

Fleydo English School
B1 Exam #26
Life Without the Internet for a Week
B1 Level • 30 Questions • 45 Minutes • Grammar

Name: _____ Date: _____

Instructions: Choose the best answer (A, B, C, or D) for each question. Circle your answer or write the letter in the space provided. You have 45 minutes to complete this exam.

1. I couldn't believe how ___ it was to go a whole day without checking my phone.

A) difficulty B) difficult C) difficultly D) more difficulty

2. She ___ without social media for a week and said it completely changed her daily routine.

A) has gone B) went C) was going D) had been going

3. If I ___ my phone at home for a day, I think I would feel quite anxious at first.

A) leave B) left C) will leave D) would leave

4. By the end of the experiment, most students ___ that they actually enjoyed the experience.

A) admit B) admitted C) had admitted D) were admitting

5. He suggested ___ a digital detox challenge as a class project for the whole term.

A) to do B) doing C) do D) done

6. Not having the internet made me realise how much time I ___ spend scrolling every day.

A) was used to B) used to C) got used to D) am used to

7. The hardest part of the challenge was not ___ able to stream music or videos.

A) be B) been C) being D) to be

8. She told her friends that she ___ much better after just three days offline.

A) feels B) felt C) has felt D) is feeling

9. ___ spending less time online, I started reading books again and really enjoyed it.

A) Because of B) Although C) Despite D) However

10. I wish I ___ how to live without my phone before the experiment — the first day was terrible.

A) know B) knew C) had known D) would know

11. Living without the internet for a week is ___ harder than most people think.

A) many B) very C) far D) so

12. The teacher asked us ___ we had noticed any changes in our mood during the week.

A) that B) what C) whether D) which

13. Many students found it difficult to concentrate on homework without ___ to check notifications.

A) wanting B) want C) to want D) wanted

14. I didn't expect the experiment to be so ___ — I actually learned a lot about myself.

A) reward B) rewarded C) rewarding D) rewardly

15. Some students cheated by ___ their tablets to go online when nobody was watching.

A) use B) to use C) using D) used

16. He managed ___ the whole week without the internet, and he felt really proud afterwards.

A) surviving B) to survive C) survive D) survived

17. The experiment showed us that we are far too ___ on our devices.

A) dependent B) independent C) depending D) dependable

18. ___ the internet can feel isolating at first, it actually brought our family closer together.

A) Because B) Although C) So D) Unless

19. Instead of watching YouTube, I spent my evenings ___ board games with my family.

A) play B) to play C) playing D) played

20. She said that the week without the internet ___ one of the best experiences of her life.

A) is B) has been C) was D) will be

21. If everyone ___ a digital detox once a year, I think we'd all be happier.

A) does B) did C) will do D) would do

22. The first thing I did after the experiment was ___ was turn on my phone and check my messages.

A) over B) up C) through D) off

23. I'm not used ___ going to bed without scrolling through my phone first.

A) for B) at C) to D) with

24. The school ___ a no-phone policy for one week, and the results were surprising.

A) introduced B) was introduced C) has introduced D) is introducing

25. Not only did I sleep better, ___ I also felt less stressed during the day.

A) and B) so C) but D) or

26. One student said she had spent the extra time ___ to paint, which she'd always wanted to try.

A) learn B) to learn C) learning D) learned

27. Going offline helped me understand ___ important face-to-face conversations really are.

A) what B) so C) how D) that

28. We were encouraged ___ a journal during the experiment to record our thoughts and feelings.

A) keep B) keeping C) to keep D) kept

29. The experiment would have been easier if we ___ allowed to use the internet for homework.

A) are B) were C) had been D) would be

30. After a week offline, I can honestly say that the internet is something I take for ___.

A) granted B) given C) sure D) certain

ANSWER KEY

1. B	2. B	3. B	4. B	5. B	6. B
7. C	8. B	9. A	10. C	11. C	12. C
13. A	14. C	15. C	16. B	17. A	18. B
19. C	20. C	21. B	22. A	23. C	24. A
25. C	26. C	27. C	28. C	29. C	30. A