

PAR AVION · ENGLISH EDITION



ANGLAIS

Le cahier de vacances qui donne vraiment envie de bouger



DURÉE
4 SEMAINES

ESCALES
LONDRES · ÉCOSSE · OCÉAN · 2050

BAGAGES
STYLO + DICO

SAISON
ÉTÉ 2026

Bon voyage !

PRÉNOM : · CLASSE :

Comment utiliser ce cahier ?

Ce cahier est organisé en 4 semaines, chacune construite autour d'un thème. Chaque semaine comprend : une notion de grammaire, du vocabulaire, deux exercices de grammaire, une compréhension écrite, une expression écrite et une activité ludique.

Compte environ 20 à 30 minutes de travail, 3 à 4 fois par semaine. Les corrigés des exercices fermés se trouvent à la fin du cahier — les productions écrites, elles, sont à faire relire par un adulte ou un professeur.

NOS CONSEILS

- Lis toujours la boîte de grammaire avant de commencer les exercices.
- Fais l'exercice de vocabulaire en premier : il te donne les mots dont tu auras besoin ensuite.
- N'hésite pas à consulter un dictionnaire pour l'expression écrite.
- Corrige-toi avec un stylo de couleur pour bien repérer tes progrès.

SUIVI

Mon suivi de progression

SEMAINE	THÈME	DATE	RESSENTI (☆ À ☆☆☆)
1	Daily Life & Routines		
2	Travel & Holidays		
3	Environment & Nature		
4	Technology & the Future		

Daily Life & Routines

— carnet de bord d'une lycéenne à Londres

GRAMMAIRE

le présent simple + les adverbes de fréquence.

On utilise le présent simple pour parler d'habitudes et de routines. N'oublie pas le -s à la 3e personne du singulier (he / she / it) : She wakes up at 7 am.

Les adverbes de fréquence (always, usually, often, sometimes, rarely, never) se placent avant le verbe principal, mais après le verbe 'to be' : I usually have breakfast. / She is never late.

1. VOCABULAIRE — RELIE CHAQUE MOT À SA TRADUCTION

- | | |
|----------------------|------------------------------------|
| 1. to wake up | A déjeuner |
| 2. to get dressed | B faire le trajet domicile-travail |
| 3. to have breakfast | C se réveiller |
| 4. to commute | D se détendre |
| 5. to attend class | E dîner |
| 6. to have lunch | F se coucher |
| 7. homework | G les devoirs |
| 8. to relax | H s'habiller |
| 9. to have dinner | I assister à un cours |
| 10. to go to bed | J prendre le petit-déjeuner |
| 11. a habit | K une habitude |
| 12. daily routine | L la routine quotidienne |

Réponses : 1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____
7. ____ 8. ____ 9. ____ 10. ____ 11. ____ 12. ____

4. COMPRÉHENSION ÉCRITE

A DAY IN THE
LIFE OF EMMA, A
STUDENT IN
LONDON



Emma is fourteen years old and she lives in London with her family. Every school day, she wakes up at seven o'clock and gets dressed quickly. She never eats a big breakfast — usually just some toast and orange juice. At half past eight, she walks to school with her best friend, Lily. Classes start at nine and finish at half past three. Emma usually has lunch at school with her classmates. After school, she does her homework before dinner, and then she often relaxes by reading or watching a series. Her family always has dinner together at seven o'clock, and they talk about their day. Emma goes to bed at half past nine on school nights, but on Fridays she rarely goes to bed early because she stays up to watch a film with her brother.

2. LE PRÉSENT SIMPLE

1. Every morning, Emma ____ (wake up) at seven o'clock.
2. She ____ (not / eat) a big breakfast before school.
3. Her brother Tom ____ (go) to school by bike.
4. After school, they ____ (do) their homework together.
5. On Sundays, the whole family ____ (have) lunch at their grandmother's house.
6. ____ you ____ (brush) your teeth every night?

3. LES ADVERBES DE FRÉQUENCE

1. always / breakfast / eat / I →

2. never / is / late / for school / She →

3. usually / go / to bed / at 10 pm / We →

4. sometimes / to have lunch / forgets / He →

5. rarely / homework / do / on Fridays / I →

1. True or False: Emma has a big breakfast every morning. Justify your answer with a sentence from the text.
2. True or False: She walks to school alone.
3. What does Emma usually do after finishing her homework?
4. What time does the family have dinner together?
5. Why does Emma rarely go to bed early on Fridays?

5. EXPRESSION ÉCRITE

CONSIGNE

Describe your typical school day. Write 80–100 words. Use at least five adverbs of frequency (always, usually, often, sometimes, rarely, never) and the present simple.

- ☐ Utilisé le présent simple correctement (n'oublie pas le -s !)
- ☐ Utilisé au moins 5 adverbes de fréquence
- ☐ Écrit entre 80 et 100 mots
- ☐ Relu ton texte pour vérifier l'orthographe

6. ACTIVITÉ LUDIQUE : MOTS MÊLÉS

K B F T A R A S E	le petit-déjeuner
O R O H K M W E	les devoirs

E M C M U T O

faire le
trajet
domicile-
travail

X R L E A

se détendre

I T B A H

une habitude

N O T R E U I

la routine

Travel & Holidays

GRAMMAIRE

le prétérit (past simple).

Pour les verbes réguliers, on ajoute -ed à la base verbale : travel → travelled, visit → visited. Attention à l'orthographe : stop → stopped, study → studied.

De nombreux verbes sont irréguliers et ont une forme spécifique à apprendre par cœur : go → went, see → saw, have → had, take → took.

1. VOCABULAIRE — RELIE CHAQUE MOT À SA TRADUCTION

- | | |
|------------------------|--------------------------------------|
| 1. luggage | A réserver |
| 2. journey | B faire sa valise |
| 3. destination | C arriver |
| 4. souvenir | D explorer |
| 5. to book (a hotel) | E le souvenir (objet) |
| 6. flight | F la destination |
| 7. to arrive | G le vol |
| 8. to explore | H les bagages |
| 9. sightseeing | I le tourisme, la visite touristique |
| 10. local food | J le trajet, le voyage |
| 11. unforgettable | K la cuisine locale |
| 12. to pack a suitcase | L inoubliable |

Réponses : 1. ____ 2. ____ 3. ____ 4. ____ 5. ____
6. ____ 7. ____ 8. ____ 9. ____ 10. ____ 11. ____
12. ____

4. COMPRÉHENSION ÉCRITE

MY TRIP TO SCOTLAND

Last July, I travelled to Scotland with my family for two weeks.



We flew from Paris to Edinburgh and then we took a bus to the Highlands. On the first day, we visited an old castle near a lake, and I took hundreds of photos! The weather was cold and rainy, but we didn't mind because the landscapes were beautiful. We stayed in a small hotel near a village, and every morning we had a traditional Scottish breakfast. My favourite day was when we went hiking in the mountains and saw wild deer. In the evenings, we explored the local shops and I bought a wool scarf as a souvenir for my grandmother. On our last day, we visited a museum about Scottish history. It was an unforgettable holiday, and I would love to go back one day.

1. True or False: The family travelled to Scotland in December.
2. True or False: They stayed in a big hotel in the city centre.
3. What was the writer's favourite day, and why?
4. What souvenir did the writer buy, and for whom?

2. LE PRÉTÉRIT (VERBES RÉGULIERS ET IRRÉGULIERS)

1. Last summer, my family ____ (travel) to Scotland.
2. We ____ (take) the plane from Paris to Edinburgh.
3. I ____ (see) a castle for the first time in my life.
4. My little sister ____ (buy) a souvenir for her best friend.
5. We ____ (not / have) enough time to visit everything.
6. ____ you ____ (enjoy) your holiday last year?

3. VERBES IRRÉGULIERS

1. go → _____
2. see → _____
3. have → _____
4. take → _____
5. buy → _____
6. be → _____
7. eat → _____
8. meet → _____

5. How did the writer feel about the holiday? Find a word in the text.

5. EXPRESSION ÉCRITE : UNE CARTE POSTALE

CONSIGNE

Write a postcard to a friend about a holiday you went on (real or imaginary). Use the past simple. Write 90–110 words.

- ☐ Utilisé le prétérit (formes régulières et irrégulières)
- ☐ Mentionné où tu es allé(e), avec qui, et ce que tu as fait
- ☐ Donné ton avis sur ce voyage
- ☐ Écrit entre 90 et 110 mots

6. ACTIVITÉ LUDIQUE : MOTS MÊLÉS

N R U E Y O J	le trajet, le voyage
A U E G G G L	les bagages
L I F H T G	le vol
P O R X L E E	explorer
U V N O E S R I	le souvenir
V R R A E I	arriver

Environment & Nature

— *reportage depuis l'océan*

GRAMMAIRE

comparatifs, superlatifs et donner son opinion.

Comparatif : adjectif court + -er + than (cleaner than) ; adjectif long : more + adjectif + than (more dangerous than). Superlatif : the + adjectif + -est (the cleanest) ou the most + adjectif (the most dangerous).

Pour donner ton opinion : In my opinion, ... / I think that... / I believe that... / From my point of view, ...

1. VOCABULAIRE — RELIE CHAQUE MOT À SA TRADUCTION

- | | |
|-----------------------|-------------------------------|
| 1. pollution | A la pollution |
| 2. to recycle | B un sac en plastique |
| 3. endangered species | C prendre soin de |
| 4. renewable energy | D protéger |
| 5. global warming | E recycler |
| 6. to protect | F les déchets |
| 7. waste | G l'énergie renouvelable |
| 8. sustainable | H la faune sauvage |
| 9. the planet | I le réchauffement climatique |
| 10. to take care of | J la planète |
| 11. wildlife | K durable |

4. COMPRÉHENSION ÉCRITE

PLASTIC IN THE OCEAN



Every year, millions of tonnes of plastic end up in the ocean.

Scientists say that by 2050, there could be more plastic than fish in the sea. This plastic is extremely dangerous for wildlife: turtles, birds and fish often eat small pieces of plastic, thinking it is food. Plastic bags, bottles and straws are some of the most common types of ocean waste. The good news is that more and more people are trying to solve this problem. Some countries have banned single-use plastic bags, and many companies now use sustainable packaging instead. Schools are teaching children how to recycle and reduce waste. Small actions can make a big difference: using a reusable water bottle, picking up litter on the beach, or simply saying no to plastic straws. In my opinion, everyone has a responsibility to take care of the planet.

1. True or False: There is already more plastic than fish in the ocean today.
2. True or False: Some countries have banned single-use plastic bags.

12. plastic bag

L une espèce en
voie de
disparition

Réponses : 1. ____ 2. ____ 3. ____ 4. ____ 5. ____
6. ____ 7. ____ 8. ____ 9. ____ 10. ____ 11. ____
12. ____

2. COMPARATIFS ET SUPERLATIFS

1. Solar energy is ____ (clean) than coal.
2. In my opinion, plastic pollution is ____ (dangerous) problem of all.
3. Recycling is ____ (easy) than most people think.
4. The Amazon rainforest is ____ (important) ecosystem in the world.
5. This year's summer was ____ (hot) than last year's.

3. DONNER SON OPINION

1. In my opinion, the biggest environmental problem today is _____ because _____.
2. I think that everyone should _____ to help protect the planet.
3. From my point of view, _____ is more important than _____.
4. I believe that in ten years, _____.

3. Why is plastic dangerous for sea animals?

4. Name two 'small actions' mentioned in the text.

5. What is the author's opinion about this problem? Find the sentence.

5. EXPRESSION ÉCRITE : DONNER SON OPINION

CONSIGNE

In your opinion, what is the biggest environmental problem today? Give your opinion and at least two reasons. Write 100–120 words.

- ☐ Donné ton opinion clairement (In my opinion / I think that...)
- ☐ Utilisé au moins un comparatif ou un superlatif
- ☐ Donné au moins deux raisons pour justifier ton avis
- ☐ Écrit entre 100 et 120 mots

6. ACTIVITÉ LUDIQUE : MOTS MÊLÉS

O I U O L L P N T	la pollution
I W L E L D I F	la faune sauvage
A P L N T E	la planète
T E S A W	les déchets
L C R C Y E E	recycler
P C A S I T L	plastique

Technology & the Future

— lettre envoyée du futur

GRAMMAIRE

le futur (will / going to) et le first conditional.

'Will' sert à faire une prédiction ou une décision spontanée : I think robots will do more jobs in the future. 'Going to' sert à parler d'une intention ou d'un projet déjà décidé : I'm going to buy a new phone next week.

First conditional : If + présent simple, + will + base verbale. Il sert à parler d'une conséquence probable : If we don't act now, the planet will suffer.

1. VOCABULAIRE — RELIE CHAQUE MOT À SA TRADUCTION

- | | |
|----------------------------|----------------------------------|
| 1. device | A dépendre de, compter sur |
| 2. app (application) | B un robot |
| 3. artificial intelligence | C le temps passé devant un écran |
| 4. screen time | D une avancée, une percée |
| 5. to invent | E l'intelligence artificielle |
| 6. to download | F les réseaux sociaux |
| 7. social media | G une application |
| 8. robot | H inventer |
| 9. virtual reality | I un appareil |
| 10. connected | J connecté(e) |

4. COMPRÉHENSION ÉCRITE

LIFE IN 2050

What will our daily life look like in 2050?



Many scientists believe that artificial intelligence will change almost everything. Self-driving cars will probably be normal, and some people think we will travel to work using flying taxis. At home, smart devices will control the lighting, the temperature and even the shopping list. Some experts predict that robots will do most dangerous or repetitive jobs, which means humans will have more time for creative work. Virtual reality could also become part of everyday life: instead of travelling, people might visit museums or beaches through a virtual reality headset. However, not everyone is optimistic. Some people worry that we will become too dependent on technology and that screen time will increase even more. If we don't find a balance between technology and real life, some experts warn that people will feel more isolated. What do you think life will be like in 2050?

11. breakthrough K la réalité virtuelle

12. to rely on L télécharger

Réponses : 1. ____ 2. ____ 3. ____ 4. ____ 5. ____
6. ____ 7. ____ 8. ____ 9. ____ 10. ____ 11. ____
12. ____

2. WILL OU GOING TO ?

1. Look at those clouds! It ____ (rain) soon. (prédiction basée sur une preuve)
2. I ____ (buy) a new laptop next month; I've already chosen the model. (décision déjà prise)
3. I think people ____ (travel) to Mars one day. (prédiction générale)
4. Don't worry, I ____ (help) you with your homework. (décision spontanée)
5. We ____ (visit) my grandparents this weekend; it's already planned.

3. LE FIRST CONDITIONAL

1. If we ____ (not / protect) the environment, the planet ____ (suffer).
2. If I ____ (save) enough money, I ____ (buy) a new phone.
3. Robots ____ (do) more jobs if artificial intelligence ____ (continue) to develop.
4. If you ____ (spend) too much time on screens, you ____ (feel) more tired.

1. True or False: According to the text, robots will only do creative jobs.
2. True or False: Some experts are worried about the future of technology.
3. Name two examples of technology mentioned that could change daily life.
4. What could happen if we don't find a balance between technology and real life?
5. In your opinion, is the author more optimistic or pessimistic about the future? Justify.

5. EXPRESSION ÉCRITE : MA VIE DANS 10 ANS

CONSIGNE

Imagine your life in 10 years. What will you be doing? Where will you live? What technology will you use? Write 100–120 words using 'will' and 'going to'.

- ☐ Utilisé 'will' pour au moins une prédiction
- ☐ Utilisé 'going to' pour au moins un projet
- ☐ Parlé de ta vie personnelle, professionnelle et de la technologie
- ☐ Écrit entre 100 et 120 mots

6. ACTIVITÉ LUDIQUE : MOTS MÊLÉS

O O R T B	un robot
C V E E D I	un appareil
A W O L N O D D	télécharger
E E T D N O C C N	connecté(e)

A R G E U K T H O B H R

une
avancée

N V T E N I

inventer

Corrigés

Vérifie tes réponses aux exercices fermés. Pour le vocabulaire, les paires correctes sont listées ci-dessous (numéro du mot → lettre de la traduction).

Semaine 1 — Daily Life & Routines

VOCABULAIRE

1-C 2-H 3-J 4-B 5-I 6-A 7-G 8-D 9-E 10-F 11-K 12-L

EXERCICE 2

- Every morning, Emma wakes up at seven o'clock.
- She doesn't eat a big breakfast before school.
- Her brother Tom goes to school by bike.
- After school, they do their homework together.
- On Sundays, the whole family has lunch at their grandmother's house.
- Do you brush your teeth every night?

EXERCICE 3

- I always eat breakfast.
- She is never late for school.
- We usually go to bed at 10 pm.
- He sometimes forgets to have lunch.
- I rarely do homework on Fridays.

COMPRÉHENSION ÉCRITE

- False — 'She never eats a big breakfast — usually just some toast and orange juice.'
- False — she walks to school with her best friend, Lily.
- She often relaxes by reading or watching a series.
- At seven o'clock.
- Because she stays up to watch a film with her brother.

ACTIVITÉ LUDIQUE (MOTS À RETROUVER)

BREAKFAST, HOMEWORK, COMMUTE, RELAX, HABIT, ROUTINE

Semaine 2 — Travel & Holidays

VOCABULAIRE

1-H 2-J 3-F 4-E 5-A 6-G 7-C 8-D 9-I 10-K 11-L 12-B

EXERCICE 2

- Last summer, my family travelled to Scotland.
- We took the plane from Paris to Edinburgh.
- I saw a castle for the first time in my life.
- My little sister bought a souvenir for her best friend.

- We didn't have enough time to visit everything.
- Did you enjoy your holiday last year?

EXERCICE 3

- go → went
- see → saw
- have → had
- take → took
- buy → bought
- be → was/were
- eat → ate
- meet → met

COMPRÉHENSION ÉCRITE

- False — 'Last July' (summer, not December).
- False — 'We stayed in a small hotel near a village.'
- Hiking in the mountains, because they saw wild deer.
- A wool scarf, for his/her grandmother.
- 'Unforgettable' — an unforgettable holiday.

ACTIVITÉ LUDIQUE (MOTS À RETROUVER)

JOURNEY, LUGGAGE, FLIGHT, EXPLORE, SOUVENIR, ARRIVE

Semaine 3 — Environment & Nature

VOCABULAIRE

1-A 2-E 3-L 4-G 5-I 6-D 7-F 8-K 9-J 10-C 11-H 12-B

EXERCICE 2

- Solar energy is cleaner than coal.
- In my opinion, plastic pollution is the most dangerous problem of all.
- Recycling is easier than most people think.
- The Amazon rainforest is the most important ecosystem in the world.
- This year's summer was hotter than last year's.

EXERCICE 3

- Réponses libres — vérifiées par l'enseignant(e).

COMPRÉHENSION ÉCRITE

- False — 'there could be more plastic than fish' by 2050 (prediction, not yet).
- True — 'Some countries have banned single-use plastic bags.'
- Because animals eat small pieces of plastic, thinking it is food.
- Using a reusable water bottle / picking up litter on the beach / saying no to plastic straws (any two).
- 'In my opinion, everyone has a responsibility to take care of the planet.'

ACTIVITÉ LUDIQUE (MOTS À RETROUVER)

POLLUTION, WILDLIFE, PLANET, WASTE, RECYCLE, PLASTIC

Semaine 4 — Technology & the Future

VOCABULAIRE

1-I 2-G 3-E 4-C 5-H 6-L 7-F 8-B 9-K 10-J 11-D 12-A

EXERCICE 2

- It is going to rain soon.
- I am going to buy a new laptop next month.
- I think people will travel to Mars one day.
- Don't worry, I will help you with your homework.
- We are going to visit my grandparents this weekend.

EXERCICE 3

- If we don't protect the environment, the planet will suffer.
- If I save enough money, I will buy a new phone.
- Robots will do more jobs if artificial intelligence continues to develop.
- If you spend too much time on screens, you will feel more tired.

COMPRÉHENSION ÉCRITE

- False — robots will do 'most dangerous or repetitive jobs', not only creative jobs.
- True — some people worry about becoming too dependent on technology.
- Self-driving cars / flying taxis / smart devices / virtual reality (any two).
- People will feel more isolated, according to some experts.
- Réponse libre — l'élève doit justifier avec un exemple du texte.

ACTIVITÉ LUDIQUE (MOTS À RETROUVER)

ROBOT, DEVICE, DOWNLOAD, CONNECTED, BREAKTHROUGH, INVENT