

1 Match the phrases 1 – 10 with the phrases a-j which have a similar meaning.

1	have a nice chat
2	do voluntary work
3	get a lot out of something
4	plan activities
5	have something going on
6	have courage
7	give up doing something
8	see the best in something
9	prove someone innocent
10	cope with something

a	organise things to do
b	stop doing something
c	do helpful tasks without being paid
d	deal with something
e	be busy doing something
f	talk in a friendly way
g	show that someone is not guilty of a crime
h	enjoy and see the benefits of something
i	be brave or not afraid
j	focus on the good parts of something

LISTENING

3 You will hear five short extracts in which people are talking about the person they most admire. For questions 1-5, choose from the list (A-G) what qualities each speaker admires in the person they are describing. Use the letters only once. There are two extra letters which you do not need to use.

- A** overcoming a lack of confidence
- B** always seeing the best in people
- C** finding happiness through kindness to others
- D** being well-organised and busy
- E** having the courage to follow your dreams
- F** coping well at a difficult time
- G** being patient with younger people

Audio 

Extract 1

Extract 2

Extract 3

Extract 4

Extract 5

Answers

1	
2	
3	
4	
5	