7 High adventure

Grammar

Infinitive and verb + *-ing*



1 Complete the sentences with the correct form of the verb in brackets (the infinitive or *-ing* form). In some of the sentences, both are correct.

1 I began ..... (*go*) snowboarding when I went to stay with my uncle in the mountains.
2 There was no point ..... (*try*) to windsurf yesterday because there wasn't enough wind.
3 We continued ..... (*train*) for the race even though the weather was terrible.
4 I stopped ..... (*rest*) after running for five kilometres.
5 Remember ..... (*not go*) to college tomorrow as it's closed.
6 I started ..... (*do*) rock climbing when I was a university student.
7 Don't forget ..... (*bring*) plenty of water on the climbing trip.
8 It wasn't worth ..... (*continue*) up the mountain because we couldn't see anything through the mist.
9 My family stopped ..... (*visit*) Scotland every summer when my grandparents moved.
10 I prefer ..... (*sail*) on the sea to on a lake.
11 I was offered a place in the regional swimming team but it meant ..... (*travel*) to competitions every weekend.
12 I meant ..... (*tell*) Oliver about my new job when I saw him but I forgot.

2 Complete the sentences with a verb from the box that both fits grammatically and makes sense. There are two verbs which you don't need to use.

admitted allowed avoided decided
expected failed promised succeeded
thought warned

1 My parents weren't happy about it but they ..... me to go paragliding when I was 14.
2 My father only ..... to learn how to snowboard when he was 50 and now he's better than me!
3 Everyone ..... Daniel to win the race so they were surprised when he lost.
4 The ski instructor ..... taking us on the higher slopes because it was our first lesson.
5 The guide was really embarrassed when he ..... not knowing the way home.
6 Unfortunately we ..... to reach the top of the mountain because of the bad weather.
7 Nobody had ..... about bringing a map in case we got lost.
8 The team were so happy when they ..... in winning the silver cup.

Vocabulary

Phrasal verbs and expressions with *take*

1 EP Complete the sentences using the correct form of one of the expressions.

take turns take part in take a risk take exercise
take up to take someone's place

1 Everybody is welcome to ..... the race.
2 Jack was injured so Andy ..... on the team and played in the final instead.
3 A professional tennis match can ..... five hours to complete.
4 If you don't ..... when you're young, your health may suffer when you're older.
5 We decided to ..... and go sailing even though the wind was quite strong.
6 There weren't enough tennis rackets for everyone so we had to ..... playing.

LIVEWORKSHEETS

2 EP Look at the phrasal verbs and their definitions. Then complete the sentences with the correct verb.

take sthg up	to start a new hobby or activity
take to sthg	to be good at, or enjoy something new
take after	to be similar to a member of your family
take off	to be a success, become established
take sthg on	to accept new challenges or responsibilities
take away	to remove

1 I take ..... my father. He was scared of heights too.
2 I've been asked to take ..... the role of group leader on the next climbing expedition.
3 Her career as an underwater photographer has really taken ..... . Her photos are always in different magazines.
4 I think he should take ..... a new challenge. Something like cross-country running would be good.
5 The injured rugby player was taken ..... by ambulance.
6 I didn't think I'd enjoy it much but I really took ..... snowboarding. It wasn't as difficult as I'd expected.

Verb collocations with sporting activities

3 EP Circle the correct word.

1 I didn't realise so many people were *watching / looking* me when my windsurf crashed into a boat.
2 People who enjoy *playing / doing* judo must be so fit.
3 What kind of sports do you enjoy *playing / doing*?
4 The crowd was cheering so loudly I couldn't *listen / hear* a word the referee was saying.
5 Shall we *watch / see* the football match you recorded this evening?
6 Alisha has been *doing / going* climbing every weeker for the last three months.

Writing | Part 2 A report

Find ten spelling mistakes in this report.

Report on college trip to Brookwood Adventure Centre

Introduction
The aim of this report is to evaluate the recent college trip to Brookwood Adventure Centre and to make recomendations about future college visits to this centre.

College trip, 19–23 June
Brookwood is conviniently situated from the college (two hours by bus) near Bluewater Lake. 20 students from the college spent five days there and took part in a sailing course.

The facilities
The acommodation was very confortable and spacious. The food was excelent, although some students said there wasn't enough choice. There are also cheap restaurants a short bycycle ride away.

The courses
The activities were well organised and safety standards were high. Students said they enjoyed the course despite the bad wether. Some students thought there weren't enough oportunities to practise sailing but they were impressed with the instructors, who were all extremely experienced. Each student was given a lot of personal attention wich helped them to develop their confidence.

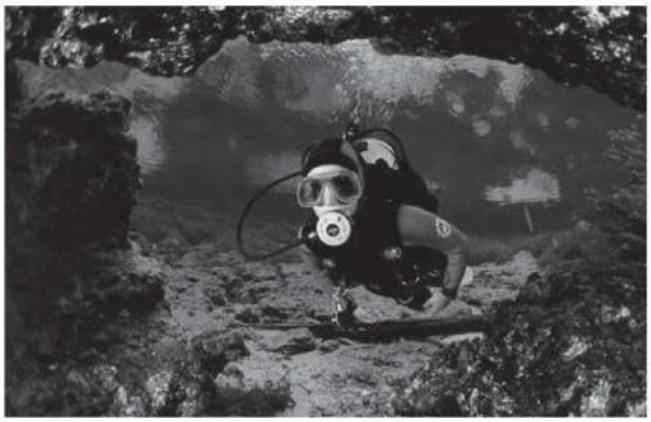
Conclusion
I belive this course was beneficial for all the participants. It was also good value for money. For these reasons I would suggest organising the same trip next year.



LIVEWORKSHEETS

Listening | Part 2

08 You will hear part of a radio interview with Barry Helman, a cave-diving expert. For questions **1–10**, complete the sentences with a word or short phrase.



CAVE DIVING

Barry says it is the incredible beauty and **(1)** ..... of the caves that attracts him to diving.

Barry compares himself to an **(2)** ..... .

Other divers say the danger is a **(3)** ..... .

Barry says the most frightening thing about cave diving is the complete **(4)** ..... .

Because it's not possible to get to the surface easily, having good **(5)** ..... skills is essential for survival.

Most accidents involve people who take **(6)** ..... when diving.

(7) Not having enough ..... is a potentially dangerous problem.

You need to have proper **(8)** ..... to do cave diving.

A good cave diver should never **(9)** ..... when facing a serious problem.

Barry thinks being a good diver increases your **(10)** ..... in normal life.

Reading and Use of English | Part 2

Exam advice

Read the whole text when you have finished to make sure the words you have written make sense.

For questions **1–8**, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (**0**).

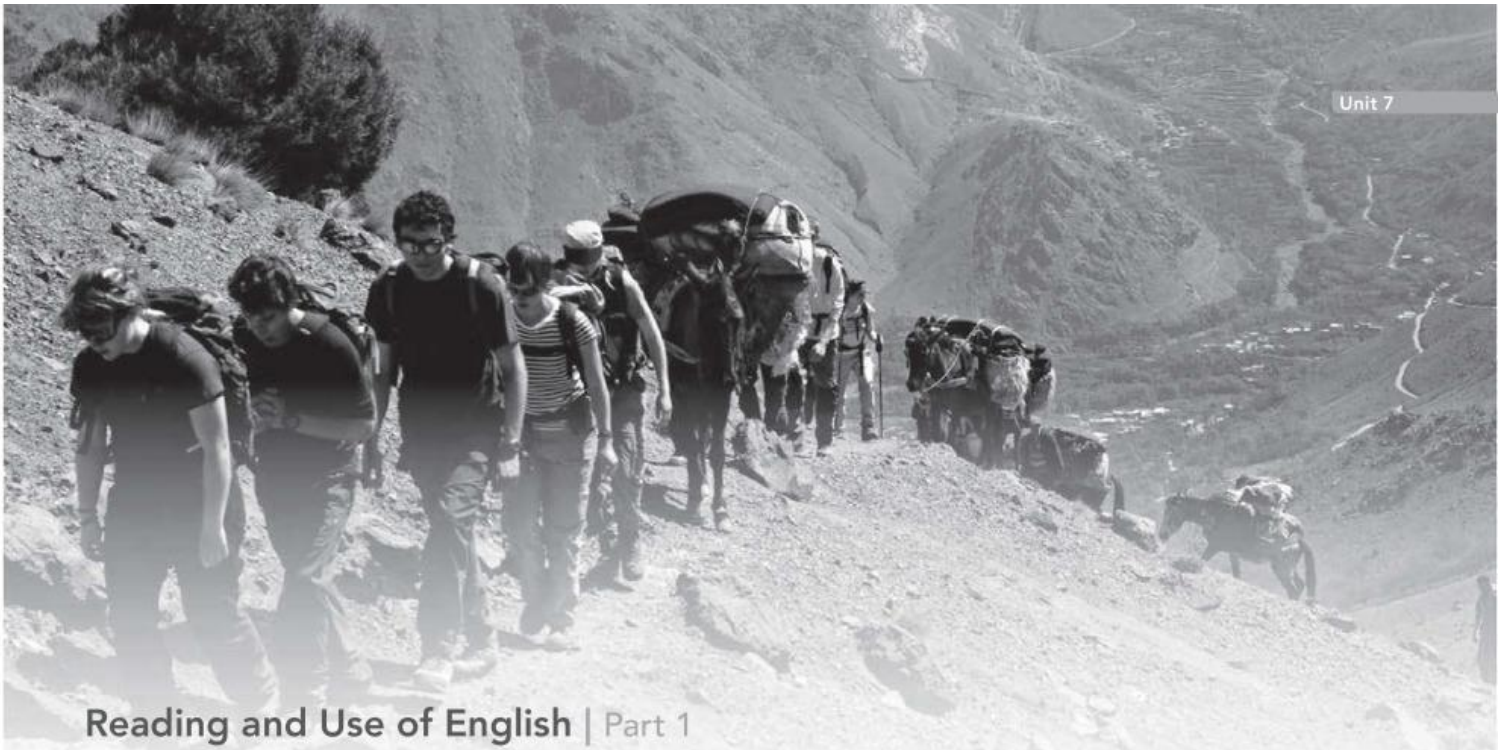
What is ski touring?

Ski touring is exactly that – touring on skis. It combines **(0)** ..the.. best bits of skiing and mountaineering and provides the perfect way to explore the mountains in winter. The advantages **(1)** ..... ski touring are that you can really escape the crowds, enjoy the solitude of the mountains and **(2)** ..... rewarded with breathtaking views and exhilarating descents.

Ski touring involves both going up and down the mountain, so even for experienced skiers new skills **(3)** ..... to be acquired. **(4)** ..... is much to learn about 'skinning up' (getting up the mountain) that improves efficiency and saves energy. Similarly, you want to be **(5)** ..... to enjoy going down, which means learning to cope with the variety of snow conditions you will encounter off-piste. **(6)** ..... all ski touring is very demanding, you must be **(7)** ..... good physical condition. The fitter you are, the **(8)** ..... fun you will have.



LIVEWORKSHEETS



Reading and Use of English | Part 1

For questions **1–8**, read the text below and decide which answer (**A**, **B**, **C** or **D**) best fits each gap. There is an example at the beginning (**0**).

Exam advice

Some questions test words which are part of fixed expressions.

Example:

0 (A) make **B** do **C** ensure **D** have

Planning an adventure trip

Researching your destination properly will **(0)** ..... all aspects of your adventure trip easier, as well as helping you to **(1)** ..... the most out of the experience. Research will help you pick the best places to go but you'll also learn what you need to pack, and also what cultural (and sometimes political) issues you should be **(2)** ..... of.

Climate and seasonal pricing are important **(3)** ..... in your decision about when to go. For adventure travel, bad weather or weather you're not **(4)** ..... for can ruin the trip. While you can't predict what the **(5)** ..... weather will be, find out as much as you can about the climate in advance.

While some research is absolutely **(6)** ..... , don't plan every moment of your trip in advance. Over-planning tends to make people less **(7)** ..... to take part in the surprising and spontaneous **(8)** ..... that are part of any sort of adventure travel. It's really important to keep a big reserve of excitement and energy ready for the unpredictable.

1 A take	B get	C find	D set
2 A aware	B familiar	C informed	D knowledgeable
3 A points	B reasons	C factors	D details
4 A anticipated	B prepared	C expected	D planned
5 A accurate	B correct	C true	D exact
6 A needed	B essential	C ideal	D useful
7 A curious	B interested	C attracted	D willing
8 A circumstances	B performances	C events	D chances

LIVEWORKSHEETS

8 Dream of the stars

Grammar

Reported speech

1 Anita asked her friends what they thought about a television programme and wrote down what they told her. Write the words each person actually said.



1 Lucy told me she would definitely watch the whole series.

2 Jessica said her whole family had watched it the day before and they had all liked it.

3 Harry said he had never seen it and he didn't want to.

4 Grace said she was going to watch it the following week.

5 Daniel told me he couldn't wait for the next episode because he was really enjoying it.

6 Charlie said he had only seen one episode and it had been a bit boring but he might watch it again.

1 Lucy: I'll definitely watch the whole series.

2 Jessica: .....

.....

3 Harry: .....

.....

4 Grace: .....

.....

5 Daniel: .....

.....

6 Charlie: .....

.....

Reporting verbs

2 Match what the people said (A–G) with a reporting verb from the box.

admit announce complain ~~inform~~ promise recommend warn

A The bus leaves at two thirty.
inform

B The city centre can be dangerous at night.
.....

C This food tastes disgusting.
.....

D I will give the money back tomorrow.
.....

E I'm going to live in Brazil.
.....

F I told a lie.
.....

G You should watch the new James Bond film.
.....

3 Now report what the people in Exercise 2 said.

1 The bus driver informed us that
the bus left at two thirty.

2 Filip complained that
.....

3 Beatriz promised that
.....

4 Paul announced that
.....

5 Karima recommended that
.....

6 Roberto warned that
.....

7 Tereza admitted that
.....

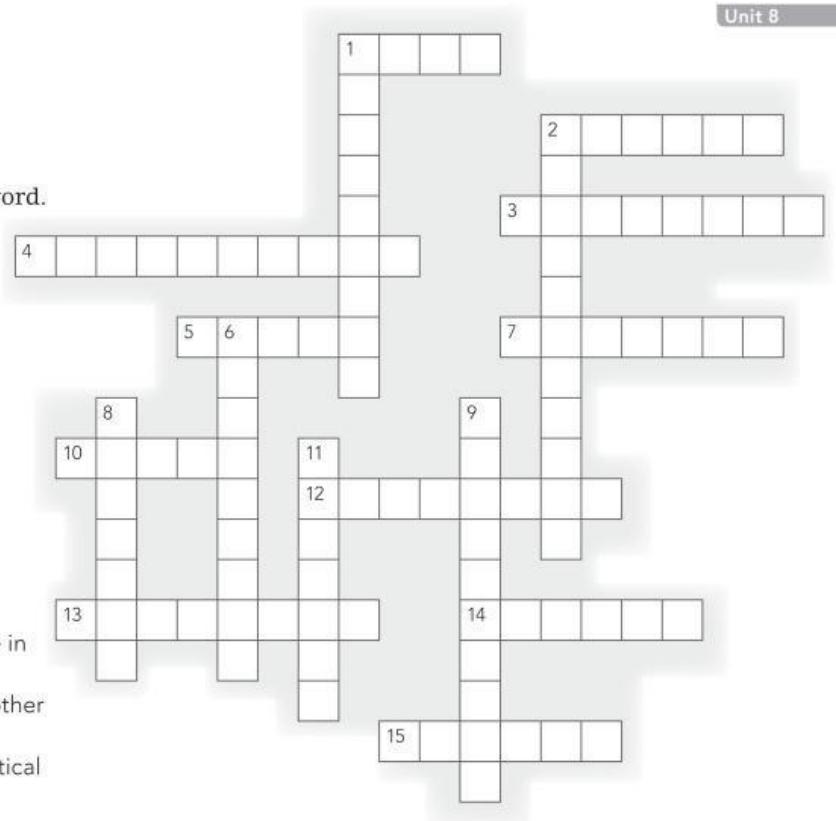
LIVEWORKSHEETS

Vocabulary

Entertainment

1 EP Read the clues and complete the crossword.





Across

1 The ..... was first performed in this theatre in 1934.
2 This entrance is for actors only whereas the other entrance is for the general ..... .
3 I'm a TV ..... so I have to make all the practical arrangements for a programme.
4 The first ..... on last night's quiz show won £10,000.
5 My favourite actor was only in the first ..... of the play unfortunately.
7 A law was passed to give famous people greater ..... from the press.
10 The two singers sang together on ..... for the first time in 20 years.
12 The ..... started clapping as soon as the band were announced.
13 The film was made on ..... in Hawaii.
14 The ..... was excellent, despite none of the actors being professional.
15 The second episode in the new ..... about musicians was much better than the first.

Down

1 At the beginning of the show, the ..... told everyone what the prizes were.
2 The main actor's ..... wasn't as good as usual tonight.
6 This magazine always has an article about the life of a famous ..... .
8 Most Bollywood films are made in film ..... in Mumbai.
9 There were more ..... than usual at the football match.
11 A ..... is a newspaper which has short reports and a lot of photos.

Verb collocations with *ambition, career, experience* and *job*

2 EP Choose the correct word, A–D, for each gap.

1 Anna had a real talent for dance and eventually .....fulfilled..... her ambition to dance at the Lincoln Center in New York.
A fulfilled B concluded C succeeded D convinced

2 If you ..... experience, you'll never get anywhere as a designer.
A miss B abandon C lack D deny

3 Gerry was determined to ..... a career with animals and eventually he succeeded in setting up his own practice as a vet.
A launch B pursue C realise D perform

4 If you want to ..... experience of working with children, you could do some babysitting for your cousins.
A get B achieve C earn D make

5 I turned ..... a job in Thailand and I've regretted it ever since.
A up B out C back D down

LIVEWORKSHEETS

Listening | Part 3

09 You will hear five short extracts in which people are talking about a film they have seen. For questions **1–5**, choose from the list **(A–H)** what each person thinks about the film. Use the letters only once. There are three extra letters which you do not need to use.



A It was boring.

B It was too brief.

C It was set in the wrong location.

D The action scenes were unconvincing.

E The plot was too complicated.

F It was too serious.

G One of the actors let the others down.

H The acting was poor.

Speaker 1 [ ] 1

Speaker 2 [ ] 2

Speaker 3 [ ] 3

Speaker 4 [ ] 4

Speaker 5 [ ] 5

Reading and Use of English | Part 4

For questions **1–6**, complete the second sentence so it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example **(0)**.

Example:

0 The train driver said, 'The train will be 30 minutes late.'
DELAY
The train driver announced that there
.....would be a delay..... of 30 minutes.

1 I had an invitation from Miranda to join her ice skating tomorrow.
GO
Miranda invited ..... ice skating with her and her friends the next day.

2 Lee told us he was sorry that he hadn't come to our party.
FOR
Lee apologised ..... to our party.

3 Alice told Tom she thought he had scratched the car.
OF
Alice accused ..... the car.

4 In the end I got my sister to agree that I could borrow her dress.
LEND
I finally persuaded ..... her dress.

5 I told the hotel receptionist that my room was too small.
ABOUT
I complained ..... too small to the hotel receptionist.

6 We were warned by the policeman about the traffic jam ahead.
THERE
The policeman warned ..... a traffic jam ahead.

LIVEWORKSHEETS

Reading and Use of English | Part 6

You are going to read an article about a woman who works with celebrities as a fashion stylist. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (**1–6**). There is one extra sentence which you do not need to use.

'I often spend the day shopping'



Rachel Fanconi is a fashion stylist who has worked with many stars. She was interviewed by Alex McRae

Fashion styling is basically about making people look nice. I work on editorial photo shoots, styling models for fashion spreads in magazines and newspapers, and I also style celebrities for big awards ceremonies. [1] There's actually a strong commercial element to styling.

A typical day usually starts with me packing up and returning clothes worn at an awards ceremony the night before, then heading out to find new things for my next assignment. Some stylists go through public relations agencies to find clothes. [2] As a stylist, your contacts are extremely important, so I'm very protective of mine. If I'm finding clothes for someone new, I'll call the person first to discuss their likes and dislikes, which helps me to put together a profile. Then I'll spend the day shopping and bring back lots of different outfits for them to choose from.

The best thing about my job is shopping. I hope that doesn't sound too shallow. [3] I work with a big list of people – models, make-up artists, photographers – on various different assignments, and it's lovely checking in with them if I haven't seen them for a few months. You're collaborating together to make something look gorgeous, and when things come together, it's hugely satisfying.
It's easy, however, to get caught up in the glamour of the job. I feel that with any demanding career, it's important to have a balance. [4] My husband and I are both stylists and we try to avoid this. We're great football fans – we go to lots of games and try to keep one part of our lives separate from our jobs.

There are a range of skills you need to be a top fashion stylist. It's not enough to have an artistic eye. [5] For example, if you go to gigs, exhibitions and plays, it will inform your work. During a fashion shoot, you have to be hawk-eyed, ready to swoop on any uneven hemlines. It is important to be really thorough and careful. I take digital photos and print out suggestions of shoe, bag and outfit combinations, to make sure everything goes together.

So the reality is that it's a lot of hard work. If you want to be a fashion stylist, get a qualification under your belt – not necessarily a degree in fashion styling, but maybe in design. [6] Then do work experience with a stylist in the most stressful environment possible – probably fashion shoots for a newspaper – so you learn to work under pressure to a deadline. Try to learn your craft from a stylist you admire, be as professional as you can, and be prepared to do a lot of work for free.

A Otherwise, you could let styling take over your life and become a caricature 'fashion' person, in a bubble.

B You should try to find inspiration in unexpected places.

C I work differently in that I prefer to deal with people directly, and I try to support London designers.

D More important is planning and organisation.

E Their clothes are usually loaned, because when an outfit appears in a magazine or on a celebrity, it's advertising.

F That will give you a useful range of skills.

G Apart from that, it's the social aspect of the job which is important to me.

LIVEWORKSHEETS