



7 Days To Your B1 Cambridge Exam

Seven days, five skills, one goal. This is your final push — not the time to learn new things, but to sharpen what you already know. Work through one section per day. Each task is exam-length and exam-format. Trust your preparation.

Day 1 — Reading

★ Wrong options use words from the text — but say something different. Don't match words: understand the feeling or attitude. Question 5 is about the whole text.

Chasing the Northern Lights

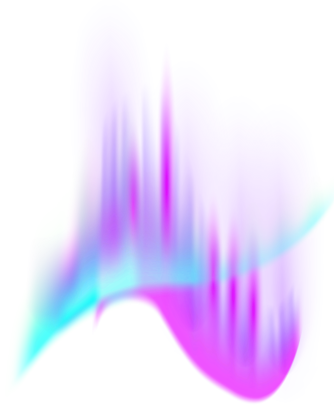
Marta, 28, writes about the trip she had always dreamed of.

When Marta first saw a photograph of the Northern Lights at the age of nine, she immediately decided she would see them in person one day. Twenty years later, she finally got the chance — but the experience turned out to be rather different from what she had expected.

She had imagined standing quietly under a sky full of colour, with nothing but silence around her. Instead, she found herself in a group of twenty tourists, all competing to take the perfect photograph. The lights themselves were spectacular, but Marta spent much of the time distracted by the noise and the flashing of cameras. 'I kept telling myself to just look up and enjoy it,' she says, 'but it was harder than I thought.'

Her guide, Erik, had a different perspective. He had worked in the region for fifteen years and had shown the lights to hundreds of visitors. 'Most people come expecting a private moment,' he explained, 'but the best ones learn to stop worrying about the other tourists and focus on the sky. The lights don't care how many people are watching.' Marta admitted he had a point.

On her final night, Marta walked a short distance away from the group and sat alone in the snow. The lights returned — fainter this time, but all hers. It wasn't the perfect photograph she had come for. But it was, she said afterwards, the memory she had always imagined.



Questions 1–5

Read the article. For each question, use the Y / N / ? column to eliminate the wrong options, then choose your answer. Underline the part of the text that supports your choice.

1	What does Marta suggest about how she felt when she first saw a photo of the Northern Lights?	YES	NO	?
A.	She was surprised that such a natural event existed.			
B.	She was certain she would make it happen one day.			
C.	She was already planning how she would get there.			
D.	She was more excited by the photo than the real thing			

2	How does Marta describe her reaction to the experience in the second paragraph?	YES	NO	?
A	She was disappointed that the Northern Lights were less impressive than expected.			
B	She felt frustrated with herself for not being able to simply enjoy the moment.			
C	She was angry with the other tourists for ruining her experience.			
D	She was relieved that the lights appeared despite the difficult conditions.			



3	What attitude does Erik express towards visitors who struggle with the experience?	YES	NO	?
A	He feels they should have done more research before arriving.			
B	He thinks the best visitors are the ones who are already experienced travellers.			
C	He believes the problem is that people have unrealistic expectations from the start.			
D	He considers those who complain about other tourists to be difficult to guide.			

4	How does Marta feel about what happened on her final night?	YES	NO	?
A	Disappointed that the lights were not as bright as on previous nights.			
B	Relieved that she had finally managed to take a perfect photograph.			
C	Satisfied that she had found what she had truly been looking for.			
D	Surprised that she had preferred being alone to sharing the experience.			

5 Which of the following would a travel writer use as a headline for Marta's story?

<p data-bbox="98 1693 127 1724">A</p> <p data-bbox="98 1774 724 1850">The trip of a lifetime: how one woman finally ticked off her bucket list.</p>	<p data-bbox="788 1693 817 1724">B</p> <p data-bbox="788 1774 1493 1850">The best journeys don't always give you what you planned for — but they give you something better.</p>
<p data-bbox="98 1917 127 1948">C</p> <p data-bbox="98 1998 718 2074">Why going alone is always better than joining a group tour when travelling abroad.</p>	<p data-bbox="788 1917 817 1948">D</p> <p data-bbox="788 1998 1449 2074">How modern tourism is making it impossible to experience the natural world properly.</p>

Day 3 — Vocabulary

★ make, do, take and get are the most commonly confused verbs at B1. The right choice is almost always a fixed collocation — there is no shortcut except knowing the phrase. In Part 4, read the whole sentence before choosing: all four options will fit grammatically, so meaning and collocation are everything.

Part A — make, do, take or get?

These four verbs cause more errors at B1 than almost anything else. Fill in the correct verb for each column of the most common collocations, then complete the sentences.

a decision	homework	a photo	better
a mistake	exercise	a break	lost
an effort	research	part in	a job
a suggestion	a course	care of	on well
a noise	your best	a risk	used to
progress	a favour	turns	in touch
friends	the washing up	place	ready

Complete each sentence with the correct form of make, do, take or get:

1. I always _____ a mistake when I try to write the date in English.
2. We were late because we _____ lost on the way to the restaurant.
3. Could you _____ me a favour and pass me that dictionary?
4. He decided to _____ a break from studying and go for a walk.
5. They _____ part in a local charity race last weekend.
6. I'm trying to _____ used to waking up early for work.
7. The new sports centre has really _____ a difference to the local community.

**GET
READY!**



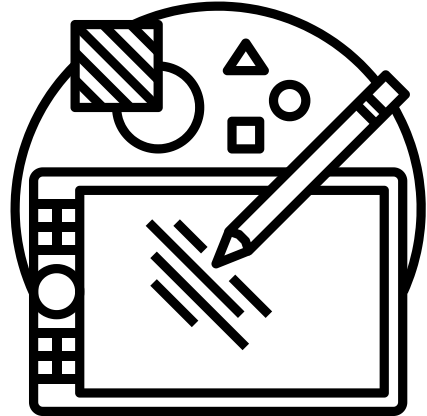
TO DO

Part B — Use of English Part 4: Multiple choice cloze

Read the text. For each gap (1–6), choose the answer (A, B, C or D) which you think fits best.

A fresh start

Last year, my sister decided to (1) _____ a course in graphic design. She had always wanted to work in a creative field, but it took her a long time to (2) _____ the confidence to try something completely new. In the end, a friend persuaded her to (3) _____ her best and apply, even though she had no formal qualifications in the area.



The course was intense, and there were moments when she wondered if she would (4) _____ through it. But she worked hard, and by the end of the year she had managed to (5) _____ a strong impression on her tutors. Now, six months later, she says it is the best decision she has ever (6) _____ — and she is encouraging everyone around her to take a chance on something they really want to do.

1	A do	B get	C make	D take
2	A make	B take	C do	D get
3	A get	B take	C do	D make
4	A make	B do	C get	D take
5	A do	B take	C get	D make
6	A taken	B done	C got	D made

Day 4 — Listening

★ You hear it twice: **7 Days to B1 - Listening** First time: get the gist and mark Y / N / ? as you go. Second time: confirm. The right answer paraphrases what the speaker says — it never uses exactly the same words. If two options seem possible, one of them is wrong about the attitude.

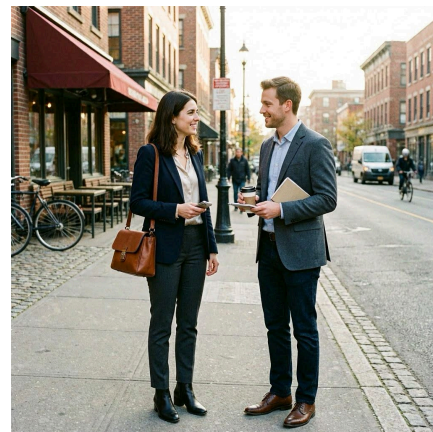


Make some predictions about the conversation that you will hear between Sofia and James:

1. How do you think Sofia feels about her new job?

2. What plans does she have for the weekend?

3. What kind of plan does James suggest?



Listen to the conversation between Sofia and James. Answer questions 1–5.

①	How does Sofia feel about her new part-time job?	YES	NO	??
A	She is enjoying it more than she expected to.			
B	She is finding it harder to manage alongside her studies than she thought.			
C	She wishes she had started working sooner.			
D	She is pleased that her colleagues are so friendly.			

②	What does James think about Sofia's plan for the weekend?	YES	NO	??
A	He is worried that she is spending too much money.			
B	He thinks it is a good idea for her to take a break.			
C	He is surprised that she has already made plans.			
D	He feels she should be focusing on her studies instead.			

③	Why does Sofia decide not to go to the concert?	YES	NO	??
A	She cannot afford the ticket price.			
B	She does not enjoy that kind of music.			
C	She feels she needs to rest rather than go out.			
D	She has already made other plans for that evening.			

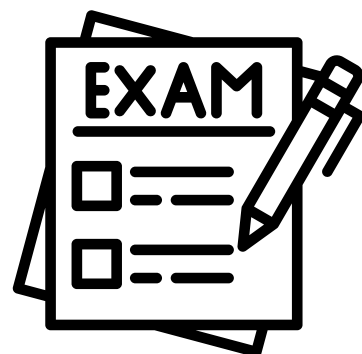
④	What does James suggest they do instead?	YES	NO	??
A	Visit a new restaurant he has been curious about.			
B	Watch a film at home rather than going out.			
C	Go for a walk somewhere they have not been before.			
D	Cook a meal together at Sofia's house.			

⑤	What does Sofia say about trying new things?	YES	NO	??
A	She usually needs someone to persuade her before she agrees.			
B	She has recently become more willing to step outside her comfort zone.			
C	She prefers to stick to familiar places when she is feeling tired.			
D	She often regrets not being more adventurous in the past.			

After listening — reflect

Think about these questions. Be honest.

1. Which option did you find hardest to eliminate — and why?
2. Was there a question where you were tempted to choose an answer just because you heard that word in the conversation?
3. How confident do you feel about the listening paper — out of 10? What would move you one point higher?



Day 5 — Speaking

★ Don't just list what you see — speculate. 'It looks like they are...' 'They might be feeling...' 'I think this could be...' Keep going for a full minute. In discussion, give reasons — never just yes or no.

Part 1 — Photo description

Describe this photo. Aim for one minute without stopping.



What / where

"In the photo I can see..."

"In the background..."

Why / when

"I think this could be..."

"Perhaps they are..."

Who / feelings

"It looks like they are..."

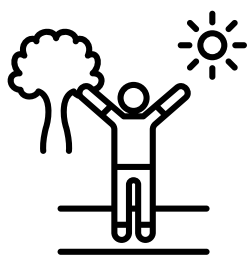
"They might be feeling..."

Opinion

"Personally, I think..."

"I would / wouldn't..."

Part 2 — Discussion



1. Do you enjoy outdoor activities? Which ones and why?
2. What are the benefits of exercising with other people rather than alone?
3. Do you think people in your country do enough exercise? Why / Why not?
4. Would you rather do sport for fun or to compete? Why?

Day 6 – Grammar in Context

★ Open cloze: the missing word is almost always a grammar word – preposition, auxiliary, pronoun, article, conjunction. Read the whole sentence first. Error correction: there is exactly one mistake per sentence. If you can't see it immediately, check prepositions, verb forms and conjunctions.

Grammar word types – quick reference

The gaps in B1 open cloze tasks are almost always one of these six types. Write some of your own examples in each column:

Preposition	Auxiliary verb	Pronoun	Conjunction	Article	Linker
in, on, at, for	is, are, have, has, will, can	who, which, those, their	although, since, while, if	a, an	however, despite
<i>ex: from</i>					

Step 1 – Identify the word type first

Read the text below. For each gap, decide what type of grammar word is missing and write it in the table below the text.

Volunteering abroad

Every summer, thousands of young people travel abroad (1) _____ the purpose of volunteering. They work on projects (2) _____ range from building schools to protecting wildlife, and (3) _____ they are rarely paid, most say the experience is worth more than money.

One of the biggest advantages is the opportunity (4) _____ meet people from different cultures. Volunteers often say they return home (5) _____ a completely different perspective on their own lives. However, critics argue (6) _____ some volunteer organisations charge high fees without making a real difference to local communities.

Despite (7) _____ criticism, the number of people choosing to volunteer is growing. For (8) _____ who want to travel and make a difference at the same time, it may be the ideal solution.

Day 7 – Final Checklist

★ You've done the work. Today is about being calm, organised and ready. Do not try to learn anything new tonight.

Tonight	Tomorrow
<ul style="list-style-type: none"> <input type="checkbox"/> I know what time the exam starts and how to get there. <input type="checkbox"/> I have my ID / passport ready. <input type="checkbox"/> I have two pens. <input type="checkbox"/> I know the order of the exam papers. <input type="checkbox"/> Good meal. Reasonable bedtime. 	<ul style="list-style-type: none"> <input type="checkbox"/> Read every instruction before starting each part. <input type="checkbox"/> Manage my time — move on if I'm stuck. <input type="checkbox"/> Check my word count in Writing. <input type="checkbox"/> In Reading, underline the text that supports my answer. <input type="checkbox"/> In Speaking, pause — don't rush. <input type="checkbox"/> No penalty for wrong answers — always guess.

Last-minute reminders by skill

Skill	Remember	Don't
Reading	Underline the text before choosing.	Match individual words — understand the meaning.
Writing	Cover all three bullet points. Vary your connectors.	Go below 80 or above 130 words.
Listening	Paraphrase, don't match exact words. Use Y/N/?.	Write while listening — focus on the audio first.
Speaking	Speculate. Give reasons. Keep going.	Stop at one sentence. Say only yes or no.
Use of English	Grammar words fill the cloze. Read the whole sentence.	Guess a content word unless you're sure.

Answer Key — 7 Days To Your B1 Cambridge Exam

Day 1 — Reading

- 1. B** — She was certain she would make it happen one day. *(Note: options C and D are identical in this version — this is a typo in the printed worksheet that should be corrected.)*
- 2. B** — She felt frustrated with herself for not being able to simply enjoy the moment.
- 3. C** — He believes the problem is that people have unrealistic expectations from the start.
- 4. C** — Satisfied that she had found what she had truly been looking for.
- 5. B** — The best journeys don't always give you what you planned for — but they give you something better.

Day 2 — Writing: Model Answer

Model answer (103 words, Band 5)

Hi Leo,

Great to hear from you — I can't wait for your visit!

June here can be quite warm and sunny, although you might get the occasional shower, so bring a light jacket just in case. As for food, there's a fantastic little Italian place called La Terrazza just five minutes from my house — the pasta is amazing and it's not too expensive.

As for things to do, you absolutely must visit the old castle on the hill. The views are incredible and there's a small museum inside too. I'll take you there on your first day!

See you soon!

Day 3 — Vocabulary

Part A — Fill in the verb headers

MAKE	DO	TAKE	GET
a decision	homework	a photo	better
a mistake	exercise	a break	lost
an effort	research	part in	a job
a suggestion	a course	care of	on well
a noise	your best	a risk	used to
progress	a favour	turns	in touch
friends	the washing up	place	ready

Sentence practice:

1. make
2. got
3. do
4. take
5. took
6. get
7. made

Part B — Multiple choice cloze: A fresh start

1. **D** — take (a course)
2. **D** — get (the confidence)
3. **C** — do (her best)
4. **C** — get (through it)
5. **D** — make (a strong impression)
6. **D** — made (a decision)

Day 4 — Listening: Script & Answers

Record at natural B1 pace (~2.5–3 min). Play twice. Do not share with students before or during the task.

Sofia and James — full script

James: Hey Sofia! How's the new job going? You've been at it a few weeks now, right?

Sofia: Yeah, three weeks. Honestly? It's been better than I expected. I was worried it would be too stressful on top of everything else, but I'm actually managing fine. The people there are lovely too, which helps.

James: That's great. So are you doing anything this weekend? You deserve a break.

Sofia: I was actually thinking about it. My friend mentioned that concert on Saturday — the one at the arts centre. It sounds good, but I'm not sure. I think I just need a quieter weekend, you know? I'm more tired than I'm letting on.

James: That makes sense. No point pushing yourself if you need to recharge. What about something low-key? There's that new place on Merchant Street — the Japanese one. I've been wanting to try it for ages. We could go Saturday evening, nothing fancy.

Sofia: Oh, I've walked past that place! It looks really interesting. Yeah, let's do that. I know I always say I want to try new things and then end up going to the same places — but I'm actually getting better at it lately. Saying yes more, you know?

James: Good for you. Saturday it is then. I'll book a table.

1. A — She is enjoying it more than she expected to. **2. B** — He thinks it is a good idea for her to take a break. **3. C** — She feels she needs to rest rather than go out. **4. A** — Visit a new restaurant he has been curious about. **5. B** — She has recently become more willing to step outside her comfort zone.

Day 6 - Grammar in context

Step 2 — Open cloze answers

1. for
2. that / which
3. although / though
4. to
5. with
6. that
7. this
8. those / people