

**1 Choose the correct answers to complete the sentences.**

- 1 At first, Rosie hated living on her own, but then she \_\_\_ to it.  
A got used to      B is used to      C used to
- 2 I'm sure we \_\_\_ our next match because our best player is injured.  
A couldn't win      B might not win      C won't win
- 3 I'm not sure why I keep sneezing; it \_\_\_ an allergy or perhaps it's a cold.  
A could be      B will be      C won't be
- 4 Chris and Sue \_\_\_ got lost on the way. They always use satnav.  
A can't have      B may have      C must have
- 5 \_\_\_ of my friends make phone calls any more. They all send text messages.  
A Any      B No      C None
- 6 I do \_\_\_ shopping online. I don't like giving out my credit card details.  
A little      B few      C a little
- 7 The bigger the house you live in, \_\_\_ it takes to clean.  
A longer      B longest      C the longer
- 8 I \_\_\_ share a room with my sister, but now she's at university.  
A got used to      B used to      C was used to
- 9 My phone battery has run out. I \_\_\_ recharged it before I went out.  
A might have      B must have      C should have
- 10 Our house is \_\_\_ substantial than yours because my family isn't as big.  
A least      B less      C more

**2 Complete the sentences with the prepositions below.**

away    in    into    on    up

- 1 We're going to make our attic \_\_\_ a study where my mother can work.
- 2 Sadly, Emily's grandfather passed \_\_\_ last month, and she still hasn't got over it.
- 3 Jeremy is really keen \_\_\_ BMXing. He's always going off on his bike.
- 4 I don't really go \_\_\_ for martial arts, but that demonstration was superb!
- 5 I don't know how you put \_\_\_ with your sister's bad temper!

**3**  **10** Listen to five people talking about how they dispose of electronic gadgets. Match the speakers with the statements (A–F). There is one extra statement.

- A Speaker \_\_\_ is aware of the dangers of electronic waste.
- B Speaker \_\_\_ uses old gadgets to get money for new ones.
- C Speaker \_\_\_ lets someone they know have their old gadgets.
- D Speaker \_\_\_ contributes to animal conservation with their old gadgets.
- E Speaker \_\_\_ exchanges old gadgets for new ones with friends.
- F Speaker \_\_\_ doesn't get rid of old gadgets straightaway.

**4** Read the advice to competitors in a race. Match questions A–F with paragraphs 1–5. There is one extra question.

How to achieve success at the Marathon des Sables

The best – and probably only – way of completing this six-day ultramarathon in southern Morocco is to make efficient preparations. Here are some tips to help you survive the 251 km course.

1 \_\_\_\_\_

As a competitor in the Marathon des Sables, you'll be responsible for your own food. To maintain physical strength, you'll need between 3,000 and 4,000 calories per day. Dried food is best because of its low weight and volume. Plan for a solid breakfast before the race, and a large evening meal afterwards. Take dried fruit and nuts, and high energy bars as snacks.

2 \_\_\_\_\_

During the race, you'll need to drink between six and seven litres of water per day. Water is distributed in the morning, at control posts during the race and on completion of each stage – remember to save some each evening to prepare breakfast the next day. You mustn't discard water bottles in the desert; they should be exchanged for new ones or thrown away at the control posts.

3 \_\_\_\_\_

You'll need a comfortable rucksack that doesn't cover the competitor number on your chest; if it does, you may not be allowed to compete. The bag should contain everything you need, including food, a stove for heating water, a sleeping bag and your clothes. Everything you carry must be weighed so that your rucksack isn't too heavy for you.

4 \_\_\_\_\_

You should start preparing at least six months before the event starts. Aim to run 150 to 190 miles a week, increasing the distance as time goes on. Train with a rucksack occasionally and get used to drinking water on long runs. You can also use the practice runs to test different energy foods. If you aren't used to running, you should not enter the competition.

5 \_\_\_\_\_

Special satellite facilities are arranged during the race so that you can call friends and family. Phone calls cost around €3 per minute, so bring cash or a credit card with you. You can send one free email per day and the rest you will be charged for. If you want to receive internet messages, the sender will need your full name and competitor number.

- A What equipment do I need to take?
- B Where do competitors spend the night?
- C Are meals provided during the race?
- D What sort of training programme should I follow?
- E Is internet access available during the race?
- F How often will I be able to drink something?

