

Kingdome Of Saudi Arabia
Ministry Of Education
Education Management Of



وزارة التربية والتعليم
Ministry of Education

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المسار : البرنامج المشترك

Work Paber Of Traveller (5)

Secondary Stage

Teacher	Supervisor	The Principle
.....

Module 1 Unit 1

Complete the sentences using the correct form of the words in the boxes.

travel trip journey tour voyage
cruise flight excursion expedition

- Our Geography teacher keeps telling us that _____ broadens the mind.
- Is your class coming on the afternoon _____ to Windsor Castle?
- Scott kept a journal of his scientific _____ to the North Pole.
- Many immigrants arrived in New York after a six-week _____ across the Atlantic Ocean.
- The _____ to São Paolo has been delayed due to heavy rain at the airport.
- It's a five-hour _____ by bus from Florence to Naples.
- We went on a guided walking _____ of the Rocky Mountains last summer.
- We are going on a two-week Indian Ocean _____ on a luxurious ship.
- Is your family still planning to go on a _____ to Washington next week?

hotel hostel resort cabin
suite cottage caravan

- The new holiday _____ in Miami offers free tennis lessons.
- Did you hear the news? Joe has bought a weekend _____ in the countryside.
- As we are on a tight budget, we'd better stay at a youth _____.
- Many South Sea islanders still live in traditional wooden _____.
- Tom took his _____ to France and stayed in it over the summer.
- As that _____ is near the airport, a lot of businessmen stay there overnight.
- The President stayed in a luxury _____ at the Hilton.

Module 1 Unit 1

1. Complete the blanks with the Present Simple or the Present Progressive of the verbs in brackets.

- Ahmed Hi, Omar! What's up?
- Omar Hey, Ahmed. Where (1) _____ you _____ (call) me from?
- Ahmed Home.
- Omar Home? You (2) _____ (usually / go) swimming at this time. What (3) _____ (you / do) there?
- Ahmed I (4) _____ (think) I have a cold at the moment.
- Omar Sorry to hear that. I hope you (5) _____ (not feel) too bad.
- Ahmed Thanks, it (6) _____ (seem) to be getting better. What's up with you?
- Omar Oh, you (7) _____ (know) me. I love going out. A gang of us from the gym (8) _____ (go) to that new place on Market Street this weekend. Do you (9) _____ (want) to meet up?
- Ahmed That (10) _____ (sound) like a great idea. Who else (11) _____ (come)?
- Omar Well, let me think. Of course, Josh and Larry. My brother (12) _____ (think) of asking some friends from his karate class, too.
- Ahmed Great! What should I wear?
- Omar Something casual. I (13) _____ (get) a new pair of trainers on Friday, so I'll wear them and, I (14) _____ (guess), I'll put on some smart jeans and a T-shirt.
- Ahmed Thanks for the invitation. I have to go now. I (15) _____ (have) a headache.
- Omar I (16) _____ (understand) mate. Get some rest! We'll talk later.
- Ahmed Right, bye!

2. Read the sentences and circle the correct answer.

- I am looking for some **information** / **informations** on endangered species for a project I have to do.
- There were only **few** / **a few** people at Jim's house last night, but we had a great time.
- I've got **hardly any** / **a little** money left, so I have to go to the bank and get some.
- A:** Did you like the documentary?
B: Yes, I liked it **lots** / **a lot**.
- Your new furniture **is** / **are** really stylish.
- I don't have **much** / **many** time left. I need to leave for the airport soon.
- There **are** / **is** not enough natural **light** / **lights** coming into the room.
- This job requires previous work **experiences** / **experience**.
- There has been very **little** / **few** rain lately.
- People say that no news **is** / **are** good news.
- A:** Where are the scissors?
B: I don't know. I can't find **it** / **them** anywhere.
- I didn't buy any more milk. We've got **plenty** / **a few**.
- How **much** / **many** luggage am I allowed to carry on the plane?
- Who do you turn to for **advices** / **advice** when you've got a problem?

Module 1 Unit 1

1. Choose the word or phrase that produces a grammatically correct sentence.

1. Ian is so messy! He his clothes around.

- a. always throwing
- b. is always throwing
- c. does always throw
- d. is throwing

2. A: Where is John? We've been waiting for him for over an hour!

B: Oh, here he .

- a. is coming
- b. does come
- c. comes
- d. coming

3. There isn't paper left in the photocopier.

- a. plenty
- b. many
- c. much
- d. a little

4. The police the murder of a well-known writer.

- a. investigates
- b. investigate
- c. is investigating
- d. are investigating.

5. The ski resort was crowded as there snow last weekend.

- a. was a little
- b. were a lot of
- c. was plenty of
- d. was a few

2. Choose the word that most appropriately completes the sentence.

1. Success many years of hard work.

- a. combines
- b. insures
- c. provides
- d. requires

2. The lost climbers found shelter in a cave.

- a. obligatory
- b. mandatory
- c. temporary
- d. complimentary

Module 2 Unit 2

1. Complete the sentences using the correct form of the words in the boxes.

absence lack shortage loss

1. Jeremy didn't come to the meeting, and the manager commented on his _____.
2. If it doesn't rain in spring, there will be a(n) _____ of water this summer.
3. Maria reported the _____ of her passport to the police.
4. Amanda was given the job in spite of her _____ of experience.

succeed achieve accomplish manage

5. Do you think he will _____ to finish all the work by tomorrow's deadline?
6. In many computer games, you have to _____ a number of tasks to get a high score.
7. Kareem was chosen because his communication skills will help him _____ as a manager.
8. Ken's training really hard to try to _____ his goal of taking part in the Olympics.

beach shore coast

9. A new high-speed train line has been built along the west _____ of Scotland.
10. Many wild animals live on the _____ of Lake Victoria.
11. Building sandcastles on the _____ is a summer tradition in Britain.

climate weather temperature

12. Global warming has increased the world's average _____.
13. Latin America has a much more humid _____ than most of Europe.
14. Today's _____ forecast is for heavy snow.

Module 2 Unit 2

1.. Complete the blanks with the verbs make or do.

- | | |
|--------------------------|--------------------------|
| 1. <u>make</u> an effort | 11. _ _ a suggestion |
| 2. _ _ a purchase | 12. _ _ damage |
| 3. _ _ business | 13. _ _ one's homework |
| 4. _ _ certain/sure | 14. _ _ money / a profit |
| 5. _ _ a complaint | 15. _ _ a mess |
| 6. _ _ a fuss | 16. _ _ a phone call |
| 7. _ _ one's duty | 17. _ _ work |
| 8. _ _ good/harm | 18. _ _ wrong/right |
| 9. _ _ up one's mind | 19. _ _ noise |
| 10. _ _ sense | 20. _ _ a request |

2. Complete the sentences using the correct form of the phrases in the box.

make an appointment make a decision
make an excuse make a guess make progress
make a suggestion do one's best
do harm do somebody a favour do wonders

- John _____ and left work early.
- Can you _____ me _____ and pick up the children from school this afternoon?
- It has been hard work, but I think we are finally _____ on this project.
- Good morning. I would like to _____ to see the doctor this afternoon.
- We are all _____ our _____ to finish the project on time.
- If you stop eating so much junk food, it will _____ for your health.
- I'm not really sure when man walked on the moon for the first time, but I can _____.
- The scandal has _____ a lot of _____ to his reputation.

Module 2 Unit 2

1. Read the dialogues and complete the blanks with the Present Perfect Simple, the Present Perfect Progressive or the Past Simple of the verbs in brackets.

- Mark: I finally get to see your new flat! I
(1) _____ (be) so curious
to see what it's like.
- Tom: Well, it's a mess at the moment because I'm
having it redecorated. The decorators
(2) _____ (work) in here
since seven this morning. It's quiet now because
they (3) _____ (stop) to
take a tea break.
- Mark: This is a great area to live in. Did you know that
I (4) _____ (look) for a
place to buy for the last six months?
- Tom: My landlord (5) _____
(try) to sell a studio in this block since last
summer.
- Mark: Yes, I know. I (6) _____
(already / see) it advertised. I am definitely
interested in it.
- Tom: Great! I'd love to have you as a neighbour. Would
you like me to give you his phone number?
- Mark: That's OK. I (7) _____
(write) it down when I (8) _____
(see) the advert in the paper. Is that your phone
ringing?
- Tom: Yes, and it just might be my landlord. He
(9) _____ (call) me all

Module 2 Unit 2

1. Complete the sentences below with the correct form of the words in capitals.

1. My older sister has an _____ IMPRESS
collection of coins.
2. The sight of the burnt countryside
filled me with an _____ OVERWHELM
feeling of sadness.
3. The famous artist said that he was
_____ to visit his hometown. THRILL
4. When I saw the bear coming towards
me, I was too _____ to move. SCARE
5. If you get lost in a forest, it can be
very _____. FRIGHTEN
6. Rob was _____ when he DISAPPOINT
found out he was not going to play
for the team.

2. Read the texts and complete the blanks with a, an, the or - .

A. Furnishing (1) _____ new flat is something that
needs (2) _____ time and (3) _____ attention.
Very (4) _____ few of us are rich enough to be
able to hire (5) _____ interior decorator. (6) _____
majority of people must do it by themselves.
Nowadays, there are lots of design shops which
offer (7) _____ wide range of (8) _____ products
at affordable prices.

B. (9) _____ Museum of (10) _____ Modern Art in
New York is (11) _____ great museum. Not only
does it contain beautiful paintings by (12) _____
famous artists, such as Monet and Picasso, but
(13) _____ building itself is also (14) _____
excellent work of (15) _____ architecture.

Module 2 Unit 2

1. Complete the sentences using the phrases in the box.

When the sun sets If you want Take a walk
 Make time to Set in For those who enjoy
 One thing you mustn't miss Once visited
 Built on One of the major attractions

1. _____ the Alps, the town is the perfect place for a peaceful and relaxing winter holiday.
2. _____ visit Petra, the archaeological city in Jordan.
3. _____ to escape the routine of city life, Patagonia is the place for you!
4. _____, sit back and enjoy the quiet of the night.
5. _____ nature, the scenic Lake District is an ideal getaway.
6. _____ of Riyadh is Kingdom Tower.
7. _____, Tunisia is a country you'll definitely want to return to.
8. _____ 40 hills, San Francisco is one of the most charming cities in the country.
9. _____ is the breathtaking pyramids of Giza.
10. _____ through the forest and see the squirrels.

Module 3 Unit 3

1. Complete the sentences with some of the collocations above. You will need to change the form of some of the verbs.

1. I didn't pay my phone bill on time, so the company made me _____.
2. We all thought Tim was an honest person, so we were shocked to hear that he had _____ such a serious _____.
3. The jury took over three days to _____ in the murder case.
4. In some countries you are _____ when you litter the streets.
5. Brian decided to _____ his neighbour _____ because he was always making noise at night.

2. Complete the sentences using the correct form of the words in the boxes.

rob steal burgle mug

1. The police received a tip that someone was planning to _____ the bank.
2. Someone tried to _____ my grandfather the other day, but he beat him with his cane.
3. Someone opened my briefcase and _____ my passport.
4. The Smiths' home was _____ last week.

avoid prevent ban forbid

5. Many states in the U.S. have _____ smoking in all public buildings.
6. The criminal wanted to _____ serving his jail sentence, so he left the country.
7. I _____ you to leave your room, young lady!
8. There are many ways that you can _____ forest fires.

Module 3 Unit 3

1. Complete the text with the Past Simple or the Past Progressive of the verbs in brackets.

Yesterday morning, there (1) _____
 (be) an attempted robbery at a computer shop. Two
 men who (2) _____ (wear) gorilla
 masks (3) _____ (run) into the shop,
 (4) _____ (pull) out their guns and
 (5) _____ (ask) for all the money in
 the till. At first, the staff (6) _____
 (think) the robbers (7) _____ (play)
 a joke on them and one of the shop assistants even
 (8) _____ (offer) the robbers a
 banana. However, the robbers (9) _____
 (get) angry and (10) _____ (fire) their
 guns into the air. It (11) _____
 (become) apparent that this was no joke, so the
 shop assistants (12) _____ (give) the
 robbers all the money in the till. However, when the
 robbers (13) _____ (fire) their guns
 into the air, the alarm (14) _____
 (go off) and the police (15) _____
 (arrive) at the scene in no time. As the robbers
 (16) _____ (leave) the shop, they
 (17) _____ (notice) that the shop was
 surrounded by police cars. They (18) _____
 (have) no choice but to surrender.

Module 3 Unit 3

A. Look at the words in bold in the sentences below. What do you think they mean? Choose a or b.

1. The list is **endless**.
a. coming to an end b. having no end
2. That sounds **incredible**.
a. impossible to believe b. easy to believe
3. Can you think of any **unusual** laws?
a. common b. strange
4. It is **illegal** to transport a bowl of fish on a public bus.
a. according to the law b. against the law
5. Some stupid laws could be **harmful** to people.
a. causing harm b. without harm

2. Complete the sentences using the correct form of the words in capitals.

1. Despite their efforts, scientists were _____ to explain the phenomenon. **ABLE**
2. She found it _____ to keep to her diet, so she gave up after a couple of days. **POSSIBLE**
3. My brother is a _____ author; he has had several books published. **SUCCESS**
4. It was _____ of Larry to drive so fast when it was raining because he could have caused an accident. **RESPONSIBLE**
5. It was _____ to spend so much on a pair of shoes that were so uncomfortable. **LOGICAL**
6. The forest fire was started by a _____ group of teenagers who lit a camp fire in the night. **CARE**
7. This heating system is very _____ because it uses lots of energy without heating up the room quickly. **EFFICIENT**
8. Alice felt _____ because she _____ **HELP**

Module 3 Unit 3

1. Choose the word or phrase that most appropriately completes the sentence.

1. Fadi his brother for missing their flight to Rome.

- a. accused
- b. blamed
- c. charged
- d. shouted

2. The robbers made their in a fast sports car.

- a. runaway
- b. entrance
- c. getaway
- d. exit

3. The police officer the criminal's gun.

- a. resisted
- b. arrested
- c. seized
- d. robbed

4. The mystery of Stonehenge is still to this day .

- a. important
- b. impossible
- c. unsuitable
- d. inexplicable

5. The thieves with a million euros.

- a. made off
- b. went through
- c. held up
- d. made up

6. He couldn't with the deal so he cancelled it at the last minute.

- a. decide on
- b. make off
- c. pick out
- d. go through

7. Charles Lindbergh's baby was from his home.

- a. stolen
- b. burgled
- c. kidnapped
- d. robbed

8. Gafar's parents him to go out with his friends.

- a. encouraged
- b. prevented
- c. arranged
- d. offered

Module 4 Unit 4

1. Complete the sentences with the words in the box.

advice	test	advantage	care
pride	notice	measures	
granted	time	responsibility	

- Daniel is very nervous because he is going to take his driving _____ in a few hours.
- My manager told me to take my _____ completing the report and to check it carefully.
- The oil company has refused to take _____ for the oil leak in the sea.
- I'm glad I took my parents' _____ and bought a house when I could afford it because property is much more expensive now.
- My next door neighbour takes _____ of my cats whenever I go away.
- The government is planning to take _____ to stop motorists from parking their cars in the city centre.
- Sam takes great _____ in his work; he is a jewellery designer and he designs every piece of jewellery with great care.
- Salma sometimes feels that her teenage son takes her for _____ because he never thanks her for all the things she does for him.
- The football coach took _____ of Osamah's talent when he saw him playing in the school yard.
- I decided to take _____ of Mario's offer to go and stay with him during the summer in his house in Italy.

Module 4 Unit 4

1. Complete the sentences using the correct form of the words in the boxes.

competition match game race

1. Last week's Formula One..... was won by a British driver.
2. The boxing ended in a draw between two brave fighters.
3. Do you think I should enter the short story ?
4. I like watching squash but I don't understand all the rules of the

take part take apart take place

5. The expressed their satisfaction by applauding the speakers.
6. The writer stopped to sign autographs for his loyal
7. The rally driver nearly crashed into some standing at the side of the road.
8. All in today's Fun Race must go to the starting line.

take part take apart take place

9. The 2008 Olympic Games in Beijing.
10. Are you going to in the drawing competition?
11. Be careful! Do you really know how to the car engine?

single alone only unique lonely

12. A number of diamonds are on display in the museum.
13. Our son isn't married; he's still
14. Were you when you heard the burglar break into the house?
15. My grandfather feels since my grandmother passed away.
16.children under the age of three may enter for free.

Module 4 Unit 4

1. Choose the word or phrase that produces a grammatically correct sentence.

1. He was the bravest man I .
a. saw before b. was ever seeing c. had ever seen d. had ever been seeing
2. We for an hour when we suddenly realised that we were going in the wrong direction.
a. have been driving b. have driven c. drove d. had been driving
3. Who to the park with yesterday?
a. did you go b. you went c. had you gone d. you had gone
4. They a company together but they had an argument and, in the end, they didn't.
a. would set up b. were going to set up c. had set up d. set up
5. Who you the postcard that came yesterday?
a. sent b. did send c. has sent d. had sent
6. Maram dinner by the time her husband came home.
a. made b. had been making c. had made d. was making
7. you like best, the red one or the blue one?
a. What dress do b. What dress c. Which dress do d. Which dress
8. Mark expected that his team to the playoffs, but it was just wishful thinking.
a. would make it b. to make it c. was making it d. made it
9. A: ' the burglary?'
B: 'John did.'
a. Which saw b. Who saw c. Where was d. When was
10. Gadi had been working for ten hours straight, so when he came home he exhausted.
a. would be b. has been c. had been d. was

2. Use the adverbs in the box to complete the sentences below.

luckily occasionally happily obviously
cautiously suddenly completely

1. It was a beautiful spring morning and the children were playing in the garden.
2. , Carl came out of the accident with only a few scratches.
3. My best friend and I don't have much time to see each other any more, but we get together to chat and exchange news.
4. After the climb up the mountain, we were exhausted.
5. The vet approached the injured bear

Module 4 Unit 4

1. Choose the word or phrase that produces a grammatically correct sentence.

1. Was Leena still living in Vancouver when she the award?
a. was winning b. won c. had been winning d. would win
2. The lesson already fifteen minutes before we arrived.
a. was ... begun b. was ... beginning c. had ... begun d. would ... begin
3. Is it ever as this in London?
a. the hottest b. as hot c. slightly hotter d. far more hot
4. ' will we have lunch today?'
' Let's go to that place by the ocean that makes sushi.'
a. What b. When c. Which d. Where
5. We through the park when we heard the bomb explode.
a. walked b. were walking c. would walk d. were walked
6. His explanation about why he failed the exam is I have ever heard.
a. the most strange b. stranger than c. strangest d. the strangest
7. do you prefer, the red or the blue sneakers?
a. What b. Who c. Why d. Which
8. My friend was angry with me but forgave me when I her some roses.
a. give b. gave c. was giving d. had been giving
9. Is it to go by train or by bus to the airport?
a. cheaper b. the cheapest c. the cheaper d. as cheap
10. ' this stylish cell phone?'
'Uncle Trevor. He always buys me gifts.'
a. Who did you give b. Who gave you c. Who was giving you d. Who did give you

2. Choose the word or phrase that most appropriately completes the sentence.

1. Many countries in Europe are planning to smoking in all public places.
a. charge b. convict c. ban d. avoid
2. The to the burglary was questioned by the police.
a. hostage b. witness c. murderer d. hijacker
3. Abdullah showed me three T-shirts and told me to the one I liked best.
a. pick out b. hold up c. go through with d. make off
4. The criminal the businessman by threatening to harm his family.
a. kidnapped b. blackmailed c. shoplifted d. robbed
5. All the food was delicious and the dessert.
a. particularly b. consequently c. moreover d. slightly
6. Maria won the and now a publisher is interested in publishing one of her short stories.
a. race b. match c. competition d. game
7. Bayan lost her with her young son because he kept nagging her to buy him candy.
a. patience b. endurance c. strength d. optimism
8. Poverty or even boredom can often lead people to a crime.
a. serve b. plead c. break d. commit
9. He took it for that I would help him with his project.
a. granted b. advice c. care d. responsibility
10. Although I live in a big city where there are lots of people, I often find myself feeling .
a. only b. single c. unique d. lonely

Module 5 Unit 5

1. Use the correct form of the words in the boxes to complete the sentences.

forecast expectation prediction

1. His of who would win the football game was accurate.

2. The weather calls for a lot of rain tomorrow.

3. The Smiths have high of their children.

neighbourhood outskirts suburbs zone

4. I prefer living in the city centre, because there isn't anything to do in the

5. My parents live on the of town.

6. This isn't a very good to live in, as there is a lot of pollution.

7. The mayor has promised to turn this area into a pedestrian

habitat home house residence

8. Abdul has bought a in the countryside.

9. I want to stop and get some dinner before we go

10. Where is the location of your , sir?

11. I believe wild animals should live in their natural, not in zoos.

block of flats office block skyscraper

12. The Sears Tower is one of the tallest in the world.

13. We used to live in a house but we recently moved to a new across the street.

14. I work in an ugly five-storey in the centre of the city.

2. Complete the sentences with the words in the box.

clock goal task date trap
price standards example

1. Have you set a for your wedding, yet?

2. He hasn't set a for his car, has he?

3. It's important to set a for yourself, so you have something to work towards.

4. I forgot to set the when the time changed, so now it is an hour behind.

Module 5 Unit 5

1. Read the dialogues and circle the correct words.

1. A: Where **are you going** / **do you go** on holiday next summer?

B: I **will probably go** / **'m about to go** to Cyprus.

2. A: **Will you move** / **Do you move** house soon?

B: Yes, I **move** / **will move** as soon as they **finish** / **will finish** painting the house.

3. A: By one o'clock I **will drive** / **will have been driving** for four hours.

B: You should have a break. Let's stop at a restaurant and have some lunch.

4. A: This time tomorrow we **will have flown** / **will be flying** to Paris.

B: Yes, I know. It's so exciting!

5. A: **Will you have travelled** / **Will you be travelling** around Europe next month?

B: No, I'm **not leaving** / **I won't have been leaving** until the end of June.

6. A: In another hour or so it **will have been raining** / **will rain** non-stop for four hours.

B: Yes I know, I hope it **will have stopped** / **will stop** soon.

7. A: I **am going to run** / **will have run** in the New York City Marathon next month.

B: That's great.

8. A: I think I **ll buy** / **I'll be buying** the red T-shirt, not the blue one.

B: Whatever, just make up your mind soon. Our plane **is about to** / **won't** take off.

2. Read the sentences and circle the correct answer.

1. 'Must / May I interrupt you?'

'Sure.'

2. They **should** / **might** make their reservations soon; otherwise the hotel will be full.

3. 'I've got really bad toothache.'

'You **should** / **need** go to the dentist.'

4. You **mustn't** / **don't have to** wear a suit and tie; the dinner party is not formal.

5. I can't see the floor anymore; you really **ought to** / **might** clean this room.

6. **Could** / **Should** you please turn down the volume? I am trying to concentrate on my homework.

7. You **mustn't** / **needn't** use your mobile phone during the examinations; it's against the rules.

8. I **ought to** / **had to** go to the bank yesterday to cash a cheque.

9. I was sitting so far away from the speaker that I **wouldn't** / **couldn't** hear him very well.

10. You **had better not** / **don't have to** wake up late again or you will lose your job.

Module 5 Unit 5

1. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words including the word given.

- As the meeting is tomorrow, this ought to be finished before I go home. better
As the meeting is tomorrow, I _____ I go home.
- This time tomorrow we'll be on the plane to Argentina. flying
We _____ this time tomorrow.
- Mustafa knows fully well that he should report the problem to the manager. ought
Mustafa is fully aware that _____ problem to the manager.
- Do you think Joe will have to stay in hospital for long? likely
Is _____ in hospital for long?
- The lights must be fixed by the time the exhibition opens. to
The lights _____ by the time the exhibition opens.
- Are you inviting Nabil to your wedding? going
Are _____ to your wedding?
- An eye-test is compulsory before you can become a pilot. must
You _____ before becoming a pilot.
- Reporters must have a special pass to enter the stadium before the game. not
Reporters without a special pass _____ before the game.

2. Read the text below and complete the gaps. Use only one word in each gap.

RUN for a better life!

Doctors insist that we had (1) become more effective in dealing with stress as soon as (2), otherwise more and more of us (3) develop stress-related health problems, such as high blood pressure, sleeplessness or heart disease. One particularly effective way (4) fight stress is to take up long-distance running. Lifestyle analysts believe that before long this type of running will achieve a cult status as one of (5) best ways of both dealing with stress and of providing the opportunity to be alone and to let whatever thoughts appear to simply go (6) and out of the head. The point of long-distance running should (7) be about how fast you can run or whether you might break a record, but ought to (8) about personal growth. Enthusiasts claim (9) once you start long distance running, you will soon see (10) benefits. It is recommended that the running should be divided into two stages: in the first stage the point (11) to keep moving until the stress that builds up (12) day disappears, while the second stage aims at achieving an inner calm or peacefulness.