

## How can a hobby improve your life?

- 1a In what ways does your hobby help to make your life better? Tick the ones that are true for you. You may add more.

My hobby helps me ...

- |   |  |
|---|--|
| <input type="checkbox"/> to relax             | <input type="checkbox"/> to make new friends |
| <input type="checkbox"/> to learn a new skill | <input type="checkbox"/> to reduce stress    |
| <input type="checkbox"/> to try new things    | <input type="checkbox"/> _____               |



### Identifying facts and opinions

Facts are statements that are true. On the other hand, opinions express a feeling or belief. They may or may not be true. Look for key words like “think” or “believe” to help you identify whether a statement is an opinion.

- 1b Read the text. Underline the two students' opinions.

## Hobbies That Are Good for You

When work or school is over, what do you do to pass the time? Do you spend time on your hobbies? Reading or listening to music can help us to calm down after a busy day. Physical hobbies, such as playing tennis or doing yoga, can help us to keep fit. And some hobbies are creative. For example, people sometimes paint pictures to remember a beautiful landscape or object, or reduce stress.

Luca Bruno likes to be creative in his free time. But he doesn't make art or write stories. Instead, this Italian teenager finds it fun to make mobile phone apps. He thinks that apps can be a great way to help people. He started programming when he was ten, after he read about famous businessmen who started out as programmers. His latest app allows people around the world to find study partners for learning Italian. They can learn Italian and make friends at the same time!

“It gives me such a sense of achievement to see people using the app,” says Luca. “I believe I'm helping people around the world to learn Italian!”

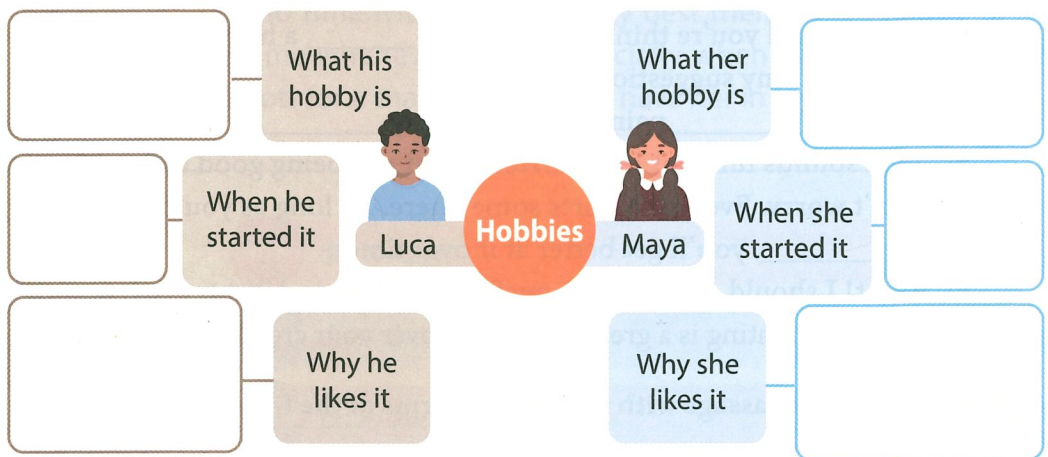
Some people prefer not to make things. They prefer to collect them! In India, Maya Badal doesn't collect coins or stamps. Instead, this teenage girl collects postcards!

“I know some people think postcards are rather old-fashioned, but I think they’re a good way to learn about different places,” Maya says. “I think it’s interesting to see the beautiful buildings and landscapes in foreign countries.”

Maya’s first postcard shows the Mogao Caves in Dunhuang. Her dad sent it to her when she was five, and she liked it so much that she put it up on her bedroom wall! Now there are over one hundred postcards from thirty-two countries on Maya’s walls. She dreams of travelling to these places in the future!



**1c** Read the text again and complete the mind map.



**1d** Read again and complete the sentences with different purposes. Then write about yourself.

1. Some people listen to music to \_\_\_\_\_.
2. Others play tennis to \_\_\_\_\_.
3. Sometimes people paint pictures to \_\_\_\_\_.
4. Luca developed his latest app to \_\_\_\_\_.
5. Maya collects postcards to \_\_\_\_\_.
6. I \_\_\_\_\_.

**1e** What new hobby would you like to take up and why? Share your ideas.

# SECTION A

## What makes you upset?

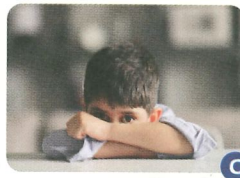
**1a** Look at the words under the pictures. What situations will give you such feelings?



excited



afraid



shy



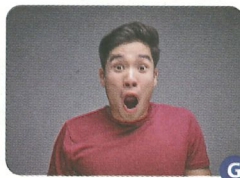
upset



angry



lonely



shocked



worried

- |                                |                              |
|--------------------------------|------------------------------|
| 1. failing a test              | 5. watching a scary movie    |
| 2. living alone                | 6. fighting with a friend    |
| 3. hearing about a sick friend | 7. seeing an accident happen |
| 4. meeting old friends         | 8. meeting a new person      |

**1b** Listen to the conversation. Number the sentences in the correct order.

- \_\_\_\_\_ Ella advised Peter to call Harry.  
1 Harry borrowed a guitar from Peter.  
 \_\_\_\_\_ Harry stopped speaking to Peter.  
 \_\_\_\_\_ Peter said hurtful things to Harry.  
 \_\_\_\_\_ Peter found an ugly mark on his guitar when Harry returned it.

**1c** Listen again. Circle Peter's feelings.

- Peter was **shy** / **worried** when he talked to Ella.
- Peter felt **upset** / **lonely** after his fight with Harry.
- Peter couldn't control his **fear** / **anger** when he talked to Harry.

**1d** Role-play a conversation between Peter and Ella. Give Peter more advice.

- A: If you did something wrong, maybe you should say sorry first.  
 B: I guess I could do that. But I don't know how.  
 A: You could ...

- 2a** You are going to hear a conversation between Peter and Harry. Tick the sentences each person might say.

What might they say?	Peter	Harry
I'm sorry.		
I feel bad about it.		
Don't worry about it.		
I'll be more careful in future.		
I forgive you.		
It was my fault.		
I didn't mean to do it.		

- 2b** Listen to the conversation. Circle T for true or F for false.

- Harry called Peter first to say sorry. T F
- Harry didn't care about the fight. T F
- Peter and Harry said sorry to each other. T F
- Peter got the guitar on his eighth birthday. T F
- Both Peter and Harry thought their friendship was important. T F

- 2c** Listen again. Complete the summary of the conversation.

Peter accepted Ella's suggestion and called Harry so that he could say sorry. Harry also felt \_\_\_\_\_ about the fight and wanted to \_\_\_\_\_ to Peter so that they could clear the air. Peter told Harry the guitar was a birthday present from his \_\_\_\_\_, and it meant a lot to him. After saying sorry, Harry told Peter he would be more \_\_\_\_\_ in future.

- 2d** Tick the situations you have experienced before. You can also choose something else. Talk to a partner about them.

- |   |   |
|---|---|
| <input type="checkbox"/> argued with a friend   | <input type="checkbox"/> talked to a stranger           |
| <input type="checkbox"/> lost something special | <input type="checkbox"/> hurt someone you were close to |
| <input type="checkbox"/> lost a game or match   | <input type="checkbox"/> _____                          |

A: I once lost a watch my dad gave me.

B: How did that make you feel?

A: I was very upset, and I was afraid to tell my dad about it too.

B: Did you find the watch in the end?

A: No, I didn't.

B: That's too bad!

1a What do you know about Mount Qomolangma? Tell a partner.

1b Scan the article to find the information below.

1. \_\_\_\_\_: what climbers called the way up the northern side of the mountain
2. \_\_\_\_\_: the distance between the Second Step and sea level
3. \_\_\_\_\_: the year the first Chinese team reached the top of Qomolangma
4. \_\_\_\_\_: the height of Qomolangma in 2020



### Scanning

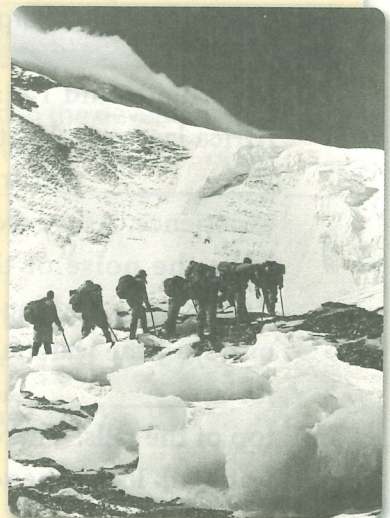
You can read a text quickly to find specific information, such as numbers, years, names, and places. Numbers and years are usually in Arabic numerals, while names and places usually start with capital letters.

## Reaching New Heights

To most people, Mount Qomolangma is one of the greatest wonders of the world. On the highest place on earth, you will feel like you are able to touch the sky. But only the best climbers reach the top, and that is only if they survive the terrible conditions first. On the mountain, temperatures can fall to  $-30$  degrees. Climbers must also deal with thin air, high cliffs, and changeable weather.

Before 1960, no one was able to reach the top of Qomolangma from the northern side. Mountain climbers even called that way the “Death Road”, but a Chinese climbing team was determined to make the climb.

On 24 May 1960, climbers Liu Lianman, Wang Fuzhou, Qu Yinhua, and Gongbu arrived at the Second Step. It was 8,600 metres above sea level. People said it was so high that even birds could not reach it. Liu allowed his teammates to step on his shoulders. Bit by bit, the climbers pulled themselves up, and they made it past the Second Step. At 4:20 a.m. on 25 May, the Chinese national flag flew above the world’s highest mountain for the first time.



In 1975, another Chinese team climbed to the top of Qomolangma to do research. This time, they brought a ladder to the Second Step. Until 2007, almost all climbers from the northern side used this “Chinese Ladder” to reach the top much faster. In 2020, a Chinese research team went to Qomolangma to measure its height—8,848.86 metres.



Climbing Qomolangma is dangerous. Some climbers reach the top successfully, but many fail. Why do people still risk their lives to climb the highest mountain in the world? It is because human curiosity and ambition cannot be stopped. Or, as the English explorer George Mallory put it, it is simply “because it’s there”!

**1c** Read the article again. Match the paragraphs with the main ideas.

- \_\_\_ Paragraphs 1 and 2
- \_\_\_ Paragraphs 3 and 4
- \_\_\_ Paragraph 5

- A. Achievements of Chinese teams
- B. Reasons for climbing Qomolangma
- C. Difficulties and dangers

**1d** Read again. Circle T for true or F for false. Then correct the false statements.

1. A few climbers reached the top of Qomolangma from the northern side before 1960. T F
2. In 1960, Liu Lianman’s teammates used a ladder to get past the Second Step. T F
3. The Chinese team brought a national flag to the top of Qomolangma in 1960. T F
4. The “Chinese Ladder” was placed at 8,600 metres above sea level. T F
5. Climbers first started to use the “Chinese Ladder” in 2007. T F

**1e** Discuss the questions.

1. How do you think the Chinese climbers felt when they placed the national flag on top of Qomolangma?
2. What do you think George Mallory meant by “because it’s there”?
3. What qualities do you think a good mountain climber needs to have?