

B 2 R 1 G T

SECTION 1

Questions 1-14

Read the text below and answer Questions 1-8.

Visit these fascinating castles in Sussex!

Arundel

Built in the 11th century overlooking the river Arun and the stunning Sussex countryside is this remarkable castle, seat of the Dukes of Norfolk. The castle was fully restored in the 18th Century and hosts a wide variety of events throughout the year. Medieval encampments give visitors a chance to feel what it was like to live in that period of history by learning about the music, costumes and sports of the time. A highlight of the summer months is watching iconic Shakespearean drama in the grounds of this atmospheric castle.

Hastings

This castle may be in ruins, but it is still a fascinating place to experience history. Overlooking the English Channel, visitors can imagine ancient battles against 'William the Conqueror'. A film about the events of the best-known year in English history, The 1066 story plays on a loop in a mini cinema in the grounds. There are several picnic areas in the grounds and close by.

Rye

The castle at Rye was built in the 13th century and has been used as a prison at different times in its history. Part of the castle now houses a museum, displaying medieval pottery and artefacts, antique toys and games, and items showcasing the area's history of sailing.

Herstmonceux

This castle is a late example of a castle, not built until the mid-15th century. By this time, the owners of castles were less concerned with defence and more concerned with comfort and appearance. There are walking trails through the grounds and visitors can interact with birds of prey, such as falcons, owls and hawks.

Knepp

This castle has been owned by the same family for over 220 years. The family has been rewilding the land since 2001. Introducing cattle and deer and restoring natural water courses, they have encouraged an increase in wildlife, including several rare species. Visitors can choose from a range of guided safaris, including bats and moths, butterflies and wild horses. There are also shepherd's huts and a campsite in the grounds for those who wish to stay the night.

Bodiam

Unlike most other castles, the entire castle was built at the same time, so has a consistent architectural style. It is most famous for its wide moat which encircles the castle. While the interior is now in ruins, the outer structure remains. Visitors can visit the well-stocked gift shop and have a drink and snack at the tearoom.

Questions 1-8

Look at the following statements (Questions 1-8) and the list of castles below

Match each statement with the correct castle A-F.

Write the correct letter A-F, in boxes 1-8 on your answer sheet.

NB You may use any letter more than once.

1. Visitors can see and learn about a wide range of animals.
2. Objects connected to the sea can be viewed here.
3. Plays are put on here at certain times of the year.
4. The builders of this castle wanted it to look good.
5. A movie is played constantly to teach visitors about the past.
6. Accommodation is available at this location.
7. Visitors can buy refreshments here.
8. Visitors can experience life in the Middle Ages.

List of castles

- A. Arundel
- B. Hastings
- C. Rye
- D. Herstmonceux
- E. Knepp
- F. Bodiam

Questions 9-14

Read the text below and answer Questions 9-14.

East Coast Electricity

Why should you get a smart meter?

Save money

With the cost of electricity soaring, it is vital for households to keep track of how much electricity they are using and how much it is costing them. Smart meters allow consumers to understand which appliances use the most power and use them sparingly.

Save work

With a smart meter, there is no need to take regular meter readings and upload them to your supplier's website. Smart meters do the work for you by automatically sending regular readings to your supplier.

Save the planet

Smart meters help you reduce your carbon footprint by reducing the amount of energy you use at home or at work. Your smart meter will let you know if any of your appliances are on stand-by, using up energy while not in use.

Help your country

The energy saved through the use of smart meters will help the UK become less reliant on energy from overseas. The rollout of smart meters is predicted to save £6 billion for the country, money which can be used to develop sustainable energy sources.

So how can I get one?

Go to your energy supplier's website. Locate the 'contact us' section and send a message directly from the website. You will also find an email address and phone number for your supplier here.

Arrange an appointment to have the smart meter installed. Most suppliers are flexible about times and have some evening and weekend appointments. However, some energy providers have waiting lists of up to two months, so you may need to be patient.

Make sure you are home to let the engineer in. The installation process takes about two hours and you will need to be at home during the entire period.

Questions 9-14

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

In boxes 9-14 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

9. Installation of a smart meter is free of charge.
10. Customers with a smart meter submit readings on the website.
11. Smart meters may be good for the environment.
12. At present, the UK imports energy from other countries.
13. All suppliers will install a smart meter soon.
14. It is easier to get appointments on Saturdays and Sundays.

SECTION 2

Questions 15-27

Questions 15-20

The text has 6 paragraphs, **A-F**

Choose the correct heading for each paragraph from the list of headings below.

Write the correct number, **i-ix**, in boxes 15-20 on your answer sheet.

List of Headings

- i. Career progression
- ii. Staff wellbeing
- iii. Lunchtime options
- iv. Health and safety in the workplace
- v. Why work in publishing?
- vi. An introduction to the company
- vii. Training events
- viii. Sports facilities
- ix. Benefits and perks

15. Paragraph A

16. Paragraph B

17. Paragraph C

18. Paragraph D

19. Paragraph E

20. Paragraph F

Welcome to Websters!

This handbook provides information for new staff. Read it carefully before your first day at work and keep it safe for future reference.

A. Websters is one of the top educational publishers and booksellers in the world. We pride ourselves on the quality of our products, both in terms of the content of our books and magazines, and the quality of the materials we use. We know that the key to maintaining our reputation is our staff, and we spend time and money on their training, career advancement and well-being.

B. The company is compliant with all government regulations which are designed to protect workers. Our workplaces are light and airy and every employee is given a personalized workspace to ensure they can work comfortably. This includes a customized chair, a desk set to the right height, and wrist supports. All staff are entitled to a free eye test every year.

C. At Websters, we have a no-overtime policy to ensure all workers have a reasonable work-life balance. Employees are permitted to work from home where this does not affect the work of their team. All staff can access our mental health support service by calling our hotline, where they can receive free counselling and advice. We offer free lunchtime yoga and mindfulness sessions twice a week to everyone who works for us.

D. Every employee is offered free parking at the local multi-story car park, worth £8 per day. The staff cafeteria is subsidized by the company and offers a range of hot and cold meals at affordable prices. Tea, coffee, milk, sugar and biscuits are available free of charge in the staff kitchens on every level. The company offers low-interest loans to staff after one year of employment and discounted gym membership.

E. The company arranges targeted professional development for all categories of staff. We hold an annual conference, where staff get to learn from the best publishers in the business. We have a generous budget available for staff to attend seminars of their choice around the country or even overseas. Courses in IT, presentation skills and report writing are available on a monthly basis.

F. At Webster's your annual performance appraisal is your opportunity to request training and development opportunities which will help you gain that next promotion. We aim to retain our staff for many years and our staff performance management processes support you in moving upwards within our company. Your line manager will guide you towards the best route for you and assist you in achieving your goals.

Read the text below and answer Questions 21-27.

Health and safety in the workplace: manual handling

As an employee, you are entitled to protection from hazardous manual handling in the workplace. It is your employer's responsibility to make manual handling as safe as possible for all workers. Manual handling means transporting or supporting a load by hand or bodily force. It includes lifting, putting down, pushing, pulling, carrying, or moving loads.

It is the employer's duty to assess the risk of injury from any hazardous manual handling operations that cannot be avoided. The first option should be to avoid this kind of handling. This can be done by redesigning the task to avoid moving the load or automating or mechanising the process.

If your employer has not designed the work process to avoid hazardous manual handling, you may offer suggestions for the use of mechanical aids, for example, a conveyor, a chute, a pallet truck, an electric or hand-powered hoist, or a lift truck to reduce the risk of harm. If your employer fails to take reasonable measures to prevent the need for risky handling, you should talk to your union representative.

Although your employer is ultimately liable for your safety at work, you should also take appropriate measures to ensure your own safety when manual lifting cannot be avoided. You should consider:

The posture adopted

Stand with your feet shoulder-width apart. Bend your knees and lower yourself slowly, keeping your back straight. Bending from the waist can cause damage to the back.

The weight of the load

Where possible, find out the exact weight before beginning the task. If the Information is not available, kneel down and attempt to lift a corner of the load to get an idea of how heavy it is.

The environment

Cramped work areas, poor floor surfaces, poor lighting and extremes of temperature can all affect your ability to safely carry loads.

Your own ability

Consider your strength, fitness and any underlying medical conditions (especially a history of back problems). If you find yourself breathing heavily or sweating while lifting, you should speak to your company's health and safety officer

The number of people required

Employers may try to save money by getting one person to do a job requiring two or more. This is a breach of government regulations on employee wellbeing and must be reported to your union.

Remember that all employees - whether their job requires them to undertake manual handling or not - must complete the online training programme every year.

Questions 21-27

Complete the sentences below.

Choose **NO MORE THAN THREE WORDS** from the text for each answer

Write your answers in boxes 21-27 on your answer sheet.

21. The main obligation to ensure safe manual handling lies with the.
22. Workers have the right to recommend for manual handling. which will prevent the need
23. Your should be consulted if you are being asked to do avoidable manual handling.
24. It is important to bend your knees when lifting as an incorrect lead to injury. can
25. Various aspects of the work. can make lifting more difficult.
26. You should assess your own physical condition before undertaking manual handling. This is particularly important if you have had in the past
27. It is a requirement for workers to do the annually.

SECTION 3

Questions 28-40

Read the text below and answer Questions 28-40.

A brief history of the swimming pool

A. The first public swimming pool in the UK opened in 1828. After that, the number of pools developed rapidly, but they were segregated by social class, and women rarely had the opportunity to learn to swim. The catastrophic sinking of the Princess Alice on the river Thames in 1878 highlighted the dangers of not being able to swim. It also drew attention to the inequality between the sexes. Most of the deaths, when the ship sank, were of female non-swimmers dragged down by their long skirts. Changes in swimming habits went hand in hand with changes to social attitudes. Gradually, it became more acceptable for the sexes to mix while wearing swimsuits and more and more swimming pools were constructed.

The 1930s are considered the 'golden age of lidos' when 169 of them were built across the UK. Lidos are outdoor swimming pools, which were at the height of their popularity in the twentieth century before foreign holidays became affordable.

B. Lidos typically had sunbeds and lawns around them for sunbathing and the emphasis was more on recreation than serious swimming. Visits to the local lido would last all day. Families would bring a picnic and it was a relatively affordable way to spend a day during the summer holidays. Most people over 50 have happy memories of splashing around at their local lido.

Today there are only about 80 lidos in the country. It was not only the possibility of travelling abroad which led to the closure of so many outdoor pools. The British climate means that there are only a few months of the year where open-air swimming is attractive to the majority of people. Maintaining a facility used so little became unfeasible in times of cuts in public spending.

C. However, it is not just lidos that have shut down. In the three years to March 2022, Britain lost over 65 public pools, including indoor pools. The number of children not learning to swim has increased, which has been called an 'absolute health and welfare disaster'. While most can still access a pool if they are willing to travel, not all pools are suitable for activities such as synchronised swimming, diving and water polo.

The pools that remain have changed dramatically from the pools of the 20th century. People who were young then remember nearly every pool had diving boards and deep ends. From the end of the last century, pool renovations often involved reducing the depth of pools and replacing diving boards with flumes (long tunnel like slides) and wave machines. The two main reasons for these changes were cost and safety. A 5 foot (1.5 metre) deep pool is easier and cheaper to heat and maintain than a 12 foot (3.6 metre) deep pool. Diving accidents are the fourth most common cause of spinal injury leading to paralysis. It became apparent that the best way to avoid lawsuits was to remove the diving boards.

D. Unfortunately, both regular swimming and other pool-based activities have become less accessible to those with lower incomes. It could also mean that those who want to swim will turn to less safe options, such as rivers, lakes and the sea, leading to an increase in accidents.

Although there are now fewer diving pools, new technology has brought some hope to divers. The adjustable swimming pool floor enables the same pool to change depth from as shallow as 2 feet (0.5 metres) to as deep as 13 feet (4 metres). This mechanism has been adopted by many sports centres keen to offer a wide range of activities to customers, while only needing to maintain one pool. Such pools offer a 'depth timetable', which lets swimmers know when it will be shallow enough for children and non-swimmers and when it will be deep enough to use the diving boards. For facilities very limited in space, the adjustable floor can be moved to maximum height to turn the pool into a dance floor or meeting space.

E. Another innovation in swimming technology is the 'endless pool'. Ideal for those who want to swim regularly, but don't have the space for a full-sized pool, the endless pool is to swimming what a treadmill is to running. The current in the water is controlled by a propeller, which enables you to keep swimming without turning in a very small pool. Not only is it a space-saver, it is also a good choice for athletes, who can adjust the current to increase resistance and give them a better work-out. Many professional swimmers choose these mini pools in preference to a regular pool.

There is no doubt that swimming will remain a popular pastime with all ages, and that swimming pools will continue to develop with changes in technology and lifestyles.

Questions 28-35

The text is divided into 5 sections, **A-E**

Which section contains the following information?

Write the correct letter **A-E**, in boxes 28-35 on your answer sheet

- 28. The limitations of some swimming pools.
- 29. Two main reasons outdoor swimming pools shut down.
- 30. An alternative way for elite swimmers to train.
- 31. Growth of awareness of the importance of swimming.
- 32. Places where poorer people now swim.
- 33. Why pools are shallower than they used to be.
- 34. Flexible use of the available space.
- 35. The period when outdoor pools were constructed.

Questions 36-40

Choose **ONE WORD AND/OR A Number** from the text for each answer.

Write your answers in boxes 36-40 on your answer sheet.

Complete the summary below.

When the first swimming pools were built, it was not common for 36._____ to have access to them.

Awareness of the value of being able to swim grew after the 37._____ of a famous boat in London. Many

of the people who drowned did so because of the weight of their 38._____. As time went by, men and

women were allowed to swim together dressed in 39._____ which had not been permissible before.

Lidos were the most popular in the 40._____.

Answers – B 2 R1 GT

Section 1

Questions 1-14

1. E

Knepp castle has a 'wide range of animals': 'cattle, deer, bats, moths, butterflies and wild horses. Herstmonceux has some but they are all birds of prey so not a 'wide range

2. C

Rye castle has a museum which has 'items showcasing the area's history of sailing' or 'objects connected to the sea'. To answer this question correctly, you need to understand that 'items' and 'objects' are synonyms and identify the link between 'sailing' and 'the sea'.

3. A

To answer this question correctly, you need to understand that 'drama' has the same meaning as 'plays'. Also, it would be helpful to recognise the paraphrase of 'the summer months' as 'certain times of the year'.

4. D

To answer this question correctly, you need to identify that 'wanted it to look good' in the question is a paraphrase of 'more concerned with... appearance' in the text.

5. B

To identify the correct answer, you need to recognise all or some of the following sets of synonyms: 'film' - 'a movie', 'on a loop' - 'constantly'; 'history' - 'the past'

6. E

To answer this question correctly, you need to identify that 'shepherd's huts and a campsite' are types of 'accommodation'. However, you might also get the answer by linking 'wish to stay the night' to 'accommodation'.

7. F

To answer this question correctly, you need to link 'have a drink and snack at the tearoom' in the text to 'buy refreshments' in the question.

8. A

"Medieval' and 'Middle ages' both refer to the period when most of the castles were built. The 'encampments' at Arundel castle give visitors 'a chance to feel what it was like to live in that period of history'. You need to identify this phrase as having a similar meaning to 'experience life in the Middle Ages'.

9. NOT GIVEN

NOT GIVEN references to cost in the first section, but these refer to the cost of using electricity, not the cost of installing a smart meter.

10. FALSE

The text says, 'there is no need to take regular meter readings and upload them to your supplier's website' and goes on to say that this is done 'automatically

11. TRUE

To answer this question correctly, you need to link the phrases 'Save the planet' and 'reduce your carbon footprint' in the text with 'good for the environment' in the question.

12. TRUE

The text says that 'smart meters will help the U.K. become less reliant on energy from overseas'. This implies that the UK imports energy at the moment. You need to recognise that 'overseas' and 'other countries' have the same meaning.

13. FALSE

The text says that 'some energy providers have waiting lists of up to two months'. This has the opposite meaning to 'soon' in the question.

14. NOT GIVEN

The text says that 'weekend appointments' may be available, but it doesn't say whether these are easier to get.

Section 2

Questions 15-27

15. vi

This section introduces Websters as a publisher and bookseller and gives some information about what the company values are.

16. iv

Several phrases help you to identify this paragraph as being about health and safety 'compliant with all government regulations', 'protect workers', 'ensure they can work comfortably', 'wrist supports' and 'free eye test'.

17. ii

Several phrases help you to identify this paragraph as being about wellbeing: work/ life balance, 'mental health support service', 'free counselling and advice' and 'yoga and mindfulness sessions'.

18. ix

To answer this question correctly, you need to understand that 'benefits and perks are extras given to employees over and above the salary. The benefits and perks mentioned are 'free parking', 'subsidized' cafeteria, 'tea, coffee, milk, sugar and biscuits', 'low-interest loans' and 'discounted gym membership'.

19. vii

To answer this question correctly, you need to link the following phrases to 'training events': 'professional development', 'conference', 'attend seminars' and 'courses'.

20. i

To answer this question correctly, you need to recognise 'promotion' and 'moving upwards' as synonyms of 'progression'..

21. employer

To answer this question correctly, you need to understand that 'obligation' has a similar meaning to 'responsibility' and 'duty'.

22. mechanical aids

To answer this question correctly, you need to identify the following synonyms/ paraphrase: 'you may' - 'workers have the right to', 'avoid' - 'prevent the need for': 'offer suggestions' - 'recommend'.

23. union representative

A common error here is 'employer', which is incorrect because if you are being asked to do' is referring to an act by the employer. 'You should talk to...' in the text is paraphrased in the question as 'should be consulted'. 'Avoidable' in the question refers to 'prevent the need for' in the text.

24. posture

Posture means the way you hold your body. To answer this question correctly, you need to understand that 'damage' and 'injury' have similar meanings.

25. environment

The text mentions 'various aspects of the work environment': 'Cramped work areas, poor floor surfaces, poor lighting and extremes of temperature. You need to recognise that 'affect your ability to..' in the text is a paraphrase of 'make...more difficult' in the question.

26. back problems

To answer this question correctly, you need to spot the synonyms 'especially- 'particularly', 'a history of'- 'in the past'.

27. online training programme

To answer this question correctly, you need to understand that 'annually' has a similar meaning to 'every year'.

Section 3

Questions 28-40

28. C

The limitations are that 'not all pools are suitable for activities such as synchronised swimming, diving and water polo. Although section A talks about problems such as unequal access to pools and B describes issues with maintaining pools, it is C that mentions the limitations of the pools themselves.

29. B

Although C does discuss swimming pool closures, it is not referring only to outdoor pools as in the question. The question asks for 'two main reasons', which are given in section B ('travelling abroad' and 'cuts in public spending). Section A only mentions the first of these reasons.

30. E

'Elite swimmers' in the question is a paraphrase of 'professional swimmers' and 'athletes' in the text. 'To train' in the question is a synonym of 'work-out' in the text

31. A

The sinking of the Princess Alice 'highlighted the dangers of not being able to swim This section tells us that most of the people who died were 'non-swimmers. You need to identify 'the importance of swimming' in the question as a paraphrase of 'dangers of not being able to swim' in the text.

32. D

To answer this question correctly, you need to link 'poorer people' in the question with 'those with lower incomes' in the text. You also need to recognise 'rivers, lakes and the sea' as places to swim.

33. C

To answer this question correctly, you need to identify 'reducing the depth of pools' in the text as a paraphrase of 'are shallower' in the question. In section C, there are reasons for this reduction in depth, 'cost and safety.

34. D

'Flexible use of the available space' in the question refers to the adjustable pool floor, which can be used for 'a wide range of activities' as a pool and can also be used as 'a dance floor or meeting space'.

35. A

Section A tells us that in the 1930s, 169 lidos were built. Sections B and C mention only the loss or closure of outdoor pools.

36. women

To answer this question correctly, you need to recognise that 'rarely had the opportunity to use them' in the text is similar in meaning to 'it was not common for.... to have access to them' in the question. A common mistake is 'female', which also appears in the text but in the singular form, which would be grammatically incorrect in the summary.

37. sinking

To answer this question correctly, you need to understand that the 'Princess Alice' mentioned in the text was a 'famous boat'.

38. skirts

To answer this question correctly, you need to connect 'deaths' and 'drowned'. You also need to link 'dragged down' with 'weight'.

39. swimsuits

To answer this question correctly, you need to spot that 'wearing' and 'dressed in' have a similar meaning. Also, you should identify 'it became more acceptable' as a paraphrase of 'had not been permissible before' and 'for the sexes to mix' as another way of saying 'men and women...together'.

40. 1930s

The text talks about the 'golden age' of lidos. This is the same as saying 'they were at their most popular'.