

**Proficiency Exam Sample**  
**(Examples of Questions from Past Exams)**

**Listening Part Example**

You will have **30 seconds** to read the questions in each part. You will listen to each part **twice**.

**Example I.**

**Listen to the man and woman and choose the correct answer for each question.**

**1 What does Jack say about working in business?**

- a) He always knew it was what he wanted to do.
- b) He hadn't planned to go into business.
- c) His business guide advised him to do it.

**2 Jack's main advice to someone wishing to start a business is to \_\_\_\_.**

- a) think it seriously before deciding.
- b) learn some new skills first.
- c) do something familiar to you.

**3 What does Jack think about the digital world?**

- a) It might be less important to his business in the future.
- b) It's not as good as traditional ways of doing things.
- c) It's extremely important and necessary to his business.

**4 Jack says that his proudest moment in business was when \_\_\_\_.**

- a) he became a boss.
- b) he won a prize.
- c) he bought his family home.

**5 Jack says that having a business guide means that they can \_\_\_\_.**

- a) stop you from making any mistakes.
- b) share their experience with you.
- c) help you with money at the beginning.

**Example II.**

**You will hear a conversation about how to choose a good candidate for a job.**

**Choose the correct answer for each question.**

**1. Cheryl and Dwayne are hiring a new member of the ----.**

- A) management group
- B) marketing department
- C) public relations team

**2. Cheryl and Dwayne are a bit nervous about hiring a new employee because ----.**

- A) they want to make sure they find somebody who will fit in well
- B) they have not interviewed anybody they like yet
- C) the new person will be in charge of them

**3. Dwayne assumes Cheryl will want to choose Patrick because the two of them ----.**

- A) have similar areas of expertise
- B) have worked together before
- C) have similar personalities

**4. Cheryl and Dwayne do not want to hire someone who will require a lot of training because ----.**

- A) they believe it's not a company's job to provide training to employees
- B) they are not qualified to provide that kind of training
- C) they are too busy working on a new project

**5. When Cheryl and Dwayne choose Mark, they feel ----.**

- A) excited and hopeful that he will accept the job
- B) worried that they have had to choose an unqualified candidate
- C) optimistic that they won't have to try hard to convince him to accept the position

## Reading Part Example

### Example 1.

Read the text and choose the correct answer.

#### Puffins

##### 1 Research work to help puffins

I recently spent a fascinating week working with a team of scientists in the Farne Islands, which are about five kilometres from the coast of northeast England. This team has launched a new project to help puffins. These wonderful little birds, with their stripes and large eyes are a favourite with people, but their numbers have fallen a lot in recent years. As part of the project, the scientists will attach GPS devices to puffins that will show where they go to feed.

##### 2 Using technology to predict puffin numbers

This data is essential in helping to increase puffin numbers because unless something is done soon, more than half the puffin population worldwide could disappear by 2060.

##### 3 Surprising little birds

I'd never seen puffins in their natural environment and I was really excited when Kim, one of the scientists, asked me to join them in their work. She knew about my scientific work with birds – so she was really pleased to have me on the team. When I caught my first puffin, I was amazed by how violent the birds can be. They may look cute, but they're tough when they fight to defend themselves.

##### 4 How to use the tracking device

Puffins spend most of the year out at sea, travelling long distances looking for food, and, with luck, can live for more than 40 years. And it's this food that scientists want to find out more about. They attach a GPS device to the back of every healthy puffin they catch, which, including the battery, weighs less than eight grams. The tag sends information every half an hour and works for seven days. Every time the puffin comes back home, the data is downloaded. This helps scientists to locate the important areas where they catch fish.

##### 5 Changes in diet

In the past, puffins mainly ate sand eels (small fish that are their main food), but the numbers of these are falling. We watched puffins flying over with just a few baby sand eels in their mouths, rather than the fatter sand eels that they should be eating. Like many scientists, Kim believes the fall in puffin numbers has happened because sea temperatures are rising, which is one of the effects of global warming. Rising sea temperatures means there are fewer sand eels near the Farne Islands. However, it's not quite so simple, as some puffin colonies, for example those on the Farne Islands and the Isle of May, are less badly hit than puffin colonies in Iceland, where puffin numbers have fallen far more.

#### 6 Help from the public

Recently, people were asked to send in photos of puffins carrying food. Scientists have been studying individual photos to discover what the parents of baby puffin chicks give them to eat in various areas of the UK. When they looked at photos of colonies in the sea off northern England, they discovered that puffin chicks are getting almost two-thirds of their diet from sand eels, compared with baby puffins in north-west Scotland where the figure is more like half.

I left the Farne Islands feeling sad about the fall in puffin numbers, but very happy to know that scientists like Kim and her colleagues are working so hard to help them.

1. The writer joined the team because she
  - a) has relevant experience.
  - b) asked if she could.
  - c) is an expert on puffins.
  
2. Kim says puffin numbers are falling because of
  - a) too much fishing.
  - b) global warming.
  - c) increased tourism.
  
3. The puffins suffering most live
  - a) on the Farne islands.
  - b) on the Isle of May.
  - c) in Iceland.
  
4. Thanks to the photos sent in by members of the public, scientists have been able to
  - a) identify individual puffins.
  - b) examine what types of food puffins feed their chicks.
  - c) explore areas where puffin numbers are falling.
  
5. According to the text, puffins in northern England get \_\_\_\_.
  - a) over sixty percent of their diet from sand eels.
  - b) less than half their diet from sand eels.
  - c) around a quarter of their diet from sand eels

#### Example II.

Read the text and choose the correct answer.

#### The Myth of Constant Productivity

- 1 Today, we have the idea that being busy is a sign of success. Everyone seems to be occupied with something. We fill our calendars with meetings, appointments, deadlines, and even our leisure time is scheduled. If we're not doing something productive, we start to feel guilty. But when did simply resting or doing nothing become unacceptable?

- 2 This constant need to be productive can have serious results. While a busy schedule may look impressive on the outside, it can lead to stress, burnout, and mental health problems. People who can't keep up with this pace might feel inadequate, while those who appear to manage it all may secretly struggle. Nobody wins in a world that rewards constant motion without pause.
- 3 Psychologist Carl Jung once said that "hurry is not of the devil; it is the devil." He recognized that in a life filled with noise and activity, people lose touch with themselves. We often miss out on the very things that make life worth living: quiet reflection, meaningful relationships, and time to simply be.
- 4 More recent research has shown that taking breaks and allowing time for rest can make people more creative, thoughtful, and even productive in the long run. Just like the body needs sleep to repair itself, the mind needs stillness to function well. People who learn to slow down often make better decisions and find more joy in what they do.
- 5 So perhaps it's time we rethink what it means to live a valuable life. Instead of measuring success by how full our schedule is, we could ask ourselves how full our life feels. Saying no to another task or choosing to spend a quiet evening alone shouldn't be seen as laziness, but as a powerful way to reconnect with what matters most.

**1. What idea about modern life is emphasized in the *paragraph 1*?**

- A) Individuals should organize their time effectively for success.
- B) Consistently working is considered as a mark of success.
- C) We should be occupied with a variety of fields to improve our skills.

**2. What can be a negative result of a busy lifestyle?**

- A) Productivity
- B) Exhaustion
- C) Obesity

**3. According to recent research, how can rest impact a person's performance?**

- A) It improves creativity.
- B) It makes them lazy.
- C) It reduces working hours.

**4. What does the passage imply about people who slow down?**

- A) They are less likely to succeed.
- B) They make worse decisions.
- C) They tend to be happier.

**5. Which of the following examples best illustrates the message of the *paragraph 5*?**

- A) Cancelling plans to spend a quiet evening at home.
- B) Accepting a promotion that requires longer hours.
- C) Multitasking to finish three tasks as soon as possible.

## Grammar Example

**Choose the best answer.**

1. Students ---- to wear uniforms now because the school has changed its rules and wants everyone to feel more comfortable in their own clothes.

- A) cannot  
B) mustn't  
C) needn't  
D) aren't required

2. She ---- stressed at work today if she ---- her time better yesterday and didn't leave everything until the last minute.

- A) doesn't feel / managed                      B) isn't feeling / managed  
C) wouldn't have felt / managed            D) wouldn't feel / had managed

**3. Emma ---- the documents because she was with me the entire afternoon and there are security camera recordings proving it.**

- A) may not have stolen      B) could have stolen      C) can't have stolen      D) might not have stolen

4. The game ---- players enjoy most is one ---- graphics are stunning and story is captivating, and it is a type of game ---- many critics recommend.

- A) --- / whose / that  
B) that / which / which  
C) who / who / that  
D) which / whose / in which

5. Which of the following choices correctly transforms the underlined sentence into reported speech?

**Jason: “Why did you want me to contact you yesterday?”**

- A) Jason said why you wanted me to contact you the day before.
- B) Jason asked why I had wanted him to contact me the day before.
- C) Jason told me the reason why I wanted to contact him yesterday.
- D) Jason asked why I would have wanted him to contact me yesterday.

### Vocabulary Example

**Choose the best answer.**

**1. The number of online shoppers ---- during the holiday season, with websites struggling to handle the huge traffic.**

- A) exploded      B) accessed      C) removed      D) noticed

2. Could you ---- me a favour and pick up some groceries on your way home? I'm too tired to go out today.

A) give                      B) make                      C) do                      D) take

**3. When they decided to ---- to a bigger house, they had to carry all their belongings at home carefully to avoid any damage.**

A) relocate                      B) demolish                      C) construct                      D) restore

**4. The man offered money to the officer as a ---- so that the officer would not give him a ticket for speeding, but the officer refused and followed the rules.**

A) burglary                      B) robbery                      C) bribe                      D) fraud

**5. The US government warns that it is important to use a reliable ---- when sharing news on social media to prevent the spread of misinformation.**

A) headline                      B) source                      C) coverage                      D) evidence

### **Writing Part Example**

**Choose ONE of the following topics and write a well-developed essay. (At least 250 words)**

**1) 100 years ago, it was felt that the human race was making progress in all areas of life. However, nowadays the progress has been at its slowest pace. In what areas do you think that the most progress has been made so far? In what areas are more things needed to be done?**

**2) Some people think that personal happiness is directly related to economic success. Others argue that happiness depends on different factors. Discuss both views and give your opinion.**

## Speaking Part Example

### Part I.

In this part, you will choose a question card. You have 1 minute to think and maximum 3 minutes to talk.

#### Card I

##### **BAD EATING HABITS AND WHAT TO DO ABOUT THEM**

1. Do you think you have any bad eating habits? Why / If not, do you know someone who does? (Explain)
2. What are some examples of bad eating habits around the world? What advice would you give to someone as a solution to their problem?
3. Do you think society will become healthier in the future or will we become worse in relation to our bad eating habits?

#### Card II

##### **WATER SHORTAGE**

1. Imagine that there is not enough water for basic things like shower, cleaning and cooking. How would this affect you?
2. What can be possible results of water shortage?
3. How can they be prevented?

### Part II.

In this part, you will choose a quotation card and you will talk about it. You have 1 minute to think and maximum 3 minutes to talk.

#### Card I

**"We are products of our past, but we don't have to be prisoners of it."  
(Quotation by Rick Warren)**

#### Card II

**"It does not matter how slowly you go as long as you do not stop."  
(Quotation by Confucius)**