

Grammar

1 Underline the correct verb form.

- a) I had always wanted / was always wanting to visit Antarctica since I was a young boy and saw / was seeing a film about it in school.
- b) We had prepared / had been preparing for the trip for over three months. I was so disappointed when they cancelled / were cancelling it.
- c) We were getting / had got ready to leave when the phone rang / was ringing and Phil told / was telling us the terrible news: someone stole / had stolen our boat!
- d) I was waiting / had been waiting for this moment for so long. But now that it finally arrived / had finally arrived, I didn't know / hadn't known what to do!
- e) I didn't ever do / had never done anything like that before.
- f) When my turn came / had come, I just closed / was just closing my eyes and jumped / was jumping.

2 Correct the grammatical mistakes in five of the sentences below. Tick (✓) the sentences that are correct.



- a) John was walking home one night. ✓
- b) He was hearing a strange noise behind him.
- c) It sounded as if someone had followed him.
- d) He turned round quickly to see who it was.
- e) The noise stopped and John kept walking.
- f) He had never been feeling so scared in his whole life.
- g) Whoever it was, they had been following him for some time.
- h) John hadn't known what to do.
- i) He was taking one last look over his shoulder.
- j) Then he ran home as fast as he could.

3 Add ten missing auxiliary verbs (*had*, *hadn't* or *was*) to the text. The first one has been done for you.

had
Aron Ralston ^{had} been climbing in a remote canyon in Arizona when disaster struck. He climbing down a particularly narrow part when a huge rock fell and trapped his arm. As he been climbing on his own, there was no-one to help him. And he knew that no-one would think of looking for him there because he told anyone where he going. He brought his phone with him, so he couldn't call for help. He waited for five long days, but no-one came to find him. By the fifth day he lost all sensation in his arm. He realised that he had no choice. He would have to cut his arm off at the elbow in order to save his life. Once he cut off his arm, he managed to climb to the floor of the canyon. As he walking out of the canyon, he met a group of people who been hiking in the area. They called for help and a helicopter soon arrived to take him to a nearby hospital.



14 Listen and check.

4 Write the words in order to complete the questions.

- a) Aron had when doing happened accident been the ?
 What *had Aron been doing when the accident happened?* _____
- b) him for come hadn't look anyone to ?
 Why _____
- c) help called he for hadn't ?
 Why _____
- d) canyon had long he waited in the ?
 How _____
- e) to done away he had get ?
 What _____
- f) hikers met doing when he had been the he ?
 What _____

5 Answer the questions in Exercise 4. Use full sentences.

- a) *He had been climbing in a remote canyon.* _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

6 Underline the correct verb form.

- a) I'll be finishing / **have finished** this page *before I go to bed.*
- b) I'll be going / **have gone** out with friends on *Thursday night.*
- c) I'll be working / **have worked** hard *all weekend.*
- d) I'll be having / **have had** my dinner *by the time you get home.*
- e) I'll be getting / **have got** a new job *by this time next month.*
- f) I won't be going / **have gone** away on holiday *again for at least six months.*
- g) I won't be doing / **have done** any sport *this evening.*
- h) I'll be getting / **have got** married and **having** / **had** three kids *by the time I'm thirty.*

Change the words in italics to make the sentences true for you.

7 Complete the text using the future continuous or the future perfect form of the verb in brackets.



I can see a lot of hard work in the future and you (1) *will be doing* (do) a lot of travelling in your job. But it'll be worth it. By the time you're twenty-five you (2) _____ (start) your own company. By the time you're thirty you (3) _____ (make) your first million. And you (4) _____ (fall) in love at least three times. The third time will be the real thing. In fifteen years' time you (5) _____ (give up) your job and you (6) _____ (live) in a big house in the country. You (7) _____ (change) your lifestyle completely. You and your husband (8) _____ (run) a small farm and looking after your five children.

15 Listen and check.

Pronunciation

1 16 Listen to the recording and underline the word in italics that is more stressed.

- a) I definitely don't *feel up* to it.
- b) You'll soon *shake it off*.
- c) I think I'm *coming down* with something.
- d) The children *wore me out*.
- e) The smell really *put me off*.
- f) My son looks very like my husband, but he *doesn't take after him* in other ways.

2 17 Listen and practise saying the sentences below. Put the stress on the underlined words.

- a) I'm going to cut down a bit on going out.
- b) I can't do without you!
- c) I can't keep up with all my work.
- d) Why don't you come up with a better idea?
- e) Let's put it off till tomorrow.

Vocabulary

1 Complete the sentences with the words in the box.

deal genuine imminent interest
obscenely particularly shambolic

- The team prepared themselves for their imminent departure to the North Pole.
- The whole trip was incredibly badly organised – obscenely, in fact.
- The expedition created a huge amount of media interest.
- The leaders of the expeditions were offered a very generous book particularly on their return.
- It is my genuine belief that anyone who risks their life for a sport is completely mad.
- Only the rich can afford to have a private jet.
- He's a genuinely gifted pianist.

2 Complete the sentences with the correct form of the word in brackets.

- She was very self-conscious and hated speaking in public. (conscious)
- The trip had been very enjoyable. Everyone had had a good time. (enjoy)
- The food was very good and the price was fairly reasonable. (reason)
- It takes a lot of discipline to give up smoking. (discipline)
- He suffers from very low esteem. He just doesn't believe in himself. (esteem)
- The government wants to make adult education more accessible to people who work full-time. (access)
- He used to work as a builder before he became an Arctic explorer. (employ)
- The stress was getting so, so she left her job. (bear)
- The key to success is self-belief. If you believe something is achievable, then you will achieve it. (achieve)
- It'll take some organising, but I think it's doable. (do)

3 Match the definitions with the words you wrote in Exercise 2.

- the ability to control your behaviour so that you do what you should do self-discipline
- the feeling that you are as important as other people and deserve to be treated well esteem
- gives you pleasure enjoyable
- possible for you to do (two words) reasonable ; doable
- so extreme that you can't deal with it obscenely
- not too expensive reasonable
- easy to get or use accessible
- embarrassed or worried about how you look or what people think of you self-conscious
- working for yourself builder

4 Complete the expressions with the words in the box.

out into no of jammed
slow undo load

- in charge of: having control over someone/something and responsible for them
- the gun was jammed: the gun didn't work
- no way: used for emphasising that something isn't true or possible
- figure out: be able to understand or solve a problem
- go into slow motion: appear to move more slowly than in real life
- load the gun: put bullets into the gun
- swing undo action: start doing something quickly and efficiently
- undo the zip: open the zip

5 Use expressions from Exercise 4 to complete the text below. Make any necessary changes.

He heard a strange noise outside the tent. He lay there trying to (1) figure out what it was, then he slowly (2) opened of the tent door. He quietly (3) looked and pointed it at the darkness. He was (4) in charge of the camp that night and there was (5) no he was going to let someone steal their food or equipment. Suddenly a dark shadow jumped out of the trees: it was a lion. He quickly (6) loaded. He tried to fire his gun, but (7) was jammed. Everything seemed to (8) undo. He picked up a stick and started shouting wildly. The lion stopped, looked at him and then turned to go away.

🎧 18 Listen and check.

6 Put the sentences in the right order.



Get fit – you owe it to yourself!

- walk? Or how about getting a bike and cycling
- all those extra calories. Or what about doing
- Are you feeling tired, stressed and out of
- fresh air. You don't have to get an expensive gym
- lycra. Try an outdoor option. If you're stuck
- shape? Then it's time you got out in the
- inside all day at your job, why not go for a brisk
- to work and back every day? That'll soon burn off
- membership to keep fit, or wear
- some team sports? It's far more motivating – and much more fun.

1	2	3	4	5	6	7	8	9	10
c									

7 Underline the correct verb.

- I don't really **feel** / **keep** up to doing any exercise today. Can we leave it till tomorrow?
- Jamie's incredible, he **gives** / **picks** things up so quickly. He learnt to surf in a day!
- I'm really trying hard to **give** / **pick up** chocolate. I eat far too much and it's really bad for me.
- He walked out of the door on to the street and **felt** / **lit** up his last cigarette.
- What does this mean?
I don't know. **Look** / **Take** it up in a dictionary!
- Hey, can you slow down a bit, please? I can't **come** / **keep up** with you! You're running too fast.
- Quick! I need to **come** / **take up** with a good excuse for not playing football tonight!
- Have you ever thought about **giving** / **taking up** a new sport?

8 Write the words in bold in the correct order.

- I'm not feeling very well. I think I'm **down coming** with something. coming down with
- Don't laugh! You're **off me putting**. I can't concentrate. _____
- I'm getting really fed up with this cold. I've been trying to **off it shake** for weeks. _____
- Have you seen Jim's dad? He really **him after takes**. They look exactly alike. _____
- I'm really sorry, I forgot all about the tennis match. I didn't mean to **you down let**. _____
- Give her time. She'll **over get it** soon enough. _____
- Yes, that's quite a mystery. We'll have to **into look it**. _____
- I've tried giving up, but I really don't think I can **it without do**. _____

9 Write the words in order to make sentences.

- happens when horrible that It's
It's horrible when that happens.
- right serves you It

- blame got You've yourself only to

- home were if go I you I'd

- death look You like up warmed

10 Complete the mini conversations with expressions from Exercise 9.

Conversation 1

- A: Oh, my feet! These new shoes are killing me!
- B: Oh, I know, (1) It's horrible when that happens. The same thing happened to me last week.
- C: (2) _____.
Those shoes are far too high for walking around town all day!


Conversation 2

- A: Are you OK? (3) _____
- B: I think it's something I've eaten ...
- A: (4) _____
- B: Yes, I think I will.

Conversation 3

- A: Oh, my eyes are really sore.
- B: I'm not surprised! (5) _____
_____. You've done nothing but watch TV for the last five hours!

Listening

1  19 Kandi Wright is a snake handler. She is trying to break a world record for living in a cage with 40 poisonous snakes. Cover the listening script opposite and listen to an interview with Kandi and answer the questions.

- Why is she doing it?
- What does she say is the most difficult thing about the experience?
- Does she get bored?
- Does she think she'll be able to break the record?



2 Listen again. Decide if the sentences are true (T) or false (F).

- A man in Zimbabwe had recently succeeded in breaking the record. T
- Her friend suggested that Kandi should try to break the record too. F
- Kandi has been in the snake cage for more than two months. F
- She doesn't get a lot of visitors. F
- A snake bit her on her hand. F
- She finds it really hard to keep fit. F
- She spends a lot of time working on her computer. F
- She's looking forward to getting out of the cage. F

3 Match the verbs on the left with their collocations on the right.

- | | |
|-----------------|---------------|
| a) do | an idea |
| b) give someone | a new record |
| c) go | money |
| d) keep | for a walk |
| e) raise | fit |
| f) set | some exercise |

Check your answers in the script.

Interviewer: So, Kandi, what gave you the idea for the record attempt in the first place?

Kandi: Well, it all started as a bit of a joke. A friend said she'd seen something on the internet about a man in Zimbabwe who'd set a new record for living in a box with 40 poisonous snakes to raise money for a children's charity. We all thought he must have been mad. But then I started thinking about it, and the idea grew on me. I thought, I could do that – I could break his record. It'd be a great way to raise the profile of Marlton Wildlife Park – you know – get a bit of media interest. So I suggested it – and well, here I am! Day 75 with another 45 to go!

Interviewer: So, how's it been so far? What's been the most difficult thing to get used to?

Kandi: Well, obviously I'm a snake handler – that's my job – so it wasn't difficult getting used to the snakes, but it *was* difficult getting used to the confined space of my 'box' – not being able to go out, not being able to go for a walk, not being able to go back to the comfort of my home at night.

Interviewer: So what do you do all day? How do you keep yourself from getting bored?

Kandi: Bored? I never get the time! I get heaps of visitors – schoolkids, tourists, that kind of thing. I show them the snakes, we talk through this open window here. And then there's the snake page on the park's website – that keeps me really busy. People write in with loads of questions about the snakes – what they eat, where they sleep, if I've been bitten.

Interviewer: And have you?

Kandi: No – not yet! But I did step on one of the mambas one day – poor thing. It was so scared it bit my boot – luckily it's a very strong boot, so its teeth didn't get through to my foot – but I learnt to be more careful about where I put my feet after that!

Interviewer: You look like you're in pretty good shape. How do you keep fit in here? Do you get to do any exercise?

Kandi: Yeah, sure. I've got a running machine in the corner over there. I spend an hour on it in the morning and another 40 minutes or so every evening. It's never been so easy to keep to a fitness regime!

Interviewer: So, what are your plans for the next 45 days? Do you think you'll be able to make it?

Kandi: Sure, no problem. It's just a question of time – and of concentrating on now and not the future – on what I'm doing now and not what I'll be doing when I get out! That just makes the wait seem that much longer!

Interviewer: Well, thanks for talking to us, Kandi, and good luck with the next 45 days.

Writing

Writing an article Giving advice

1 Read the article and choose the best title.

- Choosing a marathon
- Marathons for beginners
- How to run a marathon

Almost anyone can complete a marathon, as long as they follow a good training programme. [1]

Start by gathering as much information as you can. Try reading books about marathons, surfing the net and talking to people who have already completed a marathon. It's important to find out as much as you can about different training schedules and really think about how that training will affect your life. [2]

Next, you should choose the date and location of your first marathon. [3] It's a good idea to choose a race where other beginners will be taking part. Remember to give yourself plenty of time to train and get ready. Six months is the minimum training period.

Before you start training, you definitely ought to consider investing in a good pair of running shoes. Getting running shoes that are suitable for your running style, foot type, and level of experience will help you run more comfortably and avoid injuries. [4]

As part of your marathon training, it's definitely worth trying out a few shorter races. [5] This is important because there are many new experiences that races bring that regular training does not.

One of the best ways to motivate yourself is to find a running partner. [6] Or maybe you could post a message on this site and find another keen marathon beginner in your area!



2 Find the places (1–6) in the text where the following sentences should go.

- Think about the time of year you'll be running and the weather.
- Why not sign up for a 5 or 10 kilometre race?
- You just need to take the time to find the right training programme for you.
- Light, comfortable running clothes are equally important.
- If none of your friends are interested, you could always join a running club near you.
- And remember to be honest with yourself about whether you can do what is needed.

3 Read the article and the sentences in Exercise 2 again and underline any useful expressions for giving advice.

4 You are going to write a similar article for the same website called 'What to do on the day of the race'. Here are some ideas. Can you think of ways to develop them or add ideas of your own?

- get up early – give yourself plenty of time to get ready

- have a good breakfast – at least an hour before running

- get to the start in plenty of time – you will need to pick up your race number.

- warm up with a gentle jog or short run – don't do too much or you'll be tired before you start

- don't worry about the time it takes – just think about finishing

- enjoy! finishing your first marathon is a great achievement

5 Now write the article. Use approximately 180 words.