Ex. 1 You are going to hear a conversation about using computers. Fill in the missing information.

1 Tom spends about _____ on a weekday using his computer.

2 Tom prefers _____ games.

3 Apart from social networking sites, Tom regularly uses _____.

Ex. 2 Listen and match the speaker to the reaction.

A Well done! It's a great success!

B It's an amazing one! I love it.

C Let's hope so.

D Keep going! You'll do fine.

E What a pity! You've worked so hard on it.

Speaker 1 ___ Speaker 2 ___ Speaker 3 ___ Speaker 4 ___

Ex. 3 Read the text. Decide if the sentences below are true(T) or false(F).

Hi everyone,

I'd like to share my experience of African dance. About a year ago my friend, Liz, suggested

I should go with her to an African dance class. I'd always been quite overweight and shy and although I'd tried some diet pills and joining a gym, nothing seemed to work. At first I wasn't keen on the idea of joining an African dance group, but Liz didn't give up and in the end

I agreed. Now, African dance is quite an injury-free activity because you keep your feet in line with the knees, which protects them and your back from too much strain. Also, you put your feet flat on the floor, so your ankles aren't in danger, either. It turned out just the right thing for me! Since I joined about half a year ago, I've lost quite a few kilos, and my confidence has improved, too!

Barbara

1 Barbara hadn't tried to lose weight before she joined the African dance class.

2 Barbara wanted to try African dance as soon as she'd heard about it.

3 African dance cause a lot of strain.

4 Barbara says African dance classes have made her slimmer.

Ex. 4 Read the texts A, B and C and join them to the people(1-4).

Our magazine reporter has interviewed some people who help their local communities. Read on to find out how they help others. We hope their examples will inspire you to get involved.

A

In my town unemployment is a serious problem, especially among young people. A few years ago me and some friends started an NGO (non-government organisation) which tries to help people find employment. We help people to improve or change their qualifications by organising training courses. We also talk to local companies to encourage them to provide more jobs. It's voluntary work and we don't get paid, so we can only do that as a part-time job.

B

I live in a big city which has a lot of immigration. A few years ago I joined a small local organisation which helps immigrants to integrate into the local community. I'm a teacher, so I wanted to do something I do best to help. I'm teaching English to the immigrants to help them become part of the community.

C

I work for an organisation which helps children in the two local orphanages*. We want them to have as normal a childhood as possible. We organise trips and events for the children and we also ask local companies to sponsor birthday and Christmas presents. Part of our work involves mentoring those children who have fallen behind with their schoolwork. I really think we're making a difference for those kids.

**orphanage – a home for children who have no parents*

This person

1	helps students who have problems at school.	
2	lives in a place where many people can't find work.	
3	is using their professional skills in their community work.	
4	tries to make local businesses donate some money.	