

Reading and Use of English

Word formation

Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line.

With hindsight, I probably shouldn't have accepted my friend Rosa's _____ (INVITE) to join her on a 'boot camp'. If I had realised how hard it was going to be, I may well have given it a bit more _____ (THINK) before agreeing to go or I might even have refused.

Basically, boot camp turned out to be a 4 week _____ (RESIDE) programme which involved outdoor fitness training in all kinds of weather. If you like mud, then boot camp is _____ (DEFINITE) for you.

However, if you're like me and you positively hate getting dirty, cold and wet, my _____ (ADVISE) is to say no!

For 28 days I got up at 6am, ate a bowl of fruit and raced to the field where we did our morning exercise. _____

(PUNCTUAL) was essential because if any

_____ (PARTICIPATE) were late, they had to do extra training!

We then spent the whole day doing intensive sport and exercise routines, apart from a short lunch break.

By the time I got home, I was _____

(BELIEVE) tired and, though I felt a certain

_____ (SATISFY) in having completed the challenge, I doubt I'll ever do it again!

In it to win it

Italian housewife, Maria Assunta Lombardo cheerfully admits to being addicted to online competitions and she has no _____ (INTEND) of giving up in the near future.

And that's hardly _____ (SURPRISE) once you learn that this lucky lady has won around 100,000 euros worth of prizes in the last 5 years! In fact, as a result of her almost _____ (BELIEF) success, Mrs Lombardo has decided to give up full time work and concentrate on her rather _____ (PRODUCT) hobby. She has started a blog about her experiences and you can read her top tips here:

- Be prepared to give your _____ (PERSON) information to many different companies. If you're the kind of person who's worried about privacy, then this pastime isn't for you.
- To start with, you might have _____ (DIFFICULT) deciding which competitions to enter but this

comes with practice. My advice is enter as many as possible in the _____ (BEGIN) to maximise your chances.

You can give away any _____ (WANT) prizes to friends and family.

• And finally, remember it's just a bit of _____ (HARM) fun and don't expect to win all the time.