

Unit 3 Standard Test B ★★

Listening

1 [1.04] Read the sentences. Then listen to the interview and choose the correct answers.

(10 marks)

- 1 The total distance around the world is more than **25,000 / 30,000 / 35,000** km.
- 2 The person who holds the record for cycling around the world is from **Germany / France / Italy**.
- 3 Katie's first long-distance ride was four **weeks / months / years** ago.
- 4 Katie **has achieved / hasn't achieved / achieve** her goal of 215 km a day.
- 5 She started the Tour de Force on **19 / 21 / 29** June.
- 6 Katie spent twenty-one days cycling **through / up / across** mountains.
- 7 She has had to eat more than 6,000 calories a **day / week / month**.
- 8 Katie has **often / sometimes / never** thought of giving up.
- 9 Her training has been **boring / difficult / terrifying** at times.
- 10 The interviewer thinks Katie's adventure has been **awful / great / fascinating** so far.

Vocabulary

2 Match the definitions with the correct words in the box. (5 marks)

beach cliff rainforest volcano waves

- 1 A mountain with a large opening at the top: _____
 - 2 Area of sand beside the sea: _____
 - 3 A high area of rock: _____
 - 4 A thick tropical forest: _____
 - 5 Lines of water that move across the surface of the sea or ocean: _____
- 3 Complete the sentences. (10 marks)
- 1 He sailed a _____ the world at the age of sixteen.

- 2 My brother and I kayaked o _____ the falls. It was terrifying!
- 3 They c _____ up the mountain to the top.
- 4 Are you going to jump o _____ of the plane?
- 5 We're going to ski d _____ the mountain.
- 6 We swam u _____ the water to see the cave.
- 7 We h _____ across the USA from Los Angeles to New York.
- 8 She dived o _____ the cliff into the lake.
- 9 I can't believe you p _____ down from that plane!
- 10 We cycled d _____ the mountain on our bikes.

Language focus

4 Order the words to make sentences. (10 marks)

- 1 had / she / has / accident / just / an

- 2 has / he / just / the / broken / world / record

- 3 finished / have / just / a / Britain / we / sailing / trip / around

- 4 have / just / arrived / airport / the / at / I

- 5 just / they / have / done / their / parachute / jump / first

5 Complete the sentences with *still*, *already* or *yet*. (5 marks)

- 1 They _____ haven't been cycling this year.
- 2 We've _____ bought our surfboards, so we're ready to go.
- 3 My friend and I haven't decided where we're going on holiday _____.
- 4 I haven't been on a safari trip _____.
- 5 I've _____ organized the transport for the trip.

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6 Complete the sentences and questions using the present perfect continuous form of the verbs in brackets. (10 marks)

- 1 _____ you _____ (wait) long?
- 2 I _____ (bake) cakes today.
- 3 They _____ (listen) to music.
- 4 He _____ (study) for the exam.
- 5 _____ he _____ (sit) in the sun?

Reading

Looking for adventure

Patrick Jones was twenty-seven when he set off from New York to sail around the world alone. Here are some of the entries from the diary he wrote during his journey.

12th May

I left for Bermuda as planned. I've been missing home since I left. I won't see my friends and family again for many months.

26th May

It's been two weeks since I started and I've just arrived in Bermuda. I got lost a couple of times on the way here, which was really worrying.

Over the next two and a half years, Patrick crossed the South Pacific, Indian and the North Atlantic oceans. He had many problems, but each time he was able to solve them.

28th February

The storms and powerful seas nearly destroyed my boat this morning. For the last two months, I've also been using equipment that isn't working properly.

25th September

An enormous oil tanker almost crashed into my boat this morning. It has been one of the most terrifying days of my life.

7 Read the diary entries. Then complete the sentences with words from the entries. Write two words per sentence. (10 marks)

- 1 Patrick Jones set off from New York to _____ the world.
- 2 Patrick has been _____ since he left New York.
- 3 Patrick _____ a couple of times on the way to Bermuda.
- 4 The storms and powerful seas _____ his boat on 28 February.
- 5 Patrick said 25 September was one of the _____ days of his life.

Communication

8 Complete the dialogue with the words in the box. (5 marks)

seen luck what good doing

A: Hi, Emma!

B: Oh, hi Richard. I haven't ¹ _____ you in ages.

A: No, I've been travelling.

B: Really? ² _____ have you been up to?

A: I just got back from a holiday in Costa Rica.

B: Wow! How was it?

A: It was amazing! What about you? Have you been ³ _____ anything special?

B: I've been preparing to take my driving test.

A: Wow! Good ⁴ _____ with that.

B: Thanks! ⁵ _____ to see you again.

Writing

9 Write an article about an adventure holiday. Use the plan and phrases in the box to help you. Write 80–100 words. (10 marks)

Paragraph 1

Where is it? What type of holiday is it?
It's ... which has become very popular.
cycling hiking kayaking sailing surfing

Paragraph 2

How do visitors get there?
Where do they stay?
What can they do there?
It's easy / difficult to learn.

It involves ...

Paragraph 3

How to find out more information.
Check out ...

Total marks:

Listening ____ / 10 Vocabulary ____ / 15
Language focus ____ / 25 Reading ____ / 10
Communication ____ / 5 Writing ____ / 10
TOTAL ____ / 75