



1.

a) TRUE

“Pain activates many reactions in our body and brain.”

b) FALSE

“This substance is safe but it makes muscles ache for days.”

c) NOT GIVEN

There is no information in the text about musicians living longer or about life expectancy. The text only focuses on pain, brain activity and differences between musicians and non-musicians.

2.

a) Learning to play an instrument can improve several brain abilities. It helps develop memory, coordination and speech, and it also keeps the brain active and working more efficiently over time, as it acts like a form of mental training.

b)

If an injured body part is not used for a long time, movement can decrease and the brain's normal activity can be affected. This can slow down recovery and may even make the pain feel worse instead of improving.

3.

a) gives

b) saw

c) wonder

d) only

e) respond

4.

a) I have been learning Chinese for two years.

b) If I had enough money, I would buy the bag I like.

c) She is not as old as her brother.

d) They have been studying here since 2023.

e) The teacher told the children not to move.

f) Students are given advice on how to manage stress by counsellors.

5.

a) One of the most important achievements in my life happened last year when I finished a science project about renewable energy. At the beginning, I felt quite stressed because I did not know how to organise the work or where to start.

To deal with this, I decided to plan everything carefully. First, I did some research using books and reliable websites. Then, I made a clear structure and divided the project into smaller tasks. This helped me manage my time better and avoid feeling overwhelmed. I also asked my teacher for help when I had doubts, which was very useful.

After several weeks of effort, I completed the project and presented it in front of my class. I was nervous, but my presentation went well and I felt more confident than I expected. My teacher congratulated me and I got a very good grade.

I felt really proud because I had worked consistently and did not give up. This experience taught me that with organisation and effort, it is possible to achieve difficult goals.

b) Practising the same activity for many years, such as playing an instrument or doing a sport, has both advantages and disadvantages.

On the one hand, the main advantage is that people can reach a high level of ability. With regular practice, they improve their skills, coordination and confidence. It also



helps them develop important qualities such as discipline, patience and perseverance. In addition, long-term practice can be very satisfying because people can clearly see their progress over time.

On the other hand, there are also some disadvantages. Doing the same activity for many years can become repetitive, which may lead to boredom and a loss of motivation. It can also cause physical problems, such as injuries in sports or strain from playing instruments. Moreover, focusing on only one activity may reduce the chance to try new experiences and learn different skills.

In my opinion, continuous practice is very positive because it leads to improvement and personal development. However, it is important to maintain balance and avoid overtraining or monotony.