

1 Match the definitions with the words and phrases in the box.

a long shot ~~be more than you bargained for~~
 gruelling hanging in the balance nothing to lose
 on track paid off pitfall rise to the occasion

- to be more than you expected or were prepared for
be more than you bargained for
- when something you have done is successful
on track
- something you try although it is unlikely to be successful
a long shot
- a likely mistake or problem in a situation
pitfall
- to show that you can deal with a difficult situation successfully
nothing to lose
- extremely tiring and difficult
gruelling
- making progress and likely to succeed
paid off
- to be in a situation that could improve by doing something and that will not be any worse if you fail at it
hanging in the balance
- to not be decided yet
rise to the occasion

2 Complete the sentences with the words in brackets and any other necessary words.

- Completing the race in under four hours
was a long shot but I had to try. (a long shot)
- Abseiling down the mountain was
 when I agreed to join Alice for a hike. (bargained for)
- Cycling up this hill is going to be hard but I'm sure you
 you (the occasion)
- Right now his victory, everything depends on this last serve. (the balance)
- Congratulations on your win, all those evening swims after work definitely
 (off)
- Enter the competition and see what it's like, you
 (to lose)
- As long as he continues at this pace then he
 to beat the record. (track)

3 Rewrite the sentences with the words in brackets and up to TWO other words.

- Only by hurrying up will we get the last bus. (move on)
 Only by *getting a move on* will we get the last bus.
- How did you learn windsurfing so easily? (hang of)
 How did you windsurfing so easily.
- Do you think the hotel will mind if we keep the bikes in our room? (issue with)
 Do you think the hotel will us keeping the bikes in our room?

- Ben always tells someone where he is going before he sets off on a hike. (point of)
 Ben always telling someone where he is going before he sets off on a hike.
- As soon as Joe saw the injection was not working, he called an ambulance. (no effect)
 As soon as Joe saw the injection was, he called an ambulance.
- Best of all was the fact that they bought some of that delicious ice cream. (hands on)
 Best of all was the fact that they some of that delicious ice cream.
- Let's examine the situation, where are we? (stock of)
 Let's the situation, where are we?
- Quiet! This argument is becoming too serious, can you all stop talking, now! (of hand)
 Quiet. This argument is, can you all stop talking, now!

4 Complete the conversation with the correct options.

- Guide:** OK, let's take a break here and ¹*(take) / make* stock of the situation. How is everyone?
- Jim:** Good!
- Tina:** Great! The views are ²*stunning / tranquil*. Do you think we'll get to the ³*scenic / summit* today?
- Guide:** Sure. At the moment, we're ⁴*on track / a long shot* to get there in another hour.
- Dave:** Another hour! My legs are already really tired. This is ⁵*more than I bargained for / hanging in the balance*! I'm not sure I can ⁶*get / make* it.
- Guide:** Come on, we should ⁷*get / make* a move on. Then we can have lunch at the top.
- Jim:** Come on Dave, you can do it. You know you ⁸*have / take* no option but to continue, you can't go back down on your own.
- Dave:** OK. I guess I ⁹*have / get* nothing to lose.
- Sally:** Right! And you'll ¹⁰*pull a muscle / burn off* some calories while you're walking.
- Guide:** OK, let's go!

1

- 2 paid off
- 3 a long shot
- 4 pitfall
- 5 rise to the occasion
- 6 gruelling
- 7 on track
- 8 nothing to lose
- 9 hanging in the balance

2

- 2 more than I bargained for
- 3 can / will rise to the occasion
- 4 is hanging in the balance
- 5 paid off
- 6 have nothing to lose
- 7 is on track

3

- 2 get the hang of
- 3 take issue with
- 4 makes a point of
- 5 having no effect
- 6 got their hands on
- 7 take stock of
- 8 getting out of hand

4

- 2 stunning
- 3 summit
- 4 on track
- 5 more than I bargained for
- 6 make
- 7 get
- 8 have
- 9 have
- 10 burn off