

## Unit 1: Free time

### 1 Reading

#### Extreme sports

Read the text on page 10, exercise 11 again. You are going to read about Jocke becoming a professional wingsuit flyer. Then, answer the questions in full sentences.

- 1 What different sports did Jocke do before he started to BASE jump?
- 2 What is BASE jumping?
- 3 What feelings does Jocke have before and while BASE jumping?
- 4 When did Jocke realise that he wanted to do extreme sports?
- 5 What do we know about Jocke's childhood?

### 2 Listening

#### Music in Trinidad and Tobago

a Listen to the recording from exercise 2, page 7 again. You are going to listen to Natalie talking about music in Trinidad and Tobago. Tick (✓) the things she mentions.

handpan	<input type="checkbox"/>	UFO	<input type="checkbox"/>	music room	<input type="checkbox"/>	samba	<input type="checkbox"/>
steel drum	<input type="checkbox"/>	workshop	<input type="checkbox"/>	favourite band	<input type="checkbox"/>	childhood	<input type="checkbox"/>

b Listen again. What does she say about the things you ticked?

### 3 Writing

#### Note to your flatmate

Write a short note for the following situation: You share a flat with another student during your exchange semester. You've just realised that the heating is not working properly. However, you are in a hurry and cannot deal with the problem because you are about to go on a trip over the long weekend.

a First, decide on which style is most appropriate for the situation (informal/semi-formal/formal).

b Leave a note for your flatmate. You should:

- say why you are writing
- explain what is wrong with the heating
- ask her/him to deal with the problem and suggest a course of action to solve the problem
- thank her/him

c Exchange your notes with a partner. Write a short reply to each one (this could also be a text message).

d Look at your texts together and give each other feedback (check for correct style, completeness, spelling, etc.). Tell your partner two things you like about her/his writing and one thing you wish she/he would add or improve.

## 4 Language

### Sports and exercise

Match each sport from the box with the correct clue (1–8).

yoga ■ hockey ■ karate ■ running ■ skiing ■ swimming ■ tennis ■ volleyball

Guess which sport I do!

- 1 I wear comfortable clothes and carry a small mat to every class. \_\_\_\_\_
- 2 It doesn't take me long to reach the bottom of a hill! \_\_\_\_\_
- 3 We play with sticks and try to hit the ball into a net. \_\_\_\_\_
- 4 We play with racquets and try to hit the ball over a net. \_\_\_\_\_
- 5 We do this in pairs. We usually wear white clothes and a dark belt. \_\_\_\_\_
- 6 We go around a track as fast as possible. \_\_\_\_\_
- 7 We play in teams and hit a large ball over a net with our hands. \_\_\_\_\_
- 8 I do this two or three times a week at an outdoor pool. \_\_\_\_\_

## 5 Language

### Sports and exercise

Are the underlined verbs correct? If not, write the correct verb in the spaces provided. Make a ✓ in the space if the line is correct.

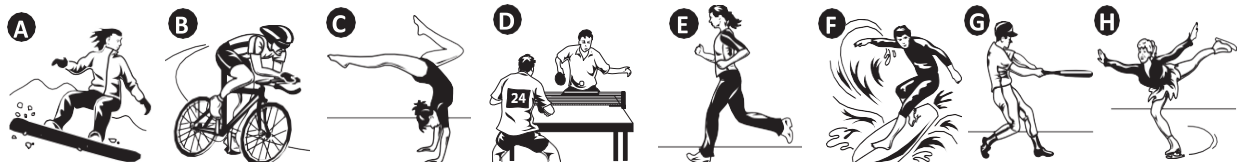
- 1 People say it's really healthy and relaxing to play yoga. \_\_\_\_\_
- 2 After my classes, I usually do running for about an hour. \_\_\_\_\_
- 3 Paul plays karate at a 'dojo', or training hall, near his house. \_\_\_\_\_
- 4 At school, we had to do hockey. I hated it! \_\_\_\_\_
- 5 I play tennis when I can – usually in the evenings after work. \_\_\_\_\_
- 6 Last winter, my family and I did skiing in the Rocky Mountains. \_\_\_\_\_
- 7 I played volleyball when I was younger and was quite good at it. \_\_\_\_\_
- 8 Would you like to do swimming with us tonight? \_\_\_\_\_

## 6 Language

### Sports and exercise

Match the pictures (A–H) with eight new sports (1–8).

- |                                       |                                    |   |   |
|---------------------------------------|------------------------------------|---|---|
| 1 gymnastics <input type="checkbox"/> | 3 skating <input type="checkbox"/> | 5 baseball <input type="checkbox"/>     | 7 surfing <input type="checkbox"/>      |
| 2 jogging <input type="checkbox"/>    | 4 cycling <input type="checkbox"/> | 6 snowboarding <input type="checkbox"/> | 8 table tennis <input type="checkbox"/> |



7

### Language

#### Sports and exercise

Complete each fact with the name of the sport from exercise 6.

#### TEST YOUR KNOWLEDGE: Sports facts

- 1 In the United States, \_\_\_\_\_ is called the 'national pastime', or national sport.
- 2 Nadia Comaneci of Romania was the first person in Olympic history to score a perfect 10.0 in \_\_\_\_\_.
- 3 The sport \_\_\_\_\_ was first called 'snurfling', which is a combination of 'snow' and 'surfing.'
- 4 \_\_\_\_\_ is good for fitness and weight loss. It can burn 500 calories in one hour – but you need good shoes.
- 5 \_\_\_\_\_ started 5000 years ago in Finland. The people tied animal bones to their feet to help them speed across ice.
- 6 In ordinary \_\_\_\_\_, the average speed for a short ride is about 25 km/h. In the Tour de France, the average speed is about 40 km/h – but it lasts three weeks!
- 7 \_\_\_\_\_ is one of the most popular sports in China. Its official name there is 'Ping Pong'.
- 8 \_\_\_\_\_ was invented in the Pacific Islands about 3000 years ago. It is thought that fishermen used this method to bring their fish home quickly.

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### Listening & language

#### Sports and music

**a** How many words or expressions can you think of:

- 1 connected with music? *jazz, instrument ...*
- 2 for sports and exercise? *yoga, biathlons ...*

**b** Listen to eight instructions about sports. Write down your answers – but don't write them in order.

**c** Look at each other's answers. Can you guess what they mean?

Example: A: *Wrestling ... Do you like watching wrestling on TV?*

B: *No, I hate it!*

9

### Language

#### Present simple, past simple, present progressive

**Circle** the correct form of the verb.

- 1 I'm sorry, but Fran's not here at the moment. She plays / 's playing tennis with Lisa.
- 2 Melissa and Joanna move / moved into their new house last week.
- 3 It isn't raining / doesn't rain – you don't need an umbrella.
- 4 Peter goes to see his parents every Sunday, and he usually takes / is taking them out for lunch.
- 5 I 'm learning / learned to swim when I was at primary school, but I was never very good.
- 6 I live in London, but I stay / 'm staying with a friend in Oxford this week because I'm on holiday.
- 7 Do you listen / Are you listening to music while you study?

### 10 Language

#### Present simple, past simple, present progressive

Complete the questions with the correct form of *do* and the words in brackets.

- 1 Where \_\_\_\_\_ Tina \_\_\_\_\_ before she bought this flat? (live)
- 2 Why \_\_\_\_\_ Simon \_\_\_\_\_ to work yesterday? Was he ill? (not / go)
- 3 What kind of company \_\_\_\_\_ Steve \_\_\_\_\_ for now? (work)
- 4 How often \_\_\_\_\_ you \_\_\_\_\_ your grandparents these days? (see)
- 5 Why \_\_\_\_\_ you \_\_\_\_\_ meat? Are you a vegetarian? (not / eat)

### 11 Language

#### Present simple, past simple, present progressive

Complete the questions with the correct form of the words in brackets.

- 1 Turn the TV off if you want to. I \_\_\_\_\_ (not / watch) it.
- 2 It \_\_\_\_\_ (take) me 25 minutes to get to school.  
How long \_\_\_\_\_ (it / take) you?
- 3 Who is that boy? Why \_\_\_\_\_ (he / look) at you?
- 4 Jack \_\_\_\_\_ down the stairs this morning  
and \_\_\_\_\_ his leg. (fall, hurt)
- 5 Water \_\_\_\_\_ (boil) at 100 degrees Celsius.
- 6 A: Where \_\_\_\_\_ yesterday? (you / go)  
B: We \_\_\_\_\_ to that new pub. (go)
- 7 I was in a hurry, so I \_\_\_\_\_ (not / have) time to phone you.

### 12 Language

#### Preferences and habits

**Circle** the correct option to complete the sentences.

- 1 Hanna wants to go to Scandinavia, but I'd prefer / 'd rather to go somewhere hot, like Turkey or Greece.
- 2 I cycle 50 km once or twice a week / generally.
- 3 Josie doesn't mind / prefer the idea of having a barbecue, but the others aren't so keen.
- 4 I generally / tend have a shower before I have breakfast.
- 5 I like vegetarian food, but my friends had / would rather eat meat.
- 6 I tend / normally to wake up early on Sundays. Around six o'clock.
- 7 Everyone else wants to stay in a hotel, but I'd much prefer / 'd much rather go camping.

Key

1

Reading

Extreme sports

- 1 Before wingsuit BASE jumping Jokke did the following kinds of sports: motocross, freestyle motocross, skydiving and wingsuit flying.
- 2 BASE jumping is the extreme sport of jumping from fixed objects using a wingsuit or parachute to descend safely to the ground. BASE stands for the four categories of fixed objects one can jump: building, antenna, span (bridges) and earth (cliffs).
- 3 On the way up to the exit point he feels excitement and even panic. Right before jumping he is nervous. When he is in free fall and feels gravity taking over, he experiences peace of mind and feels disconnected from reality. In general, he is aware of the danger involved in wingsuit BASE jumping.
- 4 Jokke began to understand that he wanted to do extreme sports when he was quite young. He wanted to experience more action and wanted to do something a little different from all the other kids.
- 5 Jokke was born in Oslo in 1986 and grew up in a small and safe village in Norway close to the capital and located by the sea. As a kid, he was fascinated by everything that could fly and dreamed about flying one day.

2

Listening

Music in Trinidad and Tobago

a

- |            |   |          |                          |                |                          |           |                          |
|------------|---|----------|--------------------------|----------------|--------------------------|-----------|--------------------------|
| handpan    | ✓ | UFO      | <input type="checkbox"/> | music room     | ✓                        | samba     | <input type="checkbox"/> |
| steel drum | ✓ | workshop | ✓                        | favourite band | <input type="checkbox"/> | childhood | ✓                        |

b

music room	<ul style="list-style-type: none"> <li>• Natalie loves this room, it's an ongoing project</li> <li>• right now she's working on a new stool cover for her piano stool</li> <li>• she has fabric she wants to use for a cushion that she needs when she plays the handpan</li> <li>• she keeps coming up with new ideas for her music room, making music inspires her to improve her music room</li> </ul>
childhood	<ul style="list-style-type: none"> <li>• she thinks she was very lucky to grow up in Trinidad and Tobago</li> <li>• when she was younger there was a lot of music around her all the time, lots of different types of music</li> <li>• she learned to play the steel drum when she was a little girl</li> </ul>
steel drum	<ul style="list-style-type: none"> <li>• the steel drum originally comes from Trinidad and Tobago</li> <li>• you take an oil drum and hammer it and you get notes out of it</li> <li>• Natalie has her own steel drum in Trinidad, but they are very difficult to travel with</li> <li>• it's about half a metre wide and probably a metre high</li> <li>• you play it with sticks</li> <li>• Natalie would love to be able to play the steel drum again because she thinks it's very original and it has a lovely sound</li> </ul>
handpan	<ul style="list-style-type: none"> <li>• it's made out of steel</li> <li>• you tap the round fields with your hands, and it produces many layers of sounds</li> <li>• it's difficult to play but very relaxing as well</li> </ul>
workshop	<ul style="list-style-type: none"> <li>• Natalie and her friends are organising a workshop on playing the handpan</li> <li>• in two weeks, an instructor is coming in for a day to teach them a few basic tricks on sound and rhythm</li> <li>• Natalie invites the interviewer to take part in the workshop</li> </ul>

## 4 Language

### Sports and exercise

- |   |            |
|---|------------|
| 1 I wear comfortable clothes and carry a small mat to every class.    | yoga       |
| 2 It doesn't take me long to reach the bottom of a hill!              | skiing     |
| 3 We play with sticks and try to hit the ball into a net.             | hockey     |
| 4 We play with racquets and try to hit the ball over a net.           | tennis     |
| 5 We do this in pairs. We usually wear white clothes and a dark belt. | karate     |
| 6 We go around a track as fast as possible.                           | running    |
| 7 We play in teams and hit a large ball over a net with our hands.    | volleyball |
| 8 I do this two or three times a week at an outdoor pool.             | swimming   |

## 5 Language

### Sports and exercise

- |   |      |
|---|------|
| 1 People say it's really healthy and relaxing to <u>play</u> yoga.        | do   |
| 2 After my classes, I usually <u>do</u> running for about an hour.        | go   |
| 3 Paul <u>plays</u> karate at a 'dojo', or training hall, near his house. | does |
| 4 At school, we had to <u>do</u> hockey. I hated it!                      | play |
| 5 I <u>play</u> tennis when I can – usually in the evenings after work.   | ✓    |
| 6 Last winter, my family and I <u>did</u> skiing in the Rocky Mountains.  | went |
| 7 I <u>played</u> volleyball when I was younger and was quite good at it. | ✓    |
| 8 Would you like to <u>do</u> swimming with us tonight?                   | go   |

## 6 Language

### Sports and exercise

1 gymnastics	C	3 skating	H	5 baseball	G	7 surfing	F
2 jogging	E	4 cycling	B	6 snowboarding	A	8 table tennis	D

## 7 Language

### Sports and exercise

#### TEST YOUR KNOWLEDGE: Sports facts

- In the United States, **baseball** is called the 'national pastime', or national sport.
- Nadia Comaneci of Romania was the first person in Olympic history to score a perfect 10.0 in **gymnastics**.
- The sport **snowboarding** was first called 'snurfin', which is a combination of 'snow' and 'surfing.'
- Jogging** is good for fitness and weight loss. It can burn 500 calories in one hour – but you need good shoes.
- Skating** started 5000 years ago in Finland. The people tied animal bones to their feet to help them speed across ice.
- In ordinary **cycling**, the average speed for a short ride is about 25 km/h. In the Tour de France, the average speed is about 40 km/h – but it lasts three weeks!
- Table tennis** is one of the most popular sports in China. Its official name there is 'Ping Pong'.
- Surfing** was invented in the Pacific Islands about 3000 years ago. It is thought that fishermen used this method to bring their fish home quickly.

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### Language

#### Present simple, past simple, present progressive

- 1 Where **did** Tina **live** before she bought this flat?
- 2 Why **didn't** Simon **go** to work yesterday? Was he ill?
- 3 What kind of company **is** Steve **working** for now?
- 4 How often **do** you **see** your grandparents these days?
- 5 Why **don't** you **eat** meat? Are you a vegetarian?

11

### Language

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- 1 Turn the TV off if you want to. I'm **not watching** it.
- 2 It **takes** me 25 minutes to get to school. How long **does it take** you?
- 3 Who is that boy? Why **is he looking** at you?
- 4 Jack **fell** down the stairs this morning and **hurt** his leg.
- 5 Water **boils** at 100 degrees Celsius.
- 6 A: Where **did you go** yesterday? B: We **went** to that new pub.
- 7 I was in a hurry, so I **didn't have** time to phone you.

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- 3 Josie doesn't mind / prefer the idea of having a barbecue, but the others aren't so keen.
- 4 I generally / tend have a shower before I have breakfast.
- 5 I like vegetarian food, but my friends had / would rather eat meat.
- 6 I tend / normally to wake up early on Sundays. Around six o'clock.
- 7 Everyone else wants to stay in a hotel, but I 'd much prefer / 'd much rather go camping.