

# Right on!

Jenny Dooley

4



Workbook

Student's Book



Express Publishing

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## People (Appearance & Clothes)

1 ★ Look at the pictures and choose the correct words.



Eliza has got long **1) pale/fair** hair. She's wearing a light brown **2) coat/jacket**, a pair of **3) gloves/tights** on her hands and a pink **4) suit/scarf** around her neck to keep her warm. She's also wearing **5) high-heeled shoes/boots** and carrying an umbrella because it's snowing.



This is Paul. He's in his **6) early/young** twenties and he's got short, **7) wavy/spiky**, fair hair. He's wearing a white **8) shirt/T-shirt** and a **9) scarf/tie**. He's got on light-coloured trousers and a black **10) belt/vest**.



Leah is in her **11) mid-/middle** thirties and she's **12) slim/well-built**. She's got **13) straight/curly** brown hair and a **14) pale/dark** complexion. She's wearing a blue **15) dress/skirt** and white **16) trainers/shoes**.

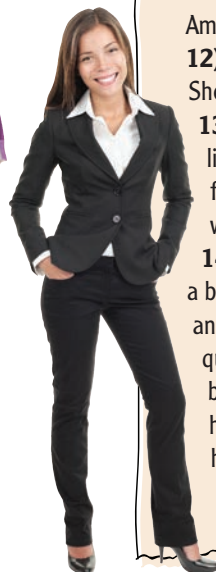
2 ★★ Look at the photos and complete the gaps with the missing words.



This is Sheila. She's in her **1) l\_\_\_\_\_** teens. She's **2) t\_\_\_\_\_** and slim with **3) l\_\_\_\_\_**, dark, curly hair. She's wearing a striped **4) d\_\_\_\_\_**, a grey **5) j\_\_\_\_\_** and black **6) t\_\_\_\_\_** on her legs. She's got **7) h\_\_\_\_\_** shoes on her feet.



Trevor has got **8) c\_\_\_\_\_** red hair and he wears **9) g\_\_\_\_\_** so that he can see better. He's wearing a grey and purple checked **10) s\_\_\_\_\_** and grey **11) t\_\_\_\_\_** on his feet.



Amy is in her early **12) t\_\_\_\_\_**. She's got long, **13) s\_\_\_\_\_**, light brown hair and a friendly smile. She's wearing a white **14) b\_\_\_\_\_**, with a black **15) j\_\_\_\_\_** and black trousers. Amy is quite **16) s\_\_\_\_\_**, but she usually wears high-heeled shoes to make her look taller.

## Subject/Object questions

3 ★ Write questions to which the underlined words are the answers.

- Roy lives with his wife Meg.
- Leah studies Art.
- Paul lives in Oxford.
- Trevor starts work at 8 am.
- Amy works with John.

Who does Roy live with?

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## Prepositions of time

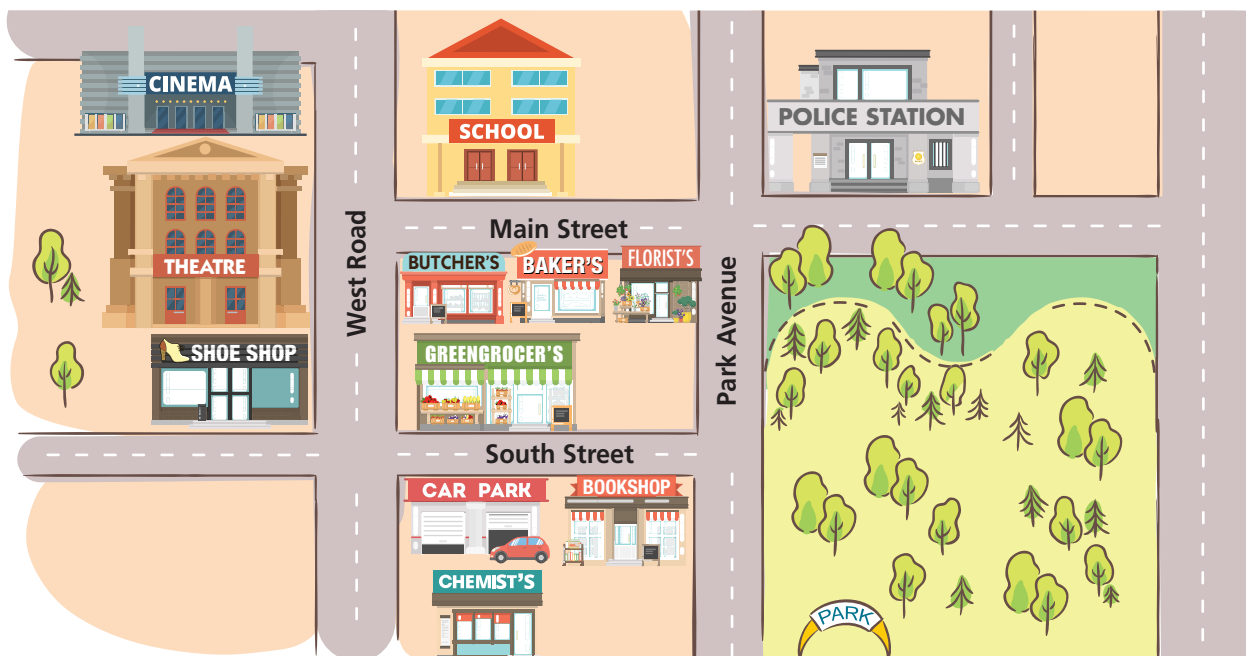
4 ★ Fill in: *at, in, before, during, on, between.*

- 1 Sheila does a volunteer job \_\_\_\_\_ the school holidays.
- 2 Tom goes to the gym \_\_\_\_\_ 4 pm and 5 pm in the afternoons.
- 3 We have dinner at 7 pm \_\_\_\_\_ the evening.
- 4 My grandfather always gets up \_\_\_\_\_ dawn.
- 5 Paul goes to Spanish lessons \_\_\_\_\_ Tuesday and Thursday evenings.
- 6 Trevor gets to school fifteen minutes \_\_\_\_\_ lessons start at 9 am.

## Shops & Products – Prepositions of place

5 ★ Look at the map. Where can you buy ...

- 1 tulips? You can buy tulips at the florist's.
- 2 medicine? \_\_\_\_\_
- 3 trainers? \_\_\_\_\_
- 4 an atlas? \_\_\_\_\_
- 5 boots? \_\_\_\_\_
- 6 beef? \_\_\_\_\_
- 7 apples? \_\_\_\_\_
- 8 bread? \_\_\_\_\_



6 ★★ Look at the map in Ex. 5 and find the place.

- 1 It's behind the chemist's. \_\_\_\_\_
- 2 It's in front of the theatre. \_\_\_\_\_
- 3 It's next to the car park. \_\_\_\_\_
- 4 It's between the florist's and the butcher's. \_\_\_\_\_
- 5 It's opposite the police station. \_\_\_\_\_

## Countable/Uncountable nouns – Plurals – Quantifiers – Question words



7 a) ★ Look at the list. Write the words under the headings:

- |              |            |
|--------------|------------|
| 1 apple      | 7 pasta    |
| 2 strawberry | 8 honey    |
| 3 tomato     | 9 flour    |
| 4 yoghurt    | 10 bread   |
| 5 milk       | 11 biscuit |
| 6 sausage    | 12 banana  |

Countable

Uncountable

_____	_____
_____	_____
_____	_____
_____	_____

b) ★ Write the plurals for the countable nouns.

c) ★ Which of the uncountable nouns in Ex. 7a can we use with these words?

- jar • loaf • carton • bag • packet

8 ★★ Fill in: *some, any, much, many, few (x2), little (x2)*.

- A **A** Good morning. How can I help you?  
**B** I'd like some apples, please.  
**A** How 1) \_\_\_\_\_ would you like?  
**B** Five or six. And have you got 2) \_\_\_\_\_ aubergines?  
**A** Yes, I've got 3) \_\_\_\_\_ over here. 4) \_\_\_\_\_ people buy them because no one knows how to cook them.  
**B** There are lots of ways. My favourite is to fry them in a 5) \_\_\_\_\_ oil.
- B **A** Here's your tea, Claire. How 6) \_\_\_\_\_ milk would you like?  
**B** None, thanks. I like my tea black. I'd like a 7) \_\_\_\_\_ spoonfuls of sugar, though. I like it sweet!  
**A** I'm afraid I've got very 8) \_\_\_\_\_ sugar left.  
**B** Don't worry. I can use honey instead.

9 ★★★ Fill in the correct question word.

Get discounts every time you shop at Care Chemist's with a Care Card!  
 Just fill out this form and hand it to the cashier on your next visit!



- 1) \_\_\_\_\_ is your full name?  
 2) \_\_\_\_\_ do you live?  
 3) \_\_\_\_\_ are you?  under 18  18-65  over 65  
 4) \_\_\_\_\_ is your birthday?  
 5) \_\_\_\_\_ do you shop at Care Chemist's?  weekly  monthly  yearly  
 6) \_\_\_\_\_ else can use your Care Card discounts? (e.g. parents, children)

## Sports & Activities

10 ★ Fill in: *flippers, racquet, trainers, stick, mask, ball*. Then, choose the correct sport.

- A: Do you fancy practising **ice hockey/ice skating** this afternoon?  
B: Sure. I'll get my \_\_\_\_\_ and a puck and we can go.
- A: We have to be at the court by 9 am tomorrow for the **basketball/badminton** match against Mason High School.  
B: Yes, I'm sure I'll hit the shuttlecock really hard with my new \_\_\_\_\_.
- A: We're staying by the sea in Thailand and I want to try **snorkelling/snowboarding**. I've got \_\_\_\_\_ to wear on my feet, but I haven't got any other equipment.  
B: Well, you only need a \_\_\_\_\_ for your face. I can lend you mine.
- A: I hear you're playing with the **curling/water polo** team at the local pool. That's great!  
B: Yes, it's a lot of fun. There's a lot of splashing when everyone tries to catch the \_\_\_\_\_!
- A: What time is **athletics/darts** practice tomorrow?  
B: It's at 5 o'clock at the track. I've got a new pair of \_\_\_\_\_ and I want to try them out.

## Prepositions of movement – *some/any/no/every & compounds*

11 ★ Choose the correct words.

### The Great Barrier Reef in Brief!

Hello from Australia! I'm in Cairns and today was amazing! Let me tell you about it ... I explored the city yesterday, so today I wanted to do 1) **something/everything** different. Then, this morning, 2) **anyone/someone** from my hostel invited me to go with him on a boat trip to the Great Barrier Reef. Of course, I said yes!

From the moment I got 3) **out of/into** the cabin of the boat, I knew it would be a special day. The boat had a glass bottom, so we could see 4) **anything/everything** that was happening underneath us as we sailed 5) **over/out of** the Great Barrier Reef. Then, the captain stopped the boat and 6) **everyone/anyone** on board jumped in for a swim!

I saw 7) **every/some** wonderful sea creatures, turtles and brightly-coloured fish. As I was swimming 8) **along/across** the side of the boat, I saw a large shape swimming 9) **along/under** the water next to me. At first I panicked because I thought it was a shark, but then I realised it was a friendly dolphin!

I'm going on a scuba diving course tomorrow. Snorkelling was amazing, but it would be even better to be able to dive 10) **down/over** to the bottom of the Great Barrier Reef. There really is 11) **anywhere/nowhere** like it in the world! Has 12) **anyone/someone** else tried scuba diving? Leave me a comment below!

Comment



# 1 • Everyday life

## Vocabulary

Hobbies/Free-time activities/Sports

1 ★ Choose the correct item.



1 paragliding/laser tag



2 archery/darts



3 sandboarding/  
parkour



4 lacrosse/hiking



5 bowling/Zumba



6 badminton/  
gymnastics

2 ★ Tick the correct box.

	go	do	play	
1				hiking
2				gymnastics
3				archery
4				darts
5				basketball
6				sandboarding
7				Zumba
8				aerobics

3 ★★ Match the words to form nouns.

- |        |            |
|--------|------------|
| A      | B          |
| ice ①  | a building |
| rock ② | b skating  |
| sky ③  | c climbing |
| body ④ | d boxing   |
| kick ⑤ | e diving   |

4 ★★ Write the correct activity, then choose the correct word.

1 A: Do you like  s \_\_\_\_\_?

B: No way. I think it's really **dangerous/relaxing**.

2 A: Do you enjoy  Z \_\_\_\_\_?

B: Yes, I do. It's **tiring/energetic**.

3 A: Do you like  k \_\_\_\_\_?

B: Not really. I find it very **exciting/boring**.

4 A: Do you enjoy  p \_\_\_\_\_?

B: Yeah, I do. I think it's a(n) **fast-moving/expensive** sport.

5 ★★★ Complete the blog with the words in the list and choose the correct preposition.

- motivate • admit • bright • impressive
- hit • sponsorship

### Emily's blog

Hi Readers,  
You all know I am keen 1) **at/on** rock climbing 2) **in/for** my free time. Well, I'm going rock climbing in Utah, in the USA! My video-sharing website, dedicated 3) **for/to** rock climbing, is a huge 4) \_\_\_\_\_ and a rock climbing club are now interested 5) **of/in** filming me there. They think it will 6) \_\_\_\_\_ more girls to try rock climbing. How do I feel 7) **over/about** that? I 8) \_\_\_\_\_ I was surprised at first, but I can't wait to climb the 9) \_\_\_\_\_ Utah mountains. I've just got some 10) \_\_\_\_\_, too – a sports club will pay for my equipment. It looks like the future's looking 11) \_\_\_\_\_ for me. Check out my website.

Post a comment

## Present simple – Present continuous/Stative verbs/ Adverbs of frequency

- 1** ★ Choose the correct item.
- 1 Do you think/Are you thinking of going bowling later?
  - 2 Anna usually has/is having a Zumba class at the weekend.
  - 3 The football match doesn't start/isn't starting until 7:45 pm.
  - 4 Kurt doesn't go/isn't going to the cinema tomorrow evening.
  - 5 How often does Max do/is Max doing the chores?

**2** ★★ Put the verbs in brackets into the *present simple* or the *present continuous*.

- 1 I \_\_\_\_\_ (not/think) I can play football this weekend.
- 2 The gym \_\_\_\_\_ (open) at 8:00 am every weekday.
- 3 Knitting \_\_\_\_\_ (sound) boring to me.
- 4 Sarah \_\_\_\_\_ (fly) to London now.
- 5 \_\_\_\_\_ (you/meet) Harry at the mall later?
- 6 \_\_\_\_\_ (Sam/want) to come to the sports centre with us?

**3** ★★★ Put the verbs in brackets into the *present simple* or the *present continuous*.

- 1 A: \_\_\_\_\_ (you/play) laser tag with Gary tomorrow?  
B: No, Gary \_\_\_\_\_ (have) football practice every Saturday.
- 2 A: \_\_\_\_\_ (you/know) what time Lily finishes school?  
B: At 3:15 usually, but today she \_\_\_\_\_ (go) on a trip with her class.
- 3 A: Fran \_\_\_\_\_ (think) about taking up fencing.  
B: Really? I \_\_\_\_\_ (think) she'll love it.
- 4 A: \_\_\_\_\_ (Kelly/like) burgers?  
B: No, she rarely \_\_\_\_\_ (eat) junk food.
- 5 A: \_\_\_\_\_ (you/usually/take) the bus to work?  
B: Yes, but Paul \_\_\_\_\_ (drive) me today.

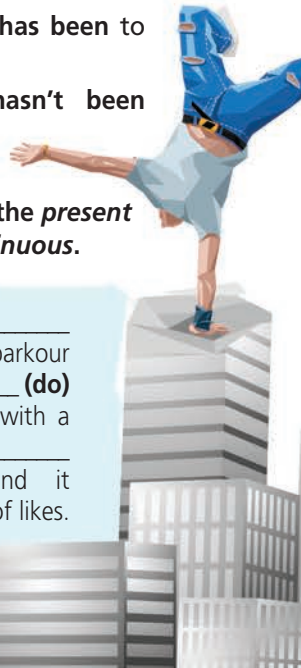
## Present perfect – Present perfect continuous

**4** ★ Choose the correct item.

- 1 We haven't seen/haven't been seeing Alice recently.
- 2 They are tired because they have hiked/have been hiking all day.
- 3 Lily hasn't done/hasn't been doing her chores yet.
- 4 Have you ever tried/Have you ever been trying knitting?
- 5 You haven't been/haven't been going out for months.
- 6 Max has done/has been doing archery for two years now.
- 7 Harry's not here. He has gone/has been to the library.
- 8 Abby still hasn't answered/hasn't been answering my email.

**5** ★★ Put the verbs in brackets into the *present perfect* or the *present perfect continuous*.

Charlie Fletcher is exhausted. He **1** \_\_\_\_\_ (train) all day around the city. Charlie does parkour and he's very good at it. He **2** \_\_\_\_\_ (do) the sport for the last three years, training with a team of parkour runners. They **3** \_\_\_\_\_ (just/post) a video of themselves and it **4** \_\_\_\_\_ (already/get) lots of likes. So far, Charlie **5** \_\_\_\_\_ (take) part in some competitions on his own, but he **6** \_\_\_\_\_ (not/win) any yet.



**6** ★★★ Put the verbs in brackets into the *present simple*, *present continuous*, *present perfect* or *present perfect continuous*.

Hi Sam,  
Sorry I **1** \_\_\_\_\_ (not/write) all week, but we **2** \_\_\_\_\_ (just/move) to our new house. We **3** \_\_\_\_\_ (unpack) things all day. I **4** \_\_\_\_\_ (already/meet) the people next door. They **5** \_\_\_\_\_ (seem) nice. They **6** \_\_\_\_\_ (have) a daughter who **7** \_\_\_\_\_ (be) my age and she **8** \_\_\_\_\_ (play) basketball like me! Got to go now. We **9** \_\_\_\_\_ (go) shopping with Dad because he **10** \_\_\_\_\_ (cook) tonight!  
See you soon,  
Bella

# 1c • Listening

## Character adjectives

- 1 ★ Choose the adjective that best describes each picture.



1 arrogant/lazy



2 friendly/rude

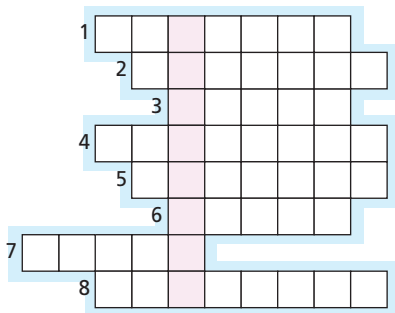


3 calm/bossy



4 intelligent/generous

- 2 ★★ Do the crossword. What is the hidden word?



- 1 Jane never laughs. She's ... all the time.
- 2 Nothing upsets Dan because he's so ...
- 3 Peta doesn't gossip about her friends – she's ...
- 4 Harry is so ... that he talks to everyone.
- 5 It doesn't matter how long it takes as Max is very ...
- 6 Lisa isn't afraid of anything – she's really ...
- 7 Sam can be nasty and is a little ... at times.
- 8 Ben is so ... and always has a big smile on his face.

- 3 ★★★ Choose the correct adjective.



mail

Hi Ben,  
 Hope you're well. You asked me about my friends. Well, Daniel's my best friend. He's just got top marks in his exams so he's very **1) patient/intelligent**. Daniel works hard to get these good marks, but he's a bit **2) lazy/serious** around the house. He rarely does any chores! Kate lives next door and she's quite **3) generous/bossy** – she's always cooking and sharing her food. She's a **4) brave/calm** person who never gets upset about anything. Kevin's another mate. He's fantastic at football and knows it. He feels very **5) confident/rude** when he is on the football pitch. However, he can be a bit **6) relaxed/jealous** when people have things he doesn't. Well, those are my mates. What are yours like?  
 Stay cool,  
 Leon

## Listening

- 4 ★ 3.7 You are going to listen to a radio interview with Caitlyn Jones, a teen businesswoman. For questions 1-4, choose the correct answer (A, B or C).

- 1 What does Caitlyn's app do?
  - A It gives Maths answers.
  - B It tests your Maths skills.
  - C It does all your homework.
- 2 Caitlyn's says that *Sorted!*
  - A won a competition.
  - B wasn't easy to design.
  - C didn't work to begin with.
- 3 What does Caitlyn say about her teachers?
  - A They were very kind.
  - B They taught her at home.
  - C They found a company for her.
- 4 What are Caitlyn's plans for the future?
  - A She is doing her exams.
  - B She is taking some time off.
  - C She is designing another app.



## Asking for/Giving advice

**1** ★ Match the sentences (1-4) to the ones that mean the same (a-d).

- |                       |                     |
|-----------------------|---------------------|
| What's the matter? ①  | a You may be right. |
| I can't stand it! ②   | b What's wrong?     |
| What should I do? ③   | c It's so annoying. |
| You've got a point. ④ | d Any advice?       |

**2** ★★ Choose the correct response.

- 1 A: Are you alright?  
B: a I guess you're right.                      b I get stressed about exams.
- 2 A: Have you talked about it with your parents?  
B: a Actually, I haven't.                      b They're probably right.
- 3 A: It might be a good idea to talk to them.  
B: a It really bothers me.                      b I'll give it a try.
- 4 A: Have you tried explaining how you feel?  
B: a Not really.                                      b Poor you!

**3** ★★★ Put the sentences (a-i) in the correct order (1-9) to make a dialogue.

- |  |                          |
|--|--------------------------|
| a Really? Have you told your teachers?                               | <input type="checkbox"/> |
| b I'm struggling with my schoolwork.                                 | <input type="checkbox"/> |
| c OK, I might do that. Is there anything else I can do?              | <input type="checkbox"/> |
| d No, I haven't. I'm a bit embarrassed.                              | <input type="checkbox"/> |
| e You're welcome.  | <input type="checkbox"/> |
| f You don't look very happy. What's the matter?                      | <input type="checkbox"/> |
| g Don't worry about that. Your teachers will understand.             | <input type="checkbox"/> |
| h You may be right. Thanks for the advice.                           | <input type="checkbox"/> |
| i Yeah, it's a good idea to have a study schedule that you stick to. | <input type="checkbox"/> |





## Comparisons – like – as

### 1 ★ Choose the correct item.

- A: Is your new teacher **better/the best** than the previous one?  
B: Well he's definitely funnier **like/than** Mr Forsyth.
- A: **Tony's is more/the most** expensive restaurant in the area.  
B: It is, but I think that it has got **the better/the best** desserts in town.
- A: Ben is **more/the most** arrogant person I know.  
B: I agree. He acts **like/as** he's the boss all the time!
- A: Jack's grades are getting **worse/worst** all the time!  
B: He should try studying **harder/the hardest**.
- A: Ally is a lot **lazier/lazy** than Ellen.  
B: Yeah, but she's the most generous girl **of/in** all her friends.

### 2 ★★ Find and correct the mistakes in the sentences.

- Olivia's the cleverer girl in our class.
- Harry works in a restaurant like a chef.
- Archery is most boring than fencing.
- Nicola isn't as funny than Beth.
- My brother is the worse singer in the world.
- Kate is braver in all my other friends.
- I'm the fastest runner of my school.
- Dad cooks best than his brother.

### 3 ★★★ Put the adjectives/adverbs in brackets into the correct form.

Chessboxing is one of the world's 1) \_\_\_\_\_ (interesting) new sports. It's 2) \_\_\_\_\_ (unusual) because it combines brain and muscle power. A match has eleven alternate rounds of chess and boxing, so you have to be 3) \_\_\_\_\_ (clever) than your opponent to win, not just 4) \_\_\_\_\_ (strong)!

Another exciting sport is underwater hockey. If you're a good swimmer, underwater hockey is not so 5) \_\_\_\_\_ (difficult) as chessboxing. You do have to hold your breath while you're underwater, but you play for a 6) \_\_\_\_\_ (short) time than in normal hockey. Underwater hockey's popularity is growing 7) \_\_\_\_\_ and \_\_\_\_\_ (fast) and today there's even a World Championship. As it combines two tough physical sports, it's one of 8) \_\_\_\_\_ (great) ways to keep fit!

## Relative pronouns/ adverbs – Relative clauses

### 4 ★ Correct the mistakes.

- Andreas is the boy whose works in the sports centre.
- My fear of heights is the reason when I don't go rock climbing.
- Lily's the girl which brother has a YouTube channel.
- Paul can't swim at all, that surprised me a lot.
- The park near my house is why I go running.

### 5 ★★ Fill in the correct relative pronoun/adverb. Decide if the relative clause is defining (D) or non-defining (ND). Put commas where needed.

- That's the sports centre \_\_\_\_\_ I do fencing.
- Tom's new bike \_\_\_\_\_ was very expensive is bright red.
- Konstantin Hert \_\_\_\_\_ is also known as Konzi is German.
- Jo \_\_\_\_\_ lives next door is crazy about rock climbing.
- I always remember the day \_\_\_\_\_ I got my first smartphone.
- The girl \_\_\_\_\_ has a video sharing website also has a podcast.

### 6 ★★★ Join the sentences using relative pronouns/adverbs. Put commas where necessary. In which sentences can you omit the relative pronoun/adverb?

- My best friends are the ones. They are always there for me. \_\_\_\_\_  
\_\_\_\_\_
- This is the mall. I bought my trainers here last week. \_\_\_\_\_  
\_\_\_\_\_
- Football and tennis are the sports. I like them the most. \_\_\_\_\_  
\_\_\_\_\_
- My sister is older than me. She is planning to study Law. \_\_\_\_\_  
\_\_\_\_\_
- He quit the lacrosse team. He didn't give us a reason. \_\_\_\_\_  
\_\_\_\_\_
- Saturday is the day. We usually go to the market then. \_\_\_\_\_  
\_\_\_\_\_

## A Day in the Life of ... A BIG TOP TEEN

The alarm clock goes off at 7 am and a sleepy 14-year-old gets out of bed. She has her breakfast and gets dressed. But Amálie Novotna is **1)** \_\_\_\_\_ getting ready to go to school like other girls her age. Amálie doesn't attend school because she doesn't stay in one place long **2)** \_\_\_\_\_. She's an acrobat and one of the star attractions of a travelling circus! Amálie's family has been performing in circuses for four generations. Her great grandparents first walked out into the spotlight when they were teenagers, and every generation **3)** \_\_\_\_\_ then has followed in their footsteps. Apart from one month off every year, they **4)** \_\_\_\_\_ lived in caravans all their lives as the circus moves from town to town. Amálie's day begins with a practice session in the big top – that's the tent the circus appears in. It's very tiring, but she doesn't mind. After that, she spends three hours studying. She has a light lunch and then it's time to **5)** \_\_\_\_\_ the chores. She tidies the caravan while her brothers make the beds and do the washing-up. Then, she hands out leaflets on the streets or checks her equipment. Everyone has more

than one job in the circus. It helps that they all **6)** \_\_\_\_\_ along. It's like an extended family working together to make the circus a success. It's been a busy day so far, but it's about to get busier as performance time gets closer. Amálie sells tickets at the box office, then quickly dresses and puts on her make-up. It's a weeknight so **7)** \_\_\_\_\_ is only one performance today. At the weekends, there can be two or sometimes three. The performance is the highlight of the day for Amálie. She loves the audience's gasps of amazement as she swings on ropes high over their heads. It's the **8)** \_\_\_\_\_ exciting moment of the show! She admits that it's not a normal life, but it's one Amálie wouldn't change for the world.



**1** ★ Read the text and complete the gaps.

**2** ★★ Read the text and decide if the sentences are **R** (right), **W** (wrong) or **DS** (doesn't say).

- 1 Amálie has to eat healthily to perform well.
- 2 Amálie's performance is popular with audiences.
- 3 Her brothers don't like helping with the chores.
- 4 Amálie takes time to relax before she performs.
- 5 There are two circus performances every day.


**3** ★★★ Read the text and choose the best answer (A, B, C or D).

- 1 Why doesn't Amálie go to school?
 

A She is studying gymnastics.	C She travels around the country.
B She has passed all her exams.	D She doesn't like her classmates.
- 2 Amálie's family
 

A do not take holidays.	C want to work all year.
B are circus professionals.	D get tired of staying in caravans.
- 3 What does the writer say about life in the circus?
 

A It's very quiet sometimes.	C You have to do different jobs.
B It's better than working in an office.	D It's ideal for families.
- 4 How does Amálie feel about performing?
 

A She looks forward to it.	C She'd like more free time.
B She thinks it's too hard.	D She wants to perform more.

# 2 • Travel the world

## Vocabulary

### Weather - Holiday accommodation

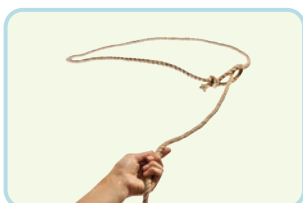
- 1 ★ Label the pictures. Use: *archery, rodeo, cactus, trick riding, teepee, lasso, ranch, campfire*. Two words are extra.



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

- 2 ★ Join the words to form noun phrases.

- |             |            |
|-------------|------------|
| king-size ① | a room     |
| strong ②    | b board    |
| fluffy ③    | c rainfall |
| gentle ④    | d clouds   |
| average ⑤   | e breeze   |
| full ⑥      | f bed      |
| hotel ⑦     | g winds    |

- 3 ★★ Use five of the noun phrases in Ex. 2 to complete the sentences.

- The sky was full of \_\_\_\_\_ as we sailed towards the island.
- We had a fantastic view of the beach from our \_\_\_\_\_.
- In the night, \_\_\_\_\_ had blown all the leaves off the trees.
- The \_\_\_\_\_ in New York in July is 101 mm.
- Our hotel was \_\_\_\_\_ so we didn't eat out at restaurants.

- 4 ★★ Choose the correct item.

- The wind **blew/poured** down the trees.
- The temperature has **frozen/dropped** to  $-5^{\circ}\text{C}$ !
- The sun is **shining/reaching** brightly today.
- It has been **pouring/floating** with rain all day.
- I **managed/hit** the target with my first arrow.
- We **lasted/spent** ages at the market.

- 5 ★★ Complete the exchanges. Use: *get, mention, keep, show off, hit*.

- A: Dan got to \_\_\_\_\_ his archery skills.  
B: Yes. He \_\_\_\_\_ the target every time.
- A: Was there enough to \_\_\_\_\_ you busy at the ranch?  
B: Definitely! There were loads of things to do.
- A: Did I \_\_\_\_\_ that I'm a vlogger?  
B: Does that mean you \_\_\_\_\_ lots of freebies?

- 6 ★★★ Fill in the gaps with the words in the list and choose the correct preposition.

- comfortable • eco-friendly • relaxing
- all-inclusive • hostel • lasted
- sunshine • board • taste

Write a trip review x

http://tripcount.com



Regan98 ★★★★★

Reviewed two days ago

#### Almost perfect

We're not fans 1) **for/of** those 2) \_\_\_\_\_ packages where you stay inside the hotel all the time. We wanted to get a(n) 3) \_\_\_\_\_ of the real France. That's why we booked into a youth 4) \_\_\_\_\_. The bunk beds were 5) \_\_\_\_\_ and the place was very clean. There was plenty of 6) \_\_\_\_\_ every day and we explored the area 7) **on/at** foot. It's a shame the holiday only 8) \_\_\_\_\_ one week!



Tommy\_T ★☆☆☆☆

Reviewed yesterday

#### Never again!

That's the last time I go 9) **to/on** holiday abroad! We went 10) **on/by** air, but there was a 10-hour delay at the airport. The hotel claimed it was 11) \_\_\_\_\_, but the only thing 'green' about it was the carpet! The food was awful, but luckily we were on half 12) \_\_\_\_\_, so we only had breakfast there. We couldn't even have a(n) 13) \_\_\_\_\_ time either because the nightclub next door was so noisy. To be honest, the highlight 14) **in/of** my two weeks was getting back home!

## Past Simple – Past Continuous – Present Perfect – *used to* – *would*

### 1 ★ Choose the correct item.

- Leah was sleeping in her hotel room when the chambermaid \_\_\_\_ in.  
A walked                      B was walking  
C has walked
- Dad was putting up the tent while we \_\_\_\_ from the car.  
A watched                      B were watching  
C have watched
- Victor \_\_\_\_ a holiday for years.  
A didn't have                  B wasn't having  
C hasn't had
- Ben kicked off his sandals, ran into the sea and \_\_\_\_ in.  
A dived                          B was diving  
C has dived
- The sun \_\_\_\_ as we sailed out of the harbour.  
A shone                          B was shining  
C has shone
- I called, but you didn't answer. What \_\_\_\_ at ten o'clock last night?  
A did you do                  B were you doing  
C have you done
- \_\_\_\_ Niagara Falls while he was on holiday?  
A Did Jake visit                B Was Jake visiting  
C Has Jake visited
- \_\_\_\_ Mary's photos of her ranch holiday yet?  
A Did you see                 B Were you seeing  
C Have you seen

### 2 ★ Fill in: *used*, *would*, *use*.

- Did you \_\_\_\_\_ to swim at the beach when you were ten?
- Steve \_\_\_\_\_ often go skiing with his family as a child.
- Zadie \_\_\_\_\_ to keep a diary when she went on holiday.
- We \_\_\_\_\_ always buy souvenirs when we went on holiday.
- Tom \_\_\_\_\_ never try to speak the local language when we went abroad.
- I didn't \_\_\_\_\_ to stay at youth hostels when I travelled abroad.
- Did they \_\_\_\_\_ to make sandcastles when they were young?
- I didn't \_\_\_\_\_ to spend my summer holidays in Malta when I was younger.

### 3 ★★ Put the verbs in brackets into the correct form and choose the correct time expression.

- A: Have you heard from Lucas **recently/yesterday**?  
B: He \_\_\_\_\_  
(**just/send**) me an email from the USA.
- A: I called you **last night/all night**, but your phone was off.  
B: I know. I \_\_\_\_\_  
(**watch**) a film at the cinema.
- A: \_\_\_\_\_  
(**you/have**) a good flight to Paris?  
B: Yes, but I haven't checked in at the hotel **before/yet**.
- A: What \_\_\_\_\_  
(**you/do**) at the beach all morning?  
B: I was swimming **while/when** Harry was sunbathing.
- A: \_\_\_\_\_  
(**you/see**) Alfie's photos of Madrid?  
B: I have. They were great. I have **never/ever** been to Madrid.
- A: Yesterday, I \_\_\_\_\_  
(**find out**) that Polly was a blogger.  
B: Oh yes. She's had her own blog **since/for** years.
- A: Why \_\_\_\_\_ (be) Simon upset yesterday?  
B: He was sightseeing **while/when** someone stole his wallet.
- A: Danny \_\_\_\_\_ (look) very tired earlier this morning.  
B: Well, he was studying **before/until** 4 o'clock in the morning!

### 4 ★★★ Put the verbs in brackets into the correct form.

Hi Lily,  
Greetings from New York! I **1** \_\_\_\_\_  
(**never/be**) to America before so it's really exciting.  
We **2** \_\_\_\_\_ (**fly**) into JFK Airport yesterday,  
**3** \_\_\_\_\_ (**get**) a taxi to the hotel and **4** \_\_\_\_\_  
(**head**) out. The sun **5** \_\_\_\_\_ (**shine**)  
and it **6** \_\_\_\_\_ (**be**) quite hot – the perfect day to  
go to the park. We **7** \_\_\_\_\_ (**walk**) through  
Central Park when we **8** \_\_\_\_\_ (**see**) a film being  
shot. Last night, we **9** \_\_\_\_\_ (**go**) to see a musical  
on Broadway. What a show! I **10** \_\_\_\_\_  
(**not/visit**) the Statue of Liberty yet, but that's next on  
my list. Wish you were here!  
Alicia



# 2C • Listening

## Holiday problems

1 ★ Choose the correct word.



1 Ben missed/lost his flight.



3 Laura lost/broke down her passport.



2 Lucas got sunburnt/seasick.



4 Tina had food reservation/poisoning.

2 ★★ Match the holiday problems to the descriptions.

- car broke down • got lost
- had no hotel reservation • lost smartphone

- 1 "Rachel looked in her bag, but it was gone!"  
She \_\_\_\_\_ her \_\_\_\_\_
- 2 "We had to book into a B&B around the corner."  
They \_\_\_\_\_
- 3 "It just stopped working on the side of the motorway."  
Their \_\_\_\_\_
- 4 "There wasn't even anyone around to ask for directions."  
He \_\_\_\_\_

3 ★★★ Fill in the gaps with the correct word from the list.

- poor • happened • luggage • dear • shame
- lost • missed • guess • heard

- 1 A: \_\_\_\_\_ what!  
B: What?  
A: The airline lost Max's \_\_\_\_\_ on his flight to Mexico.  
B: That's a \_\_\_\_\_!
- 2 A: Have you \_\_\_\_\_?  
B: About what?  
A: Nora \_\_\_\_\_ her flight and had to wait ten hours at the airport for the next one.  
B: \_\_\_\_\_ her!
- 3 A: Did you hear what \_\_\_\_\_ to John?  
B: No, I haven't heard anything.  
A: He \_\_\_\_\_ his smartphone while he was in London.  
B: Oh \_\_\_\_\_!

## Listening

4 ★ 3.8 Listen to four conversations and choose the correct answer.

- 1 Why didn't Sally enjoy her holiday?  
A She got lost on the first day.  
B Someone stole her suitcases.  
C The car she hired broke down.
- 2 What was the weather like for Tom?  
A It was very windy.  
B It was freezing cold.  
C It was pouring with rain.
- 3 How did Jane feel about the hotel?  
A unhappy  
B surprised  
C annoyed
- 4 What type of accommodation did Amy stay at?  
A full board  
B half board  
C self-catering

# Everyday English • 2d

## Narrating an experience

1 ★ Match the sentences (1-4) to the ones that mean the same (a-d).

- |                                 |  |
|---------------------------------|--|
| How was your holiday? ①         | Ⓐ I'm so sorry!                        |
| Poor you! ②                     | Ⓑ I couldn't do anything!              |
| It was a terrible experience! ③ | Ⓒ Did you have a good time on holiday? |
| What could I do? ④              | Ⓓ It was the worst holiday ever!       |

2 ★★ Fill in *what (a/an), how, so, such (a/an)*.

- 1 A: \_\_\_\_\_ terrible flight!  
B: I know. My seat was \_\_\_\_\_ tiny!
- 2 A: The hotel was \_\_\_\_\_ noisy. We had to book into a nearby B&B.  
B: \_\_\_\_\_ awful!
- 3 A: It was \_\_\_\_\_ early flight! We left home at 3 am to get to the airport.  
B: Poor you! \_\_\_\_\_ trouble!
- 4 A: \_\_\_\_\_ awful restaurant that was!  
B: I agree. I've never met \_\_\_\_\_ rude waiter!
- 5 A: \_\_\_\_\_ exhausting day!  
B: We had \_\_\_\_\_ fun, though!

3 ★★★ Put the sentences (a-j) in the correct order (1-10) to make a dialogue.

- |  |                          |
|--|--------------------------|
| Ⓐ What did you do?   | <input type="checkbox"/> |
| Ⓑ I reported it to the police, but I had to wait a week to get a new passport. | <input type="checkbox"/> |
| Ⓒ Hi, Abby. How was your holiday?  | <input type="checkbox"/> |
| Ⓓ I think someone stole it while I was on the beach.                           | <input type="checkbox"/> |
| Ⓔ Why? What happened?  | <input type="checkbox"/> |
| Ⓕ I guess you're right.  | <input type="checkbox"/> |
| Ⓖ Poor you! You shouldn't keep your passport in your bag, though.              | <input type="checkbox"/> |
| Ⓗ I lost my bag and my passport was in it!                                     | <input type="checkbox"/> |
| Ⓘ Oh, that's awful. How did that happen?                                       | <input type="checkbox"/> |
| Ⓙ It was the worst holiday ever!   | <input type="checkbox"/> |



## Past perfect – Past perfect continuous

- 1 ★ Choose the correct item.
- A: Had you checked/Had you been checking the weather forecast before you left?  
B: Yes, but it didn't say anything about a thunderstorm!
  - A: This hotel is fantastic!  
B: Well, I had looked/had been looking for the perfect hotel for months and months before I found it!
  - A: What was wrong with Wendy yesterday?  
B: She was upset because someone had stolen/had been stealing her passport.
  - A: Dave looked exhausted yesterday!  
B: He was tired because he had travelled/had been travelling all night.

2 ★★ Correct the mistakes.

- We had booked the hotel six months before we had been on holiday.
- Bonnie was really anxious because she hadn't been flying before.
- How long had you been waiting since the taxi arrived?
- Anya didn't finish eating her meal by the time the waiter brought the bill.
- There was no apple pie left because someone had been ordering the last slice.

3 ★★★ Read the blog and put the verbs in brackets into the *past perfect* or the *past perfect continuous*.

### MY BLOG

Hi Everyone! Just back off the worst flight ever! We 1) \_\_\_\_\_ (travel) back after a really good holiday in Sicily. At the airport, they told us we didn't have seats on the plane. Dad was so confused because he 2) \_\_\_\_\_ (book) the tickets two months before. The plane 3) \_\_\_\_\_ (leave) before the airline admitted they 4) \_\_\_\_\_ (make) a mistake and got us another flight. That wasn't the end of it! We 5) \_\_\_\_\_ (wait) in the airport for five hours when Mum got food poisoning. She 6) \_\_\_\_\_ (eat) a sandwich off a stall outside the hotel and 7) \_\_\_\_\_ (not/feel) well all morning! We finally got home, but the journey 8) \_\_\_\_\_ (not/be) enjoyable at all! What about you, readers? Got any horrible holiday stories?

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## Order of adjectives/ adverbs – Intensifiers

- 4 ★ Rewrite the sentences with the adjectives/ adverbs in the correct order/position.
- Jarvis and Ellie have been on holiday. (abroad/never) \_\_\_\_\_
  - We bought some T-shirts as gifts. (Italian, lovely, red) \_\_\_\_\_
  - The thief stole his bag and ran off. (quickly/ leather, black) \_\_\_\_\_
  - The sun was shining. (all day/brightly) \_\_\_\_\_
  - I booked into a hotel. (next to the Louvre/ 5-star luxury/two hours ago) \_\_\_\_\_

5 ★★ Circle the mistakes, then correct them.

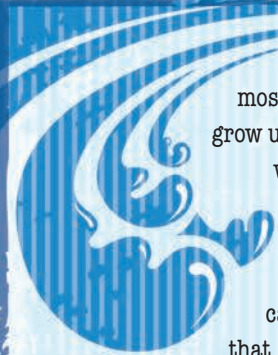
- George booked a **A** rather expensive hotel in a **B** modern fantastic resort.
- The twins **A** played always games on the **B** beautiful sandy beach.
- A** Our holiday in the countryside was over **B** quickly too.
- Gary **A** had eaten never such a **B** delicious home-cooked meal in his life.

6 ★★★ Put the words in bold in the correct order, and choose the correct intensifier.

Hi Carter,  
I'm on holiday in Edinburgh, the capital of Scotland. It's **1) enough/pretty** nice here! I'm staying at a(n) **2) old, huge, expensive** hotel near Edinburgh Castle. The food here is **3) very/too** good. I went to a(n) **4) Italian, small, beautiful** restaurant last night and had a(n) **5) enough/particularly** good meal. I know! I should be trying Scottish food, but I think Italian food is **6) very/really** excellent! I went on an underground tour yesterday. The tour guide took us down a **7) long, brick, dark** tunnel that criminals used to use. It was **8) too/extremely** scary! That's all for now. Write back when you have **9) quite/enough** time.  
See you soon,  
Evan



## The Dolphin Lifeguards



The great white shark is one of the most dangerous animals in the world. It can grow up to 7 metres long **1)** \_\_\_\_\_ weigh an impressive 2,100 kg. It has five rows of up to 3,000 very white, very sharp teeth. It needs them because the great white shark is a carnivore. It will eat almost anything that swims **2)** \_\_\_\_\_ the sea, from fish to dolphins to other sharks. Oh, and people, too. So imagine how Rob Howes felt when he faced one of these terrifying creatures off the northern coast of New Zealand.

Rob was swimming with his 15-year-old daughter, Niccy, and two of her friends. They were enjoying the crystal-clear water **3)** \_\_\_\_\_ they noticed some dolphins swimming up to them. It is **4)** \_\_\_\_\_ surprising to see dolphins in the waters there, and they often swim near

humans. But these dolphins were not there for fun. They were swimming around the four humans in smaller and smaller circles. It seemed like they were gathering up the swimmers. Also, the dolphins were hitting **5)** \_\_\_\_\_ tails on the water. Were they trying to tell them something? That was when Rob saw the great white shark.

It was very close – only a few metres away. It wasn't a big one, but at 3 metres long, it was big enough. It **6)** \_\_\_\_\_ swimming towards them, gliding through the water, but when it saw the dolphins, it turned and swam away. Rob realised **7)** \_\_\_\_\_ the dolphins had saved their lives. Had they known there was a shark nearby and decided **8)** \_\_\_\_\_ protect them? The dolphins followed the swimmers until they got safely back to shore. Rob and the others were very lucky that day. Some people pay lots of money to swim with dolphins. Rob swam with dolphins for free, but he also had a great white shark with him!

**1** ★ Read the text and fill in the word which best fits each gap (1-8).

**2** ★★ Read the text and put the events (a-g) in the order they happened (1-7).

- a The dolphins swam around Rob and the others.
- b The shark swam away because of the dolphins.
- c The dolphins followed the swimmers to the shore.
- d Rob saw a great white shark swimming close to him.
- e Rob, his daughter and her friends were swimming in the sea.
- f They were hitting their tails on the water.
- g They saw some dolphins swimming towards them.

**3** ★★★ Read the text and answer the questions. For each question, choose the correct answer (A, B, C or D).

- 1 The writer says that great white sharks
  - A eat dolphins sometimes.
  - B are a lot bigger than dolphins.
  - C have more teeth than other sharks.
  - D can be more than 7 metres in length.
- 2 The dolphins were
  - A not used to seeing humans.
  - B making the swimmers get closer.
  - C trying to get away from a shark.
  - D making it difficult to swim away.
- 3 Rob
  - A hadn't seen the dolphins.
  - B was not a strong swimmer.
  - C realised a shark was nearby.
  - D had often swum with dolphins.
- 4 In the end, the dolphins
  - A swam after the shark.
  - B were protecting themselves.
  - C carried the swimmers to shore.
  - D made sure the swimmers were safe.





# Revision (Modules 1-2)

## Vocabulary

### 1 ★ Choose the correct item.

- Excuse me, I need to **do/make/bring** a phone call.
- We didn't play football yesterday because it was **falling/blowing/pouring** with rain.
- Do you want to **take/go/trek** a walk?
- He **suffers/struggles/resists** with his schoolwork.
- The temperature **dropped/reached/froze** to -5°C last night and the puddles in our garden turned to ice.
- I'm tired. Let's **relax/rest/have** a break.
- Watching professional gymnasts **motivates/admits/dedicates** her to train harder.
- Let's **head/hit/catch** down to the skate park after school.
- I can't believe Jess **disappeared/missed/lost** her flight to the USA!
- He doesn't like **joining/doing/playing** video games.



### 2 ★★ Form collocations using the words in the boxes. Use them to complete the sentences (1-6).

• rock • natural • sky  
• ice • youth • self-catering

• skating • accommodation • diving  
• hostels • wonders • climbing

- Backpacking is popular with young people who want to see the world and its \_\_\_\_\_.
- Backpackers save money on food by staying in \_\_\_\_\_.
- They travel light and often share rooms in \_\_\_\_\_ with other travellers.
- A lot of backpackers try new activities while they're travelling, such as \_\_\_\_\_ up canyons or cliffs.
- Others try local activities, such as riding a camel in Morocco, or \_\_\_\_\_ on frozen Lake Vanern in Sweden.
- Some save up and spend their money on the experience of a lifetime, like \_\_\_\_\_ from a plane in Australia!

### 3 ★★ Fill in: *freebies, cabin, hotel, mist*. Then underline how each person feels.

- I'd like to complain to the manager of the \_\_\_\_\_, please. We've been waiting for someone to bring our luggage to our rooms for half an hour! **confused/annoyed**
- After Lewis told me that the little wooden \_\_\_\_\_ was haunted, I couldn't sleep all night! Suddenly, all the shadows looked spooky and I kept hearing strange noises in the forest outside. **frightened/calm**
- We were lost in the \_\_\_\_\_ for hours. It was such a relief when we finally found our way back to our campsite. **relieved/relaxed**
- My brother writes a blog for teenagers, so he often gets \_\_\_\_\_ from big companies, but I never get anything. **sorry/jealous**

### 4 ★★ Complete the gaps with the correct form of the words in brackets.

- We had an \_\_\_\_\_ holiday in the Azores. (**ENJOY**)
- There is an \_\_\_\_\_ volcano on the island. (**ACT**)
- São Paulo is an \_\_\_\_\_ holiday destination. (**EXCITE**)
- For \_\_\_\_\_ reasons, keep your valuables in the hotel safe. (**SECURE**)
- I always take a book with me on long journeys so that I don't suffer from \_\_\_\_\_. (**BORE**)

### 5 ★ Choose the correct item.

- Does this jacket go **by/with/on** my dress?
- Mike isn't keen **on/for/at** sports.
- Sheila uses her bike to get **across/along/around**.
- We decided to explore the forest **on/by/with** horseback.
- They're huge fans **for/of/to** adventure holidays.
- I left my keys in my pocket and the security alarm went **off/up/out** at the airport. It was so embarrassing!
- What was the highlight **for/to/of** your trip to New York City?
- She's learning Arabic **with/at/in** her free time.

# Revision (Modules 1-2)

## Grammar

6 ★★ Put the verbs into the *present simple*, *present continuous*, *present perfect* or *present perfect continuous*.

- 1 Max usually \_\_\_\_\_ (go) on holiday in July.
- 2 \_\_\_\_\_ (you/ever/try) sandboarding?
- 3 Lisa \_\_\_\_\_ (do) her homework at the moment.
- 4 Dad \_\_\_\_\_ (search) for flights for over an hour.
- 5 I \_\_\_\_\_ (not/sign up) for badminton lessons yet.
- 6 \_\_\_\_\_ (Amy/work out) at the gym every day?
- 7 We \_\_\_\_\_ (see) a film at the cinema this evening.
- 8 He \_\_\_\_\_ (rest) in bed all day; he's got the flu.

7 ★ Put the verbs into the correct comparative or superlative form, adding any necessary words.

- 1 I practise archery twice a week and I'm much \_\_\_\_\_ (good) than I used to be.
- 2 I thought Prague was \_\_\_\_\_ (interesting) of all the cities we visited.
- 3 I'm afraid Evan isn't as \_\_\_\_\_ (nice) his brother.
- 4 That was \_\_\_\_\_ (bad) holiday we've ever been on. I hated it!
- 5 Climbing the mountain was \_\_\_\_\_ (hard) than I had imagined.

8 ★ Fill in the correct relative pronoun/adverb.

- 1 British Airways is the airline \_\_\_\_\_ my dad works for.
- 2 August is the month \_\_\_\_\_ we go on holiday to France.
- 3 Mr Rogers is the man \_\_\_\_\_ tent we borrowed when we went camping.
- 4 Thailand is the country \_\_\_\_\_ Jenny lives now.
- 5 That's the girl \_\_\_\_\_ writes that popular travel blog.

9 ★ Put the verbs into the *past simple*, *past continuous*, *past perfect* or *past perfect continuous*.

- 1 A: Who \_\_\_\_\_ (you/talk) to at 9 o'clock yesterday evening? I \_\_\_\_\_ (try) to call you three times!  
B: I \_\_\_\_\_ (change) our flights to Costa Rica. My dad \_\_\_\_\_ (book) three children's tickets instead of three adult ones!
- 2 A: Your family all \_\_\_\_\_ (look) very tanned in those photos you posted on social media last night.  
B: Well, we \_\_\_\_\_ (sunbathe) on a beach in Greece for three weeks before we \_\_\_\_\_ (take) them!
- 3 A: Hi, Carla! \_\_\_\_\_ (you/enjoy) your first night in the cabin?  
B: It was so peaceful! The wind \_\_\_\_\_ (blow) through the trees and an owl \_\_\_\_\_ (hoot) outside.
- 4 A: It's a shame the Robinsons \_\_\_\_\_ (not/join) us for dinner last night.  
B: Yes, but they were very tired. They \_\_\_\_\_ (hike) all day in the forest and they just \_\_\_\_\_ (want) to relax in their rooms.

10 ★★ Rewrite the sentences using the adjectives/adverbs in the correct order.

- 1 You can reach the airport if you leave at 9 am. (easily/on time)
- 2 I'm looking for a suitcase. (red/leather/large)
- 3 We ate a meal in Paris. (French/delicious/traditional)
- 4 I can meet you. (in five minutes/outside)
- 5 They camped on a beach. (white/sandy)

## Everyday English

11 ★ Choose the correct response.

- 1 A: What's the matter?  
B: a It really bothers me.  
b It's my brother.
- 2 A: My holiday was a terrible experience.  
B: a Why? What happened?  
b What could I do?
- 3 A: Poor you!  
B: a OK, that's not good.  
b Yes, it was awful.

# Skills practice A



## Reading

### Rachel's World

Hi, Guys! Rachel here. **1** I've been busy with my new hobby – rock climbing! I started learning on a climbing wall, but now I'm climbing real cliffs. It's exciting, challenging – and a little bit scary! **2** I can't wait for my next adventure – cliff camping! What about you? What's your hobby?



**Max06** Hello, Rachel. Great post! Your hobby sounds fun, but it's not for me. **3** I prefer to keep my feet on the ground – especially the badminton court! I play for at least 10 hours a week against my friends, my coach and in competitions. I hope I can compete in the Olympic Games one day.

**LisaLiu** Hi, I'm Lisa and my hobby used to be ballet. **4** I enjoyed it, but when I was 10 I discovered gymnastics, and I haven't looked back. Performing in front of a crowd used to make me nervous, but now I really enjoy taking part in competitions. At first, you might think gymnastics isn't as exciting as rock climbing, but I still remember the first time I did a triple back flip. **5** The thing I love most about it is, no matter how good you are, you can always get better.

**1** ★ Five sentences have been removed from the blog. Choose from sentences (A-H) the one which fills each gap (1-5). Three sentences are extra.

- A I started going to lessons when I was three years old.
- B I've always loved Olympic sports.
- C It was the most amazing feeling ever!
- D I love it, though.

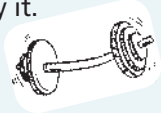
**2** ★★ Read the completed blog. For each question, choose the correct answer (A, B, C or D).

- 1 Rachel is planning to
  - A start a new hobby.
  - B try cliff camping.
  - C climb a real cliff.
  - D practise on a climbing wall.
- 2 Max says that he would like to
  - A try rock climbing.
  - B play badminton more often.
  - C beat his coach in a match.
  - D take part in the Olympic Games.
- 3 Lisa's favourite thing about gymnastics is the opportunity to
  - A improve her skills.
  - B do special tricks.
  - C win competitions.
  - D perform in front of other people.

**3** ★★★ Read the blog and the leaflet. Match the activities (A-E) to the people (R – Rachel, M – Max06, L – LisaLiu). Two activities are extra.

## Activities

- A Have you got talent on the vault, bars, beam and floor? Apply now to compete in the Junior Championships and show off your amazing gymnastic skills! Don't forget, the Junior Championships are only one step away from the Youth Olympic Games: have you got what it takes to go all the way to the top?
- B What do Chen Long, Jia Yifan and Viktor Axelsen all have in common? They're World Champions who first won the BWF World Junior Championships. Could you be next? If you've competed in major national badminton competitions, you could be in with a chance! Visit [bwfcorporate.com](http://bwfcorporate.com) for more information.
- C Do you want to learn to dance professionally? Sparkle Toes Dance Studio runs ballet classes for children aged 3-10 years old. For teenagers, we have the Step Up programme, which fine-tunes their skills and sets them on the path to becoming world-class dancers.
- D Have you got a head for heights? Take a trip to London's Olympic Park. Join us 80 metres above the ground on the ArcelorMittal Orbit Tower. Feeling brave? Tie a rope around your middle and abseil down the side of the tower! You're in free fall so it's more exciting than a climbing wall anyway!
- E Fancy doing something different this weekend? Why not try out the new Beginners Rock Face at Rock Ridge National Park? We're offering a free class for people aged 11-17 who have never climbed outdoors before. Learn the basics, and soon you can take on the Advanced Rock Face, which is much steeper!




- F I haven't updated my blog in a while.
- G I'd really like to try it.
- H I hate heights!




# Skills practice A


## Listening

4 ★  3.9 Listen to three short dialogues. For each question, choose the correct answer.

- 1 You will hear two friends talking about after-school activities. What does the girl think about fencing?  
A It's too boring. B It isn't dangerous.  
C It sounds exciting.
- 2 You will hear a girl telling her friend about a film she saw. How did she feel about the film?  
A excited B annoyed C disappointed
- 3 You will hear two friends talking about another friend, Henry. The boy thinks Henry is  
A arrogant. B confident. C generous.

5 ★★  3.10 Listen to a radio interview with a blogger called Julia. For each question, choose the correct answer.

- 1 What was the weather like in Hawaii?  
A wet and cold B warm and sunny  
C warm and wet
- 2 Where did Julia stay?  
A at a youth hostel B in a tent  
C at a hotel
- 3 The food Julia ate was  
A from all-inclusive hotels.  
B from restaurants.  
C cooked by her and her friends.
- 4 Why did Julia decide to go to the water park?  
A She had visited all the places in town.  
B She was already wet from the rain.  
C She was tired of the crowds.
- 5 Julia's blog is about  
A enjoying all types of weather.  
B having fun in any situation.  
C what to do when the weather is bad.

6 ★★★  3.11 Listen and put the events (A-G) in the correct order (1-7).

- A Tom decided to check the map.
- B Tom got a new passport.
- C They walked to the Old Town.
- D They reported the crime to the police.
- E They saw the Astronomical Clock.
- F Tom realised his phone, wallet and passport were missing.
- G They saw Prague Castle.

## Writing

7 ★ Being a teenager isn't easy. Write a short paragraph giving advice. You can use these ideas and/or your own (60-80 words).

- not have many friends/join a club
- be bullied online/tell parents/teachers
- argue with family members/explain how they feel
- worry about appearance/develop a positive self-image

8 ★★ Use the fact file to prepare an advert about the holiday destination (100-120 words).

### FACT FILE



**Place:** Oahu, third largest island in Hawaii

**Location:** Pacific Ocean

**Accommodation:** five-star resorts, hotels, self-catering apartments

**Activities:** visit Honolulu (the capital of Hawaii), the Japanese temple, Makapuu lighthouse, go surfing on the North Shore

**Cost:** £1,200 per person including flights

9 ★★★ You have decided to write a story for the school magazine short story competition. Use the ideas from Ex. 6 and your own ideas to write your story (100-150 words).