



Hello ☺

UNIT 1

IT'S CHALLENGE!

Watch movie

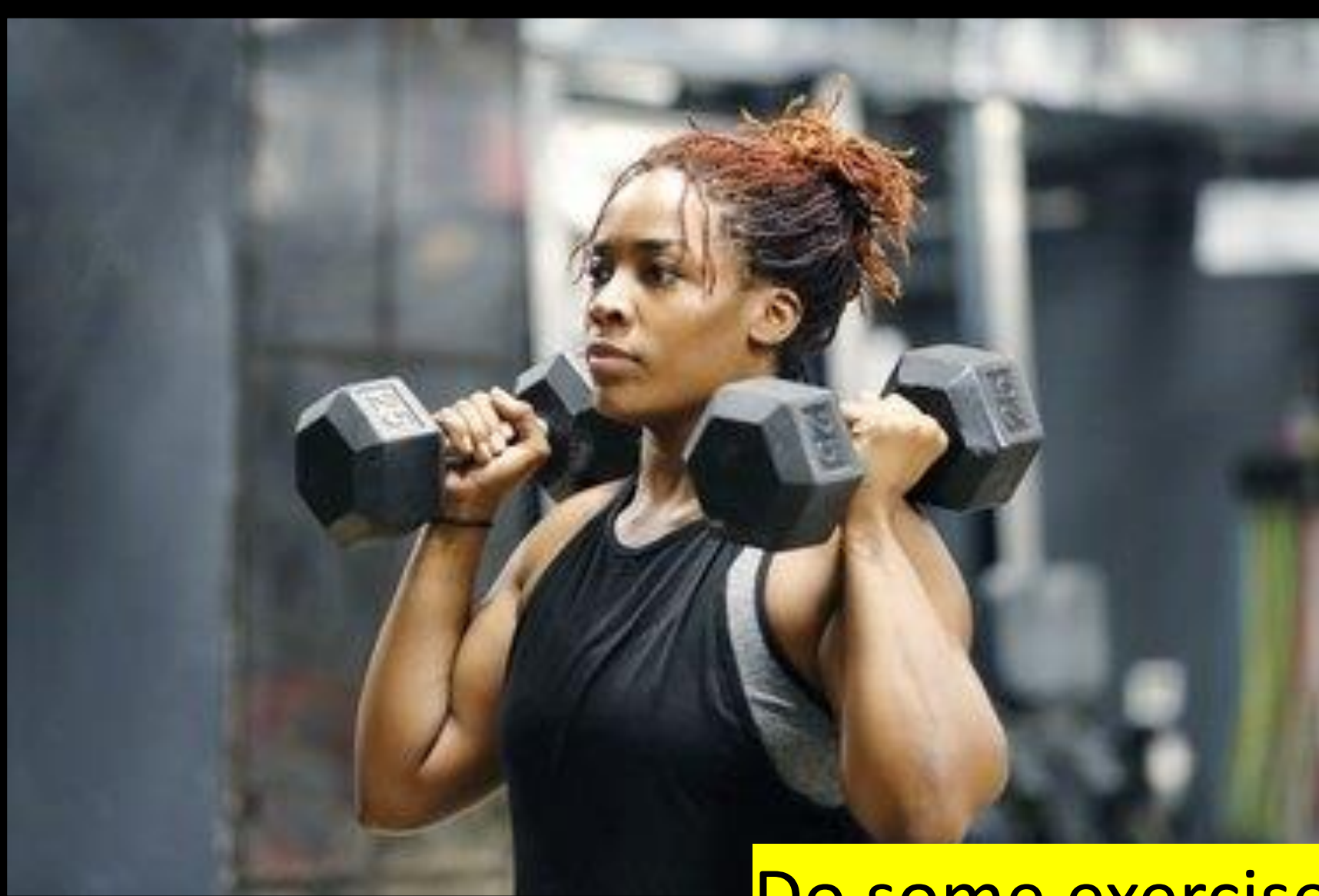
aparat.com/eslpro

TELL ME SOME WAYS TO HAVE FUN?

volunteering



Give your time to make a difference to people's lives



FITNESS

Do some exercise and get fitter.



SKILLS

Learn something new - or get better at something you like.



EXPEDITION

Go camping and hiking in the countryside

VOLUNTEERING

FITNESS

SKILLS

EXPEDITION



Go camping and hiking in the countryside

Learn something new - or get better at something you like.

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Do some exercise and get fitter.



ABOUT YOU

Do you have any awards or prizes?
If yes, what did you win them for?
If no, do you know about any awards or prizes
for young people in your country

What is The Duke of Edinburgh's Award?

What kind of activities do students do for the award?

Can you do an award like this at your school?

If not, would you like to do one?

3 Check the meaning of the **words** in the emails on page 11. Then use them to complete the sentences.



- 1** My brother's very **lazy**. He lies in bed until midday and never does any work.
- 2** My grandpa's 70, but he's still really **active**. He cycles everywhere and plays tennis.
- 3** Sonia is very **kind**. She always thinks of other people and is good to them.
- 4** Everyone likes Toby. He's the most **popular** boy in the school.

- 5 Our teacher is so **funny**. She always makes us laugh.
- 6 When I speak to adults, I try to be **polite**.
- 7 Sara is very **friendly**. She smiles a lot and she's easy to talk to.
- 8 Most people in my class talk a lot, but Fred is **quiet** and doesn't say much.
- 9 I wasn't sure how to do my project, but the teacher was very **helpful**. She told me about some great websites.
- 10 Suchitra is very **creative**. She can paint and draw, and she writes excellent stories.