

1

VOCABULARY

Leisure activities

1 Read the text and decide which option (A, B, C or D) best fits each gap.

It is now generally recognized that stress is a major (1) of heart disease, and contributes to many other illnesses. Stress is increased by (2) such as worry, overwork and lack of exercise or relaxation. For it is just as important from a psychological point of (3) to relax as it is to (4) physical exercise. Relaxing does not necessarily mean just lazing about and doing nothing. The benefits of a weekend away or the diversion of sporting activities are considerable. If you are suffering from high stress (5) , or wish to (6) after a trying day, it is generally advisable to have a change of (7) Although there are some individuals who (8) on stress, for most of us it can lead to exhaustion, mood swings and even severe depression.

- | | | | |
|-------------|-------------|-------------|-------------|
| 1 A reason | B motive | C cause | D purpose |
| 2 A factors | B aspects | C elements | D items |
| 3 A fact | B departure | C view | D return |
| 4 A make | B have | C undergo | D take |
| 5 A rates | B layers | C ratios | D levels |
| 6 A hold up | B wind down | C draw back | D peter out |
| 7 A scene | B location | C sight | D place |
| 8 A bloom | B prosper | C thrive | D flourish |

2 Choose two items from the box which are used in each activity.

armbands	bars	flippers	hammer	horse	mask	rod	spanner
bait	compass	goggles	helmet	lens	pump	rucksack	tripod

- | | | |
|------------------|-------------------|------------------|
| 1 gymnastics | horse | bars |
| 2 scuba diving | | |
| 3 fishing | | |
| 4 walking | | |
| 5 photography | | |
| 6 do-it-yourself | | |
| 7 swimming | | |
| 8 cycling | | |

3 Both options make sense. Underline the one which forms a common collocation.

Last week well over a thousand people (1) *took place in* / *took part in* our local round-the-city 10-kilometre fun run. This kind of race doesn't normally (2) *appeal to me* / *amuse me* as, frankly, I'm not really (3) *cut out for* / *right for* long-distance running. But I've got two friends who are dead keen runners and who keep going on about the (4) *beneficial* / *positive* effects of running. So I decided to run, partly for that reason and partly to (5) *earn* / *raise* money for charity. Friends and colleagues agreed to (6) *sponsor* / *support* me, and pay for each kilometre I completed. Well, I hadn't done much training for the big event, and after two kilometres I was (7) *gasping* / *panting* for breath, so I settled down to a slow jog and resigned myself to plodding along with the (8) *strugglers* / *stragglers* at the back of the race. At least I finished, and was very pleased with myself, as I didn't need to stop. I timed myself with a stop-watch, and reckon I (9) *crossed* / *arrived at* the finishing line in 43 minutes – not bad for a novice. The heat proved too much for a few people who'd gone off too fast for their capabilities and ended up (10) *suffering from* / *showing* exhaustion. Apparently, the course was very fast, and both of my friends ran a (11) *personal best* / *personal record*. The winner (12) *surpassed* / *broke* the course record. I was actually very impressed with the whole event; the organization was first-class, with medical volunteers (13) *on duty* / *on standby* throughout, and drinks (14) *stops* / *stations* every few kilometres of the route. So now the charity of my choice is £150 the richer, and as for me, I'm well and truly bitten by the running bug. I go running with my friends regularly now, and I'm actually starting to (15) *catch up with* / *get near to* them!

4 Complete each sentence with a word formed from the word in CAPITALS.

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|--|----------|
| 1 The new leisure centre doesn't quite come up to my <u>expectations</u> . | EXPECT |
| 2 There was a bare of people at the youth club. | HAND |
| 3 Helen's solo crossing of the Pacific was a feat. | REMARK |
| 4 We go to the pub before lunch on Sunday. | VARY |
| 5 All the runners, with the of Mark, were exhausted. | EXCEPT |
| 6 Our club has just purchased new sports | EQUIP |
| 7 Our city has some open spaces but they are not very | ACCESS |
| 8 Is it possible to between a hobby and an interest? | DISTINCT |
| 9 Nowadays numbers of people are taking up jogging. | INCREASE |
| 10 Leisure habits won't change much in the future. | SEE |

5 Read the text and decide which option (A, B, C or D) best completes each collocation or fixed phrase.

Very few popular (1) sports today remain amateur in any sense of the word. In the past, even in cases where payment to players or athletes was forbidden, many (2) tolerated what became known as ‘shamateurism’, and even the sports governing (3) turned a blind eye to such (4) as the paying of ‘expenses’. More recently, sport has become, in effect, a (5) of the entertainment industry, and the elite (6) in sports such as swimming, tennis, football and track (7) can expect to become very rich. This worries some people, who complain that the old Olympic ideal has been lost, but the fact is, sport has become more and more (8) in the wider sense, not only requiring total dedication from (9) champions, but also expensive facilities, training and nutritional advice. As it is simply no longer possible to combine a career in sport with one elsewhere, shouldn’t (10) sportsmen and women be able to earn as much as they can from sport?

- | | | | |
|------------------|------------------|---------------|-----------------|
| 1 A audience | B watching | C spectator | D viewing |
| 2 A contests | B matches | C games | D sports |
| 3 A associations | B confederations | C authorities | D bodies |
| 4 A practices | B occurrences | C acts | D operations |
| 5 A branch | B division | C wing | D limb |
| 6 A doers | B players | C makers | D performers |
| 7 A running | B athletics | C activities | D racing |
| 8 A scientific | B part-time | C trained | D professional |
| 9 A hopeful | B aspiring | C striving | D wishful |
| 10 A faithful | B loyal | C dedicated | D whole hearted |

6 Complete each sentence with a word from the box.

board	draw	lap	referee	runner-up
dive	fan	oar	round	whistle

- While I was rowing across the lake I lost one *oar*
- Neither team deserved to lose and the match ended in a
- Ruth was well out in front by the end of the fifth
- After the rugby match David was attacked by an angry
- Brian impressed everyone with his into the pool.
- Our gym teacher used to make us stop by blowing a
- During the chess game Carol knocked all the pieces off the
- Our team was knocked out of the competition in the second
- During the match one of the spectators offered the his glasses.
- Denise won the race and her sister was

7 Complete each set of sentences with one word which fits in all three sentences.

- 1 Later in the programme we have highlights of two big matches played earlier today: Ajax met Juventus while Barcelonatook..... on Porto.
The weightlifter who allegedlytook..... performance-enhancing drugs has been named today.
On my doctor's advice, Itook..... up yoga in order to relax.
- 2 The transfer of Mario Rossi has been approved by the club's of directors.
The new pool has a slide, water chute and diving
In any game of chess, the queen is the most powerful piece on the whole
- 3 Right now Evans is very in confidence; she needs to start winning a few races again.
There was a disappointingly turnout for the youth club's open day.
When you're cycling up a steep hill you will need to be in a gear.
- 4 the earth down around the roots after you've planted the flower.
Jim's dad took him out into the middle of the pool and showed him how to water.
I've got my photos drying out on the kitchen floor, so whatever you do, don't on them!
- 5 Unbelievable – what an amazing of events! Smith has come from behind to take the gold medal!
As I'd never played this card game before, the others let me have another
... and Walton showed a of speed that left his opponents for dead.



2

VOCABULARY

Travel and movement

1 Read the text and decide which option (A, B, C or D) best completes each collocation or fixed phrase.

Most big cities were built long before the heyday of the private car. As a result they rarely have enough space for moving traffic or parked vehicles, and long queues of (1) vehicles are a common sight. Indeed some cities end up being almost permanently (2) during the day. Those that have a relatively free (3) of traffic at non-peak periods of the day do not escape either. The (4) hour of early morning or early evening can easily see traffic brought to a (5) The effects of exhaust (6) on air pollution in cities has been well documented. Buses might be seen as the solution, but they move slowly because of the sheer (7) of other traffic, thus encouraging more commuters to abandon (8) transport.

- | | | | |
|----------------|-------------|--------------|-------------|
| 1 A standing | B settled | C stationary | D static |
| 2 A stuffed | B saturated | C crammed | D congested |
| 3 A flow | B current | C tide | D flood |
| 4 A push | B rush | C hasty | D hurry |
| 5 A standstill | B hold-up | C jam | D freeze |
| 6 A smells | B odours | C fumes | D stinks |
| 7 A size | B volume | C breadth | D depth |
| 8 A civic | B mass | C public | D popular |

2 Match each person from the box with one of the sentences.

commuter	driver	passenger	pedestrian	steward
cyclist	hitchhiker	passer-by	rambler	traffic warden

- I love wandering through the countryside along deserted footpaths. *rambler*
- I'll bring you your drink in just a minute, madam.
- I've been waiting all morning at this roundabout for someone to stop.
- I was just walking down the street opposite the bank when I saw it happen.
- I've spent the last half an hour looking for a spot. It's hopeless.
- I rang my bell and braked, but one of the pedals hit a post and I fell off.
- The sign clearly says two hours only and you've been here all day.
- It's impossible getting across the road here. We need an underpass.
- Do you think you could go a little more slowly? I'm a bit nervous.
- This train is late every morning. It has been for years.

3 Complete the text with a word formed from the word in CAPITALS in each gap.

The Manager

Transworld Air

Portugal Street

London

Dear Sir or Madam,

I travelled last week on a Transworld Airbus from London

Gatwick to Copenhagen. This was the (1) outward OUT

journey of a holiday in Denmark, a (2) PACK

tour arranged through a company called 'Sunset'. My

(3) was due to leave at 8.20 on Tuesday FLY

25th November, but did not in fact leave until 20.30, a delay

of more than twelve hours. The reason given was that vital

(4) work had to be carried out. Although all MAINTAIN

passengers were given a free meal, no other offer of

(5) was given. Such a long delay is totally ASSIST

(6) , and I feel justified in the circumstances ACCEPT

in requesting some form of financial (7) COMPENSATE

I have written to the tour (8) , who denied OPERATE

responsibility and advised me to write to you.

I look forward to hearing from you.

Yours faithfully,

Charles Rogers

4 Both options make sense. Underline the one which forms a common collocation.

1 We managed to complete our journey ahead of / *in front of* schedule.

2 On our way to York, we divided / *broke* our journey in Peterborough.

3 As I wasn't coming back by train, I asked for a single / *simple* ticket.

4 The two coaches collided / *bumped*, but luckily no one was injured / *wounded*.

5 There has been widespread public enmity / *opposition* to the plan for a new road.

6 My car skidded / *slipped* off the road and hit a tree.

7 The train was packed, and there was standing place / *room* only.

8 Look at that enormous goods / *industrial* train – it must have 20 or 30 wagons!

9 The police accused Donald of breaking the speed limit / *restriction*.

10 The chairman made a brisk / *flying* visit to the company's new office in Brussels.

5 Read the text and decide which option (A, B, C or D) best fits each gap.

Anyone who has gone on a skiing holiday at a ski (1) of any size will be familiar with the age-old problem – the eternal wait for ski lifts and cable cars. Well, there is an alternative. If you feel like something just a little different why not try heli-skiing in Canada? Somewhere in the snowy wastes of the Rocky Mountains the helicopter will deposit you and your group onto a slope of virgin snow that you have all to yourselves. It is all a (2) cry from the busiest slopes of, say, Switzerland, France and Italy. You are fifty miles from the nearest town and there is nothing remotely (3) a ski lift, so you have to (4) on legs, skis and the chopper. You might see the (5) mountain goat or grizzly bear, but there won't be (6) of other skiers. There are one or two disadvantages. Your friendly helicopter pilot might just put you down in a five-metre snow (7) And freezing weather might ground your helicopter and leave you (8) in the wilderness.

- | | | | |
|----------------|-------------|--------------|-------------|
| 1 A spot | B haunt | C refuge | D resort |
| 2 A different | B strange | C far | D long |
| 3 A resembling | B appearing | C seeming | D looking |
| 4 A count | B trust | C rely | D reckon |
| 5 A occasional | B sometime | C incidental | D irregular |
| 6 A bunches | B hordes | C throngs | D swarms |
| 7 A dune | B pile | C mound | D drift |
| 8 A deserted | B stranded | C wrecked | D aground |

6 Replace the words underlined in each sentence with a form of one of the verbs from the box.

accelerate	ascend	collide	dismount	fasten
alight	board	disembark	endanger	reverse

- Ann got off her horse and picked up her riding hat. dismounted.
- As the plane went faster down the runway, David began to sweat nervously.
.....
- Without realizing it, Jim drove backwards into a lamp post.
- All the visitors to the ship must get off immediately as we are about to sail.
.....
- Passengers who wish to get off at Hove should travel in the front coach.
- Please do up your safety belt before we begin the journey.
- The captain refused to put at risk the safety of the crew.
- The balloon rose up gracefully into the summer sky.
- In thick fog, the two ships ran into each other outside the harbour.
- The sooner the passengers get on the aircraft, the sooner it can take off.

7 Complete each set of sentences with one word which fits in all three sentences.

- 1 It only takes one small accident to^{hold}..... up the traffic for several hours.
The new Atlantic airbus will^{hold}..... about 700 passengers.
Like it or not, it is the train and not the car which will^{hold}..... the key to the future of domestic travel.
- 2 Why don't you just get the goods delivered to your house, and
yourself a two-hour car journey into the city centre?
By driving at 70 km / h instead of 100, you can a lot of petrol.
I'm trying to up for a trip to Canada, so I can't afford to buy much at the moment.
- 3 The Department of Transport have a deadline of 1 June for completion of the new motorway.
Because of the strike by air traffic controllers, delays are to continue well into next week.
The trains in Switzerland are so punctual you can your watch by them.
- 4 The train was delayed because of ice on the
After the accident there was a solid of cars stretching back for several miles.
In a new initiative announced today, police are to take a harder on speeding motorists.
- 5 Sorry, I've rather lost of my argument.
Right, now, I want you to run twice around the for a warm-up.
After a while the we had been following was lost in thick undergrowth.

