

## 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:

<u>A found</u>	B arrived	C fetched	D reached
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### Vera Neumann: fabric designer

Vera Neumann was a designer and businesswoman whose products **0** \_\_\_\_\_ their way into the homes of people across the USA.

Vera was born in Connecticut in 1907 and showed artistic **1** \_\_\_\_\_ from an early. After attending art college in New York, she got a job as a textile designer, but didn't like being **2** \_\_\_\_\_ what to do. Determined to develop her own styles, Vera started to produce tablecloths, each item printed by hand in her kitchen.

But it was her scarves that **3** \_\_\_\_\_ Vera's name. Good fabric was in short **4** \_\_\_\_\_ during the Second World War, but Vera was lucky enough to **5** \_\_\_\_\_ across some silk left over from the manufacture of parachutes. Vera used it to design scarves with floral, abstract and geometric designs. These were an **6** \_\_\_\_\_ success when they appeared in department stores and during the 1950s they were the **7** \_\_\_\_\_ of fashion, being worn by celebrities such as the film star Marilyn Monroe. By 1960, the company which Vera had **8** \_\_\_\_\_ was employing 200 staff and producing 130 patterns per season.

<b>1</b>	A training	B talent	C expert	D gift
<b>2</b>	A led	B directed	C told	D forced
<b>3</b>	A got	B did	C gained	D made
<b>4</b>	A supply	B availability	C quantity	D delivery
<b>5</b>	A fall	B come	C happen	D run
<b>6</b>	A acute	B urgent	C instant	D extreme
<b>7</b>	A height	B peak	C top	D crown
<b>8</b>	A worked out	B put on	C carried off	D set up

## 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: AS

### Tree-climbing

Many people will look back on tree-climbing **0** \_\_\_\_\_ a simple childhood pleasure and a natural test of human strength, stamina and agility. But these days, it has turned **9** \_\_\_\_\_ a more serious activity and is **10** \_\_\_\_\_ of the fastest-growing adventure sports in the country.

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**11** \_\_\_\_\_ the invention of expensive gyms with indoor climbing walls, tree-climbing was a cheap and simple way to get a similar type of exercise. These days, if you want to **12** \_\_\_\_\_ part in an organised tree-climbing activity, you **13** \_\_\_\_\_ to wear a helmet and attach yourself to ropes in **14** \_\_\_\_\_ you should lose your footing. But otherwise, tree-climbing is a very eco-friendly sport, involving minimum damage to trees or the environment.

Getting off the ground is perhaps the most challenging part of a climb. **15** \_\_\_\_\_ that, it's about using your legs, **16** \_\_\_\_\_ are much stronger than your arms, to drive yourself up the tree. Reaching the top and then abseiling down again is a source of great satisfaction.

### 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: BOREDOM**

### Games in space

For astronauts on long missions into space, **0** \_\_\_\_\_ can be a real problem. In order to help the astronauts, **17** \_\_\_\_\_ and doctors need to find out what this feels like. As part of the **18** \_\_\_\_\_ programme, six volunteers will be locked away for 520 days to see what effect this has on their mind and body. During their time in **19** \_\_\_\_\_ the volunteers will be able to communicate with their controllers, but only in a way that replicates the astronauts' experience. For example, the further away from 'Earth' they get, the longer the delay in the signal, so they will be **20** \_\_\_\_\_ to have a conversation in real time.

As part of the experiment, the volunteers will be allowed to play computer games. There will be a **21** \_\_\_\_\_ of solo games and competitive games available. Afterwards, they will be asked to give **22** \_\_\_\_\_ on how hard they found the games to play and what their **23** \_\_\_\_\_ state was at the time. As a result of the **24** \_\_\_\_\_ gathered, it may be possible to create special software for crews on future missions.

**0. BORE**  
**17. SCIENCE**  
**18. SEARCH**  
**19. ISOLATE**  
**20. ABLE**  
**21. MIX**  
**22. FEED**  
**23. EMOTION**  
**24. INFORM**

### 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**).

**0.** What type of music do you like best?

**FAVOURITE**

What \_\_\_\_\_ type of music?

**Example: IS YOUR FAVOURITE**

**25.** Learning to sew seemed a waste of time to Lisa.

**POINT**

Lisa couldn't \_\_\_\_\_ learning to sew.

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26. I reckon Barry was relieved to find his missing cellphone again.

**BEEN**

Barry must \_\_\_\_\_ he found his missing cellphone.

27. According to the gossip, the actress will be getting married soon.

**RUMOURED**

The actress \_\_\_\_\_ getting married soon.

28. Pamela said that she regretted sending that angry text message to Harry.

**ONLY**

'If \_\_\_\_\_ that angry text message to Harry', said Pamela.

29. Ashley always eats a big breakfast before going out in the morning.

**WITHOUT**

Ashley never goes out in the morning \_\_\_\_\_ a big breakfast.

30. Liam has decided not to go to football practice any more.

**GIVE**

Liam has decided \_\_\_\_\_ to football practice.

## Part 5

*You are going to read an article about an actor. For questions 31-36, choose the answer (A, B, C or D) which you think fits best according to the text.*

### The reluctant hero

The most endearing thing about Aaron Green - and there are many - is his refusal to accept how famous he's about to become. 'I can walk down the street and not be hassled, which is really nice. I kind of hope that continues and I'm sure it will,' he says earnestly. He seems genuinely to believe that the job won't change his life. 'There's nothing fascinating about my life, and there's absolutely no reason why that should start happening.' You can only wish him well.

How lovely if this turned out to be true, but the chances are it won't, and he must know this. Aaron has been cast as the hero in the latest fantasy blockbuster that will hit our screens next year. The first photo of him in his costume was released last week to an Internet frenzy.

After an award nomination for his last film, Aaron is having the biggest year of his life, but it hasn't gone to his head. 'It's nice if your work is praised, but it's all very new to me, this,' he says. 'I really like working in this profession and exploring its possibilities. Who knows what the future holds? We could dream about what might happen next, but there's not much point. I'm just enjoying my job and want to do well in it in the future, but that's kind of it, really. No big hassles.'

Of all the characters in his last film, which is based on a true story about a group of university students who start an influential blog, Aaron's character is the one who emerges as most likeable. But he insists that the plot is not as straightforward as it might appear. 'What's wonderful about this film is that everyone feels they are the good guy. I don't think anyone in the cast felt they were playing the villain. It was just a group of human beings that had different opinions.'

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It's a typically thoughtful answer from the 27-year-old, who seems to be a bit of a worrier and prefers to avoid watching himself on screen. Doubtless he doesn't care for interviews either, but he is so open and engaging that you wouldn't know it. He felt 'a heightened sense of responsibility' playing a real-life person in his last film, but had no contact with the person concerned. 'These people are living and breathing somewhere - of course that has a great effect on the care with which you approach your work. I kept wondering if he'd come and see the film, if he'd recognise himself in my performance or be angered by it.'

His performance has a vulnerability about it that is almost painful to watch. Does he seek out those parts or do directors see that quality in him? 'I don't know, I think it's probably a bit of both. I certainly have that unwillingness to lose naivety; to lose that childlike way of looking at the world. I find it a very real and profound theme in my life and, talking to other people my age, I think it's universal.'

31. In the first paragraph, the writer suggests that he thinks Aaron
- A has a sensible attitude towards fame.
  - B seems confident that he can deal with fame.
  - C seems unaware that he's about to become famous.
  - D has unrealistic ideas about what it's like to be famous.
32. The phrase 'hasn't gone to his head' in Paragraph 3 suggests that Aaron is
- A modest about his achievements.
  - B used to receiving so much praise.
  - C doubtful whether he will win an award.
  - D unsure whether he deserves so much attention.
33. What does Aaron say about his last film?
- A There are clear heroes and villains in it.
  - B The story is not as simple as it may seem.
  - C He knows why people liked his character best.
  - D There were often disagreements between the actors.
34. What makes the writer think that Aaron is an anxious person?
- A He has no wish to watch his own films.
  - B He obviously doesn't like giving interviews.
  - C He feels responsible for the character he plays.
  - D He thinks carefully before answering a question.
35. What does Aaron say about playing a real-life person on screen?
- A He was disappointed that he never met that person.
  - B He was sure that person wouldn't want to see the film.
  - C He was concerned that the person might easily be offended.
  - D He was pleased that the person approved of the fact he was playing it.
36. What does Aaron suggest in the final paragraph?
- A He only plays parts that suit his own personality.
  - B He lets the director decide how a part should be played.
  - C He's not such an immature person as he may appear.
  - D He shares certain feelings with lots of other young people.

## Part 6

You are going to read an article about a language. 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.

### I'm the last speaker of my language

I come from Chile and I've always been interested in my country's history and culture. It all started when I was about eight and I started to learn about the country's indigenous inhabitants. When I first found out about the native people of Patagonia, in the far south, I had no idea that my mother's family was from there and that her grandfather had been a Selk'nam. The last speaker of Selk'nam died in 1974. I really wanted to learn Selk'nam, so relatives on my father's side who live in Punta Arenas, the southernmost town in mainland Chile, sent me dictionaries. **37** \_\_. But I had no idea what these sounded like.

Then, when I was about eleven, I saw a television programme about the Yagan people who lived on the island of Tierra del Fuego, the southernmost tip of South America. The programme interviewed two sisters, Cristina and Ursula Calderon, and said they were the only two speakers of their language left. **38** \_\_. Only later did I discover that the two languages are quite different; that the two peoples couldn't communicate with each other.

One day, my mother told me that although she was born in the capital, Santiago, her grandfather was a Selk'nam from the north of Tierra del Fuego. Nobody had ever told me anything about this before. When I asked why, she said that when she was young she had been teased for looking different, and so she had just kept quiet about it.

When I was thirteen, I went to the south for the first time on my own to meet Cristina Calderon. **39** \_\_. I discovered that there used to be four thousand Selk'nam in Tierra del Fuego. They were hunters of wild cats and foxes. The Yagan lived further south and travelled by canoe all the way down to Cape Horn, but the Selk'nam moved on foot.

Settlers from the north arrived in the nineteenth century and introduced diseases like measles and typhoid, which affected the local people very badly. Now, there's no way back. I got hold of some recordings of a Selk'nam shaman from the 1960s and started to study them. **40** \_\_. Gradually, however, I begin to understand how the words sounded and began to reproduce them.

The Selk'nam express themselves using lots of prefixes and suffixes, and the sounds are guttural, nasal and tonal. **41** \_\_. For example, it has lots of different words for the weather. The hardest thing in Selk'nam, however, is the verbs - they all sound a bit the same. There are some English loanwords, such as 'bread' and 'money'. Others are descriptive: 'read' translates as 'playing with words' and 'drum' as 'vibrating leather'. Then there are words for modern things - for 'telephone', you have to say 'speak from afar', and 'car' is 'go on four wheels'. I speak the language well now. Cristina's husband spoke Selk'nam and apparently I sound just like him.

Because music is something that reaches lots of people, I started composing traditional songs in Selk'nam and formed a band with two friends. This meant that they had to learn some words, too. **42** \_\_. I need to teach my language to more people because if something happened to me, it would die out all over again.

- A. I felt a sudden desire to learn that one too.
- B. It was slow because I had no one to talk to.
- C. Yagan is quite different, however, because it has more vocabulary.
- D. This meant that I was able to start learning words, verbs and expressions.
- E. This was good because I didn't want to be the only one.

F. These turned out to be rather hard for me to pronounce, however.

G. The trip seemed the best way to find out about my roots.

## Part 7

You are going to read an article about groups run by volunteers in their local community. For questions 43 - 52, choose from the sections (A - D). The people may be chosen more than once.

### Which of the groups ...

- 43. has a name that might give people a wrong idea of its activities? \_\_\_
- 44. wants to respond to feedback from users of a service it provides? \_\_\_
- 45. has put the results of its work on show to the public? \_\_\_
- 46. has found it hard to finance its activities? \_\_\_
- 47. offers advice to beginners in an activity? \_\_\_
- 48. provides a pick-up service for its users? \_\_\_
- 49. plans to start selling things to make money? \_\_\_
- 50. would use the prize money to publicise its activities? \_\_\_
- 51. noticed that something that was still useful was going to waste? \_\_\_
- 52. provides a service for people all over the country? \_\_\_

## Future-Friendly Awards

### A CycleStreets

You're keen to get on your bike, but you're not so keen on bumping over poor roads, sweating up hills or riding between all the large trucks on the main roads. Where can you go? The answer is to ask [www.cydestreets.net](http://www.cydestreets.net), a journey-planning website for cyclists. 'We aim to give newcomers the confidence to start cycling — with all its environmental and health benefits - and to improve routes for those who already cycle,' says spokesperson Martin Lucas-Smith. The not-for-profit group is based in Cambridge, but routes are available in all regions nationwide. Cyclists can get involved, too, by contributing photographs and reporting obstructions or other issues. 'We've done years of unpaid work and winning this award would help us make some major improvements, which the cyclists who contact us have been asking for,' says Martin.

### B Sefton Green Gym

If you visit Sefton Green Gym in Liverpool, don't go expecting to see weights or rowing machines — this 'gym' just has rows of lovingly tended organic fruit and vegetables. The gym was set up to help local people improve their skills, make new friends and enjoy the health benefits of gardening. Members range from young people with learning difficulties to elderly people with health problems. 'My dad went along after a serious illness to get fit and make new friends,' says Joanne Woods. 'He's worked hard to raise funds but with limited success, and the gym faces closure if we don't get any more.' The award would help the gym to expand by installing eco-friendly solar heating, as well as advertising for new members and extending its links with the community.

### C The Project Group

The Project Group, from the small town of Oswestry, helps people with health problems and learning disabilities to build their self-esteem through creativity. Last year, the group has focused on using recycled materials, including making vases from waste paper and pictures from recycled glass. Last year, it helped stage an exhibition of

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sculptures entirely created from rubbish such as crisp packets, plastic bags and old shoes. It has also created posters for the local Wildlife Trust, and helped other community groups. ‘The whole organisation is user-led, and our artwork can now be admired in many public buildings and spaces in our region,’ says spokeswoman Jo Davis. ‘We also hope to use the award to develop a retail range of recycled products to help fund our activities.’

### **D Cleanstream Carpets**

Every year, an astonishing three-and-a-half million carpet tiles are thrown away in South Wales and southwest England. Recognising that many tiles could be reused, a group of volunteers formed Cleanstream Carpets to collect and supply them at affordable prices to local organisations and community groups. Volunteers collect and grade tiles before selling them from Cleanstream’s premises near Rhondda. Satisfied customers range from local schools to a community furniture bank in Bedfordshire, and the tiles have even been used to build refuges for endangered animals such as great crested newts. ‘Our unique selling point is the guarantee that the product is diverted from landfill,’ says one volunteer. ‘Winning the award would give us encouragement to explore other ways of using other recycled material.’

## Answer Keys

### Part 1

**1 B - talent.** This goes well with the adjective 'artistic'. 'Training' means some time spent learning something. 'Expert' is not a quality, the word would be 'expertise'.

**2 C - told.** We have a case of the passive voice and this affects our choice. The part 'what to do' only works with 'told' here.

**3 D - made.** 'To make a name' means to become famous, recognized or well-known.

**4 A - supply.** If something is in short supply, there is not enough of it. 'Low quantity' would work as well, but it sounds more technical.

**5 B - come.** 'To come across something' means to find it by chance, accidentally, without meaning to.

**6 C - instant.** An adjective that collocates well with 'success'.

**7 A - height.** A tricky collocation that is not used very often. A figure of speech, 'height of fashion' means something is as fashionable as it can possibly be.

**8 D - set up.** 'Set up' in this context means 'found, establish'.

### Part 2

**9 into.** 'Turn into' means to transform into something, to become something else. Don't be tempted to answer 'turn in' as it means to return something, i.e. 'police officers have to turn in their firearms at the end of their duty'.

**10 one.** '... of the' helps us make the right choice here. One of many, not the only one.

**11 before.** The context helps to understand how things were previously, when gyms hadn't become more popular and widespread.

**12 take.** To participate, to become a member or contestant.

**13 have/need.** Both modals that show obligation fit the context here. 'Should' can't be used as it means that it is a recommendation rather than a requirement, while the context suggests otherwise.

**14 case.** 'In case' - in the event of something, if something (undesirable) happens.

**15 after.** The second most difficult thing, or the thing that comes after.

**16 which.** A case of non-restrictive relative clause can be seen here.

### Part 3

**17 scientists.** Astronauts and doctors are mentioned here, so it is only natural to choose another profession in plural form. Mind the spelling, a mistake will render the right answer useless.

**18 research.** The word here is an adjective, but the spelling (and pronunciation) are similar to the noun form.

**19 isolation.** An easy to choose noun. A reminder not to use 'isolating' - choosing the proper noun instead of a gerund form is always preferable.

**20 unable.** The word 'delay' suggests that real-time conversation is impossible, so we need to use a negative prefix.

**21 mixture.** We normally use 'mixture' when we talk about multiple components. We use 'mix' when we talk only about two combined things. Another point to keep in mind is that you ALWAYS have to change the initial word, so 'mix' can't be used without any changes.

**22 feedback.** A noun is needed here. The only difficulty is that there is no article before the gap, which suggests



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either a plural or uncountable noun. 'Feedback' is uncountable.

**23 emotional.** Easy choice of an adjective. Make sure to get the spelling right.

**24 information.** Another straightforward transformation.

### Part 4

**25 see any/much/the point in.** 'To see a point in something' means to consider it useful, worth knowing or doing.

**26 have been relieved when.** 'Been' is a Past Participle form of 'to be' and therefore it suggests that a Perfect tense should be used. Present Perfect fits the best here, as there is no need to use Past Perfect.

**27 is rumored to be.** Passive voice is used here. Note the usage of Present Continuous ('to be getting married') to show an arrangement planned for the future.

**28 only I had not/hadn't sent.** Third Conditional is used here to show regret.

**29 without (first) eating/having (first) eaten.** 'Without doing something'. The negative is stated at the beginning ('never').

**30 to give up going.** 'Give up' phrasal verb is necessary to know to get the answer right.

### Part 5

**31 D.** The very last phrase - 'you can wish him well' is used ironically, and it means that the author is sceptical about Aaron's own opinion of how his life is going to be. It clearly shows that the author believes Aaron's life is going to change dramatically. He will become too recognizable, will get a lot of attention, and his life is never going to be the same.

**32 A.** If something gets to your head, usually fame or praise, it means that it affects your ego in a bad way, makes you proud or vain.

**33 B.** Middle of Paragraph Four: 'But he insists that the plot is not as straightforward as it might appear.'

**34 A.** Aaron 'is a bit of a worrier' - this directly connects to the fact that anxiety prevents him from watching his own performance on TV. The author then says that 'he doesn't care for interviews', which means he is not interested in them. It doesn't say that he doesn't like giving them or if there is any connection with anxiety. Answers C and D have nothing to do with anxiety.

**35 C.** Aaron is worried that the person might feel upset or angered by the accuracy of portrayal. Answers A and B are not mentioned in any way. Answer D is not mentioned either.

**36 D.** Answers A and B are both mentioned in a way, but there is a more appropriate option: Answer D. He talks about agreeing with other people of his age that losing one's child-likeness is not something they should do.

### Part 6

**37 D.** 'Verbs, words and expressions' is what 'these' from the previous sentence refers to. No other sentence has any fitting content with the subject in plural.

**38 A.** 'That one' from Sentence A refers to the language. The speaker wanted to learn both languages, but later found out that the speakers of these two languages wouldn't be able to understand each other.

**39 G.** 'I went to the south...' refers to the trip from Sentence G.

**40 B.** The sentence following this gap introduces a contrast with 'however'. Despite the learning process being slow because there was no one to practice with (Sentence B) the speaker managed to make progress with learning the language.

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41 C. Selk'nam and Yagan are compared - the first one is rich with prefixes and suffixes, while the other one has plenty of vocabulary.

42 E. 'To be the only one' from Sentence E refers to being the only speaker of the language. Finally, the author was able to spread the knowledge of the language he was so fond of.

## Part 7

43 B. Even though it is called a gym, there are no exercising machines, treadmills or weights. It is a gardening-promoting initiative so the name can be misleading.

44 A. Last sentence: "... help us make some major improvements, which the cyclists who contact us have been asking for".

45 C. The work they do is displayed "in many public buildings and spaces in our region".

46 B. The founder has been struggling to find funding for the project, and it is currently facing the risk of closing unless they manage to raise money.

47 A. Newcomers can find information on this website that could help them get into cycling.

48 D. 'Collect and supply' are the words here that help us make the right choice.

49 C. 'Retail range' means shops our other forms of outlets to sell their things from.

50 B. Advertising for new members is one of the mentioned ways to make use of the funding.

51 D. The carpet tiles are the reusable material mentioned.

52 A. Even though the organisation is based in Cambridge, they provide their service 'nationwide'.

## 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

**Tablecloth (n)** - a piece of fabric used to cover tables, either for decoration or practicality.

**Scarf (n)** - a piece of clothing worn around neck to keep it warm. Just like the previous entry, this could be purely decorative.

**Floral (adj)** - relating to flowers or vegetation.

## Part 2

**Stamina (n)** - the quality of remaining strong over a period of time despite physical or mental effort.

**Footing (n)** - (here) balance, equilibrium. If you lose your footing, it means you have upset your natural balance and you are likely or about to fall.

**Drive up (phr v)** - to climb or rise to a higher level

**Abseil (v)** - to descend off some height with a rope tied around your waist.

## Part 3

**Lock away (phr v)** - to prevent somebody or something from leaving or accessing some place.

**Replicate (v)** - to simulate, to make something exactly like the real thing or the original.

**Competitive (adj)** - relating to competition i.e. aimed at finding out who is the best at any particular thing (in this case, a videogame)

## Part 4

**Sew (v)** - to use a piece of string and a needle to make clothing and other objects out of fabric.

**Relieved (adj)** - not feeling stressed or nervous anymore because something bad or difficult either hasn't happened at all or has already taken place.

**Gossip (n)** - rumours, talks about other people's lives that may or may not be based on real information.

**Regret (v)** - to feel sorry about something you have done.

## Part 5

**Reluctant (adj)** - hesitant, unwilling to do something. *She was reluctant to go to school today because of the exams.*

**Endearing (adj)** - making you like or feel sympathy for somebody. *Many people find Sheila's naivety quite endearing.*

**Hassle (v)** - to bother, irritate or inconvenience somebody. Used in a more positive meaning in this context.

**Earnestly (adv)** - in an honest and open way.

**Frenzy (n)** - wild or excited behaviour, madness.

**Praise (v)** - to say that you like or approve of something.

**Villain (n)** - the 'bad guy' in any fictional media like a movie or a book; an antagonist.

**Heightened (adj)** - increased, bigger or higher than it normally is. *The pills gave him a heightened sense of awareness, one he has never experienced before.*

**Profound (adj)** - jumping again and again as soon as you touch the ground.

## Part 6

**Indigenous (adj)** - people who are originally from this place or country rather than who came from elsewhere.

**Southernmost (adj)** - located as far to the south as possible.

**Tease (v)** - (here) to laugh or to pick on somebody to make them feel embarrassed.

**Relevant (adj)** - related to, having connection to something.

**Measles (n)** - a disease with symptoms like red spots on skin and high body temperature.

**Typhoid (n)** - a disease more serious than the previous one with the symptoms of fever and diarrhea.

**Guttural (adj)** - relating to sounds - coming from your 'gut' - your stomach, that is.

**Loanwords (n)** - words borrowed from another language. English has lots of borrowed words, i.e. the word 'cliché' is borrowed from French.

**To date** - to this day, up to now.

## Part 7

**Pick-up service** - a service when the goods you need to deliver are taken to or from you so you don't have to leave the house to get them.

**Obstruction (n)** - something that gets in the way of moving somewhere, e.g. a tree that has fallen on the road and blocked it

**Weights (n)** - heavy objects such as dumbbells that are intended to increase your strength and stamina by lifting them repeatedly.

**Solar (adj)** - relating to the Sun. *Solar panels are the future - while they can be expensive now, they are the most promising source of renewable energy.*

**Self-esteem (n)** - feeling of self-worth and self-respect. *People whose parents had been abusive to them in the past tend to have low self-esteem.*

**Refuge (n)** - a place where one can feel safe, a shelter.

**Diverted (adj)** - prevented from going somewhere. In this context, the tiles would have otherwise gone to a landfill (also see the next entry).

**Landfill (n)** - a designated place where garbage is kept later to be buried underground.