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***).*

Example:

A bright	**B** fair	**C** keen	**D** sharp

Messages from the Stone Age

The incredible pre-historic Chauvet cave art in France is painted in **0** _____ colours and dates back to a period around thirty thousand years ago when early humans first started to create rock art. Although various **1** _____ of this art have been found in caves in Western Europe, very few people have seen the art at Chauvet because it is located **2** _____ inside an inaccessible underground cave system. Those who have seen it say that it is very impressive, showing animals **3** _____ horses, rhinos and cows, and that the artwork is good enough to **4** _____ modern compositions.

The first scientists to **5** _____ the Chauvet paintings missed some other important **6** _____ however. The walls of the cave are also marked with a series of lines and symbols, that were initially **7** _____ as insignificant. But recent research has suggested that these marks may represent humankind's first steps towards the development of writing, which is **8** _____ people to rethink their ideas about when written communication first started.

1	**A** illustrations	**B** models	**C** cases	**D** examples
2	**A** deep	**B** thick	**C** long	**D** dense
3	**A** by means of	**B** apart from	**C** as well as	**D** such as
4	**A** rival	**B** compare	**C** compete	**D** oppose
5	**A** arrive	**B** reach	**C** meet	**D** know
6	**A** instances	**B** matters	**C** details	**D** issues
7	**A** believed	**B** regarded	**C** thought	**D** agreed
8	**A** resulting	**B** having	**C** making	**D** causing

Part 2

For questions **9-16**, *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***). In the exam, write your answers* **IN CAPITAL LETTERS** *on the separate answer sheet.*

Example: ARE

Swimming with seals

The UK is home to half the world's population of grey seals and there **0** _____ many local boat trips offering sightseeing tours out to the islands and sandbanks **9** _____ the animals are most regularly found.

But if you really want to get close **10** _____ the seals and understand something about their way of life, then you need to go on an underwater seal-watching trip. On these trips, you have the chance to go over the side of the boat and, equipped **11** _____ a wetsuit, mask and snorkel, spend time in the water alongside the animals.

Seals are extremely inquisitive creatures and, once you're in the water, they will swim past you trying to work **12** _____ who you are and **13** _____ you're doing there. **14** _____ they can appear shy at first, seals soon **15** _____ used to you being in the water, and will come and play around you. Young pups especially like to **16** _____ contact with

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divers, and often use their teeth, gently biting masks, fins and cameras out of curiosity. It can be a thrilling experience.

Part 3

For questions **17-24**, *read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (***0***).*
In the exam, write your answers **IN CAPITAL LETTERS** *on the separate answer sheet.*

Example: HEALTHY

Brain games

According to experts, doing puzzles keeps our brains fit and **0** _____. As well as gaining **17** _____ from finding the correct answer to a difficult problem, we give our brains a good workout in the process. To help us do this, all sorts of handheld 'brain games' are now available in the shops, and the most **18**_____ games have sold in their millions. What's more, people **19** _____ that the more they play the games, the easier it is to find a **20** _____ to the problems posed. They see this as proof that there has been an **21** _____ in the power of their brains. Unfortunately, however, this may be a false impression. Some **22** _____ argue that the brain gets better at any task the more often it is repeated. In other words, the improvement in the **23** _____ of the brain is something that happens naturally. So although these brain games are obviously fun to play, it remains **24** _____ whether they are actually helping to boost brainpower or not.	**0**. HEALTH **17**. SATISFY **18**. SUCCESS **19**. COVER **20**. SOLVE **21**. IMPROVE **22**. SCIENCE **23**. PERFORM **24**. CERTAIN

Part 4

For questions **25-30**, *complete the second sentence so that 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. What type of music do you like best?
FAVOURITE
What _____ type of music?

Example: 0. IS YOUR FAVOURITE

25. Brad speaks English better than his parents do.
AS
Brad's parents don't _____ he does.

26. Cycling is not allowed in the park.
SUPPOSED
You _____ in the park.

27. 'I'm sorry I didn't let you know I was going to be late, Ann,' said Jamie.
APOLOGISED
Jamie _____ Ann know that he was going to be late.

28. A heavy fall of snow prevented them from getting home that night.
ABLE
They _____ home that night because of a heavy fall of snow.

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29. Ursula was disappointed not to win the competition.
CAME
Not winning the competition _____ to Ursula.

30. I paid far more money for my new computer than I expected to.
SO
I didn't expect _____ money for my new computer.

Part 5

You are going to read an article about a woman's career. For questions **31-36**, *choose the answer (***A**, **B**, **C** *or* **D***) which you think fits best according to the text.*

A varied career

Chloe Kelling, a successful model and singer-songwriter, now has a new venture

I arrive for my interview with Chloe Kelling and I'm asked to wait in the garden. I hardly have time to start looking round at the carefully tended flowerbeds when Chloe appears. Every bit as tall and striking as I'd expected, Chloe emerges from the house wearing an oversized man's jacket, a delicately patterned top and jeans. Chloe is known for her slightly quirky sense of fashion and, of course, she looks great as she makes her way towards me through the flowerbeds.

'Let's talk in my office,' she says, leading the way not back to the house, but instead to an ancient caravan parked up next to it. As we climb inside the compact little van, the smell of fresh baking greets us. A tiny table is piled high with cupcakes, each iced in a different colour. Chloe's been busy, and there's a real sense of playing tea parties in a secret den! But what else should I have expected from a woman with such a varied and interesting career?

Chloe originally trained as a make-up artist, having left her home in the country at nineteen to try and make her name as a model in London, and soon got work in adverts and the fashion business. 'I went to Japan to work for a short period, but felt very homesick at first,' she recalls. 'It was very demanding work and, though I met loads of nice people, it was too much to take in at nineteen. If I'd stayed longer, I might have settled in better.'

Alongside the modelling, Chloe was also beginning to make contacts in the music business. 'I'd been the typical kid, singing with a hairbrush in front of the mirror, dreaming of being a star one day,' she laughs. She joined a girl band which 'broke up before we got anywhere', before becoming the lead singer with the band Whoosh, which features on a best-selling clubbing album. Unusually though, Chloe also sings with two other bands, one based in Sweden and another in London, and each of these has a distinct style.

It was her work with Whoosh that originally led to Chloe's link with Sweden. She was offered a song-writing job there with a team that was responsible for songs for some major stars, but gradually became more involved in writing music for her own band.

Although she now divides her time between London and Sweden, her first stay there turned out to be much longer than she'd bargained for. 'The rooms are very tall over there and so people have these rather high beds that you climb up to,' she explains. 'I fell as I climbed up the ladder and cracked three ribs. Although the people at the hospital were very kind, I was stuck there for a while, which was very frustrating. Sneezing and laughing were so painful at first, let alone singing!'

It was while recovering from her injuries that Chloe hit upon the idea of staging what she calls vintage fairs. 'It was snowing in Sweden and I wanted something nice to look forward to.' Chloe had always loved vintage clothes, particularly from the 1950s, and decided to stage an event for others who shared her passion. The first fair was held in her home village and featured stalls selling all sorts of clothes and crafts dating back to the 1950s. It was a huge hit, with 300 people turning up.

'When I had the idea of the first fair, it was only meant to be a one-off, but we had so many compliments, I decided to go ahead with more,' says Chloe. 'There's something for all ages and people find old things have more character than

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stuff you buy in modern shops. It also fits perfectly with the idea of recycling.' Looking round Chloe's caravan, I can see what she means.

31. In the first paragraph, the writer suggests that Chloe
A usually keeps people waiting.
B is much taller than he expected.
C lives up to her stylish reputation.
D is surprisingly interested in flowers.

32. What do we learn about Chloe in the second paragraph?
A She's cooked something for her guest.
B She's expecting some other visitors today.
C She has no room in her house for an office.
D She invites very few people into her caravan.

33. What does Chloe say about her trip to Japan?
A She soon got used to her life there.
B She felt lonely most of the time there.
C She wishes she'd done the work better.
D She wasn't old enough to appreciate it fully.

34. In the fourth paragraph, we find out that Chloe
A gave up modelling to become a singer.
B had always had ambitions to be a singer.
C has now left the first successful band she joined.
D sings in three bands that have a very similar sound.

35. Chloe ended up in hospital in Sweden after
A breaking a rib whilst trying to move her bed.
B hurting her leg in a fall from her bed.
C falling off a ladder in her bedroom.
D tripping over in her room at night.

36. What does Chloe say about her 'vintage fairs'?
A Her main aim is to raise awareness of environmental issues.
B She has responded to positive feedback from customers.
C Certain shops are now showing interest in the idea.
D They are mostly popular with older people.

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Part 6

You are going to read an article about a boxer. Six sentences have been removed from the article. Choose from the sentences **A-G** *the one which fits each gap (***37-42***). There is one extra sentence which you do not need to use.*

In defence of women's boxing

Lucy O'Connor thinks that women's boxing is widely misunderstood

Women's boxing is a new addition to the list of sports included at the Olympic Games. But according to Lucy O'Connor, winner of various international competitions, it's still widely misunderstood - a situation that Lucy's hoping to change. After graduating, Lucy took up boxing on the advice of a sports coach, who thought it would improve her general fitness. But Lucy soon set her sights on competitions and it wasn't long before she was boxing at the National Championships, which she eventually went on to win.

As a result of her success, Lucy was accepted on to what the navy calls its 'elite sportsman's programme'. **37** __. Every day now starts with a run at 7 a.m., followed by a skill and technique session or a strength and conditioning circuit. Come the afternoon, there are more aerobic workouts, before Lucy gets into the ring and practises with other elite boxers.

As with all competitors, diet is a huge part of Lucy's life. Since she first started boxing, she's had to shed twenty-eight kilos. Losing the last six, which took her into the flyweight category, required great determination. **38** __. As she explains: 'I don't go out to party anymore. Thankfully, I'm married to my boxing coach, so at least I've got some sort of social life!' Lucy's husband boxed as a heavyweight himself and he's in her corner for all her domestic competitions.

Lucy's mum works as a buyer at a big department store, and Lucy has been testing out products for the store's sports division. Whilst preparing for a recent international championship, Lucy wore a new titanium-based sports clothing range designed to improve circulation and aid recovery. **39** __. But how does her family react to her taking part in competitions? 'Mum tends to admire me boxing from afar, but Dad just loves it!'

Lucy has clearly answered questions about safety concerns before and cites all the protective gear boxers strap on before a fight such as hand bandages, head guards, gum shields and much more. 'Amateur boxing is not dangerous,' she says definitively. 'It's so safety-orientated and the rules are so stringent it's actually difficult to get hurt. We approach it more as a skill and point-scoring exercise, rather than as a fight. **40** __. ' Boxers win points by landing the white knuckle part of their gloves on the opponent's scoring area - essentially the upper body and head - cleanly and with sufficient force. In five years of competitive boxing, Lucy's suffered only a few bruises and a broken thumb.

And in response to those who think it's 'inappropriate' to see women boxing at the Olympics, Lucy is quick to point out that women have been competing in martial arts such as taekwondo and judo for years. **41** __.

Her biggest concern is that people confuse amateur boxing competitions with professional fights, where the focus is more on aggression and hurting your opponents. 'Female amateur boxing is about showing skill, speed and stamina,' she says. **42** __. 'I find it so satisfying to be changing people's opinion.'

A All that hard work certainly paid off and the competition itself brought out the best in Lucy.
B That's because in order to reach that target, she had to totally rethink her lifestyle.
C Having access to this space-age training kit was certainly an advantage.
D If the sport was more in the public eye, then fewer people would make that mistake.
E Nobody complained about women taking part in those events when it was introduced.
F That's why I've always regarded it as a thinking girl's sport really.
G What this meant, in effect, was that she was able to train full-time.

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Part 7

You are going to read a magazine article about students who travelled around Australia alone during their long summer vacation. For questions **43-52**, *choose from the students (***A-D***). The students may be chosen more than once.*

Which student mentions ...

43. a daily activity that was not enjoyable alone? __
44. a good way of keeping travel plans flexible? __
45. appreciating not having to waste time organising practical details? __
46. becoming more tolerant of other people? __
47. feeling better after keeping in touch with others? __
48. having doubts at the beginning of a trip? __
49. liking not having to agree an itinerary with others? __
50. meeting people with a similar outlook on life? __
51. missing having someone to help with decision-making? __
52. the advisability of going for the best accommodation you can afford? __

Solo travel in Australia

A Phil Morston

I remember sitting in the plane thinking to myself: 'What have I let myself in for?'. The first few days were scary: I was all on my own on the other side of the world with nothing planned. But I soon met up with people to travel with. Of course, some you get on with, others you don't. Some, for example, had every day planned out day in minute detail, when in practice things can change and it's great to have the freedom to go with the flow. And that's easy enough to do. You can take the Oz Experience bus down the west coast, jumping off whenever you want, then catching the next bus when you're ready to move on again. Being away for a year, you do occasionally get lonely. To cheer myself up, I'd sit down and write a fortnightly email home about everything I'd been up to.

B Leila Stuart

Without doubt, you meet all sorts of people when travelling alone. I even made a friend on the plane out there. Some people are keener to make friends than others, of course, but if someone's chosen to do the same type of trip as you, you've probably got lots of ideas in common. The advantages of a pre-planned tour are that you can get an agency to take care of all the arrangements, which can be time-consuming to do yourself - but it does mean that you're tied to a predetermined itinerary, which wouldn't suit everyone. There's also the safety aspect in terms of the places you visit often being very remote. If you go off trekking in the wilds of a foreign country alone, it could be difficult to get help if things went wrong.

C Danny Holt

Travelling solo creates opportunities to meet people. There's no substitute for sharing the experiences of the day with a companion, and being alone forces you to seek someone out. I'd never have met so many people if I'd been travelling with friends. There's also the wonderful freedom to do what you like, when you like, without having to convince anybody that it's a good idea. However, there are downsides; meal times are something I've never really got to grips with in all the years I've travelled alone. But my advice would be to give solo travel a go - it can be very liberating. Maybe try a short trip to begin with, just in case it's not for you. Another thing is - stay in the nicest places your budget permits. Miserable hostels can really spoil a trip. And if you really are happy being anti-social, a pair of headphones can ensure the person in the next seat doesn't bore you to death on the plane!

D Kerry Winterton

Fun as it is, travelling solo also has its low points, including occasional loneliness and the pressure that you're under to make your own mind up about everything. I chose to travel alone because I wanted to do something different, but I did miss people from home, and sometimes fell out with other travellers I'd teamed up with along the way. But I learnt to accept that some people have different attitudes to mine; that you have to put up with irritating people in hostels and accept not having as much privacy as you're used to at home. The best thing for me about travelling alone was that it was a brilliant experience that enhanced my independence and helped me feel more self-assured. I knew I was on my own, which made me make more effort to speak to people and by doing so I made lots of great friends.

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Answer Keys

Part 1

1 D - examples. 'Illustrations' of art would mean visual copies of it, e.g. a photo of that art. 'Models' and 'cases' do not collocate with 'art'.
2 A - deep. 'Deep inside' is the only appropriate collocation - the other three words do not make any working word combinations. 'Thick inside' is unnatural, 'log inside' is illogical and 'dense inside' works for context like crowds or forests.
3 D - such as. This expression is the only one that shows examples or introduces a list. 'By means of' means 'by or using something'. 'Apart from' introduces an exception, e.g.: 'Everybody apart from Tom attended the conference'. 'As well as' adds something to the list, e.g.: 'The shops sold soft drinks, as well as cigarettes and frozen pizzas'.
4 A - rival. 'Compare' and 'compete' require 'with' in this context (e.g. 'compete with something'). Moreover, 'rival' means to be as good as something or someone else, and to compete with is to try to win. 'Oppose' means to be against something (negative meaning).
5 B - reach. This is the only word with the meaning 'to arrive at a place or destination'.
6 C - details. 'Details' is the only word that collocates with the verb 'to miss'. 'Details' are usually minor and easy to miss, while 'matters' are more significant. 'Issues' means 'problems or difficulties'. 'Miss matters' and 'miss issues' are possible in other contexts but don't fit here because the reference is to overlooked features of the cave walls.
7 B - regarded. The only option that can be followed by 'as'. 'Believed' and 'thought' are normally followed by 'to be': 'She is believed to be the best specialist in the field'.
8 D - causing. 'Resulting' would need 'in' to work. 'Having' doesn't fit grammatically here. Finally, 'making' is fine grammatically, but it is more forceful, implying direct pressure that is put on people. 'Causing' is more neutral and fitting the general academic style of the paragraph.

Part 2

9 where. A relative pronoun is needed here. Seals can often be found resting on (or near) sandbanks.
10 to. 'Close' is normally used with 'to' if we talk about physical distance, e.g. if we are so close that we can touch them. 'Close with' would mean connection such as friendship, which is not mentioned in this context.
11 with. 'Equipped with' is used when talking about articles of clothing or necessary things, in this case - a mask, a snorkel and so on.
12 out. 'To work out' is a synonym of 'to find out' - to learn the meaning or the reason of something, to discover or understand something.
13 what. A conjunction connecting two clauses. A clause is normally a subject and a verb in case you forgot.
14 Although/Though/While. A linking word used to contrast two parts of the following sentence. Remember that in your answer sheet all of the letters have to be capital, the capitalisation here is to indicate that it's the first word of the sentence.
15 get. 'To get used to' means 'to become comfortable with something new'.
16 make/have. Both words collocate with 'contact'.

Part 3

17 satisfaction. Verb to noun transformation.
18 successful. Mind the spelling! Double 'c', double 's', one 'l'.
19 discover. The correct transformation to a verb that means 'to find out, to realise'.
20 solution. Verb to noun transformation. It might not be evident that 'solve' and 'solution' are morphologically related because of all the changes you have to make during transformation.
21 improvement. Verb becomes a noun. Pay attention to the spelling.
22 scientists. Make sure to pluralise the noun, as suggested by 'some' at the beginning of the sentence and the following 'argue'. Another difficult word to spell.
23 performance. Verb to noun transformation.
24 uncertain. A prefix is used to make the adjective negative - as suggested by the contrasting 'although' at the beginning of the sentence.

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Part 4

25 speak English as well as. A comparison 'as well as' is hinted at by 'as' in the task.
26 are not supposed to cycle. Passive form of the verb is required.
27 apologised for not letting. Reporting verb with gerund is used.
28 were not able to go/get. Remember that you can't change the given word, so 'were unable to go/get' can't be used, even though it is grammatically and contextually correct.
29 came as a disappointment. 'Come as a disappointment' is a fixed expression. 'Came' matches the past tense of 'was dissapointed', while 'come as' as a structure effectively expresses the speaker's emotional reaction. Be attentive to spell 'disappointment' correctly.
30 to pay so much. A comparative expression with 'so'.

Part 5

31 C. Last sentence of the paragraph: *Chloe is known for her slightly quirky sense of fashion.* The opposite of **A** and **B** is said in the text. **Answer D** is not mentioned.
32 A. Second sentence of Paragraph Two: *...the smell of fresh baking greets us.* **Answer B** is not mentioned. The opposite of **Answers C** and **D** is stated in the text.
33 D. Last two sentences of Paragraph Three: *... it was too much to take in at nineteen. If I'd stayed longer, I might have settled in better.* **Answers A** and **C** are not mentioned. **Answer B** is incorrect as she only felt homesick at first, not 'most of the time' as stated in the answer.
34 B. Second sentence: *'I'd been the typical kid, singing with a hairbrush in front of the mirror, dreaming of being a star one day,'*. The opposite of other answers is stated in the text. **Answer A**: 'Alongside the modelling, Chloe was also beginning to make contacts in the music business.' - she didn't give up modelling, she was doing both modelling and singing. **Answer C**: 'She joined a girl band which "broke up before we got anywhere" ' - this band wasn't successful. Then: '… becoming the lead singer with the band Whoosh, which features on a best-selling clubbing album ' - nothing is said about her leaving Whoosh, the successful band. **Answer D**: '… each of these has a distinct style.' It clearly says that each band's style is unique.
35 C. Paragraph Six: *I fell as I climbed up the ladder and cracked three ribs*.
36 B. *'... but we had so many compliments, I decided to go ahead with more'.* **Answer A** focuses on a minor point. **Answer C** is not mentioned. The opposite of **Answer D** is said in the text.

Part 6

37 G. 'What this meant' refers to becoming a part of the intensive training programme.
38 B. The 'target' is getting to the flyweight boxing. The changes to her lifestyle are described in the next sentence: *'I don't go out to party anymore. Thankfully, I'm married to my boxing coach, so at least I've got some sort of social life!'*
39 C. 'Space-age training kit' mentioned in sentence **C** is the special sports clothing from the previous sentence.
40 F. The girl's sport means that you are unlikely to get hurt. It is implied that women are less likely to participate in sports that involve physical pain or potential injury. Moreover, Lucy points out how women's boxing is more about skill and strategy rather that poor aggression.
41 **E.** 'Those events' from sentence **E** are judo and taekwondo.
42 D. 'That mistake' refers to thinking that female boxing is about 'aggression and hurting your opponents'.

Part 7

43 C. *... meal times are something I've never really got to grips with in all the years I've travelled alone.* Having meals is the daily activity in question that one cannot enjoy as much without others. You might be tempted to choose **A**, but it's incorrect - Phil mentions loneliness, but not a specific daily activity.
44 A. *You can take the Oz Experience bus down the west coast, jumping off whenever you want, then catching the next bus when you're ready to move on again.*These examples showcase how flexible one's journey can be. Be careful not to choose **C** - Danny mentions freedom in general, but not a concrete method of staying flexible.
45 B. *The advantages of a pre-planned tour are that you can get an agency to take care of all the arrangements, which can be time-consuming to do yourself.* Not having to deal with day-to-day planning allows Leile to better enjoy the travelling experience.

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46 D. *But I learnt to accept that some people have different attitudes to mine.* Pretty self-explanatory here.
47 A. *To cheer myself up, I'd sit down and write a fortnightly email home about everything I'd been up to.* Keeping in touch with his friends or family helped kept Phil from feeling too lonely. **Answer D** is not good enough – Kerry only mentions missing home, but nothing about getting in touch of them is in the paragraph.
48 A. *I remember sitting in the plane thinking to myself: 'What have I let myself in for?'* Phil wasn't sure whether he was really willing to go on that trip.
49 C. *There's also the wonderful freedom to do what you like, when you like, without having to convince anybody that it's a good idea.* Danny is happy with the fact that he didn't have other people to agree where to go. The word 'itinerary' is key here, not knowing it could prove a bottleneck in this question. Note how Phil in **answer A** only mentions flexibility – no other people get mentioned.
50 B. *...if someone's chosen to do the same type of trip as you, you've probably got lots of ideas in common.* Leila believes that you are likely to have similar interests with people you meet on your trips.
51 D. *... the pressure that you're under to make your own mind up about everything.* Unlikely Danny, Kerry would actually welcome some second opinions when it comes making deciding on where to go or what to do on your trip.
52 C. *Another thing is stay in the nicest places your budget permits. Miserable hostels can really spoil a trip.* Danny is a firm believer that you shouldn't be cutting costs when it comes to a place to spend the night at.

Vocabulary

The vocabulary below is meant to help you with the more difficult words. If the word isn't on the list then you are either supposed to know it or it is too specific to be worth learning and you don't have to know it to answer the question. Symbols in brackets mean part of speech(see bottom of the list). Sentences in italics give examples of usage for some more complex words and phrases.

And remember — you are not given a vocabulary list (or a dictionary) **at your real exam.**

Part 1

Date back (phr) — to exist at some time in the past. *Russians' love for potatoes dates back to Peter the Great's reign.*
Inaccessible (adj) — impossible to reach or get to. *I'm afraid the destination you're interested in is inaccessible - no trains or cars go there this time of the year.*
Insignificant (adj) — not large or important enough to be noticeable. *Do not worry about insignificant details, concentrate on the main picture.*
Humankind (n) - all humans as a group. *Space exploration is thought to be one of humankind's greatest achievements.*

Part 2

Wetsuit (n) — a suit made of rubber, that is used for diving or surfing. Its main purpose is to keep you warm. *Buying a good wetsuit is important if you're serious about surfing.*
Snorkel (n) — a breathing tube used for swimming face down in water, often worn with a mask
Inquisitive (adj) — Curious, asking many questions, willing to learn more. *Maria is a young, inquisitive student who is always eager to learn more about the subject.*
Pup (n) — a baby of an animal. *We went to the Zoo yesterday and saw some cute seal pups there!*

Part 3

Workout (n) — a set of physical exercises. *My daily workout consists of 20 pull-ups.*
Handheld (adj) — small and portable. *Nintendo 3DS is the most popular handheld gaming console.*
Boost (v) — to improve, to make higher or better. *A good way to boost company income is to attract new clients.*

Part 5

Venture (n) — an activity that is not guaranteed to be successful; a risky attempt. *I'm now looking for investors to support my new business venture.*
Flowerbed (n) — a small area on the ground that is used to grow flowers
Quirky (adj) — strange, attractive and interesting. *This new car has a really quirky design.*
Den (n) — a place where wild animals make their home. *After looking for two hours straight, we finally found the*

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wolf den.
Homesick (adj) — feeling sad or lonely because you are away from home. *If you ever feel homesick, just look at your friends' pictures, it ought to cheer you up.*
Bargain (v) — if you bargain for something, you ask for it, you expect it, or you are prepared for it. *Spending two years in a foreign country wasn't what I really bargained for.*
Rib (n) — Ribs are bones in your chest that protect your lungs. *Mike fell from a ladder yesterday and broke two ribs.*
One-off (n) — if something is a one-off, only one of this exists. *This BMW supercar is a one-off model - they won't be making another one.*

Part 6

Take up (phr v) — if you take up something, you start doing it regularly. *I hadn't taken up jogging until I turned 33 years old.*
Conditioning (n) — Physical training designed to improve strength and fitness. *In the army, young people have to go through difficult conditioning exercising.*
Shed (v) — to get rid of something you don't want or need. *My gym instructor came up with a training plan to help me shed weight.*
Whilst (conj) — during the time, at the same time. Similar to 'while', but used mostly in British English. *Whilst you were sleeping, I ordered some pizza.*
Gumshield (n) — A piece of plastic shaped after your gums that is used in fighting to protect your teeth. *Tyson hit the opponent so hard that the gumshield flew out of his mouth.*
Stringent (adj) — very severe and limiting. *Financial regulations in this country are quite stringent.*
Stamina (n) — physical and mental strength that allows you to do something for a long time. *If you want to test your stamina, come trekking with us next Saturday!*

Part 7

Flexible (adj) — easily changed or adjusted for current needs. *Introducing a flexible timetable is what every school should consider.*
Itinerary (n) — a planned route of your journey. *I want to include some additional places to our planned itinerary.*
Get on (phr. v) — if you get on with someone, you get along well, you are friendly to each other. *I'm sorry that you didn't get on with Susan.*
Go with the flow (phr) — to do something others do; to let a situation guide you, to improvise. *At first I had a carefully planned itinerary for our trip, but then I decided not to use it and just go with the flow.*
Fortnightly (adv) — every two weeks. A fortnight is a period of two weeks. *While you're away, please send me letters fortnightly.*
Remote (adj) — situated far away from everything, distant. *He has always wanted to live a quiet life in a remote part of the world.*
Substitute (n) — replacement or alternative. *There is no substitute for sports - it is important to exercise if you want to live a healthy, fulfilling life.*
Get to grips with (phr) — to begin to understand or deal with something that is difficult. *Once you get to grips with mathematics, programming becomes much easier.*
Liberating (adj) — making you feel free from restrictions. *Moving out of your parents house can feel extremely liberating.*
Miserable (adj) — unhappy or causing unhappiness. *Walking in the rain when it's cold can be really miserable.*
Enhance (v) — to improve the quality or strength of something. *To greatly enhance your quality of life, I suggest giving up smoking.*

LIVEWORKSHEETS