**Doing a gap year**

Gap year is the……..used to describe the year that some students take off before……….. to university. Gap years are quite popular in many countries,……….the UK, Australia and Germany. There are a variety of options…………… for people who are thinking of taking a gap year. One is to…….. the year travelling around the world. …………… possibility is to spend the year at home getting work experience. A third option is to do volunteer work, …………….at home or abroad.

In 2003, Sam Cooke chose this option and travelled to Ecuador to provide tuition in basic literacy for underprivileged children. "It was a wonderful experience and it really helped me………. mature".

However, Sam warns………….it's not for everyone. "Voluntary work is certainly not an easy option and before you go you should make………… you are properly informed about the living conditions you will find there. Young people need to ask themselves…………. they'll be able to put………. with these conditions for a whole year."

https://www.english-grammar.at/online\_exercises/open-cloze/oc008-gap-year.htm

# **Happiness**

What are the real…… ….for a happy life? Many people say that having enough money is the main reason for being happy. If you are having a bad time, you are………… to be happy, but when your basic needs are met, money isn't that important anymore.

Happiness………….. on appreciating the things you already have , instead of wanting more and more of them. It's true that money can buy you the latest smartphone, tablet or fashionable piece of clothing, but the…………. that comes from buying these products is often short-lived. All of us remember the presents we received for Christmas or at birthday parties. We were all excited when opening them but a short time later we forgot about them or didn't seem to…………. at all.

It seems that long-lasting happiness comes from abstract, imperceptible  things rather than materialistic  objects things like smartphones and fancy clothes. One of the main factors is how we…………… with the people around us.  People who have a family and friends that……………. them tend to be happier than others. We also like to feel protected and know that we can……….. the people in our daily lives.

Another key contributor to happiness is leading a…………… lifestyle. Poor health and laziness will make you feel…………..  . A healthy diet is crucial and so is regular…………….. . Working out for half an hour every day helps to reduce stress and also makes you feel better because it sets endorphins free  , chemicals that make us happy.

Getting enough sleep is also an important factor when talking about being happy.  Especially young people…………sleep and go to bed too late. This causes………….. and gets you to a bad start the following day. Not getting enough sleep also……………. your level of concentration  and puts you in a bad mood. Health experts………………….  us to get at least 7 to 8 hours of sleep every day.

https://www.english-grammar.at/online\_exercises/vocabulary-missing-word-cloze/mwc020-happiness.htm

**A Healthy Lifestyle**

Everyone nowadays knows the benefits of…………  exercise – but scientists at the University of Maastricht , in the Netherlands , say the key to staying………….  and keeping fit is to eat less and do………… exercise such as walking or cycling.  People who exercise too intensively often reward themselves by spending the rest of the day in front of the TV set.  At the same time, they have to eat more to give them………… for the next workout. To avoid gaining………….. , researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than  high-energy exercise.

A low-fat……………… may be good for your waistline, but research suggests it may have negative psychological……………… . Doctors at Sheffield University have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad…………….. .

Many of us already know that drinking coffee raises your blood…………….  but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular……………….  of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can…………….  the risk of heart…………….  and have a positive effect on……………  levels and high blood pressure.

If you’re a chocolate fan there’s good news for you ! Recent studies have  revealed that…………….  found in chocolate  can not only put you in a good mood but also…………………  you  from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of………………..  disease.

https://www.english-grammar.at/online\_exercises/vocabulary-missing-word-cloze/mwc015-a-healthy-lifestyle.htm

### **Too Good to be True**

Some say you can do it in seven days, others promise success in 24 hours, or you may prefer to take **(0)** ........ time and do it in 5 weeks. What are we talking about? Believe it **(1)** ........ not, these periods **(2)** ........ time refer to language learning courses that promise excellent results in less time **(3)** ........ it takes to say 'Bonjour'!  
However, the advertisements of these companies are not necessarily the best guide and if you don't know what to look for in a good course you could be left with little **(4)** ........ than a large bill.  
A complaint was recently made to a consumer rights group against WhizzLearn Systems, a language school chain, and the company has been forced to remove its claim that its technique is ten times better than any **(5)** ........ method. The Managing Director of WhizzLearn Systems said **(6)** "........ we still believe our claim is true, we are willing to change our advert. But the fact remains, if you spend 3 hours per day for 5 weeks on our language course you will soon be speaking the language. What we **(7)** ........ have done was to make **(8)** ........ clearer in the advert."

<https://www.flo-joe.co.uk/fce/students/tests/oclts2.htm>