



CZĘŚĆ PIERWSZA | Przeczytaj tekst i wybierz poprawne odpowiedzi.



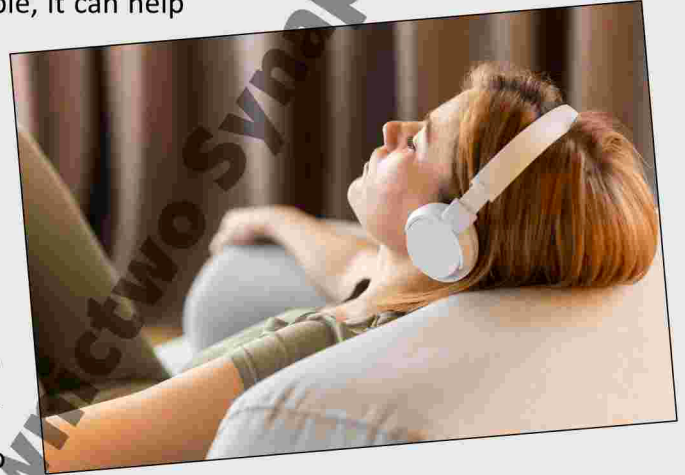
Music therapy is a powerful tool that can be used to help people heal both physically and mentally. This practice involves using music to address the emotional, cognitive, and social needs of individuals. Music therapy can be used in a variety of settings, such as hospitals, rehabilitation centers, schools, and mental health clinics.

Music therapy can have a wide range of benefits. For example, it can help reduce stress and anxiety, improve mood, and promote relaxation. Music therapy can also be used to improve communication and social skills, as well as enhance physical rehabilitation.

One of the reasons music therapy is so effective is that music has a profound impact on the brain. Studies have shown that listening to music can activate several areas of the brain, including the areas responsible for memory, emotion, and movement. This means that music therapy can help stimulate the brain in ways that promote healing and growth.

Music therapy can take many forms, including listening to music, playing instruments, singing, and dancing. It can be used with people of all ages, from infants to seniors. A trained music therapist will work with the individual to develop a personalized treatment plan that addresses their unique needs and goals.

In conclusion, music therapy is a powerful and effective tool that can be used to promote healing and well-being. Whether you are struggling with a physical or mental health condition, or simply looking to improve your overall quality of life, music therapy may be worth exploring. With its wide range of benefits and applications, music therapy has the potential to change lives for the better.

**1 What is the goal of music therapy?**

- A To teach individuals how to play an instrument.
- B To use music to address emotional, cognitive, and social needs.
- C To promote physical fitness through dance.
- D To help people learn how to sing.

2 How can music therapy benefit an individual's mental health?

- A By reducing stress and anxiety.
- B By promoting weight loss.
- C By improving muscle tone.
- D By increasing energy levels.

3 What areas of the brain can music therapy activate?

- A Those responsible for memory, emotion, and movement.
- B Those responsible for vision and hearing.
- C Those responsible for taste and smell.
- D Those responsible for speech and language.

4 Who can benefit from music therapy?

- A Only individuals with physical health conditions.
- B Only individuals with mental health conditions.
- C People of all ages and with various health conditions.
- D Only professional musicians.

5 What are some forms of music therapy?

- A Listening to music, playing instruments, singing, and dancing.
- B Listening to music and playing video games.
- C Listening to music and watching movies.
- D Listening to music and playing board games.



6 Which of the phrases would you choose to agree with somebody?

- A You're dead right. B I don't care. C I can't be bothered. D Opinions are divided.

7 Which of the sentences would you choose for a hypothesis?

- A If he was a bird, he would be a vulture. C Shall we go birdwatching together?
B Unless we have time, we won't go birdwatching. D So do I.

8 Look at the list of expressions connected with MONEY. Which of them means not having it?

- A to live on a shoestring B to roll in money C to spill beans D to be well-off

9 Look at the list of devices. Which of them might be used for HOUSEHOLD JOBS?

- A braces B harvester C breathalyzer D vacuum

10 Which of the expressions are connected with TELEVISION?

- A tabloids and broadsheets B from cover to cover C hit the headlines D to be in the spotlight

11 What is the meaning of the idiom "to have other fish to fry".

- A to care too much C to have more important things to do
B to get rid of your enemies D to take to something like a duck to water

12 You are tossing a coin. What would you say?

- A "Heads or tails?" B "What's up?" C "An arm and a leg." D "It's none of your business."

13 Choose the collocation which means the same as the underlined word.

The predator was trying to catch the fish but it disappeared quickly.

- A at a steady pace B in slow motion C step by step D in a flash

14 Use the correct phrase to complete the sentence.

You'd better take an umbrella ... it rains.

- A instead of B although C however D in case

15 Use the correct phrase to complete the sentence.

..... the icy conditions, the two lorries collided.

- A Because B But for C Due to D Whatsoever

16 Which of the phrases might be used to form a CONDITIONAL sentence?

- A In order to B On purpose C On behalf D Unless

17 The participants (rehearse) for a few months before they, finally, decided to take part in the contest.

- A were rehearsing B will rehearse C have been rehearsing D had been rehearsing

18 I said: "I'd rather do it." My husband contradicted. What did he say?

- A "It's high time you did it." C "I prefer expressing my own opinion."
B "I'd rather you didn't do it." D "I wish I could do whatever I want to do."

19 Which of the sentences means the same as: "People believe Albert Einstein was a real genius."

- A Albert Einstein is said to be a genius. C It was believed Albert Einstein is a real genius.
B It is said Albert Einstein is a real genius. D Albert Einstein is believed to have been a real genius.

20 Which is correct?

- A tragedy B tradgedy C tragedy D tragidy