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).

Ex	ample:				
A	or	B and	C in	D nor	
		R	oyal Residences		
So	-	ch, serve as both home an	he Palace of Holyroodhou d office for the Queen, wh		
Ro an	as much as the oyal Collection, ass d rooms at the office	ese commitments allow. To embled over four centurion in the cial residences have been	ceremonies and official en hey are furnished with fin es by successive sovereign in continuous use since th hey were originally 5	e pictures and work s. Many of the State eir conception and i	es of art from the
ref	flects their working	status. Rooms are kept a	ne style and manner in wh s close to their normal 6 _ otice depending on circums	as possible. In	
is fro	administered by the om visitors is direct	e Royal Collection Trust t	Queen as Sovereign in trusto which a proportion of the money funds the majority wember 1992.	e admission fee and	d other 7
1	A venues	B residences	C situations	D occupati	ion
2	A whatever	B however	C whoever	D wheneve	
3	A humans	B public	C peoples	D stranger	S
4	A created	${f B}$ explored	C produced	D displaye	ed
5	A instructed	B intended	C performed	D guarded	
6	A feature	B location	C destination	D appearar	nce
7	A salary	B budget	C income	D wage	
8	A destroyed	B ruined	C damaged	D collapse	d

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 tho separate answer sheet.

Example: MOST

Inspiration	
I have had what, I think, is the 0 extraordinary day of my life. While the events a my mind, I wish to write them down. Let me introduce 10	re 9 clear in
My name is Lawrence Terrel. I am thirty-five years old, and in perfect health. I have nevel life, not even for a day. I am an artist. I am 11 very successful, but I earn enough care of my needs. My only near relative, a sister, 13 three years ago. So I have not	money to 12
I ate breakfast this morning at eight. After I had read the morning paper, I smoked my p wander. I hoped I would think of 14 to draw. The room was very hot, even 15 window were open. I had decided to go to the public swimming pool when an idea for a me.	the door and
I began to 16 I was so interested in my work that I forgot to eat lunch. I did not struck five. I looked at what I had done. For a hurried picture, I felt it was the best thing	-
Part 3	
For questions 17-24, read the text below. Use the word given in capitals at the end of so form a word that fits in the gap in the same line. There is an example at the beginning (In the exam, write your answers IN CAPITAL LETTERS on the separate answer sheet	0).
Example: ENTERTAINMENT	
People in the world of 0 have to be very 17 in the way that they dress. It's an 18 fact that image is more than just a case of 19 for a celebrity. How they present themselves is all part of their artistic personality. It would be 20 though to think that somebody can be a successful celebrity just because of the clothes they wear. They don't 21 have to wear 22 clothing but they do need to be talented and communicative and they also need to be 23 of their fans who make them successful. They also need to be 24 so that they can cope with all the public attention.	0.ENTERTAIN 17.OBSERVE 18.REFUTE 19.DECORATE 20.FOOL 21.NECESSARY 22.FLASH 23.APPRECIATE 24.ADAPT

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. They think the owner of the house is in France.					
THOUGHT					
The owner of the house in France.					
Example: 0. IS THOUGHT TO BE					
25. My parents last spoke to me a month ago. HEARD					
I my parents for a month.					
26. All the students had a lot of respect for their teacher. LOOKED					
All the students their teacher.					
27. Linda didn't feel like eating.MOOD					
Linda wasn't eat.					
28. My brother was treated unfairly by his teachers. DESERVE					
My brother treated that way by his teachers.					
29. He couldn't buy the car he wanted because he didn't have enough money. TOO					
The car he wanted was buy.					
30. We all agreed with my father's proposal apart from Joy. EXCEPTION					
With, we all agreed with my father's proposal.					

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.

"Come along, young fellow," shouted Mr. Watson. "I'll show you the school room."

He swept out of the drawing-room with giant strides and Philip hurriedly limped behind him. He was taken into a long, bare room with two tables that ran along its whole length; on each side of them were wooden forms.

"Nobody much here yet," said Mr. Watson. "I'll just show you the playground, and then I'll leave you to shift for yourself."

Mr. Watson led the way. Philip found himself in a large playground with high brick walls on three sides of it. On the fourth was an iron railing through which you saw a vast lawn and beyond this some of the buildings of King's School. One small boy was wandering disconsolately, kicking up the gravel as he walked.

"Hulloa, Venning," shouted Mr. Watson. "When did you turn up?"

The small boy came forward and shook hands.

"Here's a new boy. He's older and bigger than you, so don't you bully him."

The headmaster glared amicably at the two children, filling them with fear by the roar of his voice, and then with a guffaw left them.

"What's your name?"

"Carey."

"What's your father?"

"He's dead."

"Oh! Does your mother wash?"

"My mother's dead, too."

Philip thought this answer would cause the boy a certain awkwardness, but Venning was not to be turned from his facetiousness for so little.

"Well, did she wash?" he went on.

"Yes," said Philip indignantly.

"She was a washerwoman then?"

"No. she wasn't."

"Then she didn't wash."

The little boy crowed with delight at the success of his dialectic. Then he caught sight of Philip's feet.

"What's the matter with your foot?"

Philip instinctively tried to withdraw it from sight. He hid it behind the one which was whole.

"I've got a club foot," he answered.

"How did you get it?"

"I've always had it."

"Let s have a look."

"No."

"Don't then."

The little boy accompanied the words with a sharp kick on Philip's shin, which Philip did not expect and thus could not guard against. The pain was so great that it made him gasp, but greater than the pain was the surprise. He did not know why Venning kicked him. He had not the presence of mind to give him a black eye. Besides, the boy was smaller than he, and he had read in The Boy's Own paper that it was a mean thing to hit anyone smaller than yourself. While Philip was nursing his shin, a third boy appeared and his tormentor left him. In a little while he noticed that the pair were talking about him, and he felt they were looking at his feet. He grew hot and uncomfortable.

But others arrived, a dozen together, and then more, and they began to talk about their doings during the holidays, where they had been, and what wonderful cricket they had played. A few new boys appeared, and with these presently Philip found himself talking! He was shy and nervous. He was anxious to make himself pleasant, but he could not think of anything to say. He was asked a great many questions and answered them all quite willingly. One boy asked him whether he could play cricket.

"No," answered Philip. "I've got a club foot."

The boy looked down quickly and reddened. Philip saw that he felt he had asked an unseemly question. He was too shy to apologise and looked at Philip awkwardly.

- **31.** What does 'strides' mean? (Paragraph Two, underlined)
- A. brooms
- B. leaps
- C. steps
- D. yells
- **32.** When Philip is shown around the school, it is
- A. mostly empty.
- B. bright and cheerful.
- C. small and cramped.
- D. full of noise and activity.
- **33.** Why were the children afraid of Mr. Watson?
- A. He was very loud.
- B. He was angry with them.
- C. He was unkind to them.
- D. He was very big and powerful.

- **34.** What does 'his tormentor' refer to? (fourth paragraph from the bottom, underlined)
- A. Phillip's club foot
- B. the boy called Venning
- C. the third boy to arrive
- D. the pain in Philip's shin
- **35.** Why does Philip become hot and uncomfortable when the boys talked about his foot?
- A. It was summertime.
- B. He had been beaten.
- C. He was embarrassed.
- D. He felt left out.
- **36.** How do the boys who interact with Philip directly react to his club foot?
- A. They pay it little attention.
- B. They are curious or embarrassed.
- C. They are polite and sympathetic.
- D. They are disgusted by it.

Part 6

You are going to read a magazine article about one person's experiences of learning to skydive. 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.

The Skydiving Experience

The thrill of skydiving is beyond any possible description. Falling at 120 mph with the wind screaming past your body is an unbelievable experience of total freedom. The sport is not without an element of danger; indeed, it is this fear that makes it so addictive. Yet there are relatively few serious injuries in this activity because of the tight regulations and safety requirements mandated for skydiving and parachuting organisations.

I still recall my first jump from 2,500 feet using what is called a static line. **37** ___. The static line system is often used for those new to the sport. It is a means of helping them to deal with the sensation of falling, while ensuring that they will not actually hit anything.

38 ___. Still, there seems to be a little slice of missing time from the point where I let go of the aircraft to the parachute canopy actually opening. Pure terror sometimes does that! It was a moment where time ceased to exist, not quite a total blackout but still quite strange. Two days of training on the ground, the ceaseless drill of counting out "one thousand, two thousand, three thousand" and about all I seem to recall when I let go is something like "aaaaahhhhhh". After a second and many subsequent jumps, this sensation soon faded to a dim recollection as I became accustomed to falling.

The first real free fall commenced at about the fifth jump. This simply involved letting go of the aircraft and immediately deploying the canopy. **39** __. Starting from three seconds (let go and pull the ripcord) to five seconds (let go, count to three then pull the ripcord) increasing to seven seconds and so on. Once I made it to ten seconds and beyond, it became important to use an altimeter.

Free fall became really interesting at the 15-second mark because that is when the real training started. Turning, tumbling and rocketing forward by using different body positions put a completely new challenge before me. I learned it was possible to put my body in a position where forward ground speed was around 80 mph with an increase of downward velocity close to 200 mph - the ears tend to get a little warm! It is also quite important to flare out, slow and adopt a more stable position before deploying the canopy. Doing so at really high velocity really hurts, and I suspect everyone does this at least once. It is quite a lot of stress on your body when pulling up from 120 mph to 10 mph in about two or three seconds. **40** .

One of my most fearful experiences occurred when I made a complete mess of trying to do a reverse tumble and became wildly unstable. Nothing I did seemed to correct the spinning and rolling, I was still at 5,000 feet and in desperation I deployed the canopy. **41** . The bag wrapped around one of my legs. Luckily, by this time had enough free fall experience to have the presence of mind to see what was happening and it was not too difficult to reach down and disentangle the risers. I also knew there was plenty of time to correct the problem because I was far higher than the standard 2,500 deployment altitude. It turned out fine in the end.

I would say one of my most memorable free falling experiences was above the Mornington Peninsula in Victoria, Australia. **42** ___. From this altitude, I did some nice slow turns and drank in the scenery of Port Phillip Bay, out to sea, across the length of the peninsula to the city of Melbourne, all in an orange-red glow of the most amazing sunset I can ever remember. It was incredible.

- **A.** There are few other ways to experience the total and utter freedom of flight.
- **B.** This is a strong nylon tape that is attached to the aircraft on one end, and to the release pin of the jumper's canopy on the other.
- **C.** I think my ears are still ringing from that mistake.
- **D.** Altitudes increased gradually, as did time in free-fall.
- **E.** It was a 40-second fall from 14,000 feet, right at sunset.
- **F.** What happened next was not good at all.
- **G.** My first experience is still very sharp in my memory.

Part 7

You are going to read some extracts about the fears or challenges that several people have faced. For *questions* **43-52**, *choose from the people* (*A-D*). *The people may be chosen more than once.*

wnich person
43. did not receive help willingly at first?
44. did not realise how difficult something would be?
45. did not feel a need to change?
46. helped others while being challenged?
47. can rely on a family member who does not share their phobia?
48. was afraid of being unsuccessful?
49. felt a sense of great happiness while taking part in an extreme activity?
50. initially tried to overcome his/her difficulty alone?
51. took advantage of an offer which had conditions attached to it?
52. had the support of a friend?

Confront your fears and face your challenges

A Katie

I'm afraid of spiders. You won't hear me scream, but I will certainly get out of the room until someone else has dealt with it. Once, when I was a teenager, and my parents were both working late, I sat on the front steps of the house for nearly five hours waiting for help. There was a spider on the ceiling in the hallway, you see! I couldn't get into the house! My father was quite angry with me when he got home; he thought I needed to learn to be more independent. "How will you ever survive if you have to live alone some day?" he asked. Well, I'm sure if I had to I would just deal with it, although it would be a challenge. But I've never had to live alone. I had flatmates at university, and now I'm married. Luckily my husband has no problem with spiders, and is tolerant of my phobia!

B Ellie

The most challenging thing I've ever done, by far, was trekking in the Himalayas. It was something I'd always dreamed of doing and I was incredibly fortunate to have the opportunity to join a trek for charity. I always considered myself fit; I mean, I go to the gym two or three times a week. But as soon as we set out I realised I was quite out of my depth; I'd never even carried a pack before. In retrospect, I can't imagine what I was thinking. On the first day, we had a six-hour walk and after four hours I was so exhausted I felt that I couldn't go on. I took off my pack, sat down, and cried. Apparently my reaction was fairly common so our group leader knew just how to deal with it. He calmly explained that we were only two more hours from our first camp, while I'd have to walk for four, alone, to go back! I had no choice. I had to continue. So I did, and when we eventually reached Everest base camp it was the proudest I've ever been.

C Daniel

After high school I was accepted into a very good music school, by merit of my audition. I almost declined; I didn't want to go to university. It was a terribly difficult time because nobody could understand why I would make that decision. I was just so terrified that I would fail. I'm dyslexic, and I knew that even if I were studying music I would have to write essays for so many classes. I'd had some teachers in the past that were convinced that I was just careless, that I was lazy, when in fact I was spending much more time on the assignments than my classmates. In the end I went, but I had a terrible attitude. I missed a lot of classes; I wasn't even trying. Eventually I found my way to an office that offered support to students with special needs; I think someone told me that I could get a free computer, or something. That turned my life around. To get the computer I had to attend regular meetings with an advisor, which I hated at first, but eventually I learned to recognise my strengths and be realistic about my weaknesses; I realised I could get help when I needed it, and that was OK. That was the hardest thing; but once I'd understood it, there was no stopping me.

D Jack

My fear of heights was affecting my life because I had difficulty going up and down stairs or over bridges, particularly if I could see down, beneath me. I would just get paralysed. I would feel nauseous, and my feet would feel heavy, as if they were made of lead. I had read that it was possible to get over phobias by exposure, so I put myself into difficult situations on purpose. It was exhausting, but I knew it was important. I noticed slight improvements, but only very slight. It was frustrating. Then I had the idea; I was going to try bungee jumping. I got a trusted friend to go with me; to make sure I didn't change my mind. He told the people in charge they would have to push me, because I wouldn't jump. It was all very fast; there was no time to think. The feeling was exhilarating, to be honest. And I've had no trouble in my day-to-day life since then. Though, I admit, I have no desire to do it again.

Answer Keys

Part 1

- 1. **B residences.** A residence is a place where one 'resides', or lives. A venue is a place where something happens, i. e. a a stadium is a good venue for a music festival. The other two words do not fit the context.
- 2. **D** whenever. At or in any place. If the Queen lives there, then the flag marks her residence.
- 3. **B public.** 'Open to the public' is a set phrase that means that it accepts visitors, just like an exhibition or a museum would.
- 4. **D displayed.** This verb is the most commonly used when talking about showing various exhibits, such as paintings, sculptures or other forms of visual art.
- 5. **B intended**. 'Intended' here means planned, designed for.
- 6. **D appearance.** Visually, the rooms are almost unchanged.
- 7. **C income**. Income is a general term that is used here for money, coming from various sources. In this cases - the visiting public.
- 8. **C damaged.** The only word that collocates with the adverb 'badly'.

Part 2

- 9. **still.** The conjunction 'while' hints at an adverb of time.
- 10.**myself.** The beginning of the next paragraph is the key the author is telling us about himself.
- 11.**not.** The contrast suggested by 'but' further in the sentence suggests that we need a conjunction - 'not very successful, but...'.
- 12.**take.** 'Take care' a common phrase meaning 'to address one's needs'.
- 13.**died.** The next sentence 'So I have no family' explains what happened to his sister.
- 14.**something.** He was looking for inspiration, for a thing to draw. 'Anything' shouldn't be used here as it is mostly found in negative and interrogative sentences (i. e. questions).
- 15.**though/when.** Although the meaning changes depending on the choice, both words are acceptable
- 16.**draw/work/sketch.** For the sake of avoiding repetition I wouldn't recommend using 'work'. Of course, it isn't going to affect your mark.

Part 3

- 17.**observant.** Observant is attentive, good at seeing or noticing things and details. 'Observing' is wrong as it means 'watching, looking' and doesn't have the required meaning.
- 18.**irrefutable**. Irrefutable means 'impossible to argue with, true'. Note the indefinite article 'an' before the gaps that indicates that the word should start with a vowel sound. Mind the spelling.
- 19.**decoration.** Decoration here is used in the meaning of something visual, having no function or practical usage.
- 20.**foolish.** An adjective meaning unwise, not smart.

- 21.**necessarily.** Make sure to get the spelling right or you won't get the point. One 'c', double 's'.
- 22. **flashy.** Noun to adjective transformation, flashy means bright, catching attention.
- 23. appreciative. Note the preposition 'of'. To be appreciative of something or someone is to be grateful for it and acknowledging its importance.
- 24.**adaptable.** Adaptable is being ready and able to change according to the situation.

Part 4

- 25.**haven't heard from.** Present perfect is needed here to indicate that the speaker still hasn't got in touch with their friends.
- 26.**looked up to.** 'To look up to someone' means to respect someone, to hold someone in high regard.
- 27.in the mood to. 'To be in the mood for something' to do something' is to feel like doing something, to want to do something
- 28.didn't deserve to be. Positive into negative change.
- 29.too expensive for him to. It is important to include 'for him', as it is he who couldn't afford the car. You have to be specific and keep the meaning of the original sentence unchanged, otherwise you lose one of two points.
- 30.**the exception of Joy.** 'With the exception of someone'.

Part 5

- 31.C. 'Stride' means a long step, taken when running or walking fast.
- 32. A. Paragraph Two: 'He was taken into a long, bare room...'; "Nobody much here yet," said Mr. Watson.
- 33.**A.** The headmaster glared amicably at the two children, **filling them with fear by the roar of** his voice
- 34.**B.** A tormentor is something or someone that causes great pain or distress to you. Venning caused a lot of discomfort to Carey with his questions and aggression.
- 35.**C.** At the end of the paragraph with the underlined word: 'he felt they were looking at his feet. He grew hot and uncomfortable.'. Later it was mentioned how he tried to instinctively hide his club foot. It is clear that he is uncomfortable with others seeing it and grows embarrassed when they do.
- 36.**B.** Last paragraph: '... he felt he had asked an unseemly question'. Unseemly means 'socially impolite or unacceptable'. However, we shouldn't choose Answer C: 'They are polite and sympathetic', as nothing referring to sympathy is stated in the text.

Part 6

37.**B.** The sentence explains what a static line is and how it works. Both sentences next to the gap are related to this system that is often used for newcomers' first jumps.

- 38.**G.** This sentence provides a contrast with the sentences that follow it, in which author's memory seems to be missing some details about the experience.
- 39.**D.** Sentences after the gap describe the gradual increase in altitude and the time of free-falling that it allowed.
- 40.**C.** 'That mistake' refers to deploying the canopy at speed that is too high. In order to reduce the speed of free-fall the skydiver has to assume a 'stable position'.
- 41.**F.** The sentence that fills the gap introduced the problem the author faced had faced.
- 42.**E.** 'right at sunset' helps to connect this sentence with the paragraph, which mentions that the fall took place in 'an orange-red glow of the most amazing sunset'

Part 7

- 43.**C.** To get the computer I had to attend regular meetings with an advisor, which I hated at first, but eventually I learned to recognise my strengths and be realistic about my weaknesses;
- 44.**B.** *I* always considered myself fit; *I* mean, *I* go to the gym two or three times a week. But as soon as we set out I realised I was quite out of my depth;
- 45.**A.** I'm sure if I had to I would just deal with it, although it would be a challenge. But I've never had to live alone.
- 46.**B.** The most challenging thing I've ever done, by far, was trekking in the Himalayas. It was something I'd always dreamed of doing and I was incredibly fortunate to have the opportunity to join a trek for charity. - Taking part in a charity is the 'helping others' parts.
- 47.**A.** Luckily my husband has no problem with spiders, and is tolerant of my phobia!
- 48.C. I was just so terrified that I would fail.
- 49.**D.** *It was all very fast; there was no time to think. The feeling was exhilarating, to be honest.*
- 50.**D.** *I* had read that it was possible to get over phobias by exposure, so *I* put myself into difficult situations on purpose.
- 51.**C.** To get the computer I had to attend regular meetings with an advisor...
- 52.**D.** *I* was going to try bungee jumping. *I* got a trusted friend to go with me; to make sure *I* didn't change my mind.

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

Extensively (adv) — covering large area. *The school premises are extensively used for all kinds of events* held by its students.

Commitment (n) — a promise or arrangement. *As a teacher you should make a commitment to stay with* the school for the rest of the academic year.

Successive (adj) — happening one after another. *The team has an amazing record of twelve successive* wins.

Sovereign (n) - a king or queen. *As the sovereign of the state, you have the ultimate power.*

Inevitably (adv) - happening no matter one, unavoidably. *He didn't revise the paper for the exam and as a* result he inevitably failed.

Admission fee (n) - a payment that is made in order to be allowed inside (a museum, an exhibition, a bar and so on). Before entering you are expected to pay an admission fee of \$10 per head.

Part 3

Cope with (v) — to deal with a difficult situation successfully. *We finally managed to cope with our* financial problems

Part 5

Limp (v) — walk slowly and with difficulty because of a hurt or damaged leg. *I got injured playing* football and had to limp away from the field.

Shift (for) (v) — to earn money, cook food, pay bills yourself. *Lucy had to shift for herself since she was* 18.

Disconsolately (adv) — in a depressed, very sad way. *Having failed his exams, he walked around campus* disconsolately.

Bully (v) — to harass, hurt or frighten someone. *If you are bullied at school it might be a good idea to* approach your headmaster with this issue.

Glare (v) — look at someone angrily or unfriendly. *I asked about her age and got nothing but a sudden* glare.

Guffaw (n) — a loud laughter, caused by somebody's mistake or silly phrase. *I asked about our school's* uniform and only got a guffaw out of them. As it turned out, I was the only one wearing it.

Facetiousness (n) — act of joking at an inappropriate moment. *His facetiousness is almost cynical - last* time he decided to tell a horrible joke in the middle of a funeral!

Indignant (adj) — angry at something because it is wrong, unfair or unjust. *I grew indignant looking at* senior students picking on a freshman.

Crow (v) — make happy sounds. *The children crowed at the playground.*

Club foot (n) — a foot that is badly twisted from birth. *He's always been into football but never played it* because of his club foot.

Shin (n) — front part of leg between knee and ankle. *Make sure to wear leg protection to avoid injuring* your shins.

Gasp (v) — take a short quick breat of air through your mouth, especially when you are shocked, frightened or hurt. *He let out a short gasp after getting punched in his stomach.*

Black eye (n) — a bruise under and around your eye, usually got as a result of a punch. *Just give him a* black eye, nothing more, don't hurt him too much.

Willingly (adv) — if you do something willingly, you do because you want it, not because you're asked or told to do it. *I can't imagine a person who would willingly join their team.*

Unseemly (adv) — socially impolite or unacceptable. *Your unseemly behaviour attracted a lot of bad* attention.

Part 6

Addictive (adj) — if something is addictive, you want to keep doing or taking it, often in increased amounts. Smoking and drinking alcohol are extremely addictive.

Mandate (v) — allow, give official permission. *As a representative of your class, you are mandated to use* the office as you want as long as it benefits the class and its students.

Recall (v) — bring back from memory, remember. *I can't recall meeting you before, do we know each* other?

Canopy (n) — (of a parachute) a circular piece of special cloth that is the main part of a parachute . *I had* my canopy painted in bright colours so I could be easily seen from below.

Ceaselessly (adv) — endlessly, without stopping. *After she had found about her cat she cried ceaselessly* for almost an hour.

Subsequent (adj) — following something else. *I spend the subsequent days studying for my exams.*

Recollection (n) — memory of something. *He had no recollection of seeing me at the party last night.*

Accustomed (adj) — used to something, having a habit of doing something. As a person not accustomed to cold climate, I found winters in Norway to be a bit rough.

Tumble (v) — fall quickly and uncontrollably. *I slipped on one of the steps and tumbled down the stairs*.

Velocity (n) — speed at which something or someone is travelling. *Bullets can travel at a velocity of* several hundred meters a second.

Disentangle (v) — to separate things or objects that became joined. *I had to disentangle my earpod wires.*

Drink in (v) — to feel fully, to pay a lot of attention and to enjoy something. *I was drinking in the* atmosphere of the nightclub when I saw Jane.

Utter (v) — to make a sound, to say or pronounce something. *Judging by her lips she uttered something*, but I couldn't make it out because of the loud music.

Release pin (n) — a small thin piece of metal one has to pull in order to release or activate some mechanism. In order to deploy the canopy you have to pull the release pin.

Part 7

Overcome (v) — deal with a problem. *At first it can be hard to overcome your fear of heights, but the more* you try, the easier it gets.

Confront (v) — face or meet your enemy, fear, problem. *You won't defeat your fear until you make an* effort to confront it.

Tolerant (adj) — accepting and understanding different viewpoints and opinions. *I was surprised to learn* that my father is a tolerant, broad-minded person.

Trek (v) — to walk over long distances through terrain such as forests, hills or mountains. *You could join us* - we plan to trek for the rest of the week, but make sure are able to keep up!

Charity (n) — act of raising money for a good cause such as helping the homeless or orphanages. *Rich* people often take part in charity events to improve their public image.

Out of one's depth— be in a situation that is too difficult for them to deal with. *As soon as I had started* running my own business I realised I was out of my depth - it takes too much energy, effort and mental strength.

Exhausted (adj) — with no physical or mental force left, extremely tired. We had spent the whole day cycling in the mountains and by evening I was exhausted.

By merit of — thanks to, owing to. *Jonathan was promoted to senior manager by merit of his strong work* ethic.

Dyslexic (adj) — a dyslexic person finds it difficult to read or write properly. *The kids were laughing at* Johnny because he was dyslexic and couldn't spell or read as well as them.

Beneath (prep) — below or under. *Beneath the frozen surface of the lake we could see something black.*

Nauseous (adj) — feeling unwell, sick, about to throw up. *I don't think I should have eaten that taco - I* feel nauseous now.

Exposure (n) — being affected by something. *Exposure to foreign speech can help you learn the language.* **Lead** (n) — heavy metal that is often used to make protection against radiation. A lead pipe was lying in the corner.

Exhilarating (n) — exciting or happy. *This is exhilarating news - we can finally have some rest after* working for ten hours.

n — noun; v — verb; phr v — phrasal verb; adj — adjective; adv — adverb