

VOCABULARY: Phrasal verbs

Complete the sentences with the correct prepositions.

1 Javi never does anything half-heartedly. He always throws himself _____ new experiences and adventures.

2 Many people devote themselves _____ their work because they see it as a reflection of their success in life.

3 There are a number of health problems associated _____ poor diet, such as cholesterol and diabetes.

4 Many new businesses sprung _____ quickly earlier this year when they relaxed tax regulations.

5 As the reporter knew little about football, he read up _____ the club before interviewing the manager.

6 Research has shown that people who were eldest children are more likely to put themselves forward _____ management roles than people who were middle or youngest children.

7 Phone companies are always coming out _____ new updates and versions of their phones. It's hard to keep up!

8 Unfortunately, the elderly are far more likely to fall _____ internet scams than any other demographic.

9 Frank always promises the world but every time he fails to follow through _____ what he says. He just can't be trusted.

10 Backing _____ from an argument doesn't necessarily prove that you're wrong. It can often show a high level of maturity and compromise.

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VOCABULARY: Fixed phrases

Choose the correct options to complete the text.

Climate change poses a ¹¹ **dangerous / threat** to everybody on this planet, yet many people do little to help the situation. In fact, some even ¹² **dismiss / release** the theory and evidence on this matter. We probably all know one or two ¹³ **hardened / seasoned** travellers who don't give a second thought about the damage their travel does to the environment.

Sometimes this kind of attitude makes it feel like you can't make a difference. However, you can ¹⁴ **boost /**

promote your determination with the knowledge that every year more and more people are thinking about how they can care for the environment. It's worth making an effort to recycle and reuse and cut down on travel. You might exceed your ¹⁵ **expectations / projections** and find it's easier than you think.

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VOCABULARY FILE

Complete the sentences with the words from the box.

blows	breath	considered	feet	forefront
joke	step	stigma	words	zone

16 I don't mind lending my brother things but asking for that amount of money is a _____ too far.

17 It's not unusual for people to get cold _____ when they're about to do something that scares them, like bungee jumping or even getting married.

18 The players were both so angry about the incident that they came to _____ on the pitch just before half time.

19 The United Nations has been at the _____ of international cooperation for the last seventy years.

20 Harry had a terrible accident last month, but he's back at work and doing quite well, all things _____.

21 While some people may enjoy a practical _____, I believe they are just a mean way of making fun of other people.

22 It is beneficial to go out of your comfort _____ when you are a young adult, by perhaps travelling to faraway countries.

23 In the same _____ as saying how tolerant he was, my manager then began to explain everything I hadn't done to his standard in the past week.

24 When Joaquin won the scholarship over all the other students in the region, he got stuck for _____.

25 Perhaps in the past there was a _____ about eating at a restaurant alone, but I think today that isn't really the case.

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GRAMMAR: Simple and continuous tenses

Choose the correct options to complete the sentences.

- 1 On Friday morning at 9.00 am, I'm meeting / I meet up with my manager to discuss the new project.
- 2 My flatmate is always asking / always asked to borrow my phone charger, which really gets on my nerves.
- 3 At the moment, we try / are trying to limit our time spent scrolling through social media posts online.
- 4 Jing Lee usually is training / trains three times a week using a variety of strength and cardio exercises.
- 5 My sister stays / will be staying with us for a month until her flat has been redecorated.
- 6 Nowadays many people don't watch / aren't watching the news on TV because they prefer using online sources.
- 7 I received a text from the dentist saying my appointment is being / will be next Tuesday at 11 am.
- 8 Due to their hard work, the students are making / make progress with their local history assignments.

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GRAMMAR: Perfect aspect

Complete the sentences with the correct perfect form of the verb in brackets. Use the other words given.

- 9 I should wait a while before eating dinner since I _____ (just / return) from a two-hour cycle ride.
- 10 _____ you _____ (ever / think) about turning your painting hobby into a small business?
- 11 Toni and Jonas _____ (know) each other for about five years when I met them in 2018.
- 12 My sister is exhausted because she _____ (study) for her final university law exams all this week.

- 13 Unfortunately, I _____ (not have) time to read your report, but I promise that I'll make time for it this week.
- 14 Ben is delighted with his new apartment as he _____ (always / dream) of having a balcony overlooking the sea.
- 15 There must be a traffic jam somewhere because we _____ (wait) for the bus for over an hour.
- 16 If I start the preparation now, I _____ (finish) cooking dinner before my parents get home.
- 17 Lena _____ (check) online for special offers the day before so we managed to get cheap tickets for the theatre.
- 18 By the end of the year, we _____ (train) for the marathon for around six months so I think we'll be ready.

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GRAMMAR: Stative and dynamic verbs

Correct the mistakes in the sentences.

- 19 Hannah has a party at her flat next Saturday evening to celebrate having passed her driving test.
- 20 William is wanting a new suit and smart shoes for his brother's wedding next month.
- 21 Rita and Harry think of moving to a quieter part of the country when they retire.
- 22 The police are suspecting that the house was broken into during the early hours of the morning.
- 23 Many people in the city are feeling that the public transport system needs significant investment.
- 24 My parents were promising to take the family out to dinner at the end of our holiday.
- 25 I broke my arm last week and I can't write at the moment, but my teachers are helpful.

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