EXERCISES

1. Jay and Tina both took part in the leisure time survey. Complete what they say with the correct verbs from the box

> **go to the cinema - listen to the radio- watch live music**
>
> **go out with friends- use the internet - play computer games**
>
> **listen to music- play a musical instrument -go to the gym**
>
> **go to evening classes - play sport -watch TV**

JAY

'My computer is very important for me. I'm a student at Manchester University, so I **1.** _____ the internet a lot for my studies and my friends and I **2.**_____ a lot of computer games. I don't **3**_____ any sport. I **4**_____to evening classes twice a week; it's a course on Computer Skills. On other nights, I **5** _____ out with friends – we usually **6**_____ to the cinema.'

TINA

'I'm a professional musician, so music is my life! I **7**_____ to the radio nearly all day – mainly classical or jazz. When I **8** _____TV, it's always a music channel. I even 9 _____to music when I **10**_____ to the gym! I 1**1**_____ the piano and the saxophone. And I **12**_____ a lot of live music in my free time.'

2. Match questions 1–4 with answers a–d in parts A, B and C below.

A

1_____ **When** do you **play football?**	**a** My friends from college.
2-____**Who** do you **play football with?**	**b** On Sunday mornings
3-_____**Where** do you **play football?**	**c** Because it's fun and it's good exercise
4_____ **Why** do you **play football?**	**d** In the local park.

B

1 _____**How often** do you **have English lessons?**	**a** Two.
2 _____ **How long** are the **lessons?**	**b** Twice a week.
3_____ **Which days** do you **have lessons?**	**c** Tuesdays and Thursdays
4 _____ **How many teachers** do you **have?**	**d** 90 minutes

C.

1 **What time** is it?	**a** 16th May.
2 **What time** does the **train leave?**	**b** Monday
3 **What day** is it?	**c** Nearly three o'clock
4 **What date** is it **today?**	**d** Five forty-five.

3. Read the text carefully and summarize it, using a mind map.
Five reasons to work out

by : VidaBlogger2017

I'm sure we all know by now that exercise is great for you. But let's be honest, sometimes finding that motivation to work out can be a little difficult. So, in this post, I am going to share my top five reasons for working out.

1. Exercise can completely change your mood!
When you work out, your body produces endorphins, which will give you a rush of euphoria and happiness. You will feel better after a workout than you did before it. Next time you're having a bad day, try going for a fast-paced run or taking a spinning class, and the day won't seem so bad after all.

2. Exercising is sociable.
Whenever I move to a new city to study or work, I look for exercise classes to do. You meet like-minded people, you can support each other during a difficult workout and you all share a collective feeling of euphoria when the class finishes!

3. Exercise makes you feel confident.
We all know the physical effects of exercise on our bodies but we don't always talk about the mental effects. Exercise might give you a feeling of confidence from being comfortable with your body and appearance. This new confidence might even help in your social or work life.

4. It helps to relieve stress.
Focusing on lifting weights or going for a run can help you forget the problems and stress of daily life, studies or work. During exams, I always spend an hour a day in the gym. It makes me feel less anxious and it also helps me to sleep those important eight hours the night before a big exam.

5. Finally, exercise makes us feel strong, fit and healthy!
Every day, the 20 minutes on the treadmill get easier, the weights feel lighter and you feel a great sense of achievement. It's a great feeling doing something you couldn't do before and knowing it's a result of your hard work.

So, next time you're feeling down, put your trainers on and get sweating. It might not be easy but I promise you will feel so much better once you have finished!

4. Solve the exercise. Match the words with similar meanings and write a–h next to the numbers 1–8.

1…….. suitable	a. a track
2…….. a trail	b. to show
3…….. details	c. to leave
4…….. to abandon	d. complicated
5…….. to reveal	e. a purpose
6…….. a function	f. information
7…….. complex	g. an employer
8…….. a recruiter	h. appropriate

Read the text

Your digital footprint

Every time you go online you leave a trail. This is just like a real footprint. It reveals where you've been, how long you stayed and what you've been doing there. Every time you register for an online service, send an email, download a video or upload a photo, the information can be accessed and your digital footprint can be revealed. This shouldn't necessarily be worrying but it is advisable to be aware of your digital footprint and to be cautious and sensible when you are online.

Six top tips for taking care of your digital footprint

1 Don't forget to log off when you leave a website, especially if you are using a shared computer. If you don't, someone can easily pretend to be you!

2 Don't tell anyone your passwords and don't write them down in an obvious place. Make them more complex by using a combination of letters, numbers and punctuation marks.

3 Tell an adult if you come across anything online that makes you upset, anxious or concerned. There are ways to report inappropriate or abusive content and in most cases web managers respond rapidly.

4 Remember your favourite websites by using the history button and the bookmark function on your computer or mobile device. This is a way that your digital footprint can work in your favour, but remember to clear your browser history regularly.

5 If you want to post comments online, you don't have to use your own name. Invent a nickname to use instead. You can also use a picture instead of a real photo.

6 Protect your identity online. Be careful about who you share personal information with and always think twice before sharing details like your email, home address, school or phone number with someone.

Think about the future

All kinds of people are interested in your digital footprint. It's now quite common for colleges, universities and employers to check out the online profiles of possible candidates as part of their application process. There are cases of people having missed out on jobs and places in college because their digital footprint didn't impress the recruiters. So, remember: keep safe, don't put too much personal information online and always think carefully before you post something. Ask yourself, 'Would I be happy for absolutely everyone to see this?'

1. Check your understanding: multiple choice

Circle the best answer to these questions.

1. When you go online, you ...

a. can choose what information is recorded about you.

b. leave a trail showing where you've been and what you've been doing.

c. send information to recruiters.

2. If people search for information about you, they can find your ...

a. bookmarked websites.

b. passwords.

c. digital footprint.

3. Someone could pretend to be you if you don't log off when ...

a. abandoning a site.

b. posting a comment.

c. sharing a photo.

4. You should make your passwords difficult to guess by ...

a. using all capital letters.

b. making them complex.

c. including a symbol.

5. If a user reports inappropriate content, ...

a. web managers usually react immediately.

b. recruiters often respond.

c. other users want to read what they've said.

6. You should report abusive remarks on the internet ...

a. if you think they are really serious.

b. in all cases.

c. if you can find the contact and have time.

7. To remember your favourite websites, you can use the ...

a. browser.

b. bookmark function.

c. mobile device.

8. Think carefully before ...

a. sharing your favourite website online.

b. sharing your comments online.

c. sharing personal information online.

2. Check your understanding: grouping

Write the tips in the correct group.

Write your password in a place where you can find it easily.	Use a picture instead of a photo of yourself.	Use the history button to find a favourite website.	Forget to erase your browser history.
Keep quiet about inappropriate content that you come across.	Use punctuation marks in your password.	Log off when you leave a website.	Use your name when you post comments online.

DO	DON'T