

VOCABULARY

1 Choose the correct option a–c to complete the sentences.

- 0 We like to get off the beaten ___ and find places other tourists don't know about.
a **track** b way c road
- 1 I can't hear myself ___ because it's so loud in here!
a well b work c think
- 2 We ___ off on our holiday at 7:00 am on a Saturday morning.
a set b made c want
- 3 We need to reserve a tennis ___ for this afternoon.
a pitch b court c field
- 4 When a space agency like NASA ___ a new rocket with a crew into space, it is exciting news.
a throws b launches c fires
- 5 James always looks ___ because he chooses good quality clothes that suit him.
a overdressed b well-suited c well-dressed

___ / 5

2 Read the definitions and write the correct words. The first letters are given.

- 0 A **travel adapter** allows you to use electricity from different sources when you travel.
- 1 A pattern people can wear on clothes, which looks like a tiger or zebra pattern. **s** _____
- 2 A place where athletes can run races inside a stadium. **t** _____
- 3 An object which you can switch on to give light when it is dark. **t** _____
- 4 A pattern with straight lines and squares, like on a chess board. You often see it on Scottish clothes and materials. **c** _____ pattern
- 5 A place in a city where people can do sport and other recreational activities. **l** _____
c _____

___ / 5

3 Complete the sentences with the words from the box. There are two extra words.

court cuts flight make pressure ring see think

- 0 There is a direct **flight** to Paris. We don't need to change planes or stop.
- 1 People who _____ up their mind to play more sport are usually very happy with their decision. Sport is fun and healthy!
- 2 Is there a boxing _____ in this gym?
- 3 Edith can _____ outside the box. She has original and imaginative ideas.
- 4 When Charles fell off his bike he only got _____ and bruises. He didn't need to go to hospital.
- 5 You need to get the _____ right in your bicycle tyres.

___ / 5

GRAMMAR

4 Choose the correct option a–c to complete the sentences.

- 0 I ___ in the sea when someone took my place on the beach.
a used to swim b swam c **was swimming**
- 1 **A:** Do you know ___ sunglasses these are?
B: No idea.
a which b where c whose
- 2 I ___ to come to your party next Saturday. I have an important exam that day.
a couldn't b won't be able c can't
- 3 You ___ to listen to safety instructions on a flight, even if you have heard them before.
a may b should c ought
- 4 Paul ___ that there is life on other planets.
a believes b can believe c is believing
- 5 Tennis players ___ wear white in the competition, but it's okay if they want to look professional!
a mustn't b don't have to c aren't allowed to

___ / 5

5 Complete the text with the words from the box. There are three extra words.

able been could had hadn't have ~~used~~ was were

I ⁰ **used** to do rock climbing but one day I had a near accident. I ¹ _____ climbing a high cliff when a bird flew into my face! I had no idea where it had come from. I was so surprised, that I lost my hold on the rock and fell a few metres. I wasn't physically hurt, but climbing has never ² _____ the same for me since then. That fall ³ _____ really scared me, but I wasn't ⁴ _____ to enjoy climbing so much any more. I wanted to keep doing outdoor sports so I started outdoor hiking a short time after my fall, and I ⁵ _____ been doing it ever since.

___ / 5

6 Complete the sentences with the correct form of the verbs in brackets.

- 0 When I arrived at the gym, I realised I **had forgotten** (forget) my trainers.
- 1 When I noticed my friend in the shopping mall, she _____ (sit) outside the pizza parlour.
- 2 I _____ (cannot) open the door because my key was broken.
- 3 I can't imagine _____ (be) without my phone.
- 4 I woke up, then I _____ (have) a shower before breakfast.
- 5 These days, people _____ (get) much more interested in holidays with exotic locations.

___ / 5

USE OF ENGLISH

7 Choose the correct option a–d to complete the text.

Looking after a pet dog is not as easy as people ⁰ ___ think. I've been doing it for many years now and it ¹ ___ me great joy. However, you must know a few things before you decide to have one.

You should take a dog for walk every day because they need to run and play. And just like you, your pet must have exercise to keep ² ___. Years ago, I ³ ___ a dog called Patch. A neighbour ⁴ ___ her to me. I didn't want ⁵ ___ anything to upset the neighbour but Patch looked overweight and out of ⁶ ___. She needed exercise so I took her for a walk three or four times a day.

Another thing: don't ⁷ ___ a dog to eat anything it wants! It must eat the right diet. Once when I took Patch for a walk, I noticed she ⁸ ___ something strange at the side of the road. She was eating some plastic bags ⁹ ___ someone had left there.

The saying that 'a dog is a man's best friend' is very true. But don't forget that you are also ¹⁰ ___ important person in your dog's life.

- | | | |
|----|-------------------|----------------|
| 0 | a can | b will |
| | c might | d should |
| 1 | a is giving me | b gave |
| | c has been giving | d has given me |
| 2 | a condition | b fit |
| | c healthy | d shape |
| 3 | a used to have | b would have |
| | c was having | d could have |
| 4 | a had given | b was giving |
| | c gave | d has given |
| 5 | a to say | b say |
| | c saying | d said |
| 6 | a health | b shape |
| | c form | d exercise |
| 7 | a allow | b offer |
| | c encourage | d let |
| 8 | a has been doing | b was doing |
| | c has done | d did |
| 9 | a where | b what |
| | c which | d whose |
| 10 | a most | b a most |
| | c the most | d the more |

___ / 10

8 Complete the second sentence using the word in bold so that it means the same as the first one. Do not change the word in bold. Use no more than five words including the word in bold.

- 0 I once lived on an organic farm.
USED
I **used to live** on an organic farm.
- 1 John always says 'yes' if we need his help.
AGREES
John _____ us.
- 2 Is it possible for you to lend me your travel adapter?
COULD
I wonder _____ lend me your travel adapter?
- 3 Students can borrow DVDs.
ALLOWED
Students _____ DVDs.
- 4 Always stay near your luggage when you are at airports.
UNATTENDED
Never _____ when you are at airports.
- 5 We were late for the start of the film.
ALREADY
When we arrived at the cinema, _____ started.
- 6 I can't decide which jacket to buy.
MIND
I can't _____ which jacket to buy.
- 7 What did you have for lunch at school?
USE
What _____ for lunch at school?
- 8 Our parents allowed us to use their paints for our art projects.
COULD
We _____ our parents' paints for our art projects.
- 9 Dad was in the middle of his dinner when we arrived.
EATING
Dad _____ when we arrived.
- 10 I don't know who the owner of this car is.
WHOSE
I don't know _____ is.

___ / 10

TOTAL ___ / 50

1 Choose the correct option a–c to complete the sentences.

- 0 I ___ extra clothes to parties, so I can change into them if I want.
a take **b 'm taking** **c taking**
- 1 I ___ a jacket in the shop at the moment. Can I phone you back?
a pay for **b pays for** **c 'm paying for**
- 2 My brother ___ shopping for clothes. He's not interested in them.
a doesn't go often **b doesn't often go**
c often isn't going
- 3 I'm living with my aunt ____.
a all days **b every day** **c this week**
- 4 I'm in the shop buying you a dress. I ___ your size. Is it medium?
a don't remember **b doesn't remember**
c 'm not remembering
- 5 What ___ right now? Do you want to go to the clothes shops with me?
a do you do **b are you doing** **c do you**
- ___ / 5

2 Complete the sentences with the correct form of the verbs in brackets. Use the Present Simple or Present Continuous.

- 0 I want to get a present for Belinda. What style of skirts **does she like** (she / like)?
- 1 You _____ (not use) your belt at the moment. Can I borrow it?
- 2 Jane isn't wearing her high-heeled shoes because she _____ (not feel) comfortable in them.
- 3 Don't open the door. People _____ (get changed) in there.
- 4 Eric _____ (usually / go) to his cousin's house at weekends.
- 5 John _____ (not know) much about fashion.
- ___ / 5

3 Complete the text with the correct Present Simple or Present Continuous forms of the verbs from the box.

hide not like sit want ~~wear~~ wear

This is a photo of my family. My brother Jack ⁰ **is wearing** a stylish, ripped green T-shirt. He ¹ _____ to be a fashion designer one day and design his own clothes. My mum ² _____ on a chair next to him, in her purple dress. It's her favourite one. She always ³ _____ it for special occasions. My sister Ellen, who is 15, ⁴ _____ her face behind mum! She ⁵ _____ to be in photos.

___ / 5

TOTAL ___ / 15

1 Complete the sentences with *for* or *since*.

- 0 I've been at the bus station since three o'clock.
 1 I've been going to this school _____ ten years.
 2 Nina has worked at a research centre _____ February.
 3 I've been in this country _____ 2016.
 4 You've got taller _____ the last time I saw you.
 5 I've had these sunglasses _____ such a long time. Maybe I should buy new ones?

___ / 5

2 Complete the sentences with the correct Present Perfect Continuous form of the verbs from the box.

come not pay not study put stay use

- 0 Peter has been using my printer today because he doesn't have any paper.
 1 I _____ to school by taxi this week.
 2 My brother _____ with our grandmother.
 3 We _____ mathematics.
 4 I _____ more time into my hobbies recently.
 5 You _____ attention to my lesson!

___ / 5

3 Complete the sentences with the correct forms of the verbs in brackets. Use the Present Perfect or Present Perfect Continuous.

- 0 That robot has been working (work) all day without a break!
 1 I think I can get a great result in the test in Biology. I _____ (study) all week!
 2 How many pages of his science essay _____ (Gregory / complete) so far?
 3 Sandra thinks someone _____ (watch) her with a drone.
 4 You look tired. How long _____ (you / work) on your AI project?
 5 Who _____ (eat) the last piece of cake?

___ / 5

TOTAL ___ / 15

1 Choose the correct option to complete the sentences.

- 0 A bird was singing / *had sung* when I woke up this morning.
- 1 When the ambulance arrived at the hospital, the bleeding *had already stopped* / *already stopped*.
- 2 When I arrived at the hospital reception, I realised I *didn't bring* / *hadn't brought* the necessary documents.
- 3 *When* / *Until* I arrived at the fitness centre, I couldn't train with my normal exercise machine. The previous user had broken it.
- 4 Were you doing aerobics *while* / *when* I rang you?
- 5 When I came home, my wife *was doing* / *did* yoga in the garden.
- 6 *After* / *Before* I had watched the health programme, I decided to change my diet.
- 7 I *wasn't finishing* / *hadn't finished* my muesli, when the waitress tried to take my bowl.
- 8 Yesterday at 5 p.m., when you called, I *wasn't playing* / *didn't play* football. I was at the shops.

___ / 8

2 Complete the text with the correct forms of the verbs in brackets. Use the Past Simple, Past Continuous or Past Perfect.

Last Saturday I ⁰ went (go) to a football match. Just before the match, I ¹ _____ (meet) my friends at the stadium. One of my friends ² _____ (buy) tickets for all of us, and he ³ _____ (give) them to us inside. While we ⁴ _____ (look) for our seats, I started to feel sick. Then I remembered I ⁵ _____ (eat) some fish at a restaurant about an hour before. Fortunately, I ⁶ _____ (feel) better after the match ⁷ _____ (start).

___ / 7

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___ / 7

TOTAL ___ / 15

1 Choose the correct option to complete the sentences.

- 0 You **ought to** / *may* be more polite to your grandparents.
- 1 You *needn't* / *mustn't* take photos at this archaeological site. Put your camera away.
- 2 *Could* / *Should* I make a phone call? I want to speak to my travel agent.
- 3 I *can* / *might* speak Italian and French. I use them when I travel.
- 4 We *don't have to* / *mustn't* have a visa to visit Holland. A passport is enough.
- 5 You *may* / *need to* borrow my car if you promise to be careful.

____ / 5

2 Complete the text with one word in each gap.

Last summer, I took my family on holiday to a holiday camp by the sea. When we got there, the children weren't ⁰ **able** to do some of the activities because the rules said they were too young: ridiculous! Fortunately, there was a children's playground where the children ¹ _____ play because their age was not an issue. Mums or dads ² _____ to watch them of course, to check they were safe. It wasn't free time for us, so we weren't ³ _____ to do some of the things we had wanted to. Holiday camps like that ⁴ _____ give better information to visitors before they arrive. Next year, we ⁵ _____ have to check our information more carefully ourselves, before we book a holiday.

____ / 5

3 Complete the second sentence in each pair so that it means the same as the first. Write between two to four words.

- 0 It won't be possible for me to catch an early flight. I won't **be able to catch** an early flight.
- 1 Is it OK if I sit here?
_____ sit here?
- 2 It's a good idea for you to read the instructions first. You _____ the instructions first.
- 3 Taking anti-malaria tablets will be necessary for you, on this holiday. You _____ anti-malaria pills on this holiday.
- 4 The rules say: 'No eating in here'. We _____ in here, say the rules.
- 5 The flight attendant said: 'Show your passports'. We _____ our passports to the flight attendant.

____ / 5

TOTAL ____ / 15

1 Complete the sentences with the words from the box. There are three extra words.

bow plain fur high-heeled logo loose-fitting
matching ~~shiny~~ wide

- 0 Dan bought himself a **shiny** suit to wear to work.
- 1 She wore a _____ dress because she hates tight clothes.
- 2 Tara always wears _____ shoes when she goes out because she likes to feel tall.
- 3 I need a _____ handbag for this dress. Both items should be blue and go well together.
- 4 I like my T-shirt with a _____ on it. Completely plain T-shirts are so boring.
- 5 Our school uniform is a _____ white shirt and grey trousers.

____ / 5

2 Choose the correct option a–c to complete the sentences.

- 0 I don't like those shoes much, but everyone is wearing them. They're so ____!
a elegant b stylish c **fashionable**
- 1 Jenny has a very ____ look. It's because she does strength exercises at her gym.
a muscular b elegant c slim
- 2 I do like sweaters made of sheep's _____. Especially on a cold winter's day.
a linen b wool c silk
- 3 I like wearing ____ clothes at the weekend, like jeans and a T-shirt. It's important for me to feel relaxed.
a designer b plain c casual
- 4 Jean's natural skin colour is pale, but she prefers it to be ____, so she sunbathes on holiday and visits the solarium every week when she is at home.
a tanned b dark c burnt
- 5 Tom has a nice ____ waist. He doesn't need to gain or lose weight. Lucky him!
a skinny b slim c thin

____ / 5

3 Complete the sentences with the missing words. The first letters are given.

- 0 **Trainers** are casual shoes that we wear to play sport.
- 1 If your hair is **s** _____, then it isn't wavy or curly.
- 2 If a man is **u** _____, you can see his facial hair because he has not removed it.
- 3 **S** _____ is a material that is very shiny and smooth and quite expensive.
- 4 A **c** _____ pattern has small squares of different colours.
- 5 **B** _____ trousers are very big and loose.

____ / 5

TOTAL ____ / 15

1 Complete the sentences with the words from the box. There is one extra word.

astronauts cells gravity organism pressure
radiation ~~research~~

- 0 Scientists do **research** to find out new knowledge.
- 1 On Earth, everything falls to the ground because of _____.
- 2 Deep in our oceans, the water _____ is very high.
- 3 Some objects and metals produce _____, which travels through the air. Sometimes it's dangerous.
- 4 The conditions on Mars are too extreme for any _____ to live.
- 5 Living things grow because their _____ split or divide into two.

____ / 5

2 Choose the correct option a–c to complete the sentences.

- 0 It's better to think ____ than to do things without planning.
a ahead **b through** **c outside**
- 1 I thought I wanted a silver computer but I've ____ my mind. Now I want a black one.
a made **b opened** **c changed**
- 2 The music is so loud I can't ____ myself think.
a hear **b see** **c make**
- 3 I thought I knew the answer but my mind has gone ____.
a dead **b blank** **c clear**
- 4 I didn't think ____ of the lecture on space because it was boring and I didn't learn anything new.
a much **b well** **c a lot**
- 5 People often say that learning about new cultures ____ your mind. You think about old things in a new way.
a extends **b broadens** **c makes**

____ / 5

3 Complete the sentences with the correct phrases from the box. There is one extra phrase.

blow my mind changes my mind make up my mind
think again think outside the box ~~think seriously~~
think twice

- 0 Adam should **think seriously** about what he wants to do in life. It will affect everything later on.
- 1 I can't choose what I want very easily. I take ages for me to _____.
- 2 AI machines are amazing – they _____! I just can't believe what they can do.
- 3 You think you know all the correct answers, but you're wrong. You need to _____ about at least some of them.
- 4 Your friends ask you for help with complex problems where there are no easy or simple solutions. They know you can _____.
- 5 You aren't the kind of person to act impulsively. You always _____ before making a decision.

____ / 5

TOTAL ____ / 15

- 1 Complete the names of places associated with sport with the words from the box. There are two extra words.

court machine pitch ~~pool~~ ring room track wall

- 0 a swimming pool
 1 a boxing _____
 2 a football _____
 3 a changing _____
 4 a basketball _____
 5 a rowing _____

___ / 5

- 2 Choose the correct option to complete the sentences.

- 0 We are planning a holiday, but you need to get into *fit / size / shape* if you want to come with us. We can't stop for a rest every 5 minutes!
 1 Is there a free squash *place / court / pitch* now? I really want to play!
 2 My sister *pulled / dislocated / stretched* her shoulder while playing squash.
 3 When people are out of *exercise / shape / training*, they can't play sport really well and their health is not as strong.
 4 Mary *twisted / pulled / did* her ankle in training today.
 5 A good gym should allow you to *lift / climb / hit* weights.

___ / 5

- 3 Complete the sentences with the words from the box. There are two extra words.

bang ~~break~~ leisure pull track training twist wall

- 0 When sports players break a leg, they go to hospital and they need a long time for the leg to get better.
 1 Serious sports players need _____ programmes in order to get regular practice.
 2 You can _____ a muscle if you don't warm up properly before taking exercise.
 3 A lot of people use the _____ centre in our town.
 4 Using a climbing _____ is an excellent way to develop mountaineering skills.
 5 The athletics _____ shouldn't be used after rain because the surface is slippery .

___ / 5

TOTAL ___ / 15

1 Read the definitions and write the things you can pack when you travel. The first letters are given.

- 0 This can help you use electricity from different kinds of electricity supply or plugs when you travel: **travel** **adapter**.
- 1 You can wear these on your ears to listen to music, for example: **h**_____.
- 2 This is a book which gives you information about the places you're going to visit: **g**_____.
- 3 You should always take this with your phone in case your battery runs low: **c**_____.
- 4 You need this to help someone who is hurt:
f_____ **a**_____ **k**_____.
- 5 This is something soft to put your head on if you want to sleep: **t**_____ **p**_____.

____ / 5

2 Choose the correct option a–c to complete the sentences.

- 0 Have you remembered to pack ____? We don't want to burn when we are sunbathing.
a insect repellent **b** **sunblock** **c** a power bank
- 1 We ____ off early in the morning because we had a long drive ahead of us.
a travelled **b** set **c** stopped
- 2 When you fly abroad, remember to change your watch or devices to ____ time.
a local **b** arrival **c** departure
- 3 The beach was within easy ____ of our hotel: only three minutes walk!
a reach **b** find **c** way
- 4 There were a lot of people in our holiday resort but we ____ the crowds by hiring a car.
a stopped **b** reached **c** escaped
- 5 Our holiday was on a small island so we ____ our way around without a problem.
a reached **b** found **c** took

____ / 5

3 Match the sentence halves. There are two extra second halves.

- 0 You may need a travel adapter **d**
- 1 An insect repellent can protect you ____
- 2 A torch may be useful ____
- 3 A penknife can help you ____
- 4 Put in your ear plugs ____
- 5 Don't forget to add health and hygiene items ____
- a** if there is no light.
b if you need to cut something, like fruit.
c to your packing list.
d ~~to connect electrical devices.~~
e if you get lost.
f if you don't want to hear noise around you.
g against flies and mosquitoes.
h for entertainment on your flight.

____ / 5

TOTAL ____ / 15