



FOREIGN LANGUAGES UNIT
ENGLISH PREPARATORY PROGRAMME
2024-2025 ACADEMIC YEAR
POP 1 PRE-INTERMEDIATE
POP EXAM

Student Name & Surname	
Student Number	
Student Signature	
Class	
Exam Date	
Exam Time	
Exam Duration	120 minutes

	Listening	Reading	Grammar	Vocabulary	Writing	Speaking
	20Q	20Q	10Q	10Q	20 pts	20 pts
Marker 1:						
Marker 2:						

	INITIALS	FINAL SCORE
Marker 1:		
Marker 2:		

PLEASE BOTH CIRCLE YOUR ANSWERS (a, b, c, d etc.) ON THE EXAM PAPER & WRITE THEM (a, b, c, d etc.) ON THE ANSWER SHEET

Each question is worth 1 point.



PART 1 – LISTENING (Questions 1-20)

I. You are going to listen to a travel expert TWICE. Complete the sentences with the words in the box. There is 1 EXTRA word. You have 1 minute to read the statements. (Questions 1-10).

a. exercise	b. stop	c. buffets	d. hiking	e. dangerous	
f. excuses	g. home	h. souvenir	i. Paris	j. food	k. self-control

1. After the holiday, people can be depressed because of an unwanted _____.
2. While on holiday, people’s eating routine changes, and they engage in less _____.
3. Holiday routine creates a(n) _____ combination that almost ensures weight gain.
4. People like to make _____ more saying that they can’t find these back home.
5. Countries with high-quality _____ encourage people to eat more because they know it will taste great.
6. Unlimited _____ in cruises often result in over-eating.
7. Active holidays, such as _____ and cycling, help some people lose weight.
8. The high cost of food in some places can _____ people from over-eating.
9. The only way to avoid getting weight is to exercise _____.
10. Diets are usually for when people get _____.



II. You are going to listen to a woman TWICE. Choose the correct option (a, b, or c) for each question. You have 1 minute to read the questions. (Questions 11-20).

11. What is one way to be a tourist in your own city?
 - a. Learn the history of the city
 - b. Join a guided tour of your city
 - c. Read about your city

12. What did the author do during the tour in their neighborhood?
 - a. Went shopping for fun
 - b. Visited historic sites
 - c. Took a train to another city

13. How did the author feel at the beginning of the tour?
 - a. Silly
 - b. Excited
 - c. Bored

14. What did the author learn on the tour?
 - a. How to drive a car
 - b. Best places to eat
 - c. History of neighborhood

15. What can you do if your city doesn't offer guided tours?
 - a. Travel to another city
 - b. Buy a guidebook
 - c. Stay at home

16. What is suggested about travelling differently around town?
 - a. Take a bus
 - b. Rent a car
 - c. Ride a bike



17. What can you discover by travelling according to the speaker?

- a.** New cities
- b.** New airports
- c.** New restaurants

18. What is one benefit of being a tourist in your own city?

- a.** You save money easily.
- b.** You find a new place to live.
- c.** You buy some souvenirs.

19. What is another advantage of exploring your own city?

- a.** You can visit famous places.
- b.** You can go to the beach.
- c.** You can meet new people.

20. How does exploring local places help the environment?

- a.** It reduces carbon footprint.
- b.** It uses more resources.
- c.** It makes the city bigger.



PART 2 – READING (Questions 21-40)

III. Read the text and choose the correct option (a, b, or c) for each question. (Questions 21- 30)

MIND AND BODY: WORKING TOGETHER

Our mind and body are deeply connected. When we take care of one, the other benefits too. For example, regular exercise strengthens our muscles and bones and also improves our mood. When we move our bodies, like walking, dancing, or playing sports, our brain releases chemicals called endorphins. These chemicals make us feel happy and reduce stress. Even a 20-minute walk in nature can help us feel more relaxed and focused.

What we eat also affects both our body and mind. Foods like fresh fruits, vegetables, nuts, and whole grains give us energy and keep our body strong. These foods are full of vitamins and minerals that help the brain think clearly. Junk food, like chips or sugary drinks, might taste good, but too much can make us feel tired and slow. Drinking enough water is just as important. When we are dehydrated, it's harder to focus or stay active.

Sleep is another key to a healthy mind and body. Adults usually need about 7–8 hours of sleep each night, while children and teenagers need even more. When we sleep, our body repairs itself, and our brain processes what we learned during the day. Without enough sleep, we might feel tired, forget things, or even get sick more easily. Good sleep habits, like going to bed at the same time every night and avoiding screens before sleep, can make a big difference.

Relaxation is also important. Our minds can get tired from thinking all day. Activities like listening to music, drawing, reading, or meditating can help calm our thoughts. Deep breathing is another way to relax. When we take slow, deep breaths, we send a signal to our brain that everything is okay, and this helps our body feel less stressed.

Taking care of the mind and body is not just about big changes but it is also about small daily habits. Drinking a glass of water in the morning, stretching, or spending a few minutes outside can make us feel better. When we look after both our mind and body, we feel happier, stronger, and ready to face challenges.



- 21.** The main idea of the text is _____.
- a.** the importance of eating healthy food
 - b.** the connection between mind and body
 - c.** the benefits of exercise on the body
- 22.** According to the text, what happens when we exercise?
- a.** Our body feels more tired.
 - b.** Our muscles become weaker.
 - c.** Our brain releases endorphins.
- 23.** What is the effect of endorphins on our mood?
- a.** They put people in a stressful mood.
 - b.** They make us feel happy and reduce stress.
 - c.** They help us focus better.
- 24.** How do fresh fruit and vegetables help us?
- a.** They make us think clearly.
 - b.** They make us focus on activities.
 - c.** They make us tired and stressed.
- 25.** What happens when we don't drink enough water?
- a.** We feel more energetic.
 - b.** We sleep much better.
 - c.** We can't focus or stay active.
- 26.** According to the text, how does lack of sleep affect us?
- a.** It helps the brain process new information more quickly.
 - b.** It makes us more likely to feel tired or get sick.
 - c.** It allows the body to repair itself efficiently.



27. Sleep is important for the body and mind because _____.

- a.** it gives the body a chance to repair itself
- b.** it helps the brain release endorphins
- c.** it keeps us active and energetic

28. What can help us relax our minds?

- a.** Thinking more
- b.** Meditating more
- c.** Exercising more

29. What is the benefit of taking slow, deep breaths?

- a.** It helps us focus much better.
- b.** It helps us become more active.
- c.** It helps our body feel less tense.

30. What is one small habit that can improve our mind and body health?

- a.** Drinking water in the morning
- b.** Sleeping more at night
- c.** Avoiding all junk food



IV. Read the text and match paragraphs 1-10 with the headings A- K. There is one extra. (Questions 31-40).

31. _____

Learning is more than just going to school. It is the process of gaining knowledge, skills, or behaviors over time. This process can happen anywhere, whether in a classroom, through experiences, or even by observing others.

32. _____

From the moment a child is born, learning begins. Babies observe the world, learn to communicate, and develop basic skills. Early education, like preschool, builds a strong foundation for later academic success.

33. _____

Teachers are not just instructors; they are guides who help students think critically and creatively. By fostering curiosity, teachers enable students to explore ideas and discover solutions to problems.

34. _____

Learning does not end with graduation. Adults constantly learn through experiences, careers, and hobbies. Lifelong learning keeps our minds sharp and helps us adapt to a changing world.

35. _____

Books provide more than facts; they tell stories that inspire and challenge our thinking. Reading opens doors to different cultures, ideas, and possibilities, expanding our understanding of the world.

36. _____

In today's digital age, technology changed how we learn. Online courses, apps, and videos make knowledge accessible to almost everyone. However, technology also requires us to learn how to use it wisely.

37. _____

Learning practical skills, like managing finances or cooking, is essential for living independently. These skills not only make life easier but also help individuals achieve their personal goals.

38. _____

Education and knowledge often lead to better career opportunities and personal growth. Employers value people who can think critically, solve problems, and continue learning on the job.

39. _____

Teamwork and collaboration allow people to share ideas and solve problems together. Learning from others' experiences and perspectives enriches our own understanding.

40. _____

Learning is a lifelong adventure filled with discoveries and challenges. By staying curious, we open our minds to new possibilities and make life more meaningful and exciting.



31. _____

A. Why Knowledge Opens Doors

32. _____

B. The Importance of Collaborative Learning

33. _____

C. Technology as a Modern Tool for Learning

34. _____

D. The Foundation of Early Education

35. _____

E. Embracing the Journey of Learning

36. _____

F. The Impact of Education on Young People

37. _____

G. Developing Skills for a Better Life

38. _____

H. The Role of Educators in Guiding Minds

39. _____

I. Beyond the Classroom: Lifelong Lessons

40. _____

J. The Power of Books and Stories

K. Understanding the Concept of Learning



PART 3 – GRAMMAR (Questions 41-50)

V. Choose the correct option (a, b, c, or d) for each question. (Questions 41-50)

41. When I _____ Clara, I realized that she _____ much in all those years. She was gorgeous.

- a) see / didn't change b) saw / wasn't changing
c) saw / hadn't changed d) see / hasn't changed

42. This is the _____ book I've read this year. The last one I read was _____ than this one.

- a) most interesting / more boring b) more interesting / most boring
c) most interesting / boring d) more interesting / boring

43. I _____ with Jim last Friday and he said that you _____ him for months.

- a) have talked / hasn't visited b) talked / hadn't visited
c) talked / wasn't visiting d) have talked / didn't visit

44. I know you love to eat fast food so much but you _____ so much of it.

- a) ought to eat b) shouldn't eat c) can eat d) won't eat

45. We _____ leave now; it's 10 and the conference doesn't start until 12. We can get a cup of coffee.

- a) can't b) mustn't c) couldn't d) don't have to

46. My family _____ to the cinema every week when I was a child, but now they don't.

- a) use to go b) used to go c) used to going d) didn't use to go

47. All the business letters _____ yesterday. I _____ them myself to be sure.

- a) sent / checked b) were sent / checked
c) were sent / were checked d) sent / was checked



PART 5 – WRITING (20 points)

Choose **ONE** of the tasks below.

TASK A. You are planning an event at work or school (birthday party, costume party, etc.)

Write **an informal e-mail** to your friend about your party and invite them. (100-150 words)

Your e-mail should include the following items:

-Time

-Place

-Theme of the Party

- Activities

-Food and Drink

-OR-

TASK B. Write **an article** about your favourite type of movie or music. (100-150 words).

Your article should include the following items:

-Introduce your favourite type of movie or music.

-Mention why you like it.

-Give some specific examples.

- Describe this type of movie or music.

- Recommend a movie or a song.



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