

- 1  Listen to the radio programme and complete the sentences with the words below.

backpacking community fit forward
hanging out involved Malta motivate
right Rome volunteering

- 0 If you're waiting for the *right* time to do something, you'll wait forever.
1 I'm interested in my local _____.
2 I've wanted to get _____ for years now.
3 I'm looking _____ to it!
4 I'm _____ for a scheme called *Bike Theft Volunteers*.
5 I'll be getting fit while they're just _____ in town.
6 I've always wanted to go _____ around Europe.
7 When you have someone to _____ you, you won't give up as easily.
8 If you want to make a change where you live, you must get _____ yourself.
9 I'll visit Amsterdam, Paris, _____, Venice, Prague and the Czech Republic.
10 I'm flying off to a scuba diving school in _____.

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-  Listen again and complete the information.

- 0 Benjamin will be going on his trip *in August*.
1 Imogen will be raising awareness about _____.
2 Chris will be _____ in Malta.
3 Chris's course will last for _____.
4 Chris says that he will have _____ with him.
5 Sophie will be _____ next March.

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Listening total

	15
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