

1 Complete the sentences with the correct form of a verb from A and a word/phrase from B.

A

drop get know stick think

B

at ahead (x2) out your stuff

- 1 Getting fit isn't easy, so it was great how Lucy _____ exercising until she saw some results.
- 2 I was very impressed by the content of your presentation. You really do _____.
- 3 Juan's a very successful businessman, but did you know that he _____ of university and never got his degree?
- 4 Our teachers always told us that the secret to _____ in life is hard work.
- 5 It's lucky that I _____ and got some extra food in. I had expected to feed a few people, but not this many!

2 Read the article about hobbies and complete the sentences. Use no more than three words from the text for each answer.

- 1 Hobbies can make people feel that they're using their free time to do something _____.
- 2 'Eustress' may be described as stress which allows people to feel _____.
- 3 Positive psychology maintains that enjoyable hobbies can boost _____.
- 4 Hobbies can balance out the negative effects of _____ caused by stressful jobs.
- 5 Research has shown that doing twenty minutes of physical activity per week reduces people's chances of experiencing illnesses such as _____.

Hobbies

Hobbies are often regarded as activities for people who lead quiet, relaxed lives. However, those with busy or even stressful lives may be in greater need of hobbies, and get greater benefit from taking them up.

Hobbies can be especially welcome for those who have too much to do. Taking part in them can provide a break with a purpose, which can help people feel that they're not just 'sitting around' but are using their time for a productive activity.

For those who are not too stressed or who may actually be under-stimulated, hobbies provide a good source of 'eustress' – the healthy kind of stress that we all need to remain feeling excited about life. For people who lead dull lives, hobbies can provide meaning and fun and often just the right amount of challenge.

Positive psychology, a relatively new branch of psychology that studies what makes life worthwhile, has discovered that activities that bring fun into your life can be wonderful for relaxation and getting pleasure from the moment, lifting people's moods in the process. This, in turn, leads to an increased sense of well-being – in other words, general health and happiness.

As far as work is concerned, research has shown that those in stressful jobs which normally contribute to exhaustion, such as low-control, high-demand jobs, feel less of a need to 'recover' from their day at bedtime if they participate in physical or social leisure activities. One study showed that those who had no time to spare and need to 'recover' at bedtime were more likely to suffer from poor health.

Other research has found that people who take part in physical leisure activities for at least twenty minutes once a week are less likely to suffer from a variety of health problems. Enjoyable activities performed during leisure time were associated with lower levels of depression, as well as reduced blood pressure, waist measurements and body mass index. So, perhaps setting aside time for hobbies is more important than you thought!

3 Choose the correct answer from the words in *italics*.

- 1 I'm sure *you'll love* / *you love* this restaurant. It's had excellent reviews.
- 2 If you don't make a start on your assignment soon, *you're not completing* / *you're not going to complete* it on time.
- 3 What time *does the concert start* / *is the concert starting* this evening?
- 4 *I change* / *I'm going to change* my car just after New Year.
- 5 Sorry, but *I'm not going to have time* / *I won't have time* to come to your house this evening.
- 6 Maria said *she'll let* / *she's letting* us know about the arrangements for tomorrow.
- 7 It looks like *there's going to be* / *there will be* a storm soon.
- 8 *Are you spending* / *Do you spend* your birthday in Tokyo with your family this year?
- 9 I'm sure Stefan *doesn't like* / *won't like* the painting you've bought for him. He hates modern art.
- 10 My friends Alex and Jo *will move* / *are moving* house this weekend.

4 Read the text and choose the correct topic sentence A–F for each paragraph 1–4. There are two topic sentences that you don't need.

- A It was clear from the early days that Paola had above average intelligence.
- B Paola is confident about her ability to succeed in life.
- C Paola continues to work at the university.
- D Paola has very pleasant memories of her childhood years.
- E Paola had a tough childhood.
- F Family has always been very important to Paola.

1 _____

Paola's father passed away when she was just one year old. Because of this, her mum didn't have much money and they had to sell their house and live with their elderly grandparents. Paola's mum had to work hard and so some of her friends often took care of Paola.

2 _____

She learned to read and write when she was very young and was always top of her class. She received financial support to attend an excellent university, where she studied chemistry and received a first class honours degree. Paola continued her studies by doing a Masters and a PhD, and eventually she became a professor at the university.

3 _____ She and her husband had two children, a girl and a boy, and she took time off work to look after them when they were little. Her children moved out of the family home when they were in their twenties, but, as they live locally, they visit regularly. Paola now has four grandchildren and she often looks after them.

4 _____ Although she's fast approaching retirement age, she has no intention of giving up work just yet. She's as enthusiastic now about her research in chemistry as she was forty years ago, and enjoys nothing more than acting as a role model for young scientists just starting out.

5 Choose the correct option a–c to complete the sentences.

- 1 When Lisa won the lottery, she decided to _____ the money in property which she'll sell at a later date.
 - a set aside
 - b fritter away
 - c invest
- 2 I had hours at the airport waiting for my connecting flight, so I _____ by doing some research for my project.
 - a killed time
 - b ran out of time
 - c took my time
- 3 When Jack's daughter was planning to travel around the world, he advised her to _____ each month.
 - a set aside some money
 - b be short of money
 - c throw her money around
- 4 I knew that completing the marathon would be a challenge, so I _____ and did it in four hours.
 - a invested my time
 - b whiled away my time
 - c took my time

- 5 We _____ at the moment, so we'll have to postpone buying a new TV.
- get our money's worth
 - are short of money
 - have some money to spare

6 ▷ Listen to part of a radio programme about the rise in popularity of the solo holiday – people going on holiday alone. Decide if statements 1–5 are true or false.

- The speaker says that women today have more money than those of previous generations.
TRUE / FALSE
- According to the speaker, yoga holidays of at least a month long are becoming increasingly popular.
TRUE / FALSE
- The company Festicket offers female travellers a package deal which includes entry to a festival and accommodation.
TRUE / FALSE
- According to First Festival Travel, women travelling alone feel more secure with other female solo travellers.
TRUE / FALSE
- The speaker says that some travel companies have started to charge customers extra for having their own room.
TRUE / FALSE

7 - Underline the correct verb forms.

Example: The students **will have finished** / **have finished** the test in a couple of minutes.

- This time tomorrow, you're **taking** / **'ll be taking** your driving test.
- Good luck with the interview! I'll **be thinking** / **'ll have thought** of you.
- I'll **have gone** / **'ll be going** into town more next week – that's when my course starts.
- The meeting should be a quick one so we'll **have finished** / **be finishing** by 3.00.
- I'm sure we'll **have solved** / **'ll be solving** all our energy problems by 2050.
- We usually start our lunch at 1.30, but tomorrow we'll **have started** / **'ll be starting** it at 2.15 as there's a lot of work to do in the morning.

8 Complete the sentences with the correct form of the word in brackets.

- When her uncle passed away, Sarah's _____ included several valuable oil paintings. (inherit)
- It was only thanks to my husband's _____ that we discovered the broken window. (curious)
- As we expected, there was a huge _____ in the election results from region to region. (vary)
- I don't really mind which restaurant you choose, but my _____ is for Asian food. (prefer)
- It wasn't our _____ to buy any furniture, but we couldn't resist the sofa when we saw it. (intend)

9 Complete the sentences with the future continuous or future perfect form of the verb in brackets.

- 1 A year from now we _____ our own business – well, hopefully, anyway. (run)
- 2 If everything goes according to plan, Igor _____ in France by this time tomorrow. (arrive)
- 3 This time next week Daniel _____ in the mountains in Canada. (ski)
- 4 The local council believes the population of our town _____ to almost a million by the end of this decade. (rise)
- 5 I hope that in six months' time I _____ enough money to have a nice long holiday. (save)