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## experience

2ND EDITION

STUDENT'S BOOK

**B2+**

Pre-Advanced

Unit	Reading	Grammar	Vocabulary
<b>1 Passions</b> page 7	<b>topic:</b> passions <b>skill:</b> identifying attitude <b>task:</b> multiple choice	present tenses and time expressions (p10) phrasal verbs (p13)	achievements (p11) idioms (p11) adverb collocations (p14)
<b>2 Perceptions</b> page 21	<b>topic:</b> language and thought <b>skill:</b> recognising opinion <b>task:</b> cross-text multiple matching	cleft sentences for emphasis (p24) relative clauses (p27)	the senses (p25) adjective + noun collocations (p25) noun suffixes (p28)
<b>3 Influence</b> page 35	<b>topic:</b> teen stereotypes <b>skill:</b> understanding cohesion <b>task:</b> gapped text	the passive (p38) reporting verbs and the passive (p41)	the media (p39) collocations (p39) words with similar meanings (p42)
<b>4 Going places</b> page 49	<b>topic:</b> online travel photos <b>skill:</b> recognising points of view <b>task:</b> multiple matching	participle clauses (p52) prepositions with <i>-ed</i> forms (p55)	tourism (p53) verb + noun collocations (p53) prefixes (p56)
<b>5 Citizenship</b> page 63	<b>topic:</b> reviews of a self-help book <b>skills:</b> locating opinions on the same topic in a text; recognising points of view <b>task:</b> cross-text multiple matching	modal verbs in the past (p66) emphasising comparatives and superlatives (p69)	working with phrases (p67) dependent prepositions (p70)

Listening	Use of English	Speaking	Writing	Switch on
<p><b>topic:</b> adversity in sports</p> <p><b>skill:</b> understanding context</p> <p><b>task:</b> multiple choice: short texts</p>	<p>key word transformation (p13)</p> <p>multiple-choice cloze (p14)</p>	<p><b>topic:</b> friends and shared interests</p> <p><b>skill:</b> using appropriate tone and register</p> <p><b>task:</b> introductions; social interaction</p>	<p><b>topic:</b> teens and screens</p> <p><b>skill:</b> developing an argument</p> <p><b>task:</b> essay</p>	<p><b>video:</b> drone trouble</p> <p><b>project:</b> odd hobbies</p>
<p><b>topic:</b> the smells of childhood</p> <p><b>skill:</b> inferring attitude and mood</p> <p><b>task:</b> multiple matching</p>	<p>open cloze (p27)</p> <p>word formation (p28)</p>	<p><b>topic:</b> communication</p> <p><b>skill:</b> speculating</p> <p><b>task:</b> long turn</p>	<p><b>topic:</b> holding a music festival</p> <p><b>skill:</b> building ideas towards a conclusion</p> <p><b>task:</b> report</p>	<p><b>video:</b> as I see it</p> <p><b>project:</b> colour idioms</p>
<p><b>topic:</b> false beliefs</p> <p><b>skill:</b> understanding idiomatic language</p> <p><b>task:</b> multiple-choice: longer text</p>	<p>key word transformation (p41)</p> <p>multiple-choice cloze (p42)</p>	<p><b>topic:</b> influences on children</p> <p><b>skill:</b> conversational strategies</p> <p><b>task:</b> collaborative task</p>	<p><b>topic:</b> young people and science</p> <p><b>skill:</b> organising paragraphs</p> <p><b>task:</b> essay</p>	<p><b>video:</b> fashion followers</p> <p><b>project:</b> blogging campaign</p>
<p><b>topic:</b> virtual reality travel</p> <p><b>skill:</b> listening for clarification</p> <p><b>task:</b> sentence completion</p>	<p>key word transformation (p55)</p> <p>word formation (p56)</p>	<p><b>topic:</b> journeys to school</p> <p><b>skills:</b> putting forward a clear argument; using formal English</p> <p><b>task:</b> discussion</p>	<p><b>topic:</b> dream study trip</p> <p><b>skill:</b> adding ideas</p> <p><b>task:</b> formal letter</p>	<p><b>video:</b> alone at sea</p> <p><b>project:</b> young adventurers</p>
<p><b>topic:</b> good and bad gifts</p> <p><b>skill:</b> listening for ideas expressed in different ways</p> <p><b>task:</b> multiple matching</p>	<p>key word transformation (p69)</p> <p>multiple-choice cloze (p70)</p>	<p><b>topic:</b> community work</p> <p><b>skill:</b> using a variety of phrases</p> <p><b>task:</b> long turn</p>	<p><b>topic:</b> family and friends</p> <p><b>skill:</b> writing effective introductions and conclusions</p> <p><b>task:</b> essay</p>	<p><b>video:</b> sweet treats</p> <p><b>project:</b> animal communities</p>

Unit	Reading	Grammar	Vocabulary
<b>6 Urban tales</b> page 77	<b>topic:</b> modern ruins <b>skill:</b> understanding connected ideas <b>task:</b> gapped text	past and present narrative tenses (p80) phrasal verbs (p83)	describing city life (p81) compound words (p81) adjective suffixes (p84)
<b>7 Mind and body</b> page 91	<b>topic:</b> a girl's view on tidiness <b>skill:</b> understanding writer purpose <b>task:</b> multiple choice	subject-verb agreement (p94) quantifiers (p97)	health and diet (p95) phrasal verbs of food and drink (p95) similar words (p98)
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<b>9 It's a wild world</b> page 119	<b>topic:</b> why humans are interested in wild animals <b>skill:</b> understanding inferred meaning <b>task:</b> cross-text multiple matching	verb + <i>-ing</i> form or infinitive (p122) reported speech (p125)	compound nouns on the environment (p123) adjective + noun collocations (p126)
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Listening	Use of English	Speaking	Writing	Switch on
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<p><b>topic:</b> becoming more competitive</p> <p><b>skill:</b> predicting words you might hear</p> <p><b>task:</b> sentence completion</p>	<p>open cloze (p97)</p> <p>multiple-choice cloze (p98)</p>	<p><b>topic:</b> exercise and relaxation</p> <p><b>skill:</b> linking ideas</p> <p><b>task:</b> long turn</p>	<p><b>topic:</b> changes to a canteen</p> <p><b>skill:</b> expressing ideas in a neutral way</p> <p><b>task:</b> proposal</p>	<p><b>video:</b> Pepper the robot</p> <p><b>project:</b> robot analysis</p>
<p><b>topic:</b> attracting attention</p> <p><b>skill:</b> following an argument</p> <p><b>task:</b> multiple choice: short texts</p>	<p>key word transformations (p111)</p> <p>word formation (p112)</p>	<p><b>topic:</b> a world without music</p> <p><b>skill:</b> talking about potential consequences</p> <p><b>task:</b> collaborative task and discussion</p>	<p><b>topic:</b> documentaries for teens</p> <p><b>skill:</b> paraphrasing and cohesion</p> <p><b>task:</b> essay</p>	<p><b>video:</b> do you think it's funny?</p> <p><b>project:</b> the greatest prank</p>
<p><b>topic:</b> funny things pets do</p> <p><b>skill:</b> following contrasting ideas and corrections to opinions</p> <p><b>task:</b> multiple matching</p>	<p>key word transformation (p125)</p> <p>multiple-choice cloze (p126)</p>	<p><b>topic:</b> working at night</p> <p><b>skill:</b> using a variety of phrases</p> <p><b>task:</b> long turn</p>	<p><b>topic:</b> outdoor activities</p> <p><b>skill:</b> effective introductions and conclusions</p> <p><b>task:</b> informal email</p>	<p><b>video:</b> turtle survival</p> <p><b>project:</b> environmental protection</p>
<p><b>topic:</b> attracting attention</p> <p><b>task:</b> multiple choice: short extracts</p>	<p>multiple-choice cloze</p> <p>open cloze</p> <p>word formation</p> <p>key word transformation</p>	<p><b>topic:</b> how we communicate</p> <p><b>tasks:</b> interview; long turn; collaborative task; discussion</p>	<p><b>topics:</b> work experience; a talent show; a summer festival</p> <p><b>task:</b> Part 2 choices</p>	

“  
I try to do  
something  
I love  
every day.”

Look at the photo and discuss the questions.

- 1 Do you do something you love each day?  
If so, what?
- 2 What passions did you have when you  
were younger?
- 3 Are there any disadvantages to being  
passionate about something?

## Passions

### READING

topic: passions  
skill: identifying attitude  
task: multiple choice

### GRAMMAR

present tenses and time  
expressions  
phrasal verbs

### VOCABULARY

achievements; idioms;  
adverb collocations

### LISTENING

topic: adversity in sports  
skill: understanding context  
task: multiple choice;  
short texts

### USE OF ENGLISH

key word transformation  
multiple-choice cloze

### SPEAKING

topic: friends and shared  
interests  
skill: using appropriate tone  
and register  
task: introductions; social  
interaction

### WRITING

topic: teens and screens  
skill: developing an argument  
task: essay

### SWITCH ON

video: drone trouble  
project: odd hobbies

## Power up

- 1 Which three of these activities are definitely hobbies? Which three are definitely not? Work in pairs and discuss your ideas.

blogging   cooking   eating   gaming   hanging out with friends  
listening to music   shopping   supporting a sports team  
surfing   watching box sets

## Read on

- 2 Read the title and introduction to the article (paragraph A). Which of the below do you expect to find in the article? Why?

- reasons why we choose a passion
- the effects of our hobbies on our brains
- how science helps us feel motivated
- ways in which our interests help us learn

- 3 Read the exam tip about paragraphs B and C. Answer the questions.

## exam tip: multiple choice

Writers don't always express their attitudes or feelings openly but you can identify them by looking at the language they use. Ask these questions to help you:

- 1 Does the writer use any adjectives which express emotions (e.g. *terrible*, *incredible*, etc.)?
- 2 Does the writer use any comment adverbs (e.g. *luckily*, *disappointingly*, etc.)?
- 3 What do these adjectives/adverbs tell us about the writer's attitude? Do they express anger, pessimism, surprise, etc.?

- 4 e Read the article and choose the answer (A, B, C or D) which you think fits best according to the text.

- 1 In paragraph B, the writer suggests that the *nucleus accumbens* directly contributes to people
  - A feeling emotional.
  - B developing strengths.
  - C overcoming difficulties.
  - D attempting a range of tasks.
- 2 According to Dr Holmes in paragraph C, chemicals in our body stop us
  - A participating in sport.
  - B feeling discomfort.
  - C experiencing pleasure.
  - D getting injured.

- 3 The writer mentions Leonardo da Vinci to make the point that
  - A good things come to brilliant people.
  - B creative people do many activities.
  - C clever people are passionate people.
  - D successful people pursue their interests.

- 4 What does Dr Holmes suggest people do to make life positive?

- A set a goal and work towards it
- B copy other people's hobbies
- C discover what interests them
- D identify what prevents achievement

- 5 Evidence connecting interests and happiness has been weak in research studies because

- A too few people were asked to complete the questionnaire.
- B participants assessed their own feelings of satisfaction.
- C the questionnaires were too complicated to complete.
- D they represented people who were already motivated.

- 6 The author is optimistic that future research will prove a link between passions and

- A a reduction in poor health.
- B an improvement in productivity.
- C a greater desire to be successful.
- D a better performance in a variety of tasks.

- 5 Find words or phrases in the article that mean the following.

- 1 determination and energy to succeed (para A)
- 2 great and unusual intelligence, ability or skill (para D)
- 3 find by searching for a long time (para E)
- 4 full of enthusiasm (para G)

## Sum up

- 6 Work in pairs and discuss the questions.

- 1 According to the article, what benefits can people gain from having a passion? Do you agree?
- 2 How would you describe the writer's overall attitude towards having a passion? Why?

## Speak up

- 7 Work in groups and discuss the questions.

- 1 How do your hobbies make you feel? Why?
- 2 Do you think your hobbies help you to achieve more in other areas? Why/Why not?
- 3 If you could only follow one passion in your life, what would it be?



# The science of having PASSION

**A** We all know someone who has a passion in life – something they seem to live and breathe every day. Having a passion like this can give a person energy and drive, but why is this? What is the science behind people's passions, and how can having a passion benefit us in our daily lives?

**B** Doing something we are passionate about has a surprising effect both on our brains and our body chemistry. The nucleus accumbens, an area of the brain which plays a central role in the human body's reward system, lights up and then releases feel-good hormones into the bloodstream when we do something we love. This, in turn, gives us drive; it helps us to push through when things get hard because we're so committed to the activity. It helps us to get extraordinary things done.

**C** One such astonishing thing is the ability to cope with physical problems that would normally prevent us from carrying on. According to clinical psychologist Dr David Holmes, passion, and the chemical response of our bodies when we feel it, can help us deal with enormous pain. This is undoubtedly the reason why, every now and then, sportspeople finish a match on top of the world only to later discover they've actually broken a bone halfway through. It's only when their chemical responses to the joy of playing disappears that they realise what's happened.

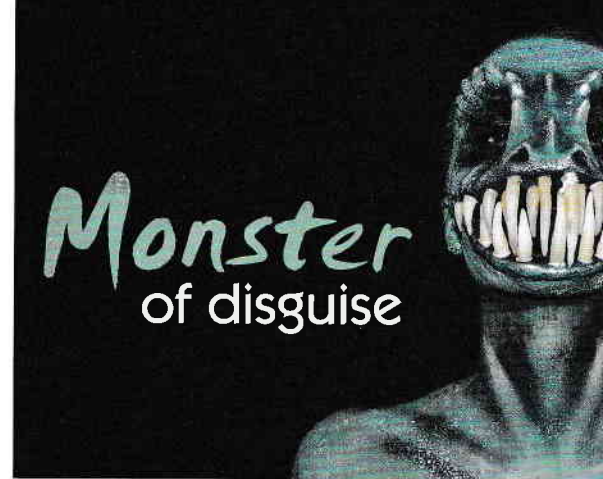
**D** One man who recognised the importance of passion was Leonardo da Vinci. Renowned for his many achievements, he wrote 500 years ago that: 'It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and "happened to things";' Da Vinci 'happened' to plenty of things. He painted the *Mona Lisa*; in his journals were the ideas for inventions such as steam cannons and even helicopters. He was an anatomist, a sculptor and a musician. Although we think of someone like da Vinci as being driven by a force of genius, what he said was that truly successful and ambitious people like him make it their life's work to follow their passions.

**E** According to Dr Holmes, we should all be attempting to make our passions an important part of our lives. He adds: 'Passion is what can make a good day really great. To be happy, we need plenty of those.' But it isn't always easy. Passion is incredibly personal. You have to do something that has meaning to you as an individual – you can't get it from following someone else's passions or dreams, or by merely going through the motions. 'For one person, that sense of satisfaction might come from completing a marathon; for another, it could be finally tracking down a first-edition book they have spent years searching for.'

**F** In recent years, researchers have been trying to prove whether a passion can lead to greater happiness but they have so far been unable to do so. This is down to the fact that participants in studies are usually asked to self-report their own emotions in questionnaires. Such self-assessment is a cheap and simple way to collect data, especially if you want to get information from a very large number of people. However, it relies on participants being honest, as well as interpreting levels of happiness and passion in the same way. So, although we might feel that having things we enjoy is beneficial, unfortunately, science hasn't confirmed this yet.

**G** However, scientific techniques are improving as we speak, so hopefully one day researchers will be able to show that our passions affect not just our happiness but also our ability to do well in all aspects of our lives. We will hopefully discover that our passions allow us to feel more energised and able to cope with the stresses of everyday life. We may find out that our passions help us to cope with activities we typically don't enjoy, allowing us to achieve more in a wider range of areas. Wouldn't it be great if we could prove that spending your weekends on the football pitch could actually improve your maths grades? In the meantime, we'll have to make do with knowing that our passions can provide the drive we need to get up and enjoy life.

Passion is what  
can make a good  
day really great.



Monster  
of disguise

1 Read the grammar box. Complete it with time expressions from these sentences.

In recent years, researchers have been trying to prove whether a passion can lead to greater happiness, but they have so far been unable to do so.

Scientific techniques are improving as we speak.

Every now and then, sportspeople finish a match and discover they've broken a bone.

explore grammar

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present tenses and time expressions

Learning which time expressions are typically used with which tenses can help you to understand and use tenses appropriately.

present simple

regularly, typically, several times a year, once in a while, from time to time, every so often, 1.....

present continuous

at the moment, right now, for the time being, currently, this (year), these days, 2.....

present perfect simple/continuous

for, since, this (week), in/over the last/past (two days), all year, recently, my whole life, 3..... 4.....

2 1.1 Watch or listen to eight people in London talking about their interests. What is each person's hobby? What has their hobby helped them achieve?

3 1.2 Choose the correct verb form in each sentence. Watch or listen again to check your answers.

- 1 As we speak, I wear / am wearing a scarf that I knitted myself.
- 2 For several years now, I'm doing / 've been doing pottery.
- 3 Since I was twelve, I'm / 've been doing acting.
- 4 I've been / am being into football for quite a long time.
- 5 I'm actually / 've actually been a cheerleading coach at the moment.
- 6 Over the past few years I've put / been putting it a bit on the back burner.
- 7 I've written / been writing my whole life so it's my main hobby.
- 8 Recently, I've started doing / to do a lot more baking.

game on

Work in groups. Complete the sentences with true information.

- 1 Three of us have ..... over the past week.
- 2 Two of us ..... from time to time.
- 3 One of us is ..... these days.

Choose one of your answers to tell the class. Can your classmates guess who it's about?

Right now, most sixteen-year-old girls 1..... schoolwork, friends and going to concerts but Lara Wirth from Melbourne has quite a different hobby. Several times a week, the self-taught special effects make-up and body artist 2..... herself into monsters, reptiles and creative characters. She 3..... hundreds of face and body paintings over the last two years and believes that her blue, giant-teethed 'Monster' creation is the best thing that she 4..... so far. Her designs 5..... bigger and better all year, something you can see from her Instagram page, where she regularly 6..... her creations. Lara 7..... up many fans since the Instagram homepage featured one of her photos. In fact, this year alone she 8..... an extra 50,000 followers.

Typically, Lara 9..... much of her week on her hobby but as her exams are coming up, she's got less time. So, for the time being, she 10..... just one design a week but hopes to pursue her passion as a career one day soon.

4 Read about Lara Wirth's interest. Complete the text with the correct present form of these verbs. Look at the time expressions to help you. More than one verb might be possible.

create do gain get juggle make pick share  
spend transform

Speak up

5 Work in pairs and discuss the questions.

- 1 What skills has Lara learnt from working with special effects make-up?
- 2 What skills have you learnt from your hobby?

### achievements

1 1.3 Listen to Max and Katy presenting a podcast. What does each one argue? Who do you mostly agree with?

2 1.4 Match the first half of each sentence (1–8) with the second half (A–H). Listen and check your answers.

- 1 School isn't always the best thing for helping you to **accomplish**
- 2 You can learn more from **pursuing**
- 3 It's not only knowledge that helps you **flourish**;
- 4 Hobbies present new **challenges**
- 5 There are always other people to help you overcome
- 6 Schools can't cater for everyone's interests
- 7 Lots of students have to do out of school activities to **fulfil**
- 8 The key thing is not to let homework **occupy**

- A which push us to achieve.
- B or **talents**.
- C your interests outside of school.
- D those **setbacks**.
- E all your time.
- F their potential.
- G your goals.
- H you need skills too.

3 Match the words in bold in Ex 2 with these synonyms. Some words may match more than one synonym.

abilities   achieve   difficult tasks   following   problems  
reach   succeed   take up

4 Complete the comments about the podcast with six of the words in bold in Ex 2.

#### Candy4

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I agree it's important to <sup>1</sup>..... interests outside of school as we all have a different set of <sup>2</sup>....., but school is important. Work hard at both and you can **have the best of both worlds**.

#### ZakBe

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School has helped me to <sup>3</sup>..... a lot of things. I recently passed the highest violin exam **with flying colours** thanks to my music teacher there.

#### Bluecaramel

[Add message](#) | [Report](#)

I've taught myself quite a few skills **from scratch** using online videos so that was my support. My latest <sup>4</sup>..... is to learn how to do card tricks, but that's not going to get me into college. I think school and free time pursuits **go hand in hand**.

#### Jonny2000

[Add message](#) | [Report](#)

School gets you **on track** in life, but exams <sup>5</sup>..... too much of our time. Focussing purely on academic stuff doesn't teach you the skills to deal with <sup>6</sup>..... later in life.

5 Work in pairs. Talk about your achievements so far. Try to use as many words from Ex 2 as you can.

### idioms

6 Read the language box. Choose the correct word in the example.

#### explore language

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#### idioms

An idiom is a group of words with a special meaning different to the meaning of each separate word. As an idiom is a fixed or semi-fixed expression, it's important to remember the exact words to avoid it sounding strange.

Mountain biking taught me to **have / keep** my cool.

7 Work out the meaning of the idioms in bold in Ex 4. Check your ideas in a dictionary.

8 Write three questions, each one with a different idiom from Ex 4. Ask and answer your questions in pairs.

### Speak up

9 Work in pairs. Whose responsibility is it to teach you life skills such as managing money, cooking or changing a tyre? One of you argue for 'school', the other argue for 'parents'.



Power up

1 Work in pairs and discuss the questions.

- 1 What's your biggest dream for the future?
- 2 What challenges might you face when trying to pursue that dream? How will you overcome them?

2 Read the news story. What do you think the words in bold mean? Check your ideas in a dictionary.

Many **1**gifted sportspeople have had to overcome problems to **2**ultimately achieve their dreams and gain **3**respect in their field. One common **4**obstacle is a lack of access to good facilities and coaching **5**expertise for children. Parents sometimes **6**campaign through online **7**petitions or even **8**demonstrations, to get the **9**funding they want for their children or force the local authority to **10**compromise.


Listen up

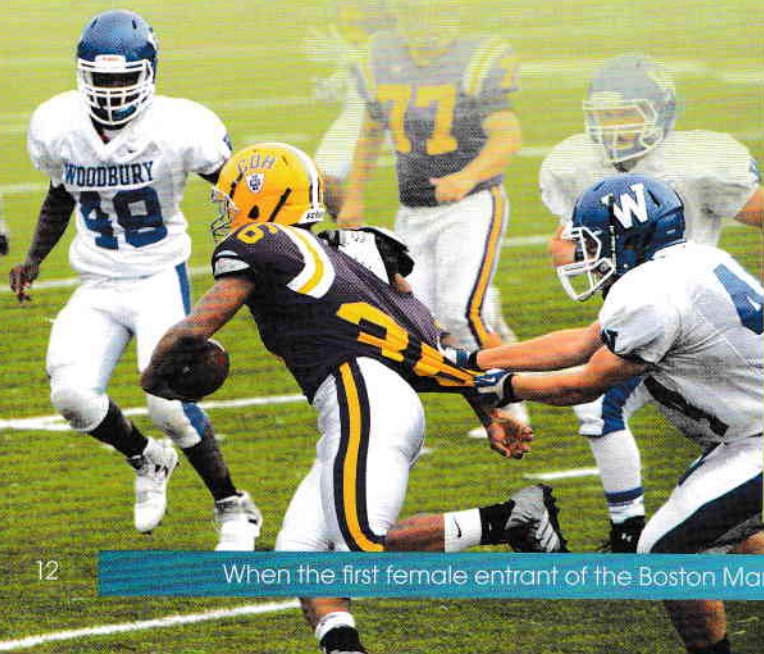
3 Read the exam tip. Then look at the task in Ex 5 and answer the questions in the exam tip.


exam tip: multiple choice: short texts

To follow a conversation, it is important to understand the relationship between the speakers and the context so that you are prepared for what they might say.

Read the introductory sentence for each pair of questions and the question or stem of each one. Who are the speakers? What topic are they talking about? What do you expect them to say?

4  1.5 Listen to the three short conversations about sport. Check your ideas from Ex 3.



5  1.6 Listen again. Choose the answer (A, B or C) which fits best according to what you hear.

Extract 1

You hear two teammates talking about playing American football.

- 1 Why did the girl fight to be allowed to play football with the boys?
  - A She was convinced she was stronger than some other team members.
  - B She felt confident that she could contribute to the success of the team.
  - C She resented the way decisions about the team were taken.
- 2 What is the boy's opinion about how the girl should continue her campaign?
  - A It would be worth appealing to the media.
  - B She ought to attempt to increase her support online.
  - C Holding protests on the streets might be particularly effective.

Extract 2

You hear two friends discussing opportunities for Olympic athletes.

- 3 They agree that sportspeople
  - A can win without access to good facilities.
  - B should be praised for working hard.
  - C only achieve success when they face adversity.
- 4 How does the woman feel about big sporting events?
  - A She is annoyed by the way athletes are exploited.
  - B She is concerned about how fair some events are.
  - C She is annoyed by the approach of some countries.

Extract 3

You hear two friends talking about some research into sports and child development.

- 5 What is the woman's attitude to the research?
  - A She is surprised by the overall results.
  - B She is concerned about the methods used.
  - C She is doubtful it will have an impact on school sports.
- 6 What are the man's feelings towards his own past experience at school?
  - A He is annoyed at having been held back academically.
  - B He is irritated at having been forced to do sports.
  - C He is happy with his choices.

Speak up

6 Work in groups and discuss the questions.

- 1 How much do you think people are affected by their gender and background in terms of being successful?
- 2 What personal qualities do you think a person needs to be successful?
- 3 Should girls and boys be allowed to play sports together at school? Why/Why not?

1 Read the summary. What do the phrasal verbs in bold mean?

Development plays a hand in a child's sporting success. A child too small to **knock** an opponent **down** in a football game won't get picked for the team and may **end up** believing they're no good and **give in**. Conversely, an early developer flourishes at first but may later fail to **live up to** expectations.

2 Read the language box. Complete it with the phrasal verbs from Ex 1. Can you think of more phrasal verbs for each category?

### explore language

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#### phrasal verbs

There are four types of phrasal verb:

- 1 An object is not needed, e.g. ....
- 2 The verb and particle can be separated. An object is needed, e.g. .... Pronouns must go between the verb and particle.
- 3 The verb and the particle cannot be separated. An object is needed, e.g. ....
- 4 There are three words which cannot be separated, e.g. ....

3 Read the article. What fear did each sportsperson suffer from?

## OVERCOMING FEAR on the way to SPORTS SUCCESS

To become a swimmer, Adam Peaty had to 1 ..... his biggest fear: water. He was so terrified of it that, at a young age, he refused to shower and even 2 ..... standing up in the bath rather than sitting. Despite screaming whenever he was taken for swimming lessons, he 3 ..... them ..... and eventually went to the Olympic Games in Rio, where he 4 ..... winning two gold medals aged twenty-one.



Cliff diver Gary Hunt 5 ..... his fear of heights every time he competes. It's hardly surprising as he must enter the water feet first from a twenty-seven-metre high platform or risk serious injury. Despite this, he hasn't let his fear 6 ..... him ..... in his career. He's managed to 7 ..... stiff competition to win several championships.

Tennis player Rafael Nadal's childhood coach knew he was afraid of storms, so he 8 ..... the idea of telling him the thunder gods would punish him if he didn't play his best. It obviously worked.



4 Complete the article in Ex 3 with the correct form of these phrasal verbs. You may need to put the particle after the object.

beat off   come up against   come up with   end up  
get over   hold back   see through   take to

5 e Complete the second sentence so that it has a similar meaning to the first sentence using the word given. Do not change the word given. Use between three and six words.

1 Taking part in the tournaments was fun at first but soon became very stressful.

#### OUT

Taking part in the tournaments  
..... fun but soon became very stressful.

2 Ignoring the opportunity to enter the competition means you won't win.

#### PASS

If you ..... compete, you won't win.

3 Withdrawing from the competition meant that Marnie could now relax.

#### PULLED

Because Marnie  
....., she could now relax.

4 If competitors make a mistake, they will be given a second chance.

#### MESS

Competitors  
..... will be given a second chance.

5 There were more sponsorship opportunities for Ben once he started winning.

#### OPENED

Sponsorship opportunities  
..... once he started winning.

6 Lily won the tournament after surviving a challenging match.

#### CAME

Lily ..... win the tournament.

## Speak up

6 Work in groups and discuss the questions.

1 What fear might hold you back in future? How can you get over it?

2 If something becomes really difficult, do you see it through or give in?

3 Are you a good loser? How easily do you bounce back from defeat?