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Full Fast!

PLUS

LEVEL
B1+



WORKBOOK

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► Student's Book pp. 18-19

A. Complete the text with the correct form of the words/phrase in the box.

alternative considerably conversation couch potato
destination determined doubt locally surrounded tradition

Valley of longevity*

Almost nobody had heard of the small town of Vilcabamba in the Ecuadorian Andes until a group of scientists visited the area in the 1970s. Here they made an amazing discovery: an unusually high number of the townspeople were over 100 years old!

The fascinating story travelled the world and suddenly the region became a popular

(1) _____ to other more common holiday (2) _____. People wanted to know what it was that helped these people live (3) _____ longer lives than normal.

Was it the water they drank, the food they grew (4) _____ or all the clean air that (5) _____ them high up in the mountains?

Perhaps it was the fact that, even at such an old age, they were not (6) _____ but instead continued working in the fields?

Scientists from Harvard Medical School and the Universities of California and Quito were (7) _____ to figure out how these people could live to be up

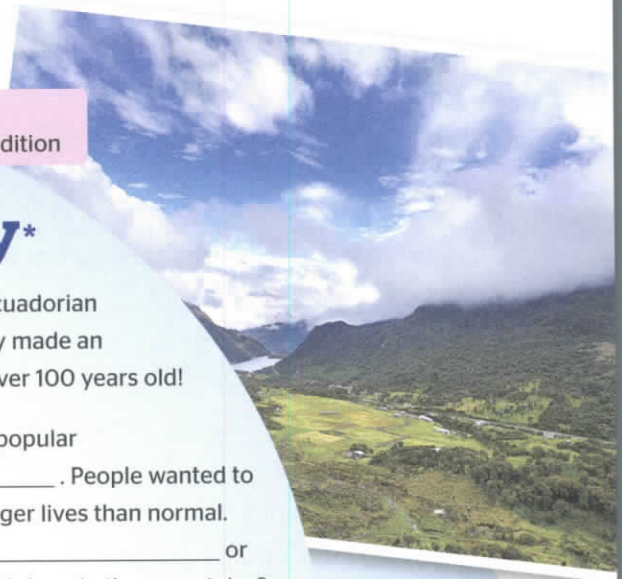
to 135 years old. They carried out several interviews, and started noticing that the people kept changing their ages during each (8) _____.

That's when the scientists began having (9) _____. They soon found that none of those people were over 100; in fact, their average age was actually around 85!

What had happened? It turned out that the people of this remote area had a local (10) _____ of lying about their ages as they got older.

So, this was not a town with the oldest people in the world, but it was a town where people wanted to be older!

* *longevity*: living for a long time



B. Circle the correct options.

- There is a wide **range / category** of classes at the gym, so why don't you try out something you haven't done before?
- We had to wait for hours **on end / at any time** in the departure **lounge / room**.
- Unfortunately, our hotel ended up being on the **outdoors / outskirts** of the city instead of in the centre.
- That part of the city is unknown **country / territory** for me.
- My weekend on the farm gave me a **look / taste** of life in the country.
- What a fantastic sight it is to watch a **falling / dropping** star in the summer sky!
- On my next trip, I will **combine / spend** business and sightseeing.
- In a **credit / cash** crunch, many banks stop lending money.



Student's Book pp. 20-21

A. Complete the sentences with the correct form of the idioms in the box.

be in the same boat drive sb up the wall
get itchy feet hit the road rock the boat
take sb for a ride

- I was going to tell them their behaviour was awful, but I didn't want to _____.
- None of us like sitting in front of a computer all day looking at numbers, so we _____ all _____.
- Be careful you're not _____; that kind of bag shouldn't cost more than £50.
- I'd been working there for eight years before I _____ and left for a more challenging position.
- All these calls from strangers trying to sell me something over the phone _____.
- I will be _____ again tomorrow, so I won't be able to upload any new videos until I get back.

B. Rewrite the sentences below using compound adjectives.

- This river flows fast, so it can be used to produce energy.

- I prefer cars with four doors because I think they're safer.

- I found a note on the floor; it was fifty pounds.

- Berkuzov? That name sounds funny. Are you sure you heard it right? _____
- I've never had any friendships that lasted a long time.

- I hope we get a guide who can speak French.

- On Sunday, there is a pilates training course that goes on all day. _____
- Do you think he'll let me go on holiday for two weeks?

C. Use the words *up, for, in, into* or *off* to complete the sentences.

- The great thing about a holiday is being able to sleep _____.
- We just headed _____ the beach as soon as we got to the resort.
- My cousin came _____ with the idea of our bike trip.
- Her travel stories always liven _____ the conversation!
- How about we split _____ into two groups so we can finish the job sooner?
- I realised that I had forgotten my toothbrush just as the plane was about to take _____.
- Do you think they'll ever invent a car that turns _____ a plane?
- I put _____ my tent on the beach.



D. Match the sentence beginnings 1-7 with the endings a-g.


- I was having a shower
- I had a shower
- When I was travelling through Asia,
- As I was booking the last available tickets online,
- I booked the last available tickets online
- I worked on a cruise ship for six years,
- I was actually working on a cruise ship in the area



- my Internet stopped working.
- but I got tired of the constant travelling.
- when I heard a loud knock at the door.
- I had to spend five hours at Dubai airport.
- and then I started making dinner.
- when the tsunami hit the country.
- and rushed to get my suitcase ready.

E. Complete the text with the Past Simple or the Past Progressive of the verbs in brackets.

Jack Porter | ABOUT ME
⌵



WELCOME TO A BLOG dedicated to travel writing, its joys and its difficulties!

My father (1) _____ (be) in the air force and we (2) _____ (move) around a lot when I was a boy, both inside America and then in Asia, where my love for the region (3) _____ (begin).

One day, ten years ago, while I (4) _____ (look) through a travel magazine, I (5) _____ (see) an advertisement for people to write travel articles relating to Asia. At the time, I (6) _____ (work) at a bank in San Francisco, and I (7) _____ (get) tired of my boring job. Therefore, I (8) _____ (answer) the advertisement, and the travel company (9) _____ (offer) to send me to China. As I (10) _____ (travel) around the country, I realised I (11) _____ (enjoy) discovering new places and food more than I (12) _____ (appreciate) my bank job. So I (13) _____ (make) a complete career change and (14) _____ (become) a full-time travel writer.

What do you think, fellow travellers? Feel free to comment.

▶▶ **Student's Book pp. 22-23**

A. Find the words to complete the crossword.

1. Do you want us to go through this travel _____ and see if we can find a holiday destination we both like?
2. I suggest we book our tickets on the night train as soon as possible so we can get beds in the same _____.
3. The actor's marriage _____ was published in the newspapers only yesterday.
4. The phrase 'camera _____' describes the team of people that are responsible for setting up and using the camera on a film set.
5. Darren and I spent the weekend at a ski _____ high up in the mountains.
6. I didn't mean to _____ your conversation, but is it true that you are leaving for Indonesia?
7. Hugh and Eli want to visit Croatia but they only have a small _____. Do you know of any cheap hotels in the capital?
8. Although the bus hit the building hard, all the _____ walked away uninjured.



B. Complete the sentences with the words/phrase in the box.

in-flight time-saving stuffy physically tiring inconvenient
 confined flight stress-free stressful fascinating

- We had a wonderful time in Rome, but all the running around the museums made it _____.
- The paintings at the gallery opening were _____, but it was so full of people that the atmosphere got rather _____.
- I have a very _____ job as a group organiser at a local travel agency – long hours and lots of running around.
- Her kitchen is full of _____ machines, such as a microwave oven, a blender and a dishwasher.
- Going by car on your own is definitely much more _____ than flying; there are no delays or check-ins to worry about.
- Being in the _____ space of an aeroplane is not my idea of fun.
- Our _____ leaves at such a(n) _____ time – five a.m.!
- I never read the _____ magazines. I prefer bringing one of my own books.

C. Circle the correct options.

- When they left their cabin and went up **on deck / on board**, they saw a couple of dolphins playing in the water.
- We don't have time to search the Internet for a good travel package, so we've asked a travel **agency / conductor** to give us some options.
- From our hotel balcony we had a lovely **view / sight** of the ocean.
- He took his seat in the **cockpit / cabin**, checked all the instruments and got ready for the flight ahead.
- There was no room for my violin case in the overhead **luggage / locker** on the plane, so I had to check it in with the rest of the suitcases.
- Walk along the **corridor / aisle** and you'll find the office on your left.
- The **pilot / flight attendant** started showing passengers what to do in case of an emergency.
- I'm always nervous during **cruise / take-off** and landing.

D. Complete the dialogues using *used to*, *would* or *was/were going to*.

I.

A: We (1) _____ visit some islands in South Asia this summer, but after the earthquake, we don't really know.

B: Oh, isn't that terrible? I (2) _____ go there a lot when my dad was working in India. It's so beautiful.

A: I know. I (3) _____ dream about travelling to that part of the world when I was a little girl. Perhaps we should go after all. The money we spend could help the locals, you know?

II.

A: So what are you going to do after you finish school?

B: I (4) _____ study law, but I changed my mind. Now I think I'll go into journalism. My dad (5) _____ work as an editor for a newspaper, so I might try and do the same. First, though, I want to travel and see some of the world.

III.

A: I still remember my first holiday abroad. Every morning, Mrs Alvarez (6) _____ make us a traditional Spanish breakfast and then we (7) _____ spend the whole day at the beach.

B: You went to Spain, right? We (8) _____ go to Spain last year, but Eric found a better deal in France.



▶▶ Student's Book pp. 24-25

A. Read the situations and reply using suitable phrases to explain, suggest, or express an opinion.

1. Your friend asks you to explain why you want to meet earlier than planned.

2. Your dad asks you what you would like to do together over the weekend.

3. Your friend asks for your opinion on whether he should throw a surprise party for his sister.

4. Your friend asks for your opinion on what colour to paint her room.

5. Your friend asks why you recommended she go to the Mexican restaurant near your house.

B. Circle the correct options.

1. Do you think you could **put me up** / **fit me in** for a couple of nights when I visit Rome?
2. **As for** / **So far** sports, I'm not really keen on football. I prefer tennis.
3. Thanks so much for **attending** / **offering** to pick me up from the airport.
4. Last night, Jessie and I went out for a cup of coffee to catch **in** / **up** on each other's news.
5. When you visit Paris, it would definitely be **worth your while** / **looking forward** to take a boat trip up the River Seine.
6. There was so much to do and see in Madrid that I found it difficult to **do with everything** / **fit everything in**.
7. **By** / **On** the way, I've got some tickets for a rock concert this weekend and I was hoping you could come with me.
8. I've been thinking about what we can do when you get here and I've got quite a few things in **head** / **mind**.



C. Complete the email with the expressions in the box. There are three extra expressions which you do not need to use.

apart from that I'm looking forward why don't we the unique opportunity make suggestions
the reason is I'm really glad catching up that's because in mind how about putting up

To: Zachary Smith

From: Ronnie Jones

Hi Zach!

It was so nice to hear from you! Thank you for inviting me to spend the holidays with you and your family this year. I'd love to and (1) _____ we'll be able to spend the summer together!

There's a slight problem, though: I can't make it until the 26th. (2) _____ that I have a German language exam on the 23rd. (3) _____, I have to take care of my little sister because my parents are going to visit my grandmother in Ashwell on the 24th and 25th.

You asked if I could come up with some ideas and (4) _____ as to what we can do this summer. Well, I've actually got quite a few things (5) _____.

(6) _____ going camping in the Lake District for a couple of days? That way we will have (7) _____ to explore the area and enjoy the outdoors.

(8) _____ to seeing you and (9) _____ on each other's news.

Write soon,
Ronnie

Listen

You will hear an interview with Emily Rodriguez, a teenager who took part in a voluntary tourism programme. For questions 1-8, complete the sentences.



VOLUNTARY TOURISM

- 'Voluntary tourism' is about supporting a(n) _____ organisation during your holiday.
- Emily's parents gave their permission when they realised how _____ she was about the project.
- Emily was involved in the building of a hospital for _____ animals.
- Volunteers did not have to pay for their _____ or food.
- Emily says that doing something for the _____ felt good.
- When it got too hot to work on _____, they went to the beach.
- Emily says some jokes don't _____ when you translate them into another language.
- Emily feels that she benefited from being able to _____ from all over the world.

Exam practice

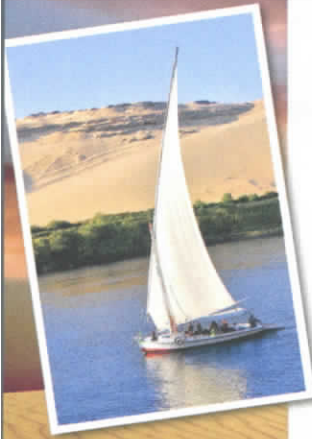
A. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- In the past, Lydia was a travel writer. **used**
Lydia _____ travel articles and books.
- She had planned to work in Peru, but then she signed up for a course. **going**
She _____ in Peru, until she decided to take a course.
- We stayed with our aunt in Granada whenever we went to Spain. **would**
We _____ in Granada on our trips to Spain.
- The idea was to go sailing, but the weather was too bad. **were**
We _____, but the weather was too bad.
- When she was younger, Maria lived in Madrid. **live**
Maria _____ Madrid when she was younger.
- She didn't believe she was leaving until the plane left the ground. **took**
It was only when _____ that she felt like she was really leaving.

B. Read the text and complete the gaps with a suitable word. Use only one word in each gap.

The treasures of Egypt

My first trip to Egypt was full of surprises. I landed in Cairo and (1) _____ I got off the plane, I was hit by a wall of heat. I was nervous (2) _____ the trip. I was (3) _____ to travel with a friend, but he got sick and couldn't go. I had been learning Arabic and was determined to use as much as I could, but I had a few problems with it. Although I made lots of mistakes, people were pleased (4) _____ my efforts. After I went to the hotel and checked into my room, I went straight out exploring. I saw the pyramids of Giza at sunset, which was a beautiful sight. I was fascinated by the size of them. They made me feel so small! You have to wear a lot of insect repellent (5) _____ the mosquitoes bite constantly. After a few days in Cairo, I flew to Luxor, the ancient capital of Egypt. I sailed around in a *felucca* and ate some amazing local food. But the best thing about Luxor (6) _____ the temples. I (7) _____ spend hours every day exploring, but my trip was over all too quickly. I (8) _____ to think that Egypt had nothing to offer but museums and pyramids, but now I know better and I would definitely go back to explore more.



C. Read the text and complete the gaps with the correct form of the words in capitals.

Strange hotels

An unusual hotel can help make your travel experience (1) _____. Imagine staying at a place like Beckham Creek Cave Haven in Arkansas. The main (2) _____ of the place is that guests stay in rooms located in a living cave. It is so alive that water actually drips.

Those who like luxury can stay at the Royal Penthouse Suite at the President Wilson Hotel in Switzerland, which is the most (3) _____ in the world. The suite has four bedrooms, a Jacuzzi, a private terrace and can be yours for just over £65,000 per night. It sounds over the top, but guests here will remember their stay long after their (4) _____.

On the other end of the price range was the first sand hotel at Weymouth Beach in the UK, which opened its doors in 2008. As soon as the (5) _____ of the hotel's opening was made, thousands of people rushed to enjoy sleeping under the night sky in the roofless structure. (6) _____ people soon discovered that it was uncomfortable because sand got everywhere.

Another (7) _____ hotel is the Jules' Undersea Lodge in Florida. It is located 6.4 metres underwater and only divers are able to enjoy the tropical underwater world.

Most people stay at these hotels for a few nights only, but the experience creates interesting memories and (8) _____ which can be revisited for years to come.

FORGET

ATTRACT

EXPENSE

DEPART

ANNOUNCE

FORTUNATE

CONVENIENT

CONVERSE

Student's Book pp. 28-29

A. Complete the text with the correct form of the words in the box.

painful childhood showcase dazzling portrait
satisfying make exhibition run reward

Ever since my (1) _____ I've always wanted to be a professional artist. I had big dreams of being the new Van Gogh or Picasso, painting (2) _____ sunrises over poppy fields that looked like they were on fire, or (3) _____ of people with their noses on the back of their heads. 'What a genius!' the art world would say. People who (4) _____ art galleries would be queuing at my door, begging for the opportunity to use their walls as a(n) (5) _____ for my work. I would have (6) _____ all over the world, at the National Gallery in London, the Louvre in Paris, the Guggenheim in New York. The (7) _____ for my artistic genius would not just be fame. Oh, no. I would (8) _____ money, too – millions and millions of pounds.

The (9) _____ truth, though, is that I have no talent in painting. In fact, I cannot paint to save my life. 'So what career did you decide on?' I hear you ask. Simple. I did the next best thing. I became an art critic. I find it very (10) _____ to give my opinions on something that I could not possibly produce myself. I'm an expert at it, but then again, aren't we all?



B. Choose the word that most appropriately completes each sentence.

- There's so much work to do. It's _____ me crazy!
a. sending b. keeping c. driving d. working
- I don't know exactly what his job is, but I know it's something to _____ with computers.
a. have b. make c. be d. do
- The Devonshire Hotel has been selected as the _____ for this year's Arts & Crafts Festival.
a. exhibition b. artwork c. venue d. event
- He is a(n) _____ by profession, but in his private life he is very serious.
a. organiser b. comedian c. artist d. musician
- After his performance in the film, he became a(n) _____ success.
a. nightly b. nighttime c. overnight d. night
- Tom worked as a waiter to get some extra _____ while at college.
a. pound b. admission c. cash d. reward
- _____ is free and everybody is welcome.
a. Admission b. Entering c. Ticket d. Production
- I'd love to _____ my hobby into a well-paid job.
a. get b. make c. use d. turn

C. Rewrite the sentences using the words in bold.

- How much did you pay him for the portrait he painted of you? **charge**

- One day I'm going to be in charge of my own business. **run**

- I'm very pleased with the photographs I took on my holiday. **proud**

- A lot of people like his style of painting. **popular**

- I learnt a few words of Portuguese when I spent a weekend in Lisbon. **picked**

- You can't learn to play the guitar overnight, you know. **takes**
