



ORAL EXAM CRASH 5-6 II PART

 **LIVEWORKSHEETS**



1 Match pictures A-H with the words and phrases in the box.
Some pictures are used more than once.

didn't have a girlfriend A felt in love met argued got married accepted
got back together got divorced proposed to her got on well



Talk about a journey you took. 1

Talk about the last time you met your friends. 1

Talk about your best holiday. 5

Talk about your first English lesson. 2

Talk about an easy subject at school. 4

Talk about what you last saw at the cinema. 4

Talk about your first bike or car. 4

Talk about your first day at school. 3

Talk about the last time you cried or laughed a lot. 2

Talk about the last time you worked or studied hard. 3

Talk about your favourite toy when you were a child. 5

Talk about how you met your best friend. 6

Talk about a difficult subject at school. 3

Talk about the last present you bought. 2

Talk about the last party you went to. 5

Talk about what you cooked/ate yesterday. 1

1 Sleep More Most people don't sleep enough. If you want to feel good about life, then try to sleep for at least seven hours a night.

2 Do Some Exercise You don't need to run for 20km or go to the gym every night, but a small amount of exercise will help you feel happy. Go for a short (10–15 minute) walk somewhere beautiful. It wakes up your brain.

3 Give to Others Research shows that giving money or time to help others makes you feel happier. Buying someone an unexpected present or spending some time doing voluntary work will give you a feeling of joy.

4 Be Interested Love what you do and try to learn something new. People who are curious and learn new things experience feelings of satisfaction and happiness.

5 Spend Time with Family and Friends

This is probably the most important thing you can do. People who have a strong network of social relationships are not just happier; they live longer, too!

6 Focus on the Moment Try to find opportunities each day to enjoy the small things in life. Spend a little time on your own, and just enjoy the moment.

7 Smile! Smile more (even when you're feeling sad). Smiling can actually make you feel better. People who post big smiley photos of themselves on Facebook actually feel happier because they see the photo every day and it reminds them of happy times.

Danger Rating 6/10

Up in the mountains, the view is beautiful. But not for emergency doctor Martin Schmidt, paramedic Marius Adler and helicopter pilot Klaus Hartmann. Their job is to find and rescue people in trouble: climbers

caught in an avalanche, injured skiers, even lost walkers. Reporter Lucy Rose met the team and asked them about their work.

Adler says they love their jobs, but they sometimes get angry with the people they rescue. 'Climbers always risk their lives, but when they get into trouble they also risk ours.'



Mountain rescue worker, Austria