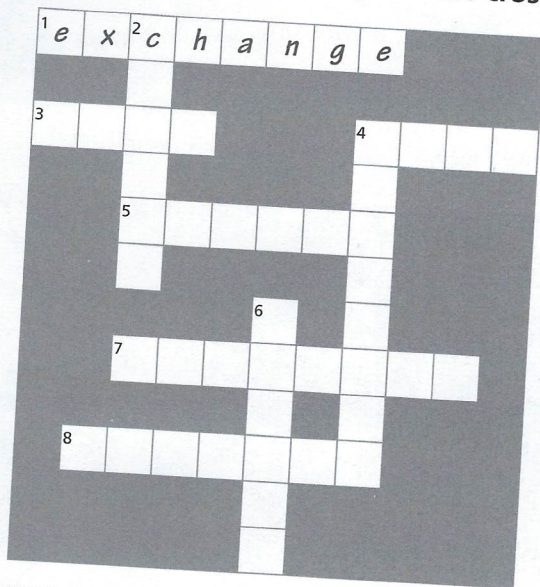


Adventure

Vocabulary

Trips

1 ★ Use the clues to complete the crossword.



across

- 1 You do this kind of visit with another school.
- 3 You do this with a guide who shows you a place and tells you about it.
- 4 Young people often stay in this place in the summer holidays.
- 5 Going on one of these is a good way to see wild animals.
- 7 You do this type of long walk in the mountains.
- 8 You need a boat and a good wind for this activity.

down

- 2 This is a holiday on a big ship.
- 4 You can do this inside on a wall, or outside in the mountains.
- 6 You do this in snow in the mountains in winter.

2 ★ Complete the spaces with the nouns in Exercise 1.

- 1 Things you go on: a safari, a school _____, a _____, a guided _____
- 2 Activities with go: _____, _____, _____
- 3 A thing you go to: summer _____

3 ★★ Complete the email about Gemma's summer with nouns from Exercise 1.

Your MAIL + New Reply |

Hi Uncle Rob,


I have a problem this summer, because I don't know what to do. All my friends are doing something exciting. Joe is going on a ¹ climb around the Mediterranean. Maria is going ² hiking in Wales to do rafting things. She loves camping, and she's bought walking boots for when they go ³ camping sounds fun! Alex is unhappy because he's going to Greece with his parents. His mum wants to see a ⁴ ruin of ancient ruins – Emma is going to Tanzania on a ⁵ visit to her grandparents. Isn't that amazing? I want to visit my friend in Germany (do you remember she came here on a ⁶ trip in Munich but she's going rock ⁷ climbing in the Alps – it's dangerous for me! Anyway, Mum and Dad want me to go ⁸ skiing in Colorado (there's snow there in August!), but I want to go to the beach. Can you let me stay in Menorca with you and my cousin last year? We could go ⁹ sailing in your little boat again. It would be fantastic. What do you think?

Love,
Gemma

1 ATTACHMENT

Save

Delete



4 ★★★ What are your favourite holiday activities? Write at least five sentences in your notebook.

I love sailing, we go every summer in Valencia.

Grammar 1

Present perfect with *still*, *yet*, *already*

1 ★ Complete the rules in the grammar box.

1	We usually use <i>still</i> , <i>yet</i> and <i>already</i> with the _____.
2	We put _____ after the complete verb phrase in negative sentences and questions.
3	We put _____ directly after the subject in negative sentences.
4	We normally put _____ between <i>have</i> and the past participle.

2 ★ Circle the correct options.

- We haven't gone on the cruise still / yet. It's next week.
- Nicky still / already hasn't packed for her school exchange visit tomorrow!
- Have you put on sunscreen yet / still today?
- We arrived on Saturday and I've already / still been sailing twice. It's great!
- They've already / yet decided which mountain to climb, I think.
- My grandparents yet / still haven't arrived home after their guided tour.

3 ★ Put the words in the correct order to make sentences.

- a cruise / have / We / been / on / already
We have already been on a cruise.
- been / yet / you / Have / your school exchange / on / ?
You / the ruins / seen / Have / yet / ?
- decided / She / hasn't / what to do / still
I / haven't / still / the climbing course
- started / I / haven't / still / the climbing course
yet / the castle / haven't / seen / They
- Brigitte / arrived / already / has / at / my house
- our homework / haven't / still / We / done

4 ★ Complete the phone conversation. Use the verbs in the box and the adverbs in brackets.

visit Cambridge go climbing
be go do tell start



Mum: Are you enjoying the summer camp?

Craig: Yes, but it's going really quickly! We

1 ve already been (already) here a week.

Mum: 2 _____ (yet)?

Craig: Yes, I have – we've got a climbing wall here.

And we 3 _____

(already) sailing twice, and trekking!

Mum: Great! What other plans have you got?

Craig: Well, we 4 _____

(yet). We're going on a guided tour of

two university colleges, but the camp

organiser 5 _____

(still) us which day. Listen, Mum, I've

got to go. We all help around the camp

and I 6 _____

(still) my tasks for today! My group

is cooking dinner and my friends

7 _____ (already)!

Dictation

5 ★★ Listen and write the sentences.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

6 ★★ Answer the questions in your notebook. Use *still*, *yet* and *already*.

- Have you been on holiday yet this year?
- Have you ever visited a foreign country?
- Have you had your lunch yet?
- Have you ever driven a car?
- Have you cleaned your teeth yet today?

Listening and Vocabulary

Phrasal verbs

- 1 ★ Match the words in bold with the phrasal verbs in the box

chill out ~~pick up~~ come back
look around set off find out

- When my dad worked in Japan he tried to **learn** some Japanese from friends and neighbours.
- I love Saturday afternoons, when I can **relax** with my friends.
- When we visit our village we always **start the journey** at six in the morning.
- My granny loves going on guided tours so she can **discover** the history of a place.
- After we arrived at the hotel, we went to **explore** the town.
- I always like the day we **return** from our holidays, because I see my friends again.

pick up

- 2 ★★ Complete the text with the phrasal verbs from Exercise 1.

BORED?

NOTHING TO DO?


TRY OUR DAY TRIP TO BRIGHTON!

We ¹ set off from Victoria Station at 9.30 and ² _____ at 8 o'clock in the evening. There's lots of time to ³ _____ Brighton's many boutique shops. You can ⁴ _____ more about historical Brighton by going on our optional guided tour of the city centre, or maybe you prefer to ⁵ _____ at the beach. Learning English? You can ⁶ _____ more English here than in a classroom!

DON'T MISS IT!



Listening

- 3 ★  11 Listen to a family from London talking about their holiday. Which sentence is true?

- They are looking online at big hotels in lots of different countries.
- They are looking on an international house exchange website to find another family to exchange houses with.
- They are looking online for places to go camping in Europe.



- 4 ★★  11 Listen again. Who is it? Write *M* for Mum, *D* for Dad, *L* for Laura and *K* for Kevin.

- M has found lots of possible holiday places on a website.
- ___ wants to go somewhere new for a change.
- ___ suggests somewhere quiet with water sports.
- ___ doesn't want to go anywhere with nothing to do in the evenings.
- ___ is interested in an apartment in a city famous for art and culture.
- ___ notices that the other people don't want a holiday in London.
- ___ suggests going to another big city closer to London.
- ___ has a friend who's been there and liked it.
- ___ says he/she has wanted to go there for a long time.

★ Complete the rules in the grammar box.

1	We can use the present perfect with <i>for</i> or <i>since</i> to talk about an action that started in the _____ and continues in the _____
2	Use _____ with a period of time.
3	Use _____ with a specific date or time.

★ Circle the correct options in the text.



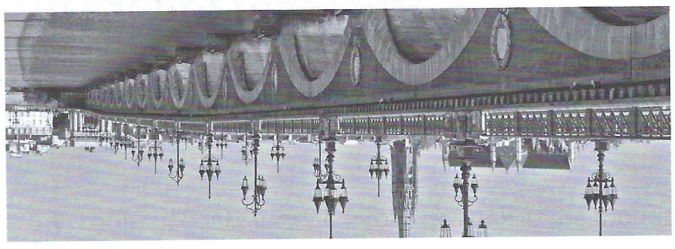
We haven't had a holiday in the mountains since 2010 / three years. We had a tent then, but we've had this camper van since ² last year / a year. My parents have wanted to go to the Alps for ³ 1995 / a long time, so this year we're in Switzerland. We've been here for ⁴ yesterday / five days, and it's rained every day since ⁵ then / five days. It hasn't been this wet on holiday since ⁵ three years / the time we went to England!

★ Write present perfect sentences with the prompts. Use *for* or *since*.

- My grandparents / live / in their flat / forty years
My grandparents have lived in their flat for forty years.
- We / not go / on holiday / six months
- My sister / work / in Geneva / 2009
- They / not visit us / a long time
- I / not see / her / 2012
- He / want / to go to Brazil / last year

Present perfect and past simple

4 ★ Complete the conversation with the present perfect or past simple form of the verbs in brackets.



A: ¹ Have you ever been (you ever / go) on a school exchange?

B: Yes, I have. Last year I ² _____ (go) to France.

A: Where ³ _____ (you / go)?

B: Bordeaux. I ⁴ _____ (never see) such fantastic beaches.

A: What ⁵ _____ (you / do) there?

B: We ⁶ _____ (go) sailing and surfing.

A: ⁷ _____ (the French students / come) here yet?

B: Yes, they're here now, in fact! They ⁸ _____ (be) here for three days.

A: So what ⁹ _____ (they / do) so far?

B: Well, we ¹⁰ _____ (cook) some traditional food for them last night, and they ¹¹ _____ (go) on a guided tour of the town yesterday.

5 ★ Translate the sentences into your language.

- We've had a holiday apartment for six years.
- They haven't been on a safari since 2008.
- Have you been on your school exchange yet?
- We've already visited some beautiful beaches.
- I still haven't been skiing this year.
- I went to a summer camp last year.

6 ★ Write a conversation about a trip in your notebook. Use the one in Exercise 4 to help you. Use the present perfect and the past simple.

A: Have you ever been to a summer camp?
B: Yes, I have. I went to one ...

Reading

- 1 ★ Read the text about two holidays. What have they got in common?
- They are both trekking holidays for families with teenagers.
 - On both trips you stay in luxury hotels.
 - Both holidays include a four-day trek in the mountains.

Discover a new world with Discoveryworld!

Discoveryworld has organised great holidays for 25 years, and we've just started holidays especially for families with teenagers. Our trips are carefully planned, and experienced, well-trained tour guides take groups of up to 15 people. **Porters** carry your **luggage**, so you can enjoy the **scenery**, and our cooks prepare delicious food every night.

Nepal Adventure Tour

Days 1–2 Chill out in Kathmandu, Nepal's capital city, where there are beautiful temples and monkeys climbing in the trees.

Days 3–10 The Annapurna Trek is spectacular, with amazing views of some of the world's highest mountains. We offer optional white-water rafting through the rapids. You sleep in **teahouses**, eat pancakes for breakfast and at dinner eat curry with your fingers, Nepalese style.

Days 11–12 The jungle of Chitwan National Park is a great place to relax after the trek. You can ride the elephants, and look for rare one-horned rhinos.

Days 13–14 Back to Kathmandu to shop for **souvenirs** in the bazaars.

Inca Trail For Teens

Days 1–3 Set off for Cusco, the ancient Inca capital. You can explore fascinating Inca ruins and look around this beautiful Spanish-style city. We also visit the colourful indigenous Pisac Market.

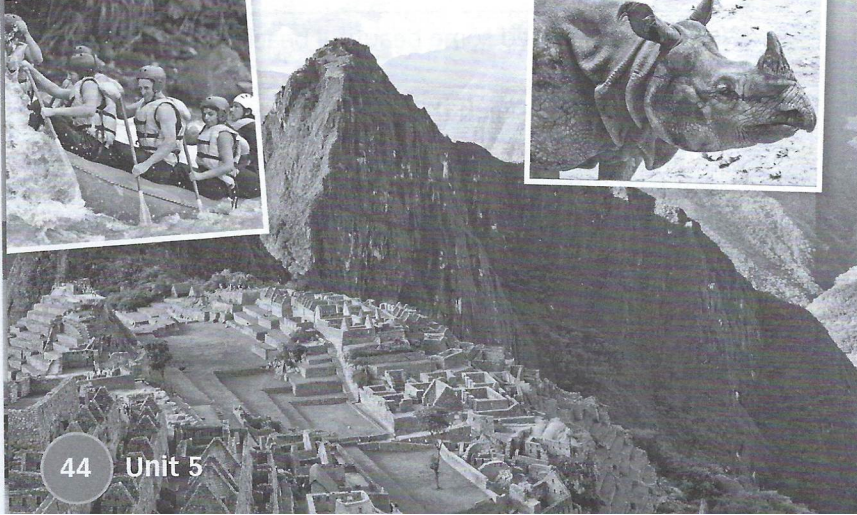
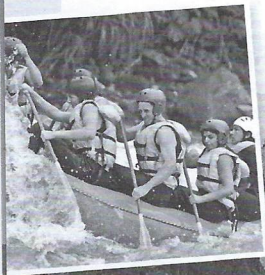
Day 4–5 We visit Misminay, where our Inca Trail porters live, to experience the traditional way of life of an Andean mountain village.

Days 6–7 Enjoy the **thrill** of white-water rafting or **downhill** mountain biking in the beautiful Sacred Valley.

Day 8–11 A four-day trek along the Inca Trail through spectacular scenery.

Day 12 Arrive at Machu Picchu and discover this ancient Inca **citadel**.

Days 13–14 Back to Cusco. Finish your holiday here shopping for souvenirs and chilling out.



- 2 ★★ DICTIONARY WORK. Check the meaning of the words in bold in the text. Then use them to complete the sentences.

- I like travelling by train and looking out of the window at the _____.
- When I go on holiday, I always buy _____ to remind me of the places I've visited.
- There's nothing like the _____ of a big rollercoaster – they are so exciting I always scream!
- How much _____ have you got? You only take 20 kilos on the plane.
- We climbed the hill to the _____, which protected the city from invaders in ancient times.
- In India the _____ are really hotel-restaurants, not cafés where you have a cup of coffee.
- I hate riding a skateboard _____, because it's difficult to stop at the bottom!
- The hotel _____ who carried our baggage recommended a good restaurant.

- 3 ★★ Read the text again. Are these sentences about Nepal, the Inca Trail, or both? Write I or B.

- There is an experienced person leading the group.
- You stay in a small hotel.
- You are in contact with wild animals.
- You can go cycling.
- You can go rafting.
- You visit ancient temples.
- You can go shopping.
- You see where the porters live.
- You get a taste of typical, traditional food.
- You see some very high mountains.

- 4 ★★★ Do you like this kind of holiday? Which of the two do you prefer and why? Write five sentences in your notebook.

- Have you included one or two exclamations to say how you feel?
- Is the information from the list in Exercise 3 in your blog post?

6 Check your writing. Can you say YES to these questions?

Write a blog post about your trip in your notebook. Look at the language in Exercise 6 on page 57 of the Student's Book to help you. Write about 120 words.

4 Imagine you are on a cruise. Use the list in Exercise 3 and your imagination and make notes.

- how long you've been on the trip
- where you've been
- where you started
- what you've eaten
- what you've done
- what you've seen
- your favourite place
- your favourite activity
- how you feel about something

3 When you write a travel blog you can include the information below. Circle the one piece of information Andy doesn't include.

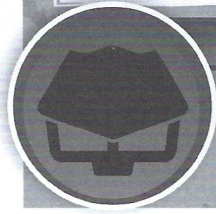
- 1 What kind of holiday is Andy having?
He's on a cruise.
- 2 Where did it start?
- 3 What activities has he done on the ship?
- 4 What do his parents make him do?
- 5 How many places has he seen?
- 6 What did he like about Italy?
- 7 Why didn't he like Athens?
- 8 Which place does he like best so far?

2 Read the blog again and answer the questions.

Read Andy's travel blog. Complete the text with the phrases in the box.

a party an amazing ship
delicious ice cream boring ruins
beautiful beaches a fantastic way

a Mediterranean cruise



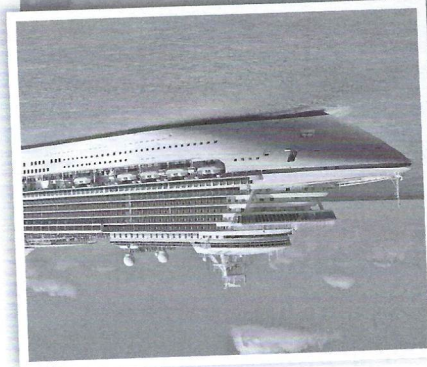
My holiday blog

We've been on the cruise for two weeks and what ¹ an amazing ship! Since we left Barcelona, I've been on the climbing wall and played volleyball and mini-golf. There's also the 'Ocean Adventure Teen Club', with its own swimming pool and activities. What ² to make friends! I'd like to stay on the ship all the time, but my parents insist I see everywhere we visit.

We've already stopped in Nice, Florence, Rome (what ³ they have in Italy!), and Athens – hot, crowded, and what ⁴ We visited the island of Santorini yesterday, definitely my favourite place – what ⁵ And we've just arrived at Mykonos. What ⁶ they're having – I can hear the music from here!

More soon ...

Andy



Our ship – Voyager of the Seas



The Gang

Trips

1 Match the trips with the places and things.

- | | |
|---------------------------|----------------------------------|
| 1 go climbing | a activities for young people |
| 2 go on a safari | b historic buildings and museums |
| 3 go skiing | c river, sea or lake |
| 4 go on a cruise | d mountains |
| 5 go on a guided tour | e a school in another country |
| 6 go to summer camp | f mountains and snow |
| 7 go on a school exchange | g wild animals |

Phrasal verbs

2 Use a word from each box to make phrasal verbs and complete the postcard.

find chill pick come look set

out (x2) off around back up

Dear Lou,

We've had a fantastic time here in Berlin. We've had plenty of time to ¹ look around the city. It was fun to ² _____ about the city's history and culture, and we also managed to ³ _____ some German! There are a lot of cafés to eat ice cream and ⁴ _____. Tonight we have to go to bed early because we have to ⁵ _____ at 6 am tomorrow morning. Our holiday is over and it's time to ⁶ _____ home!

Annie

Present perfect with *still*, *yet*, *already*

3 Circle the correct options to complete each mini dialogue.

- 1 A: Has your sister left for London yet / still?
B: Yes, she left yesterday but she already / still hasn't phoned us.
- 2 A: Have you booked your hotel still / yet?
B: No, I already / still haven't decided which I prefer.
- 3 A: Have you seen Buckingham Palace still / yet?
B: No, but we've still / already seen some great museums and art galleries.

for and since

4 Circle the correct options.

- 1 I've lived here for since January.
- 2 Suzanne has played the guitar for / since a very long time.
- 3 We've been friends for / since we were little children.
- 4 I haven't seen you for / since ages.
- 5 Mark has had his car for / since five years.
- 6 They haven't visited us for / since last year.

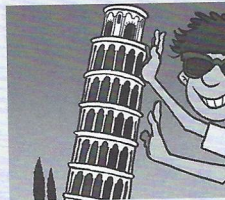
Present perfect and past simple

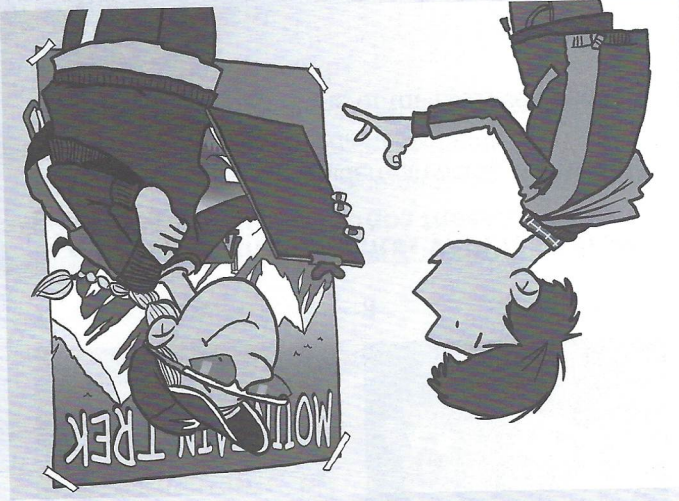
5 Complete the mini dialogues with the correct tense of the verbs in brackets.

- 1 A: Have you ever been (you ever / go) to Italy?
B: Yes, we _____ (go) there last summer.

- 2 A: I _____ (eat) some octopus yesterday.
B: Really? I _____ (never eat) octopus.

- 3 A: _____ (you / see) this film?
B: Yes, I _____ (see) it twice.





Put the words in the correct order to make questions for signing up for an activity.

1 about / What / then / food / ?
What about food, then?

2 trip / long / How / is / the / ?

3 bring / need / I / do / What / to / ?

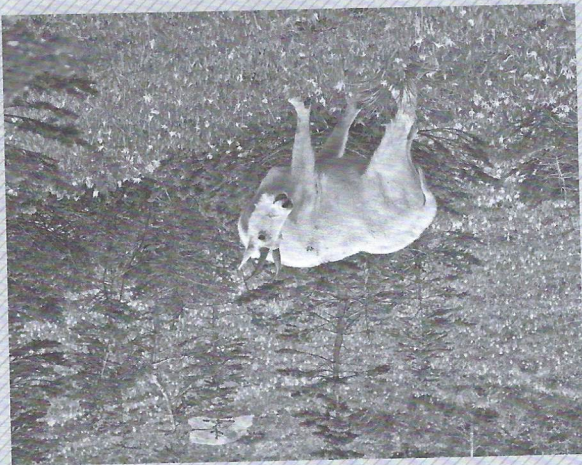
4 a few / Can / about / I / you / the trip / things / ask / ?

5 only / it / for / experienced / climbers / is / ?

6 can / I / Where / up / sign / ?

Functions

- 1 a ever
- 2 a always go
- 3 a 'd been
- 4 a were taking
- 5 a comes
- 6 a don't take usually
- 7 a take
- 8 a should
- 9 a not allowed
- 10 a you doing
- 11 a You have to
- b never
- b always are going
- b 've been
- b 've taken
- b came
- b usually don't take
- b 'm taking
- b have
- b 're not allowed
- b you are doing
- b You do have to
- c yet
- c go always
- c went
- c take
- c was coming
- c don't usually take
- c was taking
- c shouldn't
- c we don't allow
- c are you doing
- c Do you have to



Hi Bruno,

This is the first day of our trip to Switzerland. I've ¹ been to Switzerland before. The mountains are really amazing! I'm here with my parents and my best friend, Susan. We ² on holiday together every year. Yesterday, we ³ hiking in the forest. When we ⁴ pictures of some flowers, a goat ⁵ up to us and started eating them! I ⁶ a lot of photos, but this year I ⁷ a lot because I want to make a photo blog when I get back home. I ⁸ stop writing now because it's late and we ⁹ to stay up late tonight! What ¹⁰ this summer? ¹¹ do any schoolwork?

Write soon,

Janey

Complete the email with the missing words. Circle the correct options.

your MAIL + New | Reply | Delete | Forward | Junk

Vocabulary

Fears

1 ★ Put the letters in order to make eight fears. Then write them under the correct pictures.

bdirs flist het adkr ceinsst
fgilny aeknss eghhist cwnsol



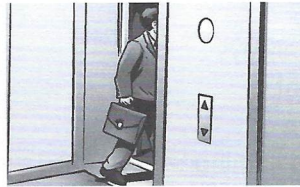
1 flying



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____

2 ★★ Complete the sentences with fears from Exercise 1.

- 1 Tobey Maguire, the Spiderman actor, is afraid of heights and tall buildings!
- 2 The inland taipan is one of the most venomous _____ in the world.

- 3 City people often complain that the _____ sing too loudly in the country.
- 4 Mosquitoes are the most dangerous _____ the world as they carry malaria.
- 5 According to statistics, _____ is safer than driving or going by coach.
- 6 The organisation '_____ without Borders' makes people in difficult situations laugh.

3 ★★ Complete the text about an awful holiday. Use the words from Exercise 1.

What a holiday! My dad is terrified of ¹ flying so we went to Spain on a coach – 33 hours! The hotel was great, but we were on the 14th floor. My mum refused to go in the ² _____ as she's claustrophobic. Luckily the hotel moved us to the 2nd floor and she used the stairs. I had to share a room with my brother. He's scared of ³ _____ so he slept with the lights on, but I couldn't get to sleep. Then the ⁴ _____ outside woke me up at five every morning! One day, on a guided tour, we had to walk up a mountain path. My dad really doesn't like ⁵ _____ and didn't go up, and my mum decided she heard ⁶ _____ moving in the grass and went back down. We had a picnic lunch but there were tiny flying ⁷ _____ everywhere. It was horrible! At least the ⁸ _____ at the circus made everyone laugh. No one in my family is afraid of them!

4 ★★★ Why do you think people are scared of the things in Exercise 1? Write at least five sentences in your notebook. Use the ideas in the box or your own ideas.

they bite they move fast you could fall
you could crash dangerous they attack
imagine monsters wear a strange costume

People are afraid of insects because they bite and have a lot of legs.

Grammar 1

Be going to

1 * Complete the rule in the grammar box.

We use *be going to* + infinitive to talk about future
1 and 2

2 * Write sentences about plans using *be going to*.

1 / you / have / the party at your house?
2 they / not take / the car tomorrow

Are you going to have the party at your house?

3 / Hannah / do / a drama course in the summer?

4 he / not fly, / he / cycle!

5 I / spend / a weekend climbing with the school

6 we / stay / in a youth hostel

3 * Complete the conversation with the verbs in the box and the correct form of *be going to*, or a short answer.

spend go (x2) not go
do take ask try

A: Where ¹ *are you going to spend* Easter?

B: Karin and I ² _____

A: Fantastic! What activities are there?

B: Oh, lots! Look, here's the information. But I

3 _____ rock climbing. I hate heights.

A: Oh, wow! There's sailing!

B: No, I ⁵ _____ . I can't swim!

A: Mmmm. So what activities ⁶ _____ ?

B: I ⁷ _____ lots of new things like trekking and horse riding. Karin says she ⁸ _____ photos of everything.

A: It sounds amazing!

B: Yes, and my parents ⁹ _____ your parents if you can come, too!



Present continuous and present simple for future

4 * Complete the rules in the grammar box.

1 We can use the present continuous to talk about future arrangements with a fixed _____ or _____ in the future.	2 We can use the present simple to talk about _____ and _____ in the future.
--	--

5 * Complete the text with the present continuous or present simple form of the verbs in brackets.



I've just finished talking to the doctor about my snake phobia. Did I tell you that I ¹ *'m going* (go)

on holiday to the Amazon in the summer? There'll be loads of snakes, so I really need help before I go.

My treatment programme ² _____ (start) on Friday with one session every week after that.

In the first session we ³ _____ (go) to the zoo to look at snakes in their tanks. Ugh! Anyway, the 25th is a holiday, so we ⁴ _____ (not have) a session then, but the week after the doctor ⁵ _____ (bring) a snake to the session so I can hold it. No way! I'm not touching a snake.

Anyway, what ⁶ _____ (you/do) on Sunday? There's a free concert in the park. It ⁷ _____ (start) at 12.30. Do you want to go?

Dictation

6 * * * * * 12 Listen and write the sentences.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

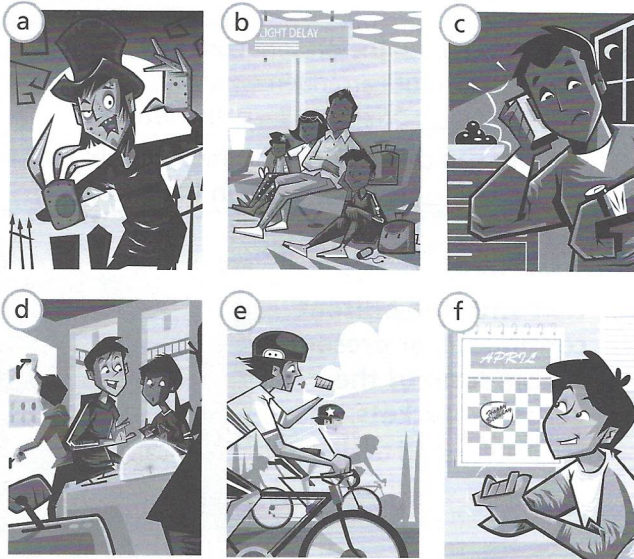
7 * * * * * Answer the questions with *be going to* or the present continuous in your notebook.

- 1 What arrangements do you have this week?
- 2 What aren't you planning to do in the near future?
- 3 What are your family's plans for the summer?

Listening and Vocabulary

Adjectives ending -ed and -ing

1 ★ Match the pairs of adjectives with the pictures.



- | | |
|--------------------------|-------------------------------------|
| 1 bored/boring | <input checked="" type="checkbox"/> |
| 2 terrified/terrifying | <input type="checkbox"/> |
| 3 interested/interesting | <input type="checkbox"/> |
| 4 excited/exciting | <input type="checkbox"/> |
| 5 tired/tiring | <input type="checkbox"/> |
| 6 worried/worrying | <input type="checkbox"/> |

2 ★★ For each pair of gaps, write the correct -ed or -ing adjective from Exercise 1.

- A: Do we have to go to the concert? Their music is really boring.

B: We've been on this train for five hours. I'm totally bored.
- A: Aaagh! Look at that enormous spider! I'm _____ of spiders.

B: The rollercoaster was _____. I'm never going on it again.
- A: You went to bed very late last night. Aren't you _____?

B: We've got a new athletics coach. Her training sessions are really _____.
- A: I've never been to a big football match before. I'm so _____!

B: The kayaking trip was very _____.
- A: I think climate change is _____.

B: What a difficult exam. I'm _____ that I've failed it.
- A: This article about phobias is very _____.

B: I've got a DVD about insects from the library. Are you _____?

Listening



3 ★ 13 Listen to Jordan talking about course he's attending. What is the course about? Does he feel positive or negative about it?

4 ★★ 13 Listen again. Are these sentences true (T) or false (F)?

- Jordan's phobia started after a visit to the country.
- He finally decided to do something after a terrifying weekend.
- The course is at a hospital.
- A therapist talked about why people get phobias and asked questions.
- The expert said there are a lot of dangerous spiders.
- She said spiders are helpful.
- In the second session they are going to see some real spiders.
- Jordan isn't sure if he wants to pick up a spider.

Grammar 2

Quantity: a few, a little, a lot of / lots of, How many, How much

1 * **Circle** the correct options in the grammar table.

1	We use a lot of / a little to talk about big quantities with both uncountable and uncountable nouns.
2	We use a lot of / a few to talk about small quantities with countable nouns.
3	We use a few / a little to talk about small quantities with uncountable nouns.
4	We use <i>how much</i> / <i>many</i> to ask questions with uncountable nouns and <i>how much</i> / <i>many</i> with countable nouns.

2 * * **Complete the sentences with the words in the box.**

How much A lot of a little
a few ~~How many~~

- 1 **How many** dangerous snakes are there in the world?
- 2 There are only _____ big spiders in the UK, not many.
- 3 _____ money have we spent on sweets and fizzy drinks today?
- 4 _____ people are afraid of spiders, it's very common.
- 5 With _____ luck, there won't be much traffic this morning.

Quantity: too much, too many, enough, not enough

3 * **Complete the grammar rules with too much, too many, enough and not enough.**

1	We use _____ with both countable and uncountable nouns to say there is sufficient of something and _____ to say there is insufficient of something.
2	We use _____ with uncountable nouns and _____ with countable nouns to say that there is more than we want or need.

4 * * **Circle** the correct options.

- 1 I've studied for ten hours this week but I still haven't done enough work / work enough. I'm going to fall!
- 2 We should do more to protect the environment, too many / not enough people think about the consequences of their actions.
- 3 Maybe teenagers spend too much / too many time on their games consoles.
- 4 There's enough / not enough food for everyone – we don't have to buy any more.
- 5 I didn't enjoy my time in Australia – there were not enough / too many insects!
- 6 I haven't got much time, but I've got enough / too much to watch the end of this programme.

5 * * * **Translate the sentences into your language.**

- 1 How many students in your class are afraid of dogs?
- 2 There are a few courses to help with arachnophobia.
- 3 We spend too much time thinking about studying.
- 4 There isn't enough ice cream for everyone.
- 5 I've got a little time to relax before bed.
- 6 There are lots of dangerous snakes in Australia.

6 * * * **What are the essential ingredients of ... ? Choose one of the things in the box. Write four or five ideas using quantifiers in your notebook.**

a computer game a comedy programme
a good book a perfect birthday party

For a perfect birthday party, you don't need a lot of people, only a few good friends and some great music ...

Reading

1 ★ Read the text about Janie. What was her problem? Does she still have the problem?

Are you EXAM-PHOBIC?

Janie was a good student. She worked hard in class, and did her homework, but she did badly in exams: she always **went blank**. She **froze** and couldn't answer any of the questions.

Most people feel a little nervous before a test. It's normal, and a few nerves can often help you do well. But for some people, like Janie, the anxiety is too strong, and it results in physical symptoms which affect their ability to think. This is called test anxiety.

Test anxiety is when you feel stressed because you have to do well. It can also happen when you sing a solo in a concert, or play an important match. In extreme cases, you **shake**, think you are going to **faint**, or go blank, like Janie. So what's the solution?

- **STUDY HABITS.** Many students only study for exams the night before. You can reduce test anxiety if you study more regularly. This gives you **confidence**, and means you expect to do well.
- **POSITIVE THINKING.** Negative thoughts, like 'I know I'm going to fail this exam,' affect your confidence in yourself. Repeat positive messages to yourself.
- **LOOK AFTER YOURSELF.** Getting enough sleep and exercise, and eating healthy food before an exam can help your mind work at its best.
- **BREATHE.** Calm yourself with regular breathing exercises, when you're *not* stressed. Do these exercises before an exam, and your body recognises them as the **signal** to relax.

Janie already had some good study habits, but she didn't get enough sleep. She also expected to do badly in exams. So she used these **tips** to help herself, and they worked! Now she can't believe she ever had test anxiety.

2 ★★ **DICTIONARY WORK.** Check the meaning of these words from the text in a dictionary. Then write them with the correct definition.

go blank signal shake faint [verb]
confidence tip [noun] breathe freeze

- 1 small uncontrollable movements of the body _____ *shake*
- 2 forget everything _____
- 3 a feeling that you can do something well _____
- 4 a small piece of advice _____
- 5 take air in and out of your body _____
- 6 lose consciousness _____
- 7 become immobile _____
- 8 gesture or action used to give an instruction _____

3 ★★ **Read the text again and answer the questions.**

- 1 Why was it surprising that Janie didn't do well in exams?
Because she was a good student.
- 2 Why can a few nerves before an exam be a good thing?

- 3 What physical symptoms of test anxiety does the text mention?

- 4 Why can studying more regularly help?

- 5 What can negative thoughts do?

- 6 Why should you get enough sleep, food and exercise?

- 7 When should you do breathing exercises?

- 8 How did Janie solve her problem?

4 ★★★ **How do you feel about exams? Have you ever had any of the symptoms in the text? Do you think the solutions would work for you? Why? / Why not? Write your answers in your notebook.**



Writing

an email to a friend about
ans and problems

Read Eve's email to her friend about
her plans. Circle the correct options.



Hi Lena,

It was great to get your news! **(My news)** / The fact is that I'm

going to leave the city and move to the country! My parents have bought

a farm (see the attached photo - it's beautiful!) and ²the truth / the idea is

that we keep cows and horses. It's really exciting, but ³my problem / my news

is that I'm terrified of large birds! When I see one I start to shake and feel faint.

We went to see the farm yesterday and ⁴the truth / the idea was I couldn't

relax at all. I tried to talk to my brother about it, but

he thought it was a joke! What can I do? ⁵The fact / The big news is that I have

to do something or my life will be awful. Should I tell my parents? What do you

think?

Love,
Eve

Read the email again and complete the sentences.

Eve doesn't live in the country now. Her parents are going to look after _____
Eve thinks that the idea of living on a farm is _____
She's afraid of _____ birds.
When she sees a bird she _____
She saw the farm _____
On the farm she couldn't _____
She _____ told her parents about the problem.

6 Check your writing. Can you say YES to these questions?

- Is the information from the list in Exercise 3 in your email?
- Have you used expressions like *The problem is that ...* in your email?

5 Write an email to a friend about your problem in your notebook. Look at the language in Exercise 6 on page 67 of the Student's Book to help you. Write about 120 words.

4 Invent a problem to write about. Use the headings in Exercise 3 and make notes.

3 Number the things in the list in the order they appear in the email.

- what the problem is
- an introduction
- a question to ask what your friend thinks
- how you feel about the problem and why
- some personal news
- what you have/haven't done about the problem



6 Review

Fears

1 Complete the sentences with the words in the box. There are two extra words.

snakes flying heights clowns
insects lifts the dark birds

- I don't like travelling by plane because I'm afraid of flying.
- I hate going to the circus because I'm afraid of _____.
- I usually take the stairs to the top floor because I'm afraid of _____.
- I don't want to go up the tower because I'm afraid of _____.
- Please don't switch off the lights because I'm afraid of _____.
- I never go to the reptile house in the zoo because I'm afraid of _____.

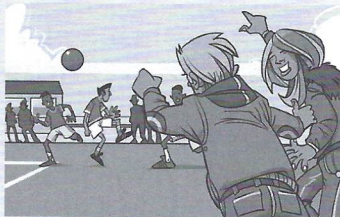
Adjectives ending -ed and -ing

2 Circle the correct options.

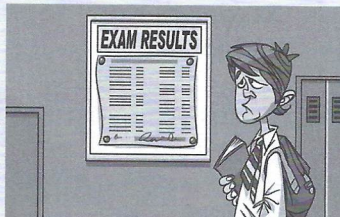
- A: She is terrified / terrifying.
B: The film is terrified / terrifying.



- A: The football match is excited / exciting.
B: They are excited / exciting.



- A: He is worried / worrying.
B: The results are worried / worrying.



- A: She is tired / tiring.
B: The walk was tired / tiring.



be going to

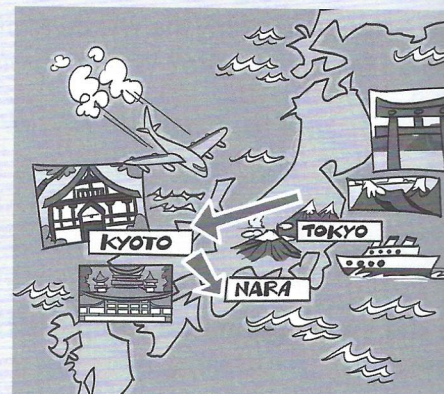
3 Complete the mini dialogues with *be going to*. Use the verbs in brackets.

- A: What are you going to do this summer?
B: I _____ anything.
- A: Are _____ (climb) that mountain?
B: Yes, they _____. Isn't it exciting?
- A: What _____ (study) at university?
B: She _____ Chinese.

Present continuous and present simple for future

4 Complete the conversation with the continuous or present simple form of the verbs in the box.

arrive go leave leave start
not stay visit come



Lynne: When ¹ are you leaving trip to Japan?

Sue: I ² _____ tomorrow. The p
³ _____ in Tokyo on Tuesd
morning. And our tour ⁴ _____
on Wednesday. We ⁵ _____
different cities.

Lynne: Sounds amazing! ⁶ _____
boyfriend _____ with you

Sue: No. He has to work.

Lynne: Oh that's too bad. When ⁷ _____
you _____ back home?

Sue: On Sunday. We ⁸ _____ lo

Cumulative grammar

7 Complete the conversation with the missing words. Circle the correct options.



Josh: Let's go to the park! I ¹ _____ football with some friends.

Justin: Oh sorry ... I ² _____ my homework yet.

Josh: Yes, I ⁴ _____ it yesterday! Why don't you join us later?

Justin: I haven't played football ⁵ _____ ages, but I just don't have ⁶ _____ time. Our teacher gives us ⁷ _____ homework and then I ⁸ _____ study for a test on Mondays, too.

Josh: You ⁹ _____ worry so much. You ¹⁰ _____ to relax and have fun sometimes! Here, let me help – the park ¹¹ _____ until 9 so I've got a little time.

Quantity: a few, a little, a lot of/lots of, How many, How much

5 Match the sentence halves.

1 How much ^f _____

2 A lot of _____

3 This tortilla needs _____

4 There are only a few _____

5 He's got lots of _____

6 How many _____

a poisonous snakes are there in the world?

b money, but he still isn't very happy.

c snow leopards left in the world.

d a little more salt.

e spiders can jump long distances.

f time do you need to finish your homework?

Quantity: too much, too many, enough, not enough

Circle the correct options.

I had a terrible time at the party last weekend. There were too ¹ much / too many people and not ² enough / too much food. There weren't ³ enough / not enough chairs so we couldn't sit down. There was also too ⁴ many / much noise and I couldn't hear what people were saying. Luckily, there was ⁵ enough / too many space to sit down in the garden and it was quiet there. I ate a lot of ice cream – probably ⁶ too much / not enough, but then I felt better. I don't go to a lot of parties because I think they're quite stressful.

Functions

8 Complete the conversation with the words in the box.

serious true joking impossible What believe

- | | | | | | | | | | | |
|----------------------|----------------------|-------------------|--------------------|-----------|------------|--------------|---------------------|---------------|-------------|--------------------|
| 1 a play | 2 a finished | 3 a Had you done | 4 a finished | 5 a on | 6 a many | 7 a too much | 8 a usually have to | 9 a have to | 10 a have | 11 a isn't opening |
| 1 b 'm going to play | 2 b 've finished | 3 b Did you do | 4 b have finished | 5 b for | 6 b little | 7 b too many | 8 b have to usually | 9 b shouldn't | 10 b should | 11 b won't open |
| 1 c played | 2 c haven't finished | 3 c Have you done | 4 c used to finish | 5 c since | 6 c enough | 7 c a lot | 8 c have usually to | 9 c don't | 10 c must | 11 c doesn't open |

- A:** Have you heard? Sam's going to climb Mount Everest. What ¹ ? Are you ² _____ ?
- A:** Yes, I am. He's in a mountain climbing team and they're leaving next week.
- B:** That's ³ _____. Sam's afraid of heights.
- A:** Imagine – he could be the youngest person to climb Everest. ⁴ You're ⁴ _____ i
- B:** You're ⁴ _____ . It's really ⁵ _____ .
- B:** I don't ⁶ _____ you! That's incredible!



Get it right! Units 4-6

Present perfect: *been* or *gone*?

Remember that the verb *go* has two possible past participle forms: *been* and *gone*.

- *been* = to go and come back.
- *gone* = to go and not come back yet.

1 Find and correct three more mistakes with *been* and *gone*.

I wanted to have a party on Saturday, but no one can come! Mary has ~~been~~ ^{gone} to London with her family, so she can't come. Paul has gone to France for two weeks and isn't coming back until next Friday. Clara has gone skiing, so she can't come. And I don't know about Tia. I've gone to her house, but there was no one home. Maybe she's gone to visit her grandparents. I phoned Leonardo and he hasn't been anywhere, but he's ill in bed at home! Even my brother has been on holiday until next week. I think I'm going to have to have my party another day!



Much or many?

Remember, we use *much* with uncountable nouns and *many* with plural countable nouns.

3 Circle the correct options.

- 1 How much / many time do you spend on homework?
- 2 Did you take much / many photos when you went on holiday?
- 3 I haven't got much / many money, so I can't come to the concert.
- 4 There wasn't much / many food or drink at the party.
- 5 There were too much / many cars in the city centre.
- 6 How much / many people came to watch the match?
- 7 There aren't much / many rides here – and only one rollercoaster.
- 8 I haven't had much / many luck recently.

Spell it right! Common spelling mistakes

Remember to spell these common words correctly.

which	wich	different	diferent
because	becouse	enough	enought
weekend	week-end	every day	everyday
beautiful	beatiful	excited	exited

Adjective + preposition

Remember to use different prepositions after certain adjectives:

- we use *of* after *afraid*, *frightened*, *scared* and *terrified*.
- we use *about* after *worried*, *anxious* and *excited*.
- we use *in* after *interested*.

2 Complete the sentences with the correct prepositions.

- 1 My mum's afraid of flying.
- 2 Clara is really excited _____ the school trip.
- 3 Our teacher is terrified _____ spiders.
- 4 I've always been interested _____ snakes.
- 5 Are you worried _____ the test tomorrow?
- 6 You don't need to be anxious _____ the exams.

4 Complete the sentences with the correct words from the box above.

- 1 I'm really excited about the skiing trip.
- 2 Spain has some very _____ beaches.
- 3 I can't come to class _____ I'm ill.
- 4 _____ sport do you like best?
- 5 What did you do at the _____ ?
- 6 They're not the same. Look, this one is _____ .
- 7 Do you listen to music _____ ?
- 8 I haven't got _____ money to go shopping.

ocabulary

Circle the correct options.

1 We saw some interesting paintings at the art _____.

a mural b concert c exhibition

2 There is a beautiful _____ on the wall of this building.

a sculpture b mural c statue

3 A _____ is round with small pieces of metal on it. You

shake and hit it to make a noise.

a tambourine b cello c flute

4 A _____ is long and thin. You cover the holes with your

fingers and blow into it to make music.

a recorder b banjo c violin

5 We went _____ in the Rocky Mountains.

a sailing b on a cruise c climbing

ocabulary

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a sailing b on a cruise c climbing

rammar

Circle the correct options.

Nicky: You look relaxed!

Jen: Yes. We've _____ from a holiday

in Greece! _____ been there?

Nicky: No, I _____ . How was it?

Jen: It was fun! There weren't _____ tourists

and we had _____ time to chill out and

relax.

Nicky: We haven't had our holiday _____, but

we _____ go to Italy for a few days.

My dad _____ visit ancient ruins, and

my mum and I _____ see some art

museums. I love Italian art.

Jen: That sounds nice. Can you buy _____

art postcards for me?

Nicky: Sure!

ctions

Complete the mini dialogues with the words in the box.

way true joking need Sounds believe fancy idea Sure about ask

1 A: Do you _____ *fancy* going to

the sports centre later?

B: That's a great _____ i

A: What time shall we meet

then?

B: What _____ meeting at

A: _____ good!

2 A: Can I _____ you a few

things about the trip?

B: _____ i What would you

like to know?

A: What do I _____ to

bring?

B: Just wear a raincoat and

comfortable shoes.

3 A: Are you going to come riding

with us next weekend?

B: No _____ i I'm afraid of

horses.

A: You're _____ i I don't

you. Really?

B: It's _____ . I'm terrified

of falling off.

- 1 a come back just b Have you ever
- 2 a You have ever b didn't
- 3 a never b much
- 4 a many b a lot of
- 5 a much b still
- 6 a already b 're going to
- 7 a 're going b is
- 8 a is going to b s going to
- 9 a 'm going to b a few
- 10 a many c a little
- 11 a excited b exciting c excite
- 12 a tired b worried c bored
- 13 a snakes b animals c insects
- 14 a up b out c around
- 15 a off b up c on
- 16 a summer camp b safari c exchange
- 17 a a lot of elephants on our _____
- 18 a summer camp b safari c exchange
- 19 Our tour bus is going to set _____ early tomorrow.
- 20 a off b up c on
- 21 We're going to look _____ the town after the tour.
- 22 a up b out c around
- 23 I've got a phobia about _____, like bees and wasps.
- 24 a snakes b animals c insects
- 25 I couldn't sleep because I was _____ about the test.
- 26 a tired b worried c bored
- 27 We were _____ about our visit to the theme park.
- 28 a excited b exciting c excite

