

1



VOCABULARY

New experiences

I can talk about challenging new experiences and emotions.

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

afraid annoyed ~~confused~~ joyful
miserable relaxed stressed surprised

Out of your comfort zone

VOCABULARY

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

GRAMMAR

Present tenses | Past tenses

READING

True or false

LISTENING

Listening for specific detail

SPEAKING

Asking for and offering help

WRITING

A description

BBC CULTURE

Would you cross a desert?



1 *confused*



2 _____



3 _____



4 _____



5 _____



6 _____

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

- 1 You think you do well in an exam but then you get a bad mark. *confused*
- 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. _____

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

- 1 I feel ___ when I walk alone in the street at night.
a uneasy **b** satisfied c anxious
- 2 Anna was ___ when she failed the exam.
a relaxed b afraid c disappointed
- 3 The next time she took the exam, Anna was ___ to pass it.
a determined b relaxed c satisfied
- 4 After spending weeks on their school project, Sue and Cameron were ___ when they finished.
a joyful b satisfied c uneasy
- 5 People gave me lots of different advice about the exam, which made me feel ___.
a stressed b joyful c confused
- 6 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.

- 1 make / get plans
- 2 *boost* / get a buzz out of something
- 3 *boost* / change your confidence
- 4 *have* / change your routine
- 5 *give* / have an adventure
- 6 *give* / get something a go
- 7 *have* / take something on board
- 8 *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

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

6 ● Order the letters and complete the words in the sentences.

- 1 Sometimes it's difficult to **express** yourself clearly in a foreign language. (serpexs)
- 2 Why not **c** _____ yourself to try something new this week? (gellachen)
- 3 It's important to **k** _____ yourself and be realistic about what you can achieve. (wonk)
- 4 If you want to do more exercise, you should **m** _____ yourself wake up early and go to the gym. (keam)
- 5 Don't let miserable people damage your confidence. **B** _____ yourself and you'll be fine! (eb)
- 6 Try something difficult for a change. You might **s** _____ yourself and enjoy it! (purssier)

7 ●● 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 **challenged** 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 ² _____. I decided to ³ _____ this on board and ⁴ _____ a vegan diet a go.

I'm a bit ⁵ _____ about just eating vegetables and nuts all the time and I'm worried about getting hungry, but I'm ⁶ _____ to be successful, so I'm going to ⁷ _____ 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 ⁸ _____ because I usually have only a small lunch. The good news is that I felt ⁹ _____ 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 ¹⁰ _____ myself!

Come back tomorrow to read about day 2!



I can use different tenses to talk about the present.

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 **isn't coming** 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 **hear** you **'re learning** 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.

have

- 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 ● 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 ¹ **don't know** if you know, but I've got a summer job in Munich for a few weeks. I ² _____ with my German cousins who live here. It's great here and I ³ _____ myself a lot.

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

What ¹⁰ _____ (you) this summer? ¹¹ _____ (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 ¹² _____ at weekends, so we could spend some time together. Let me know!

Harry

I can identify specific detail in an article and talk about studying abroad.

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

- | | | | |
|----------------------------|---------------------|----------------------------|----------------------------|
| 1 <input type="checkbox"/> | crossing the street | 4 <input type="checkbox"/> | making friends |
| 2 <input type="checkbox"/> | how people behave | 5 <input type="checkbox"/> | losing something important |
| 3 <input type="checkbox"/> | studying | 6 <input type="checkbox"/> | 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 Read the text again. Mark the sentences T (true), F (false) or DS (doesn't say).

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

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

- the most important and necessary facts about something *the basics*
- a very bad situation _____
- a punishment where you have to give money _____
- feel unhappy because you are a long way from home _____
- a book where you write things that happen to you each day _____
- you have to do it _____
- your phone number, home address, email address, etc. _____



I can use different tenses to talk about past events and experiences.

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

- 1 **c** 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. **PC**
- 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
I got 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 *have been to* 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 ●●● Complete the dialogue with the correct form of the verbs below.

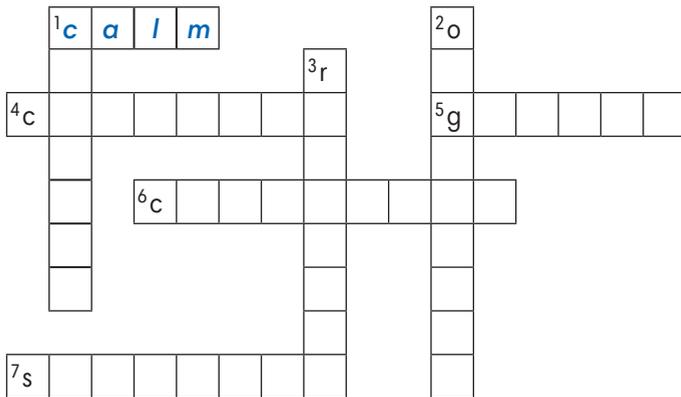
be come climb do fall stay
visit walk

- A: Hey, Nikki. How ¹*was* your holiday?
B: Great, thanks! I ²_____ a really big mountain!
A: Wow! Really?
B: Yes, it was amazing – the most exciting thing I ³_____ ever _____, actually!
A: Really? Where did you go?
B: Well, while I ⁴_____ 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 ⁵_____ up, one of the people with us ⁶_____ and broke her leg.
A: Oh no! What happened?
B: Well, a helicopter ⁷_____ 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 ⁸_____ my gran in the country.



I can identify specific detail in a radio programme and talk about personality.

1 Complete the crossword with adjectives of personality.



Across

- If you can keep **calm** 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 Listen again. Complete the notes with the missing information.

All about projection mapping

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





1.6

SPEAKING

Asking for and offering help

I can ask for and offer help, and respond to offers of help.

1 Order the words to make questions.

- 1 me / a hand / something / can / give / you / with / ?
Can you give me a hand with something?
- 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
<i>Can you give me a hand with something?</i>

Offering help

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

- 1 **b** 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 ¹*hand* with something?

Steph: ²_____! I'll be with you in a ³_____. ... Sorry about that. What can I help you with?

Jesse: I'm having problems with my Maths homework – it's really difficult. Would you ⁴_____ helping me?

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

Matt: Can I ⁵_____ you a hand, Jesse? Maths is my best subject.

Jesse: That's really ⁶_____ of you, Matt, thanks. Could you ⁷_____ 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 ⁸_____!

Matt: No problem. Do you need anything ⁹_____?

Jesse: No, I'm ¹⁰_____, 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!

I can write a description of a personal challenge.

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 **gasp**
- 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 **d** 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've always loved

singing and I sing whenever I can at home – usually in the shower! ² _____ 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. ³ _____, however, and I decided to give it a go.

⁴ _____ 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. ⁵ _____, 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. ⁶ _____ my confidence about my singing and now I'm thinking about joining a band.



Sailing a boat

Background

- ¹ **always been afraid of water**
- ² _____
- uncle has a boat, invited us to go sailing

What happened

- ³ _____
- suddenly, my uncle gave me the controls
- ⁴ _____
- slowly felt more confident

How I felt after the challenge

- loved it
- want to do it again
- ⁵ _____

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.



1.8

SELF-ASSESSMENT

For each learning objective, tick (✓) the box that best matches your ability.

😊😊 = I understand and can help a friend.

😞 = I understand but have some questions.

😊 = I understand and can do it by myself.

😞😞 = I do not understand.

		😊😊	😊	😞	😞😞	Need help?	Now try ...
1.1	Vocabulary					Students' Book pp. 10–11 Workbook pp. 6–7	Ex. 1–2, p. 15
1.2	Grammar					Students' Book p. 12 Workbook p. 8	Ex. 3–4, p. 15
1.3	Reading					Students' Book p. 13 Workbook p. 9	
1.4	Grammar					Students' Book p. 14 Workbook p. 10	Ex. 4–5, p. 15
1.5	Listening					Students' Book p. 15 Workbook p. 11	
1.6	Speaking					Students' Book p. 16 Workbook p. 12	Ex. 6, p. 15
1.7	Writing					Students' Book p. 17 Workbook p. 13	

- 1.1 I can talk about challenging new experiences and emotions.
- 1.2 I can use different tenses to talk about the present.
- 1.3 I can identify specific detail in an article and talk about studying abroad.
- 1.4 I can use different tenses to talk about past events and experiences.
- 1.5 I can identify specific detail in a radio programme and talk about personality.
- 1.6 I can ask for and offer help, and respond to offers of help.
- 1.7 I can write a description of a personal challenge.

What can you remember from this unit?

New words I learned (the words you most want to remember from this unit)	Expressions and phrases I liked (any expressions or phrases you think sound nice, useful or funny)	English I heard or read outside class (e.g. from websites, books, adverts, films, music)



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.
- 6 When you succeed at a new challenge, it can *boost* / *change* your confidence.

2 Complete the sentences with the verbs below.

be congratulate express know 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 Don't push too hard. _____ yourself, your limits and when it's time to stop.
- 6 I think you should always _____ yourself if you've done something well or succeeded in a personal challenge.

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?

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.
- 6 I *was watching* / *have watched* a film when you phoned me.

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

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

Speaking language practice

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?

1 Match 1–5 with a–e to make phrases from the text.

- | | |
|--|----------------|
| 1 <input checked="" type="checkbox"/> e sand | a peaks |
| 2 <input type="checkbox"/> world | b test |
| 3 <input type="checkbox"/> highest | c terrain |
| 4 <input type="checkbox"/> endurance | d championship |
| 5 <input type="checkbox"/> difficult | e dunes |

2 Complete the sentences with the phrases from Exercise 1.

- Sand dunes** in the desert change constantly because of the wind.
- Most climbers would love to climb all the world's _____.
- I'm doing the London marathon next year – it's going to be a real _____ for me!
- Most sports have a(n) _____ once a year in which the best competitors participate.
- The athletes had to run through very _____, including deserts and mountains.

3 Choose the correct option.

- Running the marathon was really *traditional* / **tough**, but I'm glad I did it!
- The most *challenging* / *stressed* race I've ever taken part in was a half marathon.
- The Ironman bike ride is a *long-distance* / *one-day* race of 180 km.
- Michael is very *competitive* / *popular* – he hates losing!
- Before the race I felt really *tough* / *stressed*, but I relaxed after I started running.

4 Complete the sentences with the verbs below. There is one extra verb.

complete cross **hold** last push
suffer take part

- We are going to **hold** our school sports day on the last day of term.
- Would you like to _____ in a marathon?
- Athletes really have to _____ themselves in order to complete the race.
- Sarah wants to _____ the swim in three hours.
- Athletes have to _____ part of the Sahara desert during this long-distance race!
- The race will _____ for three days in total.

5 Look at the photos and add the missing vowels to complete the phrases.



1 v _ _ l _ nt
sandstorms

2 h _ st _ l _ desert



3 _ npr _ d _ ct _ bl _ 4 _ xtr _ m _ heat
camels

6 Use the prompts to write sentences. Use the tense in brackets.

- they / enter / the largest sand desert in the world (Present Continuous)
They are entering the largest sand desert in the world.
- they / already / cross / the Atlantic Ocean (Present Perfect)

- unfortunately, / they / get / lost (Past Simple)

- they / complete / an almost impossible journey (Present Perfect)

- they / still / be / friends / at the end of it (Present Simple)

7 Complete the sentences with the nouns below.

dehydration destination expedition
explorer temperature well

- Jane didn't drink enough water and was suffering from **dehydration**.
- They are going on a(n) _____ into the jungles of South America.
- The travellers drank water from the _____.
- Wilfrid Thesiger was a famous British _____.
- The _____ reached 47°C.
- James and Ben's final _____ was a place called Umm as Sammim.

