

Vocabulary

1 Choose the correct option.

- 1 I was *surprised* / *anxious* to see Carla at school today. I thought she was ill.
- 2 I felt *joyful* / *uneasy* walking down that street the other night because it was very dark.
- 3 I hope you *take* / *have* this advice on board and work harder in the future.
- 4 Our teacher likes us to be *punctual* / *fussy* for class. She hates it when we're late.
- 5 James is so *gentle* / *generous*. He always gives people big presents on their birthday.
- 6 When you succeed at a new challenge, it can *boost* / *change* your confidence.

2 Complete the sentences with the verbs below.

be congratulate express know surprise tell

- 1 Don't try and be something you're not. Just _____ yourself and relax.
- 2 If you work hard and study, you might _____ yourself and pass the exam!
- 3 Be confident. If you _____ yourself that you can do it, then you'll succeed.
- 4 At first, it's often difficult to _____ yourself in another language.
- 5 Don't push too hard. _____ yourself, your limits and when it's time to stop.
- 6 I think you should always _____ yourself if you've done something well or succeeded in a personal challenge.

Grammar

3 Complete the sentences with the Present Simple or Present Continuous form of the verbs in brackets.

- 1 We _____ (stay) in a hotel at the moment, until we can move into our new house.
- 2 Jake _____ (get up) at 6 a.m. every morning, except on Sundays.
- 3 My cousin _____ (be) a marine biologist.
- 4 Can I call you back? I _____ (have) lunch at the moment.
- 5 Sally _____ (not enjoy) this film and wants to leave the cinema.
- 6 _____ (your mum/like) her new job?

4 Choose the correct option.

- 1 We *had* / *were having* a picnic when it started to rain.
- 2 I *didn't pass* / *wasn't passing* my driving test last week.
- 3 Chris *never climbed* / *has never climbed* a mountain.
- 4 Susie *wasn't* / *hasn't been* here last week because she was on holiday.
- 5 We *went* / *were going* to a new school last year.
- 6 I *was watching* / *have watched* a film when you phoned me.

5 Complete the text with the Past Simple, Past Continuous or Present Perfect form of the verbs in brackets.

I ¹_____ (always/love) travelling to new places, so last summer I ²_____ (decide) to travel around Italy by train with some friends and Clara, my cousin. It ³_____ (be) a great experience. We ⁴_____ (see) lots of great places and ⁵_____ (talk) to lots of interesting people, but it wasn't all good. While we ⁶_____ (walk) around Rome, someone stole Clara's bag with all her money and passport! We spent the next day at the embassy getting a new one. While we ⁷_____ (wait) at the embassy, we ⁸_____ (meet) a friend of Clara's from university and she ⁹_____ (invite) us to stay with her for the rest of the week!

Speaking language practice

6 Complete the dialogues with one word in each gap.

- 1 A: Excuse me, would you _____ helping me?
B: No, of course _____.
- 2 A: Can I _____ you anything?
B: No, I'm _____, but thanks anyway.
- 3 A: Can I give you a _____?
B: That's really _____ of you, thanks.
- 4 A: Could you _____ me with this?
B: Sure! I'll be with you in a _____.
- 5 A: Can you _____ me a hand with something?
B: Of course! What _____ I do for you?