

**NOTE!**

The questions, task types, number of items, grammar topics, and other contents included in the **B1+ Sample Proficiency Exam** are provided for **illustrative purposes only**. They serve as examples to help students become familiar with the exam format. Please note that the actual exam may include different question types, tasks, grammar points, and content. Therefore, the sample exam should not be considered a definitive or exhaustive representation of the real test.

**SAMPLE PROFICIENCY EXAM**

**LISTENING SECTION**

**Listening 1 (based on the audio text)**

Fill in the blanks with the specific information mentioned in the track.

1. The Amazon River is about \_\_\_\_\_ kilometers long.
2. The Eiffel Tower is visited by around \_\_\_\_\_ million people each year.
3. The Great Wall of China is more than \_\_\_\_\_ kilometers in length.
4. The Burj Khalifa has \_\_\_\_\_ floors.

**Listening 2 (based on the audio text)**

Answer the questions below according to the track.

1. How does stress differ from pressure?
  2. What are two physical symptoms of long-term stress?
  3. How can meditation help people cope with stress?
  4. What role does exercise play in reducing stress?
  5. Why does the speaker say “stress management is a life skill”?
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**VOCABULARY SECTION**

**Fill in the gaps with correct form of the words in brackets.**

1. She gave a very \_\_\_\_\_ speech that touched everyone's heart. (emotion)
2. The new shopping center looks extremely \_\_\_\_\_. (modern)
3. He is very \_\_\_\_\_ when solving math problems. (logic)
4. She spoke so \_\_\_\_\_ that everyone believed her. (convince)
5. We need \_\_\_\_\_ proof before we can publish the article. (science)
6. He was late because he completely \_\_\_\_\_ to set his alarm. (forget)
7. After many attempts, the team finally \_\_\_\_\_ in building the robot. (succeed)

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## READING SECTION

### Text 1 – The Value of Sleep

Scientists say sleep is not just rest but an active process during which the brain organizes memories and repairs the body. A study showed that students who slept well before an exam performed better than those who stayed up all night studying. Lack of sleep has been linked to poor concentration, weakened immunity, and mood swings. Experts recommend 7–9 hours of sleep for adults.

### Questions

1. Why is sleep described as an “active process”?
  2. What does the study about students suggest?
  3. Mention two negative effects of lack of sleep.
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## GRAMMAR SECTION

### 1. Passive Voice

Fill in the blanks with the correct passive form of the verbs in brackets.

1. The novel \_\_\_\_\_ (translate) into more than 20 languages so far.
2. This bridge \_\_\_\_\_ (build) in 2010.
3. Thousands of emails \_\_\_\_\_ (send) every minute worldwide.
4. The windows \_\_\_\_\_ (clean) tomorrow by the janitor.

### 2. Gerunds & Infinitives

Choose the correct form (gerund or infinitive).

1. She promised \_\_\_\_\_ (help) me with my homework.
2. I really enjoy \_\_\_\_\_ (listen) to jazz music.
3. They decided \_\_\_\_\_ (travel) to Spain next summer.
4. He suggested \_\_\_\_\_ (go) for a walk after dinner.

### 3. Future Tenses (will / going to / present continuous for future)

Complete the sentences using the correct future form.

1. Look at those dark clouds! It \_\_\_\_\_ (rain).
2. Don't worry, I \_\_\_\_\_ (help) you with your bags.
3. They \_\_\_\_\_ (meet) the manager at 3 p.m. tomorrow.
4. She says she \_\_\_\_\_ (be) a doctor one day.

#### 4. Pronouns

Fill in the blanks with the correct pronoun (subject, object, possessive, reflexive, or relative).

1. The students couldn't finish the project by \_\_\_\_\_, so the teacher decided to give them extra time.
2. That phone isn't mine. I think it belongs to \_\_\_\_\_.
3. The manager, \_\_\_\_\_ you met yesterday, will decide on the final plan.
4. We really enjoyed \_\_\_\_\_ at the party because the music and food were amazing.
5. I know a girl \_\_\_\_\_ mother is a famous writer.

#### 5. Adverbs of Frequency

Rewrite the sentences by placing the adverb in the correct position.

1. She forgets to lock the door when she comes home late at night. (sometimes)
2. The students are prepared for the quiz, even though the teacher announces it in advance. (rarely)
3. He checks his emails on his phone before breakfast while drinking his morning coffee. (usually)
4. They have been late for work this month because of the heavy traffic in the city. (often)
5. My parents go on holiday abroad during the summer, but they prefer to stay in the country in winter. (seldom)

### WRITING SECTION

#### Opinion Essay Task

##### Instruction:

Write an essay (200–250 words) giving your opinion on the following statement:

**“Online education is more effective than traditional classroom education.”**

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### SPEAKING SECTION (on a different session)

1. Can you describe your daily routine on a weekday?
2. What do you usually do to relax after a stressful day?
3. Do you prefer studying alone or with friends? Why?
4. Tell me about a book, film, or TV series you enjoyed recently. What was it about?
5. If you could travel anywhere in the world, where would you go and why?
6. Do you think technology makes our lives easier or more complicated? Explain.
7. What are some advantages and disadvantages of living in a big city?
8. Tell me about a tradition or celebration in your country. Why is it important?
9. Do you believe learning English is necessary for success today? Why or why not?
10. Imagine you are interviewing for a job. How would you describe your strengths and weaknesses?