

Listen to the teacher giving students advice for exams and do the exercises to practise and improve your listening skills.

## Preparation

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

- |                                  |   |
|----------------------------------|---|
| 1..... advice                    | a. nervous and worried  |
| 2..... last but not least        | b. to be strongly attracted to doing something  |
| 3..... to be tempted             | c. a good or full amount  |
| 4..... anxious                   | d. the act of doing something again   |
| 5..... plenty                    | e. an opinion or recommendation about what someone should do                                  |
| 6..... repetition                | f. a short walk around your local area  |
| 7..... a stroll around the block | g. to put something over something so that you can't see it                                   |
| 8..... to cover something up     | h. an expression used before the last thing in a list, to say that it is equally as important |

## 1. Check your understanding: multiple choice

Circle the best option to complete these sentences.

1. The teacher wants the students to ...
  - a. take notes after she has finished speaking.
  - b. take notes while she is speaking.
  - c. forget about taking notes.
  
2. The teacher suggests eating ...
  - a. sugary snacks.
  - b. only apples.
  - c. fruit and cereals.
  
3. The teacher suggests finding a study place with a lot of ...
  - a. light.
  - b. space.
  - c. books.

4. If students feel stressed they should ...
  - a. go to bed.
  - b. go out for a walk.
  - c. drink some water.
  
5. Students are advised to ...
  - a. select the important things to learn.
  - b. read through everything once.
  - c. make notes about every topic.
  
6. The teacher understands that repeating things can be ...
  - a. difficult.
  - b. uninteresting.
  - c. tiring.
  
7. Students can do past exam papers ...
  - a. in the library only.
  - b. at home if they take photocopies.
  - c. in the after-school study group.
  
8. The teacher recommends a break of five minutes every ...
  - a. hour.
  - b. two hours.
  - c. thirty minutes.
  
9. It's important to ...
  - a. eat regularly.
  - b. sleep when you feel tired.
  - c. keep hydrated.
  
10. The teacher is sure that the students will ...
  - a. pass their exams.
  - b. fail their exams.
  - c. do their best.

## 2. Check your understanding: grouping

Write the advice in the correct group.

- |                          |                                     |   |  |
|--------------------------|-------------------------------------|---|--|
| a. Get very comfortable. | b. Read your notes again and again. | c. Try to learn everything.                         | d. Eat sugary food while you are studying. |
| e. Focus on the details. | f. Take regular breaks.             | g. Start by choosing the important things to study. | h. Photocopy past exam papers.             |

Do	Don't

### Discussion

Does any of this advice surprise you?

Have you got any good advice to share about studying for exams?

### Vocabulary Box

Write any new words you have learned in this lesson.

## Listening skills practice: Amazing facts – exercises

Listen to the conversation about the human body and do the exercises to practise and improve your listening skills.

Do the preparation exercise before you listen. Then do the other exercises to check your understanding.

## Preparation

Match the vocabulary with the correct definition and write a–d next to the numbers 1–4.

- |                 |   |
|-----------------|---|
| 1..... cells    | a. Very tiny creatures that live on plants or animals.  |
| 2..... bacteria | b. The smallest part of a chemical element.   |
| 3..... mites    | c. The simplest and smallest forms of life. They live in air, water, soil, as well as in humans and animals (dead or alive). They are often the cause of disease. |
| 4..... atom     | d. The smallest part of an animal or plant that can work independently. All plants and animals are made of these.   |

## 1. Check your understanding: multiple choice

Do this exercise while you listen. Circle the best option to complete these sentences.

1. Only about one tenth of the cells in your body are ...
    - a. alive.
    - b. really you.
    - c. bacteria.
  2. Bacteria are mostly ...
    - a. really helpful.
    - b. bad for humans.
    - c. neither good or bad.
  3. Animals need bacteria to ...
    - a. fight diseases.
    - b. provide energy.
    - c. digest food.
  4. You have ... cells in your body.
    - a. 7 million
    - b. 7 trillion
    - c. 7 octillion
  5. Most of the atoms are ...
    - a. tiny cubes.
    - b. not used.
    - c. empty space.
  6. You probably have mites in your ...
    - a. hair.
    - b. ears.
    - c. eyelashes.

## Listening skills practice: Amazing facts – exercises

7. Mites are very small creatures that are about ...
- a. 3 millimetres long.      b. a third of a millimetre long.      c. 0.03 millimetres long.
8. Mites eat ...
- a. dead skin.      b. your eyelashes.      c. tiny insects.

### 2. Check your understanding: gap fill typing

Do this exercise while you listen. Complete the sentences with a word or words.

1. Only one tenth of the cells in your body are really you. The rest are \_\_\_\_\_.
2. An experiment found that animals that did not have bacteria \_\_\_\_\_ or had to have a special diet.
3. There are \_\_\_\_\_ octillion cells in the human body.
4. Most of the atoms in the human body are just empty \_\_\_\_\_.
5. Without the empty space, you could fit your body inside a box measuring \_\_\_\_\_ of a centimetre either side.
6. You would be much too small to \_\_\_\_\_.
7. Mites are really small creatures, like \_\_\_\_\_.
8. They live in eyelashes and \_\_\_\_\_.
9. Only about \_\_\_\_\_ per cent of people have mites.
10. Mites eat dead \_\_\_\_\_.

### Discussion

Do you know any amazing facts about the human body?

## Listening skills practice: Celebrations – exercises

Listen to the speakers and do the exercises to practise and improve your listening skills.

### Preparation

Do this exercise before you listen. Match the events with the definitions and write a – e next to the numbers 1 – 5.

- |        |  |                                |
|--------|--|--------------------------------|
| 1..... | a party to celebrate the anniversary of someone's birth  | a. golden wedding anniversary  |
| 2..... | the marriage of a king, queen, prince or princess  | b. Notting Hill Carnival       |
| 3..... | a West Indian carnival held in London every August   | c. end of term party at school |
| 4..... | a celebration of 50 years of marriage  | d. birthday party              |
| 5..... | a party normally organised by students to celebrate finishing the school year and completing their exams | e. Royal wedding               |

### 2. Check your understanding: matching

Do this exercise while you listen. Match the speaker with the celebration and write a – e next to the numbers 1 – 5.

- |        |           |                                |
|--------|-----------|--------------------------------|
| 1..... | Speaker A | a. golden wedding anniversary  |
| 2..... | Speaker B | b. Notting Hill Carnival       |
| 3..... | Speaker C | c. end of term party at school |
| 4..... | Speaker D | d. Royal wedding               |
| 5..... | Speaker E | e. surprise birthday party     |

### 3. Check your understanding: gap fill

Do this exercise while you listen. Complete the gaps with the speaker.

A (x2)

B (x2)

C (x 2)

D (x2)

E (x2)

1. Speaker \_\_\_\_\_ will see people dressed in amazing costumes.
2. Speaker \_\_\_\_\_ is going to decorate the venue with Chinese lanterns and projections on the wall.
3. Speaker \_\_\_\_\_ is worried about someone on Facebook spoiling the surprise.
4. Speaker \_\_\_\_\_ is going to be careful of people stealing things.
5. Speaker \_\_\_\_\_ is going to listen to old-fashioned music played on an old-fashioned machine.
6. Speaker \_\_\_\_\_ is in one of the bands that are playing.
7. Speaker \_\_\_\_\_ is going to taste food from all over the world.
8. Speaker \_\_\_\_\_ is going to celebrate with the whole family.
9. Speaker \_\_\_\_\_ is organising a party for her two best friends.
10. Speaker \_\_\_\_\_ is going to make sure there is no traffic on her street,

#### Do you have any celebrations planned?

What are you celebrating?

What are you going to do?

#### Vocabulary Box

Write any new words you have learnt in this lesson.

## Listening skills practice: Difficult situations – exercises

Listen to the people discussing different problems and do the exercises to practise and improve your listening skills.

### 1. Preparation

Match the two parts of the sentence to describe difficult situations. Write a – f next to the numbers 1 – 6.

- |  |                                      |
|--|--------------------------------------|
| 1..... Your bus breaks                   | a. dies.                             |
| 2..... You fail                          | b. up with her.                      |
| 3..... Your dog                          | c. an exam.                          |
| 4..... Your friend's boyfriend<br>breaks | d. your phone.                       |
| 5..... You leave your                    | e. down and you are late for school. |
| 6..... Someone steals                    | f. keys inside the house.            |

### 2. Check your understanding: gap fill

Complete the gaps with a word or phrase from the box.

friend	he failed his exam	mum
dad	her dog got hit by a car	the mobile phone he borrowed got stolen

1. The boy is telling his \_\_\_\_\_ that \_\_\_\_\_.
2. The girl is telling her \_\_\_\_\_ that \_\_\_\_\_.
3. The boy is telling his \_\_\_\_\_ that \_\_\_\_\_.

### 3. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |  |      |       |
|--|------|-------|
| 1. A - The boy revised all week for his Economics exam.          | True | False |
| 2. A - It wasn't an important exam.                              | True | False |
| 3. A - His mum is worried about the cost of retaking the course. | True | False |
| 4. B - The girl and the dog were playing in the park.            | True | False |
| 5. B - She took Bonzo to the vet's straight away.                | True | False |
| 6. B - She had only had Bonzo for a short time.                  | True | False |
| 7. C - The boy was using the phone when someone stole it.        | True | False |
| 8. C - The boy thinks he would recognise the thief.              | True | False |
| 9. C - The dad will see if the phone is insured.                 | True | False |

#### Have you been in any difficult situations?

What happened?

#### Vocabulary Box

Write any new words you have learnt in this lesson.

## Listening skills practice: Important people – exercises

Listen to the speakers talking about important people in their lives and do the exercises to practise and improve your listening skills.

### 1. Check your understanding: matching

Do this exercise before you listen. Match the phrases with the correct definition and write a – f next to the numbers 1 – 6.

- |                                   |  |
|-----------------------------------|--|
| 1..... She looked after me.       | a. We have a good, friendly relationship.                    |
| 2..... We hang out a lot.         | b. She took care of me.                                      |
| 3..... We get on well.            | c. He likes the same things as me.                           |
| 4..... We fell out.               | d. We have many similarities.                                |
| 5..... We have a lot in common.   | e. We stopped being friends. (Especially after an argument.) |
| 6..... He's into the same things. | f. We spend a lot of time together.                          |

### 2. Check your understanding: gap fill

Complete the gaps with a word from the box.

childhood friend	brother	best friend
next-door neighbour	boyfriend	

1. Speaker A is talking about her \_\_\_\_\_.
2. Speaker B is talking about his \_\_\_\_\_.
3. Speaker C is talking about her \_\_\_\_\_.
4. Speaker D is talking about his \_\_\_\_\_.
5. Speaker E is talking about her \_\_\_\_\_.

### 3. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |  |             |              |
|--|-------------|--------------|
| 1. A – Her next-door neighbour also worked with her mum.                   | <i>True</i> | <i>False</i> |
| 2. A – Her next-door neighbour has a healthier lifestyle now.              | <i>True</i> | <i>False</i> |
| 3. B – He didn't see his brother after he went to university.              | <i>True</i> | <i>False</i> |
| 4. B – He supports the same football team as his brother.                  | <i>True</i> | <i>False</i> |
| 5. C – She and her friend argued about a boy.                              | <i>True</i> | <i>False</i> |
| 6. C – She is going to go to the same university as her friend.            | <i>True</i> | <i>False</i> |
| 7. D – He didn't have much in common with his friend when they were young. | <i>True</i> | <i>False</i> |
| 8. E – She didn't like the look of her boyfriend at first.                 | <i>True</i> | <i>False</i> |

#### Which people have been important in your life?

Who are you closest to in your family?

Who are your closest friends?

Which other people have been important in your life?

#### Vocabulary Box

Write any new words you have learnt in this lesson.

## Listening skills practice: Llamas – exercises

Listen to the zoo guide talking about the llamas and do the exercise to practice and improve your listening skills.

### 1. Preparation: matching

Do this exercise before you listen. Match the vocabulary with the correct definition and write a – e next to the numbers 1 – 5.

- |        |                                       |   |
|--------|---------------------------------------|---|
| 1..... | to spit                               | a. to make a continuous sound with the lips closed                |
| 2..... | to shear (past participle<br>= shorn) | b. soft thick hair that grows on the bodies of animals like sheep |
| 3..... | wool                                  | c. to cut the wool off a sheep or similar animal                  |
| 4..... | to lick                               | d. to force out liquid from the mouth                             |
| 5..... | to hum                                | e. to pass the tongue over a surface                              |

### 2. Check your understanding: true or false

Do this exercise while you listen. Circle *True* or *False* for these sentences.

- |    |  |             |              |
|----|--|-------------|--------------|
| 1. | Llamas, alpacas, vicuñas and guanacos are all related to camels. | <i>True</i> | <i>False</i> |
| 2. | Llamas are the smallest of the four.                             | <i>True</i> | <i>False</i> |
| 3. | Llamas only spit at humans if you treat them badly.              | <i>True</i> | <i>False</i> |
| 4. | Alpacas look as if they are sad.                                 | <i>True</i> | <i>False</i> |
| 5. | Alpaca wool is good for clothes.                                 | <i>True</i> | <i>False</i> |
| 6. | Vicuña wool is very expensive.                                   | <i>True</i> | <i>False</i> |
| 7. | Vicuñas eat cacti.   | <i>True</i> | <i>False</i> |
| 8. | Llamas and alpacas can't live in the UK.                         | <i>True</i> | <i>False</i> |

### 3. Check your understanding: gap fill

Do this exercise while you listen. Complete the gaps with a word from the box.

dogs

wild

stressed

relaxed

warmer

gentle

three

softer

herds

curious

foxes

4,000 metres

1. Llamas and alpacas are both domesticated animals and vicuñas and guanacos are \_\_\_\_\_.
2. Llamas are very sociable animals and live together in groups, in \_\_\_\_\_.
3. They respond well to being trained and they are usually \_\_\_\_\_ and \_\_\_\_\_.
4. The alpaca is famous for its wool, which is \_\_\_\_\_ and \_\_\_\_\_ than sheep's wool.
5. Vicuñas can only be shorn of their wool every \_\_\_\_\_ years.
6. Guanacos are capable of surviving at over \_\_\_\_\_ in the Andes.
7. Llamas hum when they are \_\_\_\_\_, or the opposite, feeling \_\_\_\_\_.
8. Sometimes farmers use llama to protect sheep and hens from animals that might attack them, like \_\_\_\_\_ or \_\_\_\_\_.

**What's your favourite wild animal? Why?**

**Vocabulary Box**

Write any new words you have learnt in this lesson.

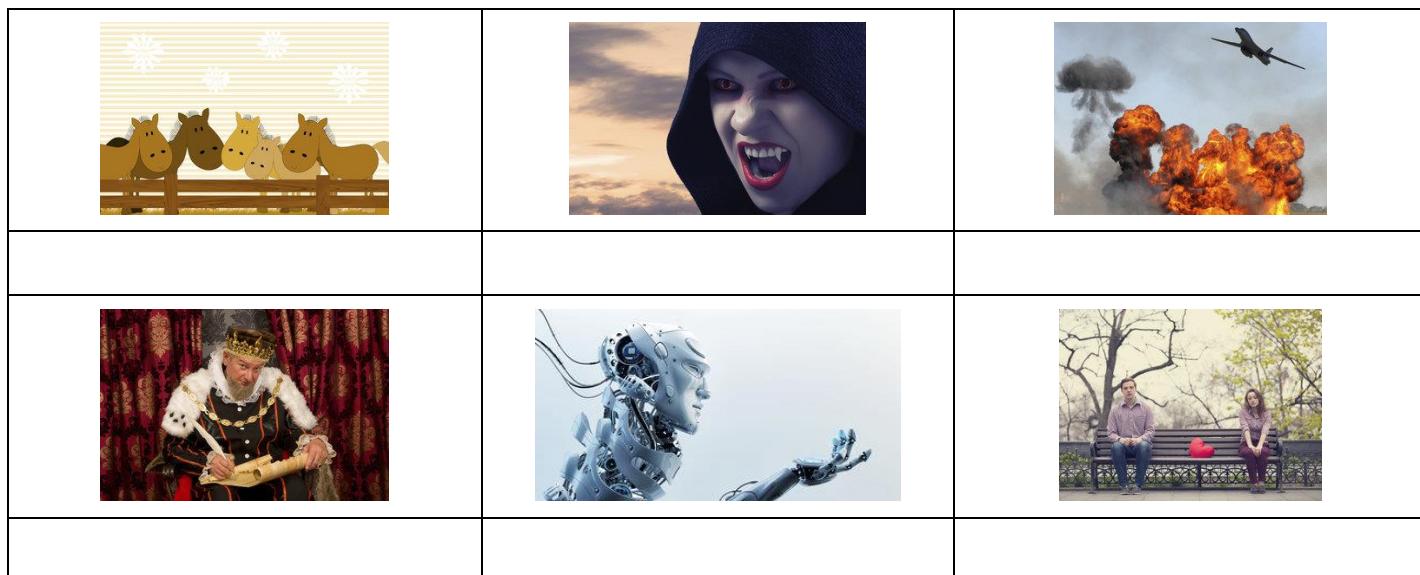
## Listening skills practice: My favourite film – exercises

Listen to the speakers talking about their favourite films and do the exercises to practise and improve your listening skills.

### Preparation

Do this exercise before you listen. Write the correct words in the boxes below the picture.

historical drama	action	science fiction
cartoon	romantic comedy	horror



### 1. Check your understanding: matching

Do this exercise while you listen. Match the speaker to the genre of film. Write a–e next to the numbers 1–5.

- |                  |                              |
|------------------|------------------------------|
| 1..... Speaker 1 | a. A science fiction film    |
| 2..... Speaker 2 | b. A modern vampire film     |
| 3..... Speaker 3 | c. An action film            |
| 4..... Speaker 4 | d. A romance                 |
| 5..... Speaker 5 | e. A romance based on a book |

## 2. Check your understanding: gap fill

Do this exercise while you listen. Complete the gaps with the correct speaker.

A (x2)

B

C

D (x2)

E (x3)

1. Speaker \_\_\_\_\_ thinks the film shows you not to judge people too quickly.
2. Speaker \_\_\_\_\_ says the film is not too sentimental, thanks to the actor.
3. Speaker \_\_\_\_\_ likes a film in which everything we think is real is fiction.
4. Speaker \_\_\_\_\_ has seen their favourite film more than once.
5. Speaker \_\_\_\_\_ prefers the first version of the film.
6. Speaker \_\_\_\_\_ likes a film with murder, violence and blood-drinking.
7. Speaker \_\_\_\_\_ likes a film which tells a love story over several years.
8. Speaker \_\_\_\_\_ likes a film which shows bullying at school.
9. Speaker \_\_\_\_\_ likes the scenes filmed in different countries.

### Discussion

Have you seen any good films recently?

*I saw ...*

*It's got ... (actor's name) in it.*

*It's about ...*

*The thing I liked about it was ...*

## Listening skills practice: My favourite things – exercises

Listen to the speakers describing their favourite things and do the exercises to practise and improve your listening skills.

### 1. Preparation: matching

Do this exercise before you listen. Match the verb with the correct noun and write a – g next to the numbers 1 – 7.

- |  |                 |
|--|-----------------|
| 1..... take  | a. a designer   |
| 2..... listen to                                       | b. your scooter |
| 3..... watch   | c. a business   |
| 4..... stroke (= move your hand gently over something) | d. films        |
| 5..... park  | e. photos       |
| 6..... make it as (= be successful as)                 | f. the cat      |
| 7..... set up (= start)                                | g. music        |

### 2. Check your understanding: matching

Match the speakers with their favourite things. Write a – e next to the numbers 1 – 5.

- |                  |                     |
|------------------|---------------------|
| 1..... Speaker A | a. a tablet         |
| 2..... Speaker B | b. a sewing machine |
| 3..... Speaker C | c. a scooter        |
| 4..... Speaker D | d. a set of knives  |
| 5..... Speaker E | e. a cat            |

### 3. Check your understanding: gap fill

Do this exercise while you listen. Write the word to fill the gaps.

1. My favourite thing has to be my new tablet. It's really light and quite \_\_\_\_\_, so I take it with me everywhere. I'm always writing to friends and it's big enough to do college work on it too. It takes really good \_\_\_\_\_, and I play games and listen to \_\_\_\_\_ on it as well, of course. I often download \_\_\_\_\_ onto it, and watch them in \_\_\_\_\_. My mum says I'm \_\_\_\_\_, because I'm always on it. I even read things on it at breakfast time. I'm not allowed to at \_\_\_\_\_ time, though. I have to be \_\_\_\_\_ and talk to people then. "Welcome back to real life," my mum says.

2. My favourite thing? Does my \_\_\_\_\_ count as a thing? She's not really a thing, but anyway. She's a really \_\_\_\_\_ little cat. I've had her since she was \_\_\_\_\_ months old. You know how some cats are really \_\_\_\_\_ and hardly talk to you? I know cats don't really talk, but you know what I mean. Well, she's not like that at all. She's really \_\_\_\_\_ and comes up to me as soon as I get home, purring away like mad. She makes a lot of \_\_\_\_\_ for a tiny thing. She loves being stroked and comes and curls up next to me when I'm on the \_\_\_\_\_. She's great \_\_\_\_\_.

3. My new scooter! It's quite small, but \_\_\_\_\_, and just what I needed for getting around the \_\_\_\_\_. I used to have quite a long walk to the \_\_\_\_\_, then a longish walk at the other end to get to \_\_\_\_\_. But now I can just whiz there on my \_\_\_\_\_. And there's no problem parking, there's always \_\_\_\_\_ for it. You have to be \_\_\_\_\_ with the cars and \_\_\_\_\_ – they don't always see you – and when it rains the surface of the road is \_\_\_\_\_, it gets really slippery. But in general it's perfect for me, and I can fit a \_\_\_\_\_ on the back too – I've got an extra \_\_\_\_\_ for a friend. It's great. Riding along makes me feel so free.

4. This might sound a bit old-fashioned, but my sewing \_\_\_\_\_ is my favourite thing. I'm studying \_\_\_\_\_ and love making things, as well as designing them. I also love \_\_\_\_\_ myself and often buy second-hand clothes – everyone loves the “vintage” \_\_\_\_\_ at the moment – and then I adapt them to my \_\_\_\_\_. It's much easier using a machine to do that than doing it by \_\_\_\_\_. I do alterations for my mum and my sister too. If I don't make it as a \_\_\_\_\_, I suppose I can always set up my own alterations and customising \_\_\_\_\_. Customising clothes, by taking things off and adding things on, is actually very \_\_\_\_\_, so I wouldn't mind that.

5. My set of Japanese knives. That sounds a bit sinister, doesn't it, but I'm not a \_\_\_\_\_ or anything. They're chef's knives and the best ones come from \_\_\_\_\_. Cooking is my new hobby. I got into it when I started watching Masterchef on TV. Then I went to an evening \_\_\_\_\_ for beginners, and I haven't looked back since. I try and have a \_\_\_\_\_ for between four and eight \_\_\_\_\_ every two or three \_\_\_\_\_. That gives me something to work towards and I always do new \_\_\_\_\_ so they can try them out and give me feedback. It's quite an \_\_\_\_\_ hobby if you use good \_\_\_\_\_, but now my friends help towards the \_\_\_\_\_. They still get a good \_\_\_\_\_ for a very low price.

**What's your favourite thing?**

Why is it important to you?

**Vocabulary Box**

Write any new words you have learnt in this lesson.

Listen to the radio interview about the 'Pomodoro Technique' and do the exercises to practise and improve your listening skills.

### Preparation: matching

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

- |                           |  |
|---------------------------|--|
| 1..... to go off          | a. a device that makes a sound or shows you when a certain amount of time has passed |
| 2..... a timer            | b. a student who gets the best marks at school                                       |
| 3..... productivity       | c. having good judgement or common sense   |
| 4..... 'to-do' list       | d. how much is being done or achieved  |
| 5..... sensible           | e. a list of things you need to do   |
| 6..... an A-grade student | f. to start making a noise (as an alarm or signal)                                   |
| 7..... to waste time      | g. to earn or merit something because of what you have done                          |
| 8..... to deserve         | h. to spend time doing something useless   |

### 1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |   |             |              |
|---|-------------|--------------|
| 1. The Pomodoro Technique was invented in the 1980s.            | <i>True</i> | <i>False</i> |
| 2. Students and workers can use the technique.                  | <i>True</i> | <i>False</i> |
| 3. The technique is a bit complicated to use.                   | <i>True</i> | <i>False</i> |
| 4. You need to break down your tasks into smaller sections.     | <i>True</i> | <i>False</i> |
| 5. Each break is called a 'pomodoro'.                           | <i>True</i> | <i>False</i> |
| 6. Peter uses an app on his mobile to time himself.             | <i>True</i> | <i>False</i> |
| 7. After four or five short breaks you can have a longer break. | <i>True</i> | <i>False</i> |
| 8. Peter takes less time to do his homework these days.         | <i>True</i> | <i>False</i> |

## 2. Check your understanding: gap fill

Complete the sentences with a word from the box.

list	breaks	productivity	five
item	timer	task	time

The Pomodoro Technique is designed to help people work effectively and avoid wasting

1. \_\_\_\_\_ . It helps you to get the maximum 2. \_\_\_\_\_ in the time you have. First you have to break down each 3. \_\_\_\_\_ into steps. Then you use a 4. \_\_\_\_\_ to organise your time into intensive work and 5. \_\_\_\_\_. You write a list of the things you need to do, set the timer to twenty-five minutes and start working on the first 6. \_\_\_\_\_ on your list. When the timer goes off you stop work for 7. \_\_\_\_\_ minutes. Then you repeat these steps four or five times, ticking off items on your 8. \_\_\_\_\_ as you finish them. After a few short breaks you can take a longer break.

## 3. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

1. It is important to find the most \_\_\_\_\_ way of working. (effect)
2. We can be more \_\_\_\_\_ if we work together as a team. (product)
3. Do you think that is a \_\_\_\_\_ idea? (sense)
4. I keep all my notes in \_\_\_\_\_ folders. (separation)
5. You can use a \_\_\_\_\_ to help you cook the perfect boiled egg. (time)
6. You will feel really \_\_\_\_\_ when you finish. (satisfaction)
7. It isn't a very \_\_\_\_\_ time to wait. (length)
8. The Pomodoro Technique is a system to help you \_\_\_\_\_ your time. (management)

### Discussion

Do you think the Pomodoro Technique sounds like a good idea?

## Listening skills practice: Sports centres – exercises

Listen to the people introducing two different sports centres and do the exercises to practise and improve your listening skills.

### 1. Check your understanding: grouping

Do this exercise before you listen. Write the words in the correct group.

lifeguard	dance teacher	weight machines	sauna
jazz dancing	secretary	swimming pool	changing rooms
water aerobics	Pilates	Zumba	personal trainer

Gym staff	Gym facilities	Gym classes

### 2. Check your understanding: Which gym?

Do this exercise while you listen. Circle *Gym A* or *Gym B* for these sentences. Which gym has ...

- |                                     |              |              |
|-------------------------------------|--------------|--------------|
| 1. a good air-conditioning system?  | <i>Gym A</i> | <i>Gym B</i> |
| 2. dance classes?                   | <i>Gym A</i> | <i>Gym B</i> |
| 3. a shop?                          | <i>Gym A</i> | <i>Gym B</i> |
| 4. a café?                          | <i>Gym A</i> | <i>Gym B</i> |
| 5. a bigger gym with more machines? | <i>Gym A</i> | <i>Gym B</i> |
| 6. a swimming pool?                 | <i>Gym A</i> | <i>Gym B</i> |
| 7. a sauna?                         | <i>Gym A</i> | <i>Gym B</i> |
| 8. martial arts classes?            | <i>Gym A</i> | <i>Gym B</i> |

### 3. Check your understanding: multiple choice

Do this exercise while you listen. Circle the best option to complete these sentences.

1. Gym A has lots of activities in the evenings / a few different activities at different times / lots of activities at different times of day .
2. Gym A moved into a new building / built a sauna / opened ten years ago.
3. In gym A, you can have a massage at a reasonable price / free if you are a member / if you book in advance .
4. You can borrow towels and yoga mats / towels / yoga mats from the gym.
5. Gym B can give you advice about training, lifestyle and diet / sports injuries and diet / how to become a professional athlete .
6. In the main gym, you must use a towel / wear trainers / take a bottle of water .
7. The lifeguard can also give you some tips to improve your swimming / demonstrate the best way to swim / give you swimming lessons .
8. The timetable for the classes is available online / in a brochure / on the noticeboard .

<b>Which gym would you like to join? Why?</b>
Which activities would you most like to do?
Which sports or forms of exercise do you like?

## Listening skills practice: The weekend – exercises

Listen to the conversation about plans for the weekend and do the exercises to practise and improve your listening skills.

### 1. Preparation: picture matching

Do this exercise before you listen. Write the correct word in the boxes below the picture.

canyoning

zip-wiring

dirtboarding

snowboarding

white water rafting



### 2. Check your understanding: multiple selection

Do this exercise while you listen. Which six activities do the speakers say they are going to do? Tick (✓) all the correct answers.

- |       |  |
|-------|--|
| ..... | snowboarding                           |
| ..... | dirtboarding                           |
| ..... | canyoning                              |
| ..... | bungee jumping                         |
| ..... | go up the Eiffel Tower                 |
| ..... | visit Notre Dame cathedral             |
| ..... | visit the old parts of the city        |
| ..... | go round the Louvre                    |
| ..... | go to the Musée D'Orsay                |
| ..... | visit Montmartre and look at the views |

### 3. Check your understanding: multiple choice

Do this exercise while you listen. Circle the best option to complete these sentences.

1. A dirtboard is a board with wheels that you stand on / a board with no wheels that you stand on / a board that you sit on .
2. To go canyoning you need ropes and a helmet / a guide and special equipment / ropes and special equipment .
3. Zip-wiring is scary and difficult / easy and exciting / scary but exciting .
4. Paris looks so beautiful at night / on television / in the photos .
5. The impressionist paintings are in the Louvre / the Musée D'Orsay / the Rodin Museum .
6. The famous Rodin statue is called The Worker / The Thinker / The Philosopher .
7. The girl is going to Paris for the weekend / four days / five days .
8. She's going with her friend / her boyfriend / her family .

#### Whose weekend would you prefer? The boy's or the girl's? Why?

*I'd prefer the .....'s weekend because ...*

What do you like doing at the weekend?

What are your plans for next weekend?

#### Vocabulary Box

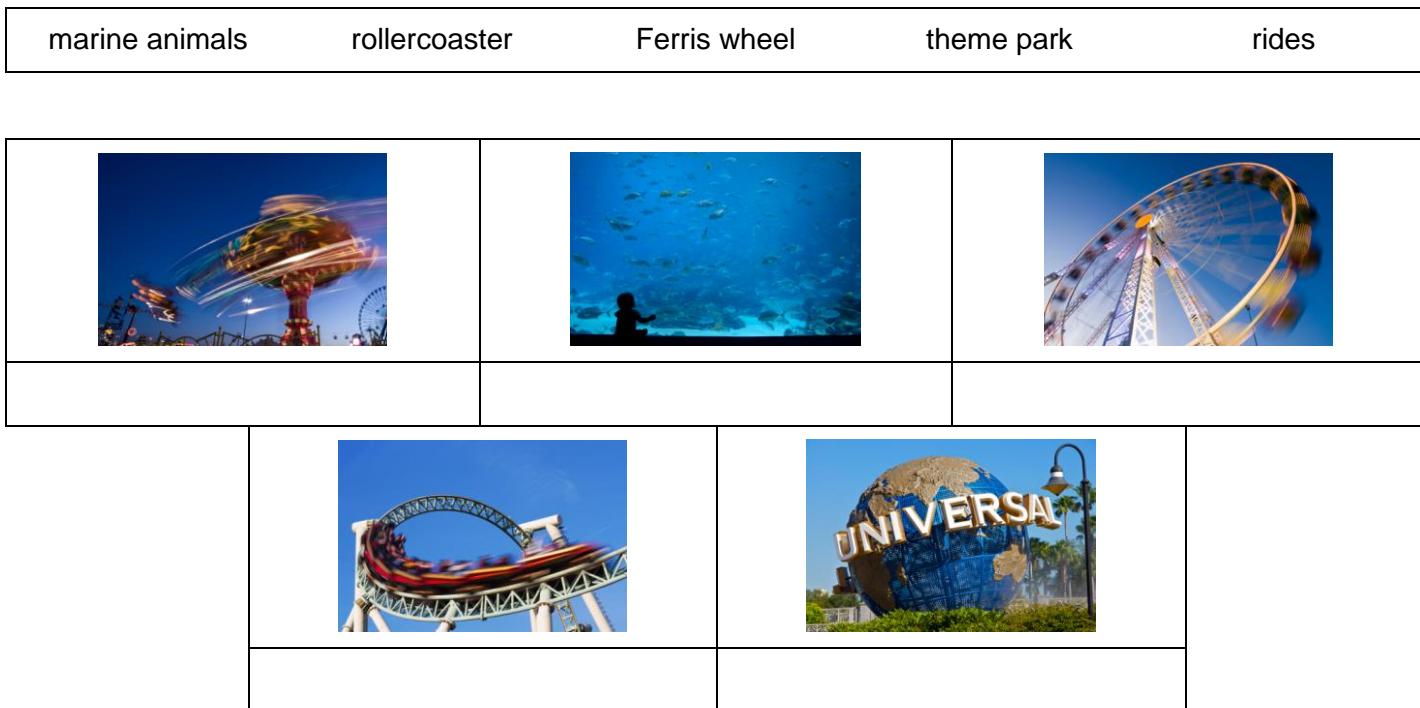
Write any new words you have learnt in this lesson.

## Listening skills practice: Theme parks – exercises

Listen to the radio interview about theme parks and do the exercises to practise and improve your listening skills.

### 1. Preparation: picture matching

Do this exercise before you listen. Write the correct word in the boxes below the picture.



### 2. Check your understanding: true or false

Do this exercise while you listen. Circle *True* or *False* for these sentences.

- |  |             |              |
|--|-------------|--------------|
| 1. Andy Wells has written a guide to theme parks around the world.   | <i>True</i> | <i>False</i> |
| 2. Andy says his job doesn't feel like hard work.                    | <i>True</i> | <i>False</i> |
| 3. Cedar Point in Ohio has life-sized moving dinosaurs.              | <i>True</i> | <i>False</i> |
| 4. On a wingcoaster the track is next to you, not under you.         | <i>True</i> | <i>False</i> |
| 5. At the Islands of Adventure in Florida you can meet Harry Potter. | <i>True</i> | <i>False</i> |
| 6. Ocean Park in Hong Kong has sea animals but no rides.             | <i>True</i> | <i>False</i> |
| 7. A dark ride is a ride inside a building.                          | <i>True</i> | <i>False</i> |
| 8. The "place to watch" for theme parks is Japan.                    | <i>True</i> | <i>False</i> |

### 3. Check your understanding: multiple choice

Do this exercise while you listen. Circle the best option to complete these sentences.

1. Magic Kingdom at Disney World in Florida has the largest area / the most rides / the biggest number of visitors .
2. Cedar Point in Ohio is introducing a new rollercoaster / more frightening / animatronic dinosaurs .
3. Andy thinks a wingcoaster is more relaxing / more frightening / more exciting than a normal rollercoaster.
4. Andy thinks the tour of Hogwarts School is better for young children / really well done / just a way of selling magic sweets .
5. Lotte World, a huge park in South Korea, has the world's biggest indoor theme park / the most water rides in the world / has a New York street section .
6. China will soon have the world's biggest dinosaur tour / the world's biggest zoo / the world's tallest Ferris wheel .

#### Do you like theme parks?

Why? / Why not?

Which ones have you been to?

What kind of rides do you like?

#### Vocabulary Box

Write any new words you have learnt in this lesson.