

Special assignment 4th year

Reading and listening comprehension

A) Read the text. Five sentences have been removed. Choose the correct sentences (A-G) to fill the gaps (1-5). There are two extra sentences.

Hobbies and leisure activities are an ideal way to de-stress, meet people and develop your creativity. But if you don't have a lot of spare time, it can be a challenge to find one that suits your tastes and fits into your busy life. Of course, some readers ask why they should take up a hobby at all.¹ They don't realise that being more active and doing something really enjoyable can improve their energy levels and their mood.

One strategy for finding the right leisure activity is to think about what you enjoyed when you were a young child.² Now here's your chance to try again. Perhaps you wish you could spend time exploring on your bicycle again, or wonder why you stopped drawing cartoons. Think about going back to similar activities.

Another approach is to think about the hobbies your friends have taken up.³ Training together will give both of you a boost in motivation. Or if you see a friend's paintings and you fancy doing some painting as well, give it a try.

Something to keep in mind is that an activity may not interest you after you've tried it.⁴ So don't beg your parents to pay for a lot of equipment or a whole year's lessons right away.

Begin slowly, borrow what you need, and see if the activity is really right for you. If you still enjoy an activity after a few weeks of starting it, it might be the right hobby for you.

⁵ And if you complete it, perhaps you can ask for some equipment for your next birthday present.

A Most people try activities they think they will be good at.
B Actually, lots of people give hobbies up within a couple of months of starting them.
C If you are interested when a classmate talks about her martial arts class, ask if you can join her.
D Only then is the time to pay for the full course.
E Parents may also have good ideas for activities too.
F After an exhausting day at school, all they want to do is sit in front of the TV or go online.
G Do you regret giving up those music lessons when you were ten?

B)

 **1.36** You will hear four people talking about body-related subjects. You will hear the audio twice. Match sentences A-E with speakers 1-4. There is one extra sentence.

A This speaker talks about the result of a past situation. __
B This speaker wants to advertise a solution to a problem. __
C This speaker asks for advice about a problem. __
D This speaker gives instructions to a group. __
E This speaker predicts the future results of a problem. __