

B1. II

Unit 1

Exercise 1

For questions 1-8, complete the sentence with the correct idiom from box A. For questions 9-15, write the idiom that fits the gap from box B.

A-

// on the chin // keep your eye on the ball // get the ball running // giving a fighting chance // be in deep water // out of left field // out of my depth // saved by the bell //

1. If you want to get along in this office, you're going to have to_____.
2. I was going to have to do my part, but someone knocked on the door and I didn't have to do it. I was _____.
3. A good education will ensure that even the most disadvantaged children are _____.
4. When Ruth started talking about the differences between the databases, I knew I was _____.
5. Your remarks came _____. I can't understand your complaint.
6. If I could just _____, then other people would help.
7. We're going to _____ if the bank refuses to authorize a bigger loan.
8. They laid some blunt criticism on him, but he took it _____.

B-

// put her foot down // got something up my sleeve // lift a finger // gave him the boot // an arm and a leg // pulling your leg // caught his son red-handed //

9. My mum _____ and refused to let me go out with my friends until my homework was finished.
10. The boss wouldn't _____ and refused to accept any more changes to the plan.
11. John is always joking around. Don't believe him. He's just_____.
12. I've _____, and it should solve all your problems. I'll tell you what it is after I'm elected.

13. The father was furious when he _____, smoking a cigarette.

14. They _____ for swearing at his manager.

Exercise 2

Complete the text with the correct form of the verbs in brackets. Use either the **Simple Past** or the **Present Perfect**.

My friend Alex is a passionate traveler. He 1) _____ (visit) many countries around the world, and he always enjoys discovering new cultures. Last year, he 2) _____ (decide) to take a long trip through South America.

It was the first time, he 3) _____ (visit) a country outside Europe, so he was very excited.

He 4) _____ (save) money for several months before he left. During the trip, he 5) _____ (travel) through six different countries and 6) _____ (meet) dozens of interesting people.

One of the most memorable experiences happened in Peru. Alex 7) _____ (climb) to Machu Picchu and 8) _____ (take) hundreds of photographs. He says that it is one of the most beautiful places he 9) _____ (ever/see).

Since returning home, Alex 10) _____ (share) his experiences on a travel blog. So far, he 11) _____ (write) more than twenty articles, and thousands of people 12) _____ (read) them. He also 13) _____ (give) several presentations at local schools, where students ask him questions about his adventures.

Recently, Alex 14) _____ (start) planning another trip. He 15) _____ (not choose) a destination yet, but he is considering Asia. His friends are sure that he is going to have many more exciting experiences in the future.

Exercise 3

Read the following text and choose the correct answer (A, B, C or D) for each question.

The Life of a Young Athlete. Pushing my Limits

When I was twelve years old, my basketball coach told me I had the talent to play professionally one day. I was incredibly excited and immediately dedicated my life to the sport. Now, at seventeen, I play for a regional youth team and train for over twenty hours a week. While my friends are going to parties or watching movies, I am usually running on the court or lifting weights in the gym. It is a demanding lifestyle, but it comes with unique rewards.

The absolute best feeling is the sense of achievement after months of hard work. When our team wins a difficult tournament, or when I successfully manage a new technique that we have practiced for weeks, the satisfaction is unforgettable. Sports have also taught me how to be disciplined and how to work well with others. My teammates are like my brothers; we celebrate our victories together and support each other when we lose.

However, being a serious athlete also has its downsides. The pressure to perform well in every single game can be overwhelming. Fans and coaches always expect you to be at your best, and a single mistake can ruin your confidence. Injuries are another major worry. Last year, I broke my ankle and could not play for three months. Sitting on the bench watching my team play without me was one of the saddest times of my life. I was terrified that I would never play as well as before.

In the end, competitive sport has taught me that success requires sacrifice. I have missed family birthdays and school trips, but I do not regret my choices. The challenges have made me stronger, both physically and mentally.

1. What is the writer's main purpose in the text?

- A. to convince readers to join a basketball team
- B. to describe the daily routine of a sports coach
- C. to share the positive and negative aspects of competitive sports
- D. to complain about missing school events

2. How did the writer feel when he was twelve years old?

- A. worried about the amount of training required
- B. thrilled about his coach's encouraging words
- C. jealous of his friends' free time
- D. unsure about his basketball skills

3. What does the writer value most about his teammates?

- A. They offer emotional support during tough times.
- B. They remind him of his own family members.
- C. They help him improve his individual technique.
- D. They are the best players in the regional league.

4. During his ankle injury last year, the writer felt

- A. angry with his coach for replacing him.
- B. relieved to finally get some rest from training.
- C. grateful for the opportunity to watch the games as a fan.
- D. anxious about his future performance in the sport.

5. Which of the following would be the best headline for the writer's profile?

- A. The teenager who gave up his sports dream to enjoy his youth.
- B. A dedicated young athlete who accepts the hard work for the love of the game.
- C. A lucky basketball player who became famous without any effort.
- D. The injured star who believes that sports are too dangerous for teenagers.