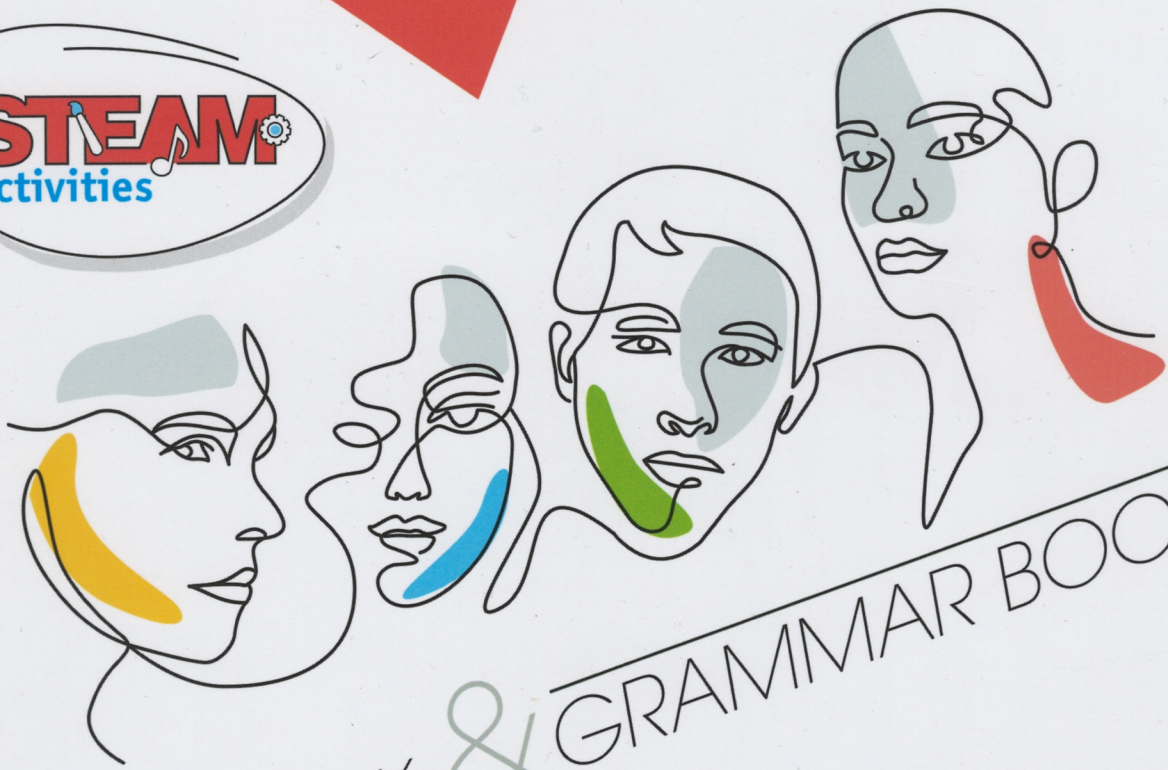


# LEARNING MINDS

Jenny Dooley



WORKBOOK & GRAMMAR BOOK  
Student's

# B1



Express Publishing





# L MINDS

Jenny Dooley



WORKBOOK & GRAMMAR BOOK  
*Student's*

# B1



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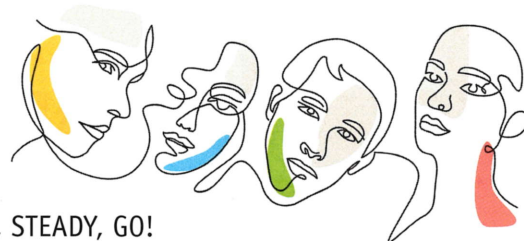
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## ARE YOU SITTING *comfortably*?



You probably know that your face can give away secrets about you, but did you know that how you sit can also say a lot about your personality? Not many do, but believe it or not, studies have found that the position of our legs and feet is actually very important. But what does the way you sit say about you and are you as comfortable as you think? Let's look at a few positions that people often use and what they might mean.

**1** Sitting with your feet flat on the floor and your knees close together is very common, isn't it? Maybe so, but you might be surprised to hear that if you like to sit like this you are probably confident and clever! People who sit like this are also usually on time, tidy and don't like arguments.

**2** It might seem like sitting with your knees apart is just a casual way to relax. However, if you sit with your knees apart you are probably someone who gets bored easily. People who sit like this may also put themselves before others and sometimes aren't helpful.

**3** If you sit with your legs crossed, you are probably good at having new ideas or finding new ways to deal with something. People who sit like this may also dream a lot about their future or changing the world. Be careful though, it could also mean that someone isn't interested in what they're seeing or listening to!

**4** Sitting with your ankles crossed isn't as common as some of these other positions, but it also says important things about you. If you sit with your ankles crossed you are likely to be outgoing and co-operative. However, people who sit like this might also feel embarrassed! In fact, researchers found that airline staff use this to spot people who need help but don't want to ask for it.

So, there you have it! Four different positions that give a world of information! Do you sit in any of these positions? If you do, maybe you should stop for a second and think twice before you take a seat!

### 1 ★ Read the text. Use the headings (A-F) to label paragraphs 1-4. Two are extra.

- |                  |               |                  |
|------------------|---------------|------------------|
| A Ankles crossed | C Feet up     | E Crossed legs   |
| B Knees together | D Knees apart | F Stretched legs |

### 2 ★★ Read the text and replace the words in bold with words/phrases from the text.

- As well as your face, **it** can tell people things about you. \_\_\_\_\_
- They** found information that was very important. \_\_\_\_\_
- It** shows that you might get bored easily. \_\_\_\_\_
- If you cross **them**, it can show that you dream a lot. \_\_\_\_\_
- Think twice when you use the four **of these**. \_\_\_\_\_

### 3 ★★★ Read the text. For each question (1-5), choose the correct answer (A, B, C or D).

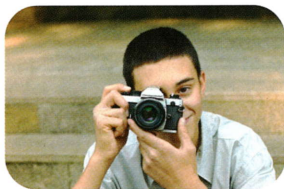
- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>Most people don't realise that                     <ol style="list-style-type: none"> <li>our faces show our character.</li> <li>comfortable seats aren't always good.</li> <li>our sitting position gives away secrets.</li> <li>research is happening now about our looks.</li> </ol> </li> <li>What may knees together show about a person?                     <ol style="list-style-type: none"> <li>They are easily surprised by things.</li> <li>They like to feel smarter than others.</li> <li>They believe in themselves.</li> <li>They are often late for appointments.</li> </ol> </li> <li>Why should you be careful when you see someone with crossed legs?                     <ol style="list-style-type: none"> <li>They don't want to think about the future.</li> <li>They're good at copying people's ideas.</li> <li>They don't care about something.</li> <li>They could have trouble dealing with things.</li> </ol> </li> </ol> | <ol style="list-style-type: none"> <li>How might people who cross their ankles feel?                     <ol style="list-style-type: none"> <li>uncomfortable about something</li> <li>important and needing attention</li> <li>not willing to help others</li> <li>not very friendly with new people</li> </ol> </li> <li>What advice might the writer give to people?                     <ol style="list-style-type: none"> <li><i>We should remember that sitting positions only mean one thing.</i></li> <li><i>It's a good idea to only use common positions that are popular.</i></li> <li><i>You can sit however you want without having to worry.</i></li> <li><i>Don't forget how important the way you sit might be.</i></li> </ol> </li> </ol> |
|--|--|

## HOBBIES/FREE-TIME ACTIVITIES

1 ★ Tick (✓) the correct box.

	make	do	have	play	go	take	
1							up a hobby, a rest
2							extreme sports, athletics, ballet, beatboxing
3							jewellery, models
4							skills, friends over, a chat
5							a musical instrument, in a band, video games
6							mountain climbing, shopping, slacklining, rollerblading, zorbing

2 ★ Look at the pictures and complete the words.



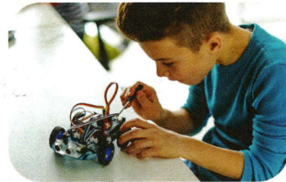
1 p \_ \_ \_ g \_ \_ \_ \_



2 z \_ \_ b \_



3 k \_ \_ \_ \_ e



4 r \_ \_ t \_ \_



5 b \_ \_ \_ n \_



6 p \_ \_ \_ o \_ \_

3 ★★ Replace the underlined words with their synonyms: *change, exercise, join, make, mix.*

- 1 People who do beatboxing can transform their voice in amazing ways. \_\_\_\_\_
- 2 Some hobbies let you combine lots of things so you can do different activities. \_\_\_\_\_
- 3 Hobbies like modelling let you build cool stuff like planes and boats. \_\_\_\_\_
- 4 Visiting the gym is a great way to work out and feel better. \_\_\_\_\_
- 5 With lots of hobbies you can take part in competitions and special events. \_\_\_\_\_

## CHARACTER

4 ★ Fill in: *creative, easygoing, organised, patient, sensible.*

- 1 Tom knows exactly where all his things are because he is very \_\_\_\_\_.
- 2 Juliet doesn't mind waiting and doesn't get bored; she's really \_\_\_\_\_.
- 3 Ellen's brother is \_\_\_\_\_ and never gets worried about anything.
- 4 Dennis is a(n) \_\_\_\_\_ boy who never does anything silly or dangerous.
- 5 Sandra is a(n) \_\_\_\_\_ girl who loves drawing and painting.

5 ★★ Choose the correct adjective.

### RedForest School Drama Club

We're looking for **1) talented/helpful** actors and dancers with lots of skill! At our drama club, being a very **2) serious/co-operative** person isn't a good thing because we always have fun! It's also important to be **3) friendly/social** to others because you need to get on well with everyone at the club. Drama isn't all fun and games, though! You'll need to work hard when you learn a part. So remember to be **4) fun-loving/patient** when you are learning new dance moves or lines and don't get **5) embarrassed/dull** if you make a mistake. So, if this sounds like you, join our **6) essential/cheerful** group and show us what you can do!

**Mondays 4pm Studio 7**

## REVIEW

6 ★★★ Complete the advert. Use: *attempt, express, give, learn, make (x2), spend, stay, collect, contain, improve.* Three are extra.

Are you looking for a cool new free-time activity? Why don't you **1)** \_\_\_\_\_ zorbing a try? It's a great way to **2)** \_\_\_\_\_ your time outdoors as it's usually done in parks. In zorbing you get into a big ball and run inside to make it move. You can **3)** \_\_\_\_\_ to do obstacle courses or race against other people in them! You can also **4)** \_\_\_\_\_ cool tricks, but be careful – it can be a bit hard to **5)** \_\_\_\_\_ on your feet inside the ball at first! Zorbing is really fun and also a great way to meet new people and **6)** \_\_\_\_\_ friends! So come visit us and we'll show you how to **7)** \_\_\_\_\_ yourself in a fun, crazy way: with a huge ball! Sign up now and **8)** \_\_\_\_\_ a decision you won't regret!

# 109 GRAMMAR IN USE

## PRESENT SIMPLE – PRESENT CONTINUOUS / TIME EXPRESSIONS

- 1 ★ Choose the correct *time expression*.
- Francis is taking a Zumba class **every year/this year**.
  - Rachel has her friends over **on Fridays/this Friday**.
  - Nina does parkour **every Sunday/this Sunday**.
  - Are you going to the cinema **every day/today**?
  - Conor is **always/usually** playing loud music!

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

- Alan usually *performs* (perform) on TV but this weekend he \_\_\_\_\_ (act) in a play.
- Brian often \_\_\_\_\_ (buy) his clothes online but today he \_\_\_\_\_ (shop) in the city centre.
- Marsha rarely \_\_\_\_\_ (do) extreme sports but next week she \_\_\_\_\_ (go) zorbing.
- Janet usually \_\_\_\_\_ (visit) her parents on Sunday mornings, but right now she \_\_\_\_\_ (play) cricket.

## ADVERBS OF FREQUENCY

3 ★ Tick (✓) the gaps in the sentences to indicate the correct position of the *adverb of frequency*.

- We ✓ go \_\_\_\_\_ to James' house \_\_\_\_\_ to play games on Fridays. (always)
- Barry \_\_\_\_\_ arrives \_\_\_\_\_ late \_\_\_\_\_ for his acting class. (sometimes)
- Maya \_\_\_\_\_ doesn't \_\_\_\_\_ bring \_\_\_\_\_ home what she makes in the jewellery workshop. (usually)
- Daryl \_\_\_\_\_ can \_\_\_\_\_ hear \_\_\_\_\_ the band practising next door. (often)

4 ★★ Make sentences, as in the example. Use *adverbs of frequency* from the key.

always	★★★★★	sometimes	★★★	never	0
usually	★★★★★	occasionally	★★		
often	★★★★	rarely/seldom	★		

- Gary/go/jogging/at the weekends (★★★)  
*Gary sometimes goes jogging at the weekends.*
- Philip/can/find/anyone/play cards with (0)  
\_\_\_\_\_
- Joe/not read/the news/in the morning (★★★★★)  
\_\_\_\_\_
- Derek/post/videos/on his blog (★★)  
\_\_\_\_\_
- Emma/listen/music/on her phone (★★★★★)  
\_\_\_\_\_
- Peter/not do/extreme sports (★★★★)  
\_\_\_\_\_

## STATIVE VERBS

5 ★ Choose the correct verb tense.

- A: You **seem/are seeming** nervous, Bill.  
B: Yeah, I **think/am thinking** about my bungee jump tomorrow.
- A: **Do you know/Are you knowing** what Roy and Julia are doing this Saturday?  
B: They **have/are having** lunch at their grandma's.
- A: **Are you wanting/Do you want** to try tightrope walking?  
B: I **prefer/'m preferring** doing zip lining.
- A: Those rollerblades **don't fit/aren't fitting** you well.  
B: I know. They **belong/are belonging** to my older brother.
- A: I hope you **are/are being** careful with that paintball gun.  
B: Of course. I **remember/'m remembering** what you told me about safety.

6 ★★★ Put the verbs in brackets in the correct form of the *present simple* or *present continuous*.

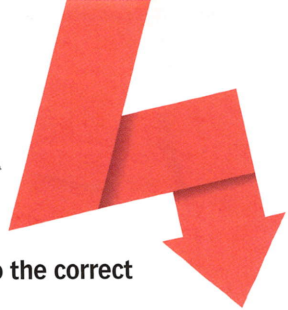
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## Scott's ROCK BLOG



Hi everyone! I'm Scott and I 1) **play** (play) the guitar in a rock band named Spider Web. This 2) \_\_\_\_\_ (be) my first blog post and I'm so excited to tell you about my band! At the weekends, we often 3) \_\_\_\_\_ (practise) at my friend Jason's house. He 4) \_\_\_\_\_ (learn) to play the drums these days, so his family are used to the noise. Sometimes we 5) \_\_\_\_\_ (meet) during the week too! I usually 6) \_\_\_\_\_ (write) all of the songs together with Tania, a girl we know from school, who also 7) \_\_\_\_\_ (sing). At the moment we 8) \_\_\_\_\_ (work) on a new song because next month we 9) \_\_\_\_\_ (perform) live at a music festival called Mantua. 10) \_\_\_\_\_ (you/know) it? It's very exciting! I 11) \_\_\_\_\_ (not/think) I'm the only one hoping to be a famous rock star someday! 12) \_\_\_\_\_ (you/dream) of becoming a successful musician, too? Let me know in the comments below and please like and follow our band!

Post a Comment



## (TO-) INFINITIVE/-ING FORM

**1** ★ Mark whether the words/phrases below are followed by the *to*-infinitive (a), infinitive without *-to* (b), or *-ing* form (c), as in the example.

- |                     |                                       |                  |                          |
|---------------------|---------------------------------------|------------------|--------------------------|
| 1 They seem         | <input checked="" type="checkbox"/> a | 6 We decided     | <input type="checkbox"/> |
| 2 You suggested     | <input type="checkbox"/>              | 7 He considered  | <input type="checkbox"/> |
| 3 I might           | <input type="checkbox"/>              | 8 You had better | <input type="checkbox"/> |
| 4 I look forward to | <input type="checkbox"/>              | 9 It's not worth | <input type="checkbox"/> |
| 5 She agreed        | <input type="checkbox"/>              | 10 He's eager    | <input type="checkbox"/> |

**2** ★★ Choose the correct option.

- Shane really enjoys **learn/to learn/learning** about robotics.
- Tom saw Anna **sing/to sing/singing** in the school band; she was really good!
- Sophie is really looking forward **visit/to visit/to visiting** the adventure park.
- You mustn't **run/to run/running** by the side of the swimming pool.
- Neil is confident enough **try/to try/trying** beatboxing.

**3** ★★ Put the verbs in brackets into the correct infinitive or *-ing* form.

- Peter meant *to invite* (invite) Stephanie to the concert.
- Being a professional athlete means \_\_\_\_\_ (train) hard.
- Sharon regrets \_\_\_\_\_ (not/go) to her Zumba lesson.
- We regret \_\_\_\_\_ (inform) you that the gym is closed today.
- Keith would prefer \_\_\_\_\_ (play) basketball this weekend.
- Mary prefers \_\_\_\_\_ (listen) to music in her free time.
- Ian has put on weight; he should try \_\_\_\_\_ (run).
- Eleanor tried \_\_\_\_\_ (beat) her brother at tennis, but he was too good.

**4** ★★ Complete the sentences using the verbs below in the correct infinitive or *-ing* form.

• listen • play • enter • go • bake

- I like *listening* to music on the couch.
- Karen is happy \_\_\_\_\_ all the cakes for the event.
- Darren wastes hours \_\_\_\_\_ video games.
- Fiona can't stand \_\_\_\_\_ to escape rooms.
- The sports hall didn't open till 10:00 am but they let me \_\_\_\_\_ early.

**5** ★★★ Put the verbs in brackets into the correct infinitive or *-ing* form.

Hi Zoe!

I'm really excited **1) to tell (tell)** you about this great new hobby I really enjoy **2) \_\_\_\_\_ (do)**. It's called Buti Yoga and it combines dancing with yoga. The fun thing is that you start **3) \_\_\_\_\_ (listen)** to fast pop music and then you must **4) \_\_\_\_\_ (move)** in similar ways to yoga, but much more quickly! I really love **5) \_\_\_\_\_ (keep)** fit and I think Buti Yoga is a great way **6) \_\_\_\_\_ (exercise)**. You can expect **7) \_\_\_\_\_ (get)** a really good workout and if you fancy **8) \_\_\_\_\_ (have)** fun at the same time this could be for you! I plan **9) \_\_\_\_\_ (go)** again on Saturday; you should **10) \_\_\_\_\_ (come along)** and try it! See you at the weekend anyway.

Talk then,  
Lisa

## TRANSFORMATIONS (Review)

**6** ★★★ Complete the second sentence so that it means the same as the first. Use up to three words.

- It's a very rainy day today, so we can't do parkour. It *is raining* heavily today, so we can't do parkour.
- Have you found the missing chess pieces yet? Did you manage \_\_\_\_\_ the missing chess pieces yet?
- You don't need to bring a rope; they provide them. Don't worry about \_\_\_\_\_ a rope; they provide them.
- It's important that you check your equipment before you go slacklining. You must remember \_\_\_\_\_ your equipment before you go slacklining.
- Colin has a meeting with the new drummer tomorrow. Colin \_\_\_\_\_ the new drummer tomorrow.
- James is thinking of taking up a new hobby. James wants \_\_\_\_\_ a new hobby.
- Going shopping is something that Vicky does rarely. Vicky doesn't \_\_\_\_\_ shopping.

# 1e VOCABULARY

## 1 ★ Fill in the gaps with the correct preposition/particle.

- 1 Would you like to hang \_\_\_\_\_ with us tonight at the shopping centre?
- 2 Candle making was hard at first but Jane soon got the hang \_\_\_\_\_ it.
- 3 Martin prefers to stay \_\_\_\_\_ and watch a nice film at home.
- 4 Doing a hobby comes \_\_\_\_\_ handy when you don't have anything to do.
- 5 Don't worry about paying. You can try \_\_\_\_\_ rollerblading for free.
- 6 It's great to do something \_\_\_\_\_ fun with your friends.
- 7 Making models helps me calm \_\_\_\_\_ and relax.
- 8 James does beatboxing because he is crazy \_\_\_\_\_ hip-hop music.

## 2 ★★ Choose the correct option.

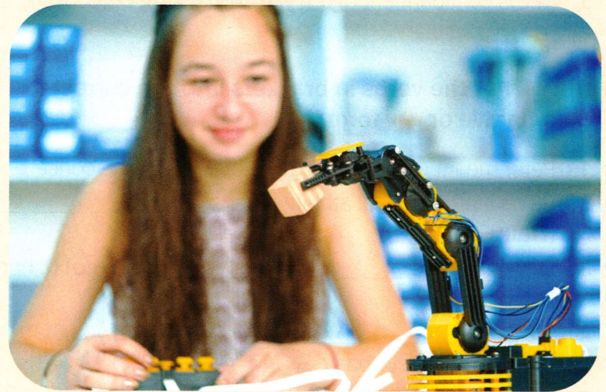
- 1 Julie decided to \_\_\_ in and give the dance class a go after all.  
A join                      B bring                      C stay
- 2 Jackie joined a gym because she is crazy \_\_\_ working out.  
A for                        B about                      C in
- 3 The *Hunger Games* books are very \_\_\_ ; I can't wait to find out what happens next!  
A read                      B reading                      C readable
- 4 Joining a drama club is a really cool way to bring famous stories \_\_\_ life!  
A in                         B for                         C to
- 5 Listening to music always helps Ted \_\_\_ down after a difficult day.  
A hang                      B calm                      C come
- 6 Paul is fond \_\_\_ cooking; he loves baking things.  
A of                         B for                         C at
- 7 If you \_\_\_ up to the athletics club, you can meet lots of new people.  
A try                        B sign                        C do
- 8 Martin likes \_\_\_ time with his brother at the park.  
A having                    B making                    C spending
- 9 Peter joined the chess club to do something \_\_\_ fun in the afternoons.  
A from                      B of                         C for
- 10 Since you're a \_\_\_ person, why don't you try a hobby like acting?  
A talk                        B talkative                    C talked

## 3 ★★ Choose the correct option.

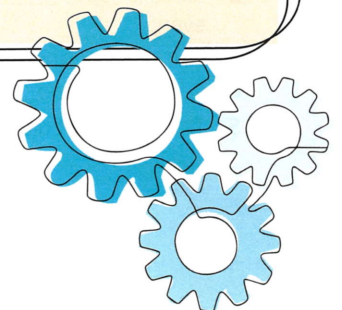
- 1 Ian is **having/spending** the time of his life camping!
- 2 Bill is an **acting/active** guy who does a lot of exercise.
- 3 Julian always **makes/joins** time for his friends.
- 4 For a cool hobby that's **differing/different**, give zorbing a try!
- 5 The training for Ellen's hike was difficult but **managed/ manageable**.
- 6 It's easy to **lose/stay** track of time when you are enjoying yourself!
- 7 Painting is a good hobby if you are **imagined/imaginative**.
- 8 Tom loves **spending/losing** time with his family.
- 9 Hiking is an **excellent/excel** hobby for anyone to do.
- 10 Vicky **wastes/has** too much of her time on social media.

## REVIEW

## 4 ★★★ Complete the gaps with the correct word, choose the correct options or put the words in brackets in the correct form.




For people who are crazy **1) for/about** technology, there's nothing better than a robotics club! It's a great way to be **2) \_\_\_\_\_ (imagine)** and it's easier to get the hang **3) about/of** than it looks! Another cool thing is that making robots is a really fun way to bring science **4) \_\_\_\_\_** life and the skills you learn can come **5) on/in** handy. Robotics is a(n) **6) \_\_\_\_\_ (excel)** hobby and at a robotics club you can **7) \_\_\_\_\_** the time of your life! So, if you're fond **8) of/for** science, be sure to sign **9) \_\_\_\_\_** at a club near you to meet new people and try **10) out/about** a hobby that's exciting and very fun!



# LISTENING SKILLS *21f*



1  ★ Listen to the adverts for activity breaks and fill in the gaps with the words in the list. Three are extra.

- areas • team • hiking • fun-loving • extreme
- rooms • group • easygoing

**A**

**Richford ADVENTURE PARK**

Fun for all the family!  
With many activities including mountain climbing,

1) \_\_\_\_\_, slacklining and zorbing, Richford Adventure Park is the perfect getaway for the family that likes adventure!

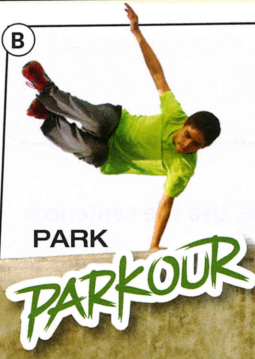


**B**

Do you want to learn a new sport? Then why not sign up for our parkour lessons. We run beginner classes for young people aged between 12 and 18 years in our specially designed obstacle course.

2) \_\_\_\_\_

**PARK PARKOUR**




**C**

**CAMBLY HIGH PARK**

This is a park with a difference! We don't just challenge your body with the usual adventure park activities, including individual and

3) \_\_\_\_\_ activities. We also challenge your mind with our new escape

4) \_\_\_\_\_!




**D**


**ACTION PLUS CENTRE**

Are you a(n) 5) \_\_\_\_\_ daredevil who loves adventure? Do you like the idea of flying through the air with the wind in your hair? Then why not join us at Action Plus Centre and give our outdoor activities like bungee jumping a try? There's no feeling like it!




2  ★★ Listen to three people talking about the activity break they are interested in. Match the speakers (1-3) to the adverts (A-D) in Ex. 1. One advert is extra.

- 1  Jemma      2  Colin      3  Tina

3  ★★★ You will hear an interview with a man called Alan Rogers, the founder of a parkour school. Read the sentences and choose the correct item.

- 1 Alan decided to try parkour because the **sports centre/gym** wasn't interesting enough.
- 2 Alan saw some teenagers **doing/teaching** parkour on his way somewhere else.
- 3 To begin with, the classes concentrate on developing **strength/tricks**.
- 4 Alan says you have to make **moves/decisions** quickly when you do parkour so you don't get hurt.
- 5 Parkour moves get less difficult the more you **practise/run**.

4  ★★★ You will hear an interview with a man called Alan Rogers, the founder of a parkour school. For questions 1-6, choose the correct answer (A, B or C).



- 1 **Why did Alan decide to open his school?**
  - A He wanted to train athletes.
  - B There was no other school around.
  - C He wanted to copy a parkour expert.
- 2 **Alan discovered parkour when**
  - A he was at the gym.
  - B he was at a sports centre.
  - C he was going through a park.
- 3 **Where does Alan run his classes?**
  - A in a special area
  - B around the neighbourhood
  - C in people's gardens
- 4 **Who does Alan run classes for?**
  - A all ages
  - B young people
  - C people over 50
- 5 **What other benefit of parkour does Alan mention?**
  - A It can help keep you safe.
  - B It can help you make friends.
  - C It can make you run faster.
- 6 **What do Alan's students find hardest to do?**
  - A all the running around
  - B the difficult moves
  - C jumping from somewhere high

# 1g SPEAKING SKILLS

## ASKING FOR & GIVING PERSONAL INFORMATION

### 1 ★ Match the exchanges.

- 1  What do you like doing in your free time?  
 2  Where are you from?  
 3  What are your other hobbies?  
 4  Are you from here?  
 5  What school subjects do you like most?

- a I also like playing video games.  
 b No, I'm from Italy.  
 c I'm from Spain.  
 d I'm interested in history.  
 e I like making jewellery.

### 2 ★★ Choose the correct option.

- 1 What's your favourite school subject?  
 a I love science!  
 b I'd love to.
- 2 What do you do at weekends?  
 a I'm interested in geography.  
 b I usually play football in the park.
- 3 Where are you from?  
 a I live here in Manchester now.  
 b I was born in England.
- 4 What's your favourite hobby?  
 a I enjoy playing video games.  
 b I'm crazy about English.
- 5 Nice to meet you.  
 a Nice to meet you too.  
 b My name's Charlie.
- 6 Are you from London?  
 a Yes, but I live in Bristol now.  
 b I was born in London.
- 7 I'm keen on parkour.  
 a Yes, I am.  
 b Awesome!

### 3 ★★ Match the extra details (a-d) to the information (1-4).

- 1  I usually go to the sports centre,  
 2  I was born in Australia,  
 3  I really enjoy playing in a band and  
 4  In fact I love being outdoors,

- a I also like playing video games.  
 b but I like rollerblading, too.  
 c so geography is kind of my hobby, too.  
 d but I live here in Edinburgh now.

### 4 ★★ Use items from Ex. 3 to complete the dialogue.

- A: Hi, I'm Paul. I think you're in my maths class.  
 B: Yes, I am. I'm Ted. Nice to meet you.  
 A: Are you from here?  
 B: 1) \_\_\_\_\_ but I live here in Edinburgh now.  
 A: Cool! What's your favourite school subject?  
 B: I like geography. 2) \_\_\_\_\_, so geography is kind of my hobby, too. What do you do at the weekend?  
 A: I usually go to the sports centre,  
 3) \_\_\_\_\_  
 B: Awesome! What are your other hobbies?  
 A: 4) \_\_\_\_\_  
 I also like playing video games.  
 B: I love video games, too!

### 5 ★★★ Complete the dialogue. Use the sentences in the list. One sentence is extra.

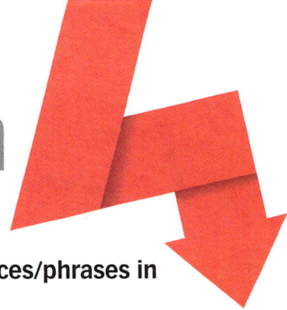
- I live here now.
- What do you like doing in your free time?
- What about you?
- Where do you live?
- Nice to meet you, too.
- What are your other hobbies?



- A: Hi, my name's Abigail.  
 B: Hi, Abigail. It's nice to meet you. I'm Justin.  
 A: 1) \_\_\_\_\_ Where are you from?  
 B: I'm from Paris, France, but  
 2) \_\_\_\_\_ I really like it.  
 A: Yeah, it's a great place to live.  
 3) \_\_\_\_\_  
 B: I like playing football with my friends. We play in the local park. 4) \_\_\_\_\_ What do you like doing?  
 A: I like going shopping with my friends or going to the cinema. I also enjoy making ceramics. My friends say I'm quite creative.  
 5) \_\_\_\_\_  
 B: I like going mountain climbing and hiking. I love being outside.

# WRITING SKILLS *21h*

## AN EMAIL GIVING PERSONAL INFORMATION



**1** ★ Read the rubric and underline the key words. Then choose the correct answers.

Read this **email** from your English-speaking friend Michael and the notes you have made.

New message

Hi,  
How are you? I'd like to start a new hobby so I have something to do after school. Do you think that's a good idea? Brilliant idea!

I'm quite active but I don't like going to the gym. I guess I could try an outdoor activity like slacklining or rollerblading. Which one do you recommend? Explain

I'd also like to do something near home at the weekend. What other hobby could I try? I'd like to find a club near my house. Would you be able to come to my house on Friday and help me look for one? Suggest

Let me know, No, because ...  
Michael

Write your **email** to Michael (100 words) using all the notes.

- 1 I am going to write an **essay/email**.
- 2 I am writing to a **friend/teacher**.
- 3 I am going to cover **some/all** of the points.
- 4 I am going to write **around/above** 100 words.

**2** ★ Read the model. Put the paragraphs (A-D) into the correct order (1-4).

New message

Hi Michael,

**A**  Wish I could help you find a club, but I can't come over on Friday because I have a music lesson. How about looking for clubs together on Saturday?

**B**  I think it would be a nice idea to do an outdoor activity since you don't like going to the gym. Rollerblading would be better because you like exercise and doing exciting things. Now, as a hobby to do near home, why don't you try playing chess? It's great fun and a good way to meet people! I'm sure there's a club in the area.

**C**  Great to hear from you! It's good that you're thinking about starting a new hobby. That's an excellent idea!

**D**  Hope my suggestions help. Let me know if we can meet up.

Best wishes,  
Andrew

**3** ★ Read the model in Ex. 2 and complete the table.

Suggestions	Reasons
try rollerblading	1) _____ _____
2) _____ _____	great fun and 3) _____ _____

**4** ★★ Replace the underlined sentences/phrases in the email with the ones below.

- 1 I think it's a good idea to do an outdoor activity because \_\_\_\_\_
- 2 It's nice to hear from you again!  
\_\_\_\_\_
- 3 why not try  
\_\_\_\_\_
- 4 Rollerblading would be better since \_\_\_\_\_
- 5 What about looking  
\_\_\_\_\_

**5** ★★ Complete the table with the ideas from the list for the second hobby in the rubric of Ex. 1 and an alternative club near home. Two are extra.

- enjoyable outdoor activity / you like extreme sports
- good way to learn new things / you're fond of cooking
- you're talented / like art
- great way to explore / good exercise

Suggestions	Reasons
go slacklining	1) _____ _____
make ceramics	2) _____ _____

**6** ★★ Use the suggestions and reasons from Ex. 5 to complete the email.

New message

Hi Michael,

Great to hear from you! It's good that you are thinking about starting a new hobby.

I think it's a good idea to do an outdoor activity because you don't like going to the gym. 1) \_\_\_\_\_ would be better because it's an 2) \_\_\_\_\_ and 3) \_\_\_\_\_.

Now, as a hobby to do near home, why don't you try 4) \_\_\_\_\_? 5) \_\_\_\_\_ and 6) \_\_\_\_\_. I'm sure there is a club in your neighbourhood.

Wish I could help you find a club on Friday, but I have a tennis lesson. How about looking for one on Saturday?

Hope these ideas help. Let me know about Saturday.

Best wishes,  
Andrew

**7** ★★★ **OPTIONAL** Write your own email for the rubric in Ex. 1.

## CYCLING AROUND THE WORLD

Mark Beaumont did something on a bicycle that many believed was not possible!

In 2008, Mark Beaumont cycled around the world in 194 days. But other cyclists did it faster after that, and in 2015, New Zealander Andrew Nicholson broke the record. **1** Mark didn't get upset or angry, however – he just started planning how to get it back!

Obviously, cycling isn't the same as sailing, and you can't travel around the world on a bike in one continuous journey. The rules are that the cyclist needs to cover a distance of 18,000 miles. **2** So Mark planned to cycle from Paris across Europe and Asia, then fly down to Australia to cross that country and New Zealand. After, he'd fly to North America to cross the continent before returning, again by plane, to Portugal and cycling back up to Paris.

He decided that he would try to do it in 80 days, just like Phileas Fogg in the Jules Verne novel *Around the World in 80 Days*. That would mean cycling 240 miles a day. He could only sleep 5 hours per night, and would be on his bike for 16 hours daily. Many said it was impossible. Mark didn't think it was, but he knew that it wouldn't be

easy. **3** They would travel with him in vans and help him with his food, accommodation and any problems his bike had.

**4** In some places it was freezing, in others it was very hot. He cycled through rain and wind. Smoke from forest fires in North America made breathing hard. He had two falls, one in Asia which needed his team to do some work on his teeth – there by the side of the road! Though there weren't any other injuries, the pain from such a difficult journey felt like it would never end.

On 18th September 2017, Mark rode back into Paris. A crowd of people were waiting for him. The journey took 78 days, 14 hours and 40 minutes, so he beat Phileas Fogg. He also beat Nicholson's record – by over 44 days! Apart from being in a lot of pain, he described another strange effect. Because he was cycling all the time, he hardly walked at all, so after his return, he found walking very hard. **5** But he didn't mind – he was the world record holder again!

### 1 ★ Read the text and correct the sentences (1-6).

- 1 Andrew Nicholson broke the World Record in 2008. \_\_\_\_\_
- 2 To break the record, you have to cycle 18,000 kilometres. \_\_\_\_\_
- 3 Mark planned to visit North America before Australia. \_\_\_\_\_
- 4 To succeed, Mark needed to cycle for five hours a day. \_\_\_\_\_
- 5 Mark fell off his bike twice in Asia. \_\_\_\_\_
- 6 Mark completed his bike journey in 44 days. \_\_\_\_\_

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

- |                            |   |                            |   |
|----------------------------|---|----------------------------|---|
| <input type="checkbox"/> a | Mark cycled through smoke from fires.     | <input type="checkbox"/> e | Mark flew from North America to Europe. |
| <input type="checkbox"/> b | Mark damaged his teeth in an accident.    | <input type="checkbox"/> f | Mark flew from Asia to Australia.       |
| <input type="checkbox"/> c | Mark cycled into Paris.                   | <input type="checkbox"/> g | Mark left Paris.                        |
| <input type="checkbox"/> d | Mark cycled around the world in 194 days. |                            |   |

### 3 ★★★ Read through the text. Five sentences are missing. Choose from sentences A-H below. There are three sentences that you do not need to use.

- A He or she also has to travel through two places on opposite sides of the world.
- B He was just coming out of that area when he had some bad news.
- C In fact, at first he couldn't go up and down stairs!
- D Mark described the journey as the hardest thing in his life.
- E Andrew Nicholson called him personally to congratulate him.
- F He completed the ride in 123 days, 1 hour and 6 minutes.
- G He told reporters there that the last part was the hardest.
- H To be successful, he needed a team to support him.

## TRAVEL/TRANSPORT

1 ★ Label the pictures (1-6) with the words in the list.

• van • jet • cab • tram • ferry • motorbike



1 \_\_\_\_\_

2 \_\_\_\_\_



3 \_\_\_\_\_

4 \_\_\_\_\_



5 \_\_\_\_\_

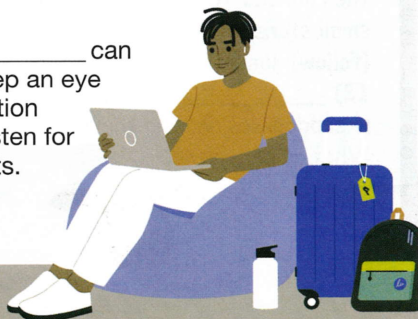
6 \_\_\_\_\_

2 ★★ Fill in: *boarding, queues, flight, departure, security, arrival, gate, baggage.*

So you're at the airport, two hours before your 1) \_\_\_\_\_ leaves. What now?

PROBLEM-FREE TRAVEL

- Get your 2) \_\_\_\_\_ pass and check in. That means you don't have to carry any 3) \_\_\_\_\_ except hand luggage around the airport.
- Go through 4) \_\_\_\_\_ early. There can be long 5) \_\_\_\_\_!
- Check the 6) \_\_\_\_\_ time at your destination carefully. If you're getting in late, buy some food in the airport shops in case everything's shut.
- Check which 7) \_\_\_\_\_ you'll board at. Be careful – some can be a 15-minute walk or even a short train ride away!
- The time of 8) \_\_\_\_\_ can change, so keep an eye on the information screens and listen for announcements.



## WEATHER

3 ★ Find and circle six words related to weather.

E	D	F	C	O	O	L
L	F	A	L	C	E	W
B	R	E	E	Z	Y	L
Y	E	I	A	P	T	R
A	E	S	R	D	H	F
G	Z	H	J	K	U	L
M	I	L	D	C	M	M
B	N	V	R	Z	I	N
O	G	A	A	Z	D	L

4 ★★ Complete the gaps. The first letter is given.

- 1 It's f \_\_\_\_\_ tonight, with ice everywhere.
- 2 It's hot here, and in the wet season it's h \_\_\_\_\_.
- 3 The winter was m \_\_\_\_\_. It never went below 15°C.
- 4 It was a warm b \_\_\_\_\_ day, perfect for flying a kite.
- 5 There was a nice c \_\_\_\_\_ breeze that wasn't too cold.
- 6 It was a c \_\_\_\_\_ night and the sky was full of stars.

## HOLIDAY ACCOMMODATION

5 ★ Read the clues and write the words.

- 1 a room on a cruise ship c \_\_\_\_\_
- 2 a place where backpackers stay h \_\_\_\_\_
- 3 where you can stay at a campsite t \_\_\_\_\_
- 4 a room with a bed for two people d \_\_\_\_\_  
r \_\_\_\_\_
- 5 the period of time spent in a hotel s \_\_\_\_\_

## REVIEW

6 ★★★ Read the text and choose the correct answers.

### BAD SPELLING CAN RUIN A HOLIDAY

Visiting Sydney, Australia, with 1) \_\_\_\_\_ like the Sydney Opera House, was Kingsley Burnett's dream. One day he booked a flight and started dreaming about getting 2) \_\_\_\_\_ the plane to his dream destination. But when he had to change planes in Billings, Montana, he saw that the plane was only big enough for nine 3) \_\_\_\_\_! He soon found out that it wasn't 4) \_\_\_\_\_ to Sydney, Australia, but Sidney, Montana! The weather there was freezing, not 5) \_\_\_\_\_ and warm as it was in Australia. Luckily, a lady in Billings made him a 6) \_\_\_\_\_ at a hotel, and he flew back home to New York the next day to book the correct ticket!

- 1 A attractions B embassies C facilities D announcements
- 2 A in B out C out of D on
- 3 A guides B passengers C backpackers D souvenirs
- 4 A sailing B flying C riding D driving
- 5 A calm B breeze C cloudy D rainy
- 6 A cabin B facility C reservation D stay

## PAST SIMPLE – PAST CONTINUOUS

1 ★ Use the **past simple** of the verb forms below to complete the sentences.

• they/go • stay • fly • not/travel • you/pack • check in

- We **stayed** in a really nice hotel on our last holiday.
- Why \_\_\_\_\_ all the suitcases on your own?
- James \_\_\_\_\_ to Milan early yesterday morning; his plane left at 7 am.
- Trevor \_\_\_\_\_ abroad on holiday when he was younger, but now he does.
- I \_\_\_\_\_ for my flight an hour ago.
- \_\_\_\_\_ camping last summer?

2 ★ Use the prompts to ask and answer questions.



Alison and Stephanie/drive to France/2 pm yesterday? – eat lunch

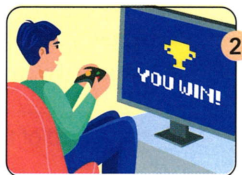
A: *Were Alison and Stephanie driving to France at 2 pm yesterday?*

B: *No, they weren't. They were eating lunch.*

Richie/watch travel documentary/ 9 pm last night? – play games online

A: \_\_\_\_\_

B: \_\_\_\_\_



Lily/see the sights/10 am yesterday morning? – buy souvenirs

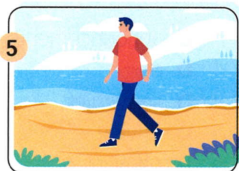
A: \_\_\_\_\_

B: \_\_\_\_\_

Vicky/fly to Berlin/5.30 yesterday afternoon? – wait at the gate

A: \_\_\_\_\_

B: \_\_\_\_\_



Gilbert/have breakfast/at 9.30 this morning? – walk along the beach

A: \_\_\_\_\_

B: \_\_\_\_\_

3 ★★ Put the verbs in brackets into the **past simple** or the **past continuous** and choose the correct time expression.

- A: I called you at 6 **last night/all night** but you didn't answer.  
B: Sorry. I \_\_\_\_\_ (get) ready to go to the airport when the phone \_\_\_\_\_ (ring), but I was in a hurry so I \_\_\_\_\_ (not/answer) it.
- A: Why \_\_\_\_\_ (be) Kyle so upset when we talked?  
B: He \_\_\_\_\_ (backpack) in South America **while/when** someone stole his phone.
- A: What \_\_\_\_\_ (you/do) all afternoon?  
B: I was visiting the museum **while/when** Rachel \_\_\_\_\_ (look) around the city centre.

4 ★★ Correct the mistakes.

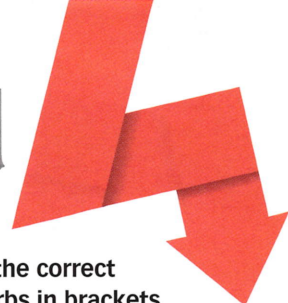
- The sun was ~~shine~~ this morning. *shining*
- Did George came to the beach with you?  
\_\_\_\_\_
- Mary was sleeping when Jane was getting back to the hotel room. \_\_\_\_\_
- Jim was having lunch at that restaurant twice last week.  
\_\_\_\_\_
- Were she drinking coffee earlier? \_\_\_\_\_

5 ★★★ Complete the text with the correct **past simple** or **past continuous** form of the verbs in brackets.

13th March, Monday, 9 pm

Dear Diary, I just got back from a weekend in the countryside. Something really funny 1) **happened** (happen) while I was there. I 2) \_\_\_\_\_ (hike) in the Connemara hills with my family. It was a mild day but it 3) \_\_\_\_\_ (rain) just a little. We 4) \_\_\_\_\_ (cross) a field when we 5) \_\_\_\_\_ (hear) a lot of noise. We 6) \_\_\_\_\_ (stop) for a moment to try to understand where it 7) \_\_\_\_\_ (come) from. Suddenly, we 8) \_\_\_\_\_ (see) a large group of sheep running at us! We 9) \_\_\_\_\_ (not/know) what to do but then my dad 10) \_\_\_\_\_ (jump) over a small stone wall and we all 11) \_\_\_\_\_ (follow) him. Moments later, hundreds of sheep 12) \_\_\_\_\_ (pass) in front of us while a sheepdog was chasing them! What an experience!



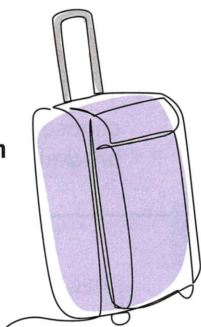


## USED TO – WOULD

### 1 ★ Fill in *used*, *would* or *use*.

- Did you *use* to travel much when you were a kid?
- Our family \_\_\_\_\_ to rent a house in the countryside every summer.
- I \_\_\_\_\_ always buy a souvenir when I went to a new city.
- We didn't \_\_\_\_\_ to stay at hotels when we travelled.
- Sophie's family \_\_\_\_\_ visit a lot of tourist destinations when she was young.
- Did the summers \_\_\_\_\_ to be so hot here?
- Harvey \_\_\_\_\_ to work as a tour guide.
- Zach \_\_\_\_\_ bring his camera everywhere.

### 2 ★ When he was a child, Fred went on holidays with his family. Use the phrases to ask and answer questions about him with *used to*.



- Did Fred *use to travel* (Fred/travel) by air?  
No, he *didn't*. He *used to travel* (travel) by road.
- \_\_\_\_\_ (Fred/stay) in cities?  
No, he \_\_\_\_\_. He \_\_\_\_\_ (stay) in seaside towns.
- \_\_\_\_\_ (Fred/visit) other countries?  
No, he \_\_\_\_\_. He \_\_\_\_\_ (visit) places in Britain.
- \_\_\_\_\_ (Fred/go away) once a month?  
No, he \_\_\_\_\_. He \_\_\_\_\_ (go away) once a year.
- \_\_\_\_\_ (Fred/sleep) in a hotel room?  
No, he \_\_\_\_\_. He \_\_\_\_\_ (sleep) in a tent.

### 3 ★★ Put a tick (✓) next to the sentences where *used to* + *main verb* can replace the *past simple*. Then rewrite the verbs using *used to*.

- My grandparents didn't travel abroad when they were young.  *didn't use to travel*
- We flew to Addis Ababa last night.  \_\_\_\_\_
- I stayed with my cousins every August when we were kids.  \_\_\_\_\_
- Tim went on a plane for the first time last year.  \_\_\_\_\_
- Alanna had a pink suitcase when she was little.  \_\_\_\_\_

### 4 ★★ Complete the sentences with the correct form of *used to* or *would* and the verbs in brackets. In some sentences, we can use both.

- Peter *used to go/would go* (go) sailing every summer when he was young.
- Rose \_\_\_\_\_ (not/like) cycling but now she really does.
- I \_\_\_\_\_ (walk) to school when I was a student.
- There \_\_\_\_\_ (not/be) a swimming pool in the hotel I went to as a child.

### 5 ★★★ Read the dialogue and fill in the gaps with the correct form of *used to* and the verbs in brackets.

- A: Grandpa, 1) *Did you use to live* (you/live) in America when you were younger?  
B: That's right. We 2) \_\_\_\_\_ (have) a flat in New York City. I 3) \_\_\_\_\_ (look) at the Statue of Liberty from my window every day.  
A: Wow, cool! What 4) \_\_\_\_\_ (you/do) there?  
B: I 5) \_\_\_\_\_ (work) in a restaurant kitchen because I 6) \_\_\_\_\_ (not/speak) such good English. I have great memories from then!



## TRANSFORMATIONS (Review)

### 6 ★★★ Complete the second sentence so that it means the same as the first. Use up to three words.

- Eric was walking. Ian was cycling beside him.  
Eric *was walking while* Ian was cycling beside him.
- In the past it snowed here every winter.  
It \_\_\_\_\_ here every winter.
- While Kyle was driving to work, it started raining.  
Kyle was driving to work \_\_\_\_\_ raining.
- It wasn't windy when Ellie left for the shops.  
The wind \_\_\_\_\_ when Ellie left for the shops.
- Pamela's flight took off at 11 pm and landed at 6 am.  
Pamela \_\_\_\_\_ from 11 pm until 6 am.
- Would Emily and Charlotte go to France every summer?  
Did Emily and Charlotte \_\_\_\_\_ to France every summer?
- Alice started seeing the sights at 10:00 am yesterday morning and finished at 1:00 pm.  
Alice \_\_\_\_\_ the sights at 11:30 yesterday morning.