. Because it is near the salt water of the sea, it is extremely important that the correct building materials are used. Wind can also be a problem for such a tall building, but the architects have found a solution. One of them, Gordon Gill, explains that 'because it changes shape every few floors, the wind loads go round the building and won't be as extreme as on a solid block.'

F A special team of technical consultants has also been employed on the project. The Advanced Construction Technology Services Company are involved in testing the materials needed to build the tower.

2 points for each correct answer

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5 Complete the notes with a word from the text. Write no more than two words and/or a number in each gap.

The Kingdom Tower – Jeddah

- It will be the world's tallest building.
- The building will be ¹ _____ high.
- Materials such as concrete and ² _____ will be used in the building.
- People will be able to see the ³ _____ from the building and the planets and stars at night.
- The building will have a hotel and apartments.
- A small number of the lifts in the building will be ⁴ _____ in size.
- Some lifts in the Tower will move at ten metres ⁵ _____.

2 points for each correct answer

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Name _____

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6 You recently visited an interesting city while you were on holiday. Write an email to a friend telling him/her about your experiences there. Write 120–150 words.

In your email, you should ...

- say where you went.
- describe what you saw and did there.
- say what the weather was like.
- explain why you liked this place.

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Name _____

Navigate

B1 Progress test 1A Units 1–3

SPEAKING

Student A

7 You have just moved house to a new village. You are at the train station on Station Road, but you are not sure how to get to the cinema. You ask someone in the street for help.

- Explain who you are, and that you have just moved to the village.
- Ask for directions to the cinema.
- Check that you have understood the directions correctly.

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B1 Progress test 1A Units 1–3

SPEAKING

Student B

7 You live in the village of Parktown. You are at the train station when someone asks you for directions. Student A will start the conversation.

- Greet Student A and welcome them to Parktown.
- Give them directions.
- Repeat the directions if your partner has not understood correctly.



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