

2 GOING PLACES

GRAMMAR

Relative clauses (review) SB page 22

1 ★★★ Complete the sentences with *who*, *which*, or *that* and put D (defining) or ND (non-defining).

- 0 People who move to a big city can find it hard to meet people. D
- 1 My sister Jane, _____ lives in New York, has made a lot of friends there.
- 2 The café, _____ opened near the university, is a good place to meet people.
- 3 Paul, _____ just moved in next door to me, has four sisters.
- 4 It's not always easy to meet people _____ like the same things as you.
- 5 Of the six apartments, the one _____ Sally shares with four friends is the smallest.

2 ★★★ Find and correct the mistakes in each sentence.

- 0 I'm very proud of my mother who works for a local charity.
I'm very proud of my mother, who works for a local charity.
- 1 This is a photograph who I took in Boston.

- 2 The boy which bought my bike lives on this street.

- 3 My mother who is a doctor often has to work on weekends.

- 4 I have a new phone who is a lot better than my old one.

- 5 The player, who scored the winning goal in the 2014 World Cup final, was Mario Götze.

- 6 I don't really like people, who talk a lot.

which to refer to a whole clause SB page 22

3 ★★★ Write sentences from the prompts, using *which*.

- 0 Some people / listen / to very loud music / can / damage / their ears
Some people listen to very loud music, which can damage their ears.
- 1 My father / walks / to work / is / good / for his health

- 2 My grandfather / has / three large dogs / means / he / gets / plenty of exercise

- 3 Some blind people / have / guide dogs / gives / them more independence

- 4 My sister / spends / hours / working / on the computer / sometimes / gives / her / a headache

4 ★★★ Find pairs of ideas. Then write sentences using *which*. Make any other necessary changes.

- 0 bus to school / cost \$1.25
- 1 I like / watch movies at home
- 2 friend / going / live in Colombia
- 3 mother's car / stolen last week
- 4 famous band / play in our town next week
- a be / big change in lifestyle
- b be / very expensive for me
- c not happen / very often
- d mean / take bus to work
- e be / cheaper / go / theater
- 0 The bus to school costs \$1.25, which is very expensive for me.
- 1 _____
- 2 _____
- 3 _____
- 4 _____

Omitting relative pronouns; reduced relative clauses SB page 25

5 ★★★ Complete the sentences with *that* / *who* or – if the pronoun is not necessary.

- Patrick paid back the money _____ he owed me last week.
- A lot of people _____ ate at that restaurant got sick afterward.
- There are a few things _____ I want to keep with me.
- This is the book _____ Mimi gave me for my birthday.
- These aren't the photos _____ were in the newspaper, are they?
- I'm the sort of person _____ likes to spend time alone.

6 ★★★ Complete the dialogue with *who* / *which* / *that* or – if the pronoun is not necessary.

JANET Greg, you've moved a lot. What are the things ¹_____ you think are important about moving?

GREG You know, the thing ²_____ is most important is to be optimistic about the move. Of course, there are things ³_____ you'll miss, but think of all the exciting things there will be. New places, new people, different TV shows, and different food, too!

JANET But what about my friends? This is the only place ⁴_____ I've ever lived!

GREG You can keep in touch with the people ⁵_____ are most important to you. And you can visit – you're going to live in the U.S., right? Not on the moon!

JANET I know, but you need to fly or take a long bus ride, ⁶_____ makes it complicated and expensive. And what if I don't make new friends?

GREG Relax! You're an outgoing person ⁷_____ makes friends quickly – you'll be OK. But you know, one thing ⁸_____ I like to do before I move is make a scrapbook ⁹_____ will remind me of the place and the people. I put photos, names, birthdays, and email addresses in it, ¹⁰_____ helps me to keep in touch with the friends ¹¹_____ I made.

JANET That's a great idea! Thanks, Greg.

7 ★★★ Join the sentences to make one sentence.

- Catarina is a Mexican student. She is studying English in Orlando, Florida.

Catarina is a Mexican student studying English in Orlando, Florida.

- Walter fell and hurt himself. He was painting a wall.

- We gave a ride to two students. They were trying to get to Los Angeles.

- I met an American on the bus. He was going to the same place as me.

- A scientist accidentally discovered Post-It notes. He was trying to invent a strong glue.

- The crew of the ship found a man. He was hiding in the lifeboat.

GET IT RIGHT!

which and *who*

A common error for learners is to use *which* instead of *who* or vice versa in relative clauses.

✓ *I met many new people who became friends of mine.*

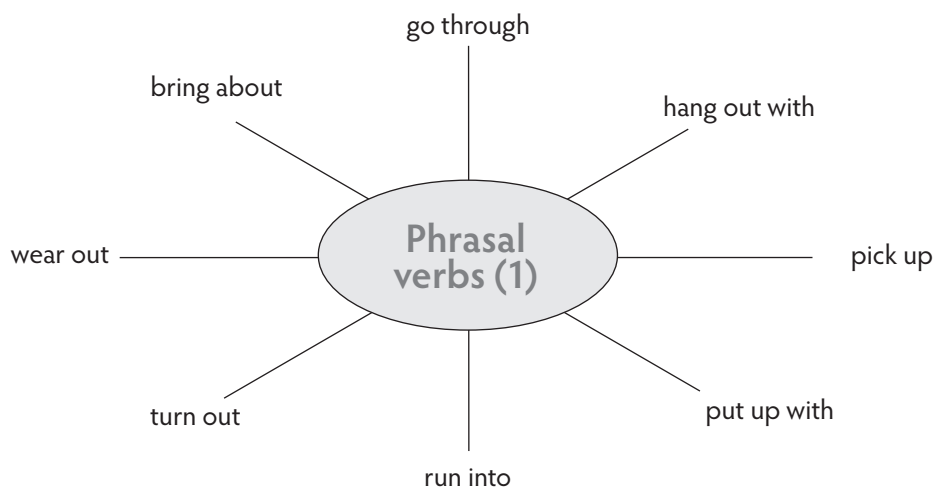
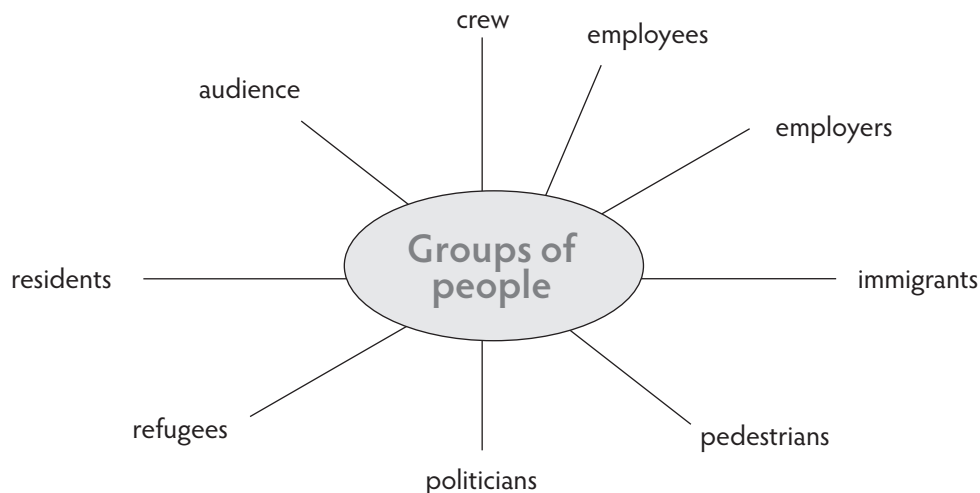
✗ *I met many new people which became friends of mine.*

Complete the sentences with *which* or *who*.

- Please let me know _____ is the most direct way to the conference.
- Most of the immigrants _____ moved to our town have found work.
- Motorists _____ use this road will have to drive more slowly from now on.
- A lot of people are moving to this area, _____ is one of the cheapest in the city.
- Sam spent a year studying in Italy, _____ is a beautiful country.
- Lucy turned out to be the one _____ ate all the cookies.
- The Aborigines, _____ have been living there for 40,000 years, have few possessions.
- The boat, _____ the refugees were sailing in for six days, finally arrived safely.

VOCABULARY

Word list

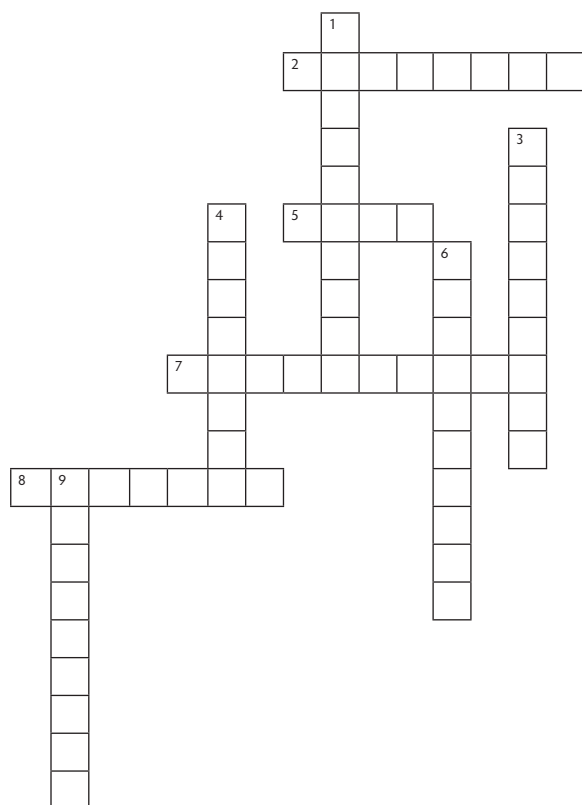


Key words in context

abroad	I don't live in my own country anymore – I live abroad .
compassion	She is having a bad time – we need to show her some compassion .
courage	I don't sing in front of other people – I don't have the courage .
desperately	They don't have any money at all – they're desperately poor.
homesickness	After two months away from home, my homesickness started to get better.
invaluable	I would never have succeeded without your help – it was invaluable .
mayor	In our city, we choose a new mayor every four years.
overall	We had a few days of rain, but mostly it was sunny, so overall the summer's been good.
praise	He told the truth, and people praised him for his honesty.
renovate	My house is old now, so I'm going to renovate it.
severe	Often the temperature is below freezing – the winter can be really severe .
shortage	It hasn't rained for six months, so now we've got a water shortage .

Groups of people **SB page 22**

1 ★★★ Complete the crossword.



- There is a large population of North African ... in our town.
- The factory is the town's biggest ...
- Big, noisy trucks use this street, and some ... are unhappy about it.
- A lot of people in the ... didn't like the show and started to leave.
- The plane was carrying 90 passengers and seven ... members.
- She's an important ... and hopes to become the leader of her party soon.
- You can't drive here – this is a ... zone.
- She escaped from her country, and now she's a ...
- It's a really big company – there are more than a thousand ... there.

Pronunciation**Phrasal verb stress****Go to page 118.**

2 ★★★ Which people might say these things? (There may be more than one possibility.)

- Bicyclists need to stay off the sidewalks!*
- The boss is OK, but she makes us work really hard, too!*
- I promise that we will make this country better.*
- It isn't always easy to make a new start in another country.*
- Speak up! We can't hear you here in the back.*
- We really love living here – it's great.*

Phrasal verbs (1) **SB page 24**

3 ★★★ Circle the correct option.

- I thought the exam would be difficult, but it *turned out* / *brought about* to be easy.
- He's horrible – why do you *hang out with* / *run into* him?
- The neighbors are so noisy – I can't *go through* / *put up with* it anymore.
- We complained so much that we *brought about* / *picked up* some changes.
- I don't really speak Japanese – I just *picked up* / *put up with* some phrases.
- Isn't it funny when you *run into* / *hang out with* someone you haven't seen for a while?
- I worked really hard on Monday – I was *turned out* / *worn out* afterward.
- Don't worry – I'm just *wearing out* / *going through* a bad time.

4 ★★★ Complete each sentence with one or two words.

- Yesterday I ran _____ an old friend of my mother's.
- They walk so quickly that they wear me _____ !
- Everyone said it was going to rain, but it turned _____ to be a nice day.
- I'm going to hang _____ my friends this afternoon.
- Be nice to her – she's going _____ a bad time right now.
- He's never had French lessons – he just picked it _____ in France.
- We hope these changes will bring _____ some better results.
- You're horrible! I don't know why I put _____ you!

READING

1 REMEMBER AND CHECK Match the phrases from columns A, B, and C. Then check your answers in the text on page 21 of the Student's Book.

A	B	C
1 Many young people	started an organization	to house the refugees.
2 Domenico Lucano	went and visited Riace	because there weren't enough jobs.
3 Lucano	had to work	called Città Futura.
4 The refugees	saw some people on the beach	to get ideas for their towns and cities.
5 Lucano	used empty buildings	who had escaped their own country.
6 The male refugees	which meant that	so they could be rented to tourists.
7 There are more children,	left Riace	to earn their food and accommodation.
8 Other politicians	renovated houses	the school could reopen.

2 Read the blog. How does the writer usually feel about getting lost? How did she feel at the end of this story?

The joys of getting lost

Most of us like to know where we are and where we're going. It can feel strange to be lost – sometimes very uncomfortable, too. The words “being lost” make us think of a dark forest, or a dark city street: threatening and scary. But that's not always the case.

When I was about 12, we were on vacation in Boston, Massachusetts. My dad really enjoys photography, and he said that he was going to get up the following morning at five o'clock and go out to take pictures as the sun came up. My mom wasn't interested, but I said I'd go with him. (Of course, that was only because he promised I could have the biggest bowl of ice cream ever if I did! Why else would I get up at five in the morning?)

So at 5 a.m. we left the hotel and started walking. There was almost no one in the

streets, which is pretty rare in Boston. As the sun began to come up, my dad started taking photographs, and I just looked around. Every time he walked off, I followed him, down small streets and up hidden alleys.

After about an hour and a half, I turned to him. “Dad,” I asked, “where are we?” He looked at me and said, “You know, I have no idea.” I immediately felt a bit scared, but Dad just smiled and laughed. “We're lost!” he said. I told him to get out his map or phone. He looked at me. “Map? Phone? I only brought the camera. Come on, let's get more lost!” And he laughed again.

His laughter relaxed me and made me feel safe. We started to walk again. People were appearing on the streets – shops and cafés began to open, and as the sun came up, the streets started

to fill with light, to my dad's delight. I began to forget that we were lost and just started watching and taking in everything that was happening around me. We stopped and had a sandwich for breakfast – Dad's terrible English was just enough for us to get what we wanted, even in a place away from the tourist track.

Finally, after about four hours of wandering around, Dad said: “Hey! This is our street!” And we were back. My mom was in the breakfast room of the hotel when we came in. “Where have you been?” she asked, anxiously. “We got lost!” I said with a huge grin.

These days we have so many things to stop us from getting lost – maps, GPS, apps on our phones, and so on. But my dad showed me that being lost can sometimes simply be something to enjoy.

3 Read the blog again. Mark the sentences T (true), F (false), or DS (doesn't say).

- 1 When people think of “being lost,” they sometimes feel scared.

2 The writer's father is a professional photographer.

3 The streets in Boston are often empty.

4 The writer's father never took his phone with him when he took photographs.

5 The writer's father spoke good English.

6 They had breakfast in a place where tourists often went.

7 The writer's mother was worried about them.

8 The writer now gets lost quite often in order to have adventures.
- ☐

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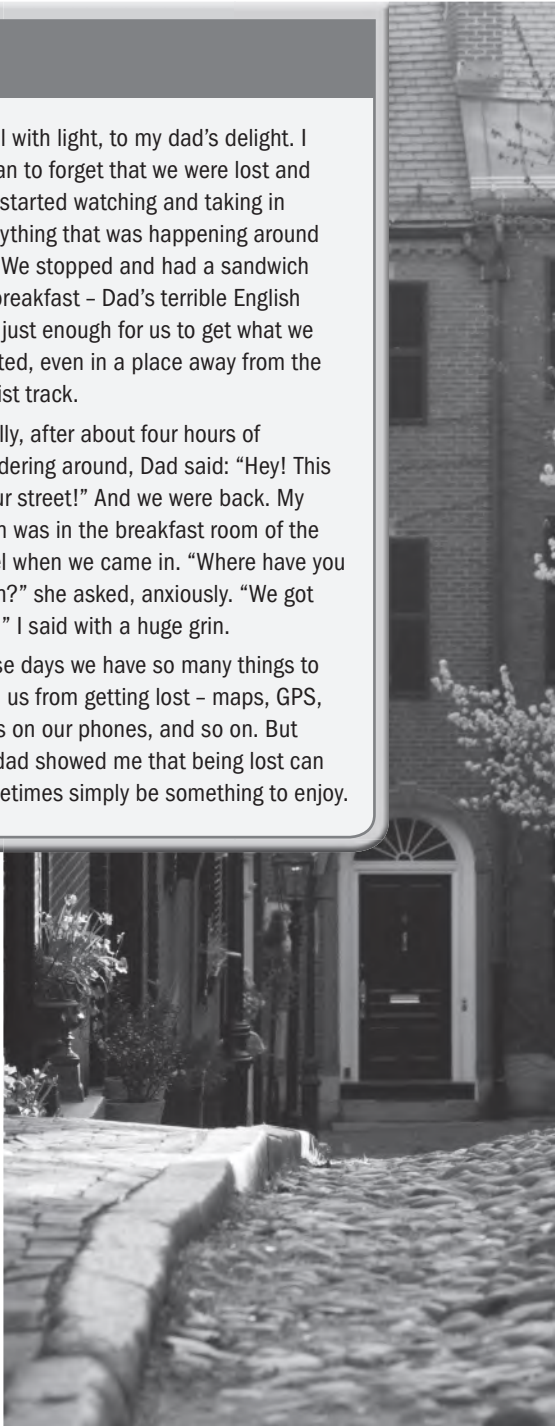
☐

☐

☐

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4 Write a short paragraph (50–80 words) to say how you feel about getting lost. Give an example of a time it happened to you.



DEVELOPING WRITING

Writing a letter to a friend

1 Read Marcos's letter to Jodie.

- 1 Where is he?
- 2 What difficulties does he talk about?

Hi Jodie,

How's everything with you in Texas? ¹Sorry I haven't written sooner, but there's just been so much to do since I left Brazil to come here.

And now here I am in Vancouver, as an exchange student! You know that I'm staying with a family here, right? They're the Johnsons, who live in an area called Oakridge: it's a few kilometers from the city center, but there are buses and a train, so ²easy to get there.

The Johnsons are very friendly, and they've helped me get used to everything. They don't have any kids, but I've made a few friends my age in the neighborhood, and I take English lessons three mornings a week, and I've made friends there, too.

Speaking of language – that's been tricky, especially listening. People don't talk like in the books at school! I mean, ³no problem when I'm talking to one person, but in a big group, it can be hard to follow the conversation. Still, it's getting easier!

Otherwise, ⁴all good. I thought a lot of things would be very different here, but they aren't. One thing, though, is you have to remember to leave a tip in restaurants. ⁵Not like in Brazil, where the tip's always added to the bill. And when you buy something, you have to remember that they add tax at the checkout, so you always pay more than what's on the price tag!

OK, ⁶got to go. Write and tell me how you're doing.

Marcos



2 In each of the underlined parts of the letter, Marcos left something out before the underlined word(s). Match these phrases to the underlined parts 1–6.

- a there's ☐ b I'm ☐ c it's ☐ d It's ☐ e I've ☐ f it's ☐

Writing tip

- We often leave certain words out in informal speaking and writing (it's called *ellipsis*). It is usually the subject and the auxiliary verb that are left out, for example:
Did you have a nice weekend? becomes *Have a nice weekend?* (leaving out the subject "you" and the auxiliary "did")

3 What could be left out from these sentences? Rewrite the sentences.

- 0 It's good to see you.
Good to see you.
- 1 There are no worries; we can do this easily.

- 2 Are you having a good time?

- 3 Do you see what I mean?

4 Imagine that you are an exchange student in an English-speaking country. Write a letter to a friend about your experience. Write 200–250 words.

Include:

- which country you are in
- who you are staying with
- what difficulties you've had with language
- any cultural differences you've had to adjust to

CHECKLIST ✓

- ☐ Use a style of an informal letter
- ☐ Use at least two examples of ellipsis
- ☐ Mention language and cultural difference
- ☐ Write 200–250 words

LISTENING

- 1 06 Listen to two conversations. Complete each sentence with between 1 and 3 words.



CONVERSATION 1

- 1 Jill has won a _____ a magazine.
- 2 The prize is a _____ day trip to South Africa.
- 3 She won't have to _____ on the trip.
- 4 Max wants to know how many people _____ is for.

CONVERSATION 2

- 5 Monika and Graham are looking at _____ comic books.
- 6 Monika's grandfather collects _____.
- 7 He started his collection when he was _____.
- 8 _____ the money in his collection is old.

- 2 06 Listen again. Complete these parts of the conversations with 1 or 2 words.

CONVERSATION 1

JILL I kind of thought I knew a lot of the answers, most of them ¹ _____. And so I thought, "OK, why not?"

MAX And ... ? Wait a minute, you're not saying ...

JILL Yes. I won! I found out today. The magazine called me and told me I'd won.

MAX That's ² _____! Wow. Congratulations! So – you've got a free trip to South Africa?

JILL That's right. I can ³ _____ it myself.

CONVERSATION 2

GRAHAM Do you collect anything, Monika?

MONIKA No – but my grandfather's got ⁴ _____ collection of money from all over the world. I think he's got coins and bills from ⁵ _____ a hundred different countries.

GRAHAM That's ⁶ _____ collection!

DIALOGUE

- 1 Two friends are talking. Put the dialogues in order.

1

- ☐ A Go on – surprise me.
- ☒ 1 A I hear you're going to the concert Saturday night.
- ☐ A That's incredible.
- ☐ B Well, I got a good seat for \$20.
- ☐ B I know. It's amazing, isn't it? I could hardly believe it myself.
- ☐ B That's right. I found a really cheap ticket online last night. You'll never believe what I paid.

2

- ☐ A Pretty interesting, I thought. You know, they move around with camels, and they can travel up to 60 kilometers a day.
- ☐ A Did you see the documentary last night about the Tuareg?
- ☐ A I know. And in that kind of heat. It's almost unbelievable.
- ☐ B No, I missed it. Was it any good?
- ☐ B I'm not sure I'd want to do it, I have to say.
- ☐ B Wow. That's pretty far.

3

- ☐ A In Alaska. And it's winter there. He wrote me an email – he said it sometimes gets to –25 degrees.
- ☐ A My friend is taking a trip around the world.
- ☐ A I know. How do people survive in temperatures like that?
- ☐ B Really? I knew it got cold there, but not that cold!
- ☐ B I've got a better question. Why on earth did Pete choose to go somewhere so cold!?
- ☐ B Oh yeah? So, where is he now?

- 2 Write two dialogues of six lines each. Choose from these situations. Look back at Exercise 1 to help you.

- 1 Two friends are talking. One of them watched a soccer game. A player scored five goals.
- 2 Two friends are talking. One of them did an online quiz and got 49/50.
- 3 Two friends are talking. One of them has a new friend who is 2.12 meters tall.
- 4 Two friends are talking. One of them is saving to buy a musical instrument. It's very expensive.

Writing part 2: an article

Exam guide: writing an article

In part 2 of the writing exam you are asked to write a text from a choice of text types in about 140–190 words. This will sometimes be an article, for example, for a school magazine or a website.

Remember that the article is for a magazine or website – it's for entertainment rather than for information. So try to make your writing lively and interesting. Ways you can do this include:

- using direct (rhetorical) questions
- using lots of adjectives and adverbs
- keeping the sentences short and simple

Remember that in the actual exam, your work is assessed on its:

- content
(have you done what you're asked to do?)
- language
(is your grammar, vocabulary, and spelling generally good even if there are some mistakes?)
- organization
(does your writing follow a clear, logical pattern?)
- communication
(is your writing in an appropriate style – not too formal or informal?)

Manuela wrote an article after she saw this task:

THE BEST PLACE I'VE EVER VISITED

What's the best place you've ever visited?

When did you go? Who with?
What did you like so much about it?

Write and tell us.
Write about 140–190 words.

We'll publish the best articles on our website! And there are prizes for the winners!

1 Read Manuela's article and answer the questions.

- 1 Does she do everything that the task asks her to do?
- 2 Find and circle:
 - a adjectives that she uses
 - b three questions that she uses

The best place I've ever visited? It has to be Disney World in Florida. We live in Mexico City, and a trip to the U.S.A. had always been my dream. On my eleventh birthday, my parents gave me a white envelope instead of the usual present. And can you guess what it was? Of course – our plane tickets to spend six nights in Disney World. I was just so excited!

We flew about five weeks later. I can still remember so many things about that fantastic trip. We stayed in a resort at Epcot Center, and every day we went to see something different. I guess my real favorite was the Wild Africa Trek – three hours of walking and seeing wild animals – it was incredible. And then there were the rides, of course – we all got in a raft one afternoon and did some white-water rafting; that was scary, but fun; we got drenched!

So we had five days of fun, sun, great food, ice cream, rides – what's not to like? I can hardly wait to go back!



- 2 Look at the underlined phrases in the article. They are phrases that you could use in writing this kind of article. Can you find at least one other phrase you think you could use?
- 3 Write an article of your own. You can choose the task that Manuela did or the one below.

NOMADIC PEOPLE I'D LIKE TO KNOW


There are many nomadic people in the world – e.g., the Inuit and the Tuareg.

If you could meet and spend some time with a nomadic tribe, which one would it be and why?

Write and tell us. Write about 140–190 words.
We'll publish the best articles on our website!
And there are prizes for the winners!


CONSOLIDATION

LISTENING

- 1  07 Listen to Amelia talking about her year in Indonesia. Put the things below in the order she mentions them. There are two she doesn't mention.

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> the food | <input type="checkbox"/> the language |
| <input type="checkbox"/> her school | <input type="checkbox"/> transportation |
| <input type="checkbox"/> the weather | <input type="checkbox"/> the people |



- 2  07 Listen again and mark the sentences T (true) or F (false).

- | | |
|--|--------------------------|
| 1 Amelia's dad was only going to spend half a year there. | <input type="checkbox"/> |
| 2 The weather was always hot and dry. | <input type="checkbox"/> |
| 3 Amelia's lost contact with most of her Indonesian friends. | <input type="checkbox"/> |
| 4 She used to buy nasi goreng from a shop. | <input type="checkbox"/> |
| 5 Amelia describes a bejak journey as being dangerous but exciting, too. | <input type="checkbox"/> |

GRAMMAR

- 3 Choose the correct option.

- I don't mind *to help* / *helping* you with your homework.
- But, Dad, you promised *to take* / *taking* me to the movies tonight!
- I feel like *to eat* / *eating* some chocolate. I don't suppose you have some?
- Can I suggest *to take* / *taking* a break and finishing this later?
- I really regret *to tell* / *telling* Paul all those things.
- I bumped into Joshua on the street, and we stopped *to have* / *having* some coffee together.
- I forgot *to send* / *sending* this letter again.
- I don't remember *to invite* / *inviting* Ian to my party. Why's he here?

- 4 Join the sentences to make one sentence.

- My sister spends all day on her phone. I find this very annoying.

- My favorite city is San Diego. It's in California.

- I watched the movie last night. I thought it was really boring.

- My best friend is Al. He was born on the same day as me.

VOCABULARY

- 5 Match the sentence halves.

- | | |
|---|--------------------------|
| 1 I don't know how you put up | <input type="checkbox"/> |
| 2 I'm ashamed of what I said, and | <input type="checkbox"/> |
| 3 Housework really wears me | <input type="checkbox"/> |
| 4 I'm a bit stuck and | <input type="checkbox"/> |
| 5 I wasn't in Spain long, and I only picked | <input type="checkbox"/> |
| 6 I felt a bit awkward and | <input type="checkbox"/> |
| 7 It was a terrible thing to go | <input type="checkbox"/> |
| 8 I can tell that he's guilty | <input type="checkbox"/> |
| a out and makes me feel tired. | |
| b through, and she doesn't like talking about it. | |
| c didn't know what to say. | |
| d by the look on his face. | |
| e could use some help. | |
| f with all his terrible jokes. | |
| g I want to say sorry. | |
| h up a few words of the language. | |

- 6 Complete each word.

- We had to c_____ on our hands and knees.
- The r_____ are really unhappy about the plans to open a new nightclub in the area.
- The c_____ made sure all the passengers were safely off the ship before they left.
- They w_____ around the city for hours. They had no idea where they were going.
- She t_____ quietly up the stairs.
- The a_____ hated his performance, and he was booed off stage.
- The company has more than 1,000 e_____.
- He grabbed the rope and s_____ across the river.

DIALOGUE

7 Complete the dialogue with the phrases in the list. There are two you won't use.

You know what? | You'll never manage to do it | It's a deal | That's too easy
Same here | Of course I can | I bet you can't | Give me a call

DAN You can't go for more than an hour without checking your phone.

ANA ¹ _____.

DAN No you can't. I mean we've only been in the restaurant 20 minutes, and you've already checked it twice.

ANA Well, I'm expecting an important message.

DAN Really? ² _____ I don't think you could survive without your phone. Not even for five minutes. In fact, ³ _____

spend the rest of the meal without your phone.

ANA Don't be silly. ⁴ _____.

DAN Is it? OK, if you don't look at your phone until we finish eating, I'll pay for dinner.

ANA ⁵ _____. I hope you have a lot of money with you.

DAN I don't, but that's no problem.

⁶ _____.

ANA OK, we'll see.

READING

8 Read the article and answer the questions.

You would expect extreme athletes to be equipped with survival techniques. A mountain climber needs to be ready for a rapid descent in bad weather, and a deep-sea diver needs to know what to do if she ever comes face-to-face with a great white shark, for example. Even regular athletes need to know a few basic procedures, and more than one soccer player's life has been saved by the actions of a quick-thinking teammate. But if there's one sport you would expect to be pretty safe, it's golf. Apart from a few sand bunkers and maybe a pond or two, golf courses are hardly the most dangerous of places. Indeed, golf courses are often set in some of the most beautiful countryside there is. What could possibly go wrong there? In fact, the only people who might be in danger are the spectators who might have a golf ball land on their head from time to time.

Swedish golfer Daniela Holmqvist might have a thing or two to say about this. She was in Australia playing in a tournament when she felt a nasty bite on her lower leg. When she looked she saw a small black spider on her ankle. She immediately brushed it away, but the pain was getting stronger and stronger. She quickly called for help and was told that she had been bitten by a black widow spider, one of the most poisonous



creatures in the world. In fact, one bite can kill an adult in less than an hour. The local people were very concerned and immediately called for medical help. But Daniela knew she could not afford to wait for it. She knew she had to do something then and there since her leg had already started to swell.

From her pocket she pulled a tee, the plastic object that a golfer places the ball on at the start of each hole. Using the sharp end of the tee, she made a hole in her leg and squeezed the poison out from inside. It came flowing out in a clear liquid. Despite the pain she kept applying pressure until all the fluid had been removed. Doctors were soon on the scene and helped bandage Daniela up. You might have thought that after a brush with death like this, you would want to go home and rest for a while. Not Daniela: instead of taking any time off to recover, Daniela insisted on finishing the remaining 14 holes to complete her game.

- 1 What dangers might a mountain climber or a deep-sea diver encounter? _____
- 2 What dangers might a golfer encounter? _____
- 3 What danger did Daniela Holmqvist encounter? _____
- 4 How did she react at first? _____
- 5 What did she do to survive the danger? _____
- 6 What did she do once the danger was over? _____

WRITING

9 Think of a dangerous situation and write a paragraph about how you would respond. Write about 180 words.

Include:

- what the situation was
- what you did
- how you felt afterwards