

Materials for assessing English for Speakers of Other Languages (ESOL)



Listen to the tape and answer the questions.

1

Which of these things happened to the friends who went to Aquaworld in Spain? Tick **three** boxes.

their flight was late

☐

their hotel was closed

☐

their hotel was not very good

☐

their train was late

☐

the hotel had lost their booking

☐

they became ill

☐

2

What is the cheapest way to have a holiday to Aquaworld? Tick **one** box.

pay for everything together

☐

pay for the flight and the hotel separately

☐

buy a 'tailor made' deal

☐

buy a fly-drive package

☐

3

When does the customer want to go on holiday? Tick **one** box.

the first two weeks of school

☐

the first two weeks of August

☐

the last two weeks of school

☐

the last two weeks of August

☐

4

How many people altogether will make the trip? Tick **one** box.

four

☐

six

☐

eight

☐

ten

☐

5

Which tour operator is usually the cheapest? Tick **one** box.

California Sun

☐

Aqua Adventures

☐

California Experience

☐

Aqua Experience

☐

6

Which company has places available at the time they want to travel?

Tick **one** box.

Aqua Experience

☐

California Sun

☐

Aqua Adventures

☐

California Experience

☐

7

How much does the holiday cost without the discount? Tick **one** box.

£5,560

☐

£5,650

☐

£6,000

☐

£6,550

☐

8

When must the balance be paid? Tick **one** box.

at the time of booking the holiday

☐

any time within the next four weeks

☐

not later than four weeks before the holiday

☐

four weeks after the deposit has been paid

☐

9

What is the main reason the customer decides to book the holiday?

Tick **one** box.

There may never be another chance.

☐

There is a large discount.

☐

The children want to go.

☐

They will be able to save money.

☐

10

How does the customer pay? Tick **one** box.

credit card

☐

cheque

☐

debit card

☐

cash

☐

TOTAL

Stages of sleep were discovered in the 1950s and 60s — when researchers recorded brain activity in sleepers all night long. Scientists quickly discovered that there were different types of sleep. Deep, or slow wave sleep, comes before periods of lighter sleep. Also, a period of dreaming (called ‘rapid eye movement’, or REM)

always came in the last part of a ‘sleep cycle’. Sleep cycles in humans last an hour and a half, which is why we tend to sleep in

multiples of 90 minutes. Count the number of hours you sleep tonight and you will see that this is true.

Today it is generally accepted that deep sleep repairs the body, while REM repairs the mind. Interestingly, these same sleep patterns—deep sleep, light sleep, and REM—have been found in every warm-blooded creature on earth. As well as repairing the brain, REM is strongly involved in growing it. All warm-blooded creatures with complex brains have more REM when they are young than when they are mature.

Throughout history, cultures have developed systems to interpret dreams

and tried to find messages in them that can give information about the future. For example, some say that to dream of diamonds is a good omen: for men it means wealth, and for women it means marriage! People have been inspired by dreams to paint, write poetry, and create philosophies.



Sometimes the course of human events has been changed as the result of a dreamer acting on his or her dreams.

When we are asleep, our memory

suffers. This explains why we typically don’t remember much—aside from the occasional dream—from our usual seven or eight hours of sleep.

When we are asleep we also lose our sense of time. Why? Because there’s no one ‘there’ to notice its passing.

An exception to this absence of awareness occurs during lucid dreams. A lucid dream is defined as a dream in which the dreamer is aware he or she is dreaming — while the dream is occurring. Lucid dreams are rare, but they give us fabulous glimpses into the mystery of sleep.

1

Which of these do you think is the best title for this text? Tick one box.

What Happens When You Sleep?

☐

The Meaning of Dreams

☐

How to Get a Good Night’s Sleep

☐

The Benefits of Sleeping

☐

2

Which of these is **NOT** a stage of sleep? Tick **one** box.

slow wave sleep

☐

light sleep

☐

rapid eye movement

☐

multiple sleep

☐
☐

3

If you fell asleep at 10pm, in which of these periods would you probably have your first dreams? Tick **one** box.

between 10:30 – 11:00

☐

between 11:00 – 11:30

☐

between 11:30 – 12:00

☐

between 12:00 – 12:30

☐
☐

4

What do some people think will happen to a man who dreams of diamonds? Tick **one** box.

he will become a king

☐

he will have a beautiful wife

☐

he will become very rich

☐

he will become a philosopher

☐
☐

5

Which of these is **NOT** mentioned as being caused by dreams? Tick **one** box.

knowing the future

☐

a change in someone's life

☐

having a longer life

☐

becoming more creative

☐
☐

TOTAL

☐

6

Why do people rarely know what they have dreamt? Tick **one** box.

memory works badly when people sleep

☐

dreams are not real

☐

dreams do not make sense

☐

their sense of time is lost

☐
☐

7

Which of these is the best description of a lucid dream? Tick **one** box.

knowing that you are dreaming

☐

a very realistic dream

☐

a dream which you can remember

☐

knowing that you are awake

☐
☐

8

Which paragraph gives you the following information?

Tick **one** box for each piece of information.

The first one has been done for you.

	Paragraph				
	1	2	3	4	5
What a lucid dream is like					✓
The possible meaning of dreams					
The effects of sleep on our perceptions					
The benefits of sleep					
The order of sleep cycles					

TOTAL

☐
☐
☐
☐
☐

1

- Imagine that one of your friends is going to visit your country. What advice would you give him or her?
- If you could change any one thing about your life, what would it be?
- Write about someone who has inspired you a great deal.

[illegible]

[illegible]



