

Reading First

Eight more practice tests for
the Cambridge B2 First



Cambridge B2 First Reading

Test 1

Part 5

You are going to read an extract from a blog in which a man named Hartmann Gumason talks about the World's Strongest Man competition. For questions 31–36, read the text below and decide which answer fits best according to the text. In the separate answer sheet, mark the appropriate answer (A, B, C or D).

Preparing for the World's Strongest Man competition is a demanding process, but it's also a rewarding one. First of all, I have to consume a lot of calories to fuel my training. I usually eat around 8,000 to 10,000 calories per day, relying on a diet that's high in protein-rich foods like lean meat, fish and eggs, carbohydrates and healthy fats. I also have to eat frequently throughout the day to reach my calorie goal, so I'm constantly snacking on things like nuts and berries in between multiple large meals.

Secondly, building up almost super-human strength requires intense weightlifting and functional fitness exercises. I train for several hours a day, six days a week, and I focus on exercises that will help me perform well in the competition. This includes lifting heavy weights.

It's important to take care of your body while training, and I make sure to warm up properly before each workout, stretch regularly and take it easy on the days when I'm feeling particularly tired or sore. At the same time, it's essential to push yourself to reach your goals.

Preparation for the World's Strongest Man competition requires a great deal of dedication, and I've had to give up some of my social life and devote all of my time and energy to training. It can also be difficult to maintain relationships with friends who don't understand the time and dedication required to compete at this level. But I'm lucky, I have a network of people who understand and support my goals.

Training also costs a fortune. There are gym memberships, supplements, and equipment, as well as the high cost of travel from Iceland to many different competition venues and expensive lodging for the competition. I mean, it's great to see the world while I'm competing, but it does come at a price early on, I cut down a lot so I wouldn't miss out. But I have made up my mind to give 100 percent to make it to the competition, and I believe it will be worth it.

Of course, I couldn't do any of this without the support of my sponsors. It's vital to have a solid brand and a strong and constant social media presence. This allows you to showcase your achievements, training and personality to a wider audience, and, for some competitors, attract potential sponsors. I make sure to consistently perform at my best and maintain a positive image, both on and off the competition stage, for the reputation of the sponsors. At the same time, I believe in building and maintaining strong relationships with my sponsors, who I mostly meet at competitions. I keep in touch with them, as, to me, it's crucial to provide regular updates on my training and competition progress, and show my appreciation for their support. By doing this, I am able to keep their interest and ensure that the partnership benefits us both.

If you're curious about being a strongman or preparing for the competition, my advice would be to make up your mind that you're going to commit to the tough training schedule, do your research on the challenges your body will face and consider the costs. You could even start putting some money aside for training or when a competition comes up. Don't forget to share your experiences with your family and friends, and find a supportive community of competitors.

It's not an easy path, but it's incredibly satisfying and the sense of achievement you feel when you step on the competition stage is unmatched. So, go for it, and give it your all!

- 31** What does Hartmann suggest about his meals?
- A** He tends to stick to strict mealtimes.
 - B** He has to regularly calculate his calorie intake.
 - C** He has to eat food he doesn't enjoy.
 - D** He eats a varied diet to meet his calorie target.
- 32** What point about his training does he make in paragraph three?
- A** That working hard and resting are equally important.
 - B** That training hard can make your body ache.
 - C** That warming up and stretching must be done simultaneously.
 - D** That resting can only happen when not preparing for a competition.
- 33** What does Hartmann say about his relationships?
- A** He prefers training to socialising with friends and family.
 - B** He can't have friends because of the demands of his training.
 - C** He thinks that his family struggles to understand the effort his training requires.
 - D** He has a group of people who appreciate his commitment to training.
- 34** What does Hartmann say about the financial aspects of his lifestyle?
- A** the travel opportunities are what make the costs worth it.
 - B** he gave up things in the past to help him in the future.
 - C** the accommodation is often the most expensive part.
 - D** he nearly gave up because of rising costs.
- 35** How does Hartmann feel about his sponsors?
- A** His sponsors increases the amount of pressure.
 - B** He and his sponsors both see the advantages in their relationship.
 - C** His sponsors require him to provide frequent updates on his training.
 - D** He can only gain good sponsors and deals through social media.
- 36** Hartmann's main point in the final paragraph about training and competing is that
- A** it is important to socialise with people with similar interests.
 - B** you have to be physically and mentally strong.
 - C** it is worth doing despite the sacrifices you have to make.
 - D** you need to have enough money before you start competing.

Part 6

You are going to read an extract from an article in which a careers adviser gives advice on choosing a university. Six sentences have been removed. For questions 37–42, read the text below and, in the separate answer sheet, choose from options A–G the sentence that fits each gap. There is one extra sentence that you do not need to use.

Choosing a university

A careers adviser suggests how to choose a university

As a careers adviser, I'm often asked by students about the best way to look for a suitable university course when finishing school. It's a critical decision, and one that can have a significant impact on a person's future, so it's essential to approach the process with careful consideration.

Firstly, I always advise students to look into a variety of courses that interest them but also not to stick to things they know. 37 You might be surprised to find that something that you never thought you'd be interested in could turn out to be a great option for you.

There are subjects available that you might never even have heard of, so it's important to look beyond the school curriculum. 38 You can do anything, and not just the typical subjects you learn at school.

Once you have a list of potential courses, it's time to weigh up the pros and cons of each one. Consider the course content, the reputation of the university, the location and the potential job prospects after graduation. Make a list of these key factors and other things that are most important to you, and use it to evaluate each course on your list.

39 Unless you have a million pounds in the bank, you'll need to consider the cost of tuition, accommodation and other living expenses. How are you going to get home in the holidays? How much is rent in the student halls or rented houses? Think about how you'll pay for everything and what support might be available to you, such as scholarships or student loans. The university will often have a list of potential sources of funding.

As soon as you've reduced your list to a handful of potential courses, it's time to start doing your research. Attend university open days and information sessions, talk to current students and read up on the course content and requirements. 40 The more you know about each course, the institution and the fees, the easier it will be to make an informed decision.

When it comes to making the final decision, it's essential to trust your instincts. If a course feels like a good choice for you, and you can picture yourself enjoying the subject matter and succeeding in the university environment, it's likely that you've made the right choice. 41 You need to make sure you're making the right decision, because it's a big financial commitment.

Finally, don't be afraid to seek guidance and support from others. Talk to your teachers, parents and careers advisers about your options, and get their advice on how to approach the decision-making process. It can be helpful to get an outside perspective and to discuss ideas with someone who has experience in this area.

Overall, looking for a suitable university course when finishing school is a complex process that requires careful consideration and research. 42 By following these steps, you'll be well on your way to finding the perfect course for you and taking the next step towards a bright and fulfilling future.

- A** It's important to look into a range of courses, think about the positives and negatives of each one, consider the practicalities and do your research.
- B** On the other hand, you may decide that you want to stick to something you already know, such as history, maths, or a foreign language.
- C** What about comedy, the science of baking, or oil and gas management, for instance?
- D** You could also search YouTube, for example, as it's usually possible to find 'day in the life' videos by students at the university you're considering.
- E** It's also crucial to consider the financial practicalities of each course.
- F** That way, they can keep an open mind and explore a range of subjects to see what might be a good fit.
- G** However, if you have any doubts, it's important to listen to those too.



Part 7

You are going to read a newspaper article about a newspaper article about learning a language. Six sentences have been removed. For questions 43–52, read the text below and, in the separate answer sheet, choose the correct paragraph (A–D).

Learning a language

Four people describe how they feel about learning foreign languages

- A Steve:** I've always been fascinated by foreign languages, and I'm finally learning one on my own! It's challenging, but I'm optimistic that I can do it, and I much prefer it to taking lessons. I've found that the best approach is to build up my skills slowly, starting with the basics and gradually adding more complex concepts. To vary things, I like to listen to music and watch movies in the language that I'm learning. This not only helps me practise my listening skills but also exposes me to new vocabulary, and I get to learn about the culture as well. When I find all the learning too much, I take a quick break to recharge, and usually do something different each time. I find walking outside or going to the gym helps me get back my focus and enthusiasm. To me, learning a new language is a great way to expand your horizons and open up new possibilities for work.
- B Borja:** Taking up a foreign language has been a real struggle for me. I find it hard to note down everything the teacher says, and I'm constantly worried about getting things wrong when I hand in my essays and written assignments. It's difficult to make sense of the grammar rules and vocabulary, and I often feel bored to tears during class. Equally, I find it hard to stay motivated when I feel like I'm not making progress. While some people seem to pick up languages easily, I'm finding it very challenging. I don't think it's something that comes naturally to me. I wish I could appreciate the process more, but it feels like hard work. Despite the difficulties, I know that knowing a foreign language can be an incredibly helpful thing for when I go abroad, and I'm determined to push through.
- C Pallavi:** Learning a foreign language has always been a piece of cake for me because I'm great with technology! If you're struggling to pick up a new language, I have some tips that might help from when I was studying and taking lessons. First, look through online resources and apps that can make learning fun and interactive and make notes if you like doing so. Second, set aside specific time each day to practise, and use the same tools and techniques each time to reinforce your learning. Similarly, absorbing yourself in the language by listening to music, watching movies and speaking with native speakers. Finally, don't be afraid to make mistakes! The more you practise, the better you'll get. Practise every day and keep at it, and before you know it you'll be a fluent speaker! It took me a while, but I got there eventually!
- D Adriana:** Learning a new language is something I have always wanted to take up, so I decided to sign up for a course through work. It's been a great way to get into the language and learn more about the culture. To be honest, it's been tricky but also very rewarding. At first, it was challenging to feel confident and keep up with the pace of the group, although I eventually got there. I find that practising regularly and doing activities outside of class helps me to stay on track. So far, I have learned a lot of new vocabulary and grammar, and I am starting to feel more confident when speaking, even though I still make mistakes. Overall, I think that learning a new language is worthwhile, and I am happy that I decided to give it a try. I still have a long way to go before I can consider myself fluent, but I am excited to continue learning.

Which person:

states that learning a foreign language can be a useful skill for travelling?

43	
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finds learning a language to be quite straightforward?

44	
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thinks that learning with others was initially difficult?

45	
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mentions that they do not have a natural ability for languages?

46	
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explains that making errors is part of the learning process?

47	
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thinks that it's essential to develop a routine when learning?

48	
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suggests learning a new language creates employment opportunities?

49	
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believes that they will succeed with their self-study?

50	
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says that extra work in addition to lessons helps them to focus?

51	
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mentions how they feel about written work?

52	
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Answer sheet

Test No.

Mark out of 22

Name _____

Date _____

Part 5

6 marks

Mark the appropriate answer (A, B, C or D).

0	A	B	C	D	
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

31	A	B	C	D	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

34	A	B	C	D	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

32	A	B	C	D	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

35	A	B	C	D	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

33	A	B	C	D	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

36	A	B	C	D	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Part 6

6 marks

Add the appropriate answer (A–G).

37		38		39	
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40		41		42	
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Part 7

10 marks

Add the appropriate answer (A, B, C or D).

43		44		45		46		47	
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48		49		50		51		52	
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Cambridge B2 First Reading

Test 1

Part 5	Key words from the questions	Clues from the text
31 D	suggest...meals?	...high in protein-rich foods like lean meat, fish and eggs, carbohydrates and healthy fats...constantly snacking... in between multiple large meals.
32 A	...point about his training does he make...paragraph three?	...take care of your body...take it easy...push yourself to reach your goals.
33 D	his relationships?	but I'm lucky...network of people who understand and support my goals.
34 B	...financial aspects...	...cut down a lot so I wouldn't miss out...I believe it will be worth it.
35 B	feel about his sponsors?	...the partnership benefits us both.
36 C	final paragraph...training and competing...	...not an easy path, but it's incredibly satisfying... sense of achievement...is unmatched...go for it...

Part 6	Key words from the questions	Clues from the text
37 F	That way, they can...keep an open mind...explore a range...	...look into a variety of courses...something that you never thought you'd be interested in...
38 C	...comedy, the science of baking, or oil and gas management...	...look beyond the school curriculum... You can do anything, and not just the typical subjects you learn at school.
39 E	...consider the financial practicalities...	...cost of tuition, accommodation...living expenses...How are you going to get home...How much is rent...how you'll pay for everything...
40 D	...'day in the life' videos by students...	...start doing your research...talk to current students and alumni...the more you know about each course...
41 G	...however...any doubts...listen to those too.	...trust your instincts...it's likely that you've made the right choice...You need to make sure you're making the right decision...
42 A	...look into a range...positives and negatives...consider the practicalities...do your research.	...complex process...careful consideration and research...following these steps...taking the next step

Part 7	Key words from the questions	Clues from the text
43 B	...foreign language...useful skill for travelling?	...incredibly helpful thing for when I go abroad...
44 C	...finds learning...straightforward?	Learning a foreign language has always been a piece of cake for me...
45 D	...learning with others was initially difficult?	...sign up for a course...tricky but also very rewarding...At first, it was challenging...pace of the group...
46 B	...do not have a natural ability for languages?	...some people...pick up languages easily...I'm finding it very challenging. I don't think...comes naturally...
47 C	...errors...part of the learning process?	...tools and techniques...reinforce your learning...don't be afraid to make mistakes!...The more you practise, the better you'll get.
48 C	...essential to develop...routine...	...set aside specific time...the same tools and techniques...reinforce your learning.
49 A	...creates employment opportunities?	...open up new possibilities for work.

50 A	...will succeed...self-study?	...learning one on my own...I'm optimistic that I can do it...
51 D	...extra work in addition to lessons...focus?	...activities outside of class helps me to stay on track.