

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





4

- 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
	е	ach 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	Sue and Cameron were when they finished.
		a joyful b satisfied c uneasy
	5	3
		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		
J	th	Complete what the people are saying with ne words below.
	_	
		afraid boosted change determined
		disappointed get have made stressed uneasy
1		This year has been so boring. I'm <u>determined</u> to
		an adventure this summer.
2		Some people a buzz out of walking
		up mountains, but I'm of heights!
3	3	Gillian plans for the party weeks ago,
		so she'll be really if we don't go.
		30 she ii be really ii we don't go.
4	ļ	Nick felt when meeting new people,
		but then losing weight his confidence.
-		I don't like it when I have to
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.

- Sometimes it's difficult to <u>express</u> 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 ¹ 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
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.

	Match the verbs in bold in sentences 1–5	4	Find and correct the mistakes in the
	with functions a–e.		sentences. One sentence is correct.
	1 c I know the answer.		1 My aunt and uncle are having two children.
	2 Chris is doing his homework.		They're eight and twelve.
	3 Sara works in a hospital.		<u>have</u>
	4 I'm working at a restaurant for the summer.		2 I don't agree with the government's new education policy. What are you thinking?
			education policy. What are you thinking:
	_		3 Please don't disturb me. I'm doing my
	a a temporary situation		homework.
	b a present action		
	c a state verb		4 We stay in a different hotel this year because
	d a routine		the place we usually stay in is closed for the
	e a permanent situation		summer.
2	Complete the sentences with the Present		E. Dan't and Dhil forth a manner He isn't be quite.
	Continuous form of the verbs below.		5 Don't ask Phil for the answer. He isn't knowing.
	discuss leave not come not have		6 Let's just sit down here. The game starts.
	not live rain think		b Let's just sit down here. The game starts.
	-		
	1 We don't need to wait for Gary - he	5	Complete the message with the Present
	isn't coming with us.		Simple or Present Continuous form of the verbs
	2 Oh no! It! We can't have a		below.
	picnic now.	10	class do oniou baya (v2) lava nat know
	3 I at home now. Builders are		close do enjoy have (x2) love not know not work practise sell stay want
	redecorating our house this month.		not work practise self stay want
	4 Cate about starting dance classes.		
	5 Oh no! Jill and Charles politics		
	again!		
	6 (you) already? You only got here		Hey Ben!
	a few minutes ago!		How are things? I ¹ don't know if you know, but
	7 My brothers dinner with us		I've got a summer job in Munich for a few weeks.
	tonight. They're at a summer camp.		I ² with my German cousins who
	5 /		live here. It's great here and I 3
3	Complete the sentences with the Present		myself a lot.
	Simple or Present Continuous form of TWO of		I'm working in a small shop which ⁴ designer clothes and the other people here are
	the verbs in brackets.		really nice. We always ⁵ lots of fun
	1 I <u>hear</u> you <u>'re learning</u> to play the drums – is		in the day. In the evening when the shop
	that right? (hear / learn / think)		6, we usually all ⁷
	2 I usually for the school bus, but		dinner together somewhere. I ⁸
	this morning I a lift from my dad.		Munich! It's a really interesting city and
	(get / take / wait)		I ⁹ my German too!
	3 Mia usually to work, but today		What ¹⁰ (you) this summer?
	she by train. (take / come / drive)		11 (you) to come and visit me in Munich? It would be great to see you again and
	4 Quick, the film! You		there's lots of space at my cousins' house.
	the best part! (finish / miss / start)		I ¹² at weekends, so we could
	5 I my football coach because		spend some time together. Let me know!
	she always me to do my best.		Harry
	(encourage / give / like)		

READING and VOCABULARY Studying abroad

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

1	Read the text.	Match pe	eople A-F	with the	topics	1-6 th	ey talk	about.
---	----------------	----------	-----------	----------	--------	--------	---------	--------

1	crossing the street	4 making friends
2	how people behave	5 losing something important
3	studying	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.

address, etc.

2	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.

	the most important and necessary facts about something <u>the basics</u>
2	a very bad situation
3	a punishment where you have to give
	money
ļ	feel unhappy because you are a long way from home
5	a book where you write things that happen
	to you each day
•	you have to do it
7	your phone number, home address, email



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

1	Match questions 1–6 with answers a–f.	4 ••• Complete the second sentence so that
	1 c What time did you get up this	it means the same as the first one, using the
	morning?	word in brackets. Use between two and four words.
	2 What were you doing at 10 p.m.	 I went to New York at some point in my life.
	last night? Have you ever seen a lion in the wild?	(been)
	4 What did you do on holiday?	I have been to New York.
	5 Were you studying when the lights	2 Jay started watching a film at 7.30 p.m. and
	went out?	finished at 9 p.m. (was)
	6 Have you done your English	Jay at 8 p.m.
	homework?	3 Fiona is not here now because she went to
	a No, I haven't. But I'd like to.	school earlier. (gone)
	b Yes, I have. It took me hours!	Fiona to school.
	c At 5.30 a.m.!	4 I started having a shower but didn't finish because the water went cold. (having)
	d Yes, I was.	I when the water went cold.
	e Very little. I mostly just sat on the beach.	5 She didn't eat all morning and she didn't eat
	f I was watching a film.	this afternoon. (hasn't)
2	Choose the correct option. Then mark	She all day.
_	the sentences PS (Past Simple), PC (Past	6 Paul went to Spain for the first time last
	Continuous) or PP (Present Perfect).	year. He visited Madrid but he didn't go to
	1 Roshan has had / was having dinner with	Barcelona. (never)
	his family at 8 p.m. last night. PC	Paul to Barcelona.
	2 I got up / was getting early every day	5 Complete the dialogue with the correct
	last week	form of the verbs below.
	3 Did you have / Have you ever had an	
	unusual pet?	be come climb do fall stay visit walk
	4 When we left the cinema, it rained / was	visit waik
	raining, so we got the bus home.	A: Hey, Nikki. How ¹ was your holiday?
	5 My older brother became / has become	B: Great, thanks! I 2 a really big
	a father in 2014.	mountain!
	6 Jake isn't here. He was going // 's gone	A: Wow! Really?
	home already.	B: Yes, it was amazing – the most exciting thing I 3 ever, actually!
3	Use the prompts to write sentences.	A: Really? Where did you go?
	1 I / get / home / half an hour ago	B: Well, while I ⁴ with my cousin in
	<u>I got home half an hour ago.</u>	Scotland, we decided to climb Ben Nevis.
	2 my sister / start / school / last year	It's the highest mountain in Britain.
		A: How was it?
	<pre>3 you / ever / play / baseball / ?</pre>	B: Amazing, but while we ⁵ up,
		one of the people with us ⁶ and
	4 we / talk / about Susan / when / she	broke her leg.
	walk / in	A: Oh no! What happened?
	F. St. Language Lands and	B: Well, a helicopter ⁷ and took her
	5 it / snow / when / I / wake up / this morning	to hospital. She's better now, thank goodness.
	6 whon / I / ho / little / I / not like / brosseli	What about you? How was your holiday? A: Not as exciting as yours – I just 8
	6 when / I / be / little, / I / not like / broccoli	my gran in the country.

1.5

LISTENING and VOCABULARY

Projection mapping

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

1 Complete the crossword with adjectives of personality.

	¹ c	а	1	m				² 0			
					•	³ r					
⁴ c								⁵ g			
									,		
			⁶ C								
⁷ s											

Across

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

Down

- 1 Will's a very _____ boy he's always asking questions about everything.
- 2 I wish I was more _____. My things are always in a mess and I can never find anything!
- 3 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

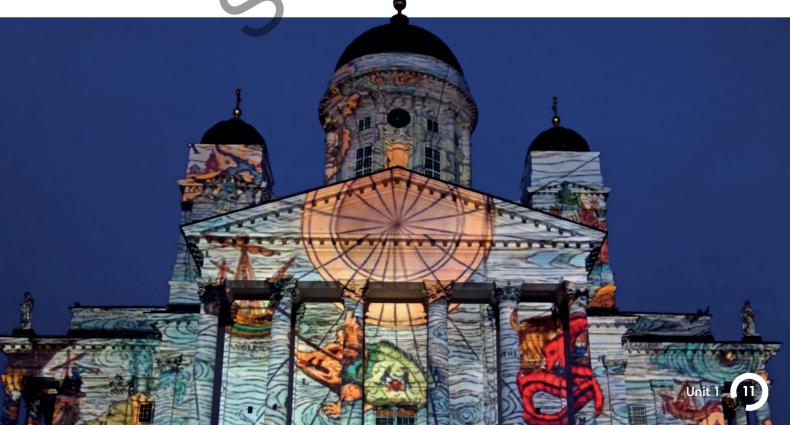
c why he enjoys his work

d an explanation of what projection mapping is

3 © 02 Listen again. Complete the notes with the missing information.

All about projection mapping

- Projecting an ¹image 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.





s of help.

		Dia se	
	1	I can ask for and offer help, and respond to	offers
1	Or	rder 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			_
2	Wr	rite the questions from Exercise 1 in the correct blumn.	_
2	Wr co	rite the questions from Exercise 1 in the correct olumn.	
2	Wr co	rite the questions from Exercise 1 in the correct blumn.	2
2	Wr co	rite the questions from Exercise 1 in the correct olumn.	2
2	Wr co	rite the questions from Exercise 1 in the correct blumn. Sking for help Can you give me a hand with something?	
2	Wr co	rite the questions from Exercise 1 in the correct blumn. Sking for help Can you give me a hand with something?	
	Wr co	rite the questions from Exercise 1 in the correct blumn. Sking for help Can you give me a hand with something?	
	Wr co	rite the questions from Exercise 1 in the correct olumn. Sking for help Can you give me a hand with something? Offering help	
	Wr co	rite the questions from Exercise 1 in the correct olumn. Sking for help Can you give me a hand with something? Offering help atch questions 1-7 with responses a-g. Description of the correct of the correct olumn. This exercise is too difficult. Can you help me?	
	Wr co	rite the questions from Exercise 1 in the correct olumn. Sking for help Can you give me a hand with something? Offering help Catch questions 1-7 with responses a-g. Description of the correct olumn. Description of the correct olumn. And the correct olumn. Description of the correct olumn. This exercise is too difficult. Can you help me? May I help you? You look lost.	
	Wr co	rite the questions from Exercise 1 in the correct olumn. Sking for help Can you give me a hand with something? Offering help atch questions 1-7 with responses a-g. Description of the correct of the correct olumn. This exercise is too difficult. Can you help me?	

_	macoi	r questions i 7 mai responses a gi
	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.

_	3 Complete the dialog	
	ord in each gap. Listen o	and
check.	i	
Jesse:	Hi, Steph. Sorry to distu but could you give me with something?	,
Steph:	2! I'll be wit a 3 Sort that. What can I help yo	ry about
Jesse:	I'm having problems wi Maths homework – it's difficult. Would you 4helping n	really
Steph:	at Maths!	•
Matt:	Can I ⁵ you Jesse? Maths is my best	
Jesse:	That's really 6	of
	you, Matt, thanks. Coul 7 me with r	•
	three, here?	
Matt:	Of course! Let me look it's simple – see? You ju to add these two numb together and divide the by this number.	st need ers
Jesse:	Ah, I see! Thanks for 8!	
Matt:	No problem. Do you ne	
Jesse:	No, I'm ¹⁰ ,	thanks.



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

OUT of class

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

A description of a personal challenge



I can write a description of a personal challenge.

1	Match t	he verbs	below	with the	definitions.
---	---------	----------	-------	----------	--------------

gasp scream shake shiver sweat yaw		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 Antie'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

My first performance

'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.

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,

wanted to scream with joy!
didn't win the contest but people said I sang well.
my confidence about my singing
nd now I'm thinking about joining a band

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

Sailing a boat

Background

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

What happened

- suddenly, my uncle gave me the controls
- · slowly felt more confident

How I felt after the challenge

- loved it
- · want to do it again

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.



SELF-ASSESSMENT

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

: = I understand and can help a friend.

 \rightleftharpoons = I understand but have some questions.

= I understand and can do it by myself.

 \rightleftharpoons = I do not understand.

		\odot	\odot		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)

1.9

SELF-CHECK

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 mightyourself 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 toyourself in another language.
5	Don't push too hardyourself, your limits and when it's time to stop.
6	I think you should alwaysyourself 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 c	an move into our new	
	house.		
2	Jake	$_{-}$ (get up) at 6 a.m. ever	у
	morning, except or	ı Sundays.	
3	My cousin	(be) a marine	
	biologist.		
4	Can I call you back	(? I (have	(ڊ
	lunch at the mome	nt.	
5	Sally	_ (not enjoy) this film an	C
	wants to leave the	cinema.	
6	(yo	ur 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. lt 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	d 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 y	ou 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	n
	the text.	

- 1 e sand
 2 world
 3 highest
 a peaks
 b test
 c terrain
- 4 andurance d championship
- 5 difficult e dunes

2 Complete the sentences with the phrases from Exercise 1.

- 1 <u>Sand dunes</u> in the desert change constantly because of the wind.
- 2 Most climbers would love to climb all the world's ______.
- 3 I'm doing the London marathon next year it's going to be a real ______ for me!
- 4 Most sports have a(n) _____ once a year in which the best competitors participate.
- 5 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!
- 2 The most challenging / stressed race I've ever taken part in was a half marathon.
- 3 The Ironman bike ride is a long-distance one-day race of 180 km.
- 4 Michael is very competitive / popular he hates losing!
- 5 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

- 1 We are going to <u>hold</u> our school sports day on the last day of term.
- 2 Would you like to _____ in a marathon?
- 3 Athletes really have to _____ themselves in order to complete the race.
- 4 Sarah wants to _____ the swim in three hours.
- 5 Athletes have to ______ part of the Sahara desert during this long-distance race!
- 6 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 _ camels

4 _ XII _ III _ IIEU	4	xtr	_ m _	hea
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- **6** Use the prompts to write sentences. Use the tense in brackets.
 - 1 they / enter / the largest sand desert in the world (Present Continuous)

They are entering the largest sand desert in the world.

- 2 they / already / cross / the Atlantic Ocean (Present Perfect)
- 3 unfortunately, / they / get / lost (Past Simple)
- 4 they / complete / an almost impossible journey (Present Perfect)
- 5 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

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

Read the video script. Underline any words or phrases you don't know and find their meaning in your dictionary.

	Part 1: The adventure begins	
	Olympian James Cracknell and adventurer Ben Fogel are	
	entering the largest sand desert in the world - The Empty	
	Quarter in the Middle East – for their next big challenge. They	
5	are travelling in the footsteps of legendary British explorer	
	Wilfred Thesiger. Their goal? To recover their lost friendship.	
	Now, in the most hostile desert on the planet, they will face	
	extreme heat and dehydration violent sandstorms and	
	unpredictable camels.	
10	And they will have terrible arguments.	
	Can James and Ben find what they are looking for in the most	
	remote place on earth? They have been on lots of expeditions	X
	but this one is the hardest of all.	
	Part 2: An almost impossible journey	
15	This is James and Ben's third expedition in the last decade.	
13	They have already crossed the Atlantic Ocean and raced to	
	the South Pole. This is the Empty Quarter.	<u>U</u>
	They start the journey in Mandar and travel through the	
	country of Oman close to the border with Saudi Arabia. Their	
20	destination? The quicksands at Umm as Sammim, which	
20	The siger saw in the 1940s. They have eight days to travel the	
	250 kilometres. In those eight days they have to survive on	
	dried camel meat, dates and flat bread. And plenty of water -	
	temperatures can reach 47°C out in the desert at this time of	
25	year. They need to drink ten litres per day and water wells are	
_0	not easy to find. Luckily, their trusted camels can carry it all.	
	They find the way only with a map and compasses.	
	Unfortunately, they got lost. They took eleven days to make the	
	trip but finally they arrived at the quicksands. It's not an oasis –	
30	there are no trees or even water here but it was their goal, their	
	challenge. They are so relieved to be here at last. In the end,	
	they hug each other and the camels who helped them.	
	They have completed an almost impossible journey – to one	
	of the most remote places on earth and they are still friends at	
35	the end of it!	