

Reading

Exam Strategy

Read a text with missing sentences once for gist, then read it again more carefully and see if you can predict what kind of information is needed to fill the gaps. Finally, see how closely the sentence options match your predictions, and try them in the gaps. Before making your final choice, check for reference words which could connect the sentences (for example, pronouns like *it* and *this*, or adverbs like *there*).

1 Read the strategy above. Then read extracts 1 and 2 below, which have missing sentences. Try to predict what each missing sentence is about. Then look at A–D and choose the sentences that are closest to your prediction.

- Be careful when you choose a leisure activity because some activities take up a lot of time or effort. ____ Find out what an activity needs before you begin, and you won't have wasted your time.
- If you think you have hurt yourself while exercising, stop immediately. ____ As a result, they end up with worse injuries, so it takes them much longer to get better.

- A This is important if a doctor has told you to rest.
 B This means that you may become discouraged and give up because it is too demanding.
 C Too many people try to continue, despite the pain.
 D Then they find that it doesn't interest them as much as they thought it would.

2 Read the text. Five sentences have been removed. Choose the correct sentences (A–G) to fill the gaps (1–5). There are two extra sentences.

Hobbies and leisure activities are an ideal way to de-stress, meet people and develop your creativity. But if you don't have a lot of spare time, it can be a challenge to find one that suits your tastes and fits into your busy life. Of course, some readers ask why they should take up a hobby at all. ¹ ____ They don't realise that being more active and doing something really enjoyable can improve their energy levels and their mood.

One strategy for finding the right leisure activity is to think about what you enjoyed when you were a young child. ² ____ Now here's your chance to try again. Perhaps you wish you could spend time exploring on your bicycle again, or wonder why you stopped drawing cartoons. Think about going back to similar activities.

Another approach is to think about the hobbies your friends have taken up. ³ ____ Training together will give both of you a boost in motivation. Or if you see a friend's paintings and you fancy doing some painting as well, give it a try.

Something to keep in mind is that an activity may not interest you after you've tried it. ⁴ ____ So don't beg your parents to pay for a lot of equipment or a whole year's lessons right away. Begin slowly, borrow what you need, and see if the activity is really right for you. If you still enjoy an activity after a few weeks of starting it, it might be the right hobby for you.

⁵ ____ And if you complete it, perhaps you can ask for some equipment for your next birthday present.

- A Most people try activities they think they will be good at.
 B Actually, lots of people give hobbies up within a couple of months of starting them.
 C If you are interested when a classmate talks about her martial arts class, ask if you can join her.
 D Only then is the time to pay for the full course.
 E Parents may also have good ideas for activities too.
 F After an exhausting day at school, all they want to do is sit in front of the TV or go online.
 G Do you regret giving up those music lessons when you were ten?

Listening

Exam Strategy

In some listening tasks, you must match different extracts to sentences about them. The questions require you to identify the main idea or context of the extract, or the intention of the speaker. Listening for different styles of speech, tones of voice and choices of language will help you to identify these.

3 Read the strategy above. Then read extracts 1 and 2 and match them with descriptions a–f. Match each extract with two descriptions. What do you think is the situation in each case?

- I couldn't believe it when I woke up and saw that my leg was broken, my skis were gone and I was all alone. I was terrified, but fortunately someone found me!
- OK, now bend and touch your toes. Good ... that's right! Now stand up straight, relax your arms and jump up and down ten times – that's one, two, three ...

This person ...

- a uses the first person (I). ____ d describes personal feelings. ____
 b is enthusiastic. ____ e is impatient. ____
 c is patient. ____ f uses the imperative. ____

4  1.36 You will hear four people talking about body-related subjects. You will hear the audio twice. Match sentences A–E with speakers 1–4. There is one extra sentence.

- A This speaker talks about the result of a past situation. ____
 B This speaker wants to advertise a solution to a problem. ____
 C This speaker asks for advice about a problem. ____
 D This speaker gives instructions to a group. ____
 E This speaker predicts the future results of a problem. ____

Use of English

Exam Strategy

Read the text without thinking about the missing words. Then look at the words that come before and after the gaps and think about what type of word would grammatically fit into each gap. Check your answers by reading through the whole text again.

- 5 Read the strategy above. Then read the text below and complete the missing gaps with ONE word only.

Holidays in the mountains

Many people enjoy spending their holidays hiking or climbing in the mountains. Their reasons vary. Some like being outdoors because ¹ _____ is relaxing; others enjoy the positive effects of exercise and fresh air on their mental and physical well-being. Some people even choose the challenge of climbing a mountain summit for the feeling of achievement at the end. Whatever your motivation, it is important to plan and prepare carefully and ² _____ some time before the trip doing physical training, particularly ³ _____ you are planning to go on long hikes at high altitudes.

Mountain trips can bring health challenges such ⁴ _____ altitude sickness. This can be mild, where you might simply develop ⁵ _____ headache, but in some cases people need medical attention. It is also important to take into account sudden changes in weather conditions, which can be very unpredictable. If the temperature drops below 0°C, you ⁶ _____ easily get frostbite. It is advisable to use cream on your hands and face before your trip, and make sure you wear warm gloves and socks. Hikers and climbers may also feel unwell because of dehydration, so drinking plenty of water before and during your trip is one of the ⁷ _____ important things to remember. Spending a day hiking or climbing may be more demanding on your body ⁸ _____ you think. You ought to rest well after each trip to help your muscles recover for the following day.

Speaking

Exam Strategy

You may be asked to choose between options in a speaking task, giving reasons for your decision. When you give reasons for choosing one option and rejecting the others, try to make each of your arguments refer to a different aspect of the decision. For example, the question may include aspects such as costs, times, etc.

- 6 Read the strategy above. You are planning to spend a weekend doing an activity with a group of friends. Compare the different activities A–D, including the different aspects given.

- A going roller skating in the park
- B skating in an indoor ice rink with an instructor
- C going swimming in a water park with water slides
- D swimming in the sea at a nearby beach

Which activity ...

- is better for people who are not into sport?
- is safer?
- seems more fun?
- is better to do in a big group?
- is more affordable for teenagers?

- 7 Work in pairs. You and a friend want to go cycling this weekend, but where? You have two options (A and B) to choose from. Agree on the one which you consider more appropriate, and explain why you rejected the other one.



- 8 Work in pairs. Answer questions 1 and 2.

- 1 What indoor activities are most popular with teenagers in your country? Why?
- 2 Why do you think being active is important for young people?

Writing

Exam Strategy

In an essay, try to use a variety of expressions to present your own or other people's opinions.

- 9 Read the strategy above. Then read the writing task below. Choose the correct options in the sentences. Then complete the sentences using your own ideas. Think of extra details you could add for each point.

Some people believe that teenagers do not have healthy eating habits. Write an opinion essay in which you give your own opinion about this issue and propose what could be done to make young people eat more healthily.

- 1 In my **conclusion** / **idea** / **view**, teenagers ...
- 2 I **suggest** / **see** / **summarise** that ...
- 3 To **tackle** / **propose** / **conclude** this problem we need to ...
- 4 To **sum up** / **believe** / **recommend**, I think ...

- 10 Read the task below and write an opinion essay.

Many people believe that teenagers spend too much time on social media. Write an essay in which you give your own opinion about this issue and propose solutions to it.