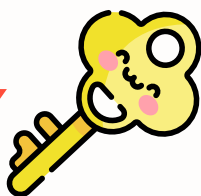


KEY



LINK 7

materialy dodatkowe

UNIT 1

- ☒ Experiences
- ☒ Adjectives with prepositions
- ☒ Fears and phobias
- ☒ Present perfect and past simple
 - ☒ Question forms
 - ☒ Suggestions



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Exercise 1

Match the experiences with their Polish meanings.

1. fly in a glider **k.**
2. plant a tree **o.**
3. take a selfie with a celebrity **l.**
4. climb a mountain **r.**
5. go snorkelling **m.**
6. run a marathon **n.**
7. sleep in an ice hotel **d.**
8. ride a camel **f.**
9. act in a play **j.**
10. watch the sunrise **i.**
11. learn how to surf **b.**
12. win a competition **c.**
13. go zip-lining **h.**
14. travel to a foreign country **p.**
15. swim with dolphins **a.**
16. make a YouTube video **e.**
17. do a parachute jump **q.**
18. be on TV **g.**

- a. pływać z delfinami
- b. nauczyć się surfować
- c. wygrać konkurs lub zawody
- d. spać w lodowym hotelu
- e. nagrać film na YouTube
- f. jechać na wielbłądzie
- g. być w telewizji
- h. zjeżdżać na tyrolce
- i. oglądać wschód słońca
- j. grać w przedstawieniu
- k. lecieć szybowcem
- l. zrobić selfie z celebrytą
- m. nurkować z rurką
- n. przebiec maraton
- o. posadzić drzewo
- p. podróżować do obcego kraju
- q. wykonać skok ze spadochronem
- r. wspiąć się na górę

Exercise 2

Complete the phrases with the verbs from the box. Some verbs are used more than once.

act · be · climb · do · fly · go · learn · make · plant · ride · run · sleep · swim · take · travel · watch · win

1. **climb** a mountain
2. **take** a selfie with a celebrity
3. **fly** in a glider
4. **win** a competition
5. **go** snorkelling
6. **plant** a tree
7. **run** a marathon
8. **be** on TV
9. **ride** a camel

10. **learn** how to surf
11. **watch** the sunrise
12. **do** a parachute jump
13. **swim** with dolphins
14. **act** in a play
15. **travel** to a foreign country
16. **sleep** in an ice hotel
17. **make** a YouTube video
18. **go** zip-lining



Exercise 3

Read the situations. Which experience from exercise 2 does each situation describe? Write the correct phrase.

1. Kuba put on a mask and looked at colourful fish under the water. go snorkelling
2. Lena got a small role in a school show and performed in front of lots of people. act in a play
3. My cousins got up very early and went outside to see the sun come up. watch the sunrise
4. Daniel spent several hours running with hundreds of other people and finished the 42-kilometre race. run a marathon
5. We visited a very cold place where even the beds and walls were made of ice. sleep in an ice hotel
6. Mia stood next to a famous singer, took out her phone and took a photo of them together. take a selfie with a celebrity
7. Tomek jumped out of a plane high above the ground. do a parachute jump
8. Our class put a young tree into the ground near the school. plant a tree
9. Zosia sat on an animal and travelled across the desert. ride a camel
10. My brother recorded a short film and uploaded it to his channel. make a YouTube video
11. The boys travelled high above the ground on a long cable between the trees. go zip-lining
12. Sara went to Spain for the first time last summer. travel to a foreign country
13. Alex appeared in a programme that thousands of people watched at home. be on TV
14. My aunt went up a very high mountain and finally reached the top. climb a mountain
15. Filip had lessons in the sea and practised standing on a board. learn how to surf
16. Julia got first place and received a prize. win a competition
17. We got into a small aircraft with no engine and flew quietly through the sky. fly in a glider
18. During our holiday, we got into the water and played next to these friendly sea animals. swim with dolphins



Exercise 4

Answer the questions.



1. Which experience would you like to try: go zip-lining or do a parachute jump? Why?
2. Would you like to sleep in an ice hotel? Why / Why not?
3. Who would you like to take a selfie with?
4. Would you prefer to ride a camel or swim with dolphins?
5. What country would you like to travel to one day?
6. Would you like to be on TV? What kind of programme would you like to be in?
7. Would you like to climb a mountain? Who would you take with you?
8. Which sounds more fun to you: learn how to surf or go snorkelling?
9. What kind of YouTube video would you like to make?
10. Which three experiences from the list would you most like to try? Why?



Exercise 5

Match the phrases with their definitions.

- | | |
|-------------------------------------|---|
| 1. get cold feet d. | a. relax and enjoy yourself |
| 2. let your hair down a. | b. be with someone experienced who will take good care of you |
| 3. cost an arm and a leg c. | c. be very expensive |
| 4. face your fear e. | d. become too nervous to do something you planned |
| 5. be in safe hands b. | e. accept something that scares you and try to overcome it |
| 6. hair-raising g. | f. the first thing that comes into your head |
| 7. laugh your head off h. | g. be very exciting and a little frightening |
| 8. off the top of my head f. | h. laugh a lot |

Exercise 6

Answer the questions.

1. What is something that can cost an arm and a leg?
2. Off the top of your head, name three things you would like to do this year.
3. What kind of activity would be hair-raising for you?
4. When do you feel you are in safe hands?
5. What do you like to do to let your hair down after a stressful week?
6. Who can always make you laugh your head off?
7. Have you ever got cold feet before doing something difficult or scary?
8. What fear would you like to face one day?
9. Would you rather do something hair-raising or stay somewhere where you are in safe hands? Why?
10. Which of these phrases describes you best in stressful situations: get cold feet, face your fear or let your hair down? Why?

Exercise 7

Write the correct idiom from the box for each situation.

face your fear · laugh your head off · be in safe hands · get cold feet · hair-raising ·
let your hair down · cost an arm and a leg · off the top of my head

1. This new phone is incredibly expensive. cost an arm and a leg
2. I haven't really thought about it, but I'd say Italy is my favourite country. off the top of my head
3. The roller coaster was exciting, but also quite scary. hair-raising
4. Our diving instructor has twenty years of experience, so there's nothing to worry about. be in safe hands
5. You've finished all your tests. Now you can relax and have some fun. let your hair down
6. The video my friend showed me was so funny that I couldn't stop laughing. laugh your head off
7. Lena wanted to go zip-lining, but just before her turn she became too nervous to do it. get cold feet
8. Kuba is scared of heights, but he has decided to try climbing. face your fear

Exercise 8.

Read the sentences. Decide which tense is needed. Write PP (Present Perfect) or PS (Past Simple).

1. I went snorkelling last summer. PS
2. Have you ever slept in an ice hotel? PP
3. My brother has never been on TV. PP
4. Lena won a competition two months ago. PS
5. Have your parents ever ridden a camel? PP
6. We travelled to Spain last year. PS
7. Kuba did a parachute jump on Saturday. PS
8. I have never climbed a mountain. PP
9. Zosia took a selfie with a celebrity yesterday. PS
10. Have you ever watched the sunrise from a mountain? PP
11. Adam has never flown in a glider. PP
12. My cousins went zip-lining during their holiday last year. PS

Exercise 9.

Choose the correct option.

1. We went / have gone zip-lining last summer.
2. Did you ever ride / Have you ever ridden a camel?
3. My sister didn't sleep / has never slept in an ice hotel.
4. Kuba took / has taken a selfie with a famous footballer yesterday.
5. I made / have made my first YouTube video two years ago.
6. My parents travelled / have travelled to Italy three times.
7. Lena won / has won a competition at school last month.
8. Adam was never / has never been on TV.
9. We went / have gone snorkelling during our holiday in Greece last year.
10. Did you swim / Have you ever swum with dolphins?
11. My brother didn't act / has never acted in a school play.
12. Zosia learnt / has learnt how to surf when she was in Portugal.
13. I climbed / have climbed a mountain twice.
14. My cousins didn't fly / have never flown in a glider.
15. Tomek did / has done a parachute jump last Saturday.
16. We watched / have watched the sunrise from the beach yesterday morning.
17. Did your best friend ever travel / Has your best friend ever travelled to a foreign country?
18. Julia planted / has planted a tree with her class last week.
19. I didn't ride / have never ridden a camel.
20. My uncle ran / has run a marathon in 2024.

Exercise 10.

Ask and answer the questions. If the answer is YES, answer the follow-up question too.

1. Have you ever been on TV? What programme were you on?
2. Have you ever won a competition? What did you win?
3. Have you ever travelled to a foreign country? Where did you go?
4. Have you ever made a YouTube video? What was it about?
5. Have you ever climbed a mountain? Who did you go with?
6. Have you ever gone snorkelling? What did you see under the water?
7. Have you ever taken a selfie with a celebrity? Who was it?
8. Have you ever got cold feet before doing something? What happened?

Exercise II.

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

1. Has Olek ever flown in a glider? (fly)
2. Ania acted in a school play in May. (act)
3. We didn't go snorkelling on our class trip because the sea was too rough. (not / go)
4. My grandparents have never travelled to a foreign country. (never / travel)
5. Has Lena ever taken a selfie with a celebrity? (take)
6. Bartek planted a tree in his garden last weekend. (plant)
7. I have ridden a camel once. (ride)
8. Did your brother watch the sunrise with you yesterday? (watch)
9. Our PE teacher ran a marathon in Berlin in 2023. (run)
10. My best friend has never been on TV. (never / be)
11. Did Zosia make a YouTube video for the school project on Monday? (make)
12. Kuba has climbed a mountain twice. (climb)
13. We didn't sleep in an ice hotel during our trip to Sweden. (not / sleep)
14. Have your friends ever gone zip-lining? (go)
15. Ola has never done a parachute jump. (never / do)
16. My cousins learnt / learned how to surf during their holiday in Portugal in June. (learn)
17. Have you ever won a competition? (win)
18. Filip didn't swim with dolphins during his holiday last year. (not / swim)
19. Have you ever let your hair down after a difficult week at school? (let)
20. Marek got cold feet before his first school performance last Friday. (get)

Exercise I2.

Complete the phrases with the prepositions from the box. You can use each preposition more than once.

about · at · by · in · of · on

- | | |
|-------------------------|------------------------------|
| 1. worried <u>about</u> | 7. bad <u>at</u> |
| 2. good <u>at</u> | 8. stressed out <u>about</u> |
| 3. keen <u>on</u> | 9. interested <u>in</u> |
| 4. afraid <u>of</u> | 10. crazy <u>about</u> |
| 5. excited <u>about</u> | 11. scared <u>of</u> |
| 6. fascinated <u>by</u> | 12. nervous <u>about</u> |

Exercise I3.

Complete the sentences with your own ideas.

- | | |
|--|---------------------------------------|
| 1. I'm good at _____ | 7. My mum is bad at _____ |
| 2. My best friend is interested in _____ | 8. One of my friends is keen on _____ |
| 3. My dad is crazy about _____ | 9. My aunt is afraid of _____ |
| 4. I'm scared of _____ | 10. I'm stressed out about _____ |
| 5. My best friend is nervous about _____ | 11. My grandma is worried about _____ |
| 6. I'm excited about _____ | 12. My brother is fascinated by _____ |

Exercise 14

Complete the sentences with the phrases from the box. Use each phrase once.

good at · bad at · excited about · nervous about ·
worried about · stressed out about

1. Kuba has an important English presentation tomorrow and he keeps thinking about making a mistake in front of the class. He's nervous about it.
2. Lena can draw people and animals really well. She's good at drawing.
3. I have four tests this week and two projects to finish. I'm really stressed out about all my schoolwork.
4. My sister can't wait for our trip to London next month. She's excited about it.
5. Bartek always burns pancakes and forgets ingredients. He's bad at cooking.
6. Ola's cat hasn't come home since this morning, so she's worried about him.

Exercise 15

Rewrite the sentences using the words in brackets. Do not change the meaning.

1. Nina thinks space is extremely interesting. (fascinated)
Nina is fascinated by space.
2. My brother really likes skateboarding. (on)
My brother is keen on skateboarding.
3. I want to learn more about photography. (interested)
I am interested in photography.
4. Zosia absolutely loves K-pop. (crazy)
Zosia is crazy about K-pop.
5. Kuba is frightened of snakes. (afraid)
Kuba is afraid of snakes.
6. My little sister is frightened of thunderstorms. (scared)
My little sister is scared of thunderstorms.

Exercise 16.

Put the words in the correct order to make questions.

1. won / have / you / ever / a competition? → Have you ever won a competition??
2. of? / afraid / what / you / are → What are you afraid of??
3. travel / summer? / did / where / your family / last → Where did your family travel last summer??
4. foreign countries / your sister / has / visited? / how many → How many foreign countries has your sister visited??
5. interested / what / in? / are / you → What are you interested in??
6. Marta / did / who / with? / go zip-lining → Who did Marta go zip-lining with??
7. about? / is / nervous / Kuba / what → What is Kuba nervous about??
8. been / have / you / how long / in / interested / surfing? → How long have you been interested in surfing??
9. his first YouTube video? / your brother / when / make / did → When did your brother make his first YouTube video??
10. to? / Ola / who / talking / is → Who is Ola talking to??
11. the sunrise? / you / how often / watch / do → How often do you watch the sunrise??
12. excited / your friends / what / about? / are → What are your friends excited about??

Exercise 17.

Complete the questions with the question words from the box. You can use each question word more than once.

Who · What · Where · When · Why · How · How long · How many

1. When does the school library close?
At 4 p.m.
2. Who is sitting next to Marta in the photo?
Her cousin.
3. What did you order at the café?
A hot chocolate.
4. How long have you had your new backpack?
For about three weeks.
5. How does your brother get to football practice?
By bike.
6. How many books did Lena borrow from the library?
Four.
7. Why is Filip wearing two different socks today?
Because he got dressed in a hurry.
8. Where does your aunt keep her old photo albums?
In a big box in the attic.
9. Who helped you decorate your room?
My older sister.
10. What are you making for your friend's birthday?
A handmade card.
11. When did the film finish?
At about half past nine.
12. How do you usually practise new English words?
With an app on my phone.
13. How long has your neighbour worked at the local sports centre?
For five years.
14. How many students are taking part in the science club this term?
Twelve.
15. Where did your cousin leave his skateboard?
Next to the front door.
16. Why did Nina turn off her phone?
Because she needed to concentrate.

Exercise 18.

Complete the questions for the answers.

1. Where _____ **does Maja keep her roller skates?** _____?

Maja keeps her roller skates in the garage.

2. Who _____ **is Niko chatting with?** _____?

Niko is chatting with his cousin from Sweden.

3. How often _____ **do you practise the guitar?** _____?

I practise the guitar four times a week.

4. When _____ **did your aunt move to Dublin?** _____?

My aunt moved to Dublin in 2022.

5. Why _____ **is Leo wearing a coat?** _____?

Leo is wearing a coat because it's freezing outside.

6. How long _____ **have you known your neighbours?** _____?

We have known our neighbours for seven years.

7. What _____ **is Sara looking for?** _____?

Sara is looking for her headphones.

8. How many _____ **cousins does your brother have?** _____?

My brother has three cousins.

9. How _____ **did they travel to the island?** _____?

They travelled to the island by ferry.

10. Who _____ **did Amelia send the postcard to?** _____?

Amelia sent the postcard to her grandfather.

11. Where _____ **did you leave your suitcase?** _____?

I left my suitcase next to the reception desk.

12. What _____ **did Oskar buy for the trip?** _____?

Oskar bought a new raincoat for the trip.

13. Why _____ **didn't Mia come to the picnic?** _____?

Mia didn't come to the picnic because she felt ill.

14. How long _____ **has your uncle worked in this hotel?** _____?

My uncle has worked in this hotel for eleven years.

15. When _____ **are you meeting your exchange students?** _____?

We are meeting our exchange students tomorrow afternoon.

16. How many _____ **European capitals has Lena visited?** _____?

Lena has visited five European capitals.

17. How _____ **does your dad usually get to work?** _____?

My dad usually gets to work by tram.

18. Who _____ **is Kacper waiting for?** _____?

Kacper is waiting for his older brother.

Exercise 19.

Read the mini-dialogues and choose the best response: A, B or C.

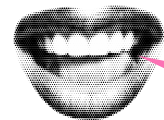
1. Maja: Shall we go to the ice rink after school?
Kuba: _____ I love skating!
A. I'm not sure about that.
B. That sounds great!
C. We can't do that.
2. Ola: Why don't we have a picnic in the park?
Filip: _____ The park is closed today.
A. Good idea!
B. All right.
C. We can't do that.
3. Ania: How about making pancakes for breakfast?
Leon: _____ I love pancakes!
A. Good idea!
B. I'd prefer to go out.
C. I don't like that idea.
4. Bartek: Let's join the school photography club.
Zosia: _____ I'm not interested in taking photos at all.
A. I don't like that idea.
B. OK.
C. That sounds great!
5. Kacper: Shall we study for the maths test together tonight?
Julia: _____ I really need some help with maths.
A. All right.
B. We can't do that.
C. I don't like that idea.

Exercise 20.

Read the situations and make a suggestion.

How about ...? · Let's ... · Shall we ...? · Why don't we ...? · We could ...

1. You and your friend have two free hours after school.
2. Your class wants to do something special on the last day before the holidays.
3. You are at home with a friend and the Wi-Fi isn't working.
4. Your friend wants to buy a birthday present for their older sister but has no idea what to get.
5. It's a sunny Sunday morning and your family has no plans.
6. You and your friend want to earn some money for a class trip.
7. Your cousin is visiting your town for the first time.
8. You and your friends want to organise a surprise for your teacher.
9. You have finished your homework early and don't want to spend the evening on your phone.
10. Your friend feels bored during the school holidays.



Exercise 21

Complete the dialogue using the words in brackets. Do not change their form.

- Lena: _____ **Why don't we go** (go) to the street food festival on Saturday?
 Kuba: I _____ **am not sure** (sure) about that. It might be really crowded.
 Lena: OK. _____ **Shall we have** (have) a picnic in the park instead?
 Kuba: I _____ **'d prefer** (prefer) to rent bikes.

Exercise 22

Complete the conversation with the expressions from the box.

not sure · that idea · that sounds · we could · why don't

- Maja: Have you got any plans for Friday evening?
 Olek: No, I'm free.
 Maja: Great! _____ **We could** try the new escape room in town.
 Olek: I'm _____ **not sure** about that. I don't really like small, dark rooms.
 Maja: OK. _____ **Why don't** we go bowling instead?
 Olek: I don't like _____ **that idea**. My wrist still hurts.
 Maja: What about getting hot chocolate at the new café near the park?
 Olek: _____ **that sounds** great! I've heard their desserts are amazing.
 Maja: Perfect. Let's meet there at six.

Exercise 23

Which fear is it? Read the situations and write the correct fear from the box. Use each phrase once.

snakes · flying · the dentist · birds · enclosed spaces ·
 dogs · open spaces · spiders · the dark · heights

- I get nervous when a group of them suddenly flies very close to my head. _____ **birds**
- I don't like going to check-ups because I'm scared of the drills and other equipment. _____ **the dentist**
- I panic when I see one crawling across the wall on its eight legs. _____ **spiders**
- I hate being in lifts because I feel trapped when the doors close. _____ **enclosed spaces**
- I feel uncomfortable when a large one runs towards me and starts barking. _____ **dogs**
- When I'm on a balcony high above the ground, I feel nervous and don't want to look down.
 _____ **heights**
- I stay away from them because I'm afraid they might bite me, especially the long ones with no legs.
 _____ **snakes**
- I always leave a small light on at night because I don't like sleeping in a completely black room.
 _____ **the dark**
- I get really nervous before getting on a plane, especially when it takes off. _____ **flying**
- I don't like walking across huge empty fields because there is nothing around me. _____ **open spaces**