

Grammar

Infinitive and verb + *-ing*

1 Complete the sentences with the correct form of the verb in brackets (the infinitive or *-ing* form). In some of the sentences, both are correct.

- 1 I began (go) snowboarding when I went to stay with my uncle in the mountains.
- 2 There was no point (try) to windsurf yesterday because there wasn't enough wind.
- 3 We continued (train) for the race even though the weather was terrible.
- 4 I stopped (rest) after running for five kilometres.
- 5 Remember (not go) to college tomorrow as it's closed.
- 6 I started (do) rock climbing when I was a university student.
- 7 Don't forget (bring) plenty of water on the climbing trip.
- 8 It wasn't worth (continue) up the mountain because we couldn't see anything through the mist.
- 9 My family stopped (visit) Scotland every summer when my grandparents moved.
- 10 I prefer (sail) on the sea to on a lake.
- 11 I was offered a place in the regional swimming team but it meant (travel) to competitions every weekend.
- 12 I meant (tell) Oliver about my new job when I saw him but I forgot.

2 Complete the sentences with a verb from the box that both fits grammatically and makes sense. There are two verbs which you don't need to use.

admitted allowed avoided decided
expected failed promised succeeded
thought warned

- 1 My parents weren't happy about it but they me to go paragliding when I was 14.
- 2 My father only to learn how to snowboard when he was 50 and now he's better than me!
- 3 Everyone Daniel to win the race so they were surprised when he lost.
- 4 The ski instructor taking us on the higher slopes because it was our first lesson.
- 5 The guide was really embarrassed when he not knowing the way home.
- 6 Unfortunately we to reach the top of the mountain because of the bad weather.
- 7 Nobody had about bringing a map in case we got lost.
- 8 The team were so happy when they in winning the silver cup.

Vocabulary

Phrasal verbs and expressions with *take*

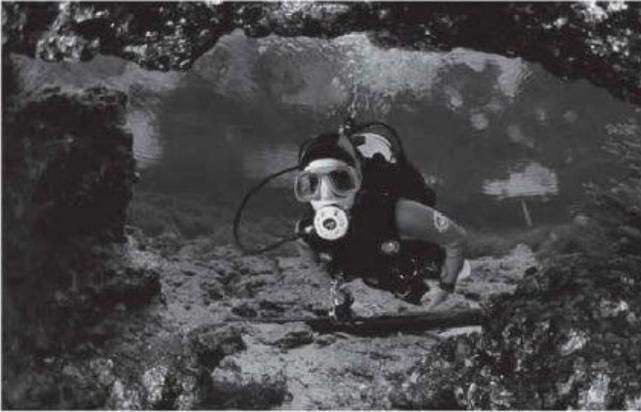
1 **EP** Complete the sentences using the correct form of one of the expressions.

take turns take part in take a risk take exercise
take up to take someone's place

- 1 Everybody is welcome to the race.
- 2 Jack was injured so Andy on the team and played in the final instead.
- 3 A professional tennis match can five hours to complete.
- 4 If you don't when you're young, your health may suffer when you're older.
- 5 We decided to and go sailing even though the wind was quite strong.
- 6 There weren't enough tennis rackets for everyone so we had to playing.

Listening | Part 2

08 You will hear part of a radio interview with Barry Helman, a cave-diving expert. For questions 1–10, complete the sentences with a word or short phrase.



CAVE DIVING

Barry says it is the incredible beauty and (1) of the caves that attracts him to diving.

Barry compares himself to an (2)

Other divers say the danger is a (3)

Barry says the most frightening thing about cave diving is the complete (4)

Because it's not possible to get to the surface easily, having good (5) skills is essential for survival.

Most accidents involve people who take (6) when diving.

(7) Not having enough is a potentially dangerous problem.

You need to have proper (8) to do cave diving.

A good cave diver should never (9) when facing a serious problem.

Barry thinks being a good diver increases your (10) in normal life.

Reading and Use of English | Part 2

Exam advice

Read the whole text when you have finished to make sure the words you have written make sense.

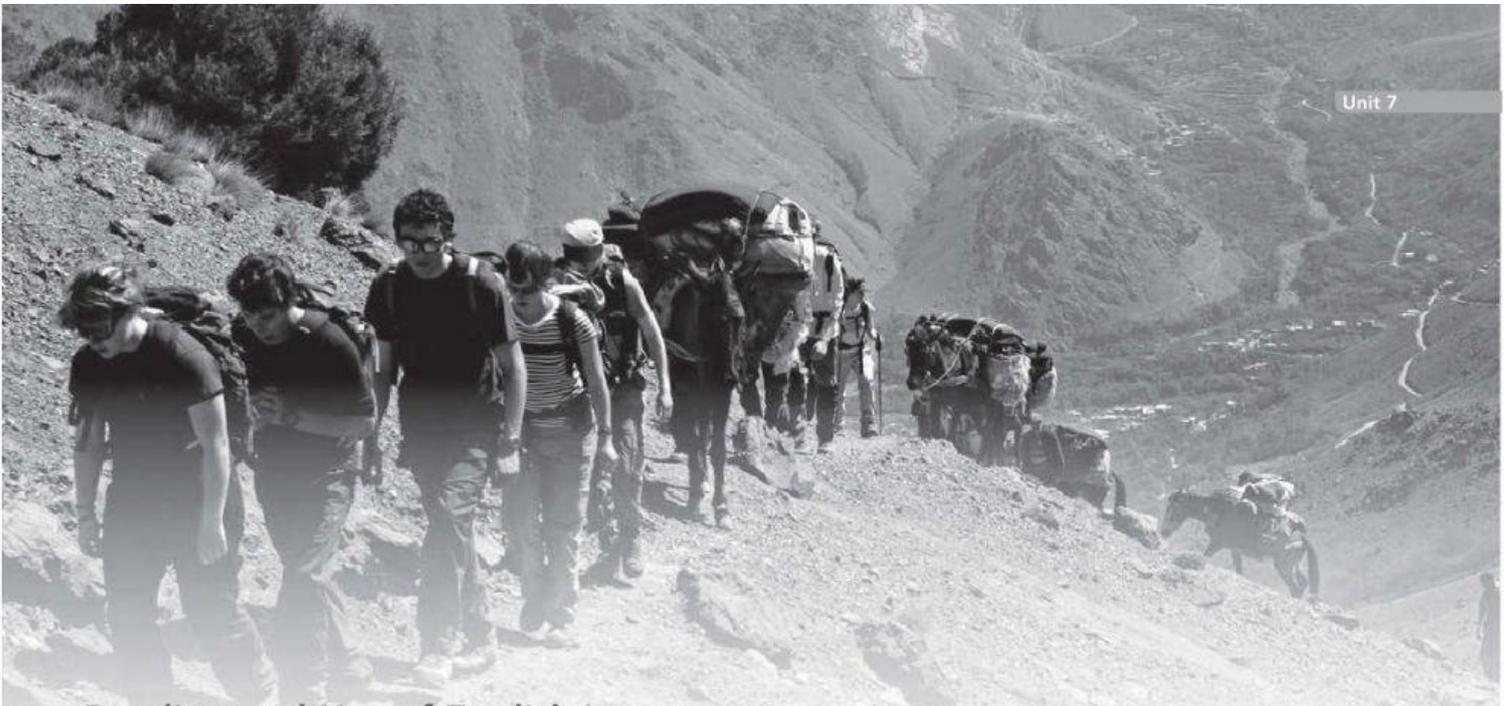
For questions 1–8, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

What is ski touring?

Ski touring is exactly that – touring on skis. It combines (0) ...the... best bits of skiing and mountaineering and provides the perfect way to explore the mountains in winter. The advantages (1) ski touring are that you can really escape the crowds, enjoy the solitude of the mountains and (2) rewarded with breathtaking views and exhilarating descents.

Ski touring involves both going up and down the mountain, so even for experienced skiers new skills (3) to be acquired. (4) is much to learn about 'skinning up' (getting up the mountain) that improves efficiency and saves energy. Similarly, you want to be (5) to enjoy going down, which means learning to cope with the variety of snow conditions you will encounter off-piste. (6) all ski touring is very demanding, you must be (7) good physical condition. The fitter you are, the (8) fun you will have.





Reading and Use of English | 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).

Exam advice

Some questions test words which are part of fixed expressions.

Example:

0 A make B do C ensure D have

Planning an adventure trip

Researching your destination properly will (0) all aspects of your adventure trip easier, as well as helping you to (1) the most out of the experience. Research will help you pick the best places to go but you'll also learn what you need to pack, and also what cultural (and sometimes political) issues you should be (2) of.

Climate and seasonal pricing are important (3) in your decision about when to go. For adventure travel, bad weather or weather you're not (4) for can ruin the trip.

While you can't predict what the (5) weather will be, find out as much as you can about the climate in advance.

While some research is absolutely (6) , don't plan every moment of your trip in advance. Over-planning tends to make people less (7) to take part in the surprising and spontaneous (8) that are part of any sort of adventure travel. It's really important to keep a big reserve of excitement and energy ready for the unpredictable.

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|-------------------|----------------|-------------|-----------------|
| 1 A take | B get | C find | D set |
| 2 A aware | B familiar | C informed | D knowledgeable |
| 3 A points | B reasons | C factors | D details |
| 4 A anticipated | B prepared | C expected | D planned |
| 5 A accurate | B correct | C true | D exact |
| 6 A needed | B essential | C ideal | D useful |
| 7 A curious | B interested | C attracted | D willing |
| 8 A circumstances | B performances | C events | D chances |