Exam Skills Trainer 1

Exercise 1 page 18

1 b

Exercise 2 page 18

1 DS 2 F 3 T 4 DS 5 T 6 T

Exercise 4 1.05 page 18

1 B 2 C 3 A 4 B 5 D 6 B

Transcript

1 Many students get very stressed about exams, but there are ways to beat that stress. The first thing you should do is to decide on a routine and a timetable for study and relaxation. When you're working, don't be tempted by computer games, or by checking emails and text messages. Look after your health: eat and sleep properly and get regular exercise. What you do after the exam is important too. Don't get stressed about how well you've done. Walk out of the exam room, and move on.

2 **Sam** Hello, Amy. What's up? You look sad.
Amy Well, I am. My mum and dad have decided to move to Brighton. They're going to open a gift shop there.
S Brighton? I love Brighton. It's got a fantastic beach, and loads of great shops and cafes.
A Yeah, but I've always lived here, and I've got to go to a new school. I'm going to really miss you, and all my other friends.
S I'm going to miss you too, Amy, but Brighton isn't far. We can visit you.
A Promise?
S Yes, of course! Don't worry.

3 Hello and welcome. Today, we're talking about Sarah Powers, who recently won a million pounds on the lottery. Now, what do you think she did with all that money? Did she go on a fantastic holiday or buy a new house? No, she didn't. Sarah gave ALL of the money away to charity. She said she didn't need money – she was happy with her life. So what do you think about that? We want to know your views. Phone us on the usual number and tell us … (fade)

4 **Lucy** Hi, Ben. How was your family party?
Ben Oh, hi, Lucy. Well, it was OK, but …
L What happened?
B Well, first of all, we were late. The car wouldn't start, and my dad started getting really anxious. In the end we got a taxi.
L That sounds OK.
B Yes, but then they played all this really old music at the party, from the eighties, and …
L Don't tell me – your mum and dad started dancing!
B Yes! I was so embarrassed!
L I know what you mean. My parents do that too!
B It's horrible, isn't it?

5 Can't afford a ticket for Reading Festival this year? We may have the solution. We're looking for young people to come and help us organise one of the best festivals in Britain. There are lots of jobs available, including working on the food stalls, directing traffic in the car park, and picking up rubbish from the site. We pay competitive rates. And even better than that … you can see all your favourite bands for free! You must be over eighteen, and available on the last weekend in August.

6 Good morning, everyone! I hope you're looking forward to the day ahead. I'm afraid the weather's not going to be brilliant. The forecast is for rain and wind, so please make sure you've got your waterproof clothing with you. I recommend waterproof trousers as well as your jacket. Don't forget you will also need to collect some water from the river. I hope you've got your notebooks and pens. There's no need to bring your science project notes from last lesson. You can update those when we get back to school next week.

Exercise 6 page 19

1 to 2 a 3 do 4 about 5 than 6 the 7 at 8 is 9 too 10 for

Unit 2 Adventure

2A Vocabulary

Landscapes

Exercise 1 page 20

1 cliff 2 stream 3 cave 4 waterfall 5 ocean 6 forest 7 mountain 8 lake 9 hill 10 river 11 shore 12 volcano 13 desert 14 valley 15 rocks

Exercise 2 page 20

1 tall mountain 2 icy stream 3 narrow river 4 dark cave 5 shallow lake 6 low waterfall 7 rocky shore 8 deep ocean 9 wide river 10 steep volcano / waterfall

Exercise 3 1.06 page 20

1 waterfall 2 ocean 3 river 4 Lake 5 mountains 6 volcano 7 desert 8 Valley 9 shore 10 Forest

Transcript

1 In which country is the highest waterfall in the world?
2 What's the name of the ocean to the east of Africa?
3 What's the name of the river that flows through London?
4 In which country is Lake Baikal?
5 What's the name of the mountains that run along the west coast of South America?
6 In which country is the volcano Vesuvius?
7 What's the name of the desert in southern Africa?
8 In which two continents is the Great Rift Valley?
9 Which famous American city is on the shore of Lake Michigan?
10 In which European country is the Black Forest?

Exercise 4 page 20

1 Venezuela 2 Indian Ocean 3 the Thames 4 Russia 5 the Andes 6 Italy 7 Kalahari 8 Africa and Asia 9 Chicago 10 Germany

2B Grammar

Past continuous

Exercise 1 page 21

1 were having 2 wasn't listening 3 was lying, was eating 4 were smiling, was taking

5 were … arguing 6 was talking 7 was … chatting
8 wasn't sleeping

Exercise 2 page 21
2 Was the sun shining? 3 It wasn't raining.
4 Where was he going? 5 He wasn't wearing a helmet.

Exercise 3 page 21
1 was raining 2 was wearing 3 carrying
4 were leaving 5 hurrying 6 wasn't wearing
7 was standing 8 Was … following

Exercise 4 page 21
2 Will and Emma were having a picnic.
3 Kim was reading a magazine.
4 Max and Eve were sunbathing.
5 George and Susan were listening to music.
6 Jay was drinking fruit juice.
7 Leyla was eating an ice cream.
8 Zoe was phoning someone
9 The sun was shining.

2C Listening

Adrenaline junkies

Exercise 1 page 22
1 c 2 c 3 b 4 a 5 c

Exercise 2 1.07 page 22
1 ages 2 didn't enjoy 3 amazing 4 it isn't cheap

Transcript

I spent ages trying to find the right sport. I played team games like football and volleyball when I was a teenager, but I didn't enjoy them. I prefer to be in control – so I like individual sports. When I was nineteen, I discovered wingsuit flying. It's an amazing feeling, because it really is like being a bird: you can choose which way to fly. I love it! The only problem is, it isn't cheap. For that reason, I can't do it as often as I want to.

Exercise 3 1.08 page 22
Photo A: Speaker 2 **Photo B:** Speaker 3
Photo C: Speaker 1

Transcript

1 I started doing it about five years ago. At that time, I didn't know what the word 'creeking' meant! But I was already a fan of kayaking and I suppose I was looking for a new challenge. The first time I saw it, I thought, hey, this doesn't look possible! You can't take a kayak down a waterfall! But actually, it doesn't feel quite as bad when you're doing it because you're in control … most of the time. And now, I just love creeking. The adrenaline is amazing. I can't go back to ordinary kayaking … never!
2 Free soloing is the most extreme form of climbing because it doesn't use any equipment at all – no ropes, no safety gear, nothing. It's just the climber and the cliff or mountain. I started doing it ten years ago, because I was looking for a physical challenge. It needs a lot more strength than ordinary climbing – you need strong fingers, hands and arms in particular. And of course, it's dangerous sometimes, but I don't think about that. For me, it's all about testing myself, not about risking my life.
3 When I first told people I was into volcano boarding, people thought I was joking. That's because most of them didn't know anything at all about the sport. I didn't know anything about it either, until I was in Nicaragua on holiday three years ago. I visited a volcano called Cerro Negro – the name just means 'black hill'. It's a young, active volcano – and the best place in the world for volcano boarding. So I decided to try it. It takes 45-minutes to walk up the volcano. Then just a few minutes to surf down it. It was amazing – really thrilling. But very hot!

Exercise 4 1.08 page 22
1 T 2 F 3 T 4 F 5 F 6 F

Transcript

See exercise 4.

2D Grammar

Contrast: past simple and past continuous

Exercise 1 page 23
1 wasn't raining 2 were you doing 3 put on, left
4 were making 5 didn't believe 6 was having

Exercise 2 page 23
1 saw, was cycling 2 were preparing, started
3 were leaving, arrived 4 were walking, heard
5 didn't eat, were staying 6 drank, wasn't looking
7 dropped, was putting 8 met, was waiting

Exercise 3 page 23
2 made 3 was fishing 4 didn't see 5 felt
6 were playing 7 turned 8 was 9 realised
10 was happening 11 was carrying 12 used
13 got 14 looked 15 were bleeding 16 cleaned
17 went 18 were enjoying 19 gave
20 was bleeding 21 went

Exercise 4 page 23
2 While I was walking home, it started to snow.
3 She was learning to ski when she broke her leg.
4 As he was making lunch, he suddenly felt ill.
5 She started to laugh when she was telling me about her party.
6 While I was shopping, I lost my wallet.
7 The band were playing their first song when all the lights went out.

2E Word Skills

Word building

Exercise 1 page 24
2 achievement 3 need 4 dream 5 argument
6 failure 7 translation 8 eruption 9 rescue

Exercise 2 page 24
1 circumnavigation 2 attempts 3 preparations
4 entertainment 5 relaxation 6 experiences
7 imaginations 8 development 9 exploration
10 accomplishments 11 employment 12 motivation

Exercise 3 page 24
1 explorer 2 exploration 3 exploration 4 explore
5 *explore* has multiple meanings. 6 exploration

Exercise 4 page 24
1 ski lift 2 skier 3 ski jacket 4 ski slope 5 skis

2F Reading

Staying alive

Exercise 1 page 25
2 tasty 3 stunning 4 bad 5 disgusting 6 hungry
7 tiny 8 good 9 terrifying 10 sad 11 filthy
12 big 13 exhausted

Exercise 2 page 25
awful; huge; starving; exhausted; terrifying

Exercise 3 page 25
1 E 2 B 3 D 4 G 5 F

Exercise 4 page 25
1 F, A 2 T, A 3 T, B 4 T, C 5 F, E

2G Speaking

Photo description

Exercise 1 page 26
1 life jacket 2 rucksack 3 boots 4 helmet 5 rope
6 dinghy 7 paddles 8 safety harness 9 poles

Exercise 2 page 26
1 helmet, safety harness, rope
2 life jacket, helmet, paddles
3 rucksack, boots, poles

Exercise 3 page 26
1 shows 2 look 3 on 4 In 5 as

2H Writing

An invitation

Exercise 1 page 27
1 kite surfing 2 kayaking 3 rock climbing
4 mountain biking 5 quad biking 6 abseiling
7 orienteering 8 jet-skiing

Exercise 2 page 27
1 p.m. 2 e.g. 3 RSVP 4 PS 5 etc.

Exercise 3 page 27
2 I am, I'm 3 Do not, don't 4 I cannot, I can't

Review Unit 2

Exercise 1 page 28
1 desert 2 mountain 3 river 4 cave 5 volcano
6 hill 7 forest 8 waterfall

Exercise 2 page 28
1 deep 2 wide 3 narrow 4 tall 5 dark
6 steep 7 shallow 8 icy

Exercise 3 page 28
1 boots 2 helmet 3 life jacket 4 paddles
5 safety harness
Mountain biking helmet **Kayaking** helmet, life jacket, paddles **Orienteering** boots **Rock climbing** helmet, safety harness

Exercise 4 page 28
1 tiny 2 exhausted 3 terrifying 4 starving
5 tragic 6 filthy 7 stunning 8 huge

Exercise 5 page 28
1 completion 2 experience 3 achievements
4 needs 5 argument 6 thunder 7 risk
8 motivation 9 preparation 10 accomplishments

Exercise 6 page 29
1 Were you talking; was trying; wasn't talking; was taking
2 Were you playing; were eating; was shining; was blowing; was raining
3 Were you sleeping; wasn't sleeping; was trying
4 was Kate doing; was answering

Exercise 7 page 29
1 set out 2 was shining 3 were walking 4 stopped
5 Did you hear 6 didn't hear 7 wasn't shining

Exercise 8 page 29
1 were eating 2 didn't come 3 didn't sleep well 4 about going 5 looks as if

Unit 3 On screen

3A Vocabulary

Film and TV programmes

Exercise 1 page 30
1 game show 2 documentary 3 romantic comedy
4 reality show 5 period drama 6 action film
7 chat show 8 thriller 9 war film 10 soap opera
11 sitcom

Exercise 2 page 30
1 science fiction film 2 fantasy film 3 western
4 horror film 5 musical 6 news bulletin
7 animation 8 comedy