

Part A

Match the links from a business news website (questions 30–35) to the readings from the different web pages (A–F).

- 30 Business News _____
31 People in business _____
32 Work and life _____
33 Business advice _____
34 Questionnaire _____
35 Contact us _____

A A certain amount of pressure brings out the best in our work. In the initial stages of stress there is a sensation of excitement and increased mental concentration. However, too much stress is negative. It is bad for you, your company and your family...

B Inditex, one of the world's largest fashion groups, has opened 300 shops in Spain in the last four years and net profits this year have risen again...

C We always like to hear from you. E-mail us with your views and comments.

D When you think of farming do you think of worms? Simon Taylor does. As a business worm farming has low start-up costs and a potential market of fishermen using around 250 tons of worms every year...

E Is modern business too stressful? This week we want to know what you think about stress in the workplace. Answer these questions...

F I think you should change your job. Your boss shouldn't talk to you like that and it's time to look for a new position with a better salary...

Part B

Six sentences or parts of sentences (a–g) are missing from the article below. Put them back into the article. There is one extra sentence.

- a who is also a doctor
- b They say that a healthy body is a healthy mind
- c Business people should stop taking exercise
- d any exertion is not recommended
- e Just enjoy lazing around
- f They are also less likely to suffer from professional stress
- g the subtitle of his book is *How best to use your energies*

(36) _____, but according to a German expert it is lazy people who lead longer and healthier lives. Professor Peter Axt recommends avoiding strenuous activity like aerobics or working out in a gym. 'People who prefer to laze in a hammock instead of running a marathon or who take a midday nap instead of playing squash have a better chance of living into old age,' says this scientist. (37)_____.

He cowrote *On the Joy of Laziness* with his daughter, (38)_____. In the book he advises people to 'waste half your time. (39)_____.' Those who get up early in the morning usually feel stressed for the rest of the day, so his advice is to take it easy.

However, Professor Axt stresses that laziness is only one of the keys to a longer life. In fact, (40)_____. He argues that if you are too fat, you need more energy to maintain body functions, and is in favour of moderate exercise like 'meditative' jogging or brisk walks to 'relax body and spirit at the same time'.

On the other hand, (41)_____, especially for middle-aged people who should be particularly careful about doing too much sport. Professor Axt believes we have only a limited amount of energy, and people who use up their supply more quickly live shorter lives. 'Research shows that people who run distances into their 50s are using up energy they need for other purposes.'

Section 4: Speaking (51–60)

**Prepare a short presentation about your company or a company you know well.
Include details of:**

- where and when it started
- who the founder was
- what the line of business is
- the company organisation
- recent changes

Present your company to your partner or teacher. Your partner or teacher will mark you using the following:

0 = not very well

1 = well

2 = very well

The speaker described	Circle 0, 1 or 2
...where and when it started.	0 1 2
...who the founder was.	0 1 2
...what the line of business is.	0 1 2
...the company organisation.	0 1 2
...recent changes.	0 1 2
Total Marks (maximum 10) =	