

Free-time activities

1 Proofreading: My favourite free-time activity – Skydiving

Read the text about skydiving. In most lines (1–23) there is a word that should not be there. Write these words in the spaces provided. 5–7 lines are correct. Make a ✓ in the space if the line is correct. There are three examples (0, 00, 000) at the beginning.



Skydiving has been my favourite hobby for quite a few years **from** now. I did my first freefall jump on my birthday back in 2003. Since then I have done about 130 jumps. A lot of people who started jumping **more** later than I have done many more jumps in that period of time sharing. It's simple: once they got started they got hooked, and all my money and most weekends were then used for skydiving. They are almost always there after every time I visit the club. I am not like them. I really enjoy the sport, and I absolutely love the thrill, but once I have been for a weekend, I don't feel satisfied for a couple of the months, and often don't feel the need to go back for quite a while myself. Because of my recent travels it has now been about eight months since I last jumped, and I really wanted to get back in the air. So I was looking forward to this weekend with a lot of my excitement. I packed my gear and headed east out of Perth to York, because where the dropzone is situated. In the next morning, after a quick refresher training session, which I was on the first plane heading for 14,000 feet! I was a little nervous as the plane climbed down higher, but as soon as the door was open and I jumped out from, the nervousness went away and I loved every second of it! The rest of the day was brilliant. I did four more jumps, including at the end of the day, my first ever "8-way": eight people in freefall together. There were quite a few of us who were relatively or inexperienced, and it was a bit of a mess, but great fun! I did between two more jumps on Sunday morning. All in all, it really was a brilliant weekend. I had my video camera skydive on my helmet for all the jumps, and I put over a clip on YouTube with a few highlights from the weekend. There is also a video camera from another cameraman, who filmed the 8-way from someone above. In his clip I can be seen in the bright red suit joining the formation.

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2 Proofreading: I just love to knit hats!

Read the text about a young man who likes to knit hats. In most lines (1–23) there is a word that should not be there. Write these words in the spaces provided. 5–7 lines are correct. Make a ✓ in the space if the line is correct. There are three examples (0, 00, 000) at the beginning.



The knitting needles made a clicking sound **and** as I moved from one stitch to the next. The woman sitting next to me looked up from **around** her magazine and said, "I love that light clicking sound. What are you making?" I looked over with a big smile and explained, "I'm not working on a hat for my friend." – "That's great! I love knitting gifts for friends and I am especially love knitting on planes. I find it how relaxing. Plus, it's so much better to make something by hand than to buy something."

This sometimes quick exchange made me think why I started knitting in the first place. About between four years ago we were living in Davis, California and because I was looking for a hobby; something, fun, easy and more relaxing. A few work colleagues recommended that I learn how to knit. They promised me the experience wouldn't be frustrating and that it would help me after relax. I never considered myself to be "crafty", so I avoided the knitting store for a total number of months. One day, I was wandering through Borders Books and stumbled across "Knit 'n' Fit." I flipped through the book and less thought to myself, "Hmmm knitting doesn't look too hard. I could instead see myself making a basic hat or scarf. Maybe my co-workers were right?" Later before that day, I wandered over to the local knitting store and signed up because for a beginners' class. For me, knitting is a good time to reflect on life. First, knitting is one activity that will force you to slow down. It's next a great opportunity to concentrate on the task at hand and today how you are breathing. It's never helped me use my breath to calm down, when life gets crazy. I'm able to slow down and find stop rushing around so much. So if you're looking for a simple hobby with positive side effects try knitting! I can really recommend over it.

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Key

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0: from	11: In
00: ✓	12: which
000: more	13: down
1: sharing	14: from
2: my	15: ✓
3: after	16: ✓
4: ✓	17: or
5: don't	18: between
6: the	19: skydive
7: myself	20: over
8: ✓	21: camera
9: my	22: someone
10: because	23: ✓

2 Proofreading: I just love to knit hats!

0: and	11: total
00: around	12: ✓
000: ✓	13: less
1: not	14: instead
2: am	15: before
3: how	16: because
4: ✓	17: ✓
5: sometimes	18: next
6: between	19: today
7: because	20: never
8: more	21: find
9: ✓	22: ✓
10: after	23: over