

Succeed in

LTE

LanguageCert Test of English

Practice Tests



Global **ELT**

*Linda Lethem
Andrew Betsis*

How to use a QR code

This book has QR codes on some pages so that you can listen to the **Listening** sections of the **LanguageCert LTE** practice tests using your smartphone or tablet.

What is a QR code?

A QR code is a two-dimensional barcode that can be 'read' using a special app on any tablet or smartphone. You can download this app (QR Reader) for free. And if you have an i-phone you can just use your phone's camera.

How do I use the QR code?

You will find the QR code on certain pages of the book. It looks like the one above. Use the QR Reader app on your smartphone or tablet, and hold it over the QR code, lining up the corners on the screen with the corners of the QR code. After a second or two, the reader should direct you to a webpage where the recording can be listened to via a web-based player. The audio recording will then be played for you to listen. No need to download or save anything.



QR Codes
for the
Listening Tasks
for audio streaming

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Andrew Betsis and Linda Lethem

Contributors: Lawrence Mamas, Maria Windsor, Julie Tofflemire

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LTE A1-C2 (LanguageCert Test of English) Listening & Reading

This is a multi-level Listening and Reading test, which is ideal for those candidates who are at an intermediate or more advanced level (CEFR: B2-C2).

All candidates take the same test, regardless of their own language proficiency and they then receive a certificate based on their performance at the exam, placing them at levels from A1 to C2 of the CEFR.

When taken at a Test Centre, the exam is available in paper-based and computer-based formats and is also offered as an online exam with remote, live invigilation.

The computer-based LTE A1-C2 is an 'adaptive' test. This means that it is designed to adjust the difficulty of questions presented to the candidate to their personal level according to their performance *during* the exam process. This ensures that when the LTE A1-C2 test is taken in computer-based format at a Test Centre or online, the number of questions, and in turn the test duration, are reduced, when compared with the Paper-based test. However, in all cases the results and certificates are exactly the same and are equally recognised.

What are the assessment rules of the Written Exam?

The LTE assesses candidates' listening and reading skills, as well as their knowledge of grammar and vocabulary.

Exam Task types

Multiple choice: candidates have to read a text, or listen to a recording, and then answer questions. Each question has three options(A,B,C) only one of which is the correct answer.

Paper-based		
Section	Time	Parts
LISTENING	approx. 50 minutes	4 parts 50 items
READING	70 minutes	4 parts 60 items
TOTAL:	120 minutes	110 items

Computer-based		
Section	Time	Parts
LISTENING	approx. 60-90 (max) minutes	26 items
READING		4 parts 60 items
TOTAL:	120 minutes	110 items

**Note that adaptive tests will have different timings as the tests are individualised. The maximum duration of the test is 90 minutes, but it ordinarily takes approx. 60 minutes. For lower level students, the test may take slightly less time.*

How is the exam scored?

In the LTE A1-C2 exam, the overall score and language level are established based on candidates' performance in both Listening and Reading.

Scores for each of the two parts of the exam are equally weighted and calculated on a 0-100 scale which is fully aligned to the CEFR levels. A candidate's overall score is the mean score achieved in the two parts of the exam.

All candidates receive a certificate stating both their scores per skill and their overall score. A CEFR level from A1-C2 is also stated in the certificate based on the overall score achieved. Only candidates whose performance falls below A1 level (*less than 10 points*) **do not** receive a certificate.

The LTE Scaled Score	
Scaled Score	CEFR Level
0 – 9	Below A1
10 – 19	A1
20 – 39	A2
40 – 59	B1
60 – 74	B2
75 – 89	C1
90 – 100	C2

**LanguageCert
Test of English (LTE)**

Practice Test 1

Test 1



SCAN ME

Listening Part 1

You will hear some sentences. You will hear each sentence twice. Choose the correct answers.

1.



a



b



c

2.



a



b

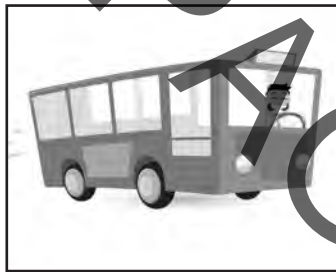


c

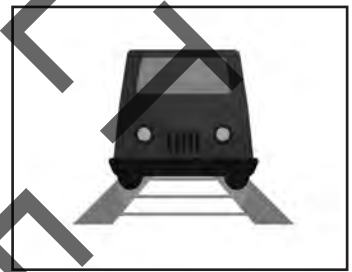
3.



a



b



c

4.



a



b



c

5.

Mon	9th	working
Tue	10th	working
Weds	11th	free for lunch

a

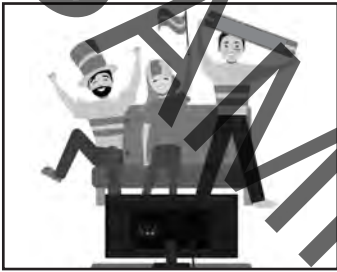
Mon	9th	working
Tue	10th	free for lunch
Weds	11th	working

b

Mon	9th	free for lunch
Tue	10th	working
Weds	11th	working

c

6.



a

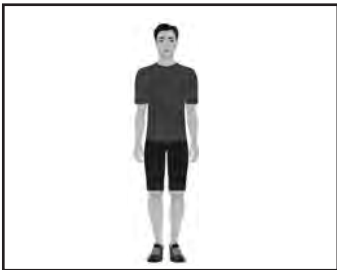


b

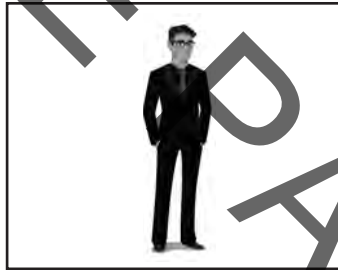


c

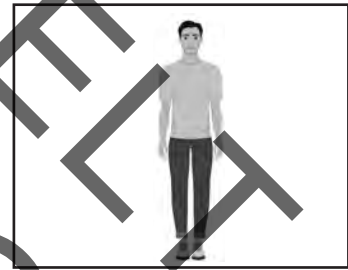
7.



a



b



c

8.



a



b



c

Listening Part 2a

You will hear some sentences. You will hear each sentence twice. Choose the best reply to each sentence.

1. a. No thanks, I'm not hungry.
b. Just a sandwich would be good.
c. It was really nice, thanks.
2. a. Is there anything good on?
b. Yes, I really enjoyed it.
c. It was a long movie, wasn't it?
3. a. He's been a customer for a long time.
b. I needed some new customers.
c. I advertise online.
4. a. She seems to be good at her job.
b. She starts next Monday.
c. I hope she gets the job.
5. a. You need to finish it as soon as possible.
b. No, I'm afraid I didn't.
c. Don't worry, I will email it to you.



Listening Part 2b

You will hear some short conversations. You will hear each conversation twice. Choose the correct answer to complete each conversation.

1. a. You're right, I'm not that keen on them.
b. That's exactly what I thought.
c. I usually take it for a walk twice a day.
2. a. Maybe, but I'm not sure it's the right job for me.
b. Have you got any experience in that kind of work?
c. I guess so, but I've no idea which subjects to study.
3. a. Maybe it was cancelled.
b. Didn't I tell you I'm catching a later one now?
c. Yes, the traffic was bad today.
4. a. He's a brilliant writer, isn't he?
b. It's not the first book that he's written.
c. He must've written a whole book to use that much.
5. a. Don't tell me we actually made a profit!
b. Well, we always do well, don't we?
c. They must be around here somewhere.
6. a. But it depends what you are intending to do after.
b. It's certainly not a course that I would recommend.
c. I was impressed at how well you did on the course.
7. a. Well, rather you than me.
b. Thanks, and I have prepared well for it.
c. It's none of my business.
8. a. It took a long time, didn't it?
b. That's strange - I sent it last night.
c. Why didn't you look in your emails?
9. a. She did nothing of the sort.
b. I hope she's not too ill.
c. Maybe she's having a bad day.
10. a. He'll certainly be a tough act to follow.
b. Yeah, I thought she was his natural successor, too.
c. Let's hope Jack is up to it.



Listening Part 3

You will hear some short conversations. You will hear each conversation twice. Choose the correct answers for each conversation.

**Conversation 1**

You hear a manager talking to a new employee.

1. What happened to Sam on his first day?
 - a. He quickly made new friends.
 - b. He realised he already knew one of his new colleagues.
 - c. He couldn't find anyone to show him around.
2. How does the woman feel as she speaks to Sam?
 - a. She is reassured that he will settle in well.
 - b. She thinks he is overconfident.
 - c. She feels as though she has met him before.

Conversation 2

You hear two colleagues talking about a conference.

3. Why is the man so stressed?
 - a. He has missed a deadline to organise a conference.
 - b. He is feeling overwhelmed by things at work.
 - c. Other colleagues are not pulling their weight at work.
4. How does the woman react to the situation?
 - a. She realises they are in trouble and starts to panic, too.
 - b. She doesn't appreciate the importance of the work to be done.
 - c. She calmly makes a plan.

Conversation 3

You hear a manager talking to an employee about a staff training day.

5. Why does Mr Davies ask Paula to do a presentation?
- a. there is no one else that can do it
 - b. she has a lot of experience in doing presentations
 - c. she has requested the chance to do more things at work
6. What advice does he give Paula?
- a. Stick to the relevant information.
 - b. Don't make it too personal.
 - c. Ask the audience plenty of questions.

Conversation 4

You hear Mark, a designer, talking to an office manager called Tina.

7. Why has Mark phoned Tina?
- a. to persuade her to buy new office furniture
 - b. to try to influence her decision
 - c. to warn her about a price increase
8. What is Tina's main concern?
- a. not going over budget
 - b. making the office look homely
 - c. creating an impressive work space

Conversation 5

You hear two managers discussing a new proposal at work.

9. They agree that the proposal is
- something they should reject outright.
 - very detailed but not clearly explained.
 - potentially an improvement on the current situation.
10. The man persuades the woman that the proposal is
- not as well thought out as it seems.
 - something they could adapt.
 - almost perfect as it is.

Conversation 6

You hear two people discussing a colleague.

11. What does the man say about the company?
- It is in danger of heading for a financial crisis.
 - The whole scandal will soon be forgotten.
 - All of the claims in the Press are false.
12. The woman believes that
- the directors were unaware of the deteriorating situation.
 - Ray tried to be clever but it backfired on him.
 - Ray is being used as a scapegoat.



Listening Part 4

You will hear the recordings twice. Choose the correct answers.

You will hear a radio interview with a man called Jimmy Stowford who owns a small shop.

1. What does Jimmy say about his business?
 - a. It's been his family's business for many years.
 - b. He hopes it will be the last job that he does.
 - c. He often wonders if it was the right career change for him and his wife.
2. Jimmy says that when he's working in his shop
 - a. he notices how selfish some people can be.
 - b. he encourages people to help one another.
 - c. it pleases him to witness a community spirit.
3. According to Jimmy,
 - a. his children generally see the family business as a positive thing.
 - b. his wife occasionally gets bored with the village gossip.
 - c. the whole family are excited by the shop and want to be actively involved.
4. When Jimmy talks about his family, he seems to be
 - a. slightly reluctant to talk about them too much.
 - b. proud of them and their contribution to the village.
 - c. rather anxious about his children's future.
5. How does Jimmy react when asked about the future of village shops?
 - a. He feels nervous that they will be pushed out of the market by more convenient forms of retail.
 - b. He worries that they are under threat but hopes their popularity will save them.
 - c. He is confident that their uniqueness will ensure their future existence.

You will hear two former colleagues discussing their old workplace.

6. What do we learn from Alan about the job at Technovation?
- a. There was a lot of unacceptable pressure from the management.
 - b. The hours were unreasonable for the money they earned.
 - c. Alan was often reprimanded for missing deadlines.
7. Sarah implies that
- a. all the departments at Technovation were as stressful as each other.
 - b. unforeseen circumstances led her to leave Technovation.
 - c. she prefers to have total control of her work environment.
8. What aspect of Alan's new job does he like most?
- a. the atmosphere in the office
 - b. the flexible working hours
 - c. the bonus system
9. What difficulty do both Sarah and Alan have when working from home?
- a. having the self-discipline to work enough hours
 - b. avoiding domestic distractions
 - c. learning to switch off from work
10. What do Sara and Alan say about the teambuilding days at Technovation?
- a. They helped to iron out any problems they had with their colleagues.
 - b. They were pointless but they were also lots of fun.
 - c. They became good friends with many colleagues when they were on them.

You will hear a careers officer talking to a group of undergraduates about job interview techniques.

11. What advice does Steve initially give to the students?
- a. Appreciate that the company has seen potential in you before they've even met you.
 - b. Remember there will be many other candidates who may well be better than you.
 - c. Find out as much as you can about the individuals who will be interviewing you.
12. What does Steve imply about application forms?
- a. Hardly anything written on them is true.
 - b. People often exaggerate their personal qualities and abilities on them.
 - c. Interview panels rarely take them seriously.
13. According to Steve, the majority of interviewers
- a. will be irritated if you show that you are nervous.
 - b. expect you to overcome your nerves and demand you are completely confident on the day.
 - c. will do everything in their power to bring out the best in each candidate.
14. Steve says that candidates
- a. can prepare for inevitable questions beforehand.
 - b. should avoid using clichéd and set phrases when answering questions.
 - c. must have answers prepared for every question that might come up during the interview.
15. When asked about your weaknesses, Steve recommends
- a. candidates should be honest about the things that still let them down.
 - b. explaining how you have overcome any weaknesses that you had.
 - c. you deny that you have any weaknesses and stress all your strong points.

Reading Part 1

Read the texts. Choose the correct answer for each question.

1.

The library opens at 9am
except Sundays
when it opens at 10am.

- a. The library opens at 9am every day.
- b. The library opens at 10am on Sundays.
- c. The library opens earlier at weekends.

2.

Your dentist's appointment
is on Tuesday 11.30.

To change time or date call:
01273 489320.

Do not change your
appointment online.

- a. Book your appointment online.
- b. You cannot change this appointment.
- c. The dentist will see you on Tuesday.

3.

Please shut the door
when you leave
the building.

- a. Do not leave this door open when you go out.
- b. You must not use this door.
- c. This is the only door you can use to leave the building.

4.

We're sorry but the
website is not working
at the moment.

Please try again later.

- a. The website will be broken all day.
- b. The website should be working later.
- c. Use your password to get in to the website.

5.

Would you like food or drinks in your room?

Call reception with your order 24 hours a day.

- a. You can eat your food in the reception area.
- b. You can only have a meal in your room in the evening.
- c. You can have a meal brought to your room.

6.

Buy three DVDs and get the cheapest one free.

This offer is for two days only.

- a. You can only get a discount today when you buy four DVDs.
- b. You don't pay for one DVD if you buy three.
- c. You can buy three DVDs at half their normal price today.

7.

Traffic news:
A259 to Haywards Heath closed due to an accident.

Cars can use B35 through Scaynes Hill or A27 for all large vehicles and lorries.

- a. It is not possible to drive to Scaynes Hill at the moment.
- b. There has been an accident on the B35.
- c. Because of the accident, both B35 and A27 can be used by cars.

Reading Part 2a

Read the text. Choose the correct answers to complete the text.

My job as a bus driver

When I was a child, my dad let me sit on his lap in the car and turn the steering wheel. Of course he had his hand nearby. I still remember how 1. _____ fun it was driving the car. I'm 60 years old and I still love to drive. I look 2. _____ to doing my job every day. When I am driving the bus, I have the best seat on the bus. I always 3. _____ an evening run because I especially like to drive at night. Driving at night is easier on the eyes. 4. _____ the distance, the oncoming traffic at night looks like a white water stream.

I have a lot of regular passengers. I like my passengers and my passengers like me. People often think driving a bus is harder than it actually is. Driving a bus is often easier than driving a car. A lot of the car drivers are 5. _____ to bus drivers and helpfully block the road for us when we need to make a turn or when we need to change lanes.

1. a. many
b. much
c. more

4. a. On
b. In
c. At

2. a. forward
b. after
c. up

5. a. rude
b. angry
c. polite

3. a. go for
b. find out
c. go off

Reading Part 2b

Read the text. Choose the correct answers to complete the text.

Making new friends

They say you can never have too many friends but sometimes people 1. _____ themselves in a situation where, for one 2. _____ or another, they have very few friends. This often happens when you move home or change your job. The most important thing about making new friends is that you have something in 3. _____. That means that you share an interest. It's not going to be much fun spending time with someone if you quickly 4. _____ out of things to talk about. However, that doesn't mean you can't be friends with people from different backgrounds or cultures, as friendships often grow between people in spite 5. _____ their differences.

1. a. look
b. find
c. search

4. a. take
b. leave
c. run

2. a. reason
b. purpose
c. sort

5. a. for
b. with
c. of

3. a. usual
b. common
c. normal

Reading Part 2c

Read the text. Choose the correct answers to complete the text.

The Power of Advertising

Where would modern society be without advertising? Individual advertisers might think they are just trying to sell a particular product, but advertising as a whole sells us a(n) **1.** _____ lifestyle. If it weren't for advertising, the whole of society would be quite different. The economy, for **2.** _____, would be plunged into a big crisis without the adverts and all the publicity that fuel our desire for limitless consumption. Everywhere we go, everywhere we look, we are inundated with messages. We don't even have to think for ourselves. All we have to do is sit on our comfy couch and be told how to live our lives. From how to look, what to wear, what to eat, what our homes should look like, how to meet people, what to drive, **3.** _____ every facet of our lives is **4.** _____ care of. That is the power of advertising.

A good advertisement tells us we need something even before we think we do. It offers us a look into the ideal life, the ideal body, the ideal mate, all wrapped in an 'ideal world'. **5.** _____ I sound cynical, I apologize. Really, I'm not. I am amazed at the influence advertising has on our lives and the power these 'ad men' (and women) have over us.

- 1.** a. final
b. large
c. entire
- 2.** a. instance
b. good
c. effect
- 3.** a. originally
b. practically
c. rarely
- 4.** a. made
b. given
c. taken
- 5.** a. If
b. However
c. Moreover

Reading Part 3

Read the sentences. Choose the correct word to fill the space.

1. I'm _____ hungry to do any more work before lunch.
a. very
b. so
c. too
2. You need to _____ your mind up about which hotel you want to stay in.
a. make
b. have
c. take
3. They didn't have _____ milk in that shop so I'll have to try somewhere else.
a. some
b. many
c. any
4. _____ of the two cars did you prefer?
a. Which
b. What
c. Whose
5. We should _____ advantage of the special offer while we can.
a. make
b. get
c. take
6. How are you getting _____ with your new boss?
a. off
b. on
c. away
7. The _____ of students get a good job after college but a few don't.
a. most
b. majority
c. minority
8. The children took it in _____ to play on the swing.
a. queues
b. turns
c. plays
9. How did you manage to _____ with your best friend?
a. fall out
b. give out
c. tell off
10. _____ there isn't too much traffic we should get there on time.
a. However
b. Whatever
c. Providing
11. It was a dream come _____ when I won the lottery.
a. true
b. real
c. right

12. The internet is a miracle of the modern _____ .
a. dates
b. age
c. history
13. You will need at _____ £5,000 to buy a new car.
a. least
b. minimum
c. bottom
14. Let's _____ off our bags at the hotel and then go exploring.
a. hand
b. drop
c. put
15. I like to cook a meal _____ and again but I usually get a takeaway.
a. sometimes
b. often
c. now
16. _____ doubt John will be late again.
a. No
b. Some
c. Every
17. Smoking _____ cause serious damage to your health.
a. can
b. ought
c. mustn't
18. With the money he _____ from his parents, he was able to buy a new car.
a. purchased
b. obtained
c. developed
19. A(n) _____ for the company said they would not accept responsibility for the incident.
a. spokesman
b. commentator
c. interpreter
20. We mustn't _____ any time. Let's get to work immediately!
a. miss
b. waste
c. give
21. These gardens belonged to the mansion that _____ stood there.
a. were
b. used
c. once
22. _____ to Jack, the weather is going to be wonderful tomorrow.
a. Concerning
b. Depending
c. According
23. Don't _____ off doing the difficult jobs; they won't go away, you know.
a. put
b. take
c. give

Reading Part 4a

Read the text and the questions. Choose the correct answer for each question.

Studying Abroad - Peter Burns talks about being a student

I was the first person in my family to go to university so I didn't really know what university life would be like. Or, that I would even be able to spend part of my degree living in a completely new country, far from England. I loved all four years I spent studying, but spending my third year in Florida, USA, really took my experience to a whole new level.

I lived on the beautiful University of Florida campus. I had my own room which was in a dorm allocated especially for international students, which meant that within a few days I had made friends with people from all over the world. I was fascinated by their cultures and stories. And it was nice to have support from people who understood what it felt like when homesickness crept in.

The US course structure was surprisingly flexible, so I could take classes on subjects that were not directly related to my UK degree in Sport and Exercise Science. I studied Spanish, basketball, physical therapy and even got an official scuba diving qualification!

Taking alternative classes like these for the first time really opened my mind and allowed me to explore new horizons. Taking Spanish, for example, led me to discover South American cinema. I would borrow film after film from the library to help me learn the language. My interest in South America quickly grew, I listened to Spanish music and I began to meet Hispanic students on campus.

The physical therapy course involved working with an elite wheelchair basketball team and using sport to help aid children with a range of disabilities. Working with kids was both inspiring and rewarding. Using sport as a rehabilitation tool in this way made me think differently about how I'd been studying sport science back home. I enjoyed the course so much that I even went on a few weekend volunteer camps around the Southern USA areas.

My experience in Florida gave me confidence and made me think in new ways. I'm sure it helped me get to where I am today, working as a filmmaker at the BBC, in Manchester. I think that my unique experience of living and studying in the USA made me stand out when I applied for the production trainee scheme. The memories, the experiences, the people I met and the things I learned in Florida will stay with me for the rest of my life. Even now, over 10 years later, I still regularly think back to those days on the campus and can't help but smile.

- What does Peter say about his accommodation in Florida?
 - He suffered from homesickness most of the time.
 - It was a very sociable environment.
 - It was difficult to communicate with the students who didn't speak English.
- What does Peter say about the subjects he studied in Florida?
 - They presented him with unexpected opportunities.
 - They weren't what he wanted to study.
 - They were fun but not at all useful.
- How did studying Spanish affect Peter?
 - He was reluctant to do the course at first.
 - He was frustrated by how difficult it was to learn.
 - He found a new enthusiasm for language learning.
- How did Peter change as a person while studying in Florida?
 - He gained confidence and became open to new ideas.
 - It made him realise how difficult life can be for other people.
 - He realised that what he really wanted to do was work for the BBC.
- In this article, Peter
 - describes how many different courses are offered at the University of Florida.
 - explains the benefits of studying abroad.
 - discusses the advantages and disadvantages of studying abroad.

Reading Part 4b

Read the text and the questions. Choose the correct answer for each question.

Working from home - by Jenny Blandford

The increase in Wifi and Cloud software systems has contributed to making 'working from home' more accessible for just about anyone not involved in manual labour. From lower commuting costs to increased motivation, there are many benefits which seem to come from working from home. Here are some of the advantages of working from home.

Working from home means that you won't have to pay as much on childcare. The costs of play-school and after-school clubs will be reduced as you will be able to look after your children personally. While there's no denying that this might lower productivity levels, from a cost point of view, there's never been an easier way to save.

Having a team that works from home means that you no longer have to worry about office location issues when hiring. Just about anyone from around the country - or, world even - can apply for your position without having to stress about getting to work every day. This not only opens up your workforce to a whole range of skilled individuals, but it also makes your company accessible for all. For example, somebody with disabilities won't have to worry about getting to the office.

Many reports have found that employees feel as though they have more freedom when working from home; resulting in increased productivity and motivation. There are usually less interruptions at home, especially if the office space where you work has an open-plan setup. Having a more peaceful atmosphere at home can mean that you manage to get more done without getting distracted. Motivation can also increase due to the cut in commuting and travelling time.

From a business point of view, moving to remote working is extremely beneficial, financially. Your business no longer has to pay for office space or electricity bills, cutting overheads down greatly. Employees are now in charge of their own office space; you could even sell your desks and office chairs to them to keep the transition as smooth as possible. Of course, working from home is not only economical for the employer - the reduction in travelling time and costs is also beneficial for employees.

The reduction in travelling and staff commuting means there is less air pollution, protecting the planet more. In fact, it has been found that nitrogen dioxide levels in most big cities decreased by more than 30% during the first lockdown, in March-April 2020. If more and more businesses permanently switch to remote working, you can imagine the amazing impact this would have on our environment!

- In the first paragraph, the writer points out that
 - technology has changed every profession.
 - the cost of public transport has decreased recently.
 - there are still some professions that cannot be done from home.
- Having a team that works from home
 - means that workers with children can do much shorter hours.
 - only really benefits international companies.
 - opens up possibilities for disadvantaged workers.
- What is said in paragraph four about office-based working?
 - Some office arrangements can make it difficult to concentrate.
 - Open-plan offices make communication much easier.
 - People who are used to working in an office will struggle to work from home.
- How does home-working affect employers?
 - It makes it difficult to keep track of the work being done.
 - It can dramatically reduce expenses.
 - It provides extra funds to buy better office equipment.
- What is the most suitable subtitle for this article?
 - The pros and cons of paying staff to work at home.
 - The advantages of home-working.
 - Setting up your own business from home.

Reading Part 4c

Read the text and the questions. Choose the correct answer for each question.

Social Media - by James Lauden

Do you frequently use social media? For the majority of people out there, the answer will be yes. So, the next question could be: "Have you ever thought about how this has actually affected your life over the years?" The use of social media has so many different effects on daily life, both positive as well as negative, and no matter how addicted you may be to your favourite social media platforms, it is important to still be aware of the impact that this is having.

When you can't seem to fall asleep at night, are you guilty of often reaching for your phone and scrolling through some social media sites? This is extremely common and is something that many people do as a way to wind down after a long day. However, while you may think that this is harmless, it is actually having quite a detrimental impact on your sleep quality. This is due to the blue light that is emitted by the electronic devices you use. There are multiple studies out there that show that the blue light from LED screens interferes with your body's production of melatonin, which is the hormone that tells your brain that it is time to fall asleep. Without as much melatonin in your body, you end up being more alert, staying awake for longer than you otherwise would have. Of course, there is an easy fix to this. All you need to do is download an app that adapts your device's screen to the time of day, which simply means that it takes on a warm orange filter in the evenings. This is so much easier on the eyes and will prevent your device's blue light from keeping you up. While this may seem like a great solution, keep in mind that even simply staring at any sort of screen will still trigger your brain to stay awake. If the blue light apps don't seem to be working for you, you will likely be better off staying away from social media, along with any other electronic devices, for at least an hour before bed.

Whether you openly admit it or not, you likely have a few insecurities, and this is something that everybody experiences in their life. While this is completely normal, social media has the effect of exacerbating any insecurities, making you feel worse about them than you already did. In fact, a study carried out at the University of Copenhagen found that those who used social media regularly tended to suffer from 'Facebook envy'. But what is Facebook envy? Simply put, it refers to the feelings of jealousy that you feel after seeing all of the activities that your friends have been up to on social media. On the other hand, those who abstained from using social media for a while reported that they felt much more satisfied with their lives and considered their mental well-being to be quite high.

While the internet has already made it so much easier for information to be shared, this became even more so after the rise of social media. In just a few seconds, your message could be spread to people all across the globe, giving you quite the sense of power. The upside to this is the fact that if you have an important message to share, you can easily do this. However, there is also a downside to this. 'Fake News' is a term that you have probably heard about quite a bit recently. If you haven't, this term refers to a story that has been created to deliberately deceive its readers and spread misinformation. Fake News spreads like wildfire on social media, with the more 'likes' a story receives making others believe it even more. So, when you read a story that sounds doubtful, all you need to do is a quick Google search to find out more information from trustworthy sources, before making up your own mind about the situation.

- What does the writer point out in the first paragraph?
 - Having a favourite social media website is beneficial for all.
 - Most people rely on social media in order to lead a satisfactory life.
 - People can be oblivious to the effect that social media is having on their life.
- According to the writer, using social media at night
 - can have a negative physical impact on the body.
 - produces excess melatonin in the body which disrupts sleep.
 - exhausts you, so you can't concentrate on anything properly.
- What was suggested by the study carried out by the University of Copenhagen?
 - Taking time out from social media creates withdrawal symptoms in most people.
 - Facebook can cause unjustified dissatisfaction in people.
 - People should try to avoid using social media altogether.
- What does the writer say about Fake News?
 - It is easy to be deceived by it.
 - It is not as widespread as it used to be.
 - It becomes less credible as it spreads.
- What is the most suitable subtitle for this article?
 - The best sites on social media.
 - Serious illnesses caused by social media.
 - Using social media with care.