



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

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| 1 have a nice chat | a organise things to do |
| 2 do voluntary work | b stop doing something |
| 3 get a lot out of something | c do helpful tasks without being paid |
| 4 plan activities | d deal with something |
| 5 have something going on | e be busy doing something |
| 6 have courage | f talk in a friendly way |
| 7 give up doing something | g show that someone is not guilty of a crime |
| 8 see the best in something | h enjoy and see the benefits of something |
| 9 prove someone innocent | i be brave or not afraid |
| 10 cope with something | j focus on the good parts of something |

2 When we admire someone, we can say that they have qualities which are admirable. Which of the following qualities do you think are admirable? Put a tick or a cross.

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|----------------------------------|--------------------------|------------------|--------------------------|
| 1 having patience | ☐ | 5 making trouble | ☐ |
| 2 having courage | ☐ | 6 gossiping | ☐ |
| 3 arguing a lot | ☐ | 7 being generous | ☐ |
| 4 listening to people's problems | ☐ | 8 worrying a lot | ☐ |

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.

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|--|----------------------------|
| A overcoming a lack of confidence | 1 ☐ |
| B always seeing the best in people | 2 ☐ |
| C finding happiness through kindness to others | 3 ☐ |
| D being well-organised and busy | 4 ☐ |
| E having the courage to follow your dreams | 5 ☐ |
| F coping well at a difficult time | |
| G being patient with younger people | |

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You probably won't hear the same words on the recording that you read in the list A-G, or if you do, they might not be spoken by the right speaker. You must listen carefully to what each speaker says rather than focus on the words you read. For example, Speaker 2 starts off by saying *I'm not a very confident person ...*, but goes on to talk about her cousin who is much more confident. Which item on the list A-G might you think is the answer if you're not listening carefully?