



IELTS General Training Volume 1 Reading Practice Test 1

HOW TO USE

You have 2 ways to access the test

1. Open this URL <http://link.intergreat.com/Yf9Yf> on your computer
2. Use your mobile device to scan the QR code attached



READING PASSAGE 1

You should spend about 20 minutes on Questions 1-14, which are based on Reading Passage 1 below



MAIL ORDER BROCHURE

Want some great clothing ideas for your family?



Our key for clothing specials in July: **M** for men, **W** for women, **C** for children

For under \$10

- Cotton socks **C** - made of pure cotton for long wearing
- Woollen socks **C** - to keep young feet warm in winter
- Sports socks **M** - to go with jeans and other casual clothes
- Patterned belts **W** - to go with jeans and other casual clothes

For under \$25

- Cotton shirts **W** - for day and evening wear
- Silk shirts **M** - five sizes, in designer colours, for that special social occasion
- T shirts **C** - hard-wearing, white with a variety of animal motifs
- Colour T-shirts **M W** - cotton and polyester blend, plain colours, no ironing

For under \$50

- Blue jeans **M W** - non-shrink, colourfast, small sizes only
- Silk shirts **M W** - plain and patterned, all sizes
- Hooded jacket **C** - protects from the wind, 4 sizes, large strong pockets
- jacket **W** - waterproof with zipper front, all sizes

Or you can buy a gift voucher so that someone else can choose. These come in \$10, \$20 and \$50 amounts.

Additional monthly specials for July to September

- July - \$10 voucher with any purchase over \$60
- August - Travel alarm clock worth \$19.95 free with purchases of \$80 or more!
- September - Children's backpacks. Free with any credit card purchase over \$75!

Note: Postage and packing charges

These are applied to each order as follows:

Within Australia:

\$7.95 per address, regular post

\$17.95 for Express Delivery Service (overnight)

Overseas:

Surface Mail (allow a minimum of two months for delivery)

[Access <https://ieltonlinetests.com> for more practices](https://ieltonlinetests.com)

Airmail (allow around two weeks delivery to most destinations)

New Book Releases

- A This book describes the creativity of Aboriginal people living in the driest parts of Australia. Stunning reproductions of paintings, beautiful photography and informative text.
- B Pocket-sized maps and illustrations with detailed information on the nesting sites and migration patterns of Australia. This is a classic booklet suitable for both beginner and expert.
- C Packed full of information for the avid hiker, this book is a must. Photographs, maps and practical advice will guide your journeys on foot through the forests of the southern continent.
- D More than-an atlas - this book contains maps, photographs and an abundance of information on the land and climate of countries from around the globe.
- E Australia's premier mountain biking guidebook - taking you through a host of national parks and state forests.
- F Here's the A-Z of Australian native animals - take an in-depth look at their lives and characteristics, through fantastic photographs and informative text.
- G Graphic artists have worked with researchers and scientists to illustrate how these prehistoric animals lived and died on the Australian continent.
- H A definitive handbook on outdoor safety - with a specific focus on equipment, nutrition, first aid, special clothing and bush skills.
- I Detailed guides to 15 scenic car tours that will take you onto fascinating wilderness tracks and along routes that you could otherwise have missed.

Questions 1-7

Do the following statements agree with the information given in the text.

In boxes 1-7 on your answer sheet, write

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	If there is no information on this

1 Women's cotton socks cost less than men's.

- 2 Men's silk shirts are available in more than five colours.
- 3 Children's T-shirts come in a variety of colours.
- 4 The child's jacket has four pockets.
- 5 If you buy clothes worth \$80 in August, you will receive a free alarm clock
- 6 The charge for special next-day delivery in Australia is \$7.95.
- 7 All clothing is guaranteed to arrive within two months for international delivery.

Questions 8-14

The list of New Book Releases on the following page has nine book descriptions A-I.

Choose the correct title for each book from the list of book titles below.

Write the correct number *i-xi* in boxes **8-14** on your answer sheet.

List of Book Titles	
i	Field Guide to Native Birds of Australia
ii	The Bush on Two Wheels: 100 Top Rides
iii	Bush Foods of Australian Aborigines
iv	A Pictorial History of the Dinosaur in Australia
v	Bushwalking in Australia
vi	World Geographica
vii	Driving Adventures for 4-wheel-drive Vehicles
viii	Survival Techniques in the Wild
ix	Encyclopaedia of Australian Wildlife
x	Guide to the Art of the Australian Desert
xi	Field Guide to Animals of the World

	Book A	8	<input type="text"/>
--	--------	---	----------------------

	Book B	9 <input type="text"/>
	Book C	10 <input type="text"/>
Example	Book D	vi
	Book E	11 <input type="text"/>
	Book F	12 <input type="text"/>
	Book G	13 <input type="text"/>
	Book H	14 <input type="text"/>
Example	Book I	vii

READING PASSAGE 2

You should spend about 20 minutes on Questions 15-27, which are based on Reading Passage 2 below.



WORK & TRAVEL USA

WORK & TRAVEL USA

Do you want to have the best summer holiday ever?
Have you just graduated and want to escape for a unique experience abroad?

Only \$1950 will make It all happen!

This unbeatable program fee includes:

- return flight from Sydney to Los Angeles (onward travel in USA not included)
- 3 months' insurance cover
- 2 nights' accommodation on arrival plus meet and greet and airport transfer
- arrival orientation by experienced **InterExchange** staff
- visa application fees

You also have:

- access to a J-1 visa enabling you to work in the USA
- an extensive directory of employers
- **InterExchange** support throughout the program
- 24-hour emergency support throughout the length of the program

Call toll-free 1800 678 738

InterExchange has 50 years' experience in international student exchange programs. 18,000 students from around the world travel yearly to the USA on this very program. **InterExchange** can also offer you work opportunities in other countries.

WHAT IS INTEREXCHANGE?

InterExchange, one of the world's leading operators of international exchange programs and related services:

- is a non-profit, non-governmental organisation
- has 700 professional staff in 30 countries worldwide
- was founded in 1947

InterExchange operates these programs for students all around the world. It offers you trained and travelled staff, plus full support during the application process. You can choose any job that interests you anywhere in the USA, whether that is working in a law firm in Boston, a famous ski resort in Colorado or serving coffee and doughnuts in the buzzing streets of New York. You can select the period you work and the period you travel; you may want to work for 1 month and travel for 3, or work the entire duration of your stay. The choice is yours.

YOU CAN TAKE UP THIS OPPORTUNITY IF YOU ARE:

- a full-time student at an Australian university or TAFE college
- presently enrolled, or finishing this year, or you have deferred a year of study
- over 18 years old by November in the academic year in which you apply to **InterExchange**
- enthusiastic about the experience of a lifetime...

Sign up now!!

CONTENTS: ARTHUR PHILLIP COLLEGE

A about Arthur Phillip College	G learning methods
B entry requirements	H course fees
C orientation for new students	I study commitment
D academic counselling service	J assessment and results
E credit courses to university	K social activities and clubs
F assistance for international students	L what's new

Questions 15-20

Do the following statements agree with the information given in the advertisement.

In boxes 15-20 on your answer sheet, write

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	If there is no information on this

15 The program cost includes internal flights within the USA.

16 Emergency assistance offered in the program includes legal advice.

17 InterExchange offers similar programs in countries other than the USA.

18 InterExchange is part of a government program.

19 There are no restrictions on the type of job you can do.

20 There is an upper age limit for applicants.

Questions 21-27

Each of the short paragraphs below (21-27) gives information about Arthur Phillip College.

Read each paragraph and choose which of the linked sections of the website, A-L, would contain this information.

Write the correct letter A-L in boxes 21-27 on your answer sheet.

21 All students receive a transcript of results and relevant award documentation when they end their studies with the College.

22 On enrolment, all students receive automatic membership to the

Social Club and Public Speaking Club. Students may choose to participate in any arranged activities. The College encourages and promotes interaction between students and teaching and non-teaching staff.

23 Successful completion and the achievement of an A or B result in some courses will enable students to achieve advanced standing in these subjects if they proceed to university study. For a list of the courses acceptable to a particular university, e-mail us your request with the name of the university and the course you are interested in.

24 Arthur Phillip College is one of the top business colleges in Sydney, Australia. The College offers a wide range of educational and training programs in business and related areas. Its accredited vocational training courses are designed to meet the needs of individual students and industry.

25 At Arthur Phillip College you will learn from lectures, seminars, case studies, group projects, individual assignments and class workshops. Lectures and seminars present concepts and ideas and provide for question-and-answer sessions. Students are expected to take an active role in the learning process through class participation, presentations and projects.

26 Courses at Arthur Phillip College involve an average of 25 hours per week of tuition time, with supervised group study accounting for a further 5 hours per week. At least 10 hours per week of individual study is also recommended for most courses.

27 During this program you will meet the Director of Studies, teachers and key administrative staff such as the Accommodation Officer and Student Counsellor so that, right from your first day, you will know how each of them can help you during your time at the College.

READING PASSAGE 3

You should spend about 20 minutes on Questions 28-40, which are based on Reading Passage 3 below.



LACK OF SLEEP

LACK OF SLEEP

Section A

It is estimated that the average man or woman needs between seven-and-a-half and eight hours' sleep a night. Some can manage on a lot less. Baroness Thatcher, for example, was reported to be able to get by on four hours' sleep a night when she was Prime Minister of Britain. Dr Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleeping less than five hours or even as little as two hours in every 24 hours are rare, but represent a sizeable minority.

Section B

The latest beliefs are that the main purposes of sleep are to enable the body to rest and replenish, allowing time for repairs to take place and for tissue to be regenerated. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone somatotropin, which helps tissue to regenerate, peaks while we are asleep. Lack of sleep, however, can compromise the immune system, muddle thinking, cause depression, promote anxiety and encourage irritability.

Section C

Researchers in San Diego deprived a group of men of sleep between 1am and 5am on

just one night, and found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning. 'Sleep is essential for our physical and emotional well-being and there are few aspects of daily living that are not disrupted by the lack of it', says Professor William Regelson of Virginia University, a specialist in insomnia. 'Because it can seriously undermine the functioning of the immune system, sufferers are vulnerable to infection.'

Section D

For many people, lack of sleep is rarely a matter of choice. Some have problems getting to sleep, others with staying asleep until the morning. Despite popular belief that sleep is one long event, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated.

In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, the slumber is so deep that, if awoken, the sleeper would be confused and disorientated. It is in this phase that sleep-walking can occur, with an average episode lasting no more than 15 minutes.

In the fifth stage, the rapid eye movement (REM) stage, the heartbeat quickly gets back to normal levels, brain activity accelerates to daytime heights and above and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

Section E

Sleeping patterns change with age, which is why many people over 60 develop insomnia. In America, that age group consumes almost half the sleep medication on the market. One theory for the age-related change is that it is due to hormonal changes. The temperature rise occurs at daybreak in the young, but at three or four in the morning in the elderly. Age aside, it is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is a known handicap to sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

Section F

Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is regarded by many as a last resort and often takes the form of sleeping pills, normally benzodiazepines, which are minor tranquillisers.

Section G

Professor Regelson advocates the use of melatonin for treating sleep disorders. Melatonin is a naturally secreted hormone, located in the pineal gland deep inside the brain. The main function of the hormone is to control the body's biological clock, so we know when to sleep and when to wake. The gland detects light reaching it through the eye; when there is no light, it secretes the melatonin into the bloodstream, lowering the body temperature and helping to induce sleep. Melatonin pills contain a synthetic version of the hormone and are commonly used for jet lag as well as for sleep disturbance. John Nicholls, sales manager of one of America's largest health food shops, claims that sales of the pill have increased dramatically. He explains that it is sold in capsules, tablets, lozenges and mixed with herbs. It is not effective for all insomniacs, but many users have weaned themselves off sleeping tablets as a result of its application.

Questions 28-35

The passage has seven sections labelled A-G.

Which section contains the following information?

Write the correct letter A-G in boxes 28-35 on your answer sheet.

NB You may use any letter **more than once**.

- 28 the different amounts of sleep that people require
- 29 an investigation into the results of sleep deprivation
- 30 some reasons why people may suffer from sleep disorders
- 31 lifestyle changes which can help overcome sleep-related problems
- 32 a process by which sleep helps us to remain mentally and physically healthy
- 33 claims about a commercialised man-made product for sleeplessness
- 34 the role of physical changes in sleeping habits
- 35 the processes involved during sleep

Questions 36-40

Do the following statements agree with the information given in the passage.

In boxes 36-40 on your answer sheet, write

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	If there is no information on this

36  Sleep can cure some illnesses.

37  The various stages of sleep occur more than once a night.

38  Dreaming and sleep-walking occur at similar stages of sleep.

39  Sleepers move around a lot during the REM stage of sleep.

40  The body temperature rises relatively early in elderly people.



Solution:

1 NOT GIVEN

2 NOT GIVEN

3 FALSE

4 NOT GIVEN

5 TRUE

6 FALSE

7 FALSE

8 x

9 i

10 v

11 ii

12 ix

13 iv

14 viii

15 FALSE

16 NOT GIVEN

17 TRUE

18 FALSE

19 TRUE

20 NOT GIVEN

21 J

22 K

23 E

24 A

25 G

26 I

27 C

28 A

29 C

30 E

31 F

32 B

33 G

34 E

35 D

36 NOT GIVEN

37 TRUE

38 FALSE

39 FALSE

40 TRUE

Review and Explanations

1 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
Q1. Women's cotton socks cost less than men's	Cotton socks C - made of pure cotton for long wearing
<p>Note The passage does mention cotton socks, but for children as symbolized with C, not for men or women Also, there is no information about <u>the comparison of prices of cotton socks between men and women</u> in the passage. Obviously, the answer must be NOT GIVEN</p>	

2 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
Q2. Men's silk shirts are available in more than five colours	Silk shirts M- five sizes, in designer colours , for that special social occasion
<p>Note The subject, "Men's silk shirts" is correctly paraphrased in the passage by "Silk shirts" Let's separately consider the other keywords: "five" is mentioned in Five sizes; "colours" is mentioned in "designer colours". So, it can be seen that these keywords do not match with each other by meaning. At the same time, "more than" is not mentioned in the passage. In short, the content of the statement is not conveyed in the passage. The answer must be NOT GIVEN</p>	

3 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q3. Children's T-shirts come in a variety of colours .	T shirts C - hard-wearing, white with a variety of animal motifs

Note

We can see that “**T-shirts C**” is transformed into **Children's T-shirts**.
 Next, let’s see a contradiction as follows: the question is about a **variety of** (or many kinds of) **colours** while, the passage is about **only one colour** which is **white** with a **variety of** animal motifs
 With only one wrong detail, it can be concluded the answer is **FALSE**. By either way, we can correct “**a variety of colour**” into “**white**” or “**colour**” into “**animal motifs**” in order to have a true information

4 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
Q4. The child's jacket has four pockets.	Hooded jacket C - protects from the wind, 4 sizes, large strong pockets
<p>Note As can be seen from the table above, all keywords are mentioned in the passage. Let’s take a careful look at the statement, the main content is about the number of pockets of the child's jacket, which is said to be four. But, there is no information about how many pockets there are in the passage. So it seems that all keywords are not linked in their meanings mentioned in the passage. From all connections above, the answer is NOT GIVEN</p>	

5 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
Q5. If you buy clothes worth \$80 in August, you will receive a free alarm clock.	August - Travel alarm clock worth \$19.95 free with purchases of \$80 or more!
<p>Note: As can be seen from the table above, all keywords are mentioned in the passage, with “buy” being paraphrased into “purchases” At the same time, the keywords combined match with the meaning conveyed in the passage. So the answer is obviously TRUE</p>	

6 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q6. The charge for special next-day delivery in Australia is \$7.95	Within Australia: \$17.95 for Express Delivery Service (overnight)

Note

As shown in the question, the keywords are fittingly paraphrased and the meaning they conveyed is relatively the same as the passage, **except for** the price, “\$7.95”, not “\$17.95” as in the passage.

So the answer is **FALSE**

7 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
<p>Q7. All clothing is guaranteed to arrive within two months for international delivery.</p>	<p>Overseas: Surface Mail (allow a minimum of two months for delivery) Airmail (allow around two weeks delivery to most destinations)</p>
<p>Note From the passage, clothing sent by “Surface Mail” will arrive at least 2 months (<i>the one sent by Airmail will arrive around 2 weeks</i>), which contradicts with the statement saying “all clothing” arrive in 2 months So, the contrast makes the statement False</p>	

8 Answer: **x**

Keywords in Questions	Similar words in Passage
<p>Q8. Book A List of Book Titles i. Field Guide to Native Birds of Australia ii. The Bush on Two Wheels: 100 Top Rides iii. Bush Foods of Australian Aborigines iv. A Pictorial History of the Dinosaur in Australia v. Bushwalking in Australia vi. World Geographica vii. Driving Adventures for 4-wheel-drive Vehicles viii. Survival Techniques in the Wild ix. Encyclopaedia of Australian Wildlife x. Guide to the Art of the Australian Desert xi. Field Guide to Animals of the World</p>	<p>A This book describes the creativity of Aboriginal people living in the driest parts of Australia. Stunning reproductions of paintings, beautiful photography and informative text</p>
<p>Note Since the book mention a specific location, “Australia”, we can easily pay attention to any headings with the word “Australia”, and exclude others Along with all the keywords matching above, it can be easy to notice the suitable heading which is x</p>	

9 Answer: **i**

Keywords in Questions	Similar words in Passage
<p>Q9. Book B List of Book Titles i. Field Guide to <u>Native Birds</u> of <u>Australia</u> ii. The Bush on Two Wheels: 100 Top Rides iii. Bush Foods of <u>Australian</u> Aborigines iv. A Pictorial History of the Dinosaur in Australia v. Bushwalking in <u>Australia</u> vi. World Geographica vii. Driving Adventures for 4-wheel-drive Vehicles viii. Survival Techniques in the Wild ix. Encyclopaedia of <u>Australian</u> Wildlife x. Guide to the Art of the Australian Desert xi. Field Guide to Animals of the World</p>	<p>B Pocket-sized maps and illustrations with detailed information on the <u>nesting sites</u> and <u>migration patterns</u> of <u>Australia</u> . This is a classic booklet suitable for both beginner and expert.</p>
<p>Note Similarly, since the book mention a specific location, "Australia", we can easily pay attention to any headings with the word "Australia", and exclude others By the word "nesting sites", we can notice how "birds" can be related here. So we easily recognize the heading i to be the answer</p>	

10 Answer: **v**

Keywords in Questions	Similar words in Passage
<p>Q10. Book C List of Book Titles i. Field Guide to <u>Native Birds</u> of <u>Australia</u> ii. The Bush on Two Wheels: 100 Top Rides iii. Bush Foods of <u>Australian</u> Aborigines iv. A Pictorial History of the Dinosaur in Australia v. <u>Bushwalking in Australia</u> vi. World Geographica vii. Driving Adventures for 4-wheel-drive Vehicles viii. Survival Techniques in the Wild ix. Encyclopaedia of <u>Australian</u> Wildlife x. Guide to the Art of the Australian Desert xi. Field Guide to Animals of the World</p>	<p>C Packed full of information for the avid <u>hiker</u>, this book is a must. Photographs, maps and practical advice will guide your <u>journeys on foot</u> through <u>the southern</u> <u>continent</u> forests of .</p>

Note

“**Bushwalking**” means walking through forests; here, it is exactly a paraphrase of “**your journeys on foot through the forests**”. “**the southern continent**” is understood as “**Australia**”

Obviously, the answer should be **v**

11 Answer: **ii**

Keywords in Questions	Similar words in Passage
<p>Q11. Book E List of Book Titles i. Field Guide to <u>Native</u> Birds of Australia ii. The Bush on <u>Two Wheels</u>: 100 <u>Top</u> Rides iii. Bush Foods of Australian Aborigines iv. A Pictorial History of the Dinosaur in Australia v. Bushwalking in Australia vi. World Geographica v i i . Driving Adventures for 4-wheel-drive Vehicles viii. Survival Techniques in the Wild ix. Encyclopaedia of Australian Wildlife x. Guide to the Art of the Australian Desert xi. Field Guide to Animals of the World</p>	<p>E. Australia's <u>premier</u> mountain <u>biking</u> guidebook - taking you through a host of national parks and state forests</p>
<p>Note The key to help us notice here is the word “biking” which is paraphrased into “two wheel” From all connections shown above, we can choose ii for the most suitable heading.</p>	

12 Answer: **ix**

Keywords in Questions	Similar words in Passage
-----------------------	--------------------------

<p>Q12. Book F List of Book Titles i. Field Guide to <u>Native</u> Birds of Australia ii. The Bush on Two Wheels: 100 Top Rides iii. Bush Foods of Australian Aborigines iv. A Pictorial History of the Dinosaur in Australia v. Bushwalking in Australia vi. World Geographica v i i . Driving Adventures for 4-wheel-drive Vehicles viii. Survival Techniques in the Wild ix. Encyclopaedia of Australian Wildlife x. Guide to the Art of the Australian Desert xi. Field Guide to Animals of the World</p>	<p>Here's the A-Z of Australian native animals - take an in-depth look at their lives and characteristics, through fantastic photographs and informative text.</p>
<p>Note first, it is easy to mistake between XI and IX, but noticeably, the location mentioned in the passage is Australia, so we can choose XI since it is about the world. The heading chosen must be ix</p>	

13 Answer: **iv**

Keywords in Questions	Similar words in Passage
<p>Q13. Book G List of Book Titles i. Field Guide to <u>Native</u> Birds of Australia ii. The Bush on Two Wheels: 100 Top Rides iii. Bush Foods of Australian Aborigines iv. A <u>Pictorial</u> History of the Dinosaur in <u>Australia</u> v. Bushwalking in Australia vi. World Geographica v i i . Driving Adventures for 4-wheel-drive Vehicles viii. Survival Techniques in the Wild ix. Encyclopaedia of Australian Wildlife x. Guide to the Art of the Australian Desert xi. Field Guide to Animals of the World</p>	<p>G <u>Graphic artists</u> have worked with researchers and scientists to illustrate how these <u>prehistoric animals</u> lived and died on <u>the Australian continent</u>.</p>
<p>Note “Pictorial” is about pictures, which is related to “graphic artists” “Dinosaur” is one of the prehistoric animals From all relations mentioned above, we can choose the heading iv</p>	

14 Answer: **viii**

Keywords in Questions	Similar words in Passage
<p>Q14. Book H List of Book Titles i. Field Guide to <u>Native</u> Birds of Australia ii. The Bush on Two Wheels: 100 Top Rides iii. Bush Foods of Australian Aborigines iv. A Pictorial History of the Dinosaur in Australia v. Bushwalking in Australia vi. World Geographica vii. Driving Adventures for 4-wheel-drive Vehicles viii. <u>Survival Techniques</u> in the Wild ix. Encyclopaedia of Australian Wildlife x. Guide to the Art of the Australian Desert xi. Field Guide to Animals of the World</p>	<p>H A definitive handbook on outdoor safety - with a specific focus on equipment, nutrition, first aid, special clothing and bush skills.</p>
<p>Note</p> <p>The passage shows many skills or techniques to live outdoors, ranging from food, clothing to equipment and health. All keywords seem to match so well with each other that we can easily choose the heading viii</p>	

15 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
<p>Q15. The program cost <u>includes</u> internal flights within the USA.</p>	<p>return flight from Sydney to Los Angeles (<u>onward</u> travel in <u>not included</u>)</p>
<p>Note</p> <p>From the passage, we can see the information is that the program will pay only for the flight from Sydney to Los Angeles, not for the next flight (or onward travel) people take in the US..</p> <p>The keyword paraphrased is: “travel in” means “internal flights”. the contrast can be seen is between “includes” and “not included”</p> <p>The answer is obviously FALSE</p>	

16 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage

Q16. Emergency assistance offered in the program includes legal advice.	24-hour emergency support throughout the length of the program
--	--

Note

There is only one word “emergency” that can be related in comparison with the question.
 We can decide what “emergency support” can provide. So the answer must be **NOT GIVEN**

17 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
Q17. InterExchange offers similar programs in countries other than the USA.	InterExchange can also offer you work opportunities in other countries.

Note

As the title shown, “**work and travel USA**”, we can understand “**program**” here is about work and travel
 So besides (or **other than**) USA, it also provides **work opportunities in other countries**
 From all connections above, the answer is **TRUE**

18 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q18. InterExchange is part of a government program.	is a non-profit, non-governmental organisation

Note

“**part of a government program**” contrasts with “**non-governemental organization**”, so the answer must be **FALSE**

19 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
-----------------------	--------------------------

<p>Q19. There are no restrictions on the type of job you can do.</p>	<p>You can choose any job that interests you anywhere in the USA, whether that is working in <u>a law firm</u> in Boston, <u>a famous ski resort</u> in Colorado or <u>serving coffee and doughnuts</u> in the buzzing streets of New York.</p>
--	---

Note

“choose any job” is another way to say **there is no limits or restrictions on job types**. The similarity gives us the answer **TRUE** for this statement

20 Answer: **NOT GIVEN**

Keywords in Questions	Similar words in Passage
<p>Q 20. There is an upper age limit for applicants</p>	<p>over 18 years old by November in the academic year in which you apply to InterExchange</p>

Note:

“upper age limit” is the maximum age that people can apply for a job. But here, the passage does not mention any information about it. The only information about age is **“over 18 years old”**, which a person is old enough to apply. So we can conclude the answer is **NOT GIVEN**

21 Answer: **J**

Keywords in Questions	Similar words in Passage
-----------------------	--------------------------

<p>Q21. All students receive a transcript of results and relevant award documentation when they end their studies with the College.</p>	<p>A about Arthur Phillip College B entry requirements C orientation for new students D academic counselling service E credit courses to university F assistance for international students G learning methods H course fees I study commitment J assessment and results K social activities and clubs L What's new</p>
--	--

Note

It is easy to notice the keyword **“result”** appearing in the passage, and also **assessment** or evaluation is to give **award** to students. the keywords are shown clearly so we can choose the heading **J**

22 Answer: **K**

Keywords in Questions	Similar words in Passage
<p>Q 2 2 . On enrolment, all students receive automatic membership to the Social Club and Public Speaking Club. Students may choose to participate in any arranged activities. The College encourages and promotes <u>interaction between students and teaching and non-teaching staff.</u></p>	<p>A about Arthur Phillip College B entry requirements C orientation for new students D academic counselling service E credit courses to university F assistance for international students G learning methods H course fees I study commitment J assessment and results K social activities and clubs L What's new</p>

Note

The paragraph is about **getting involved in activities and clubs** to promote interaction between students and college staff. The keywords in the heading **K** are exactly the same as those in the paragraph. So **K** must be the answer

23 Answer: **E**

Keywords in Questions	Similar words in Passage
<p>Q 23 . Successful completion and the achievement of an A or B result in some courses will enable students to achieve advanced standing in these subjects if they proceed to university study. For a list of the courses acceptable to a particular university, e-mail us your request with the name of the university and the course you are interested in.</p>	<p>A about Arthur Phillip College B entry requirements C orientation for new students D academic counselling service E credit courses to university F assistance for international students G learning methods H course fees I study commitment J assessment and results K social activities and clubs L What's new</p>
<p>Note</p> <p>Noticeably, the keywords “university” and “course” are mentioned repetitively in the paragraph.</p> <p>The paragraph is about suggestion for students to attend university study with some courses they are interested in.</p> <p>From all connections above, E is the most suitable heading</p>	

24 Answer: **A**

Keywords in Questions	Similar words in Passage
<p>Q24. Arthur Phillip College is one of the top business colleges in Sydney, Australia. The College offers a wide range of educational and training programs in business and related areas. Its accredited vocational training courses are designed to meet the needs of individual students and industry</p>	<p>A about Arthur Phillip College B entry requirements C orientation for new students D academic counselling service E credit courses to university F assistance for international students G learning methods H course fees I study commitment J assessment and results K social activities and clubs L What's new</p>

Note

At first, it is easy to notice the keyword about “**Arthur Phillip College**”. it continues to talk about some information of **the colleges programs and courses**. So, the only heading about the college is **A**

25 Answer: **G**

Keywords in Questions	Similar words in Passage
<p>Q25. At Arthur Phillip College you will learn from lectures, seminars, case studies, group projects, individual assignments and class workshops. Lectures and seminars present concepts and ideas and provide for question-and-answer sessions. Students are expected to take an active role in the learning process through class participation, presentations and projects.</p>	<p>A about Arthur Phillip College B entry requirements C orientation for new students D academic counselling service E credit courses to university F assistance for international students G learning methods H course fees I study commitment J assessment and results K social activities and clubs L What's new</p>

Note

The content of the paragraph is about in what ways or methods students can learn and present their study, as some evidence shown is “**lectures, seminars, case studies, group projects, individual assignments and class workshops**’ or “**through class participation, presentations and projects**”

Basing on the content, and the keyword “**learn**” repeated in the paragraph, we can choose the heading **G**

26 Answer: **I**

Keywords in Questions	Similar words in Passage
-----------------------	--------------------------

<p>Q26. Courses at Arthur Phillip College involve an average of 25 hours per week of tuition time, with supervised group study accounting for a further 5 hours per week. At least 10 hours per week of individual study is also recommended for most courses</p>	<p>A about Arthur Phillip College B entry requirements C orientation for new students D academic counselling service E credit courses to university F assistance for international students G learning methods H course fees I study commitment J assessment and results K social activities and clubs L What's new</p>
--	--

Note

The paragraph is about the amount of **time** students are obliged to take in forms of group and individual study for courses at the college. Though the keywords are not quite clear, from the analysis above, we can somewhat know that is students' obligation or commitment when taking courses. So the heading **I** can be chosen

27 Answer: **C**

Keywords in Questions	Similar words in Passage
<p>Q27. During this program you will meet the Director of Studies, teachers and key administrative staff such as the Accommodation Officer and Student Counsellor so that, right from your first day, you will know how each of them can help you during your time at the College</p>	<p>A about Arthur Phillip College B entry requirements C orientation for new students D academic counselling service E credit courses to university F assistance for international students G learning methods H course fees I study commitment J assessment and results K social activities and clubs L What's new</p>

Note

“right from your first day” is an indirect way to mean **new students** on their first days at school

The paragraph provides information about those who can guide or orient new students through their time at the college. This helps to choose the heading **C** for the answer.

28 Answer: **A**

Keywords in Questions	Similar words in Passage
Q 28. The different amounts of sleep that people require	Section A It is estimated that the average man or woman needs between seven-and-a-half and eight hours' sleep a night. Some can manage on a lot less. Baroness Thatcher, for example, was reported to be able to get by on four hours' sleep a night when she was Prime Minister of Britain...
Note The section A shows 8 hours of sleep for an average person , but the amount is even less for some, such as 4 hours' sleep for Baroness Thatcher. So it is easy to see the difference in the amount of sleep here.	

29 Answer: **C**

Keywords in Questions	Similar words in Passage
Q 29. An investigation into the results of sleep deprivation	Section C Researchers in San Diego deprived a group of men of sleep between 1 a.m and 5 a.m on just one night, and found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning
Note From the question, we can notice “ deprivation ” is just another part of speech of the word “ deprived ”. And the result are said to be the fall of bodies' natural defences as shown. from all conections explained, the answer is Section C	

30 Answer: **E**

Keywords in Questions	Similar words in Passage
<p>Q30. Some reasons why people may suffer from sleep disorders</p>	<p>Section E Age aside, it is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is a known handicap to sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes</p>
<p>Note</p> <p>From the question, “sleep disorders” is a very good paraphrase of “sleep disturbance”; the reasons or causes can be recognized are pregnancy and stress to alcohol, heart disease and smoking</p> <p>All keywords match very well with each other, so the section E must be chosen</p>	

31 Answer: **F**

Keywords in Questions	Similar words in Passage
<p>Q31. lifestyle changes which can help overcome sleep-related problems</p>	<p>Section F Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties . There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up.....</p>
<p>Note</p> <p>It is easy to notice the section is about treatments for sleep problems, and one of those is lifestyle changes such as “strictly regulating the time people go to bed and when they get up”. So the answer is section F</p>	

32 Answer: **B**

Keywords in Questions	Similar words in Passage

<p>Q32. a process by which sleep helps us to remain mentally and physically healthy</p>	<p>Section B The latest beliefs are that the main purposes of sleep are to enable the body to rest and replenish, allowing time for repairs to take place and for tissue to be regenerated.....</p>
---	---

Note

The keywords in question are not directly used in the passage. Instead, the process is described in more details such as **enable the body to rest and replenish, time for repairs, tissue to be regenerated**. These body's activities will make it healthier. So it is the **section B** to be the answer.

33 Answer: **G**

Keywords in Questions	Similar words in Passage
<p>Q33. claims about a commercialised man-made product for sleeplessness</p>	<p>Section G Melatonin pills contain a synthetic version of the hormone and are commonly used for jet lag as well as for sleep disturbance. John Nicholls, sales manager of one of America's largest health food shops, claims that sales of the pill have increased dramatically</p>

Note

Firstly, the passage mentions **Melatonin pills** are used for **sleep disturbance** or **sleeplessness**.
Then, **John Nicholls** made a claim about the pills which is **sales of the pill have increased dramatically**
All the keywords match well between the question and the passage, so **Section G** must be the correct answer

34 Answer: **E**

Keywords in Questions	Similar words in Passage
<p>Q 3 4 . the role of physical changes in sleeping habits</p>	<p>Section E Sleeping patterns change with age, which is why many people over 60 develop insomnia . In America, that age group consumes almost half the sleep medication on the market. One theory for the age-related change is that it is due to hormonal changes</p>

Note

Due to **old age** which causes **hormonal changes** (generally mean **physical changes**), people will have their **sleep habits** or **sleep patterns** change, such as 60-year-old people with insomnia.

As the analysis above, it is obviously **Section E** for the correct answer

35 Answer: **D**

Keywords in Questions	Similar words in Passage
Q35. the processes involved during sleep	Section D Despite popular belief that sleep is one long event, research shows that, in an average night, there are five stages of sleep and four cycles , during which the sequence of stages is repeated . In the first light phase, <u>the heart rate and blood pressure go down</u> and <u>the muscles relax</u>

Note

The passage mentions **five stages** in which physical activities (or processes) take place, e.g the heart rate and blood pressure go down and the muscles relax.

From all connections shown, **section D** must be the answer

36 Answer: **NOT GIVEN**

Keywords in Questions
Q36. Sleep can cure some illnesses.
Note There is no information about illnesses cured by sleep. So the answer must be NOT GIVEN

37 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
Q37. The various stages of sleep occur more than once a night.	there are five stages of sleep and four cycles, during which the sequence of stages is repeated .

Note:

Let consider the following similarity: the **various (5) stages** are **repeated**, meaning it occurs many times, which is the same as **“more than once”**.
So the answer must be **TRUE**

38 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q38. Dreaming and sleep-walking occur at similar stages of sleep.	In stage four, usually reached after an hour, the slumber is so deep that, if awoken, the sleeper would be confused and disorientated. It is in this phase that sleep-walking can occur, [...] In the fifth stage, [...] This REM phase is also the time when we dream.
Note As the passage shown, dreaming and sleep-walking take place in two different stages namely, fourth and fifth stages in order while the statement is about occurring in similar stages . Due the contrast, the answer must be FALSE	

39 Answer: **FALSE**

Keywords in Questions	Similar words in Passage
Q39. Sleepers move around a lot during the REM stage of sleep.	During this stage, the body is almost paralysed
Note “ Move around ” contradicts “ paralysed ” which means immobile So the answer is obviously FALSE .	

40 Answer: **TRUE**

Keywords in Questions	Similar words in Passage
Q40. The body temperature rises relatively early in elderly people	The temperature rise occurs at daybreak in the young, but at three or four in the morning in the elderly.

Note

The word “**early**” is clearly paraphrased into “ **at three or four in the morning** ”. All keywords match very well with those in the passage, so the answer must **TRUE**

Great thanks to volunteer *Linh Patimy* has contributed these explanations.

If you want to make a better world like this, please contact us.