

Name:

Surname:

LISTENING

1 [Audio UT1.01] Listen to five people talking about how they relax. Match the speakers (1–5) with the things they do to relax (A–E).

1 Alyssa _____
2 Felix _____
3 Julia _____
4 Jake _____
5 Sarah _____

A Playing computer games
B Reading
C Hanging out with friends
D Watching television
E Cooking

/5

2 [Audio UT1.01] Listen again. Choose the correct answer, A, B or C.

1 Why is it important for Alyssa to relax?

- A She has a lot of work at university.
- B She's starting a new job soon.
- C She does a lot of exercise.

2 What does Felix say about his hobby?

- A It helps him stay in touch with people.
- B It helps him learn new things.
- C It helps him spend less time in his bedroom.

3 What does Julia say about her job?

- A It's hard work, but fun.
- B It takes a lot of her time.
- C It makes her stressed out.

4 Why does Jake prefer preparing food at home than in the restaurant?

- A There is better food.
- B There are cookery books.
- C There is less noise.

5 What does Sarah say about her lifestyle?

- A She has more free time nowadays.
- B She still has a lot to do.
- C She finds it hard to relax.

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Part A • Grammar, Vocabulary and How to ...

GRAMMAR

- 1 Choose the correct words to complete the sentences.
- 1 You **have to** / **mustn't** have a ticket when you travel by bus.
- 2 We **must** / **mustn't** make a decision soon or it'll be too late.
- 3 The children **shouldn't** / **should** spend less time playing computer games and more time reading.
- 4 You **needn't** / **need to** bring sandwiches because we'll give you lunch.
- 5 You **don't have to** / **mustn't** go to bed early because you don't have school tomorrow.
- 6 You **shouldn't** / **don't have to** walk in the road because there's a lot of traffic.
- 7 We **had to** / **must** take off our shoes when we went in the house.

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VOCABULARY

- 4 Complete the sentences with the words and phrases in the box. There are three words you do not need.

bad loser carry on competitive do well
failure give up hard strict success
talented

- 1 The children are working very _____ at the moment.
- 2 You shouldn't be so _____. It's not important who finishes first.
- 3 It can be difficult to accept _____, but we can also learn from it.
- 4 Umberto's a _____ artist. He's got a natural ability for painting.
- 5 My grandfather was _____ so he had rules for everything.
- 6 The book was so hard I wanted to _____, but I finished it in the end.
- 7 Oana is such a _____. She always gets annoyed when other people win.

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Part A • Grammar, Vocabulary and How to ...

GRAMMAR

- 1 Choose the correct words to complete the sentences.
- 1 We **drove** / **were driving** to work when the accident happened.
- 2 There was a new woman at work today who I **didn't meet** / **hadn't met** before.
- 3 I was trying to repair my bike when a man **was stopping** / **stopped** to help me.
- 4 The parcel **had arrived** / **arrived** just after I got home.
- 5 When I tried to use my phone, I realised it **hadn't worked** / **wasn't working**.
- 6 He **ate** / **had eaten** already so he was cooking just for the children.

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VOCABULARY

- 4 Choose the correct option (a, b or c).

- 1 My brother was ___ of my new tablet because his tablet is really old.
a angry b jealous c worried
- 2 The children look pretty ___. It must be time for bed.
a kind b silly c sleepy
- 3 Please stay ___. There's nothing to worry about.
a calm b nervous c upset
- 4 He's ___ of the dark so he sleeps with a light on.
a exhausted b sleepy c terrified
- 5 I think they're ___. They look so happy together.
a in love b jealous c upset
- 6 Kevin wasn't very ___. He didn't say hello to me.
a bossy b polite c rude
- 7 I can't hear you because the children are too ___.
a easy-going b helpful c noisy

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2 Choose the correct words to complete the sentences.

- 1 A: What are your plans for the weekend?
B: I 'll / **'m going to** stay at home and study.
- 2 A: This box is very heavy.
B: Don't worry. I **'m helping** / 'll **help** you carry it.
- 3 A: Are you going to watch the rugby match?
B: I'm not sure. I **might** / **will** watch it.
- 4 A: Have you bought the plane tickets yet?
B: Yes. We **'re flying** / 'll **fly** next Monday.
- 5 A: Do you want to meet next Tuesday?
B: I **'ll check** / **'m checking** my diary later.
- 6 A: Why isn't Chuck coming out?
B: He **'ll start** / **'s starting** a new job tomorrow and he doesn't want to be tired.

5 Complete the sentences with the correct form of the words in brackets.

- 1 Dottie showed a lot of _____ (understand) when I explained the problem.
- 2 My daughter is trying to _____ (memory) all the words of her favourite song.
- 3 She's got a good _____ (know) of French. She knows lots of unusual words.
- 4 We need more _____ (inform) before we decide.
- 5 I don't know what the _____ (solve) is. Do you have any idea?
- 6 I did a lot of _____ (revise) for the exam so I'm surprised about the result.
- 7 She didn't do much _____ (prepare) for her job interview.

READING

3 Read the article about learning. Match the paragraphs (1–5) with the headings (A–E).

- A** How do we learn?
- B** How can I become a better learner?
- C** What is learning?
- D** What is informal learning?
- E** What is formal learning?

/5

Learning

Nowadays, people say it's important to be a lifelong learner. In this article, we'll talk about the different ways we learn and show you how to become a better learner.

1 _____

Learning is the way we get new knowledge and skills and change our behaviour. When children learn how to say “please” and “thank you”, they are changing their behaviour. When you learn how to repair a car, you are getting a new skill. And when you study the planets, you are getting new knowledge. It's hard to imagine a world without learning.

2 __

Scientists have different opinions about the way we learn. Some of them think it's by copying behaviour and then repeating it. An example would be a child learning to say words by copying their parents. Others think it's by talking to people and doing things with them. This is the way most of us get new knowledge at school. No one knows exactly how we learn, but both of these opinions make sense.

3 __

Nowadays, most people go to school to get new skills and knowledge, like maths or languages. This is an example of formal learning, where teachers organise the learning experience. Some people go to university to increase their knowledge and get qualifications. Many companies also organise training for their staff, with subjects like how to use computer programs or how to get on with colleagues.

4

This is learning which doesn't happen in a formal context. There's no teacher to help you and there aren't any qualifications. But you can select the time, the place and the subject. If you think about it, we do this all the time. For example, if you don't know how to boil an egg, you can look in a cookery book. There are many ways of learning informally, but one of the most useful is the internet.

5

Firstly, take responsibility for your learning. These days, we can use the internet to find the information we're looking for. Videos, blogs and articles can all help us learn so there's no excuse. But don't forget that we can learn a lot from other people. It's surprising what you can learn by just talking and listening. Lastly, you need to be a lifelong learner; it can increase your work opportunities and it might even be good for your health.