

หนังสือเรียน รายวิชาพื้นฐานภาษาอังกฤษ

Project Explore

Student's Book

5

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ชั้นมัธยมศึกษาปีที่ 5

กลุ่มสาระการเรียนรู้ภาษาต่างประเทศ

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1

Experiences

1A I've done that!



What exciting things have you done?
Have you done anything special or different?



Vocabulary Experiences

1 a Look at the pictures (1–12) and complete the experiences with the verbs in the box.

act be climb do fly go go
ride sleep take travel win

Ultimate experiences

Things to do before I'm 20 *Danny Page*

Here's my list of the things I really want to do before I'm 20. What do you think? I've put them in the order I like them. Do you agree with my order? I've only done two so far! (✓) Send me your comments.



1 do a parachute jump
2 snorkelling
3 on a rollercoaster

4 in a plane
5 on TV
6 a competition

7 a mountain
8 to a foreign country
9 in a tent

10 a selfie with a celebrity
11 in a play
12 a horse

Jared, 16

11 Jan

I went on a rollercoaster a few days ago. It was scary, but exciting. I've also climbed a mountain and I've slept in a tent. My sister has done a parachute jump, but she didn't like it at all, so I've taken it off my list. Have you ever been white-water rafting, or ridden a motorbike? They're at the top of my list. I've done both and they're my favourites.

Harry, 15

11 Jan

I've done everything on your list – except take a selfie with a celebrity because I haven't met one yet. But I'm sure I will soon. I've travelled to lots of foreign countries. I flew to Australia last summer, and I went snorkelling on the Great Barrier Reef. I can't believe you've never travelled to a foreign country or flown in a plane! Your life is really boring!

b 1.06 Listen and check. Practise saying the words.

➤ **Workbook** page 2, exercises 1–3

Reading

2 a Read the comments on Danny's Ultimate experiences blog. Which experiences from his list are mentioned?

b Find three experiences that are not mentioned.

3 a Number the experiences from 1–12 in the order you like them best.

b Over to you! Work with a partner. Compare your lists. Agree on three things you both want to do.

I don't want to do a parachute jump, but I want to go snorkelling.

Really? I don't.

Me too.

Rose, 16

12 Jan

I really like your things, especially the snorkelling. It's number 1 on my list. These are the ones I've already done: I've already ridden a horse – awesome! And I've acted in a play at school. But best of all, last month, I held a snake! Have you ever held a snake? BTW I don't believe Harry has done everything on your list. I'm sure he hasn't done a parachute jump – he's too young!

Grammar Present perfect and past simple

4 a Complete the sentences from the text. How do we form the present perfect and the past simple?

Present perfect

- I ___ also ___ a mountain.
- My sister ___ a parachute jump.
- I ___ one (a celebrity) yet.
- I can't believe you've **never** ___ to a foreign country.
- I've **already** ___ a horse.
- Have you **ever** ___ a snake?

Past simple

- I ___ on a rollercoaster a few days ago.
- She ___ it at all.
- I ___ to Australia last summer.
- Last month, I ___ a snake.

b What time expressions do we use with the present perfect? And the past simple?

c Complete the rules with *past simple* or *present perfect*.

We use the ___ when we know when a past action happened.

We can use past time expressions with the ___ to say when things happened.

We use the ___ when we don't know when a past action happened.

We can use *ever* and *never* with the ___ to talk about experiences.

5 Find the past participles of these verbs in the text. Which are irregular?

be climb do go hold ride sleep take travel

Look!

The verb *go* has two past participles:

Peter's been to Košice. (= but he is not there now)

Peter's gone to Košice. (= he is still there)

6 a Complete the dialogues with the correct form of the verbs in brackets.

- A ___ (you/ever/visit) the USA?

B No, I ___. But, I ___ (go) to Canada.

A Really? When ___ (you/go) there?

B I ___ (go) there last year.
- A ___ (they/ever/go) snorkelling?

B Yes, they ___. They ___ (go) last summer when they ___ (be) in Greece.

A ___ (they/enjoy) it?

B Yes, they ___ (love) it!

b 1.07 Listen and check. Practise the dialogues with a partner.

c Over to you! Work with a partner. Talk about your experiences. Use the past simple to find out extra information.

Have you ever slept in a tent?

Yes, I have.

When did you last sleep in a tent?

In July.

► **Workbook** pages 2–3, exercises 4–6

Listening

7 a 1.08 Listen to four dialogues and tick (✓) the experiences the people have had. There are two answers that you do not need.

- | | |
|-----------------------|-----------------------------|
| 1 camping ___ | 4 white-water rafting ___ |
| 2 travel to Italy ___ | 5 travel to Spain ___ |
| 3 ride a horse ___ | 6 go on a rollercoaster ___ |

b 1.08 Listen again. Copy and complete the table with more information.

	Activity	Extra information
1 Liz		
2 Aarav		
3 Rosie		
4 Leo		

c Work with a partner. Compare your answers.

Liz has been white-water rafting, but she hasn't...

Yes, I agree.

No, I don't agree.

Writing

8 Get ready to write Look at the list in exercise 1a. Which activities have you done? Note down more information.

► **Workbook** page 3, exercise 7

9 Write a post for the blog in exercise 2. Include information about:

- things you have already done
- when you did them and if you enjoyed them
- other things you want to do, but haven't done yet
- things you don't want to do.



What other experiences can you add to your list?
I've ridden a motorbike.

1B What are you interested in?



What kind of things make you feel happy?

Reading and Listening

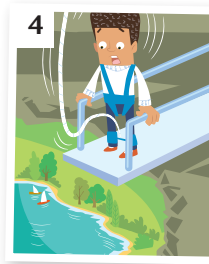
1 a Look at the people in the pictures. How do you think they feel?

b Have you ever been in any of these situations? How did you feel?

I've been to the dentist's lots of times. I always feel scared.

2 a **1.09** Read and listen to *The Happiness Challenge* quiz. Then choose your answers.

b Check the key. Do you agree with the key?



THE HAPPINESS CHALLENGE



How happy are you with your daily routine?

Are you happy with your daily routine or do you find it boring? Would you like to have more fun? What do you need to change? Answer the quiz and find out.

1 How many new things have you done this month?

- A Nothing. I'm nervous about new experiences.
- B One or two things, but nothing really exciting.
- C I've done lots of things. I never miss a chance to try something new.

2 How often do you go out with friends?

- A I hardly ever go out with friends.
- B I only go out with friends at the weekend.
- C All the time – after school, at the weekend. I never stay in.

3 How much sport do you do?

- A I'm not keen on sport, so I only do PE at school.
- B I'm good at PE and I sometimes play sport after school.
- C I'm crazy about sport. I play sport after school and at the weekend.

4 When did you last dance?

- A Never. I'm bad at dancing.
- B I danced once at a friend's party.
- C Last Saturday. I love dancing.

5 Where do you most want to travel to?

- A Nowhere. I get stressed out about travelling, and I'm scared of flying.
- B Greece. I'm really interested in ancient history.
- C The planet Mars. I'm excited about space exploration, and I want to be a part of it.

6 What kind of things do you get excited about?

- A I don't really get excited about anything.
- B Going on holiday or to parties.
- C Everything!

7 Your parents are going away next weekend. Who will you spend the weekend with?

- A I'll stay at home and look after my dog.
- B My best friend only. I'll ask him or her to stay the night.
- C All my friends. We'll have a party!

8 Which sentence describes you best?

- A I'm happy on my own.
- B I like to go with the crowd.
- C I'm not worried about anything. I'm a 'go out and get it person'.

Key

Mostly As: Whose life is this? What are you afraid of? It's nice to stay in, but sometimes it's nice to get out and do things with other people for a change!

Mostly Bs: Why are you holding back? You need more excitement in your life. What are you waiting for? Go for it!

Mostly Cs: You have an exciting life, but sometimes it's good to slow down and take it easy!

c Over to you! Work in a group. Find someone who has the same answers as you. Who has different answers? Why?

3 a **1.10** Listen to Mel and Alex answering the quiz. Which question do they give the same answer to?

b **1.10** Listen again. Whose answers are similar to yours?

Vocabulary Adjectives with prepositions

4 a Look at these adjectives. What prepositions do they go with?

- | | | |
|-----------------|---------------------|-----------------|
| 1 bad <u>at</u> | 5 good ____ | 9 excited ____ |
| 2 afraid ____ | 6 nervous ____ | 10 worried ____ |
| 3 keen ____ | 7 stressed out ____ | 11 happy ____ |
| 4 crazy ____ | 8 interested ____ | 12 scared ____ |

b Read the quiz again and check your answers.

c **1.11** Listen and check. Practise saying the phrases.

5 Over to you! Look at the adjectives with prepositions in exercise 4a. Ask and answer questions with a partner.

I'm afraid of flying. Are you?

No, I'm not, but I'm afraid of swimming in deep water.

► **Workbook** page 4, exercises 1–3

Grammar Question forms

6 a Look at the quiz and the key and re-order these questions. Then choose the correct word to complete the rule.

- you/have/this month/new things/done/how many?
- sport/do/how much/do/you?
- last/you/when/dance/did?
- holding/you/why/back/are?
- what/waiting/for/you/are?

The auxiliary verb (*do, have, be*) usually goes *before* / *after* the subject.

b Look at these questions from the text. Then choose the correct words to complete the rules.

- Where do you most want to travel **to**?
- What kind of things do you get excited **about**?

When you have a question with a verb + preposition, the preposition goes at the *end/beginning*.

When you have a question with an adjective + preposition, the preposition goes at the *end/beginning*.

7 Over to you! You have two minutes to make questions with a word from each column of the table. Score two points for a correct question. Lose one point for an incorrect question.

Who	wait	for	
What	go	at	
Where	look	to	
	travel	from	?
	talk	about	
		with	

Who are you looking for?

What are you talking about?

► **Workbook** pages 4–5, exercises 4–6

Listening and Speaking



8 a **1.12** Look at the photo and listen. What is David's nationality?

b **1.12** Listen again and complete the sentences.

- David comes from Alicante in ____.
- He's staying in the UK for the ____.
- He's living with a ____.
- He's in Britain to improve his ____.
- He really likes the ____.
- He doesn't like the ____.
- He's crazy about ____.
- He's a fan of ____ Football Club.

9 a **Get ready to speak** Work with a partner. Look at the sentences in exercise 8b. Write the questions.

b Ask and answer questions about David.

Where does David come from?

He comes from Alicante in Spain.



Write four questions with adjectives and prepositions and ask a member of your family. Then report back.

My mum is interested in learning the guitar.

► **Workbook** page 5, exercise 7

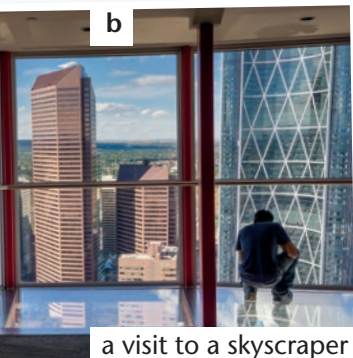
1C Scary or fun?



What is the most frightening thing you have ever done?
How did you feel afterwards? Do you want to do it again?

Reading and Listening

1 Look at the photos. Which of these things do you think are frightening? Which would you like to try?



a visit to a skyscraper



zorbing



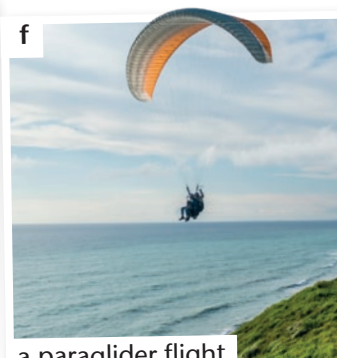
a haunted house



diving with sharks

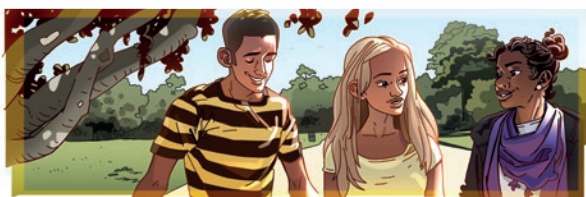


zip-lining



a paraglider flight

2 a 1.13 Read and listen to the first part of the dialogue. Where do the three friends decide to go next weekend?



Sam I'm bored with hanging out here. Why don't we do something fun next weekend?

Ella Me too. We don't often do anything exciting, do we? I'd like to go to an amusement park. Alton Towers is supposed to be good. You've been there, haven't you?

Sam Yes. I went last year. There are some brilliant rides. The rollercoaster was the best!

Lucy Argh! You didn't go on the rollercoaster, did you? I've seen a video of it. It's terrifying!

Sam Yeah, it was scary, but it was fun, too. Have you ever been on a rollercoaster?

Lucy I've always wanted to go on one, but I've never had the courage. I know it's silly because rollercoasters aren't dangerous, are they?

Ella Well, I love rollercoasters. Let's go next Saturday. We can buy tickets online, can't we?

Sam Yes. I can get them. How many shall I get?

Ella Lucy, you're going to come, aren't you?

Lucy I'm not sure...

Ella Get three, Sam.

b Complete the sentences with the correct names.

- 1 ___ wants to go to an amusement park.
- 2 ___ has been to Alton Towers before.
- 3 ___ went on a rollercoaster last year.
- 4 ___ watched a video of a rollercoaster.
- 5 ___ has never been on a rollercoaster.
- 6 ___ says rollercoasters aren't dangerous.
- 7 ___ suggests they can go next Saturday.
- 8 ___ will buy the tickets online.

3 1.14 Read and listen to the second part of the dialogue. How does Lucy feel before the ride?

Lucy I can't do it. I'm too scared.

Ella Of course you can. It only lasts three minutes. Just hold onto my arm.

Sam Sit in the middle between Ella and me.

Lucy I want to get off. I can't believe I agreed to this. Oh no! No! NO!

Sam It's too late! It's moving.



4 1.15 Listen to the last part of the dialogue. Who liked the rollercoaster? Who hated it?

5 **Over to you!** Work in a group. Find out how many students in your class have been on a rollercoaster. What was it like? Who is too scared to try?

► **Workbook** page 6, exercise 1

Grammar Question tags

6 a Complete the sentences from the dialogue.

- 1 You've been there, ____?
- 2 You didn't go on the rollercoaster, ____?
- 3 We can buy tickets online, ____?

Look!

We usually use question tags to check or confirm information.

b Look at the examples in exercise 6a. How do we make question tags with:

- a positive sentences? b negative sentences?

c Find all the question tags in the story.

7 Complete the statements with the correct question tag.

- 1 You went to bed late again last night, didn't you?
- 2 It's Mia's birthday today, ____
- 3 The rollercoaster ride wasn't very scary, ____
- 4 You haven't met my brother, ____
- 5 Alice saw a TV celebrity yesterday, ____
- 6 I can leave early today, ____
- 7 They like sport, ____

Pronunciation Intonation with question tags

8 a 1.16 Listen and check the sentences in exercise 7. Does the intonation go up or down at the end?

b 1.16 Listen again and repeat.

► **Workbook** pages 6–7, exercises 2–5

Speaking

9 a **Get ready to speak** How well do you know your partner? Say things that you think are true about him/her and add a question tag to check the information. Use the prompts.

- 1 age
You're 13, aren't you?
- 2 birthday
- 3 brothers and sisters
- 4 like (a type of sport)
- 5 don't like (school subject)
- 6 can't speak (a language)
- 7 going to do this evening
- 8 watched on TV last night
- 9 have done recently
- 10 didn't do yesterday
- 11 did at the weekend

b Work with a partner. Ask and answer your questions. How many did you guess correctly?

You're 13, aren't you?

No, I'm not. I'm 14.

Listening

10 a Look at the photos. Match the words in the box to the photos (1–6). Are you afraid of any of these things?

the dentist dogs flying
heights snakes spiders



b 1.17 Listen to part one of an interview with a psychologist. What is the difference between a fear and a phobia?

11 a 1.18 Listen to part two. Which phobia in the pictures is not mentioned?

b 1.18 Read the questions. Then listen again and answer them.

- 1 Which phobias may be ancient human reactions?
- 2 Why is it important to feel fear?
- 3 What causes phobias of injections, flying or dogs?
- 4 What types of phobias can exposure therapy help?
- 5 How does exposure therapy work?

12 **Over to you!** Work in small groups. Discuss these questions.

- 1 What other phobias can you think of?
- 2 Are you scared of anything? What?
- 3 What's the best thing to do when you're scared of something?
- 4 Find out how many people have phobias in your class? How do they manage their fear?

► **Workbook** page 7, exercise 6



Invent a name to describe a phobia and explain what the phobia is.

Homeworkophobia is a fear of homework!

1D It's the capital of...



How many capital cities do you know?
Compare your lists.

1 a **1.19** Read and listen to the dialogue.
What is Oscar excited about?

Robyn So, Joey, you've made it to school on time every day this week. How?
Joey My dad bought me another alarm clock...
Robyn That's it?
Joey Yeah. I have my phone and two alarm clocks.
Oscar GUYS!
Lottie Oscar looks excited about something.



Lottie Oscar, what's wrong?
Oscar Guys, have you ever been to Bratislava?
Robyn No.
Oscar It's the capital of...
Lottie We know where it is, Oscar. We've just never been there.
Oscar How about going there this summer?
Robyn I'm not sure about that.
Oscar Come on. Why don't we all go somewhere different this holiday? Together?
Robyn That sounds great, Oscar. But why Bratislava?
Oscar My orchestra's going there. Family or friends can come with us. It's a proper trip – supervised.
Joey OK. What do we do in Bratislava while you're playing your violin?
Oscar You could visit the city. I have to go. Let's talk about it tomorrow, OK?

b Are these sentences true (T) or false (F)?
Correct the false sentences.

- 1 Oscar's orchestra is going on a trip.
- 2 The girls know where Bratislava is.
- 3 Robyn has been to Bratislava before.
- 4 Oscar wants to go on the trip with his family.
- 5 The four friends have been on holiday together before.
- 6 Joey usually turns his phone off when he watches football.



Robyn Hey, what are you up to, Lottie?
Lottie Nothing much. You know this trip to Bratislava?
Robyn What about it?
Lottie I think Oscar really wants us all to go. He's probably really excited about it, but I think he's really stressed out about it, too.
Robyn I know. I'm sure he wants his friends with him. And Bratislava looks really cool!
Lottie Shall we call Joey and persuade him?
Robyn Good idea! No, wait! We can't do that now. It's his football evening. He's probably turned his phone off.

2 a Spoken English What do these expressions mean? How do you say them in your own language?

That's it?

What's wrong?

What are you up to?

Nothing much.

What about it?

b Work in a group. Practise the dialogues.

► **Workbook** page 8, exercise 1

3 a Over to you! What do you think will happen next?

b **1.20** Listen and check.

4 Work with a partner. Answer the questions.

- Imagine you are in the orchestra. What questions have you got about the trip?
- Would you want to go on the trip? Why? / Why not?

Everyday English Suggestions

5 a Look at the useful phrases. Find examples in the dialogue in exercise 1a.

Useful phrases: making a suggestion

Let's...

Why don't we...?

How/What about...?

Shall we...?

You/We could...

Useful phrases: rejecting a suggestion

We can't do that. I don't like that idea.

I'm not sure about that. I'd prefer...

Useful phrases: agreeing with a suggestion

Good idea! That sounds great!

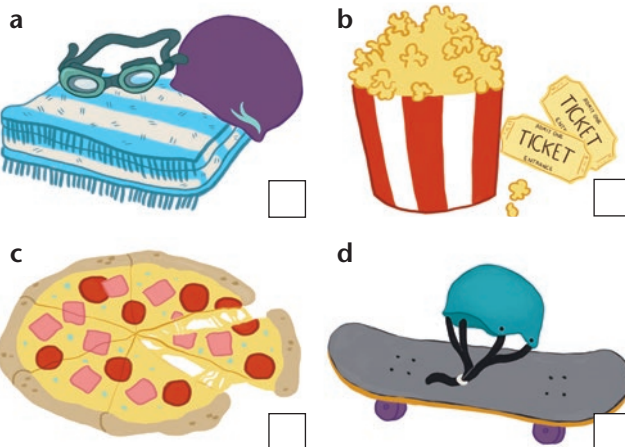
OK. All right.

b **1.21** Listen and repeat. Copy the intonation.

► **Workbook** page 8, exercises 2–3

Listening and Speaking

7 a **1.24** Listen to three conversations. What do the speakers decide to do? Match the conversations (1–3) to the pictures (a–d). There is one picture you do not need.

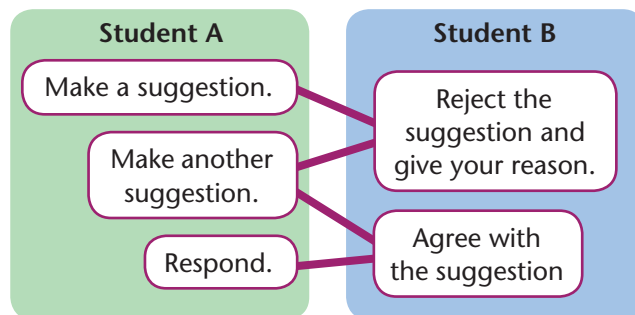


b **1.24** Listen again. Which expressions in exercise 5a do you hear?

8 Get ready to speak Look at these situations. Make suggestions and give responses.

go running go shopping go to a café
go to a disco make a cake
stay at home watch a football match

9 Work with a partner. Make a suggestion. Your partner rejects your suggestion and you make a second suggestion.



I'm bored. Shall we play a video game?

I don't like that idea. I'd prefer to go out. It's a lovely day.

All right. Why don't we go running? I need some exercise.

► **Workbook** page 9, exercises 6–8

EXTRA

Change roles and try again. Speak as fluently as possible without stopping.

Pronunciation

silent
r

6 a **1.22** Listen and repeat the words in the box. Which words have a silent 'r'?

every alarm great Friday sure trip
turned Saturday stressed summer

b Put the words in the correct column.

Silent 'r'	Pronounced 'r'
alarm	every

c **1.23** Listen and check your answers.

d Choose the correct word to complete the rule.

We don't pronounce 'r' *after/before* a vowel.

► **Workbook** page 9, exercises 4–5

1 Revision

Vocabulary Experiences

1 Complete the sentences with the words in the box.

competition mountain parachute jump
plane snorkelling tent TV

- 1 In August, I went camping and slept in a ____.
- 2 I did a ____ last month. It was scary!
- 3 Anna won the school photography ____.
- 4 My cousin is on ____ tonight. She's a rap singer!
- 5 I've climbed Mount Vysoká. It's a ____ in the Tatras.
- 6 My sister wants to go ____ when she visits Croatia.
- 7 Last year, I flew in a ____ to London.

Adjectives with prepositions

2 Complete the sentences with the correct preposition.

- 1 Clare is interested ____ space travel.
- 2 I'm scared ____ snakes.
- 3 Are you good ____ Geography?
- 4 All my friends are crazy ____ football.
- 5 Toby is very keen ____ cooking.
- 6 They are worried ____ the History test.
- 7 My mum is afraid ____ high places.
- 8 We're all bad ____ dancing.

Grammar Present perfect and past simple

3 Choose the correct forms to complete the sentences.

- 1 I *never visited* / *'ve never visited* Italy.
- 2 What *have you done* / *did you do* yesterday?
- 3 My parents *have gone* / *went* out. They're at the cinema.
- 4 Joe *rode* / *has ridden* a horse twice.
- 5 She's *had* / *had* a party on her birthday.
- 6 *Have you ever been* / *Did you ever go* to Paris?
- 7 When *did you see* / *have you seen* Lucy?
- 8 We've *finished* / *finished* school two days ago.

Question forms

4 Complete the questions for the answers.

- | | |
|-------------------|---|
| 1 Where ____? | Lucas comes from Argentina. |
| 2 Who ____? | Mary is looking for her mum. |
| 3 How often ____? | We play football every week. |
| 4 What time ____? | They finish school at 3.30 p.m. |
| 5 When ____? | I go to the swimming pool on Saturdays. |
| 6 Whose ____? | It's my brother's bike. |

Question tags

5 Complete the sentences with the words in the box.

are they can you didn't you do they
doesn't she have you isn't it wasn't he

- 1 You haven't seen Mariam, ____?
- 2 She speaks Russian, ____?
- 3 They don't live in Italy, ____?
- 4 The shop is closed on Sundays, ____?
- 5 He was at the concert, ____?
- 6 You can't play the violin, ____?
- 7 They aren't American, ____?
- 8 You went snorkelling, ____?

Everyday English Suggestions

6 Complete the dialogue with the words in the box.

idea let's prefer sure why

- Jill 1 ____ don't we go to the museum?
- Sam I'm not 2 ____ about that. I think museums are boring.
- Jill Well, 3 ____ watch a video, then.
- Sam I'd 4 ____ to go to the cinema.
- Jill Good 5 ____! Let's see what film is on.

Learning to learn Learning irregular verbs

It is difficult to remember irregular verbs in English because they don't follow any rules. But some irregular verbs have a similar pattern. One way to learn irregular verbs is to put them in similar groups. For example:

- Verbs that stay the same in the present, past and past participle.
Example: *cost-cost-cost*, *set-set-set*
- Verbs that are the same in the past and past participle forms, but not the present.
Example: *shoot-shot-shot*, *get-got-got*
- Verbs that end in -en in the past participle.
Example: *speak-spoken*, *broke-broken*, *wake-woken*

► **Workbook** pages 10–11, exercises 1–8

YOU FIRST!

What is the most memorable thing you have ever done? When did you do it?

A blog post

Home | About | New posts | Archives | Contact

Memorable experiences By Lisa Hughes

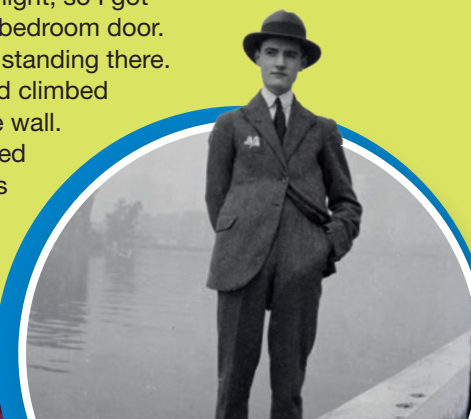
I've been on a zip line like this one! It's the most exciting thing I've ever done.

I went on a zip line at an adventure park in Wales last summer. I felt scared of trying at first because it was really high. But when I flew over the trees, I loved it. It was over 500m long and the views were amazing. I've only done it once, but I want to go again!



I've seen a ghost! I've never felt so scared.

Two months ago, I was sleeping at my grandparents' house in the country. A noise woke me up in the night, so I got up and opened my bedroom door. A strange man was standing there. He smiled at me and climbed into a picture on the wall. The next day, I looked at the picture. It was the same man. My granddad told me he was his great-grandfather.



I've eaten raw meat! I've never eaten anything so disgusting. Yuck!

Last February, I went on a school exchange to France, and I stayed with a family in Toulouse. The food was very good, except once. They served me a French speciality called 'steak tartare' – raw meat with an egg on top. I ate it all, but it was horrible.



I've acted in a play on stage! It is the most stressful thing I've ever done.

Last September, I joined the school theatre group. I'm very shy, so I didn't want to act. I wanted to help with the costumes. On the last night, one of the actors was ill, and our teacher asked me to replace her because I knew the words. Surprisingly, I loved it but it was stressful! I've decided to act in the next school play.



Look! Past time expressions

When we describe an activity or an event in the past, we can use the following time expressions.

Last year/summer/month/September

Two weeks/months/days/years ago

The next day/Two days later

On the first/last/second night

1 a Get ready to write Work with a partner. Think about memorable experiences you have had. They can either be good or bad experiences.

b Read Lisa's blog post. What type of experiences does she write about? Choose the correct adjectives from the box.

embarrassing exciting funny
horrible scary stressful

c When did she do these things?

2 Look at the adjectives in exercise 1b and think of three or four experiences you have had. Make notes to answer the following questions:

What was the experience?

When did it happen?

Where did it happen?

How did you feel?

3 Read the Look! box. Find examples of past time expressions in Lisa's blog post.

4 Start writing Use your notes in exercise 2 to write your blog posts. Try to use past time expressions.

5 Find some pictures from home or on the internet to illustrate your memorable experiences.

6 a Complete your project Put your blog post on a large piece of paper with your texts next to the pictures.

b Present your blog posts to the class and discuss these questions:

- Who has had similar experiences?
- Who has had the most exciting/scariest experience?
- Whose blog is the most interesting?

1 Culture



What youth organizations are there in your country? Do you belong to any clubs or groups?

Duke of Edinburgh Award

What is it?

The Duke of Edinburgh Award (DofE) is a personal development programme for young people. The award gives 14- to 24-year-olds the chance to develop skills and confidence.

The DofE programme started in the UK in 1956. Its founder was Queen Elizabeth II's husband, Prince Philip, Duke of Edinburgh. Today, the award exists in 144 countries worldwide and it is especially popular in the UK, Canada and Australia. In some countries, it is called the International Youth Award, but the programmes people follow are the same. Over five million young British people and eight million people worldwide have received the award since the programme started.

How does it work?

The award programme has three levels of difficulty: Bronze, Silver and Gold. The challenges and commitment increase over the levels. At each level, there are four sections that everyone must do: volunteering, skills, physical fitness and an expedition. At Gold level there is an extra Residential Project where you stay away from home for five days working together with other people. You must complete all sections before your 25th birthday.

	Age	Length of time
Bronze	14+	3–6 months
Silver	15+	6–9 months
Gold	16–25	12–18 months

How do you do a DofE Award?

Each person creates their own programme of activities with the help of an adult leader. You must do one activity from each section. You can continue doing something you already know, or try something new, but you must spend at least one hour a week on your activities.



Volunteering You do voluntary work such as helping elderly people, or environmental projects. You meet new people and help your community.



Physical fitness You choose a sport and practise it regularly. You keep fit and healthy and it gives you confidence.



Skills You can choose a new skill or something you already do, for example, learning an instrument, a language, cookery or theatre skills.



Expedition This group expedition gives you experience in team work. You can do things like hiking, kayaking or cycling and you go camping.



1 Read the text. What is the Duke of Edinburgh Award?

2 Answer the questions.

- How old do you need to be to do the DofE Award?
- When did the award start?
- Why is it called the Duke of Edinburgh Award?
- Where can you do the DofE award?
- Where is it very popular?
- How many people outside the UK have received the award?
- What are the three levels of the DofE?
- What are the four different sections of the award?

3 **1.25** Listen to Sarah talking about the Duke of Edinburgh award and complete the table.

	Sarah
Country	—
Level	—
Volunteering	—
Physical fitness	—
Skills	—
Expedition	—

4 a **Over to you!** Work with a partner. Imagine that you are going to do the Bronze DofE Award. Discuss the activities you are going to do for each section.

b Compare your programme with another pair.

c What youth programmes are there in your country?





What happens to your body when you're in a scary situation?

- 1** Check the meaning of the words and complete the labels (1–7) in the picture.

brain breathing glands
heart muscles pupils skin

- 2** **1.26** Read and listen to the text. What is the 'fight or flight' reaction?

- 3 a** Read the text again and answer the questions.

- 1 Why is the fight or flight reaction important?
- 2 What does the brain do when you're in a dangerous situation?
- 3 Why does the blood move to your muscles?
- 4 What happens to your eyes?
- 5 Why do some people enjoy rollercoasters and extreme sports?
- 6 Do all people enjoy the fight or flight reactions?

b Do you enjoy scary situations, or do you avoid them?

- 4 Over to you!** Work with a partner. Think of a situation when you were afraid. What did you do? Describe the situation and your reactions.

Fight or flight

You're on a rollercoaster. It gets to the highest point and stops for a moment. You're very high up. You know what happens next, but there's nothing you can do. At that moment, your body has an automatic reaction. This physical reaction to fear is called 'fight or flight'. It is important because it helps protect us from danger.

The fight or flight reaction prepares the body to face a danger: to fight it or run away fast. When we see a danger, the brain sends a signal to the adrenal glands and they produce a hormone called adrenaline into the blood. This causes physical reactions in different parts of your body. Your breathing becomes faster. Your heart beats faster, moving the blood in your body to your muscles, so that you are ready to move. Your pupils become larger, so you can see better, and sweat cools your skin.

Some people enjoy this physical reaction to fear. They love watching horror films or doing extreme sports. But others don't like the sensation of fight or flight. They keep away from situations they are scared of. Which are you?

The chemistry of fear

