

# Unit 3 Standard Test A ★★

## Listening

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

(10 marks)

- 1 The current world record is less than **95 / 105 / 155** days.
- 2 Katie cycled over **1,400 km / 1,900 km / 2,000 km** on her first long-distance cycle ride.
- 3 She **has achieved / hasn't achieved / achieve** her training goal of 215 km a day.
- 4 Katie spent **19 / 21 / 29** days cycling across France.
- 5 She started her Tour de Force cycle on **19 / 21 / 29** June.
- 6 In the Tour de Force challenge, Katie cycled **through / up / down** valleys.
- 7 She had to eat 6,000 calories a **day / week / month**.
- 8 She has **often / sometimes / never** considered giving up.
- 9 Katie's training has been **difficult / exhausting / terrifying** so far.
- 10 Katie is having a **great / horrible / boring** adventure.

## Vocabulary

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

beach cliff rainforest volcano waves

- 1 A high area of rock: \_\_\_\_\_
  - 2 A thick tropical forest: \_\_\_\_\_
  - 3 A mountain with a large opening at the top: \_\_\_\_\_
  - 4 Area of sand beside the sea: \_\_\_\_\_
  - 5 Lines of water that move across the surface of the sea or ocean: \_\_\_\_\_
- 3 Complete the sentences with the correct words. (10 marks)
- 1 My brother and I kayaked o\_\_\_\_\_ the falls. It was terrifying!

- 2 He sailed a\_\_\_\_\_ the world at the age of sixteen.
- 3 We h\_\_\_\_\_ across the USA from Los Angeles to New York.
- 4 We cycled d\_\_\_\_\_ the mountain on our bikes.
- 5 I can't believe you p\_\_\_\_\_ down from that plane!
- 6 She dived o\_\_\_\_\_ the cliff into the lake.
- 7 They c\_\_\_\_\_ up the mountain to the top.
- 8 We swam u\_\_\_\_\_ the water to see the cave.
- 9 We're going to ski d\_\_\_\_\_ the mountain.
- 10 Are you going to jump o\_\_\_\_\_ of the plane?

## Language focus

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

- 1 finished / have / just / a / Britain / we / sailing / trip / around  
\_\_\_\_\_
- 2 just / I / have / done / my / parachute / jump / first  
\_\_\_\_\_
- 3 had / he / has / accident / just / an  
\_\_\_\_\_
- 4 have / just / arrived / airport / the / at / they  
\_\_\_\_\_
- 5 has / she / just / the / broken / world / record  
\_\_\_\_\_

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

- 1 My friend and I haven't decided where we're going on our adventure \_\_\_\_\_.
- 2 We've \_\_\_\_\_ bought our surfboards, so we're ready to go.
- 3 They \_\_\_\_\_ haven't been swimming this year.
- 4 I've \_\_\_\_\_ organized the transport for the trip.
- 5 I haven't been on a safari 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 He \_\_\_\_\_ (listen) to music.
- 2 They \_\_\_\_\_ (study) for the exam.
- 3 \_\_\_\_\_ you \_\_\_\_\_ (wait) long?
- 4 I \_\_\_\_\_ (bake) cakes today.
- 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. (And to be honest, I'm really frightened of travelling by myself.)

**20th 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.

**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 \_\_\_\_\_ from New York to sail around the world.
- 2 Patrick felt \_\_\_\_\_ of travelling alone.
- 3 Patrick \_\_\_\_\_ a couple of times on the way to Bermuda.
- 4 The storms and \_\_\_\_\_ nearly destroyed 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 <sup>1</sup> \_\_\_\_\_ you in ages.

A: No, I've been travelling.

B: Really? <sup>2</sup> \_\_\_\_\_ 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 <sup>3</sup> \_\_\_\_\_ anything special?

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

A: Wow! Good <sup>4</sup> \_\_\_\_\_ with that.

B: Thanks! <sup>5</sup> \_\_\_\_\_ 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