

Unit ①

It's so great to be young!

I Listening

1. Listen to the sentences and write down the outdoor activity mentioned in each sentence.

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

2. Listen to the dialogues and choose the best answers.

- | | |
|--------------------|-----------------|
| (1) A. Go camping. | B. Go boating. |
| C. Go fishing. | D. Go climbing. |
| (2) A. Play chess. | B. Cycle. |
| C. Go hiking. | D. Read books. |

- (3) A. It's interesting but also safe and funny.
 B. It's healthy but also funny and exciting.
 C. It's a bit dangerous but also exciting and cool.
 D. It's risky but also interesting and safe.

(4) A. By bike. B. By car. C. By bus. D. On foot.

3. Listen to the passage and fill in the blanks.

Parkour is the art of moving (1) _____ your environment using only your

body and the (2) _____ to propel yourself. It can include running, (3) _____, climbing, and even crawling, if that is the most suitable movement for the situation. Parkour could be (4) _____ by imagining a race through an obstacle course. The goal is to (5) _____ obstacles quickly and efficiently, without using extraneous movement.

II Vocabulary

Complete the sentences with the words or expressions in the box. Make changes when necessary.

figure out	gap year	recall	have contact with	explore
ambition	invaluable	volunteer	first-hand	expose

- (1) They got some _____ information about the accident, and reported it to the public.
- (2) Upon arriving at the village, they went out to _____ the famous castle.
- (3) These books _____ children to different viewpoints of a given issue.
- (4) I need to take some time to _____ what's next.
- (5) Her teacher _____, "She used to be the first one to the classroom every day."
- (6) Their advice was of great _____ to me at that time.
- (7) His _____ is to sail around the world.
- (8) She _____ as a nurse at a soldiers' rest home.
- (9) You were the last person to _____ him.
- (10) How can I find a _____ job in America before I go to college?

III Reading

1. Read the passage and fill in the blanks with the words in the box.

strengths	fantastic	experience	industry	contact
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A gap year is a year between leaving high school and going to college. Different people have different opinions about the gap year.

After graduating from high school, Polly went to South Africa to volunteer at a

wildlife conservation centre. She recalled that her (1) _____ during the gap year was (2) _____.

Lisa thought that during the gap year she could travel the world and have closer (3) _____ with different cultures.

In Andy's opinion, it's smart to take a gap year to figure out your ambitions. You can also develop invaluable first-hand (4) _____ knowledge by working in a certain field.

Wang Xiaoming would like to find a part-time job or work as a volunteer during the gap year to explore his (5) _____. Besides, he thought that a gap year could help him get better prepared for college and society.

2. Read the passage and choose the best answers.

A gap year is a period of time when a student takes a break before going to university. It is often spent travelling or working. It gives young people opportunities to gain useful experience and learn new skills.

Gap years are popular with students from Western countries. In recent years, more and more students are preparing for college by taking a gap year. The advantages of taking a gap year are as follows.

Learn About the World and Yourself

Although you don't have to go abroad for gap years, most gap year students cherish the chance to travel abroad. You are able to work out who you are and what you are for. You can learn more about the world and get to know yourself better.

Face Challenges and Have Fun

A gap year is not only about taking a vacation, but also about facing challenges. Gap year students usually work, volunteer or take service projects. You have to learn how to get along in the real world. This process isn't always easy, but it is an important part of growing up. Only in this way can you enjoy life and have fun.

Save Money and Improve Your College Admission Chances

There's a common thought that gap years are only for rich students, but it's not true. Actually, taking a gap year can save your money. Gap year students often take

part-time jobs. Besides, at the end of a gap year, students are much more likely to know what to study in college. Clear learning goals can keep students working hard instead of wasting time and money playing.

Imagine an admission officer trying to admit only one between two students. Both of them are excellent and have high grades. However, one student has much practical experience or has done much volunteer work in his gap year. Who do you think the admission officer will choose?

- (1) What does “gap year” mean in the passage?
 - A. Going abroad in a year for further education.
 - B. Travelling around the world in a year.
 - C. Taking a break before going to university.
 - D. Doing a part-time job to make money during a vacation.

- (2) In which of the following countries may students NOT take a gap year?
 - A. India.
 - B. America.
 - C. Australia.
 - D. France.

- (3) What do gap year students have to face besides having fun during a gap year?
 - A. Financial problems.
 - B. Overwork.
 - C. Promotions.
 - D. Challenges.

- (4) Having a gap year may help you _____.
 - A. become very rich
 - B. experience foreign cultures
 - C. become popular
 - D. realise your goals

- (5) The last sentence implies that _____ will probably be admitted by the admission officer.
 - A. either of the two students
 - B. the student with higher grades
 - C. neither of the two students
 - D. the student with gap year experience

3. Read the following poster and answer the questions.

Cycle Race

Time 15 Oct.

Place Green Park

Theme A 15-kilometre cycle race to celebrate the 50th anniversary of our college

Requirements 1. any students in good physical condition
 2. having a racing bicycle

Four grades of awards are set up, including one first-class award, two second-class awards and three third-class awards, as well as ten participation awards. If you are interested in the race, please register at the Student Union. The deadline of registration is 30 Sept.

Look forward to your participation.

Student Union
10 Sept. 2015

(1) What is the purpose of the cycle race?

(2) When and where the cycle race will be held?

(3) If you want to take part in the race, what should you prepare for it?

(4) How many people will get awards from the race in total?

(5) When is the last day for registration?

IV Grammar

1. Choose the best answers.

- (1) She will fly to Washington, _____ she can enjoy herself.
A. where B. that C. which D. /
- (2) The sun heats the earth, _____ we all know.
A. that B. which C. what D. where
- (3) I, _____ your good friend, will try my best to help you out.
A. who is B. who am C. that is D. which am
- (4) The old man has two sons, _____ are lawyers.
A. both of which B. both of who C. both of they D. both of whom
- (5) He is a man of great knowledge, _____ much can be learned.
A. in whom B. about whom C. from whom D. of whom

2. Correct the mistakes in the following sentences.

- (1) Alice received an invitation from her boss, it came as a surprise.
(2) I've finished writing the novel, that is to be published next month.
(3) The old man had three sons, all of who died during World War II.
(4) He failed in the exam, what proved that he didn't work hard enough.
(5) They stayed with me for three weeks, which time they drank all the wine I had.

3. Fill in the blanks with the words in the box.

which whose where whom when

- (1) It was in the Beihai Park, _____ they had a date for the first time.
(2) Shirley said that she would have a two-week holiday in July, _____ I think, is impossible.
(3) Those days, _____ I lived in the countryside, will never be forgotten.
(4) We interviewed the old lady, all of _____ children had become very successful.
(5) Wu Dong, with _____ I went to the concert, enjoyed it very much.

V Translation

Translate the following into Chinese.

Recently, more and more Western high school students are choosing to take some time out for themselves before entering university, to do some exploring, gain some life experience and find out where their interests and talents really lie.

VI Writing

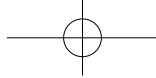
1. Your friends Leo and Mary want to take a gap year before entering college. Give them some suggestions on how to find a suitable way to spend the gap year.

Leo “ I like travelling and learning different cultures, but the money I can afford is limited. ”

Your suggestion:

Mary “ I know little about economics, the major I will study. I'm not sure if it is what I want to learn in the future. ”

Your suggestion:



2. Here is some information about an upcoming lecture in your school. Design a poster for it.

Professor Li Ming from Peking University will give a lecture at 2:00 pm, on 20 Nov. 2015, on how to make good use of a gap year. The lecture will be given at the Student Meeting Room in the Second Teaching Building. Seats are limited. Those who want to attend the lecture can get the tickets at the Student Union.