

EXERCISE 1

Social Media & Personal Identity

reaction	honest	identity	relationship	mood	share
lonely	impression	emotion	attitude	confident	value

Social media has changed the way many young people think about their own (1) _____ and how they present themselves to others. Most people want to make a good (2) _____ online, so they carefully choose which photos and moments to (3) _____ with their followers. This can lead to a situation where the online version of a person looks very different from real life, which makes it hard to be truly (4) _____ with yourself and others. Your (5) _____ towards social media matters a great deal; if you use it with a clear purpose, it can be useful, but if you check it constantly, it can start to control your day. Seeing other people's highlights all the time can affect your (6) _____, making you feel that your own life is less exciting or successful by comparison. It is natural to have a strong (7) _____ when you see something upsetting or unfair online, but it is worth pausing before you respond in public. Many studies show that spending too much time on social media can make people feel less (8) _____ about themselves and their abilities. The (9) _____ between online friends is often quite different from face-to-face friendship, and it does not always provide the same kind of real support. Every (10) _____ — whether positive or negative — that you express online stays there, and other people can see it long after the moment has passed. It is important to think carefully about what you truly (11) _____ in life, and to make sure that social media supports those things rather than getting in the way of them.

EXERCISE 2**Crime, Law & Justice**

punishment	violent	innocent	arrest	protest	victim
legal	safety	judge	illegal	guilty	criminal

Understanding the difference between what is (1) _____ and what is not is an important part of living in any organised society. When a person breaks the law, the police have the power to (2) _____ them and bring them before a court. In a fair legal system, a person is considered (3) _____ until a court decides otherwise, and everyone has the right to explain their side of the story. A (4) _____ listens to the evidence from both sides and then makes a decision based on the facts and the law. If the court finds that the person is (5) _____, it will then decide on a suitable (6) _____, which could range from a fine to a prison sentence depending on how serious the crime was. People who have been through (7) _____ crimes — such as robbery or physical attack — often need professional support to help them recover. The (8) _____ of the crime also needs support; it is not always easy to continue with everyday life after something frightening has happened to you. A good (9) _____ system in a city means that people can walk in the streets and use public transport without feeling afraid. Not every person who breaks the law becomes a lifelong (10) _____; many people make one mistake and then go on to live responsible and productive lives. Getting (11) _____ help — for example, knowing your rights or having a lawyer present during questioning — is very important when someone is in trouble with the authorities.

EXERCISE 3**Volunteering & Community Life**

nation	election	poverty	donate	community	campaign
support	volunteer	organised	raise	lack	local

Many university students choose to (1) _____ their time to help others, and this kind of work can be one of the most rewarding experiences of student life. Joining a (2) _____ group that is already (3) _____ and has a clear plan is often the best way to start, as you can learn from people with more experience. One common goal of many social groups is to (4) _____ money for people who are living in (5) _____, either in their own city or in other parts of the world. There is often a serious (6) _____ of basic services — such as clean water, medical care, and education — in poorer areas, and volunteer work can help to fill this gap. Some students work with (7) _____ organisations in their own city, helping at food banks, youth clubs, or community gardens close to where they live or study. Others prefer to get involved at a larger scale, joining a national (8) _____ to change a law or raise awareness of an important social issue. In some countries, young people are also encouraged to take part in a (9) _____ by helping political parties to reach voters and explain their ideas. Volunteer work also teaches you to (10) _____ people from very different backgrounds, which builds understanding and reduces prejudice. Giving your time or choosing to (11) _____ money to a good cause — even a small amount — can make a real difference to the lives of others and to your own sense of purpose.

EXERCISE 4 Travel & Cultural Exchange

remote	translate	various	foreign	familiar	exchange
destination	border	guide	accommodati on	tradition	tour

Travelling abroad for the first time is an experience that changes the way many students see the world. Choosing the right (1) _____ depends on your interests, your budget, and how much time you have, but almost any new place will teach you something. Finding good (2) _____ is one of the first practical challenges; options range from university dormitories to hostels and home-stay programmes where you live with a local family. A student (3) _____ programme is a great way to spend time in another country while continuing your studies, and many universities offer places in partner institutions around the world. Being in a (4) _____ country for the first time can feel strange, especially when you are not (5) _____ with the local customs, food, and social rules. Learning a few words of the local language, or finding someone who can (6) _____ for you, helps a great deal in day-to-day situations. Taking a guided (7) _____ of a city or historical site is a good way to learn about its past, and a knowledgeable (8) _____ can bring the history to life in a way that no book can. Every culture has its own (9) _____ and ways of doing things, and it is important to approach these with respect rather than judgement. Crossing a (10) _____ into a new country — whether by land, sea, or air — always brings a small feeling of excitement and possibility. Students who travel are often exposed to (11) _____ ways of thinking about education, work, and social life, and this broader view is one of the most valuable things they bring back home.

EXERCISE 5 Food, Waste & Responsible Living

supply	waste	store	spread	purchase	variety
reward	standard	habit	trade	valuable	request

The way we produce, buy, and throw away food has a big effect on the environment, and students who live alone for the first time often have to think about this for the first time in their lives. One of the most common problems is food (1) _____: buying more than you need, forgetting what is in the fridge, and throwing away food that is still perfectly good to eat. Time and money are both (2) _____, and wasting food means wasting both. A useful (3) _____ is to plan your meals at the start of each week so that you only buy what you actually need. Learning how to (4) _____ food properly — keeping some things in the fridge, others in a cool dry place, and freezing what you will not use soon — can make your shopping last much longer. A wide (5) _____ of fresh vegetables, grains, and proteins gives you the nutrition your body needs without costing too much. Buying from a (6) _____ market or a local farmer means that the food has not travelled far, which is better for the environment and often better for your health. When you (7) _____ food from a shop or market, it is worth checking where it comes from and how it was produced. The (8) _____ of hygiene in a shared kitchen is important; everyone should keep their food area clean and (9) _____ responsibility for the shared spaces. Some student housing buildings now (10) _____ residents who reduce their energy use or separate their waste for recycling, which is a good way to make sustainable behaviour feel more normal. Cheap, processed food can (11) _____ quickly through student communities because it is easy and affordable, but building better eating habits while you are young will make a real difference to your health in the future.

EXERCISE**Answer Key****Exercise 1 — Social Media & Personal Identity**

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
identit y	impre ssion	share	hones t	attitud e	mood	reacti on	confid ent	relatio nship	emoti on	value

Exercise 2 — Crime, Law & Justice

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
illegal	arrest	innoc ent	judge	guilty	punis hment	violen t	victim	safety	crimin al	legal

Exercise 3 — Volunteering & Community Life

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
volunt eer	organi sed	camp aign	raise	povert y	lack	local	nation	electi on	suppo rt	donat e

Exercise 4 — Travel & Cultural Exchange

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
destin ation	acco mmod ation	excha nge	foreign	famili ar	transl ate	tour	guide	traditi on	borde r	variou s

Exercise 5 — Food, Waste & Responsible Living

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
waste	valua ble	habit	store	variet y	trade	purch ase	stand ard	reque st	rewar d	sprea d