

Part 1

For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Example:

A beneath	B lower	<u>C minus</u>	D less
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Mars on Earth

The centre of Antarctica, where winter temperatures frequently fall to **0** _____ 80 degrees centigrade and for four months each year there is **1** _____ darkness 24 hours a day, is one of the most extreme environments on Earth. It is also by **2** _____ the most similar place to the surface of Mars, which is why a **3** _____ of thirteen scientists from the European Space Agency have spent nine months at a base there.

They have been studying the physical and psychological **4** _____ on humans of living in extreme conditions, in order to obtain a better understanding of the difficulties humans will **5** _____ during the long flight to Mars and their stay there. Of course, space is **6** _____ Antarctica in that astronauts have to adapt to weightlessness, but the base is 3,200 metres above sea **7** _____ making it difficult to breathe there - as it can be on space flights. They have also, like space travellers, experienced strong feelings of being **8** _____ off from civilisation.

1	A regular	B constant	C repeated	D maintained
2	A far	B much	C large	D long
3	A crew	B cast	C gang	D team
4	A results	B effects	C issues	D risks
5	A oppose	B dare	C challenge	D face
6	A unlike	B contrary	C unfamiliar	D different
7	A height	B level	C depth	D scale
8	A broken	B cut	C kept	D taken

Part 2

For questions 9-16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0). In the exam, write your answers **IN CAPITAL LETTERS** on the separate answer sheet.

Example: SINCE

Marathon in the mountains

The Ultra-Trail of Mont Blanc is an extreme marathon held annually **0** _____ 2003 in the mountains of France, Italy and Switzerland. Widely regarded **9** _____ one of the toughest races in the world, the Ultra-Trail takes place in August, **10** _____ temperatures frequently range from over 30°C at the lowest points of the course, to well **11** _____ freezing at the highest.

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An Olympic marathon is 42.5 kilometres long, but **12** _____ one is over 160 kilometres in length and includes nine mountain peaks. That involves climbing a total of approximately 9,500 metres, **13** _____ is considerably higher than Everest. In **14** _____ of, or perhaps because of this, the annual event has become increasingly popular with runners, to **15** _____ an extent that the numbers have had to be limited to 2300. Only about half of these, **16** _____ average, are likely to finish the course, in times that typically vary from 20 hours to over 45.

Part 3

For questions **17-24**, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (**0**). In the exam, write your answers **IN CAPITAL LETTERS** on the separate answer sheet.

Example: REASONABLE

Jobs in the future

In twenty years' time, which jobs will people still be doing, and which is it 0 _____ to assume will have gone forever? Today's young people should give that question careful 17 _____ before choosing a career. Clearly there will continue to be a need for staff in 18 _____ professions such as medicine that involve caring for others, and also for people able to persuade, like 19 _____ and lawyers.	0. REASON 17. CONSIDER 18. EXIST 19. POLITICS 20. SHORT 21. SPECIAL 22. LOSE 23. CONSTRUCT 24. APPEAR
There will of course be no 20 _____ of jobs in science and technology, particularly for individuals able to 21 _____ in newer fields such as biotechnology and microbiology.	
On the other hand, the already rapid 22 _____ of jobs to robots will speed up even further, as they replace workers not only in manufacturing but also in the 23 _____ industry. And as robots learn how to stack shelves, take over at check-outs or send us our online shopping, it won't be long before most supermarket jobs have 24 _____, too.	

Part 4

For questions **25-30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use **between two and five words**, including the word given. Here is an example (**0**).

Example: 0. ON HIS OWN

0. My little brother went to see the big match by himself.

OWN

My little brother went _____ to see the big match.

25. Amanda woke up late because she'd forgotten to set her alarm.

HAVE

If Amanda hadn't forgotten to set her alarm she _____ late.

26. This Internet browser works far better than the others.

NEARLY

The other Internet browsers don't _____ this one.

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27. 'Can I borrow your phone for a minute, Jack?' asked Emma.

WHETHER

Emma asked Jack _____ phone.

28. Raymond has so much skill as an artist that his drawings look like photographs.

SUCH

Raymond is _____ artist that his drawings look like photographs.

29. I wish I hadn't stayed up late last night.

BED

I should _____ last night.

30. Our departure was delayed because another flight arrived late.

CAUSED

The delay to our departure _____ arrival of another flight.

Part 5

You are going to read an extract from a novel. For questions 31-36, choose the answer (A, B, C or D) which you think fits best according to the text.

Night Flight

The flight is busy and the last few passengers to board are searching for places to stow their hand luggage. The Asian woman in the seat next to me is in her late twenties, probably travelling on business. I am wondering if I should talk to her when the man in the window seat shows up and we have to let him in. She settles back in the middle seat. When I try to strap myself back in I find she's picked up the buckle of my belt by accident and we look at each other and laugh.

'What have you been doing in Bangalore?' I ask.

'My office is there. It's where I'm based.' I notice that she has a North American accent. She tells me she works for a multinational company that makes clothing and that she is on her way to Thailand. She has to visit a couple of factories and meet with some other people from the company. She's also trying to complete her PhD thesis, which is on a laptop she has under the seat in front of her. While she's talking she puts her passport away in her bag and I see she's Canadian.

She asks me what I do and I tell her. Then I ask her some more about her job and she tells me about that. By this time we are in the air and climbing towards our cruising altitude. The cabin is quiet, lights still dimmed, just the gentle sound of the air conditioning and the murmur of conversations. The flight to Singapore is three and a half hours. I can't decide whether to attempt sleep. It is nearly midnight and it hardly seems worth it. The man in the window seat has put on eye-shades and has an inflated pillow around his neck. He has slipped down in the seat with his head lolling to one side, his blanket pulled up to his chest. The woman shows no inclination to sleep so I ask her where she grew up.

She tells me her father is a medical doctor and that he went to Canada before she was born. They spent a few years in Montreal but most of the time she lived in Saskatchewan. 'It was OK,' she says. 'There are things happening there, it's not as dull as you might think.' She tells me sometimes in the winter it would get down to minus sixty.

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'Really it was minus thirty,' she says. 'But the wind chill factor made it feel like minus sixty. I remember them saying on the weather forecast "human flesh will freeze in 1.4 seconds." Things like that.'

'I've never been anywhere that cold,' I say.

'Somehow it didn't feel that bad,' she says. 'It was like a dry cold. When the sun was shining it didn't seem that cold. It makes your skin kind of tingle. We used to play out in it. You can get seriously cold and not realise it. When you're back indoors your face and hands ache as the blood comes back. I suppose that is how polar explorers end up losing toes. They don't realise how cold they are.'

'I suppose so,' I say. There's a pause in the conversation and I wonder what to say next.

'I guess you get the other extreme living in India.'

'Bangalore is fine,' she says, 'though we need rain. The drought is very bad in south India right now.'

The woman asks me how I got into my present job and I tell her a bit about my life. At least I tell her the story which over time has fashioned itself into what I call my life. It's not that I'm being deliberately secretive or deceitful. I just don't know how to talk about what really happened.

31. What do we find out about the woman in the first paragraph?

- A** She is annoyed at having to change seats with another passenger.
- B** She finds a mistake she makes amusing.
- C** She wants to get on with her work during the flight.
- D** She has difficulty finding room for items she brought on board.

32. What does the woman say at the beginning of the conversation?

- A** She has Canadian nationality.
- B** She usually works in Thailand.
- C** She is currently both studying and working.
- D** She is going to work for a different employer.

33. Why does the writer stay awake throughout the flight?

- A** There is a lot of mechanical noise on the plane.
- B** Nobody else on board seems to want to sleep.
- C** Some of the passengers are talking loudly.
- D** He would not be able to sleep very long.

34. The woman talks about temperatures in Canada to show that

- A** it could sometimes be extremely cold in Montreal.
- B** India is a more pleasant country to live in than Canada.
- C** the place where she grew up could be interesting.
- D** in Saskatchewan children had to stay at home all winter.

35. What does the underlined 'that' refer to in Paragraph 10?

- A** failing to notice how cold some parts of the body really are
- B** wearing clothes that do not cover the skin in very cold weather
- C** playing games outside in extremely low temperatures
- D** going into a warm place straight from somewhere much colder

36. The writer mentions the weather in India because
- A he realises the woman wants to change the subject.
 - B he wants to keep the conversation going.
 - C he finds the weather an interesting topic to discuss.
 - D he had wanted to ask the woman about it while she was talking.

Part 6

You are going to read an article about returning to work after being away on holiday. Six sentences have been removed from the article. Choose from the sentences A-G the one which fits each gap (37-42). There is one extra sentence which you do not need to use.

Just because I've been on holiday doesn't mean I have to be happy

My car. My tortoise. My friends. My bed. The list reads the same every time, but I still write it. I write it on the last day of every holiday, to convince myself that going home isn't so bad. Then I feel utterly miserable. There are plenty of things I'm not great at - driving, maths, returning library books on time - but the thing I'm worst at is coming back to work after a holiday.

It's an extreme case of being selfishly miserable. To have had a lovely sunshine break and then return to the office, where everyone has been working hard without restaurant lunches or morning swims, with a face like thunder is terribly bad manners. 37 _____. Given the number of names for it - 'holiday hangover', 'back-to-work blues', post-travel depression' - it's a well-known condition.

In a recent survey conducted by a travel website, 82 per cent of the 1,254 people asked experienced post-holiday misery. 38 _____. Probably just before they logged on to a job vacancy website or started fantasising about retraining for work in the countryside.

Even if you manage to avoid end-of-holiday panic, and you feel refreshed, relaxed and ready to face the world of work, you're guaranteed to walk into stress, conflict and injustice. 39 _____. Or the surprise departmental reorganisation that took place while you were away. Still, it could be worse. Over three-quarters of people questioned said that their holiday depression lasted for a month. 40 _____. Perhaps they should have saved their cash and not bothered going.

After years of practice, I've come up with a few things that help. A bit. The first is the list mentioned above. 41 _____. Unlike some people I know, I can't just roll off an intercontinental flight and roll in to the office. The third is concentrating on getting through the first day back at work without running away, making a grand plan for a new life or spending (too much) time on my own tearfully looking at my holiday photos saying to myself: 'I can't believe this is my life.'

I feel sorry for my poor colleagues having to look at my long face today, but at least by having my break now I'm getting my bad mood in early. 42 _____. Then I can support them in their hour (month?) of need. I might even lend them one of my pets.

- A. By September, on the other hand, when the schools go back and the main summer-holiday season is over, I'll be back to normal.
- B. The most content, with both their home and working life, appear to be those who stay at home all summer.

- C. For instance, that highly important task you left with a colleague that's been ignored and later caused your email inbox to turn toxic.
- D. At least, though, I'm not the only fed-up wage slave to feel like this.
- E. The next one is making sure I have a day off everything between getting home and going to work.
- F. Also, over two-thirds of them answered the next question, 'Are you usually glad to be home after a holiday abroad?' with a - presumably unhappy sounding - 'No'.
- G. Longer by at least a fortnight, I'd guess, than the holiday they'd taken.

Part 7

You are going to read a newspaper article about an Olympic athlete. For questions 43 - 52, choose from the sections (A - D). The people may be chosen more than once.

Which paragraph

43. gives an example of Jessica having good luck? ____
44. refers to the role of Jessica's family in helping her achieve success? ____
45. suggests it is surprising that Jessica does not understand herself better? ____
46. mentions a previous sporting disappointment that Jessica had? ____
47. explains why Jessica is so popular with the local public? ____
48. explains why another athlete was surprised at Jessica's performance? ____
49. mentions a painful childhood memory? ____
50. suggests that Jessica's appearance can give a misleading impression? ____
51. says that Jessica's relationship with someone can sometimes be difficult? ____
52. contrasts Jessica's personality on and off the track? ____

Jessica Ennis: heptathlon Olympic champion

A

There have been many great Olympic athletes in recent years, but few have been taken to their country's heart quite as warmly as gold medal winner Jessica Ennis. Her quiet determination to succeed, her good humour when faced by setbacks and the absolute joy she showed when finally becoming Olympic champion have all contributed to this, as has the difficulty of the sport she has chosen to compete in: the heptathlon. This involves turning in world-class performances in seven track and field events over two days. At first sight, Jessica - at just 1.65 metres and 57 kilos - may seem an unlikely winner of such a physically demanding sport, but once the action begins it soon becomes clear she has the speed, strength and endurance to beat anyone.

B

Jessica recognises that her normally easygoing nature is transformed into something much fiercer when she has to compete. She knows that success only comes from being highly motivated and totally focused on each event. In her autobiography *Unbelievable*, she talks of the way she was picked on at school by bigger girls because of her background and lack of size, and how that has made her determined to succeed, particularly against taller and stronger athletes. She also points out that she is not from a particularly sporting family and that her sister 'absolutely hates sport', but says she was introduced to athletics by her parents, who have continued to give her encouragement and support throughout her career as an athlete. Her mother was born in the UK and her father in Jamaica.

C

She gets on well with her family, as she does with her husband Andy, saying she dislikes conflict and wherever possible avoids arguments with people. The only exception is her trainer Chell, with whom she has a row 'every day'. And although Jessica is a psychology graduate, she is unable to explain how she acquired the tremendous self-discipline that has enabled her to keep training to Olympic gold medal standard while so many others have given up along the way. Of course, at that level nothing can be taken for granted, as she discovered when a sudden injury put her out of the Beijing Games. She describes that as the lowest point in her career. Typically, though, Jessica bounced back, and once fit again began training just as hard as ever.

D

By the time of the London Games in 2012 she was in the best shape of her life, and on this occasion she was fortunate enough to remain free of injury. Some of the times she recorded in the heptathlon were so fast that she would have achieved good positions in the finals of track events such as the 200 metres. That brought to mind a race won two years earlier against the world champion, who couldn't believe she had lost to someone who trained for seven different events. Since the London Olympics, Jessica has continued to take part in competitions, receiving numerous awards including World Sportswoman of the Year. She has also featured on a special postage stamp and has had a post box in her home city of Sheffield painted gold in her honour.

Answer Keys

Part 1

1 B - constant. If something is constant, it is there all the time and doesn't change. Other words do not [collocate](#) with this word in the given context.

2 A - far. 'By far' here means 'as close or similar as it can be'.

3 D - team. Crew is people operating some vehicle, such as a ship or a plane. A gang is a group of criminals. Cast refers to actors taking part in a play or a film.

4 B - effects. 'Issues' and 'risks' have a negative meaning, which is not implied here. 'Results' normally refer to something finished or completed.

5 D - face. This is the most common verb to use with something difficult or unpleasant. 'To face a problem/challenge/enemy'.

6 A - unlike. The only word here that can work without preposition. As you can see, there is no preposition after the gap which limits our choice.

7 B - level. 'Sea level' is a common phrase that means the height of an object relative to the sea.

8 B - cut. 'Cut off' means isolated, kept apart from something or somebody.

Part 2

9 as. 'Regarded as' means it is seen as something. Grammatically, it would also be okay to say 'regarded to be', but you should only use one word to fill the gap in this part of FCE Reading and Use of English.

10 when. It refers to the month of August, the choice here is fairly simple.

11 below/under. We are talking about temperature here and in the previous one. Don't be confused by lowest and highest points of the course - these refer to the low and high altitudes. It is always much colder when you are high in the mountains.

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12 this. 'But' introduces a contrast between a regular marathon and this one.

13 which. A [non-restrictive clause](#) is used here. It adds non-essential information that can be skipped without ruining the sentence.

14 spite. 'In spite of' shows contrast - even though the race is very challenging, it attracts a lot of athletes.

15 such. 'To such an extent' - to the point that, so much that.

16 on. 'On average' means roughly or approximately.

Part 3

17 consideration. We use an adjective + noun combination here. Do not use 'considering' - if there is a 'real' noun instead of the gerund (basically, when you take a verb and add -ing to make a noun) then you should stick to it. This is a general rule of Cambridge exams.

18 existing. Adjective is used here. Do not use 'existential' it refers to the idea of existence, i.e. meaning of life.

19 politicians. Clearly we are looking for a profession here. An important thing is to use the plural form - because 'lawyers' are plural and connected to the gap with 'and'.

20 shortage. Shortage is lack of something, when something is not present in needed amount or quantity.

21 specialise/specialize. Both American and British spelling of this verb can be used to get the point for this answer.

22 loss. Adjective + noun + of. Remember to spell it correctly to get the points.

23 construction. Even though the previously used 'manufacturing' is formed with '-ing', if we mention the industry, it is 'construction'. 'Constructing' means the process of building something, not the business, industry or activity.

24 disappeared. Contextually, we need a negative meaning, so we use the prefix dis-.

Part 4

25 wouldn't/would not have woken up. Third conditional sentence is used here. Conditionals are common in Part 4, so make sure to revise zero, first, second and third conditionals.

26 work nearly as well as. Nearly is normally used in negative phrases. Keep subject-verb pair in check - the verb has to be plural because we use 'browsers'.

27 whether she could borrow his. In reported speech, we have to take the so-called 'one step back' with the tenses. The original sentence is in Present Simple, so the reported one has to be in Past Simple.

28 such a skillful/skilled. A straightforward transformation with some options. Both skillful and skilled can be used. Some people might choose to spell it 'skilful' with one l.

29 have gone to bed earlier. We express regret here in a slightly different way, nothing too complex though. Even though we use 'last night', we still stick to Present Perfect because of 'should'.

30 was caused by the late. Passive voice is used to show that something was done to us or our situation. 'By' here introduces the actor, i.e. late arrival.

Part 5

31 B. The buckle incident and her reaction to it help us find the answer. There is no mentioning of her getting annoyed or having any problem with finding a place for her things. While later she does mention her PhD theses, she is not planning to work on it right now.

32 C. She states that she works for a fashion company while doing her PhD at the same time. She makes no

mentioning of her nationality. She is not changing her employer, she is merely travelling to do work at a different location.

33 D. When deciding whether to go to bed, the writer glances at their watch and states that the flight is only three hours, therefore they are not going to get much sleep either way.

34 C. The way sentences follow one another points out to answer C. The extremely low temperatures she mentions took place in Saskatchewan, not Montreal. Nothing from answers B or D is mentioned in her story about low temperatures.

35 A. She explains how it could possibly happen; 'that' is used to point at the situation when you don't realise how cold your body really is, which can lead to serious injury.

36 B. The long pause mentioned is a hint that the subject has to be changed. In order to avoid confusion, it is important to keep in mind that the plane is leaving Bangalore, which is in India.

Part 6

37 D. 'It's a well-known condition' from the next sentence confirms that the author is not alone. Many others suffer from the same phenomenon.

38 F. The results of survey are given to the reader and various statistical analysis is presented.

39 C. This and the next sentence talk about examples of unfortunate 'surprises' one might expect after returning back to work from a long holiday.

40 G. Past Perfect here helps us make the right choice. First comes the holiday, then the depression. You might want to try sentence B here, but it discusses the positive aspects, while this one focuses on the negative ones.

41 E. 'The first' and 'the next' that the two sentences start with help make the connection. The author gives us various technique to make the holiday hangover less unpleasant.

42 A. 'Now', 'in early' and 'by September' are all time phrases that help us make the contextual connection.

Part 7

43 D. First sentence of the paragraph mentions how she was lucky not to get any injuries.

44 B. Second half of the paragraph states that even though her family wasn't very sporty, her parents got her into sports and continued to support her throughout her career.

45 C. Jessica's degree in psychology is surprisingly not very helpful when it comes to her understanding herself and the way she stays motivated to prepare for competitions.

46 C. The injury in Beijing was a serious psychological setback for her.

47 A. Second sentence of the paragraph mentions her determination and how happy she is to win are some of the reasons the public adores her.

48 D. Middle of the paragraph talks about a world champion who couldn't believe having lost to an athlete preparing for several different discipline while she focused on her only one - 200 metre race.

49 B. Taller and bigger girls would pick on Jessica back at school because of her small stature.

50 A. Last sentence of this paragraph talks about Jessica's height and weight. Then it is said that this can be misleading and she has all the physical ability to emerge victorious.

51 C. Her coach Chell is mentioned, with whom she often falls out.

52 B. The very first sentence mentions Jessica's transformation when it comes to competitions.

Vocabulary

The vocabulary below is meant to help you with the more difficult words. If the word isn't on the list then you are either supposed to know it or it is too specific to be worth learning and you don't have to know it to answer the question. Symbols in brackets mean part of speech (see bottom of the list). Sentences in italics give examples of usage for some more complex words and phrases.

And remember — you are not given a vocabulary list (or a dictionary) at your real exam.

Part 1

Obtain (v) - to get, to acquire something.

Stay (n) - a period of living or working somewhere. *I hope your stay at our hotel will prove to be pleasant.*

Adapt (v) - to get used to something unusual or changing. *It can be difficult for immigrants to adapt to the cultural differences of their new host country.*

Part 2

Annually (adv) - happening once every year.

Range from ... to ... - to differ in number or amount. *Prices for the new model range from 300 to 750 dollars.*

Extent (n) - scale, scale or degree of something. *I agreed with her to some extent, but I can't say I fully supported her idea of moving abroad.*

Course (n) - (here) a route used for a race. *The course is a mixture of tarmac and gravel and is over 15 kilometers long.*

Part 3

Assume (v) - to think or to make a conclusion that is not based on facts or data.

Persuade (v) - to convince, to make somebody change their mind.

Rapid (adj) - quick, happening over a short time. *The rapid change in the company made some people uneasy.*

Stack (v) - to put thing, to fill spaces. *My job here is to stack shelves in the dairy department.*

Take over (phr v) - to become in charge instead of somebody else. *The new boss will be gradually taking over our business over the new few weeks.*

Part 5

Stow (v) - to put luggage or cargo in a designated place for the duration of transportation.

Buckle (n) - the part of the belt that makes it fasten and secure the other end.

Thesis (n) - (here) an academic paper that needs to be finished in order to get a degree in a particular scientific field.

Altitude (n) - a more technical synonym for 'height'

Dimmed (adj) - made less bright. *The foggy morning made dimmed sunshine look truly magical.*

Loll (v) - (about a part of body) to lie or hang on one side. *His injured hand lolled helplessly like a loose string.*

Dull (adj) - boring, uninteresting.

Tingle (v) - a sensation similar to being prickled lightly with a needle. *I felt tingling in my shoulder because I've*

been lying on this side for too long.

Drought (n) - a natural phenomenon when there is no rain and strong heat for a prolonged period of time.

Fashion into (phr v) - to make something in a particular shape or way. *I fashioned my life into a mixture of travelling and writing.*

Part 6

Miserable (adj) - bitterly unhappy, discomforted. *Commuting through busy London traffic every day would make anybody feel miserable.*

Face like thunder - to look or appear very angry. *When we saw that the manager had a face like thunder, we knew what was coming next.*

Hangover (n) - headache and dehydration resulting from excessive alcohol consumption. Used figuratively here to show how miserable a person feels when they have to go back to work after holidays.

Injustice (n) - lack of fairness, absence of justice.

Long face - used figuratively, it means bad mood or sad appearance.

Content (adj) - happy and satisfied. *Having a nice mug of coffee in the morning is a surefire recipe to make me feel more content with the rest of the day.*

Wage slave - used humorously, it means a person who depends on their salary to survive - as opposed to a business owner who has various sources of income.

Fortnight (n) - two weeks.

Part 7

Misleading (adj) - giving wrong information or sending a wrong message without meaning to do so. *Foreign language technical manuals can often be misleading because of poor or inaccurate translation.*

Setback (n) - a misfortune or failure that undoes progress one has achieved. *A \$5000 fine our business had to pay was a major financial setback.*

Contribute (v) - to do your part in something, to help. *Your knowledge and expertise greatly contributed to our school Chemistry project.*

Endurance (n) - ability to stay strong and energetic during physically demanding activity.

Fierce (adj) - powerful and aggressive.

Pick on somebody (phr v) - to harass somebody, usually because they are younger or weaker than you are.

Row (n) - an argument or a conflict.

Bounce back (phr v) - to recover after an injury, either physical or psychological.

To take something for granted - not to appreciate something that you have.