

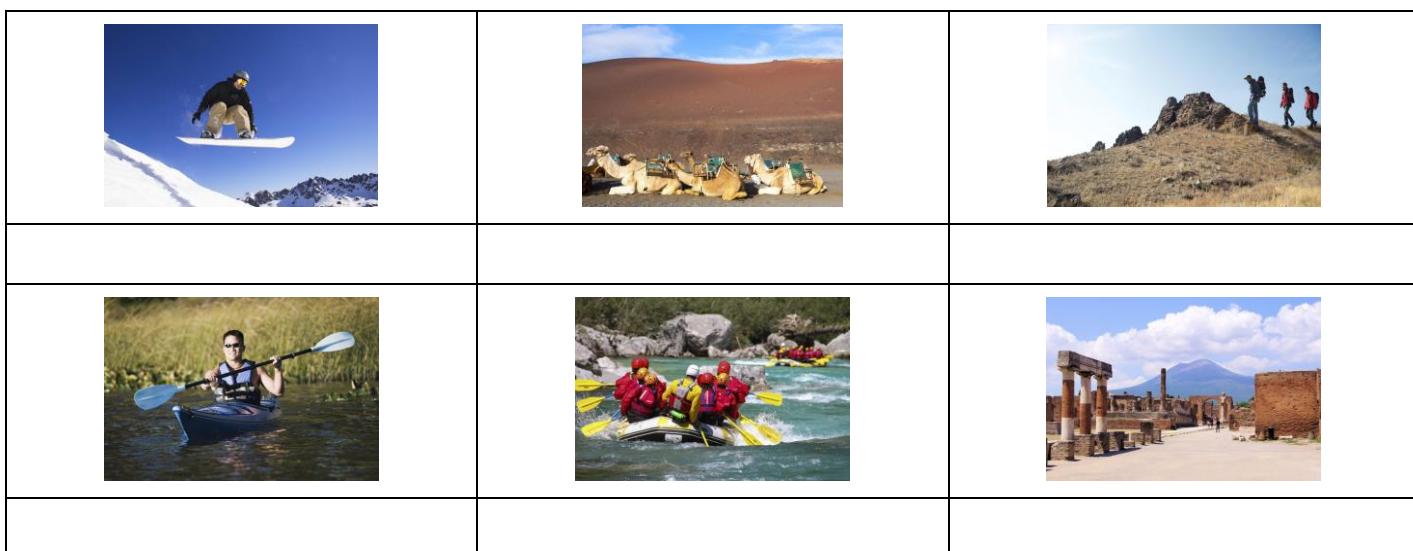
## Reading skills practice: Adventure travel – exercises

Check out this brochure with some of the most exciting adventure holidays around the world and improve your reading skills. Are you ready for this?

### Preparation

Write the correct words in the boxes below the picture.

kayaking	white water rafting	desert	snowboarding	ancient ruins	trekking
----------	---------------------	--------	--------------	---------------	----------



### Time for an adventure?

Are you a bit bored with your nine-to-five routine? Have a look at our exciting range of holidays and decide what type of adventure you'd like.

**Activity holidays** Our activity holidays are for everyone, people who love danger or who just like sports. We have a huge variety of water, snow or desert holidays. We'll take you SCUBA diving in the Red Sea or kayaking and white water rafting in Canada. If you prefer snow, you can try skiing or

 snowboarding in the Alps or even igloo-building. For those who like warmer weather, we also have sandboarding (the desert version of skateboarding) or camel safaris.

**Polar expeditions** Take a cruise to Antarctica or the northern Arctic; explore a land of white natural beauty and wonderful wildlife. Our experts will explain everything about the two poles as you watch the penguins in Antarctica or whales and polar bears in the Arctic. There's no greater adventure than travelling to the ends of the earth. A once-in-a-lifetime experience!

**Cultural journeys** Our cultural journeys will help you discover ancient civilisations: India, Thailand, Egypt and many more. Visit temples, palaces and ancient ruins — just remember to bring your camera! Get to know local ways of life by exploring markets, trying exotic foods and meeting local people.



**Trekking tours** We have trekking holidays to famous places such as Machu Picchu or the Everest Base Camp Trek, as well as some nearer to home in the Highlands of Scotland. You don't need to be very sporty, just fairly fit. You'll have a great time enjoying nature with a group of new friends. Some of the holidays include camping, but we'll transport the tents for you!

**Wildlife holidays** We organise small-group tours to get closer to nature in Africa, Asia or South America. Go on safari in Africa and watch lions and giraffes. Meet the famous turtles of the Galapagos Islands. Look for tigers in India, or take an elephant safari in Sri Lanka. We use local guides and stay in a range of accommodation, from tents to tree houses.



Do you remember the 2012 London Olympics? Check out this blogger's memories of a wonderful summer of sport in the capital.

### Preparation

Match the vocabulary with the correct definition and write a–e next to the numbers 1–5.

- |                             |  |
|-----------------------------|--|
| 1..... The Olympic Games    | a. an international sports competition for athletes with physical disabilities |
| 2..... The Paralympic Games | b. an international sports competition which is held every four years          |
| 3..... a ceremony           | c. a person who does work without being paid for it                            |
| 4..... a volunteer          | d. a piece of gold, silver or bronze which is given to a competition winner    |
| 5..... a medal              | e. a formal and public event   |



► HOME  
◀ SUPPORT  
◀ ABOUT  
◀ HELP

NEW OLD

09.09.12  
What an ..  
08.09.12  
Gold for ..  
07.09.12  
Another ..  
06.09.12  
My hero ..

September  
August  
July  
June  
May  
April  
March  
February  
January  
  
2012  
2011  
2010  
2009

## What an Olympics!

Posted by Helen Nolan on 10 September, 2012 at 21:25

It's all over! I've been writing my blog from London every day during the Olympics and the Paralympics and this is my final post to look back on a wonderful couple of months. Here are some of the things that were the most memorable for me:

**The Opening Ceremony** – this set the scene for the Games with an amazing show featuring music, dancing, historical figures, fireworks and British humour. A huge number of volunteers practised for months to make everything perfect. The best moment was when the old lady in Buckingham Palace turned round and showed that she was neither a lookalike nor an actor but Her Majesty the Queen. The next best bit was when she jumped out of a helicopter with James Bond (although I think that actually was an actor!).

**Team GB** – I was very proud of our team as we kept on winning medals and finished in third position in the medal table, which is truly a great result for Great Britain. There were so many incredible sportsmen and women. The ones that stand out for me are Mo Farah, the Somalian-born Londoner who won the 10,000 and 5,000 metres with the whole stadium going crazy, Jessica Ennis, the popular super-athlete from Sheffield who won the heptathlon, and Nicola Adams who won the first female boxing medal in Olympic history for Britain.



Athletes in the starting blocks for the 100 m sprint

**The Olympic Stadium crowd** – although the crowd cheered on the British, there was lots of support for athletes of other nationalities too like the wonderful Usain Bolt, from Jamaica, who won the 100 and 200 metres sprint to become the fastest man alive. There was also Oscar Pistorius of South Africa who was the first disabled person to compete in the Olympics. He went on to win two gold medals and a silver in the Paralympics.

**New sports** – I have really enjoyed being able to watch sports which are not normally shown on television. Before the Olympics I didn't expect to love watching judo or find myself screaming at the television during a game of wheelchair tennis, but I really got into them. I didn't know anything about goalball before the Paralympics but it became one of my favourite sports.

**The organisation and the atmosphere** – it took seven years of planning and 70,000 volunteers to make everything go well. Many people have said that the organisation was not as perfect as that of the Beijing Games, but there was a much better atmosphere which spread out through the whole city. The volunteers were always friendly and helpful and Londoners even began talking to each other, and visitors, on the underground trains!

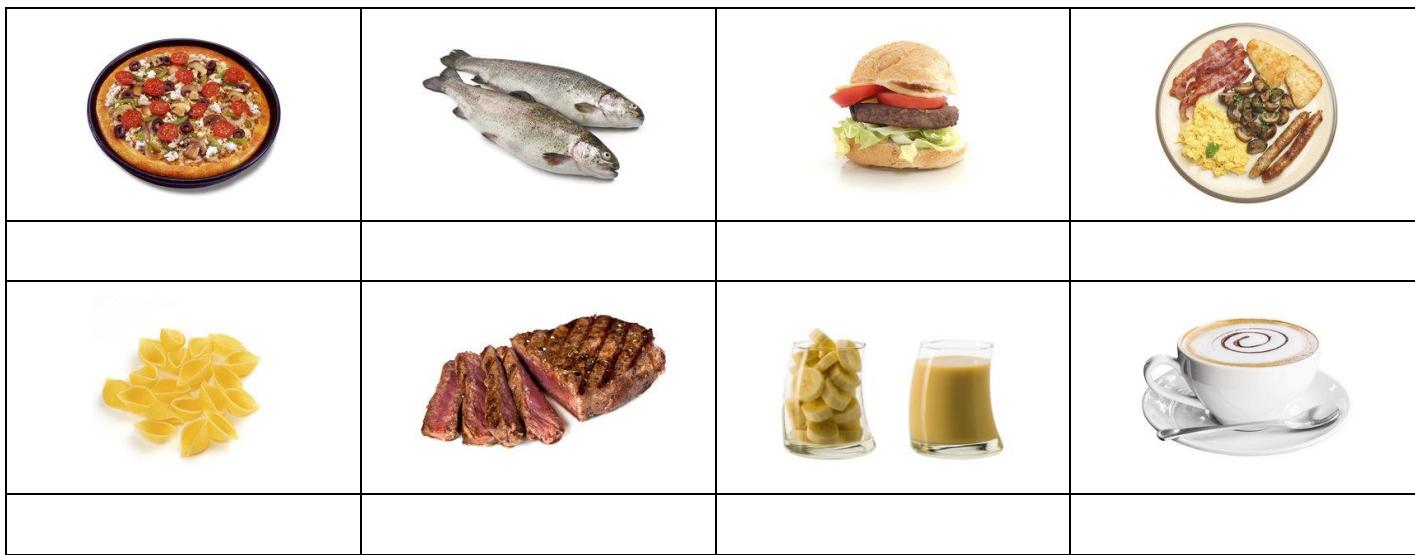
## Reading skills practice: Food and restaurants – exercises

Do you like eating out? Check out these reviews of the trendiest places to eat and improve your reading skills.

### Preparation

Write the names of the food and drink in the boxes below the picture.

pizza	steak	hamburger	fish
cappuccino	fruit smoothie	English breakfast	pasta



### Eating out

Are you looking for somewhere special to go this weekend? Do you want to try something new? Check out one of these hot new restaurants.

By Helen Carroll

#### This week's top recommendation



#### Last Days of the Raj

A centrally located Indian restaurant, perfect for eating before or after the cinema or a show. In summer enjoy your meal in the beautiful garden. The most popular dishes are lamb and chicken cooked with mild, medium or hot spices. For brave customers there is extra hot!

#### A Taste of Tuscany

Whether you'd like a great value-for-money lunch or a relaxed evening meal in stylish surroundings, this is the place for you. The chefs have all been trained in Italy and they make both traditional and contemporary dishes. We recommend the pasta and seafood.

#### Your Local Caff

Remember when cafés served full English breakfasts – sausages, beans, fried bread, bacon and eggs – with a strong cup of tea? Well, this place still does and you can have your breakfast at any time you like during the day while you listen to your favourite tunes from the 1980s.

#### The Lemon Tree

This pretty restaurant serves healthy food that's tasty too. Come in for a vegetarian snack at lunchtime or a great fruit smoothie or a cappuccino and a delicious piece of cake in the afternoon. Food is bought from local producers whenever possible.

#### Cheesy Bites

A restaurant that only serves cheese, but hundreds of cheeses from many countries and in lots of different forms. They serve reasonably priced lunches but dinner can be expensive. Lovely food and a very elegant dining room, looking onto an amazing flower garden.

#### Fast Best

Fast food doesn't have to be junk food, as this café proves. Do you fancy a really good hamburger made with the best ingredients, or old-fashioned fish and chips fried to perfection, all on the table in super-quick time? Speed and quality are important here, and the prices aren't bad either.



#### This week's top recommendation

#### The Chocolate Box

The owner of this small café used to cook all kinds of food, but then she realised she preferred desserts to anything else. If you want meat or fish, don't come here. They only do desserts! Lots of different kinds of sweets. Chocolate lovers will be excited by the range of chocolate cakes.

#### Musical Chairs

Have you noticed how music improves the taste of your food? This new restaurant has different types of live music every night except Sundays, and excellent food to go with it. Great fish dishes, steak and pizza. Monday is classic rock night, so see you there!

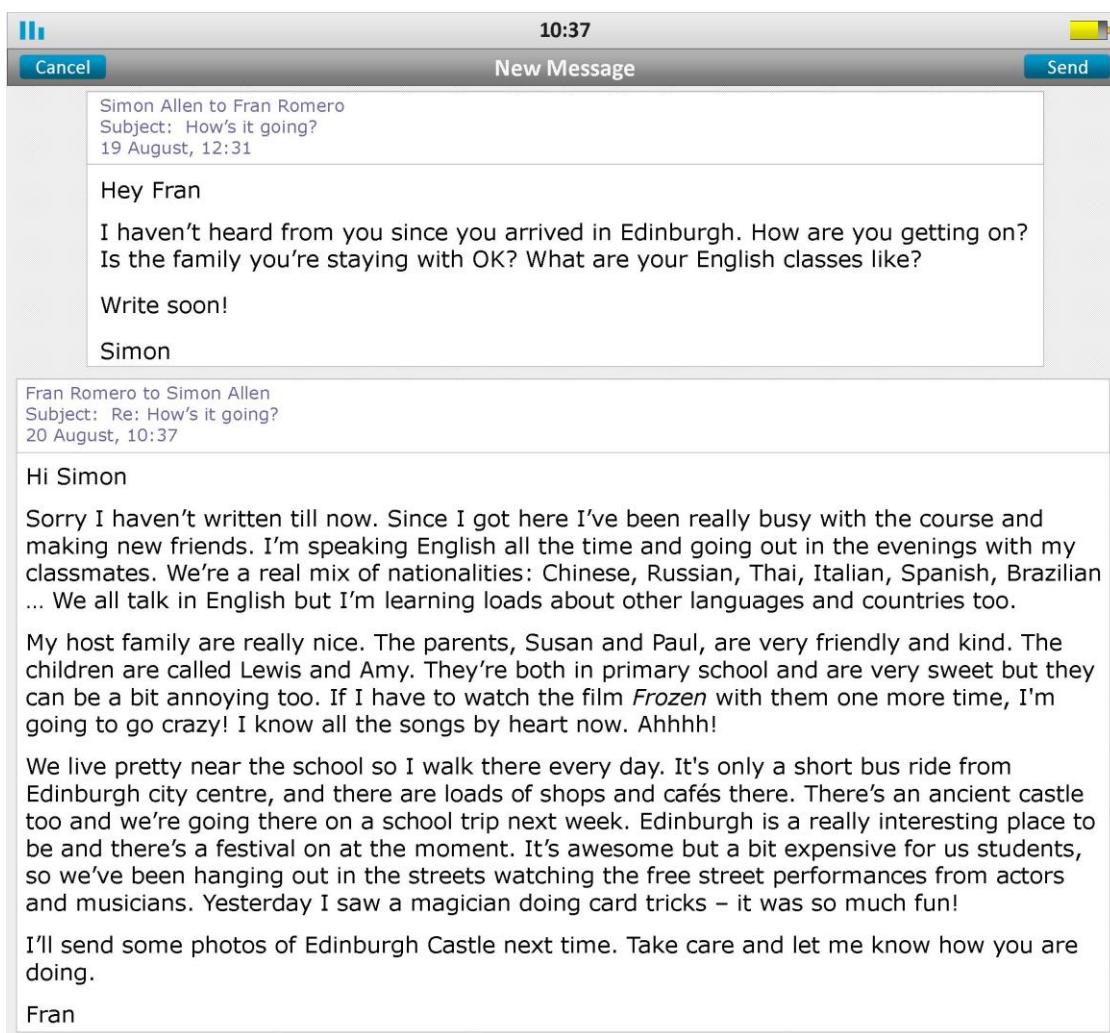
## Reading skills practice: Foreign exchange emails – exercises

Look at these emails between a student and his friend who is studying in Scotland, then do the exercises to improve your reading skills.

### Preparation

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- |                                   |   |
|-----------------------------------|---|
| 1..... a classmate                | a. a student who goes to another country to study for a short time                              |
| 2..... a school trip              | b. a family which lets a foreign student stay in their home and live and eat together with them |
| 3..... a street performance       | c. a visit by students to a place to learn something about it                                   |
| 4..... a foreign exchange student | d. a special time or event when people celebrate something                                      |
| 5..... a host family              | e. somebody who studies with you in the same class  |
| 6..... a festival                 | f. a show by an actor, musician or other performer in a public place                            |



The screenshot shows an email application interface with two messages. The top message is from Simon Allen to Fran Romero, dated 19 August, 12:31. It contains the following text:

Hey Fran  
 I haven't heard from you since you arrived in Edinburgh. How are you getting on?  
 Is the family you're staying with OK? What are your English classes like?  
 Write soon!  
 Simon

The bottom message is from Fran Romero to Simon Allen, dated 20 August, 10:37. It contains the following text:

Hi Simon  
 Sorry I haven't written till now. Since I got here I've been really busy with the course and making new friends. I'm speaking English all the time and going out in the evenings with my classmates. We're a real mix of nationalities: Chinese, Russian, Thai, Italian, Spanish, Brazilian ... We all talk in English but I'm learning loads about other languages and countries too.  
 My host family are really nice. The parents, Susan and Paul, are very friendly and kind. The children are called Lewis and Amy. They're both in primary school and are very sweet but they can be a bit annoying too. If I have to watch the film *Frozen* with them one more time, I'm going to go crazy! I know all the songs by heart now. Ahhhh!  
 We live pretty near the school so I walk there every day. It's only a short bus ride from Edinburgh city centre, and there are loads of shops and cafés there. There's an ancient castle too and we're going there on a school trip next week. Edinburgh is a really interesting place to be and there's a festival on at the moment. It's awesome but a bit expensive for us students, so we've been hanging out in the streets watching the free street performances from actors and musicians. Yesterday I saw a magician doing card tricks – it was so much fun!  
 I'll send some photos of Edinburgh Castle next time. Take care and let me know how you are doing.  
 Fran

## Reading skills practice: Friendship quiz – exercises

Are you a good friend? Would you always be there when your friends need you? Try this quiz to find out!

### Preparation

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- |  |   |
|--|---|
| 1..... mates                           | a. behave (in a certain way) towards someone                                  |
| 2..... be away                         | b. timid, nervous or embarrassed when with other people                       |
| 3..... coming up                       | c. be on a trip, not at home  |
| 4..... shy                             | d. friends  |
| 5..... take advantage of someone       | e. use someone unfairly, especially if they are trying to be nice or help you |
| 6..... treat someone (well/badly/etc.) | f. happening soon   |



You might think you are the perfect friend, but are you really? What do your mates think of you? Take this short test to find out.



**1 You are at home on a Saturday afternoon when your friend phones you and says he/she is in the town centre and has spent all his/her money and feels really ill. His/her family is away for the day. You ...**

- a** go as quickly as you can to help your friend, even though it will take a long time on the bus to get into town.
- b** tell your friend to find a taxi and come to your house. You think your parents will probably pay, but it might be very hard to find a taxi.
- c** recommend that your friend walks home. The fresh air will make your friend feel better.

**2 Your friend has been having lots of problems with maths, but you find it easy. In a couple of weeks you have some important maths tests and your friend has asked you for some help. You ...**

- a** sit down with your friend and organise some times for extra maths classes together, even though this will mean you have less time to study.
- b** show your friend some online videos which explain the important points and some questions with answers.
- c** tell your friend that he/she can copy from you in the maths test; you'll make sure he/she can see your paper.

**3 You and your friend are both interested in going out with the same person. You know your friend has really liked this person for a long time, but he/she seems to prefer you. You ...**

- a** invite the person out with a group of people, then make sure your friend has a chance to talk a lot to him/her.
- b** tell your friend that if he/she doesn't invite the person out, you will, even though you know he/she is too shy to make a move.
- c** ask the person out and don't tell your friend. All's fair in love and war!

**4 Your friend has just completely changed his/her image: a new hairstyle in blue and red and new clothes in terrible colours. Now he/she wants you to go with him/her to get some tattoos and piercings done. You ...**

- a** suggest that he/she thinks carefully before having a tattoo or piercing done – tattoos are very hard to remove if you change your mind.
- b** say that you'll go along with him/her for a laugh, but you don't want anything done yourself.
- c** tell him/her what you think of his/her new look (that it's awful), and that he/she should get professional advice before doing anything else.

Check your results on the next page.

Can you always find what you want to find on the internet? These eight easy-to-remember tips will help you to become a safe and smart searcher!

## Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |                        |  |
|------------------------|--|
| 1..... to narrow       | a. a word that is important for or ‘key’ to the topic you are searching    |
| 2..... keyword         | b. to make a mistake when writing something on a keyboard                  |
| 3..... several         | c. not to be trusted or believed   |
| 4..... a search engine | d. to make more limited  |
| 5..... to mis-type     | e. software for sorting and blocking unwanted online content               |
| 6..... unreliable      | f. a computer program that is used to look for information on the internet |
| 7..... a filter        | g. punctuation marks that look like this: “”                               |
| 8..... inverted commas | h. more than two or three but not many                                     |

# How to be a safe and smart SEARCHER



**S**EVERAL KEYWORDS WILL HELP TO FIND BETTER RESULTS. Use more than one keyword when you are doing a search. If you want to find out about seagulls, for example, search for **bird seagull**  and not just ‘seagull’ – because seagull might also be the name of just about anything else, from a hotel to a documentary film.

**E**XACT REFERENCES CAN HELP YOU FIND WHAT YOU'RE LOOKING FOR. If you are looking for an exact phrase or sentence, e.g. “seagulls are very clever”  , type it between inverted commas (“”) and only exact matches will be shown. This is useful when you want to find something you've already seen but lost.

**A**VOID COMMON WORDS like ‘a’ or ‘the’ in a search. These aren't always helpful and are usually unnecessary.

**R**EMOVE UNWANTED RESULTS by adding a minus symbol (-). For example, **seagull -hotel -film**  would leave out all references to hotels and films.

**C**HECK YOUR SPELLING. Make sure that you spell every word in the search box correctly. The smallest typing mistakes can bring unwanted results – especially when the mistyped word exists.

**H**AVE A FILTER. It's a good idea to filter your online searches, especially when you are searching for pictures. Ask an adult to help you add a filtering system. There are lots of filtering software options available.

**E**XPERIMENT WITH DIFFERENT SEARCH ENGINES until you find the one that's best for you. Some search engines personalise the results, so check out the option of using a search engine that doesn't do this and you will get different results.

**R**ELIABILITY IS VERY IMPORTANT WHEN YOU ARE SEARCHING ON THE INTERNET. Always ask yourself, ‘Is this reliable?’ Don't make the mistake of believing everything you see. Some websites are unreliable and some information is false. Check your information on other websites before accepting it.

## Reading skills practice: Interview with Henry Smiles – exercises

Check out this interview with Henry Smiles from the band *Two Direction* and complete the tasks to practise and improve your reading skills.

### Preparation

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- |                                      |   |
|--------------------------------------|---|
| 1..... to find out                   | a. to cut hair very close to the skin                                       |
| 2..... to keep in touch              | b. to have a good and friendly relationship                                 |
| 3..... to get on well                | c. to maintain communications   |
| 4..... to sweat                      | d. to think, to believe   |
| 5..... to shave                      | e. to discover, to learn  |
| 6..... to reckon ( <i>informal</i> ) | f. to produce liquid from your skin, especially when you are hot or nervous |



**CELEBRITY PROFILE #36**

He's the most popular member of one of the most popular bands in the world. We met Two Direction's *Henry Smiles* to find out why he has so many female fans.

Let's get the basic questions out of the way first, Henry. How old are you and where are you from?

I was born in 1996 and I'm from Harrogate in the north of England. Now I live in London.

**What are your likes and dislikes?**

Well, I love music, of course, and sleeping and eating. And my dislikes? I don't like it when I'm late for things.

**What are your favourite films?**

*Spider-Man 2* and *X-Men* were pretty cool.

**Is there anything that you'd like to be able to do?**

I wish I could play the drums and the piano.

**You are famous for your great hair. Would you cut it or shave it off?**

Maybe I'd shave it off for charity, if I could raise a lot of money for doing it.

**Do you like social networking?**

Well, I don't go on Facebook very much, but I do use Twitter a lot. It's a good way to keep in touch with our fans.

**Now the more interesting questions! Have you got a girlfriend, Henry?**

No, not at the moment. I'm single!

**What kind of girls do you like?**

I like girls with a good sense of humour, who don't take life too seriously. I also like being able to call someone in the middle of the night for a chat if I need to.

**Do you prefer blondes or brunettes?**

Oh, I like both! If we can have a laugh and we get on well, I don't care what colour hair they have.

**Are you romantic when you're in a relationship?**

I reckon I am. I'd do anything for love!

**Who did you have your first kiss with?**

My first kiss? Hmm, I can't remember very clearly, but I think it was with a girl at school when I was about thirteen.

**Tell us a secret, Henry.**

I still get really nervous before a concert and have to drink herbal tea! Even today, after having done hundreds of concerts, my hands sweat and my heart beats really fast just before going on stage.

## Reading skills practice: Job adverts – exercises

Do you need some cash? Are you looking for work? Well, look at these job adverts and do the exercises to improve your reading skills.

### Preparation

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- |        |           |  |
|--------|-----------|--|
| 1..... | cash      | a. talkative                                 |
| 2..... | a trainee | b. having a special ability or training      |
| 3..... | chatty    | c. an informal word for money                |
| 4..... | valuable  | d. very useful or important                  |
| 5..... | a career  | e. a person who is being trained to do a job |
| 6..... | skilled   | f. a person's chosen job and life's work     |

# JOBS

**A Support Worker**

*Do you have the ability to care for others? Can you understand how older people feel? Are you a good communicator? Do you have good listening skills? Can you work weekends?*

If you have answered YES to the above, we would like to hear from you:

- Starting rate of £8.56 per hour
- Free uniform
- Excellent training

**Golden care** [careers@golden-care.com](mailto:careers@golden-care.com)

**B Trainee hairdresser**

*Full Time - 40 hours per week  
Permanent  
Brighton City Centre  
Learn from some of the best hairdressers in the world!*

You will work 40 hours a week Monday to Saturday. Your responsibilities will include: welcoming clients, washing hair, bringing coffee and tea to customers, and keeping the salon clean and tidy at all times.

No previous experience is necessary.  
Please apply NOW!  
[cathy@cut-above.brighton.com](mailto:cathy@cut-above.brighton.com)

**C Wowee Magazine**

**Writers wanted!**

Wowee Magazine is looking for writers for its website. Pay is based on the number of people who read your articles. You may also receive free tickets to events and free products to test. This is a great opportunity to get valuable work experience.

We want people who are:  
chatty                    interesting  
passionate            skilled

Contact us at [info@wowee.com](mailto:info@wowee.com)

**D CALLING ALL MODELS**

Think you could be a model? If so, we'd like to meet you! Working as a successful fashion model isn't easy but it is very exciting and could be a great opportunity.

Girls should be over 16 with a minimum height of 172 cm and boys should have a minimum height of 182 cm. If you are under 16 and do not yet have the required height, we would still be interested in meeting you, but you must bring a parent.

[info@top-model-agency.uk](mailto:info@top-model-agency.uk)

**E WORK FOR COFFEE BEANS**

Join Britain's number one café at **COFFEE BEANS**, where every café has the same aims: to create family-like teams and to give excellent customer service.

Many different kinds of people come and work with us, so start your career at **COFFEE BEANS** today:

- choose the hours you work
- get management experience
- share your love of coffee

Join us as a **Team Member, Assistant Manager or Café Manager**, depending on your skills and experience.

Email us at [jobs@coffeebeans.co.uk](mailto:jobs@coffeebeans.co.uk)



## Reading skills practice: Phone chat – exercises

Do you like spending time with your mates? How do you organise a night out? Look at the phone chat and do the exercises to improve your reading skills.

### Preparation

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- |        |                           |   |
|--------|---------------------------|---|
| 1..... | techno                    | a. a film that makes you laugh                                    |
| 2..... | an art film               | b. enthusiastic (about)   |
| 3..... | a comedy                  | c. a film about criminals involved in organised crime             |
| 4..... | a gangster film           | d. a film with serious themes made by a small, independent studio |
| 5..... | to end up doing something | e. to finally do something  |
| 6..... | keen (on)                 | f. a type of electronic dance music with a fast beat              |

 **Group Chat | Funky Friends**

Cat Lakey joined  
Marc Benson joined

Hey Marc, what time are we meeting tonight?  
Cat Lakey 2:19pm

Hiya Cat, 7ish do you think? Does Iggy know? Haven't heard from him in a while.  
Marc Benson 2:20pm

Not sure. Will contact him.  
Cat Lakey 2:20pm

Iggy Waters joined  
Hi guys, what's the plan? 😊  
Iggy Waters 2:25pm

We thought film, eat, dancing. You OK with that?  
Marc Benson 2:25pm

That's cool with me. Found out about a new place last night, check this out.  
**The Island Club**  
42 High Road, Hoburn  
[www.islandclub.uk.net](http://www.islandclub.uk.net)  


Looks awesome. 🎉  
Marc Benson 2:27pm

Yeah, my mate Barney knows it, says there's a great DJ, amazing dance music.  
Iggy Waters 2:27pm

Yeah, right, we know about your taste in dance music ... really loud, really techno. 😊  
Cat Lakey 2:28pm

No, you'll like this, promise. If you don't we'll go somewhere else.  
Iggy Waters 2:28pm

OK, let's try it. Do you want to get a coffee before the film?  
Cat Lakey 2:28pm

Sure. What film are we going to see anyway?  
Iggy Waters 2:29pm

We thought that new comedy with Zac Efron.  
Marc Benson 2:29pm

Hmmmm, I don't know...  
Iggy Waters 2:29pm

Not keen?  
Cat Lakey 2:30pm

Sounds awful. How about that Japanese gangster film?  
Iggy Waters 2:30pm

You always go for the arty films.  
Marc Benson 2:30pm

Bit violent, isn't it? 🎬  
Cat Lakey 2:30pm

No, not really, but not an art film either – here, I'll send you a review.  
[www.filmreviews.uk/TokyoGangs](http://www.filmreviews.uk/TokyoGangs) Click to follow....  
Iggy Waters 2:31pm

Well, maybe. You up for that, Cat?  
Marc Benson 2:32pm

OK. Funny how we always end up doing what you want, Ig!  
Cat Lakey 2:32pm

I just always have the best ideas. 🤓  
Iggy Waters 2:33pm

Have you got the skills you need for the 21st-century workplace? Read about what employers are looking for and test yourself to see if you are prepared!

## Preparation

Fill the gaps with the correct phrase from the box.

analyse information

communicate well

problem solving

good at making decisions

the 21st century

age of technology

We are living in <sup>1</sup>\_\_\_\_\_ . Some people call it the <sup>2</sup>\_\_\_\_\_ .

We need to learn skills such as <sup>3</sup>\_\_\_\_\_ and we need to be able to

<sup>4</sup>\_\_\_\_\_ with other people around the world. Employers are looking for people who can <sup>5</sup>\_\_\_\_\_ well, people who are able to recognise whether information is reliable or not. They also like people who are <sup>6</sup>\_\_\_\_\_ without asking for help.

## Have you got the skills you need for the 21st-century workplace?

We need to develop all kinds of skills to survive in the 21st century. Some, like ICT skills and knowledge of the digital world, are taught explicitly in schools in the UK. Here are five less obvious ones for you to think about. These are the sorts of skills that employers may ask you questions about in interviews, so it's a good idea to think about how good you are in these areas. What are your strengths and weaknesses?



### Imagination

In the age of technology that we are living in now, it is no longer enough to keep on making the same products. Employers need people who can imagine new approaches and new ideas.

**Think:** Think of an object or gadget you use every day. How could it be improved? Can you think of three improvements?



### Problem solving

Employers will value workers who are able to see problems before they happen and come up with creative solutions.

**Think:** Imagine you are organising an end-of-term social event at school. Think of some problems that you could face. Can you think of any solutions?



### Communication skills

Workers will have to be good communicators. They will have to be able to negotiate and discuss key issues and also write in a clear way without using too many words.

**Think:** How do people communicate with each other in the 21st century?



### Critical analysis

Employers want workers who are able to recognise the difference between information that can be believed and false information.

**Think:** Use the internet to find out three facts about a celebrity or famous figure. Can you verify the information by checking other websites?



### Decision making

Individual workers have a growing amount of responsibility. It is important to be able to evaluate a situation and be confident in making a decision.

**Think:** Which three things could you do to (a) be healthier (b) do better at school and (c) help others? Make a decision now to do at least one of these things. Then ... just do it!

## Reading skills practice: The noticeboard – exercises

What's going on in your local area? Look at the different notices on the noticeboard and do the exercises to practise and improve your reading skills.

### Preparation

Match the jobs with the definitions.

- |                      |  |
|----------------------|--|
| 1..... student       | a. someone who is employed to look after children when the parents are out |
| 2..... store manager | b. someone who can build computer networks and fix computer problems       |
| 3..... IT engineer   | c. someone who plays the drums in a band                                   |
| 4..... shelf-stacker | d. someone who manages and oversees the daily operations of a shop         |
| 5..... babysitter    | e. someone who displays products for sale on the shelves inside a shop     |
| 6..... drummer       | f. someone who is in full-time education at a university or college        |

# Noticeboard

**A Computer problems?**  
Experienced IT engineer will sort out problems with home computers (PCs and Macs). Phone 'the Computer Doctor' now for a free estimate -  
**09651 325693**

**D**   
**Lost!!!**  
Small grey cat missing in the Lees Hall area. She's frightened of dogs and teenage boys. If you see her, please, please phone:  
**09651 324472**  
We really miss her!

**B DRUMMER WANTED**  
for recently formed band. Must have ability and experience. We play mostly indie rock. Many songs already written. Some performances in local pubs in Nov/Dec. Send details and sound samples to:  
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**C Babysitter wanted**  
for 2-year-old twins – occasional weekday evenings for up to six hours. Would be suitable for a student with some experience. £4.50 an hour.  
Phone Jan on 719 873 466

**G**   
**supermarkets**  
**Part-time supermarket work**  
Evening and weekend hours available. Experience of shelf-stacking an advantage but not essential.  
Apply to the store manager  
**PRESTO**, 32 Main Street, Lees Hall

**E**   
**Get fit to the sound of Latin rhythms!**  
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Come and book your place before 25 September at Lees Sports Centre.  
(Places are limited.)

**F Room to let**  
Two students looking for one more to share house. Own room with single bed, wardrobe, desk and chair. Near university campus and shopping centre. £250 per month + bills (including Wi-Fi). Non-smokers only.  
Phone Luka on 719 533 857

Are you a super-organised student? How do you make sure you get your homework in on time? Read the blog post and tips to see if you agree with them.

## Preparation

Match the words with similar meanings and write a–h next to the numbers 1–8.

- |        |                |    |              |
|--------|----------------|----|--------------|
| 1..... | to remove      | a. | a habit      |
| 2..... | to split       | b. | skill        |
| 3..... | good judgement | c. | a reminder   |
| 4..... | ability        | d. | to delete    |
| 5..... | a prompt       | e. | terrible     |
| 6..... | a custom       | f. | to divide    |
| 7..... | a copy         | g. | a backup     |
| 8..... | awful          | h. | common sense |



**Tips for being a super-organised student**

posted 2 hours ago by Amy

I have always admired students who hand their homework in on time and never forget to do it. Me, on the other hand, ... OK, I admit. I'm terrible at getting myself organised!

But lately I've started keeping a small study diary. I write down everything I need to do and when it needs to be done by. Then I write a reminder a few days before the date just in case. It's helping.

So I was wondering, what are your tips for getting organised? Post a comment below. I'm hoping we can all share some tips to teach us all better study skills.

### Comments



**Hana** Good question, Amy. I always spend about five minutes at the end of the day tidying up the desktop on my computer. I make a backup of important documents. I delete things I don't need any more and put everything into the correct folder.



**Amy** Nice tip, Hana. I think it's a good idea to do a little bit of tidying up every day. Then it becomes a habit and your desktop is always organised.



**Gloria** The most important thing is to start studying a few weeks before the exams and not leave it until the night before! That's just common sense, I think.



**Amy** Thanks, Gloria! I agree.



**Lou** Hi, Amy. My tip is to have a big noticeboard in your bedroom, divided into different sections. I've got one. It's a whiteboard. I've got a section for each school subject and another one for other stuff. I use board pens to write reminders and I make sure I look at it every day. The best part is when I remove something from the board!



**Amy** Great tip, Lou. I've got a cork board with pins. I use it in the same way.

## Reading skills practice: Travel guide – exercises

Look at this guide for tourists visiting California, then do the exercises to improve your reading skills.

### Preparation

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- |                            |   |
|----------------------------|---|
| 1..... a gym               | a. a building where people have to live as a punishment for a crime   |
| 2..... a pier              | b. a bridge that is suspended from cables that are attached to towers   |
| 3..... a suspension bridge | c. a type of ride at an amusement park, like a fast train on tracks that curve, and go from very high to very low |
| 4..... a prison            | d. a structure that goes into water for people to walk on, often to take a boat                                   |
| 5..... rides               | e. a health club or a large room with exercise machines   |
| 6..... a rollercoaster     | f. mechanical attractions at an amusement park, for example a rollercoaster or big wheel                          |


**Discover America**  

# california

## 1 San Francisco

Fisherman's Wharf is a historic marketplace on the seafront with trendy restaurants, shops and street performers. Visit Ghirardelli Square, home to the amazing Ghirardelli Ice Cream and Chocolate Shop, and Pier 39, a lively marketplace with shops, restaurants and music. From here you can take a cruise round the Bay.

## 3 Alcatraz Island

Once a high-security prison, Alcatraz Island is one of the Bay Area's most interesting tourist attractions. Take the ferry from Pier 41 and visit the dark cell blocks that were home to America's most wanted criminals.

## 5 Venice Beach



This is where skateboarding started, so you must visit the famous skate park right on the beach. Also watch the bodybuilders at Muscle Beach Gym, which is where Arnold Schwarzenegger started his career.

## 6 Hollywood

You can stand in the footprints of Johnny Depp at Grauman's Chinese Theatre and then meet his strangely accurate wax model, along with Hugh Jackman, Lance Armstrong, and Brad and Angelina, all at Madame Tussauds Hollywood. Discover how films are made at the working movie studio at Universal Studios Hollywood, where there are also exciting park rides and shows.



## 2 Golden Gate Bridge

Connecting San Francisco and Marin County, this is the largest suspension bridge in the world and one of the most famous Californian landmarks. As you cross the 4200-ft bridge below the famous orange towers, you'll enjoy awesome views of the entire Bay Area.



## 4 Santa Cruz

Go to the Santa Cruz Surfing Museum, which is in a lighthouse, and see classic boards including one eaten by a shark – the surfer survived! Next stop, the Santa Cruz Beach Boardwalk for a ride on the Giant Dipper rollercoaster.



## 7 Los Angeles

Have you ever wanted to record yourself? Now you can at the fascinating Grammy Museum. You can also learn how to dance like Michael Jackson, and find out about the links between blues and rap.



## 8 Disneyland

One of the most magical places in the world, Disneyland Park has hundreds of rides such as Space Mountain, Indiana Jones Adventure, Matterhorn and Pirates of the Caribbean. A day in Disneyland is a day you will never forget!