

# Out of your comfort zone

## 1

### VOCABULARY

### New experiences

1 Match the adjectives below with pictures 1–6. There are two extra adjectives.

afraid annoyed confused joyful  
miserable relaxed stressed surprised



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

2 How would you feel in each situation? Use the adjectives from Exercise 1.

- 1 You think you do well in an exam but then you get a bad mark. \_\_\_\_\_
- 2 You get a really good grade in an exam. \_\_\_\_\_
- 3 You're lying on the beach on holiday. \_\_\_\_\_
- 4 Your little brother breaks your phone. \_\_\_\_\_
- 5 You have lots of homework to do and don't have much time. \_\_\_\_\_
- 6 Your friend visits you and you weren't expecting it. \_\_\_\_\_
- 7 Your pet dies. \_\_\_\_\_
- 8 You're watching a horror film. \_\_\_\_\_

### VOCABULARY

Adjectives of emotion |  
Phrases with *yourself* |  
New experiences |  
Personality adjectives

### GRAMMAR

Present tenses | Past tenses

### READING

Studying abroad

### LISTENING

Projection mapping

### SPEAKING

Asking for and offering help

### WRITING

A description of a personal challenge

### CHECK YOURSELF!

Vocabulary | Grammar | Speaking

### EXAM SKILLS

Słuchanie | Czytanie |  
Funkcje językowe | Środki językowe

### VIDEO

New beginnings (Lesson 1.2)  
First day nerves (Lesson 1.6)

3 Choose the adjective that does NOT fit in each sentence.

- I feel \_\_\_ when I walk alone in the street at night.  
a uneasy      b satisfied      c anxious
- Anna was \_\_\_ when she failed the exam.  
a relaxed      b afraid      c disappointed
- The next time she took the exam, Anna was \_\_\_ to pass it.  
a determined      b relaxed      c satisfied
- After spending weeks on their school project, Sue and Cameron were \_\_\_ when they finished.  
a joyful      b satisfied      c uneasy
- People gave me lots of different advice about the exam, which made me feel \_\_\_.  
a stressed      b joyful      c confused
- James was really \_\_\_ when he arrived at the station early and his train had already left.  
a miserable      b annoyed      c satisfied

4 **WORD FRIENDS** Choose the correct option.

- make / get plans
- boost / get a buzz out of something
- boost / change your confidence
- have / change your routine
- give / have an adventure
- give / get something a go
- have / take something on board
- say / give an opinion

5 Complete what the people are saying with the words below.

afraid    boosted    change    determined  
disappointed    get    have    made    stressed    uneasy

- This year has been so boring. I'm \_\_\_\_\_ to \_\_\_\_\_ an adventure this summer.
- Some people \_\_\_\_\_ a buzz out of walking up mountains, but I'm \_\_\_\_\_ of heights!
- Gillian \_\_\_\_\_ plans for the party weeks ago, so she'll be really \_\_\_\_\_ if we don't go.
- Nick felt \_\_\_\_\_ when meeting new people, but then losing weight \_\_\_\_\_ his confidence.
- I don't like it when I have to \_\_\_\_\_ my routine. It makes me feel \_\_\_\_\_.

6 ✨ Complete the words in the sentences.

- Sometimes it's difficult to e \_\_\_\_\_ yourself clearly in a foreign language.
- Why not c \_\_\_\_\_ yourself to try something new this week?
- It's important to k \_\_\_\_\_ yourself and be realistic about what you can achieve.
- If you want to do more exercise, you should m \_\_\_\_\_ yourself wake up early and go to the gym.
- Don't let miserable people damage your confidence. B \_\_\_\_\_ yourself and you'll be fine!
- Try something difficult for a change. You might s \_\_\_\_\_ yourself and enjoy it!

7 **EXAM** Complete the blog post with the words below.

anxious    challenged    congratulate  
determined    give    make    miserable  
routine    satisfied    take

## My thirty-day vegan challenge

This month I am getting out of my comfort zone! How? I've <sup>1</sup> \_\_\_\_\_ myself to stop eating any meat or animal products for thirty days. I'm not a vegetarian. In fact, I really like meat, but recently I read about the way many animals are treated and it made me feel really <sup>2</sup> \_\_\_\_\_. I decided to <sup>3</sup> \_\_\_\_\_ this on board and <sup>4</sup> \_\_\_\_\_ a vegan diet a go.

I'm a bit <sup>5</sup> \_\_\_\_\_ about just eating vegetables and nuts all the time and I'm worried about getting hungry, but I'm <sup>6</sup> \_\_\_\_\_ to be successful, so I'm going to <sup>7</sup> \_\_\_\_\_ myself do this for the whole thirty days!

I've just finished my first day and I had lots of fruit for breakfast, and pasta with tomato sauce for lunch. I've changed my <sup>8</sup> \_\_\_\_\_ because I usually have only a small lunch. The good news is that I felt <sup>9</sup> \_\_\_\_\_ all afternoon and not hungry at all. In the evening I had a salad with nuts. A positive first day, I think, so time to <sup>10</sup> \_\_\_\_\_ myself!

Come back tomorrow to read about day 2!

1 Match the verbs in bold in sentences 1–5 with functions a–e.

- 1 I **know** the answer.
- 2 Chris **is doing** his homework.
- 3 Sara **works** in a hospital.
- 4 I'm **working** at a restaurant for the summer.
- 5 School **starts** at 8 a.m.

- a a temporary situation  
b a present action  
c a state verb  
d a routine  
e a permanent situation

2 Complete the sentences with the Present Continuous form of the verbs below.

discuss leave not come not have  
not live rain think

- 1 We don't need to wait for Gary – he \_\_\_\_\_ with us.
- 2 Oh no! It \_\_\_\_\_! We can't have a picnic now.
- 3 I \_\_\_\_\_ at home now. Builders are redecorating our house this month.
- 4 Cate \_\_\_\_\_ about starting dance classes.
- 5 Oh no! Jill and Charles \_\_\_\_\_ politics again!
- 6 \_\_\_\_\_ (you) already? You only got here a few minutes ago!
- 7 My brothers \_\_\_\_\_ dinner with us tonight. They're at a summer camp.

3 Complete the sentences with the Present Simple or Present Continuous form of TWO of the verbs in brackets.

- 1 I \_\_\_\_\_ you \_\_\_\_\_ to play the drums – is that right? (hear / learn / think)
- 2 I usually \_\_\_\_\_ for the school bus, but this morning I \_\_\_\_\_ a lift from my dad. (get / take / wait)
- 3 Mia usually \_\_\_\_\_ to work, but today she \_\_\_\_\_ by train. (take / come / drive)
- 4 Quick, the film \_\_\_\_\_! You \_\_\_\_\_ the best part! (finish / miss / start)
- 5 I \_\_\_\_\_ my football coach because she always \_\_\_\_\_ me to do my best. (encourage / give / like)

4 ✨ Find and correct the mistakes in the sentences. One sentence is correct.

- 1 My aunt and uncle are having two children. They're eight and twelve.  
\_\_\_\_\_
- 2 I don't agree with the government's new education policy. What are you thinking?  
\_\_\_\_\_
- 3 Please don't disturb me. I'm doing my homework.  
\_\_\_\_\_
- 4 We stay in a different hotel this year because the place we usually stay in is closed for the summer.  
\_\_\_\_\_
- 5 Don't ask Phil for the answer. He isn't knowing.  
\_\_\_\_\_
- 6 Let's just sit down here. The game starts.  
\_\_\_\_\_

5 EXAM Complete the message with the Present Simple or Present Continuous form of the verbs below.

close do enjoy have (x2) love not know  
not work practise sell stay want

Hey Ben!

How are things? I <sup>1</sup> \_\_\_\_\_ if you know, but I've got a summer job in Munich for a few weeks. I <sup>2</sup> \_\_\_\_\_ with my German cousins who live here. It's great here and I <sup>3</sup> \_\_\_\_\_ myself a lot.

I'm working in a small shop which <sup>4</sup> \_\_\_\_\_ designer clothes and the other people here are really nice. We always <sup>5</sup> \_\_\_\_\_ lots of fun in the day. In the evening when the shop <sup>6</sup> \_\_\_\_\_, we usually all <sup>7</sup> \_\_\_\_\_ dinner together somewhere. I <sup>8</sup> \_\_\_\_\_ Munich! It's a really interesting city and I <sup>9</sup> \_\_\_\_\_ my German too!

What <sup>10</sup> \_\_\_\_\_ (you) this summer? <sup>11</sup> \_\_\_\_\_ (you) to come and visit me in Munich? It would be great to see you again and there's lots of space at my cousins' house. I <sup>12</sup> \_\_\_\_\_ at weekends, so we could spend some time together. Let me know!

Harry

1 Read the text. Match people A–F with the topics 1–6 they talk about.

- 1 crossing the street
- 2 how people behave
- 3 studying
- 4 making friends
- 5 losing something important
- 6 contacting your family

## Challenging yourself abroad

Studying abroad is a big challenge for anyone to face and so it's natural to feel anxious when you're making plans. But that doesn't mean you shouldn't give it a go. We asked six international students to share their best advice for studying abroad.



**A Maikel**

**From:** Barcelona **Studying in:** London

Try and learn something about the country before you go. Of course, you should learn the language and the basics — money, phones, etc., but it really helps if you can find out about the culture and the way people behave. You can find lots of information in books and on websites. Take it on board and you'll find it much easier to fit in.



**B Tomasz**

**From:** Kraków **Studying in:** Paris

Scan copies of all your important documents before you leave — passport, visa, insurance documents, etc. I've lost my passport twice and both times it was a nightmare. I had to spend days at the embassy trying to get a new one and while you don't have it, you can't really do anything!



**C Janice**

**From:** London **Studying in:** San Francisco

Learn the traffic rules! I got really stressed when I first came here because the cars drive on the other side of the road. I often got confused about where to look. Oh and 'jaywalking' (crossing the street in unauthorised places) is illegal here and you have to pay an expensive fine if a police officer sees you!



**D Stephen**

**From:** Birmingham **Studying in:** Rio de Janeiro

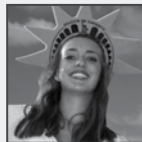
You should definitely make friends with the locals because it will help you integrate. But I've learnt that it's also OK to make friends who are from your own country. It will help you feel less homesick and less miserable. Also, say 'yes' to every opportunity, even if you feel a bit uneasy at first. If you do, you'll have an adventure and see places you've never seen before. And may never see again!



**E Özge**

**From:** Istanbul **Studying in:** Berlin

Keep a journal. Make yourself write something every day, even if it's just a sentence or two about what you've done that day. In a few years' time you'll get a buzz out of reading about your time abroad. And don't forget you're there to study. Meet new people and explore, but remember to go to class in the morning, even if it's not compulsory. Once you've studied, congratulate yourself, then go and have fun!



**F Maria**

**From:** Buenos Aires **Studying in:** New York

Don't forget your family back home. As soon as you arrive, send them a message to say you've arrived safely and give them all your contact details. It's not difficult to stay in touch, but it's easy to forget in all the excitement of a new place. It will stop them feeling anxious about you and it will also make things easier for you, knowing the ones you love are easy to contact.

2 **EXAM** Read the text again. Mark the sentences T (true), F (false) or DS (doesn't say).

- 1 Maikel suggests using books and websites to learn the language before you go.
- 2 Tomasz didn't scan a copy of his passport.
- 3 It's against the law to cross the street anywhere you want in San Francisco.
- 4 Stephen thinks you should only spend time with local people.
- 5 Özge thinks you shouldn't go to classes if you don't have to.
- 6 Maria says it's easy to keep in contact with your family.

3 Find words or phrases in the text with the meanings below.

- 1 the most important and necessary facts about something \_\_\_\_\_
- 2 a very bad situation \_\_\_\_\_
- 3 a punishment where you have to give money \_\_\_\_\_
- 4 feel unhappy because you are a long way from home \_\_\_\_\_
- 5 a book where you write things that happen to you each day \_\_\_\_\_
- 6 you have to do it \_\_\_\_\_

**Extra Online Homework**

**BBC** Vox Pops Extra Activities

Zaloguj się na [www.myenglishlab.com](http://www.myenglishlab.com)

## 1 Match questions 1–6 with answers a–f.

- 1 What time did you get up this morning?
- 2 What were you doing at 10 p.m. last night?
- 3 Have you ever seen a lion in the wild?
- 4 What did you do on holiday?
- 5 Were you studying when the lights went out?
- 6 Have you done your English homework?
- a No, I haven't. But I'd like to.
- b Yes, I have. It took me hours!
- c At 5.30 a.m.!
- d Yes, I was.
- e Very little. I mostly just sat on the beach.
- f I was watching a film.

## 2 Choose the correct option. Then mark the sentences PS (Past Simple), PC (Past Continuous) or PP (Present Perfect).

- 1 Roshan *has had* / *was having* dinner with his family at 8 p.m. last night. \_\_\_\_\_
- 2 I *got up* / *was getting* early every day last week. \_\_\_\_\_
- 3 *Did you have* / *Have you ever had* an unusual pet? \_\_\_\_\_
- 4 When we left the cinema, it *rained* / *was raining*, so we got the bus home. \_\_\_\_\_
- 5 My older brother *became* / *has become* a father in 2014. \_\_\_\_\_
- 6 Jake isn't here. He *was going* / *'s gone* home already. \_\_\_\_\_

## 3 Use the prompts to write sentences.

- 1 I / get / home / half an hour ago  
\_\_\_\_\_
- 2 my sister / start / school / last year  
\_\_\_\_\_
- 3 you / ever / play / baseball / ?  
\_\_\_\_\_
- 4 we / talk / about Susan / when / she walk / in  
\_\_\_\_\_
- 5 it / snow / when / I / wake up / this morning  
\_\_\_\_\_
- 6 when / I / be / little, / I / not like / broccoli  
\_\_\_\_\_

## 4 ★ Complete the second sentence so that it means the same as the first one, using the word in brackets. Use between two and four words.

- 1 I went to New York at some point in my life. (been)  
I \_\_\_\_\_ New York.
- 2 Jay started watching a film at 7.30 p.m. and finished at 9 p.m. (was)  
Jay \_\_\_\_\_ at 8 p.m.
- 3 Fiona is not here now because she went to school earlier. (gone)  
Fiona \_\_\_\_\_ to school.
- 4 I started having a shower but didn't finish because the water went cold. (having)  
I \_\_\_\_\_ when the water went cold.
- 5 She didn't eat all morning and she didn't eat this afternoon. (hasn't)  
She \_\_\_\_\_ all day.
- 6 Paul went to Spain for the first time last year. He visited Madrid but he didn't go to Barcelona. (never)  
Paul \_\_\_\_\_ to Barcelona.

## 5 EXAM Complete the dialogue with the correct form of the verbs below.

be come climb do fall stay  
visit walk

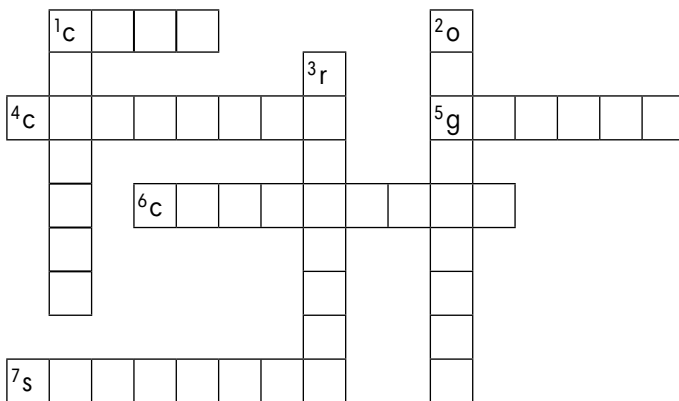
- A: Hey, Nikki. How <sup>1</sup> \_\_\_\_\_ your holiday?
- B: Great, thanks! I <sup>2</sup> \_\_\_\_\_ a really big mountain!
- A: Wow! Really?
- B: Yes, it was amazing – the most exciting thing I <sup>3</sup> \_\_\_\_\_ ever \_\_\_\_\_, actually!
- A: Really? Where did you go?
- B: Well, while I <sup>4</sup> \_\_\_\_\_ with my cousin in Scotland, we decided to climb Ben Nevis. It's the highest mountain in Britain.
- A: How was it?
- B: Amazing, but while we <sup>5</sup> \_\_\_\_\_ up, one of the people with us <sup>6</sup> \_\_\_\_\_ and broke her leg.
- A: Oh no! What happened?
- B: Well, a helicopter <sup>7</sup> \_\_\_\_\_ and took her to hospital. She's better now, thank goodness. What about you? How was your holiday?
- A: Not as exciting as yours – I just <sup>8</sup> \_\_\_\_\_ my gran in the country.

## Extra Online Homework

**BBC** Vox Pops Extra Activities

Zaloguj się na [www.myenglishlab.com](http://www.myenglishlab.com)

- 1 Complete the crossword with adjectives of personality.



### Across

- If you can keep \_\_\_\_\_ in a stressful situation, then you'll be fine.
- I'd love to do a job where I can be \_\_\_\_\_, thinking of new ideas every day.
- My grandfather was a very \_\_\_\_\_, caring man. He wouldn't hurt a fly!
- If you're going to succeed in life, you need to be \_\_\_\_\_ and believe you can do anything.
- My sister is the \_\_\_\_\_ one in our family. She always makes the right decisions.

### Down

- Will's a very \_\_\_\_\_ boy – he's always asking questions about everything.
- I wish I was more \_\_\_\_\_. My things are always in a mess and I can never find anything!
- You can trust Sandy. She's very \_\_\_\_\_.

- 2 02 Listen to an interview with Miles Baker, a projection mapper. Put the topics a–d in the order he talks about them.



- the different uses of projection mapping
- the history of projection mapping
- why he enjoys his work
- an explanation of what projection mapping is

- 3 02 **EXAM** Listen again. Complete the notes with the missing information.

### All about projection mapping

- Projecting an <sup>1</sup> \_\_\_\_\_ onto something, e.g. the <sup>2</sup> \_\_\_\_\_ of a building or <sup>3</sup> \_\_\_\_\_ a theatre.
- Often includes sound and together they tell a <sup>4</sup> \_\_\_\_\_.
- First started in the <sup>5</sup> \_\_\_\_\_. One of the first displays was in Disneyland.
- Uses: art, advertising, <sup>6</sup> \_\_\_\_\_, restaurants, appliances in modern homes, e.g. <sup>7</sup> \_\_\_\_\_.



1 Order the words to make questions.

1 me / a hand / something / can / give / you / with / ?

\_\_\_\_\_

2 else / need / you / do / anything / ?

\_\_\_\_\_

3 you / get / can / anything / I / ?

\_\_\_\_\_

4 you / excuse me, / me / would / helping / mind / ?

\_\_\_\_\_

5 me / could / help / you / ?

\_\_\_\_\_

6 a hand / can / you / give / I / ?

\_\_\_\_\_

7 help / may / you / I / ?


\_\_\_\_\_

2 Write the questions from Exercise 1 in the correct column.

Asking for help
_____
_____
_____
_____
Offering help
_____
_____
_____
_____

3 Match questions 1-7 with responses a-g.

- 1 Can I get you anything to drink?
  - 2 This exercise is too difficult. Can you help me?
  - 3 May I help you? You look lost.
  - 4 You seem stressed. Can I give you a hand?
  - 5 Can you give me a hand with these bags?
  - 6 Excuse me, would you mind helping me? I'm looking for the staff room.
  - 7 Here are the books you ordered. Do you need anything else?
- a That would be great, thanks. I just don't understand this Maths problem.
  - b No, thanks. I'm fine.
  - c That's really nice of you, thanks. I'm looking for the station.
  - d No, these are all I need. Thanks for your help.
  - e No, of course not! I'll show you.
  - f Sure! I'll be with you in a minute.
  - g Of course! Let me carry these two for you.

4  03 Complete the dialogue with one word in each gap. Listen and check.



**Jesse:** Hi, Steph. Sorry to disturb you, but could you give me a <sup>1</sup> \_\_\_\_\_ with something?

**Steph:** <sup>2</sup> \_\_\_\_\_! I'll be with you in a <sup>3</sup> \_\_\_\_\_. ... Sorry about that. What can I help you with?

**Jesse:** I'm having problems with my Maths homework - it's really difficult. Would you <sup>4</sup> \_\_\_\_\_ helping me?

**Steph:** Oh sorry, Jesse. I'm really bad at Maths!

**Matt:** Can I <sup>5</sup> \_\_\_\_\_ you a hand, Jesse? Maths is my best subject.

**Jesse:** That's really <sup>6</sup> \_\_\_\_\_ of you, Matt, thanks. Could you <sup>7</sup> \_\_\_\_\_ me with number three, here?

**Matt:** Of course! Let me look. Oh, it's simple - see? You just need to add these two numbers together and divide the total by this number.

**Jesse:** Ah, I see! Thanks for <sup>8</sup> \_\_\_\_\_!

**Matt:** No problem. Do you need anything <sup>9</sup> \_\_\_\_\_?

**Jesse:** No, I'm <sup>10</sup> \_\_\_\_\_, thanks.



5 Match sentences 1-2 with responses a-b.

**OUT of class**

- 1  Catch you later!
- 2  You made me jump!
- a Sorry! I didn't mean to scare you.
- b Bye!

**1 Match the verbs below with the definitions.**

gasp scream shake shiver sweat yawn

- 1 breathe in suddenly and loudly because you're surprised or in pain \_\_\_\_\_
- 2 produce liquid on the surface of your skin because you're hot or nervous \_\_\_\_\_
- 3 when part, or all, of your body moves quickly because you're afraid or cold \_\_\_\_\_ / \_\_\_\_\_
- 4 make a loud, high noise because you're afraid or hurt \_\_\_\_\_
- 5 open your mouth wide and breathe in because you're tired or bored \_\_\_\_\_

**2 Complete Antje's description of a personal challenge with phrases a-f.**

- a One day I heard about a school talent show
- b I've always loved
- c The experience boosted
- d When I arrived at
- e The problem is,
- f At the beginning, it was difficult

**3 Match 1-6 with a-f to make sentences.**


- 1 I first realised I had a problem
  - 2 Soon after that
  - 3 So I decided to give
  - 4 Suddenly, somebody
  - 5 That day I learnt
  - 6 Now I'm not afraid
- a of heights any more.
  - b screamed!
  - c something important about myself.
  - d when I went climbing with a friend.
  - e I heard someone shout, 'Come on, Dan!'
  - f it a go.

**4 Complete Toby's notes about a personal challenge he did with phrases a-e.**

- a he told me to look at the distance, not the water
- b always been afraid of water
- c feel more confident on the water now
- d realised when I travelled by ferry as a child
- e nervous at first, shivering and sweating

### My first performance

by Antje Fischer



I \_\_\_\_\_ singing and I sing whenever I can at home – usually in the shower! <sup>2</sup> \_\_\_\_\_ I've always hated the thought of singing in public or even in front of my closest friends. The thought of it makes me feel really anxious. <sup>3</sup> \_\_\_\_\_, however, and I decided to give it a go.

<sup>4</sup> \_\_\_\_\_ the contest, I walked onto the stage and I was terrified. My hands were shaking and I could hardly hold the microphone. When the music started, I was shivering all over, but I began to sing the first few words. <sup>5</sup> \_\_\_\_\_, but gradually I started to calm down and sing normally. I actually loved it and by the end, I wanted to scream with joy!

I didn't win the contest but people said I sang well. <sup>6</sup> \_\_\_\_\_ my confidence about my singing and now I'm thinking about joining a band.

## Sailing a boat

### Background

- <sup>1</sup> \_\_\_\_\_
- <sup>2</sup> \_\_\_\_\_
- *uncle has a boat, invited us to go sailing*

### What happened

- <sup>3</sup> \_\_\_\_\_
- *suddenly, my uncle gave me the controls*
- <sup>4</sup> \_\_\_\_\_
- *slowly felt more confident*

### How I felt after the challenge

- *loved it*
- *want to do it again*
- <sup>5</sup> \_\_\_\_\_

**5 Look at the notes in Exercise 4. Write a description of Toby's personal challenge. Follow the instructions below.**

- 1 Use the text in Exercise 2 as a model.
- 2 Write three paragraphs:
  - the background to the challenge
  - a description of what happened
  - how Toby felt after the challenge.
- 3 Use vocabulary from Exercise 1.
- 4 Use phrases from Exercises 2 and 3.



Vocabulary

1 Choose the correct option.

- 1 I was *surprised* / *anxious* to see Carla at school today. I thought she was ill.
- 2 I felt *joyful* / *uneasy* walking down that street the other night because it was very dark.
- 3 I hope you *take* / *have* this advice on board and work harder in the future.
- 4 Our teacher likes us to be *punctual* / *fussy* for class. She hates it when we're late.
- 5 James is so *gentle* / *generous*. He always gives people big presents on their birthday.

\_\_\_ / 5

2 Complete the sentences with the verbs below.

be congratulate express surprise tell

- 1 Don't try and be something you're not. Just \_\_\_\_\_ yourself and relax.
- 2 If you work hard and study, you might \_\_\_\_\_ yourself and pass the exam!
- 3 Be confident. If you \_\_\_\_\_ yourself that you can do it, then you'll succeed.
- 4 At first, it's often difficult to \_\_\_\_\_ yourself in another language.
- 5 I think you should always \_\_\_\_\_ yourself if you've done something well or succeeded in a personal challenge.

\_\_\_ / 5

Grammar

3 Complete the sentences with the Present Simple or Present Continuous form of the verbs in brackets.

- 1 We \_\_\_\_\_ (stay) in a hotel at the moment, until we can move into our new house.
- 2 Jake \_\_\_\_\_ (get up) at 6 a.m. every morning, except on Sundays.
- 3 My cousin \_\_\_\_\_ (be) a marine biologist.
- 4 Can I call you back? I \_\_\_\_\_ (have) lunch at the moment.
- 5 Sally \_\_\_\_\_ (not enjoy) this film and wants to leave the cinema.
- 6 \_\_\_\_\_ (your mum/like) her new job?

\_\_\_ / 6

4 Choose the correct option.

- 1 We *had* / *were having* a picnic when it started to rain.
- 2 I *didn't pass* / *wasn't passing* my driving test last week.
- 3 Chris *never climbed* / *has never climbed* a mountain.
- 4 Susie *wasn't* / *hasn't been* here last week because she was on holiday.
- 5 We *went* / *were going* to a new school last year.

\_\_\_ / 5

5 Complete the text with the Past Simple, Past Continuous or Present Perfect form of the verbs in brackets.

I <sup>1</sup>\_\_\_\_\_ (always/love) travelling to new places, so last summer I <sup>2</sup>\_\_\_\_\_ (decide) to travel around Italy by train with some friends and Clara, my cousin. It <sup>3</sup>\_\_\_\_\_ (be) a great experience. We <sup>4</sup>\_\_\_\_\_ (see) lots of great places and <sup>5</sup>\_\_\_\_\_ (talk) to lots of interesting people, but it wasn't all good. While we <sup>6</sup>\_\_\_\_\_ (walk) around Rome, someone stole Clara's bag with all her money and passport! We spent the next day at the embassy getting a new one. While we <sup>7</sup>\_\_\_\_\_ (wait) at the embassy, we <sup>8</sup>\_\_\_\_\_ (meet) a friend of Clara's from university and she <sup>9</sup>\_\_\_\_\_ (invite) us to stay with her for the rest of the week!

\_\_\_ / 9

Speaking

6 Complete the dialogues with one word in each gap.

- 1 A: Excuse me, would you \_\_\_\_\_ helping me?  
B: No, of course \_\_\_\_\_.
- 2 A: Can I \_\_\_\_\_ you anything?  
B: No, I'm \_\_\_\_\_, but thanks anyway.
- 3 A: Can I give you a \_\_\_\_\_?  
B: That's really \_\_\_\_\_ of you, thanks.
- 4 A: Could you \_\_\_\_\_ me with this?  
B: Sure! I'll be with you in a \_\_\_\_\_.
- 5 A: Can you \_\_\_\_\_ me a hand with something?  
B: Of course! What \_\_\_\_\_ I do for you?

\_\_\_ / 5


Vocabulary: \_\_\_ / 10

Speaking: \_\_\_ / 5

Grammar: \_\_\_ / 20

Score: \_\_\_ / 35

SŁUCHANIE

1  **04** Usłyszysz dwukrotnie cztery wypowiedzi na temat okazywania emocji. Na podstawie informacji zawartych w nagraniu dopasuj do każdej wypowiedzi (1-4) odpowiadające jej zdanie (A-E). Jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej wypowiedzi.



- 1  2  3  4

- A My emotions changed very suddenly.
- B I found some advice online.
- C I was misunderstood by another person.
- D Some people were annoyed when I changed.
- E I heard something which cheered me up.

CZYTANIE

2 Przeczytaj opisy pomysłów na spędzenie wolnego czasu (A-C) oraz zdania 1-4. Do każdego zdania dopasuj właściwy tekst. Jeden tekst pasuje do dwóch zdań.

This activity

- 1 can be done after school or work.
- 2 will make you get out of your comfort zone.
- 3 can help you open your own business.
- 4 is perfect for those who can't get away for holidays.

New experiences to try in the city

**A Hidden city**

If you're staying in the city this summer and are looking to have a unique adventure, look no further! We offer weekend tours to all those little places you never knew existed in your city. Hidden parks, specialist shops and quiet cafés are just a few of the places we'll help you to discover. We know where they all are – and so should you!

**B Phobia centre**

Are you afraid of heights? Visit our phobia centre, where we work with you to boost your confidence. We can also help with a fear of flying. At the end of the day with us, you get to climb our tower and do a bungee jump, and we promise you'll get a buzz out of it! Challenge yourself and conquer your fears!

**C Become a barista**

Would you like to become the king or queen of your own coffee shop? Why not come along and learn how to brew great coffee on our afternoon course? From spicy Mexican to sweet Indian coffee – you will learn how to prepare a range of delicious coffees from all over the world, as well as learn the basics of running a coffee shop on your own.

FUNKCJE JĘZYKOWE

3 Uzupełnij dialogi. Wpisz w każdą lukę (1-2) brakujący fragment wypowiedzi, tak aby otrzymać spójne i logiczne teksty. Luki należy uzupełnić w języku angielskim.



ŚRODKI JĘZYKOWE

4 Przeczytaj tekst. Wybierz poprawne uzupełnienie luk 1-4.

**SCHOOL TELEGRAPH**

Spring has finally come and our school greeted it with a very unusual event. Last week the Head announced the *Week of Challenges*, and most of the students in the senior year decided to <sup>1</sup>\_\_\_\_\_ it a go. Wearing make-up at school is usually forbidden. <sup>2</sup>\_\_\_\_\_, the teachers allowed an exception and the girls (and some boys!!!) from class 8a participated in the Power of Make-up challenge. They covered half of their faces in make-up, photographed each person and created an exhibition. Classes 8b and 8c took up a challenge that required <sup>3</sup>\_\_\_\_\_ preparation and perfect synchronisation: they decided to make a video of the Mannequin Challenge. If you don't know what that is – people in the film pretend to be mannequins and try not to move in front of the camera. The challenge was started by an American hip hop band at one of their concerts. They asked the audience to be still while they <sup>4</sup>\_\_\_\_\_ a video, and the craze went viral. In our school, even the teachers took part in the video!

- |                |                  |                 |
|----------------|------------------|-----------------|
| 1 A have       | B get            | C give          |
| 2 A Although   | B However        | C Fortunately   |
| 3 A as long as | B longest        | C longer        |
| 4 A recording  | B were recording | C have recorded |

1  1 Use the photos and prompts to tell the story.



1 first day / get ready / bag / mirror / keys

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2 bus stop / ask / corner / miss

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3 Jay and Skye / another bus

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4 Dan / Colombia / walk off

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2  1 Answer the questions.

- 1 What time is it at the start of the video?
- 2 What does Nina pick up with her notebook?
- 3 What colour is her phone?
- 4 Which shoe does she put on first – left or right?
- 5 What does she remember just before she opens her door?
- 6 What is the speed limit on the road where the first bus stop is?
- 7 What number bus does she want to catch?
- 8 Who speaks to Nina first – Skye or Jay?
- 9 Who gets on the bus first?
- 10 Who gets off the bus first?

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- 1  4 Listen to the first twenty seconds of the video, until Dan says, *OK, here we are*. In pairs, try to remember or imagine who is in the scene and where they are. Draw a picture.



- 2  4 Now watch the whole video. Look at the sentences from the dialogue. Decide who says the sentences and who or what the underlined words refer to.

1 \_\_\_\_\_ : Good luck with the Head. I hope you're in our class. \_\_\_\_\_

2 \_\_\_\_\_ : Catch you later. \_\_\_\_\_

3 \_\_\_\_\_ : Do you need any help? \_\_\_\_\_


4 \_\_\_\_\_ : Oh, hi. You made me jump! \_\_\_\_\_

5 \_\_\_\_\_ : Just take a seat. She won't be long. \_\_\_\_\_

6 \_\_\_\_\_ : Welcome to Belmont Academy. \_\_\_\_\_

7 \_\_\_\_\_ : Can I give you a hand with that? \_\_\_\_\_

8 \_\_\_\_\_ : I've just met him by the bus! \_\_\_\_\_

1  42 Complete the words in the sentences.

- 1 Skye is always the one who is l\_\_\_\_\_.
- 2 They drink sparkling grape juice that Nina's m\_\_\_\_\_ g\_\_\_\_\_ her.
- 3 Dan was the one who was supposed to o\_\_\_\_\_ the t\_\_\_\_\_.
- 4 Jay's uncle, who o\_\_\_\_\_ a t\_\_\_\_\_ s\_\_\_\_\_, got the space hoppers for them.
- 5 Prom night is a night that y\_\_\_\_\_ n\_\_\_\_\_ f\_\_\_\_\_.

2 Imagine that you are friends with Skye, Jay, Nina, Dan and Tommo and are also going to the prom. As you wait outside, you see them arriving on space hoppers. Think of five questions to ask them and five answers they may give.

1 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

4 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

5 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

1  44 Who did what? Match the memories with the people.

was in the fashion show  
 brought T-shirts to be painted  
 caught a bus  
 flew a drone  
 laughed at Dan

laughed with friends  
 made a chair out of bottles  
 made a smoothie  
 met a park keeper  
 organised the fashion show

played Frisbee  
 practised first aid  
 put on a baseball cap  
 wore a blindfold  
 worked as a waiter/waitress




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## Unit 1

### Exercise 1

1 surprised 2 uneasy 3 take 4 punctual  
5 generous

### Exercise 2

1 be 2 surprise 3 tell 4 express  
5 congratulate

### Exercise 3

1 are staying 2 gets up 3 is 4 'm having  
5 isn't enjoying 6 Does your mum like

### Exercise 4

1 were having 2 didn't pass 3 has never  
climbed 4 wasn't 5 went

### Exercise 5

1 've always loved 2 decided 3 was  
4 saw 5 talked 6 were walking 7 were  
waiting 8 met 9 invited

### Exercise 6

1 mind, not 2 get, fine 3 hand, nice  
4 help, minute 5 give, can

## Unit 2

### Exercise 1

1 factory 2 smoke 3 pollute 4 damaged  
5 petrol station

### Exercise 2

1 throw away 2 endangered animals  
3 climate change 4 public transport  
5 renewable energy

### Exercise 3

1 had go tup 2 had organised 3 had  
signed up 4 had been 5 had done  
6 had dropped 7 had collected

### Exercise 4

1 used to play 2 didn't use to live 3 used  
to recycle 4 Did Hannah use to go, she did  
5 didn't use to have 6 Did Luke use to be,  
didn't

### Exercise 5

1 You don't like tea, do you?  
2 Plastic bags pollute the ocean, don't they?  
3 They didn't use to recycle, did they?  
4 We forgot to switch off the lights, didn't we?  
5 The climate change is a big problem, isn't it?

### Exercise 6

1 totally 2 say 3 agree 4 so 5 sure

## Unit 3

### Exercise 1

1 gloves 2 scruffy 3 wellies 4 button  
5 pale

### Exercise 2

1 c 2 e 3 a 4 d 5 b

### Exercise 3

1 have been working, since 2 has been  
studying, since 3 has been running, all  
4 haven't been waiting, for 5 have been  
making, for

### Exercise 4

1 have you known 2 has had 3 have you  
been wearing 4 've eaten

### Exercise 5

1 have been tidying 2 have found  
3 have had 4 have grown 5 have been  
thinking 6 have found 7 have been doing  
8 haven't finished

### Exercise 6

Sample answers: 1 cool / nice / great, think  
2 very / really, nice / kind 3 were, made  
4 got, day 5 beautiful, very

## Unit 4

### Exercise 1

1 scientist 2 cleaner 3 travel agent 4 cook  
5 fashion designer

### Exercise 2

1 unemployment benefit 2 wage 3 shift 4 bonus  
5 temporary job

### Exercise 3

1 am going to watch 2 will make  
3 is going to / will pass 4 leaves 5 'm going

### Exercise 4

1 will be living 2 will be moving  
3 will be working 4 won't be doing  
5 will be studying 6 will be applying

### Exercise 5

1 about 2 on 3 of 4 in

### Exercise 6

1 few 2 important 3 sure 4 No 5 Then

## Unit 5

### Exercise 1

1 engine 2 satellite 3 galaxy 4 orbit  
5 atmosphere 6 gravity

### Exercise 2

1 million 2 astronomer 3 comet 4 solar system  
5 width 6 telescope 7 height 8 planet

### Exercise 3

1 had, 2 go, 0 3 have met, 3 4 won't come, 1  
5 were, 2 6 wins, 1

### Exercise 4

1 will achieve 2 study 3 won 4 would buy  
5 won't have 6 play 7 go 8 would you do

### Exercise 5

1 had remembered, wouldn't have laughed 2 would  
have stayed, hadn't been 3 wouldn't have been,  
had worn 4 would have been, hadn't fallen 5 had  
turned off, wouldn't have rung

### Exercise 6

1 allowed 2 Watch 3 out 4 Make 5 off

## Unit 6

### Exercise 1

1 hay fever 2 injury 3 travel sickness 4 allergy  
5 bug

### Exercise 2

1 operation 2 asthmatic 3 stressful 4 painful/  
painless 5 sickness

### Exercise 3

1 had 2 was 3 was 4 that 5 would 6 wanted  
7 didn't 8 would 9 him 10 didn't

### Exercise 4

1 The doctor asked me to stay in bed.  
2 I asked my friend to help me change my bandage.  
3 The nurse told him to take this medicine twice a day.  
4 Sally asked us to be quiet.  
5 Kevin's mum told him no to touch that.

### Exercise 5

1 Both 2 nor 3 none 4 any 5 either

### Exercise 6

1 you 2 advice, something 3 would, know

## Unit 7

### Exercise 1

1 billboard 2 body contact 3 expressions 4 flyer  
5 commercials 6 voice

### Exercise 2

1 interrupt 2 definition 3 repeat  
4 described 5 discussion 6 suggestion  
7 communication 8 explain

### Exercise 3

1 c 2 b 3 e 4 a 5 f 6 d

### Exercise 4

1 were given lots of homework by our Maths teacher  
2 is played in Brazil  
3 has been advertised on billboards  
4 must be followed at all times  
5 can't be taken in here

### Exercise 5

1 will be opened 2 will be offered 3 will be taught  
4 will be included 5 will be located

### Exercise 6

1 mean 2 here 3 the 4 the 5 it 6 could  
7 When 8 say 9 that/which 10 them

## Unit 8

### Exercise 1

1 graffiti 2 portrait 3 broadsheet 4 sketch  
5 designer 6 weather forecast 7 headlines  
8 plot

### Exercise 2

1 novelist 2 biography 3 play 4 author 5 novel  
6 playwright

### Exercise 3

1 wasn't able to visit 2 Will you be able to return  
3 couldn't swim 4 Did you manage to finish  
5 won't be able to go

### Exercise 4

1 do we have to, have to 2 Were, had 3 to leave,  
won't 4 Is, is allowed to 5 must, don't have to

### Exercise 5

1 in 2 in 3 on 4 at 5 on 6 by 7 on 8 on  
9 in 10 at

### Exercise 6

1 On 2 in 3 seems 4 see 5 concerned

## Unit 9

### Exercise 1

1 prom 2 ceremony 3 festival 4 get-together  
5 house-warming 6 dinner

### Exercise 2

<b>Across</b>	<b>Down</b>
1 decorations	2 celebrate
4 symbol	3 street
7 fireworks	5 costume
8 hired	6 toast

### Exercise 3

1 whose, D 2 which, N 3 who, N 4 where, D  
5 where, N

### Exercise 4

1 Could you tell me what time the parade starts?  
2 I was wondering where the nearest station is?  
3 Do you know if Mark is comint to the party?  
4 Can you tell me how old you are?  
5 Do you know if the tickets are expensive?

### Exercise 5

1 to 2 could 3 visit 4 going 5 to