digi ZABAN

в в с

Speak out

















Helen Chilton

Workbook







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В В С



3RD EDITION



Workbook

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Lesson 1A

GRAMMAR | present perfect simple and continuous **VOCABULARY** | personality adjectives; suffixes **PRONUNCIATION** | weak forms of *have* and *been*

it 6

VOCABULARY

personality adjectives

1	A		Choose the correct word to complete the entences.
		1	He's so! He's planning to open two new restaurants by the end of the year.
			a adventurousb ambitiousc hopeful
		2	Hilda is the most person I know. She
			seems to disagree with everything I say.
			a argumentative b rebellious c stubborn
		3	People often go through astage of life, where they want to break rules.
			<pre>a rebellious b curious c stubborn</pre>
		4	I think I'm pretty I've climbed a mountain, trekked through the Amazon – that kind of thing.
			<pre>a outgoing b stubborn c adventurous</pre>
		5	My sister's very Once she's made her mind up, she won't change it.
			<pre>a outgoing b stubborn c argumentative</pre>
		6	My twin brother and I are completely different. I'm quite shy, whereas he's very
			a rebelliousb ambitiousc outgoing
			adventurous ambitious argumentative cheerful curious outgoing rebellious stubborn
		Α	: Do you get on well with your brother and sister?
			: Usually, but my brother can be a bit 1
		Α	: Oh, dear! Your sister's always very ³
		В	: Yeah, she does. She's quite 4and has got loads of friends. I'm quieter than her. Anyway, what about you and your brother?
		А	: We get on fine. He's a lot older than me, so he's working now. He's quite 5 Like, he's already going for a promotion.
		В	: He sounds quite 6, as well. Doesn't he go mountain climbing?
		Α	: Yeah, he's very ⁷ about the world – wants to know everything and try everything.
		В	: I wish my brother was more like yours!
			: Oh, he isn't perfect. He can be very 8
			and won't change his mind for anything!

su

suf	fixes
2	Complete the sentences with the adjective form of the words in brackets.
	1 Our new teacher's really(help) – she sent a list of useful websites to the group.
	2 I'm not(art) at all. I can't even draw simple objects.
	3 Wow! That musician was so (talent)! Imagine being able to play the piano like that.
	4 I'm quite an (emotion) person – I always cry at the end of films.
	5 I think you need to be more (realist). Can you really be a professional footballer?
	6 Jade isn't very (like). She says unpleasant things about people behind their backs. 7 Puparties and (overaries as) January with
	7 Rupert is an(experience) lawyer with over 30 years in the industry.
GI	RAMMAR
	sent perfect simple and continuous
•	
3A	Choose the correct word or phrase to complete the sentences.
	1 I've called / been calling / 'm calling the doctor's all morning, but no one's answering.
	2 Have you had / having / been having your hair cut? It's looks great!
	3 Felix has been / had / been having lessons recently and is making great progress so far.
	4 How many times have you visited / been visiting / been Canada?
	5 I've studied / study / been studying Japanese for just over a year now.
	6 She's raised / been raising / raising €1,000 for charity.
	Complete the blog post using the correct form of the verbs in brackets.
	omething I'm working on e Behr Fri 23 Oct 10.27 GMT
Reg alw cor Rec ass mo wit und	gular followers of my blog will know that, I ¹

for you when you stand up for yourself. Recently, I

(be) a real eye-opener!

(practise) the things we've talked about and



- C Use the prompts to write present perfect simple or present perfect continuous sentences.
 - 1 I/see / that new Wes Anderson film / five times now.
 - 2 You / work / on that report / all morning!
 - 3 Have / you go / anywhere interesting recently?
 - **4** Ben / never try / horse-riding / because he / scared of horses!
 - **5** He / take / a year off / go travelling.
 - 6 I / look / for you / the last half an hour!

PRONUNCIATION

- **4A** 1.01 | weak forms of have and been | Listen and choose the correct words to complete the sentences.
 - 1 He's never been / She's never been to Poland.
 - 2 How long have you been / have they been studying in Manchester?
 - 3 What's he been / she been up to this week?
 - **4 They've been / I've been** trying to book flights to Mexico all morning.
 - **5** She's been / He's been waiting here for the last four hours.
 - B 1.01 | Listen again and repeat.

LISTENING

- **5** A 1.02 | Listen to an interview about identity. Put the topics in the order they are discussed.
 - a Other factors that influence our identity
 - **b** How to find yourself
 - c The elements that form our identity
 - d How we develop our sense of self
 - e The importance of self-identity
 - **B** 1.02 | Listen to the interview again. Complete the sentences with no more than three words from the recording.

1	Identity is a combination of your
	your likes and dislikes, your moral code and what motivates you.
2	Without a clear sense of self, it can be difficult
	to

- 3 Parents provide ______ for how their children should behave.
- **4** Your identity isn't ______ it develops over the course of your life.
- **5** Our relationships and experiences our sense of self.

WRITING

a blog post

6A Read the blog post. How has the writer changed? Complete the summary with words from the text.

I'm not the person I once was

When I was a young kid, I was pretty adventurous. I was always out in the woods near home, climbing trees and swimming in the river. As a teenager, I was a bit of a risk-taker and didn't think twice about the stuff I did: snowboarding, sky-diving, you name it! I think I've changed considerably since then. These days I much prefer indoor activities and I've been a music teacher for the last four years. I've become a lot calmer as a result! I'm still curious about the world, but I haven't done anything 'extreme' for a long time!

I'm definitely less 1	and no longer	a ²
Nowadays, 3	are more my thing, a	nd my role
as a ⁴ has ca	almed me down. That	doesn't
mean I'm not 5	about what's going	g on around
me. I just choose not	t to take part in 6	sports
like snowboarding a	nd sky-diving anymore	e!

B Read the comments. Underline examples of the present perfect simple and continuous.



Astrid94 14.07 | 2 Nov

I would say that I've actually changed very little. I've always been very close to my family and we agree on most things. You'll often find us all on the golf course, too – recently I've taken up the sport so I can join my parents and brothers for a game!



JosephER 14.22 | 2 Nov

I've changed loads! As a young child I was quiet like my mum, who brought me up on her own, but in my teenage years I was rebellious and hated school with a passion. I think I've outgrown that, and I've been channelling my energy into being ambitious instead.



I_Kara 14:39 | 2 Nov

I've always had two sides to my personality. In my work as a gym instructor, I'm patient and cheerful, but in my personal life, I'm a total stress-head, though I've been working on that! I still love nothing more than getting together with friends and debating all the issues important to us.

- C Make notes about how these things have changed as you have got older. Then write a blog post. Write 100–140 words.
 - your personality
 - your interests
 - · your values



Lesson 1B

GRAMMAR | infinitive and -ing forms

VOCABULARY | collocations about memory; idioms: memory

PRONUNCIATION | chunking: two-part collocations

VOCABULARY

collocations about memory

- Choose the correct word or phrase to complete the sentences.
 - 1 I remember every detail / learn things by heart / brought back memories of that day – the sunlight on my pillow, the smell of my mother's cooking downstairs ...
 - 2 My short-term / long-term / perfect recall memory is terrible. I can't even remember what I had for breakfast!
 - **3** You need to learn your lines by **recall / memory / heart** when you're acting on stage.
 - 4 Oh, that programme remembered every detail / brought back memories / had a good memory for me. I used to work in the building that was featured in it.
 - 5 What are your earliest long-term / short-term / childhood memories?
 - **6** I haven't **brought** / **got** / **learned** a good memory I never remember anything!

idioms: memory

- **2A** Match the idioms (1–6) with the sentences which have a similar meaning (a–f).
 - 1 Things go in one ear and out the other.
 - 2 It slipped my mind.
 - **3** Can you refresh my memory?
 - 4 It's on the tip of my tongue.
 - 5 That rings a bell.
 - 6 My memory's playing tricks on me.
 - a It sounds familiar.
 - **b** I forgot.
 - c I quickly forget.
 - **d** I've remembered that incorrectly.
 - e I can't quite remember it!
 - f Please remind me.
 - B Complete the sentences with the correct form of the idioms in the box.

in one ear and out the other memory is playing tricks on me on the tip of my tongue refresh my memory rings a bell slip my mind

$\overline{}$	
1	Now, what was it? No, don't tell me – it's
2	That name definitely Did she used to work here?
3	I thought I'd sent that already. I guess my
	Now, – what time are we starting tomorrow again?
5	You never listen! Honestly, it all goes
6	I forgot the milk! Sorry, it totally

PRONUNCIATION

3 A		1.04 chunking: two-part collocations Listen and complete the sentences.		
	1	Myis b	petter than my	
	2	I've got	when it comes to phone numbers!	
	3	This song bring	s back a lot of	

B 1.04 | Listen again and repeat.

GRAMMAR

infinitive and -ing forms

- **4A** Choose the correct words to complete the sentences.
 - 1 I think the plan is to meet / meeting Max outside the venue.
 - **2** Annoyingly, he forgot **to set / setting** a timer and burnt the dinner.
 - **3** I remember **to get up / getting up** early and watching TV.
 - **4** No, he stopped **to go / going** to Spanish classes last month
 - 5 Mum rang she wants to have / having dinner with you tonight.
 - **6** Remember **to lock** / **locking** the door when you leave.
 - **B** Complete the anecdote with the correct form of the verbs in brackets.

As a child, my primary goal was 1(climb) the really big mountain I could see from my bedroom window. I did some exercise every day – which involved running up and down the stairs – 2(improve) my stamina, so I could make the climb.
Then, one morning, I remember ³ (set off) with some sandwiches in my schoolbag, announcing to my dad I'd be back in time for dinner after my day's climbing. I walked and walked, and eventually turned back so as ⁴ (make sure) I was home before dark. I was tired and looking forward to ⁵ (have) a big bowl of soup.
In reality, I'd only been gone an hour, with my dad trailing me from a distance. The whole family still laugh about my adventure – but I'm going to try 6 (reach) the top of that mountain one day!



READING

5 A Skim the article and tick the topics that are mentioned.

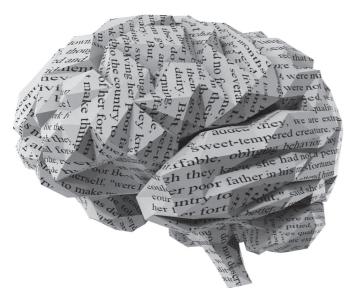
- 1 What happens in the brain
- 2 How we adapt stories to our audience
- 3 How and why we adapt stories
- 4 Why we forget things
- 5 What the research tells us
- 6 How people experience things differently

B Scan the article again and underline the following information.

- 1 Why our memories are useful to us
- 2 Why we make minor changes every time we tell a story
- 3 What we call memories that are entirely invented
- **4** The name for the process of changing our memory according to who we're talking to
- 5 What we do when we can't remember something

C Read the article again choose the correct option (a-c).

- **1** What does the writer say in the second paragraph?
 - **a** We often change stories that we think make us look bad.
 - **b** We may or may not be aware that we are adapting our stories.
 - **c** We usually know how someone will react to a story.
- 2 What point does the writer make in the fourth paragraph?
 - **a** Despite changes, memories are likely to be relatively accurate.
 - **b** We invent more 'facts' each time we recall a memory.
 - **c** A memory becomes what we last described it to be.
- **3** What would make the best alternative title for the article?
 - a How our memories change as we get older
 - **b** Your memory may not be as good as you think it is
 - **c** Why it is sometimes difficult to remember things



Why you can't trust your own memory

Ayodele Odetoyinbo | Mon 27 Jun

Have you got a good memory? If you answered 'yes', then you might want to think again.
Research has shown that our memories may not be as reliable as we think. Since our memories help us recall past events, learn from our mistakes and play a part in creating our identities, this may not be the best news!

When we describe something that has happened to us, we often make tiny adjustments each time we tell it, without even realising we're doing it. The reason for this could be because we wish that what we are saying is true, or we want our listener to think in a particular way about what we're telling them. For example, we might want to make them laugh or feel sorry for us – in which case, we may make changes consciously. When we recall the story again in the future, it is likely to be rather different to what we really experienced.

And think about those times when you were with friends and you experienced something amazing, exciting or terrible together. You can be almost certain that their memory of the occasion isn't quite the same as yours, even though you experienced exactly the same thing. Sometimes we even create 'false memories' based on stories we know about ourselves that we don't remember. But because we have heard them so many times, as we imagine them, we turn them into memories.

Also, when we talk about what we remember to different people, the way we tell the story may change – and when we do that, the memory changes, too. This is known as the 'audiencetuning' effect. The way you tell a story to someone becomes your memory of what happened, whether or not it is accurate. Our memories change over time depending on our reasons for re-telling them and how we re-tell them. Even as we go over a memory in our heads, we are likely to make small changes to it. And if we can't bring to mind some of the smaller details, we will fill in the gaps over time. What's more, we tend not to question our memories once they are made. So, whatever was our most recent version of the memory becomes the memory itself.

So, next time someone asks whether you're telling the truth and you think you are – you actually may not be!



Lesson 1C

HOW TO ... | express personal preferences **VOCABULARY** | emotions and feelings

PRONUNCIATION | word stress: dependent prepositions

VOCABULARY

emotions and feelings

AC	Complete the sentences with about, by, into, of or on.
1	I'm really passionatetravel – I love visiting new cities!
2	Melania sounds fed upeverything today – let's go and cheer her up.
3	I'm terrifiedflying even though I know it's the safest form of transport.
4	Katya was thrilledthe present you gave her for her birthday.
5	I'm not keen going to museums. I just find them really boring.
6	She's reallyJapanese culture. We're hoping to go to Tokyo next year.
7	l'm quite fondmmy auntie – she's such a great listener.
8	I think she's feeling a bit nervousthe journey.
в	Choose the correct phrases to complete the diary.

Day 1

I'm absolutely passionate about / fond of / fed up of Spanish food, so I've booked myself onto a cooking course here in Madrid. I felt a little bit 2 not keen on / thrilled by / nervous about talking to people in Spanish because I haven't done it for ages, but it went well.

Day 2

We made paella today - a famous Spanish rice dish. I'm not that *terrified of / nervous about / keen on rice, but this dish is delicious! Tomorrow we're learning some knife skills. To be honest, I'm really 4terrified of / thrilled about / passionate about cutting myself - I tend to have a lot of accidents and I'm getting a bit *keen on / fond of / fed up of being so clumsy.

Day 3

Phew! Everything went well and we learned about the various ingredients to use in tapas - small snacks. I'm fed up of / really into / not keen on them because there's such a lot of variety and they're so tasty. Flying home tomorrow!

How to ...

express personal preferences

	riends. What are the speakers talking about? Do they each a compromise?
	1.05 Listen again and complete the extracts with he missing words.
1	Backpacking's not really
2	Sorry, it's just that I'mcamping.
3	go to lots of different places, but stay in some decent hotels?
4	Well,go to Thailand.
5	I'd be happy to do a bit of sunbathing, but I
6	How about travelling around Europe instead? Does

2A 1.05 | Listen to a conversation between three

PRONUNCIATION

that

- **3** A | word stress: dependent prepositions | Read the sentences. Underline the stress in the phrases in bold.
 - 1 I'm quite fond of boat trips, actually. They're a great way to see the city.
 - 2 The kids aren't **keen on** trying unusual foods.
 - 3 Dan's terrified of driving in foreign countries and so
 - 4 I'm not really into visiting museums. I find a lot of them really boring.
 - **5** I always feel **nervous about** getting lost when I'm in a new city.
 - **6** Katie's quite **passionate about** culture and the arts.
 - B 1.06 | Now listen and check.

SPEAKING

4A 1.07 | Complete the personal introduction with the phrases (a-f). Then listen and check.

	Hi, I'm Jack. I'm 1learning languages and	
<	them for a few years now. 3	
	languages is that they give you lots of insight into	
	new cultures. 4people shouting loudly at	
	waiters in English when they're in another country.	
	⁵ give it a go and get it wrong than not	
	try at all. I'm 6when it comes to learning	
	languages and I can speak three pretty fluently now!	!

- a quite ambitious
- **d** The thing I love about
- **b** I'd rather
- e passionate about
- **c** I've been studying
- f I can't stand hearing

B Talk about your own hobbies and interests. Use the model in Ex 4A. Record your answer if you can.





Lesson 1D

GRAMMAR | *while*, *whereas* and *whilst* **LISTENING** | personality traits

GRAMMAR

while, whereas and whilst

- **1 A** Match the sentence beginnings (1–6) with the endings (a–f).
 - 1 I've always been pretty shy,
 - 2 Whilst I love musicals.
 - **3** I cleaned the bathroom,
 - 4 My brother loves going out,
 - 5 I read an entire book
 - 6 Whilst I'm usually pretty organised,
 - **a** my partner absolutely hates them!
 - **b** while I was waiting for my connecting flight.
 - c I was a bit of a mess that day.
 - **d** whereas my twin sister is very outgoing.
 - **e** whereas I'm more of a stay-at-home type.
 - **f** whilst my flatmate made dinner.
 - **B** Complete each sentence with one phrase from box A and one phrase from box B.

Α

confident with friends meeting new people mowed the lawn my parents self-esteem to see you

В

cleaned the house intimidated by people at work not very sociable too much work to do very confident walking home

1	Whilst I'm	, I feel
2	Whilst I'd love	, I've got
3	I love	, whereas Tom is
4	I called	whilst I was
5	Whilst Tom	, I,
_	Б 11 1	1.21 (

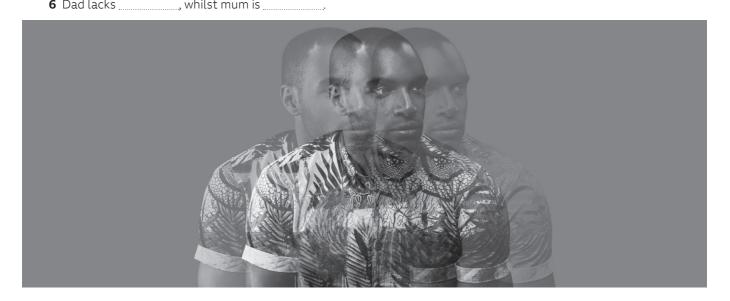
LISTENING

- 2A 1.08 | Listen to the lecture and match the personality traits (1-5) with their definitions (a-e).
 - 1 openness
 - 2 conscientiousness
 - 3 extroversion
 - 4 agreeableness
 - 5 neuroticism
 - a how helpful and understanding you are towards others
 - **b** how energetic, sociable and confident you are
 - c how responsible and reliable you are
 - **d** how likely you are to feel emotions like sadness and anxiety
 - **e** how happy you are to try new things and hear new ideas
 - **B** 1.08 | Listen again and complete each sentence with one or two words.

1	The lecturer says that a	of	the	five
	main personality traits does not exist			

2 A conscientious person is	, keeps	their
promises and admits their mistakes		

- **3** In an ______, a conscientious person will do all their work and turn up on time.
- **4** The lecturer says that it's unlikely an extrovert will be described as a ______person.
- **5** If you can understand the ______ of other people, you are an agreeable person.
- **6** The lecturer says that neurotic people tend to have a higher number of ______.
- C **1.09** | Listen to the final sentence again and write what you hear. You will hear the sentence only once.





Lesson 2A

GRAMMAR | future probability

VOCABULARY | science and technology; word families

PRONUNCIATION | connected speech: future probability

VOCABULARY

science and technology

1 Complete the sentences with the words in the box.

	analyse findings predicted remotely researchers smart tech industry virtual reality
	technology didn't exist when my parents were younger – they couldn't even access the internet on their phones!
7	Could you help me the results of the experiment? It'll take me ages to review them on my own.
	In my role, I can work, so I don't need to go into the office every day.
4	As, the tests were highly successful.
!	Don't forget to include the of the study in your report.
(have discovered that VR can provide many of the same benefits as real-world experiences.
•	My mum works in the as a software engineer. I hope to follow in her footsteps.
1	I've been practising golf using It's almost as good as being on the course.

word families

Choose the correct word to complete the sentences.

1		the board meetin	
	a remote	b predictable	c scientific
2		eted the chemical esults of it fairly so	
	a analysis	b science	c prediction
3	I'm planning to opostgraduate de	do some egree.	into VR in my
	a analysis	b predictions	c research
4	If you want to be	e a data scientist, <u>y</u> I.	you need a highl
	a analytical	b virtual	c predictable
5	There is absolut up your claim.	ely no	evidence to bacl
	a remote	b virtual	c scientific
6		at vehicles on the , don't you t	
	a scientifically	b remotely	c virtually

GRAMMAR

future probability

- **3**A Choose the correct word or phrase to complete the sentences.
 - 1 Paulo says he definitely won't / will definitely / won't definitely stop trying to get into his firstchoice university.
 - 2 Lisa thinks it's likely / certain / unlikely she'll win the photography competition because there were so many great entries.
 - 3 It's won't / certain to / due to rain the minute I get out of the car because I haven't brought my umbrella!
 - 4 Hurry up! Bryony's train is won't / likely to / due to arrive any minute now.
 - **5** Pasha says he **may not** / **definitely will** / **won't** be able to come tonight, but he'll do his best.
 - **6** They said I **could / will / might** work remotely, but I didn't want to. I prefer going into the office.
 - **B** Complete the second sentence so that it means the same as the first, using the correct form of the words in brackets.
 - 1 I don't think this experiment is going to work.
 This experiment ______(likely) work.
 - 2 Paula says she's about to start a new project involving VR.
 - Paula says she _____ (going) start a new a project involving VR.
 - 3 I don't think attending a gig virtually is something I'll ever do I'd rather be there in person.
 - I don't think _____ (ever) a gig virtually I'd much rather be there in person.
 - **4** I'm sure VR will be used in school classrooms eventually.
 - VR _____(certain) be used in school classrooms eventually.
 - 5 You're handing in your report today, aren't you?
 You're (due) your report today, aren't you?
 - **6** I've thought about finding a job in the tech industry, but I haven't decided yet.
 - I(might) a job in the tech industry, but I haven't decided yet.

PRONUNCIATION

4A 2.01 | connected speech: future probability | Listen and complete the sentences.

1	VR is	come down in price eventually.
2	Robert's	start his new job on Monday.
3	Are you	bring your headset with you?
4	You're	catch anything out in the open.
5	Joseph	study law at university.
6	VR is	be in every household by 2030.

B 🕩 2.01 | Listen again and repeat.



READING

5 A Read the article and choose the main topic (a or b) of each paragraph (1–6).

Paragraph 1

- a checking how experiments have gone
- **b** making necessary changes to experiments

Paragraph 2

- a ensuring things are being done properly
- **b** carrying out daily tasks and duties

Paragraph 3

- a discussing work with seniors
- **b** writing up

Paragraph 4

- a motivating other people
- **b** teaching in a lab

Paragraph 5

- a gaining inspiration for work
- **b** chatting to others in the field

Paragraph 6

- a offering students useful advice
- **b** providing assistance to students

B Read the article again. Are the statements True (T) or False (F)?

- 1 Students are given regular support on the experiments they're doing.
- 2 Daniela refuses to do certain tasks outside of the lab.
- **3** Daniela does not especially enjoy one important part of her job.
- **4** Daniela says she is sometimes jealous of her students' ability to come up with ideas.
- **5** Daniela usually finds her conference talks go well.
- **6** Daniela thinks students should not work too hard in the lab.



A day in the life ...

research scientist Dr Daniela Brown

8.45 a.m.

¹Based at a university, I supervise research students as they carry out experiments in the lab. It's my role to keep them – the students *and* the experiments! – on track, so the first thing I do when I arrive is to take a look at the results of any experiments that were running overnight. If an experiment didn't go as predicted, I might adapt it and get the students to repeat it in a slightly different way.

9.30-10.30 a.m.

²After this, I head to my office to go through my emails. That can take some time! I could do it remotely, but when I go home in the evening, I prefer to switch off. My job can be pretty stressful and I think it's important to have some downtime. While I'm in my office, I might also do a bit of reading. I'll maybe look through scientific journals or reference books. I also like to make sure I'm doing all the technical stuff for the experiments right, so I'll double-check on techniques and report back to the students if need be.

10.35 a.m.-1.00 p.m.

³Then I'll grab a coffee and settle down to analyse the results of previous days' experiments, and I might spend some time reporting on my findings, too. Getting papers published for others to read is an essential part of any research job, though I prefer practical work, so writing up can seem a bit like hard work! Thankfully, I have my own supervisor who I can approach with any questions or ask for help if I get stuck. It's important for any researcher to be able to discuss ideas with other experts.

13.45-4.30 p.m.

⁴After lunch, I'll spend some time in the lab with the students. They will have questions of their own, though I can't always answer them! In science, there's always trial and error, but I encourage them to find solutions and new ways of doing things. I don't pretend to know it all because I certainly don't. What always amazes me is that someone will always come up with a way of doing something that I've never even thought about.

9.00 a.m.-5.00 p.m. (on occasion)

⁵Occasionally, my day will involve attending a scientific conference instead. I haven't presented at one yet, but it's fascinating to see what else is going on out there in the scientific community, and it often informs what I might decide to work on next.

6.00 p.m.

⁶Before my working day ends, I will go back to the lab after a bit more time in my office to see how the research students have got on during the day and to answer their questions. I'll also help out with setting up any experiments that will run overnight. I'll remind students not to work too late and to get some much-needed rest before I log off and head out of the lab myself.



Lesson 2B

GRAMMAR | quantifiers

VOCABULARY | nature

PRONUNCIATION | connected speech: quantifiers

VOCABULARY

nature

- **1 A** Match the sentence beginnings (1–6) with the endings (a–f) to make sentences.
 - 1 Look at the way the sunlight is
 - 2 I love deserted beaches like this -
 - 3 The coastline stretches for 3,000 km
 - 4 This entire area is
 - 5 You can cycle down this track
 - 6 I just sat on the river bank,
 - a from one end of the country to another.
 - **b** creating a beautiful pattern on the ground.
 - **c** known for its amazing scenery.
 - **d** watching the boats go by.
 - e all the way into the city.
 - f no one around for miles and miles.
 - B Complete the text with nature words or phrases.



WILLOWS WELL-BEING RETREAT

Location

Surrounded by 1 the only thing interrupting the peace at the Willows Well-being Retreat is the sound of birdsong and leaves moving on the trees. Or if you find yourself standing on the 2 the gentle sound of water rushing by.

Facilities

- World-class dining
- · Freshwater swimming pool
- Large ³ amongst the trees for yoga classes.

Activities

From forest bathing to hiking along ancient 4 ______through the landscape, there is a wide variety of well-being activities to choose from during your stay. For those who prefer being less active, simply sit and enjoy the beautiful 5 _____ around you or bathe in the 6 _____ shining warmly through the trees.

We look forward to welcoming you at Willows!

GRAMMAR

quantifiers

- **2A** Choose the correct word or phrase to complete the sentences.
 - 1 I suspect there are few / a little / a few rooftop gardens in this area because the houses don't have flat roofs.
 - 2 No / None / Not any wildflowers should be taken from these woods as it will have a negative effect on the ecosystem.
 - **3** Only a **little** / **majority** / **minority** of residents are in favour of the plans to change the shared lawn into a vegetable plot.
 - **4** There's **a minority** / **a little** / **little** countryside left in the region it's almost all been built on.
 - 5 I found a handful of / a lack of / plenty of new cycling routes round here not many, but it might be interesting to see where they go.
 - **6** I know **a little / a few / few** people who really enjoy gardening, but it's not really my thing.
 - **B** Read the sentences and correct the quantifiers in bold.
 - 1 There are only a **little** of vegan restaurants in the city where I live.
 - **2 Few** of my friends live in the countryside, but most live in urban areas.
 - **3** No time I go to the beach I come back feeling refreshed and relaxed. It's awesome.
 - **4** There are **a handful of** parks in my town at all, so we have to play football at the sports centre.
 - **5** There's a definite **little** of green spaces in my local neighbourhood.
 - **6** I see very **a little** wildlife in my garden because I live in the city.
 - **7** I spend a good **majority** of time walking in the forest near my house.
 - **8** There are **no** open spaces in my city, but the ones we do have are pleasant.

PRONUNCIATION

- **3 A** 2.02 | connected speech: quantifiers | Draw a line between any words that link together in the phrases in bold. Then listen and check.
 - 1 There's a lack of attractive green spaces in my town.
 - 2 Only a handful of people I know live in the countryside.
 - 3 I spend a good deal of time outdoors.
 - 4 Several of the beaches nearby are quite good.
 - **5** Young people who like gardening are in a minority.
 - B 2.02 | Listen and repeat.



LISTENING

4A 2.03 | Listen to the introduction to a radio programme. Choose the correct topic (a-c).

- a The benefits of gardening as we get older
- **b** How people of all ages enjoy gardening together
- c Young people who enjoy gardening

B 2.04 | Listen to the next part of the radio programme and answer the questions.

Which speaker ...?

- **a** says how pleased they are that they have learned about plants?
- **b** became interested in gardening because of a local scheme?
- **c** noticed a difference in their mood after doing some gardening?
- **d** Is excited about something that is going to happen soon?
- **e** became suddenly more aware of their surroundings?
- **f** mentions one reason that gardening may have a particular benefit?

C 2.04 | Listen again. Are the statements True (T) or False (F)?

- 1 Speaker 1 started gardening because she wanted to test a theory.
- **2** Speaker 1 is confident about why she had benefitted from time in the garden.
- **3** Speaker 2 likes getting away from her living accommodation for a while.
- **4** Speaker 2 quickly came to realise that gardening could be interesting.
- **5** Speaker 2 understands that different tasks should be done at different times of year.
- **6** Speaker 3 did not use to know exactly why seaside landscapes were so beautiful.
- **7** Speaker 3 has little idea of what she is really doing with the plants on her balcony.
- **D 2.05** | Listen to the final speaker again and write what you hear. You will hear the sentence only once.



WRITING

a for-and-against essay

5 A Read the article and choose the main topic (a-c).

- **a** The benefits of walking in the rain.
- **b** Why people dislike walking in the rain.
- **c** How to enjoy walking in the rain.
- **B** Complete the article with although, despite, however or while.

Wet weather walking

Cary Stuart | Thurs 12 Aug | 10.12 GMT

the fact that we're repeatedly told to spend more time in nature, few of us actually do.
it's true that it's often raining and cold in the UK, there are ways to making walking in wet weather more appealing.

You may have heard the expression, 'There's no such thing as bad weather – only bad clothing'.

it's easy enough to buy wet weather gear, it means making a bit more effort to get out of the house. 4______, if you take that extra step, you might just find it was worth it.

To avoid getting really wet on your walk, try taking a route through woodland, where the trees provide cover. ⁵ , remember that rain can still drip through the branches, so don't take off your raincoat just yet!

The best way to enjoy a walk in the rain is to set off with the right attitude. Then, ⁶ the fact you're getting a little wet, you can really start to appreciate nature in all weathers.

C Correct the mistakes in the sentences.

- 1 Despite I love living in the city, I also like getting out into the countryside from time to time.
- 2 My apartment has got a fantastic view. Although, I'm starting to find it a little small.
- **3** Despite many people I know prefer renting, I've decided to save up and buy a house.
- **4** However there can be a great sense of community in villages, everyone knows your business, too!
- **5** Although the fact that public transport is so good in the city, many people still insist on driving.
- **6** I think there are very few downsides to living in the country. Despite, I'll admit it can be boring at times.
- D You are going to write a for-and-against essay about whether spending time indoors or outdoors is better for our well-being. Make notes in each column.

for	against

E Write your essay using your notes to help you. Write 100–140 words.

Lesson 2C

HOW TO ... | speculate **VOCABULARY** | lifestyle adjectives **PRONUNCIATION** | stress to show certainty

digi ZABAN

VOCABULARY

lifestyle adjectives

Choose the correct word to complete the magazine

An interview with ...

a storm chaser

In this week's 'Interview with a ...', Zen Magazine talked to Micky Nguyen, who has the fascinating-sounding job of storm chaser.

Zen Magazine (ZM): Being a storm chaser sounds like a pretty 'harsh / unique job! I've never even heard of it. Micky Nguyen (MN): You're right! The work is far from ²**ordinary / modest**, and I never expected to do this for a living. More and more people are starting to do it,

ZM: So, tell us what it involves. Following storms around ...?

MN: Yeah, I have to get up close to storms so that I can place sensors to record weather data. The conditions can be ³rewarding / harsh, particularly in winter when most storms occur.

ZM: Why is there a need for what you do?

MN: It helps weather forecasters be able to give better storm warnings. It's 4tedious / rewarding in that way because I know I'm helping people.

ZM: You drive all over the country – isn't that ⁵unique / exhausting?

MN: I do get tired, yes. And there are risks. I could get struck by lightning! I never have, though. That sense of danger is exciting but I'm very careful.

ZM: Well, it certainly doesn't sound boring!

MN: Never! I used to work in an office and the work was pretty 'tedious / rewarding. The days would stretch on forever. The salary was better - I'm on quite ⁷unique / modest pay now in comparison, but I wouldn't change a thing!



How to ...

speculate

- 2 A 2.06 | Listen to three conversations between friends. What do they speculate about?
 - B ② 2.06 | Match the sentence beginnings (1–8) with the endings (a-h). Then listen again and check.
 - **1** I suppose it depends
 - 2 I'd have thought it
 - **3** I reckon you could
 - **4** I bet we'll settle in
 - **5** I know for a fact that
 - **6** There's no way I'll
 - **7** I doubt there'll be 8 I'd imagine the
- **a** easily get cut off though.
- **b** forget home so easily!
- **c** on how remote it is.
- **d** farmers will stay ...
- e in no time!
- f anyone here in 100 years' timel
- **g** we're going to meet ...
- h wouldn't feel so small.

PRONUNCIATION

- 3 2.07 | stress to show certainty | Listen and underline the stressed word in each sentence.
 - 1 There's no way I'd ever consider travelling solo round the world.
 - 2 I know for a fact that I'd feel like I was in prison on a tiny boat.
 - **3** He's obviously not happy where he is at the moment.
 - 4 You're clearly not someone who wants a conventional lifestyle.
 - 5 Tom's bound to live a life of adventure he can't keep still!

SPEAKING

4 A	2.08 Complete the conversation with one word in
	each gap. Then listen and check.

Oli:	$I'd\ ^1\underline{\hspace{1cm}}$ Kwame's feeling nervous about the play tomorrow.
Cara:	It's the first night, right? I get the ² he's feeling pretty confident, actually.
Oli:	Oh, yeah?
Cara:	Yes – I know for a ³ that he's learned his lines off by heart.
Oli:	Well, I'd guess you have to, really. There's no 4I could be an actor.
Cara:	Why not? I'm 100% 5that you'd be brilliant at it!
Oli:	No, I'd be 6to get stage fright!

- B 2.09 | You are Cara in the conversation in Ex 4A. Listen and speak after the beep. Record the conversation if you can.
- C Listen to your recording and compare it to Ex 4A.





Lesson 2D

VOCABULARY | extreme adjectives
READING | time travel

VOCABULARY

extreme adjectives

- 1 Choose the correct word to complete the sentences.
 - 1 Paris during the 1920s was home to the astonishing / incredible / finest writers and artists of the age.
 - 2 Have you ever seen a van Gogh painting in real life? They're magnificent / mighty / precious.
 - **3** The **finest** / **mighty** / **precious** Amazon River winds its way through the rainforest.
 - **4** The museum contains valuable pieces of jewellery which contain **precious / finest / mighty** stones.
 - **5** Only the **magnificent** / **incredible** / **finest** coffee beans are used in this unique blend.
 - 6 I can't believe how fast you can run it's astonishing / mighty / precious!

READING

2 A Skim the article quickly and answer the questions.

Do scientists think it is possible to:

- 1 travel forwards in time?
- 2 travel backwards in time?

B Complete the sentences with words from the article. Write between one and three words.

1	The writer says that we do not find our own kind of time travel
2	The writer suggests that un-doingwould be a good reason to travel back in time.
3	The writer refers to a theory known as, which involves complex mathematics.
4	If we lived on the ISS for a long time, we wouldn't need to apply
5	Einstein'stell us that backwards time travel is theoretically possible.
6	Unfortunately, the make travelling back in time impossible in reality.
7	Scientists are aware of, although it is impossible to see it.
8	Tunnels, known as, could allow us to trave enormous distances.

C Read the article again. What would make a good concluding sentence?

- **a** It looks as though time travel to the future is more likely than to the past!
- **b** For the moment, maths can only suggest that time travel is possible but watch this 'space'!
- **c** You never know, time travel could be a reality in the *very* near future!

Is time travel actually possible?

Sofia Valdez | 20th Oct | 12.02 GMT

You may have seen *Doctor Who*, *Back to the Future* or read *The Time Traveller's Wife*, but can you imagine yourself jumping into the future or back into the past? Is it even a possibility? Here's what the scientists say.

We all travel through time, second by second, minute by minute, hour by hour. But there doesn't seem to be anything incredible about that (unless you stop and think about it) because it's our norm, and, much as we might like to go backwards in time, perhaps to correct our mistakes or experience something fantastic again, we can only go forwards. Scientists say we can travel faster if we want to. But explaining *that* involves Einstein and theories and physics and maths, and something known as 'space-time'. (It's all a bit complicated.)

Astronauts are the nearest we have to *actual* time travellers. They can be in space for several weeks or months. When they're on the International Space Station (ISS), they're moving faster than the rest of us back on Earth. This actually creates a situation where they're going slower in time than we are on Earth. (It's true, trust us.) If they were there for years, they'd age better than the rest of us. So, perhaps space travel is better than face creams and anti-aging diets!

But can we go *back* in time? Unfortunately, Earth's physics simply don't allow it. But if we return to Einstein for a minute, we know that some of his mathematical calculations do indeed suggest travelling back in time is possible. The problem is that although Einstein might have *theoretically* proven we can go back in time, in fact, all the other laws of physics really do make it impossible.

This doesn't stop scientists from trying, though! We know that dark matter exists (parts of the universe that we can't see because they don't give off energy or light – as far as we know). And in that dark matter, there *might* be 'wormholes' (theoretical tunnels through space and time). If there are, we could travel from one area of space to another – which could be billions of kilometres away *and* in a different place in time.

REVIEW



GRAMMAR

- Choose the correct words to complete the sentences.
 - 1 How long have you learned / been learning Japanese?
 - 2 I've emailed / been emailing her three times today.
 - 3 How many times have you been / been going to India?
 - 4 Have you had / been having your hair cut? It's looks great!
 - 5 I'm so tired because I've worked / been working a lot today, and I still haven't finished.
- Complete the email with the correct form of the verbs in brackets.

Hey Alex!
How's life? Things are pretty much the same here, although I had a pretty terrible day yesterday! I tried 1 (repair) the washing machine myself — bad idea! It flooded the kitchen. I wanted 2 (save) money by doing it myself but in the end, it cost me a fortune. Because I was messing about so long with that, I forgot 3 (go) to my dentist's appointment for the third time, so they've taken me off their system. Then I stopped 4 (get) some shopping on my way back from the gym — I got to the till and realised I didn't have my bank card with me. It was a nightmare!
What else? Oh, I know. Do you remember ⁵ (go) to that festival where we met Andi and Niamh? I bumped into them the other week. I was in the park and they stopped ⁶ (say) hello. They asked how you were.
The only other thing to report is that I'm thinking of looking for a new job. My idea is ⁷ (retrain) as a physiotherapist. I just want ⁸ (do) something more worthwhile with my life.
Anyway, I'm looking forward to ⁹ (see) you in September for our holiday!
Speak again soon,
Chris

- Use the prompts to write sentences using while, whilst or whereas.
 - 1 enjoy writing stories ✓ a brilliant imagination X
 - 2 actually quite shy 🗸 love performing on stage 🗸
 - 3 can organise other people ✓ organise myself X
 - 4 happy to listen to people's problems ✓ like giving advice X
 - **5** enjoy playing football **x** (never) enjoy watching it ✓ (always)

Complete the article with the correct future form of the words in brackets.

What next?

If you're due ¹ (leave) university soon and
feel a little overwhelmed about what's
² (happen), don't worry! With a little
planning, it 3 (might not be) quite as scary
as it sounds.
If you know you definitely 4(not enjoy)
a graduate job in a big firm, there are other
options. You ⁵ (be able) to apply for a
postgraduate course as soon as you graduate, and
you ⁶ (also be) in a good place to start
your own business. You certainly 7(not
need) a ton of money if you're offering a service
such as web design or social media influencing. But
you may ⁸ (able) to apply for a bank loan
if you want to start, say, an online shop.
Another possibility is to take a gap year to consider
your future. While you're travelling, you're likely
9(meet) new people and discover more
about the world, which 10(give) you new
ideas about your future.

- Choose the correct word or phrase to complete the sentences.
 - 1 Only a few / a little / a lack of cheese on my spaghetti, please!
 - 2 The minority of / lack of / majority of affordable housing in this country is a real issue.
 - 3 There are some / aren't any / are little places left for the Escape Room event, I'm afraid.
 - 4 The majority / minority / plenty of people who live here have family in the area.
 - 5 Very few / Plenty of / Quite a few people know the secret ingredient – just me and my father.

VOCABULARY

Match the personality adjectives in the box with the descriptions (1-5).

> adventurous argumentative curious rebellious stubborn

- 1 He was an awful teenager. He refused to do what he was told and caused trouble instead.
- 2 It doesn't matter what we're talking about, my brother always seems to disagree.
- 3 My daughter just loves finding out new things. She's always asking questions.
- **4** She's already climbed Mount Everest. Apparently, she's now planning to trek through the Amazon!
- 5 It doesn't matter what you tell him he won't change his mind.

7	Complete the sentences with the adjective form of the words in brackets.		3 As, participants that played video games demonstrated better social skills.
			a findings b predicted c analysis
	1 Sofia's quite an(experience) skater now and is entering her first major championship.		4 working on the project have said they expect to have results by the end of the year.
	2 I'm pretty(optimist) about the future of the planet – we're making great progress.		a Researchers b Findings c Tech industry
	3 Tonya isn't a(rely) employee and often turns up late or not at all.		5 The company has said these will revolutionise the field of VR.
	4 I'm feeling quite(emotion) after seeing my daughter graduate.	4.0	<pre>a analysis b tech c findings</pre>
	5 I've never been very (practice). I can't even change a lightbulb!	12	Complete the conversation with the correct form of the words in brackets.
8	Complete the text with the words in the box.		A: How's the 1 (research) going?
	brought by heart childhood detail memory recall short-term		B: Well, as ² (predict), it's taking a long time. But I've done all the ³ (analyse) of the experiments, so I'll meet the deadline.
			A: Good for you! Do you think you'll become a full- time ⁴ (research) after this?
	We have near-perfect 1 when it comes to dangerous or threatening things that have happened to us, but it's impossible for us to remember every 2. Over time, we forget things, regardless of		B: I'm not sure. I definitely want to do some kind of 5(science) work related to my studies, though. How's your job?
	the fact we like to think we have a good ³		A: OK. I've been offered the opportunity to work
	While our 4memory might work pretty well soon after acquiring new information, if we don't make		6(remote) and just go into the office once a week, which would really suit me.
	the effort to learn things 5, we won't remember them for long at all, especially if they aren't	13	Complete the sentences with the words in the box.
	important for our survival.		deserted river bank scenery sunlight woodland
9	Choose the correct words to complete the sentences.		1 Theis so bright, it's hurting my eyes!
	1 Oh, that name slipped my mind / rings a bell! Is she the one that used to work on reception?		2 Fishing is so boring. You just sit on the all day, not talking.
	2 I can never remember things like dates. They just go in one ear and out the other / refresh my memory.		3 Urgh! I'm sick of work. I wish I were on a beach somewhere, lying in the sun.
	3 Didn't I leave the keys on the table? My memory is ringing a bell / playing tricks on me.		4 This area of is made up of hundreds of different types of trees.
	4 No, don't tell me. Hold on, it's gone in one ear and out the other / on the tip of my tongue!		5 The around here is amazing. I could look at it for hours.
	5 I know you've told me the story before but go on, refresh my memory / slip my mind.	14	Choose the correct words to complete the sentences.
10	Complete the phrasal verbs in the sentences with		1 This TV series is really tedious / rewarding . I don't think I'll finish it.
	about, by, into, of, on or up.1 I'm really fed of living in this town – it's so		2 I think you're ordinary / unique – there's no one else like you!
	boring. Nothing ever happens! 2 I'm quite fond going to the cinema on		3 I'm quite modest / harsh . I don't like to make my achievements seem better than they are.
	Mondays, when it's quiet. 3 My brother's reallyfutsal. It's like football,		4 I'm going to tell you the truth. It might sound harsh / exhausting, but at least it will be honest.
	but with a smaller ball. 4 So, what are you passionate? Personally, I love music and fashion.		5 It's really rewarding / ordinary when I put the effort in, and achieve something at the end.
	5 Mum's not keensoup – let's make pasta	15	Choose the correct meanings for the adjectives.
	for lunch instead.		1 The royal palace is truly magnificent.
11	Choose the correct word or phrase to complete the sentences.		a very impressiveb very expensive2 It's astonishing how successful the blog has been.
	1 Furtherseems to confirm that VR can have a positive impact on recall.		a very excitingb very surprising3 Mm, this is the finest cheese I've ever tasted!
	a analysis b researchers c findings		a the best b the softest
	2 According to recent data, only twenty percent of		4 I love your baby! She must be so precious to you.
	people in theindustry are women.		a very important b very expensive
	a smart b remote c tech		5 What an incredible view! You're lucky to live here.

b extremely great

a completely impossible



Lesson 3A

GRAMMAR | relative clauses

VOCABULARY | festivals; the environment

PRONUNCIATION | pitch in non-defining relative clauses

VOCABULARY

festivals

 Complete the blog post with the correct form of the words in the box.

act atmosphere attend attract festival-goer line-up organiser venue

SherryG

Mon 30 Jul | 09.33

Just back from 1 WOMAD festival and it was awesome! There was a fantastic 2 of artists from all over the world – not just music but dance and other arts, too. I saw as many 3 as I could during the four days I was there and none of them disappointed. The 4 was amazing – everyone was singing, dancing and having a great time.

The festival grounds are huge, and all of the

The festival grounds are huge, and all of the

certainly did a good job of making
it easy to get around the enormous 6

which stretched over several large fields. It's a
beautiful place, too – no wonder the festival

such a massive number of people. I
think there were about 40,000 8

you should definitely go!



the environment

- 2 Choose the correct word to complete the sentences.
 - 1 Driving less is the simplest way for individuals to reduce their carbon footprint / power / emission.
 - 2 We need to move away from natural emissions / power / resources such as oil and gas and look for sustainable alternatives.
 - **3** We've introduced a **recycling** / **renewable** / **clean-up** scheme at work for cardboard, glass and metal.
 - **4** Carbon **emissions / power / footprints** will drop by forty percent if the current targets are met.
 - 5 More and more organisations are turning to clean-up / renewable / recycling energy such as wind and solar power.
 - 6 We can't depend on solar resources / emissions / power in our country because the weather's so bad!

GRAMMAR

relative clauses

- **3** A The sentences below have a mistake. Choose the best option to correct the mistake.
 - 1 Everyone <u>in which</u> we've spoken to has really enjoyed the event.
 - what **b** which
- **c** who
- **2** My mum, <u>that is</u> a singer-songwriter, is appearing at the Edinburgh Festival this year.
 - who's **b** which
 - **b** which
- **c** whose
- **3** That's the album which is they're most famous for.
 - **a** when
- **b** what
- **c** that
- **4** Camp Bestival, <u>who</u> attracts thousands of visitors every year, takes place in the UK.
 - **a** where
- **b** which
- **c** that
- **B** Read the sentences in Ex 3A again. In which can you omit the relative pronoun?

PRONUNCIATION

- 4A 3.01 | pitch in non-defining relative clauses | Listen and underline the clauses with a lower pitch.
 - 1 Glastonbury Festival, which has been running since 1970, attracts over 200,000 visitors.
 - **2** The band, who had never played to such a large crowd before, felt very nervous.
 - **3** The headline act, which will perform this evening, is expected to draw a huge crowd.
 - **4** Billie Eilish, who has sold over 5 million records worldwide, will be on stage at nine.
 - **5** The orchestra, which is bigger than ever, will play on the Sticks stage this afternoon.
 - **6** Woodstock, which took place over three days in 1969, was a turning point in music.
 - B 3.01 | Listen again and repeat.



READING

5 A Read the article and tick the topics that are mentioned.

eco-businesses food waste green festivals product quality renewable energy sustainable products transport water usage

Be a greener festival-goer!

Here are our top tips to help you cut your festival carbon footprint ...

Tip 1: Go to environmentally-friendly festivals

Start off in the right way by choosing to attend a green festival, whose organisers will make cleaner decisions on your behalf, including powering their grounds with green energy, providing recycling bins, and committing to environmental policies.

Tip 2: Stay local

Instead of travelling long distances to go a festival, choose one that is closer to home. Bands often do the festival circuit around the country, so you'll still get to see your favourite performers. You'll also have the opportunity to see up-and-coming bands in your area and add some new favourites.

Tip 3: Re-think your 'stuff'

It's easy to pack your rucksack full of mini-bottles of shampoo, shower gel and hair products, but too many of these still come in unnecessary plastic packaging. Fortunately, there are alternatives: you can take – or make – shampoo bars, bamboo toothbrushes, and natural deodorants; and some companies have refill stations, where you can take along a reusable container and fill up with your favourite toiletries before the festival.

Tip 4: Buy once, buy well

Many festival-goers actually leave their tents behind after the event, not realising the majority end up in landfill. So, instead of purchasing a single-use festival tent, invest in something high-quality and reusable. It'll be more comfortable, too. And go plastic-free by taking along reusable water bottles and coffee cups.

Tip 5: Be an electricity saver

Festivals usually have charging points for mobile phones but these come at a cost. Why not take your own pocket charger? All you have to do is wind it up and it'll provide charge for your phone. And why not decorate your tent with solar-powered fairy lights to make it stand out from the crowd – and help you find your way home at night!

- B Read the text and answer the questions. Use no more than three words for each answer.
 - **1** What are many green festivals committing to?
 - **2** To fill up your reusable containers, where should you take them to?
 - **3** What can you do if you use reusable water bottles and coffee cups?
 - 4 What do you need to do to use a pocket charger?

WRITING

a formal email

6A Read the email from a local resident to the organisers of a festival. What is the purpose of the email?

¹<u>Ні</u>,





I live in the countryside where XFest is held annually. Every year, I ²get more and more fed up with the mess left behind by festival-goers, who ³couldn't care less about the damage they are causing to the local environment.

I have been involved in clean-up operations for the last few years and ⁴<u>hate</u> the amount of waste that is left in the fields. I know that some of the camping gear is rescued and given to homeless charities, but this doesn't ⁵<u>sort out the problem of</u> it being buried or the ground being damaged.

Is there no way you can insist on campers leaving the place as they found it?

⁶Can't wait to hear from you all!

Suki Wolensson, Kent

- B Read the email again. Replace the underlined informal phrases (1-6) with their more formal equivalents (a-f).
 - a become increasingly frustrated by
 - **b** strongly disapprove of
 - c address the issue of
 - d I look forward to your response.
 - e appear to have little concern
 - **f** To whom it may concern,
- C Imagine you are one of the organisers of XFest. Plan a formal response to the email in Ex 6A.
- D Write your formal email. Write 100-140 words.
- **7** Read the question. Then plan, write and review your answer. You must write at least 75 words.

Governments should make people look after their local environment. Do you agree or disagree with this statement? Why/Why not?



Lesson 3B

GRAMMAR | cleft sentences

VOCABULARY | phrasal verbs: performing; phrasal verbs: communication PRONUNCIATION | emphatic stress

VOCABULARY

phrasal verbs: performing

1 A 📴	Choose the correct phrase to complete the
ser	itences.

- **1** The play certainly didn't _____ my expectations. It was all pretty disappointing.
 - **a** come up with **b** live up to **c** end up
- **2** Stand-up comedians often have to heckling from members of the audience.
 - **a** put up with **b** end up **c** carry on
- **3** I totally _____ my lines in our dress rehearsal. Let's hope things go well on opening night.
 - **a** put me off **b** fell back on **c** messed up
- **4** Who _____ the name for this show? Fairy Lights sounds like a children's programme!
 - **a** lived up to **b** carried on **c** came up with
- **5** I slipped on stage and ______ falling into the orchestra pit! It was so embarrassing!
- **B** Complete the forum posts with the phrasal verbs in the box. There are two you don't need.

came up with carry on ended up fall back on live up to mess up put up with put you off

Calling all street performers!

Felix99 Yesterday at 9.36 p.m.

Hi, all! I'm currently studying music at uni, but I'm struggling to pay the fees this term. I'm a pretty decent musician, so I'm thinking of doing a bit of busking to help me 1 with my studies. And maybe if I fail all of my exams it'll give me something to 2 ! Ha ha! So, what's the job really like? Thanks!

Comments



Perry Yesterday at 9.48 p.m.

Hey, Felix. I'm a busker and ³ the idea in the same way you did – to get a bit of extra cash. Obviously, it means a lot of performing out in the cold and you can be there for hours! Don't let that ⁴ , though – it's fun and if you're good enough, you can earn a decent amount. Good luck!



Kittykat02 Yesterday at 10.01 p.m.

I 5 busking for a bit last year and it was hard work. You'll have to 6 a lot of difficult people and you **WILL** get cold and stiff after a while. It's still great fun though.

phrasal verbs: communication

2 Choose the correct words to complete the text messages.

Hey, Antonio! How did the presentation go?

4.32

Hey! Yeah, not too bad. They kept asking me to 'speak up / bring up though because my mic wasn't working properly.

1.35

Oh, really? But did you still manage to ²come across your message / get your message across?

4.36

More or less. I did have to ³spell out / speak up the need for us to be better at recycling. Every day I find plastic in the normal bin, loads of waste paper by the photocopier ... We've talked about it before so it's a bit frustrating having to keep ⁴coming back to / pointing out the same point.

4.37

Yeah, that must be pretty annoying! Did you *move on / bring up your idea for the renewable energy programme?

No, I decided to leave that for now. Anyway, how did your interview go?

4.39

Well, they said I ⁶spoke up / came across well, but I didn't get the job. In the feedback, they ⁷pointed out that / came back to the candidate who got the job had a lot more experience.

4.41

Oh, no! Sorry, mate. Well, never mind. Take what you can from the experience and scome back to / move on from it.

Thanks, I will!



GRAMMAR

cleft sentences

3 A Match the sentences beginnings (1–6) with the endings (a–f).

- 1 What theatre performers enjoy
- 2 It was my school drama teacher, Ms White
- **3** What I hoped to get across in the screenplay
- 4 What happened next
- 5 What Hannah wanted to do as a child
- 6 What I'd really like to find out
- 7 It was only when we finished the play
- 8 What I really love about being in a band
- a who suggested I apply to acting school.
- **b** was that Johannes fell off the stage!
- c is making music with my friends.
- **d** is getting immediate feedback from the audience.
- **e** that we discovered there was a talent scout in the crowd.
- f was become an opera singer.
- **g** is whether I'm playing the lead role.
- **h** was the character's sense of despair.

B The sentences below have a mistake. Choose the best option to correct the mistake.

- That I want to know is how to get into film acting.
 - a It's
- **b** What
- c How
- 2 It was Candice who wants to go into the circus, not Toni.
 - a who want b which wants
 - c who wanted
- **3** It <u>were</u> my grandparents who gave me my 'lucky' socks.
 - a was
- **b** is
- c are
- **4** <u>It</u> the performers did was pretend to be audience members.
 - **a** They're
- **b** It's
- c What

PRONUNCIATION

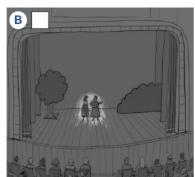
4A 3.02 | emphatic stress | Listen and underline the stressed words.

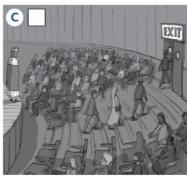
- 1 What I like watching are the less well-known acts
- 2 It was Max who left the car unlocked, not
- **3** What sounds better to me is finishing on a minor chord.
- **4** It's you who likes Italian opera that's why I got the tickets!
- B 3.02 | Listen again and repeat.

LISTENING

5A 3.03 | Listen to a conversation between two friends, about a stage performance. Number the pictures in the correct order.











B 3.03 | Listen again. Are the statements True (T) or False (F)?

- 1 Alex's partner did not think she had got her lines wrong.
- **2** Katy worried that she would make mistakes on stage.
- **3** Katy thinks it may have been her fault that there was a problem with Alex's costume.
- **4** The crew in charge of the scenery were able to resolve an issue straightaway.
- **5** All the audience members wanted a refund of their tickets.
- **6** Katy thinks that people who watch a performance want the actors to do well.

C 3.04 | Listen and complete the phrases.

- 1 It was like, a total _____!
 2 I'd practised, like, a _____times!
- **3** I could hardly stand up, I was _____ so much.
- 4 ... it was like the _____ day of my life!
- **5** You feel as if you're going to die of _____.
- **6** I bet your time on stage seemed to go on
- **D 3.05** | Listen to the recording and write what you hear. You will hear the sentence only once.



Lesson 3C

HOW TO ... | use vaque language VOCABULARY | film and TV **PRONUNCIATION** | linking and elision

VOCABULARY

film and TV

1 A Complete the review with the words in the box. There is one word which you do not need.

based cast costumes ending scenes set soundtrack subtitles twist

	d	100	
\sim	r	Я	
	L.	_/	
		~	

Review of Daniel Craig's last James Bond film, No Time to Die

 $\star\star\star\star$

Many James Bond fi Ian Fleming, but this film. The ² retired (!) James Bon Ben Wishaw as Q, a	s one was written includes Daniel nd, along with Ral	specially for the Craig as the ph Fiennes as M,
The film is ³ and the scenery – as stunning. There are ⁴ , which a more emotional one his girlfriend – and I unexpected! I would but there are certain	s always in James the usual action- are always fun, as es, for example, v her young child. T dn't call it a ⁶	Bond films – is filled car chase well as some when Bond is with he ⁵ is as such,
As for the ⁷ suit and nothing els as great as ever, wit and the well-known	e very exciting. The dramatic music	ne ⁸ is throughout

B Choose the correct word to complete the sentences.

unfortunately, we never actually hear the full tune!

- 1 I have to put the soundtrack / costumes / subtitles on when I watch a film because I can't hear very well.
- 2 My current favourite series is cast / set / based in Sweden – it's a 'Scandi noir' murder mystery.
- 3 I love a good twist / ending / set in a film or novel it's exciting to find out what happens next.
- 4 I thought the cast / scene / set was brilliant. The main actor doesn't usually play mean characters!
- 5 I loved the ending / scene / subtitle where James meets the new 007. It makes you wonder what's going to happen.
- 6 It annoys me when they make a film subtitled / based / set on a best-selling book and then change the ending!

How to ...

use vague language

2 A 3.06 | Listen and tick the phrases you hear.

and stuff bits old-ish sort of something like that that kind of thing

- B 3.07 | Match the questions (1–5) with the vague replies (a-e). Then listen and check.
 - **1** Who's that guy who played the thief in *Lupin*?
 - **2** When was the *Great Gatsby* supposed to be set?
 - **3** How old do you think the actor in *Maid* is?
 - **4** Did you enjoy watching *The Originals*?
 - 5 Is Money Heist a dark story?
 - a I'd say she's young-ish ... maybe late 20s?
 - **b** It was OK. It's sort of for a younger audience, really.
 - c It's what's his name oh, you know!
 - **d** I suppose it is, a bit. But I like that kind of thing.
 - e Around the 1920s, I think.

PRONUNCIATION

3	3.08 linking and elision Listen and complete the		
	sentences. Then listen again and repeat.		

1	I love in a	good mystery series.
2	I like the film. It'saction and thriller.	a combination of
3	I love dramas that are	ereal events.
4	The Crystal Maze? Oh and find crystals or	, that's where they run around , isn't it?

SPEAKING

4A 3.09 | Complete the conversation with one word in each gap. Then listen and check.

Peter:	Have you seen that TV programme <i>The Crown</i> ?
Alex:	Yeah. I've watched the first series.
Peter:	What's it 1?
Alex:	It's about the British Royal Family. Each series concentrates on a different period of time and the events that took place then. It's a 2 slow in places for me, but it's interesting enough.
Peter:	Does it show real events ³ stuff? Or is it all made up?
Alex:	It's based on real things that happened, but I think they sort 4. use a bit of artistic licence – you know, they don't really know what people said 5. anything so they have to make that up.

B 3.10 | You are Alex in Ex 4A. Listen and speak after the beep. Record the conversation if you can and compare yourself to Ex 4A.





Lesson 3D

GRAMMAR | do and did for emphasis **LISTENING** | a music podcast

GRAMMAR

do and did for emphasis

1 A Choose the correct word to complete the sentences.

- 1 I really did / didn't / don't delete your Spotify account! You must've done it by mistake.
- 2 I know you think hiking that mountain is possible in a single day but I just did / don't / do.
- 3 Oh, I do / did / didn't love this song when I was younger – I would dance to it all the time.
- 4 I do / don't / didn't listen to electronic music just not the kind that you like!
- 5 Do / Does / Don't come over after the concert if you have time.
- 6 I do / didn't / did use to get up at midday when I was younger, but I don't now!

В	Complete the sentences with do, don't, does, doesn'
	or did.

1	Iwant to go to	o the gig, but I just car	'n't
	afford it right now.		

- 2 Saira does have expensive tastes in clothes, she?
- call the venue to check the gig was still on, but no one answered.
- 4 You remember to send that gift to Mario, didn't you?
- 5 I loved The Sparks' last two albums, but I really like this one.
- 6 You like spaghetti with meatballs, don't you?
- 7 You know I'm not into jazz. I've told you before.
- like your band, but he just doesn't like 8 He crowded places.



LISTENING

2A 3.11 | Listen to the introduction to a music podcast and answer the questions.

- 1 Which genre are they talking about?
- 2 Who is Elijah?
- 3 Who is Bethany?

B 3.12 | Listen to the next part of the podcast and choose the correct option (a-c).

- 1 How does Bethany think some people react when they hear jazz?
 - a They feel anxious.
 - **b** They feel annoyed.
 - c They feel confused.
- 2 What does Elijah think puts people off about jazz?
 - a the unusual techniques used
 - **b** the sound of certain instruments
 - c the lack of real tunes
- 3 What do Elijah and Bethany agree on?
 - a Some kinds of jazz are easier to listen to.
 - **b** People should avoid jazz if they don't like it.
 - c Only jazz musicians understand it properly.

C 3.12 | Listen to the main part of the podcast again. Complete the sentences with no more than three words from the recording.

- 1 Bethany says it's hard to know what will happen in jazz because some musicians playing.
- 2 Bethany says we tend not to like music or other things that make us feel
- 3 Elijah describes a called 'noodling', in which the musicians move away from the main tune.
- 4 Elijah says noodling can seem but says





GRAMMAR | future continuous and future perfect VOCABULARY | health and lifestyle; illness and treatment **PRONUNCIATION** | connected speech: future perfect

VOCABULARY

health and lifestyle

Complete the sentences with the correct form of the verbs in the box.

do (x2) cut expand keep (x2)

	stay transform vary work
1	It's very important, especially as you get older, to mentally active. Doing puzzles is great for your brain.
2	I'vedown on the amount of fat and sugar I consume and feel much healthier now.
3	You really need toyour horizons and get out and about more.
4	It's hard to find time to in shape when you've got a full-time job and a family to look after.
5	Research shows that regular workouts is good for you both mentally and physically.
6	I a sedentary job for years and was very unfit. Then I retrained as a yoga teacher and now I'm healthier than ever!
7	I've alwayslong hours and I'm often too tired to make a proper meal when I get home.
	Last year, my sister totally her lifestyle. She became a vegan and started doing more exercise.
9	It's important toyour diet as much as you can and include all food groups in your meals.
	I took up running last year and hopefully, if I up my progress, I'll do a marathon soon!

illness and treatment

coming to school today.

2 A Complete the table with the words in the box.

allergies antibiotics asthma first aid

Ĺ	food poisoning medicati	on	run-down	vaccine
i	llness	tr	eatment	
	omplete the sentences wind treatment.	th v	ords to desc	cribe illness
1	The whole group got and were very sick.		from the	e restaurant
2	I suffer from all year round and often have itchy eyes and sneeze a lot.			
3	I did acourse who suddenly became ill			help anyone
4	If you want to find out who taken with other med doctor.			
5	Patients are givendiseases.		to help fig	ht against
6	Sonhie's feeling a hit		so won	't be

GRAMMAR

future continuous and future perfect

- **3** A The sentences below have a mistake. Choose the best option to correct the mistake.
 - 1 In two years' time I'll be completing my degree and hopefully found a job.
 - a I'll have completed
- **b** I'm completing

- c I completed
- 2 This time next week, you'll have swum in the sea and thinking of me back at home!
 - a you'll be swimming
- **b** you'll swim
- c you're swimming
- ${\bf 3}\;$ If I'm lucky, I'll have got a visa and \underline{work} in Australia by next summer.
 - a I'll work
- **b** working
- c be working
- 4 I'll be finishing lunch by 1 p.m., so we could go for a walk then.
 - **a** I've finished **b** I'll have finished **c** I finished
- B Complete the blog post with the future continuous or future perfect form of the verbs in brackets.

Going	Vegan
	8

Going Vegan
Going vegan has been a gradual process for me. By this time next month, I'll [1] (be) vegan for a whole year.
I became vegetarian first: I'll 2 (celebrate) three years without meat or fish next week. It was hard to give up my favourites, but now I barely think about what I no longer eat – only what I'll 3 (have) for my next meal! I've become very inventive – you have to be when you're vegan – and I might 4 (set up) my own vegan meal business soon.
Personally, I did it because I developed a mild allergy to milk and dairy products, so I had to cut down on them. I'll 5 (go) to the doctor's soon and we'll see whether things have improved – I think my allergy will 6 (improve) because my symptoms are much better.
There are lots of benefits to going vegan, for both personal benefit and the planet's. If I can convince my parents to go vegan, I'll (do) a pretty good job of getting my message across. However, it's important to remember that you may not always get everything you need from a vegan diet – I'll (write) a blog soon about the vitamin supplements that can be

helpful for staying on top form. Watch this space!

R



PRONUNCIATION

4A 4.01 | connected speech: future perfect | Listen and complete the sentences.

By this time next week, ______ this project.
 Hopefully, _____ meat entirely by then.
 With any luck, _____ a house by then.
 Come round at 7 p.m. – _____ dinner by then.
 By this time next week, _____ from

B 4.01 | Listen again and repeat.

READING

university!

5 A Skim the article and choose the main topic (a-c).

- a The benefits of different kinds of diet
- **b** The reality behind commonly held beliefs
- **c** The reasons we're lied to about what we eat

B Read the article again. Are the statements True (T) or False (F)?

The writer ...

- 1 thinks food producers try to trick customers into paying too much for food.
- **2** will continue to buy the expensive health foods that she particularly likes.
- **3** feels that the message about fat has been very clearly stated.
- **4** does not intend to limit the amount of highfat food she eats.
- **5** is confused about whether or not people should take extra vitamins.
- **6** has believed information provided on food packaging in the past.
- Read the article again and answer the questions. Use no more than three words for each answer.
 - 1 What are superfoods meant to stop?
 - 2 What does the writer think food manufacturers want from people?
 - **3** What phrase does the writer use to describe the act of labelling food low in fat?
 - **4** What is the writer happy to continue eating?

Health myths busted!

We all want to be healthier, but with so much (mis)information out there, it can be difficult to know which changes are actually worth making. So, here is the truth about four common food myths, which may help you make up your mind ...

Myth 1: Superfoods are a thing

Sorry, but superfoods aren't a thing! Yep, you heard right. While we've all been filling our trolleys with blueberries, ginger and coconut, it turns out that, yes, they do us good, but they're no better than other fruit and veg. 'Super' foods are promoted because they supposedly contain huge amounts of antioxidants (substances that prevent cell damage in our bodies), and the message is that we should buy as many as we can. These (often exotic) foods are – surprise, surprise – very expensive, though. I know what I'll be getting from now on: cheap 'ordinary' veg that I love just as much!

Myth 2: All fat is bad fat

We've been told (over and over again) that we should cut down on foods that contain saturated fats, such as butter, cream and cheese, and eat plenty of foods that are great for heart, eye and brain health (think Omega 3 in oily fish). But the jury seems to be out on whether saturated fats really cause heart disease, and whether foods that contain cholesterol (a fat which can be found in eggs) actually raise cholesterol in our blood. I think I'll be carrying on with less butter and more salmon, just in case ...

Myth 3: You don't need supplements

OK, so this one's hotly debated! Many say that if you have a varied diet, you'll get everything your body needs, and that manufacturers only promote vitamins and supplements so they can fill their pockets with our hard-earned cash! But it turns out there are arguments for supplements in certain circumstances: those with health conditions including diabetes, pregnant women and people over 50 can benefit from additional vitamins. Who knew?

Myth 4: low fat = low calorie

Nope! It's just another marketing trick! Look in supermarkets and you'll see 'low-fat', 'fat free', 'diet' and 'light' in lots of labels. I've certainly fallen into that trap! While they might truthfully be low in fat, they may also be highly processed and full of sugar to make them tasty. 'You're better off having a few nuts or full-fat items like cheese and yoghurt than eating so-called "diet" products', says one specialist. I, for one, will be following this advice. So, bring on the ice cream (just not too much of it)!



lately and I

Lesson 4B

GRAMMAR | passives

VOCABULARY | sleep

PRONUNCIATION | sentence stress: content and function words

VOCABULARY

sleep

1 A Complete the conversation with the words in the box.

Doctor: Thanks for coming to the sleep clinic. I'd like to ask you a few questions before we run

deep dropping off exhausted keep nightmare oversleep sleeper snore

some tests.

Fran: Sure. I've just been so 1

			ny! I go to bed earl <u>:</u> nd end up being la	
D	octor:	What time do	you usually go to l	ped?
	Fran:		ock. I don't have a nd I'm never awake	
D	octor:	Do you wake o	during the night?	
	Fran:	Only if I'm hav	ing a ⁴ ep again once l'm (But I usually calmer.
D	octor:	And do you 5 ever told you t	? I mean that you do?	, has anyone
	Fran:	6m	f I've gone to bed a y husband awake to o he says! I think I	then because
D	octor:	Why's that?		
	Fran:	When my alar	wake up with a he m goes off, it's like y ⁸ slee ake up.	I must've
D	octor:		sn't sound good. V the clinic is	Vhat we're
	Choo		word or phrase to	complete the
1		– I nev erclap outside!	ver wake up, even i !	f there's a
2		was a noisy pa	b an insomniac rty last night whic	
	a kep		b overslept	
3			l just didn't hear m	
4	She sa		b overslept takes a short	
	a nap		b nightmare	c snore
5		y get a cally every day	– my kids are ι !	ıp at dawn
	a dro	• 10 20 20 20 20	b lie-in	c nap
6		sband says tha at night.	t Iand	keep him
	a ove	rsleep	b drop off	c snore

GRAMMAR

... sleepwalk?

passives

Complete the article about sleep disorders using the correct passive form of the verbs in brackets.

Why do people ...

_				
It 1	(suggest) th	nat sleepwalk	ing runs	
in families.	If you have a fa	amily membe	er who walks	
in their sle	ep, it ²	generally .		
(accept) th	at you are ten t	imes more li	kely to do it	
yourself. It	³ als	50	(suspect)	
that stress	, illness and me	edication can	make	
sleepwalki	ng more likely.	It 4	once	
	(assume) to be	dangerous t	to wake a	
sleepwalke	er, but this 5	now	(no	t
consider) t	o be a problem	. However, it	should be don	e
quietly and	d carefully to ke	ep distress t	o a minimum.	

... talk in their sleep?

raiking in your steep °	(deπne) as a sleep
disorder where the sleep	-talker doesn't know what
they're doing. Speech 7	more easily
(understand)	when it occurs during REM
sleep (when people are d	reaming). Anyone can sleep
talk, but it 8(o	bserve) most often in men
and children. Records sho	ow that sleep-talking
9 (notice) by a	ncient Greek philosophers
about 2,500 years ago, so	o it ¹⁰ (not
discover) recently. Sleep-	talking isn't usually a
problem and does not re-	quire treatment.

PRONUNCIATION

- **3 A** | sentence stress: content and function words | Read the sentences and predict which words will be stressed the most.
 - 1 It was thought that eating cheese before bedtime gives you nightmares.
 - **2** It's been suggested that using your phone in bed makes it harder to drop off.
 - **3** It's believed that up to fifteen percent of the population are sleepwalkers.
 - **4** It's estimated that most people sleep for fewer than seven hours a night.
 - B 4.02 | Listen and check.

B



LISTENING

- 4A 4.03 | Listen to the introduction to a radio programme. What kind of programme is it?
 - B ◆ 4.04 | Listen to the next part of the programme and choose the correct option(s) (a-c).
 - 1 What does Rob say about using a sleep tracker?
 - a It provided some useful information.
 - **b** It helped him learn to relax.
 - c It caused him problems.
 - 2 How did Jenna feel before using her technique?
 - a worried about her future
 - **b** scared about being kept awake
 - c relieved to get some sleep during the day
 - 3 What does Jenna say helped her sleep better?
 - a reading before she went to sleep
 - **b** learning about sleep psychology
 - c quitting an old habit
 - 4 What does Álvaro say about nuts?
 - **a** He says they should be avoided at night.
 - **b** He is pleased he can eat more of his favourite kind.
 - c He doesn't fully understand how they work.
 - 5 What does Sonya say about the techniques?
 - a She finds them quite difficult to do.
 - **b** She thinks they sound rather unusual.
 - c She is not very keen to have a go at them.
 - C 3 4.05 | Listen to the recording and write what you hear. You will hear the sentence only once.

WRITING

an article

5 A Read the article and tick the topics that are mentioned.

dreams lack of sleep napping nightmares sleep and disability sleep behaviours sleep cycles sleep positions

- B Complete the article (1-5) with the sentences (a-e).
 - a In addition to this, they can involve anxiety, too.
 - **b** as well as sleep paralysis, where you wake up, but are unable to move.
 - **c** Moreover, their dreams involve feelings, smells and sounds rather than sight.
 - **d** Furthermore, they make friends easily, but don't enjoy being the centre of attention.
 - **e** A lack of sleep not only affects your mental health, but also your physical health.
- C You are going to write an article about what kind of sleeper you are. Plan your article. Choose three ideas to write about from Ex 5A.
- D Write an article about what kind of sleeper you are.

Six Amazing Facts You Didn't Know About Sleep

Sleep has fascinated experts for centuries and new information is being discovered all the time. So, we've put together six of the most amazing facts we could find on the topic.

- Most nightmares are not frightening. They often include feelings of sadness, guilt and confusion.
 They happen most often when someone is feeling worried.
- The position you prefer to sleep in might reflect your personality. For example, people who sleep on their backs in the 'starfish' position tend to be good listeners.
- 3 For example, you won't cope with pain as well when you don't sleep much.
- Contrary to what some people may think, blind people do dream. ⁴ Also, interestingly, deaf people use sign language when they dream.
- Everyone dreams, but they might not remember them. Those that do remember will have forgotten fifty percent of the dream within five minutes of waking. The most common dreams include teeth falling out, forgetting to prepare for an exam, and trying to run but not getting anywhere.
- Some unusual sleep behaviours include parasomnia or making unusual movements in your sleep; 'exploding head syndrome' where someone wakes to a loud noise that is only in their head.
 - 5 Don't worry if this happens to you it just means your brain's woken up before the rest of your body has!



digi ZABAN

Lesson 4C

HOW TO ... | express agreement and disagreement **VOCABULARY** | exercise; sport: motivation and benefits **PRONUNCIATION** | stress in phrases for partial agreement

VOCABULARY

exercise

- Choose the correct word or phrase to complete the
 - 1 You need a lot of flexibility / stamina / moderate exercise to be able to finish a marathon. They take a long time to run!
 - 2 It's important to do some aerobic / low-impact / stamina exercise because it makes your heart beat
 - 3 Strength / Flexibility / Low-impact training doesn't have to mean hours lifting weights - you can build muscle using your own body weight at home.
 - 4 An example of aerobic / high-impact / low-impact training is yoga, which is gentle but strengthening.
 - 5 I do moderate / vigorous / stamina exercise every day, just a 20-minute walk around the park.
 - 6 High-impact / Flexibility / Strength exercise includes things like running and ball sports, such as football or tennis.

sport: motivation and benefits

Complete the fundraising page with the words in the box. There is one word which you do not need.

> benefit challenge confidence discipline encouragement incentive teamwork

Cycling for the kids!

£1,258 raised by 3,480 supporters **DONATE** So, this year I'm planning a huge 1 for myself and I need your 2 to get me going! I'm going to cycle the length of the country in as short a time as possible. The 3 for me to raise money for a children's charity that is close to my heart, to them is being able to fund more research to make lives better. I'm going to need a lot of 5 to make sure I get up early to train before work, even when it's dark or cold. Most of my weekends will be spent cycling long-distance routes. I also need to build my for cycling bigger roads, though I'll take quieter ones when possible. Follow the link to find out more about the charity or donate now.

How to ...

express agreement and disagreement

- 3 A 4.06 | Listen to a conversation between two friends. What are they talking about?
 - B 4.06 | Listen again. Do the friends agree (A), disagree (D) or partially agree (PA) with each other about the statements (1-6)?
 - 1 Micro-HITT training doesn't seem worth the effort.
 - 2 One benefit of micro-HITT is that it's quick.
 - **3** Everesting sounds like a manageable challenge.
 - 4 New cyclists could cope with Everesting.
 - **5** The man needs to find a relaxing form of exercise.
 - 6 Yogalates helps with physical and mental health.

PRONUNCIATION

- 4A 4.07 | stress in phrases for partial agreement | Listen and underline the main stressed word in each of the phrases in bold.
 - 1 lagree up to a point, but don't you think the government should play a role, too?
 - 2 I take your point, but that's what footballers expect to get paid.
 - 3 That's a fair point, but don't you think they get enough exercise at school?
 - B 4.07 | Listen again and repeat the sentences.

SPEAKING

5 A	4.08 Complete the conversation with phrases for
	agreeing and disagreeing. Then listen and check.

Marla:	Let's do something. It would be a shame to stay in on a day like this.
Dan:	I^1 more. What shall we do? Want to try bouldering with me? Come on
Marla:	Climbing over massive rocks all day? No, thanks. It sounds exhausting.
Dan:	I know what 2, but you did say you want to improve your strength a bit
Marla:	That's a fair 3 , but I've got work tomorrow and I don't want to be worn out.
Dan:	You go to the gym all the time – you'll be fine!
Marla:	I completely ⁴ ! Last time we went jogging it took me a week to recover!
Dan:	All right. I take 5

- B 4.09 | You are Dan in the conversation in Ex 5A. Listen and speak after the beep. Record the conversation if you can.
- C Listen to your recording and compare it to Ex 5A.





Lesson 4D

VOCABULARY | phrases related to time

READING | disappearing traditional skills and lifestyles

VOCABULARY

phrases related to time

- 1 Choose the correct option(s) to complete the sentences.
 - 1 Time is running out / It's time to move on for endangered animals and we need to take action.
 - 2 We got to the theatre just in time / not a moment too soon for the start of the play.
 - **3** We've got a very short **future under threat** / **window of opportunity** to carry out the conservation project.
 - 4 I've got some new boots and time is running out / not a moment too soon – the old ones were wearing out!
 - 5 The future of our planet is still under threat / has a short window of opportunity and we must keep making changes to our habits.
 - **6** It's just in time for / It's time to move on from this job. I've become very bored.
 - 7 The community are increasingly concerned that their traditional way of life is under threat / running out.
 - 8 Right, I think it's probably just in time / time to go home or I'll miss the last train!

READING

2A Read the article. What is its purpose?

- **B** Read the article again. Are the statements True (T) or False (F)?
 - 1 Kerry does not believe readers are aware of the skill practised by her great-grandfather.
 - **2** Kerry suggests that people who wore clogs could not afford to replace them regularly.
 - **3** Nisse says that Franco-Provençal speakers moved out to the countryside from cities.
 - **4** Nisse speaks a different language to his grandparents because he does not need to use the language they speak.
 - **5** Özkan believes that the way people worked in the past used a lot of time and energy.
 - **6** Özkan ithinks that technology can only solve one kind of problem.
 - **7** Agata is not impressed with her grandparents' lifestyle choice.
 - **8** Agata would be happy to move on from every aspect of traditional life.

Should we care about losing traditional skills and ways of life?

Do you know how to make bread? Or fix a hole in your socks? Or even how to light a fire? For all too many of us, the answer to all of these questions is 'no'. Basic life skills that were once a staple part of everyday life have all but disappeared. But is this a bad thing?

YES!

Kerry, UK: My great-grandad used to make clogs. I bet you don't even know what they are! Well, they're shoes made from leather and wood. They last a long time. This is why they were chosen by low-paid workers who put in long days at cotton mills, in coal mines and on boats that transported goods along canals. A very limited number of clog-makers still exist, but their future is under threat, as so few people wear clogs now. It would be a shame if such a great skill – and fantastic style of footwear – disappeared forever.

Nisse, Switzerland: Time is running out for my grandparents' language, Franco-Provençal. They live in an isolated part of Switzerland, and because my parents (like many) moved away to find work, I never learned it. Now it's dying out, despite attempts to get people learning it. I understand it, but I only speak Swiss-German – the most common language in Switzerland. Lots of books used to be written in Franco-Provençal. The window of opportunity for reviving the language is short. If no one can speak it, how will we learn about the history of our country?

NO!

Özkan, Turkey: People make a lot of fuss about 'lost' skills and ways of life. But if they were so good in the first place, why did they disappear? It's time to move on. My grandparents lived tough lives as farmers, using traditional skills – but only because that's what was available then. It wasn't considered 'traditional' at the time! As far as I can tell, traditional skills and ways of life were very hard. Technology has solved so many problems and many people are a lot better off in all kinds of ways – not just financially, but health- and time-wise, too.

Agata, Poland: When I visit my great-grandparents in their village, I feel like I've gone back in time by a century. I suppose I have in a way because they stick to the 'old ways' and don't live as comfortably and easily as they could do – well, that's only my opinion. They don't enjoy using modern technology, anyway! For me, when a new app or phone model comes out, it's not a moment too soon. I will say this, though: I always seem to arrive just in time when my great-grandma's cooked some traditional dumplings – delicious! That way of life should never disappear!



GRAMMAR

1	Combine the sentences us	sing a relative clause. Omit ble.
	1 Nick works at the theat That's work	re. The one over there.
		ousin's barbecues. Is that her?
	Is thatyour	
		in the mud. I think that's him
	I think that's	got stuck in the mud.
		ry successful. It opened last
	The venue,,	has been very successful.
	5 Remember the hotel we honeymoon? They clos	
	They closed	in for our honeymoon!
2	Match the sentence begin endings (a-f).	nings (1–6) with the
	1 It was Felicity	a is wash your hands.
	2 What I want to know	b who told me.
	3 It's Helena that	c do is go to sleep!
	4 It was Ankoma who	d is what you were doing!
	5 What you need to do	e told everyone.
	6 What I'd like to	f you need to speak to.
3	Complete the conversation to add emphasis.	on with the correct form of do
	B: I 1 want to g of London from me. It' A: Hmm, well, I didn't wan I must admit, I 2 B: Yes, and there's a DJ a A: Well, you 3 l I really 4 !I h B: Fair enough. The quiz s I think Emir's running i A: Well, he 5 like	nt to go last year either but enjoy it in the end. gain, isn't there? ove a good dance, but ate it. should be good though. t this year. se testing us all, doesn't he? n at quizzes but I 6 e – 90s pop music. fike was unhappy – he
4		e future continuous or future
	perfect forms of the verbs	
	The sad thing is that we pused to) such reports by twe still have weather reports well as the weather have our society may also 3	violent storms and flooding. robably ² (get hen. And that will only be if orters: scientists believe that ving become more extreme, (fall) apart by 2050!

collapse. The worst thing is that we 8

all to ourselves: it will be our own fault.

(do) it

5	The sentences below have a mistake. Choose the
	best option to correct the mistake.

- 1 There is generally accepted that film-making is a serious form of art.
 - **a** It's **b** It was **c** There are
- **2** What's Going On by Marvin Gaye <u>is consider to be</u> one of the best albums of all time.
 - **a** is considered being **b** considers being
 - c is considered to be
- **3** In the late 1800s, <u>they believe widely</u> that the Earth was flat.
 - **a** it's widely believe **b**
- **b** it was widely believed
 - c they widely believe it
- **4** Despite evidence to the contrary, Vitamin C thought still is to cure the common cold.
 - a still are thinking
- **b** it's still thought
- **c** is still thought

VOCABULARY

- 6 Choose the correct words to complete the sentences.
 - 1 The line-up / act for the festival is superb, with over 50 bands performing over the weekend.
 - 2 The festival-goers / atmosphere at music festivals is always amazing.
 - **3** I think the **organisers** / **festival-goers** have done a great job of the layout.
 - **4** Sanjay's never **attended** / **attracted** a festival before so we should look after him.
 - **5** Donauinselfest is the world's biggest music festival, **attending / attracting** three million people!
- 7 Complete the sentences with the words in the box.

emissions	footprint	power	recycling	resources
1 In an effor music fest	t to reduce tivals are g			
2 Lollapaloo festival-go	oza has it o pers to do		ramme to	encourage
3 Reducing made can the factor		carbon		
	iand use pi	ublic trai	Paléo Fest nsport to a	void
			by c	, festival- cycling at the

8 Replace the words in bold with the correct form of the phrasal verbs in the box.

come up with fall back on live up to mess up put someone off

- 1 I've thought of a brilliant idea for a new play.
- **2** You should stay at uni so you have something else to **use** if the band doesn't work out.
- 3 Your act was incredible how can I ever be as good as that?

_____: drugs that are used to kill bacteria and cure infections.

a drug given to someone who is ill.



I **got** all my lines **wrong** on stage – it was really embarrassing.

Stop making silly faces – you're **distracting** me.

9	Complete the phrasal verbs with across, back, on to, out or up.	13	Choose the correct word or phrase to complete the sentences.
	1 You come as such a friendly person, but you're actually quite mean!		1 I'm such asleeper that I don't even wake up with a really loud alarm.
	2 OK, let's move to the issue of parking for the event.		a light b heavy c weak
	3 Can you speak a bit, please? We can't hear you at the back.		2 My wife's and she disturbs me when she puts the light on when she can't sleep.
	4 I'll come to the topic of recycling later, if I may.		a an insomniac b a deep sleeper c a snorer3 I usually pretty quickly at night but wake up a few hours later.
	5 My teacher spelled exactly what we had to do for our homework.		a deep sleepb drop offc nap4 My dad always has aafter lunch. Eating
10	Complete the sentences with the words in the box.		seems to make him tired.
	based on costumes ending soundtrack twist		a napb lie-inc nightmareI love having a at the weekends, but I get up early the rest of the week.
	1 I was totally confused by the – why did they finish it off like that?		a deep sleepb snorec lie-in6 My daughter woke me up at 1 a.m. She'd had a
	2 Thewere amazing in that film. I'd love to wear something like that.		and couldn't go back to sleep. a nightmare b lie-in c snore
	3 I enjoyed it but the was weird. It was set in 1770, but they used punk rock!	14	Complete the sentences with the words in the box.
	4 Is the series a true story? 5 Wow, what a ! I didn't see that coming!		aerobic flexibility moderate stamina vigorous
11	2000 200 000 000 000 000 000 000 000 00		
11	Choose the correct words to complete the tips. If you want to 'transform / expand your lifestyle,		1 It's better to do a small amount of exercise every day than to do a lot of exercise on one occasion and then do nothing for weeks.
	follow our top tips! If you do a ² sedentary / active job, you need to make		2 You really only need to do 20 minutes of exercise a day, such as a gentle walk.
	sure you build exercise into your day. If you can do a ³ sedentary / regular workout, even better! It can be difficult to ⁴ stay / do in shape when you work ⁵ active / long hours, but exercising when you can makes all the difference.		3 I'm currently building my to do a marathon next month.
			4 I really enjoy exercise like dancing and running.
	Try to ⁶ expand / transform your horizons: sign up for		5 I really need to improve my
	a new activity like high-intensity pool training.	15	$\label{lem:choose} \textbf{Choose the correct words to complete the sentences.}$
	Change what you eat: make sure you ⁷ cut down on / vary your diet and ⁸ expand / cut down on fatty and sugary foods.		1 There's no real incentive / discipline for me to do more exercise. I'm fit enough.
	⁹ Keep / Work mentally active, too. Do puzzles, dance		2 I'll admit that winning is my main motivation / confidence when it comes to competitive sport.
	 anything to help your brain stay sharp. Finally, ¹⁰stay in / keep up the progress! Once you see 		3 I think playing in a team really boosted my confidence / challenge.
	the rewards of your efforts, you'll be keen to remain your best self.		4 You need a high level of benefit / discipline to become a good gymnast or dancer.
12	Complete the definitions with the words in the box.		5 I like a challenge / motivation , so I'm going to do an ultra-marathon next year.
	allergies antibiotics asthma food poisoning medication	16	Complete the sentences with the words <i>time</i> , <i>future</i> , <i>moment</i> or <i>opportunity</i> .
	1 medical conditions that make you ill		1 The of the giant panda no longer seems to be under threat.
	 when you eat, breathe or touch something. a stomach illness caused by eating food that contains harmful bacteria. an illness that makes it difficult to breathe. 		2 It'sto get real about online security. We have to take it more seriously.
			3 Action is finally being taken to improve air quality – and not a too soon.
			4 We have a small window of in which to slow the rate of global warming.
			5 is running out for endangered species.

digi ZABAN

Lesson 5A

GRAMMAR | past perfect simple and continuous

VOCABULARY | time expressions

PRONUNCIATION | connected speech: past perfect continuous

VOCABULARY

time expressions

1 A Complete the conversation with the phrases in the box.

by the time for ages for a while in no time just moments earlier up to that point

Adam: Have you ever done any of those embarrassing ice-breaker activities at work?

Isha: Yeah, I did one last year. We were asked to find the person in the room we had most in common with. \(^1\) _____ I'd finally understood what we were doing, most people had already paired up. \(^2\) _____, I'd just been going round introducing myself! We'd been given the instructions \(^3\) ____ but I was chatting away \(^4\) ____ and forgot the purpose of the whole thing. I ended up on my own! What about you?

Adam: I haven't done any 5______, but my friend has just reminded me of some we did in our language class. We did this 'speed meeting' activity, introducing ourselves to as many people as we could in five minutes.
6_____, I'd realised how much work I had to do on my English – at least that made me study harder!

B Choose the correct phrase to complete the sentences.

- 1 I hadn't done an interview up to that point / for a while / in no time and I'd forgotten how to prepare properly.
- 2 My boss had told me her name just moments earlier / for ages / up to that point but I'd completely forgotten it.
- **3** By the time / In no time / For a while we'd all introduced ourselves, the meeting was almost over.
- 4 I couldn't get in and had to wait for ages / just moments / up to that point to be let in.
- 5 I had my first call with the team in China today! By the time / In no time / Up to that point I'd only spoken to them via email.
- **6** I feel really comfortable in my new job and I made friends **for ages / in no time / for a while**.



GRAMMAR

past perfect simple and continuous

- **2** A The sentences below have a mistake. Choose the best option to correct the mistake.
 - **1** I got halfway to work and realised <u>I'd been leaving</u> my lunch in the fridge!
 - **a** I was leaving **b** I'd been left **c** I'd left
 - 2 <u>I'd waited</u> for an hour before they finally called me to my interview.
 - **a** I'd been waiting **b** I'd been waited
 - c I been waiting
 - **3** When I finally got to the conference, the talk I wanted to see <u>finished</u>.
 - a had been finishing b had finished c finishing
 - **4** I <u>tried</u> for hours before someone finally answered the phone.
 - a am tryingb 'd been tryingc 've been trying
 - B Choose the correct phrase to complete the sentences.





ManagementPro 20th April at 01:32

So, I've just got a promotion! I ⁴ (prepare) for weeks for the interview so I was pleased that it went smoothly. The scary thing is that I'm now managing a team for the first time. I immediately got lots of emails asking me questions! I ⁵ (forgot) how demanding people can be. Anyway, I ⁶ (spend) an hour or so looking through them when a really nice one dropped into my inbox – 'Welcome to our team!'



WindDownWorker 19th April at 11:39

I'm really getting ready for retirement now. I

[7] (already reduce) my working hours
to three days and I 8. (look forward to)
that for ages. Now I've gone down to just two.
Now I've got time to put my energies into other
things – like playing sport and doing some
volunteering. I 9. (always planned) to set
up my own small business when I retired, but
having enjoyed a taste of freedom, I've decided
against that!



PRONUNCIATION

3 A 5.01 | connected speech: past perfect continuous | Listen and complete the sentences.

1	They	outside for hours.
2	I	for new job.
3	She	for a while.
4		before that?
5		at the bus stop for ages.
6	The tea	am for a pay rise for months.

B 5.01 | Listen again and repeat the sentences as fluently as possible.

READING

4A You're going to read an article about what young people expect from the modern workplace. Read the title, tagline and subheadings and predict what each section will be about.

B Read the article and check your ideas.

C Which of the people in the article say the following?

- 1 We are very accepting of people from all different backgrounds.
- 2 Older generations think we are wasting our time with a certain activity.
- **3** Messing up provides an opportunity for learning.
- **4** We find quicker ways of doing things at work.
- **5** Previous generations were probably bothered by inequality but didn't show it.
- **6** We know we are easily capable of solving problems.
- 7 We're happy that certain measures are in place to look after employees.
- 8 We should take responsibility for the things we do

Gen Z – tech-loving, inclusive and flexible

Is the workplace ready for the next generation?

TECHNOLOGY

'We've become known as the

generation who's always stuck to our

Alex, 21

phones ignoring the world around us. But all along, we've been using those phones to learn and soak up information. We are brilliant at networking and have loads of connections. Stop and consider how useful that can be to a company. Technology doesn't scare us like it did previous generations - we embrace new digital concepts and products and can help companies advance. Technology had been around since long before we were born and it's the norm for us to make use of it. We're ready to meet challenges because we

DIVERSITY AND INCLUSION Elliott. 18

know we've got the resources at our fingertips.'

'Diversity. That's what we want from our workplace. And inclusion. We want our differences to be acknowledged and welcomed. In my opinion, our parents and grandparents had got so used to dealing with discrimination in the workplace that they didn't do enough to change it. When it comes to my generation, we want to make sure no one's discriminated against for any reason and will stand up for what we believe in. There's no room for prejudice or exclusion. We don't judge and nor should you.'

RESPONSIBILITY

Jitka, 19

'I think it's crucial for companies and individuals to take responsibility for their actions and resolve any errors of judgement. I think our generation understands that we have to be accountable for the things we've done - or not done. You know, I mean, we expect everyone to own their mistakes. We don't like the idea of blaming other people for mistakes either. We strongly believe in learning from our mistakes and striving every day to be a better person.'

FLEXIBILITY

Alonzo, 22

'Gen Z is used to the virtual world and we'll be happy to work virtually, too. Traditionally, colleagues emailed each other when they needed a quick reply. But we're more likely to text and use chat and instant messaging. What I'm saying is that we're less formal than the generations before us and that's what we'd like from our places of work, too. I'm not saying rules and regulations should be thrown out of the window - not at all because they're there to protect workers - but does it really matter whether we're wearing a suit and tie when we're programming software from home? We don't expect others to change, but we don't want to be changed either!'







GRAMMAR | past plans and intentions VOCABULARY | work and careers; areas of work **PRONUNCIATION** | connected speech: intrusive /w/ sounds

VOCABULARY

work and careers

- 1 A 📑 Choose the correct word or phrase to complete the sentences.
 - 1 I'm thinking of retraining / reinventing / advancing myself as a circus performer - what do you think?
 - 2 Ben's done so well since he switched / started out / **set up** at the bank that he's just been promoted.
 - 3 My dad advanced / switched / retrained careers in his 50s – it's never too late to make a change.
 - 4 My best friend is an entrepreneur / part-time / **reinventing** – she made this amazing app that lets you sell old clothes.
 - 5 I'd love to start out / set up / retrain a company, but I don't know if I've got the right business skills.
 - 6 He'd like to switch / advance / retrain his music career by joining a well-known orchestra.
 - B Complete the text with the correct form of the words in the box.

advance entrepreneur part-time reinvent retrain set up start out switch

Switching things up

Aneena Chaudri Wednesday 20th Aug | 11.44 GMT

We've all had moments where we've thought about changing careers, but what is it like to actually take the plunge? We speak to someone who has successfully 1 himself.

Carlo Voccoli, 39
'I studied Maths at university and ² as a
private tutor, helping school students study for exams
I enjoyed working with young people, but the job I had
was only ³ and I didn't have enough work. I
didn't really fancy
as a high school teacher, so I decided to go
into accountancy instead.
careers was a positive move for me
financially, though I did miss the contact with my
students. But I've been ⁶ well and I really
enjoy being able to use my love of numbers. One day,
I wouldn't mind ⁷ my own company. I'm
no ⁸ , though, so I'd probably need a partner
who knows more about husiness than I dol'

areas of work

Complete the sentences with the words in the box.

	accountancy agriculture banking construction consultancy journalism medicine publishing research social work
1	My family has worked in for generations, but farming isn't my thing.
2	I think must be very rewarding – helping people who are in need is so important.
3	My niece wants to do scientific and help find solutions to environmental problems.
4	Employment in the industry has increased rapidly over the last few years, as there has been greater demand for housing.
5	Good is essential in this day and age as there's so much fake news on the internet.
6	can be a tough career because you not only help make people better but have to see people suffering, too.
7	My friend works in a business, advising large firms on how to manage change.
8	Theindustry has changed radically, as more and more people are choosing to read content online rather than buying a book or magazine.
9	is seen as a stable profession – people will always need a secure place to keep their money.
10	To work in, you obviously need a good understanding of financial data.

GRAMMAR

past plans and intentions

- Choose the correct word or phrase to complete the sentences.
 - 1 I hope / was hoping / has hoped to become a journalist but ended up in marketing.
 - 2 | was arranging / arrange / had arranged to go shopping with my sister, so we met up after work.
 - 3 Ken was planning / has planned / is planning to decorate the dining room on Sunday, but he didn't have time in the end.
 - 4 Maja was considering / is considering / had considered studying politics, but she's opted for history instead.
 - 5 They finally deciding / were finally deciding / had finally decided where to go camping and set off early to avoid traffic.
 - 6 Mel is always intending / had always intended / always intends to go into banking and she found a job straight after college.



PRONUNCIATION

- 4A 5.02 | connected speech: intrusive /w/ sounds |
 Draw a line between words which are connected with an intrusive /w/ sound. Then listen and check.
 - 1 I was supposed to open a student bank account today, but I forgot.
 - 2 I was going to ask whether you could help me write a new CV.
 - **3** I was going to advise you against going selfemployed.
 - **4** I was meant to email my application form, but I got distracted.
 - **5** I'd love to own a business one day, but I'm not sure what yet.
 - B 5.02 | Now listen again and repeat.

LISTENING

- **5** A 5.03 | You will hear four people talking about their childhood ambitions. Which speaker is least happy about how things have turned out?
 - **B** 5.03 | Listen again. Are the statements True (T) or False (F)?
 - 1 Mark is unsure why law appealed to him so much.
 - 2 He had an idea of which area of law he wanted to work in when he entered the profession.
 - **3** The reality of Mark's and Amanda's jobs is different to what people might think.
 - **4** Amanda has always thought it would be easy to become a footballer.
 - **5** Chilemba applied for the role because he had experience of working in a similar field.
 - **6** He says that the reality of his job is very different to what to people expect.
 - **7** Kiku says that jobs that children used to want to do largely no longer exist.
 - **8** She says that her kind of role is becoming more popular.
 - **C 5.04** Listen to the recording and write what you hear. You will hear the sentence only once.



WRITING

a report

6A Complete the sentences with the words in the box.

appears conclude outlines purpose recommended slight sum up 1 It is that young people consider a wide range of career options. of this report is to compare the most popular career choices for university leavers. 3 There has been a decrease in the number of people entering social media jobs this year. that getting early careers' advice can be highly beneficial to school-leavers. **5** This report the changing trends in workplace layouts over the last decade. that staff absence is reduced when employees have the option of remote working.

B Read the information about remote working. Is it in favour of or against the trend?

Mega-trend: the rise and rise of remote-working

- Office working is under threat from remoteworking
- Younger generations prefer a more flexible approach to working environments.
- New software is making remote-working much more possible.
- Most home-workers are in high-skilled and professional jobs.
- Businesses need to support remote-workers (by providing software, home office equipment, etc.).

Benefits to employees:

- · allows better work-life balance
- · people are happier
- · a less competitive environment

Benefits to employers:

- · staff work harder
- · people stay longer at the company
- · better carbon footprint
- C Your manager has asked you to write a report comparing remote working and office-based roles and to make recommendations about future positions.

 Make notes under the following headings:
 - 1 Introduction2 Background3 Main Issues4 Conclusion
- **D** Write your report using your notes and the information in Ex 6B to help you.



c mute

Lesson 5C

HOW TO ... | describe problems and suggest solutions VOCABULARY | video conference calls **PRONUNCIATION** | intonation to show degrees of certainty

VOCABULARY

video conference calls

- 1 A 🔄 Choose the correct word to complete the sentences.
 - 1 I need to turn the up because I can't hear you.
 - a echo **b** volume c delay
 - 2 I'm always forgetting to myself and no one can hear me speaking.
 - **b** unfreeze a unmute
 - 3 I've accepted your to the meeting but I don't seem to have the right link.
 - **b** connection c invite
 - 4 I think Jay's lost his . He seems to have disappeared from the call.
 - **a** internet connection **b** delay c link
 - 5 Can you type that in the so I can check the spelling?
 - a link **b** invite c chat box
 - B Complete the article about video conferencing with the correct form of the words in the box.

a link be frozen delay get into host on mute

Video conferencing for fun

Virtual get-togethers

Carolina's away on business, Mike's got a cold he doesn't want to spread, and Ali's on a longdistance train journey. But they still want their weekly chat. Sure, there may be sound 1 and there will be lots of times when you 2 on screen with a silly expression on your face, but you don't have to miss out on the fun.

Watching weddings

If you can't get to a wedding because you live halfway across the world, you can still be a guest by being invited to attend online. One click on and you'll 4 the venue virtually, from thousands of kilometres away.

Games nights

Compete with family and friends who live in different areas by tuning in to live online quizzes. Why not take it in turns to be the 5 the meeting – and you get to choose the quiz! Don't forget to put yourself 6 teams can't hear you discussing your answers!

How to ...

describe problems and suggest solutions

- 2 A 5.05 | Listen to parts of three video calls. What is the problem in each conversation? What solution is suggested? Make notes.
 - B 5.06 | Complete the extracts. Then listen and check.
 - a problem with the mute button.
 - 2 Why using your headphones instead?
 - 3 I've clicked on the 'share screen' button. Hmm, I can't get it
 - leave the meeting for a second or two.
 - 5 Perhaps you turning your volume down.
 - try because it sometimes gets rid of it.

PRONUNCIATION

- 3 A 5.07 | intonation to show degrees of certainty | Listen to the sentences. Which speakers feel certain about what they are saying?
 - 1 Perhaps you could log off and log in again?
 - 2 You could try sending the link again.
 - 3 It might be worth sharing your screen.
 - 4 It sometimes helps if you turn your camera off.
 - 5 That might work if you haven't already tried it.
 - B 🕩 5.07 | Listen again and repeat.

SPEAKING

- **4A** Put the conversation in the correct order.
 - Sally: Well, we've got a load of jobs to do around the house today. There seems to be a problem with the washing machine. It's not emptying.
 - Alfie: It might be worth a try ...
 - Alfie: Oh, dear. Maybe you could find a number for a plumber while I take a quick look. I doubt I'll be able to fix it, though.
 - Alfie: Good idea. Actually, I can't get the games console working.
 - Alfie: How's it going?
 - Sally: Why don't you try taking it to that repair guy?
 - Sally: Sure. There's something wrong with my bike brakes as well. I'll try replacing the brake pads. That might work because I'm sure they're pretty old now.
 - B 5.08 | Now listen and check.
 - C 5.09 | You are Sally in Ex 4A. Listen and speak after the beep. Record the conversation if you can.
 - D Listen to your recording and compare it to the model in Ex 4B.





Lesson 5D

GRAMMAR | non-defining relative clauses for comments **LISTENING** | team building

GRAMMAR

non-defining relative clauses for comments

- **1 A** Complete the comments with who, which, whose, where or when.
 - 1 No one in the team would help me finish the report, was really annoying!
 - 2 Let me introduce you to your line manager, you will work closely with.
 - **3** Your desk is over there by the window, you'll have a great view over the city.
 - **4** Why don't we have the meeting on Friday afternoon, ______ everyone's a bit more relaxed?
 - **5** If you want to know how the printers work, ask Jo, knowledge of them is incredible!
 - **6** I worked on my own in my last job, _____ was boring and lonely.
 - **B** Complete the text with relative pronouns.

Do you prefer working on your own or as part of a team? Why?

Comments

Helena Yesterday at 10.37

I work as a freelance editor, 1 I really enjoy. I work on my own most of the day but I'm also part of a wider team of freelancers

work together on interesting projects. So, I do a bit of both and I like that!

David Yesterday at 10.41

I work in a sports retail outlet,
I have a lot of fun chatting to customers and finding things they need. But I'm also part of a team
main objective is to meet sales targets! That can be tough but on the

whole, I like being a team member.

Jacques Yesterday at 10.46
I enjoy working in a team 5 the people are nice and we all get on.
Unfortunately, I've worked in teams that aren't so great, 6 I didn't enjoy at all. At those times, I'd rather have worked on my own.

LISTENING

- **2A 5.10** | Listen to a radio programme about team building. What activities did the three teams do virtually? Make notes.
 - B 5.10 | Listen again and choose the correct options (a-c).
 - **1** What does the presenter say about traditional team-building exercises?
 - **a** There were clear favourites amongst employees.
 - **b** Participants came together in the same place.
 - **c** They are no longer used successfully.
 - 2 What do employers now have to consider?
 - a how to bring home-working teams together physically
 - **b** how to ensure people working remotely still feel like a team.
 - **c** how to provide a sense of competition between teams
 - **3** What does the first manager say about the escape room activity?
 - a It involved a strict time limit.
 - **b** It provided useful feedback.
 - c It was particularly challenging.
 - 4 What happened during the travel challenge?
 - **a** Participants felt too much pressure to succeed.
 - **b** Participants needed to do some research.
 - c Participants had to do physical activity.
 - **5** What does the third manager say about the murder mystery?
 - a It made staff feel happier about their jobs.
 - **b** It encouraged real collaboration.
 - c It was straightforward to solve.
 - **6** What does the presenter want listeners to do?
 - **a** Get in touch with suggestions for activities.
 - **b** Research possible team-building activities.
 - **c** Try the activities mentioned on the show.





Lesson 6A

GRAMMAR | necessity, prohibition and permission
VOCABULARY | prefixes
PRONUNCIATION | word stress: prefixes

VOCABULARY

prefixes

1A Complete the conversations with the prefixes in the box.

d:c	:	min		a la	
ais	ım	mis	ге	sub	un

- 1 A: I'm afraid the latest project you handed in is _____standard and you'll need to revise it thoroughly.
 - B: I'm sorry, I think I completely ____understood your instructions.
- **2** A: I'm going to _____do my essay before I hand it in. I've forgotten to include any references.
 - B: Well, don't spend too long making necessary changes.
- **3** A: Please don't _____connect my phone. I'm charging it now because it's ____practical to try and do it on a busy train.
 - B: Sure.
- **B** Complete the article by adding the correct prefixes to the words in bold.

Can't concentrate on your work? Try the 'Pomodoro' technique

If you're becoming 1 patient with your inability to 'get things done', you might want to train your brain. Telling yourself to manage your time better is 3 realistic. But the Pomodoro (tomato) technique, developed by Italian business consultant Francesco Cirillo, has is a successful way of being more productive. No, you didn't 4 read the name: Cirillo used a kitchen timer in the shape of a tomato to help him get more done! The idea is to break work down into 25-minute chunks (using any timer you like!), take a 5-minute break between each one, and repeat throughout the workday. It may sound helpful when you've got a lot to do, and the technique probably is 6 perfect when working on large, complicated projects. But, when it works, it works well: the quality of your work will improve, meaning less 7 of work that you've done when you're distracted, and you'll get a better understanding of what might be achievable in the time you've got.

PRONUNCIATION

- **2 A | word stress: prefixes |** Underline the stressed syllable in the words in bold.
 - 1 I'm usually quite an **impatient** person, but in my work as a teacher, I'm very understanding.
 - **2** Who **disconnected** my laptop? I was charging it for later.
 - **3** I've **rewritten** this paragraph three times already and I'm tired of doing it now!
 - **4** I have poor concentration, so working in an openplan office is **impractical** for me.
 - **5** I'm afraid this report is **substandard** and it will need to be revised.
 - B 6.01 | Listen and check.

GRAMMAR

1 The front laws

necessity, prohibition and permission

- 3A Choose the correct word or phrase to complete the sentences.
 - 1 My hair needed to cut / cutting / to have been cut, so I went to the hairdresser's.
 - 2 Football is / isn't / is to be permitted in the park, so we play at the football pitch instead.
 - **3** My brothers and I were allowed **staying / stay / to stay** out until it went dark when we were kids.
 - 4 The thief was forbidden to leave / have left / leaving the country and his passport was taken away from him.
 - 5 Something needs done / to do / to be done about all the rubbish people leave in the streets.
 - **6** You are allowed **to have taken** / **to take** / **taking** a dictionary into the exam.

(nood / out) :f.

B Complete the sentences with the correct form of the verbs in brackets.

	The front tawn (need / cut) if you've
	got time.
2	Sorry, photography (be / permit) in the gallery.
3	Just a reminder that swimming(be / allow) anywhere on the nature reserve.
	I think this PC (need / look at) by one of the technicians.
5	Feeding the animals (not / forbid), but all food must be purchased in the shop.
6	Camera flashes (not / allow) during the performance.
7	My parents (allow) me (stay) up late when I was younger.
8	The school (permit) students to leave

early for doctor's appointments only.



READING

4A Read the first paragraph of the article. What is 'flow'?

- a having good concentration skills
- **b** getting lots of necessary jobs done
- c being completely focused on an activity

B Read the rest of the article and answer the questions.

- 1 Which two conditions for achieving flow during an activity are mentioned? (para 2)
- 2 What may people not pay attention to while they are in flow? (para 2)
- **3** What words are used to describe getting more done? (para 3)
- **4** What phrase is used to describe a sense of calm, which is needed to achieve flow? (para 3)
- **5** What do you need to make sure there are few of when trying to achieve flow? (para 3)

The state of 'flow'

We know by now that multi-tasking doesn't work. It's more productive to concentrate on one thing at a time. But what happens when we're concentrating so much that we don't notice what's going on around us? Psychologist Amy Wright discusses this state of mind, which is known as 'flow'.

²Flow occurs when you're doing something you really enjoy and are probably fairly good at, such as playing a musical instrument, writing, or even playing sports. Your entire focus is on the task at hand and you often don't notice what's happening around you. You might not 'hear' people having a conversation or notice other noises or activity around you. Once you've finished, you might be left with the feeling that time has flown and that the task didn't take very long at all, when it actually took many minutes or hours. Research shows that this occurs because of changes in brain activity that take place during flow, when an increased level of dopamine – the 'feel-good' chemical – floods the brain.

³There are many benefits to flow, from increased attention, to learning and skills development, being more efficient and de-stressing. It leads to greater creativity, motivation, and even happiness. But when does it happen? Flow has several characteristics, and for you to get into the state, you need to experience all of them, though not necessarily all at the same time. The characteristics of an activity include being rewarding, having achievable goals, allowing you to feel in control, and giving you peace of mind. We need to make sure distractions are reduced and that there is some challenge involved, too.

⁴Flow can be achieved in many areas of life, including in creative hobbies, sports, work and education. The good news is that you don't have to just wait for it to come along. Flow can be practised until you achieve it. Keep increasing the challenge and skill level required in your chosen activity, and your state of flow will follow.

WRITING

editing notes

5A Read two sets of notes about the second paragraph of The state of 'flow'. Which is better, A or B?

Α

Flow = what happens in brain during absorbing activity (e.g. playing sports, music)

Person in flow doesn't notice other activities

Time seems to pass quickly

Research - flow occurs due to chemical changes

В

- · Flow is when someone is completely focused.
- This usually happens when you're doing something you like and can do well.
- Examples are playing an instrument, doing sports or doing something creative.
- When you're concentrating, you don't notice what else is happening around you.
- · You might ignore noises or other people.
- · Time will appear to pass by very quickly.
- · The brain shows chemical changes during flow.

B Edit the rest of the notes about the article.

There are benefits to flow, which include increased attention, learning and developing skills.

They include better productivity, de-stressing, better creativity, motivation and happiness, too.

There are several characteristics of flow, but we do not need to experience them all at the same time.

They include:

- doing a rewarding activity
- · having achievable goals
- · feeling in control
- · getting feedback straightaway
- · having peace of mind.

Flow happens in many areas of life such as creative hobbies, sports, work and education.

There need to be clear goals, few distractions, some challenge and it must be enjoyable.

It is possible to practise flow by increasing the level of challenge and skill.



Lesson 6B

GRAMMAR | reported orders, requests and advice
VOCABULARY | reporting verbs
PRONUNCIATION | consonant clusters

VOCABULARY

reporting verbs

- 1 A Choose the correct word to complete the
 - 1 My tutor emphasised / suggested / threatened I try some exercises in the mirror to help with my public speaking skills.
 - 2 Juan apologised / admitted / boasted that he felt nervous about the presentation, so I offered to do it instead
 - **3** Police **questioned** / **boasted** / **persuaded** the suspect for several hours before letting her go.
 - 4 Karen claimed / threatened / refused to lead the training session because she felt she didn't have the right skills.
 - 5 Jenner suggested / boasted / apologised about having lots of friends online, but he's never even met half of them.
 - 6 Ruth claimed / boasted / questioned that she had been very shy as a child, but I find that quite difficult to believe!
 - **B** Complete the article with the correct form of the verbs in brackets. Add *for* or *that* if necessary.

Are employee personality tests worth doing?

Martin Wilcox | Monday 3 September | 20.00 GMT

Have you ever done a personality test where you were asked lots of questions and had to choose the answer that was most like you? Sales Manager Sandie Frost tells us about the first test she took.

My employer 1	(suggest) I take a perso	nality
test before I joined t	he company as Sales Manag	er. She
² (claim) i	t would give her – and me – a	a bette
idea of who I was an	nd what kind of employee I v	vould
be. I'd refused 3	(do) one earlier becaus	se I
didn't think it would	d tell me anything I didn't alı	ready
know. But this time	I was curious.	
I sat down at the cor	mputer and answered the	
questions. I found so	ome of them to be unusual. F	or
example, 'Do you of	ten apologise for ⁴	(do)
something that you	didn't do?' and, 'Have you ev	er
5 (criticise	e) someone 6 (being	g) late?
The results were into	eresting. My answers sugges	ted

that I was lacking a bit of confidence, but that I was an excellent team player – and all my previous bosses have

praised me for working well with others!

PRONUNCIATION

2 A	6.02 consonant clusters	Listen and complete
	the sentences.	

1	She	taking the money.
2	He	to leave the project.
3	They	me to move in with them.
4	He	that he didn't blame me.
5	She	that I apply for the role.

B Underline the groups of consonants in the reporting verbs.

C 6.02 | Listen again and repeat.

GRAMMAR

reported orders, requests and advice

- **3** A The sentences below have a mistake. Choose the best option to correct the mistake.
 - 1 'You should <u>talk</u> to someone about how you're feeling.' My wife advised me talk to someone about how I was feeling.
 - **a** to talk **b** to have talked **c** talking
 - **2** 'Do you think you could organise a meeting for us next week?' She asked <u>to organise</u> a meeting for them for the following week.
 - **a** I had to organise **b** to me to organise
 - c me to organise
 - **3** 'Can you help me find somewhere to live?' She asked whether <u>I helped her</u> to find somewhere to live
 - **a** I can help him **b** I could help her
 - c she could help me

1 My line manager

- **4** 'Don't run by the side of the pool!' He ordered <u>we should</u> run by the side of the pool.
 - a we aren't b we shouldn't c us not to

(advise) me

B Complete the reported orders, requests and advice with the correct form of the verbs in brackets.

	nagement training sess	
	on with our work.	(stop)
	r the rest of the week.	(rearrange)
She(come) downsta	(instruct) the children airs for dinner.	
	send me the report.	
	lvise) my children e mistakes that I had in	



LISTENING

4A 6.03 | Listen to a conversation between two university students and answer the questions.

- 1 What explanation does the man give about ambiverts?
 - a They make up the majority of people.
 - **b** They frequently vary their behaviour.
 - c They have a balance of characteristics.
- 2 What did the article say about ambiverts adapting to different situations?
 - **a** It means they may find it difficult to make a
 - **b** It makes them suitable for a particular profession.
 - c It can confuse other people in social settings.
- **3** What surprised the man about omnivert behaviour?
 - a how they change their behaviour
 - **b** how interested they are in different activities
 - c how much rest they need after being with others
- 4 Why does the woman believe she's an omnivert?
 - a She particularly enjoys going to a good party.
 - **b** She finds that her feelings can change rapidly.
 - **c** She shares her time between different groups.
- 5 What do the students agree about at the end?
 - a The woman's personality type is very obvious.
 - **b** No one is either fully extroverted or introverted.
 - c It is difficult to determine the man's personality type.

B 6.03 | Listen to the conversation again. Do the speakers present these ideas as facts (F) or opinions (O)?

- 1 An ambivert is someone whose behaviour is somewhere between introverted and extroverted.
- **2** There are more ambiverts than true extroverts or introverts.
- **3** Ambiverts are very successful as salespeople.
- **4** Omniverts can be extroverted or introverted depending on the day.
- **5** When omniverts have spent time on their own, they are keen to do something sociable.

C 6.04 | Now listen to the final part of the discussion. How would the male speaker describe himself?

- a 'I understand when it's important to hear what others have to say, and when I should say something myself.'
- **b** 'I prefer to find out what other people's opinions are before I express my own.'
- c 'I can sometimes feel like I have little to contribute to a conversation, but at other times I'll feel more confident.'
- **D 6.05** Listen to the recording and write what you hear. You will hear the sentence only once.





Lesson 6C

HOW TO ... | ask for advice and give advice tactfully **VOCABULARY** | collocations with *get* and *take* **PRONUNCIATION** | pitch for sounding tactful

VOCABULARY

collocations with get and take

1 A Complete the table with the words and phrases in the box.

advice involved it personally it wrong something off your chest the message through to your mind off

get	take

B Complete the forum posts with the correct form of a collocation with take or get.

Am I overreacting?



MandyB Today at 3.19 p.m.

Hey everyone. I really need to 1 my chest. So, the other day, I gave my friend a birthday present and when she opened it, all she said was, 'Oh!' and put it to one side - no thank you or anything! She hasn't seemed to 2 message that it upsets people if you don't say thanks. How can I say something to her without seeming childish?

Comments



JojoB Today at 3.23 p.m.

This makes me so mad! Try not to personally, though. Maybe she was just distracted or something and you've ? If you really can't get over it, maybe just ask gently whether the gift was OK.

	_		-	
- 4			Э	ь.
а			ы	
		-		

BeeZ Today 3.27 p.m.

Hey, Mandy. Is there something you can do to off what happened? If people don't have basic manners, you'll never them by talking about it. my advice and try to forget about it. Otherwise, other people might involved, too, and you'll all end up in an argument over something that doesn't really matter.

How to ...

ask for advice and give advice tactfully

- 2 A 6.06 | Listen to three conversations. What problem is discussed in each one?
 - **B** 6.07 | Listen and complete the extracts.

1	Maybe I should just get a job instead. What?
2	Well, I hope, but have you been working hard enough?
3	stick with it, but put a few more hours in.
4	Maybe I should look for a new job. What?
5	, I think you go to bed too late.
6	Yougo to bed earlier.
7	Look, don't, but you're always in such a rush.
8	If, I'd get a little bowl to put your keys in.

PRONUNCIATION

- 3 A 4 6.08 | pitch for sounding tactful | Listen to the same advice given in two different ways. Which sounds more tactful (a or b)?
 - 1 Perhaps you should do more preparation before your interview.
 - 2 Have you thought about buying some new clothes?
 - 3 It might be a good idea to think about how your words affect people.
 - 4 Maybe you should just ask her what she thinks.
 - B 6.09 | Listen and repeat the tactful sentences.

SPEAKING

4A • 6.10 | Complete the conversation with one word in each gap. Then listen and check.

Mark:	Do you think I 1 buy this baseball cap?
Rob:	Don't ² me wrong, but I think you might be a little old for baseball caps now
Mark:	Really?! So what ³ you get?
Rob:	If you really 4 my advice, it's not a hat you should be worrying about
Mark:	What? What do you mean?
Rob:	Well, you do dress a bit like a teenager. Maybe it's time to buy more grown-up clothes?
Mark:	Hmm it 5 be a good idea to get a couple of shirts I suppose.
Rob:	Yeah, that would be a good start. Why ⁶ you ask the sales assistant for advice?
Mark:	Good idea. Excuse me!

- B 6.11 | You are Rob in Ex 4A. Listen and speak after the beep. Record yourself if you can.
- C Listen to your recording and compare it to Ex 4A.





Lesson 6D

VOCABULARY | fillers

READING | the science of lying

VOCABULARY

fillers

1 A 6.12 Listen and complete the sentence

	job, how are you?
2	"I told her that I wouldn't be going back to that café any time soon!
3	, I don't really like that kind of food, so why she'd made it when I'd told her that, I don't know.
4	I find TV so boring these days, I did watch a good film last night.
5	, let's get started, in front of you, you'll see several scientific instruments.

1 I really don't know what to do about finding a new

B Put the sentences in the correct order to complete the anecdote.

- **a** Well, I'll never try and use my phone whilst cycling again that's for sure!
- **b** I've always hated loud noises, so it really freaked me out. Anyway, I looked around and guess what I saw?
- c So, I ran over to help the cyclist up and guess what? He was completely fine. Apparently, he'd been looking at his phone.
- **d** So, I was on my way to meet a friend, when suddenly I heard a huge bang behind me.
- **e** A bicycle had crashed into the wall behind me! As I say, I hate loud noises, so I was pretty shaken up.

READING

2 A Complete the article with the subheadings (a–g). There are three subheadings that you do not need.

- a When does lying start?
- **b** What are the consequences of a lie?
- c How does lying affect us?
- **d** The history of lying.
- e Why do we lie?
- f What is a lie?
- g How lying can be beneficial.

B Read the article again. Are the statements True (T), False (F) or Not Mentioned (NM)?

- 1 You take part in a lie if you pretend to believe it.
- 2 Not saying something can still be described as a lie.
- 3 People believe there are 'good' lies and 'bad' lies.
- 4 Certain people are more likely to lie than others.
- 5 Our lies become more complicated the older we get.
- **6** Criminals are most likely to tell the biggest lies.
- 7 Lying is relatively easy for our brains to do.
- **8** Adults are less likely to lie if they were punished for doing so as a child.

The science of lying

We all lie occasionally lie, but what is the science behind it all?

Rachel Humphreys | Friday 21 July | 15.59 GMT

Scientists classify lies in three ways: they are either completely deceitful, half-truths or omissions (when something is left out of a story to give a particular impression).

Scientists have identified two reasons for lying: either the liar thinks they will gain more from lying than being honest, or they aren't really sure what the truth is. Non-scientists tend to think of lies in terms of how serious they are. This ranges from socially-beneficial white lies where, for example, we tell someone we like their outfit even though we don't, to more serious 'antisocial' lies, such as denying involvement in a crime.

3

Psychologists confirm that children tell lies from around the age of two. Some believe this is an important step in a child's development. In order to tell a lie, you need to be able to consider the effect it will have on another person and plan the lie in order to get the desired result. Most of us grow out of this tendency as we understand more about what is considered moral and we are better able to regulate our thoughts and actions.

1

Lying is a complex process that requires effort for our brains. Research indicates that the more one lies, the less challenging it becomes to lie, and the more likely one is to do it again. Scientists don't know why we don't all lie more often to get what we want, but they believe it is because we learn that it is socially unacceptable. If lying isn't punished at an early age, there's a higher probability that a child will grow up to become a dishonest adult – with poor consequences for society as a whole.



GRAMMAR

- Complete the sentences using the past perfect or past perfect continuous form of the verbs in brackets.
 - 1 Clara was exhausted because she (rush) around all morning.
 - 2 I was looking forward to the trip because I (never / go) to Spain before.
 - 3 It was very wet outside because it (rain) all
 - 4 She (live) with her parents whilst she was looking for a new job.
 - **5** Archie (already / see) the film twice, but was happy to go again.
 - 6 They (know) each other for a long time, but had never been particularly close.
- Complete the forum posts using the correct form of the verb in brackets.

CareerSeeker advice forum



AliceK 1 day ago

I had always dreamed of being a social media influencer, getting paid to go to amazing places or test beauty products and so on, and 1 (plan) to study Social Media Marketing to help me get there. But I've changed my mind. I was only going to (take) the course because it sounded cool. I was supposed to (finish) my university applications at the weekend but didn't. I wouldn't mind a career in writing but have no idea how to go about it.



Please help!

CrazyCat

I was expecting 4 (get) onto an ecology study programme and I (mean) to be starting next week. But unfortunately, I didn't get 18 hours ago the grades 🔀 . I 🗒 would lead to a role in government, so I could play my part in fighting climate change but I guess that's not going to happen. What should I do now?



ZaC 7 hours ago

I was already considering 7 (become) a fashion designer and then I found out about sustainable fashion design and that appealed to me even more. I was thinking of 8 to university but I don't know which course to go for. Any ideas?

3	Choose the correct word to complete the
	sentences.

1	as I expected.	n the dark,	wasn't as scary
	a which	b where	c when
2	I get advice abo		n my friend Amy,
	a whose	b which	c who
3	We travelled ard was a great expe		slands,
	a where	b when	c which
4	That's my friend truly amazing.	Maddie,	photography is
	a which	b who	c whose
5	We should go in	Spring,	it's nice and quiet

Complete the article with the correct form of the words in brackets.

b when

c which

Worst birthday ever!

Monday 12 July | 16.43 GMT

1

2

3

4

5

a where

Lots of you have been waiting for me to upload photos of my birthday party at the weekend. Well, it never happened!

We headed down to the pool but it was closed because it 1 (need / clean). We 2 (not be / allow) to sit on the grass in the sun. So, we decided to go to the lake for a swim instead. But there was a new sign up – swimming 3 no longer (permit) there. I think it's because there's some pollution there at the moment. Since it 4 (be / forbid) to swim in the river because of the strong current, we gave up on the whole idea, and decided to go for something to eat.
Guess what?! We ⁵ (not can / eat) at my favourite café without a reservation, so we ⁶ (have to) go somewhere else. The food was great, though, so that saved the day!

Report the orders, requests and advice with the verbs in brackets.

'Sit down and be quiet!', shouted the teacher.
The teacher (order) and be quiet.
'You should ask the chemist for some eye drops', said Mum.
Mum (advise) some eyedrops.
'Could you pass me that magazine, please?' said Helena.
Helena (ask) the magazine.
'Turn the laptop off when you've finished with it,' said Grandad.
Grandad (tell) with it.
'I'd like some further information from you,' said the course admissions secretary.
The course admissions secretary(request) from us.



VOCABULARY

Complete the sentences with the phrases in the box.

by the time for ages for a while in no time

just moments earlier up to that point 1 The house was in complete darkness I got home and everyone was in bed. 2 The lecture had been fascinating , but I lost interest when it changed topic. 3 The tree crashed onto the road we'd been We had a lucky escape! ! Where 4 I've been waiting here have you been? **5** Stop bothering me! Go and play over there so I can finish this. 6 'I'll have the room painted said Josep optimistically.

Choose the correct word or phrase to complete the sentences.

- 1 I've always enjoyed writing, so I'd like to go into accountancy / journalism / agriculture after uni.
- 2 My cousin went into banking / social work / medicine after completing a degree in finance.
- 3 I'd love to work in publishing / construction / research. I like the idea of editing books.
- 4 My dad was an accountant for years, then started out / reinvented / switched himself as a carpenter.
- 5 Our research / part-time / entrepreneur team studies new developments in the medical field.
- 6 I'd love to advance / start out / set up my own beauty company one day.

مالد مالد:.

C	omple	te the co	nversatio	ns with	the w	ords in th	ie box
	delay	frozen	get into	host	link	on mute	
1	A: Hi,	Fatima.	Can you h	ear me	?		
			see you b		heary	ou! I thin	k you
	A: Oh	, yes. Ca	n you hea	r me n	ow?		
		-	ou, but yok k in the sa				, SO
	3		Hang on, I the meet not i	ting. Ol		, ,	
	B: Yes	s – I'll let	him in. Hi	, Noah	!		
2			ns to be so eaking ove				and
			o log out a				you
	A: Su	re – I'll d	o it now.				

Complete the words with the prefixes in the box.

dis	im	mis	re	sub	un				
		ry ing to					nd want I it to!	t	
								: when I vas highe	r.
							ink of a to rea	ı d an artic	le
		here h he res					hone	est review	S
		ı spellir					please	? There aı	· (
		to hav to sec					ectatio	ons when	it
	ose th		ect r	eport	ing ve	erbs t	o comp	olete the	

10

- 1 Hanna denied / apologised being an internet troll.
- 2 He regretted / insisted on driving her to the station.
- 3 Can you remind / accept me to invite Alex on Saturday?
- 4 Rob's just been arrested. They've accused / insisted him of fraud!
- 5 I'd like to accept / apologise if I have misled you in
- 6 He refused / denied to move his car, even though I asked him politely.

11 Complete the sentences with the correct form of take or get.

1	Can we have a quick chat? I need to		
	something off my chest.		
2	Please don't it personally, but it looks like you haven't cleaned your shoes for months!		
3	I think I it wrong about Iwona being unfriendly. She's actually really nice.		
4	Has going for a walkyour mind off things? I hope you feel better now.		
5	No matter how many times I ask him to close the door, he just doesn't the message!		
6	You're great at giving people advice, but you aren't so good atit.		
7	Sorry, I don't want to involved in your argument. It's between you and Beth.		
8	I can't seem to through to Olivia about the importance of doing homework		

12 Number the lines of the conversation in the correct order.

- **a** So, when will you find out?
- **b** Right. And what will you do if you don't get the place?
- c I'm not sure. Hopefully before the end of this month.
- **d** OK. Let's go and watch TV for a bit instead then.
- e I'll probably go into teaching instead. Anyway, let's not talk about that! It makes me nervous.
- **f** Are you still planning on becoming an educational psychologist?
- g Well, it depends if I get accepted onto the postgraduate course.



GRAMMAR | past modals of deduction

VOCABULARY | compound adjectives; chance

PRONUNCIATION | connected speech: past modals of deduction

digi ZABAN

VOCABULARY

compound adjectives

Complete the online profile with the words in the box.
 You may need to use the words more than once.

changing consuming famous hand lasting respected year-old

Former dance school student reaches new heights

Janie Hansen is a twenty-four-1 ballet dancer from the UK. She is a widely 2 dancer at the London Ballet, where she is on track to become prima ballerina. She is hoping to follow in the footsteps of her mother – the world-3 dancer, Imelda Khrushcheva. Dancing careers are often short-lived in comparison with other professions, but Imelda's longcareer is what inspired Janie to take up ballet herself. Janie started dancing at the age of ten, wearing second-5 shoes. Ballet quickly became an all-6 passion for her. Once she had reached the age of fourteen, she knew she wanted to dance professionally, and auditioned to join a leading ballet

This was a life-7 decision. Serious ballet training is especially time-8 and she spent several hours a day in dance classes alongside her ordinary education. Her efforts eventually paid off: she is in her second season as a soloist with the London Ballet, and she looks set to rise to stardom like her mother.

chance

school.

Choose the correct word to complete the sentences.

1	Participants were to complete a seri		and asked
	a fortunate	b random	c chance
2	I went into acting gave me a free les		vhen someone
	a by chance	b accidental	${f c}$ unfortunate
3	In aaccollapsed, but no		
	a chance	b fortunate	c freak
4	Only athe film industry.	few ever become	superstars in
	a fortunate	b freak	c chance
5	She kicked me dur it was	ring the football m	atch, but I think
	a chance	b accidental	c fortunate

GRAMMAR

past modals of deduction

- 3 A The sentences below have a mistake. Choose the best option to correct the mistake.
 - 1 She may have been affected by the fall I guess that's why she doesn't ride now.
 - **a** can **b** must **c** can't
 - 2 I <u>can't</u> have left my purse on the train it isn't in my bag!
 - a must **b** must not **c** can
 - **3** You <u>might</u> have seen Małgorzata in town because she's away on holiday at the moment.
 - a must b could c can'
 - **4** They <u>must have</u> stopped the match because of the snow, but I'm not sure.
 - **a** may have **b** can't have **c** must have been
 - **B** Complete the article with the correct form of the verbs in brackets and a modal of deduction.

The world's top table-tennis town

Michael Cabo | Monday 19 Feb | 16:18 GMT

We all admire those who've dedicated themselves to becoming a top athlete or classical musician, but a study of top performers has shown that they

1 (got) there if they hadn't had the right circumstances.

In the 1980s, Silverdale Road in Reading, UK, produced several first-class table-tennis players. You would be right in thinking that this ² (happen) by chance. It sounds virtually impossible for a dozen top players to have come from a single street, so coincidence simply ³ (have) anything to do with it. How, then, did Silverdale Road produce so many brilliant players?

Of course, those who did become champions

(be) sitting around at home all day: they also put in the time and effort that ultimately paid off and this 7 (make) their teacher very proud!



PRONUNCIATION

4A 7.01 | connected speech: past modals of deduction | Listen and complete the sentences.

1	Yousurely!	been living here that long,
2	Meikoadvance.	known the questions in
3	required an	done the amount of training yway.
4	It that.	been cold with the roof off like
5	They	eaten before they came.

B 🕠 7.01 | Listen again and repeat.

READING

5 A Read the article. Which three reasons are given for people suddenly developing impressive abilities?

B Complete the article with the missing sentences (a-g). There is one sentence that you don't need.

- a However, this is extremely rare.
- **b** A study of one group showed that they had become very good artists.
- **c** The closest a person might get to being truly great at something is to put in a lot of hours for their chosen specialism.
- **d** They are simply unable to explain how this came about.
- **e** In a healthy brain, the left-hand side tends to limit the right.
- **f** A small number of autistic people appear to have incredible skills that the rest of us can only dream of.
- g This might occur in a freak accident or through illness, accidental damage or a medical complication.



How do some people become sudden geniuses?

Like Tony Cicoria and Jon Sarkin, who developed sudden interests and impressive abilities after a brain injury, there have been others who have found themselves in possession of an incredible skill after suffering damage to the brain. Emma Cardigan investigates the science behind this fascinating phenomenon.

Research shows that the most common way for people to suddenly develop impressive abilities is via a brain injury.

As a consequence of such traumas, serotonin (a chemical which affects mood) leaks out of dying brain cells into the brain around them. This creates new connections in the brain which appear to make people more creative.

Other research has looked at people with certain kinds of life-changing dementia. They became increasingly creative as their brain was more and more affected by the disease. ² This is particularly interesting when the same people had shown no or little interest in the subject earlier in their lives. In some cases, the further the illness progressed, the better the patients' skills became.

When the patients' brains were scanned, researchers realised that the left-hand side of the brain (which controls logic and language) was more affected by dementia than the right (which is responsible for creativity). This is because usually, being logical is more of an advantage to us in terms of decision-making and general life tasks. In a person with dementia, the right-hand side of the brain becomes free to be as creative as it likes. So, this indicates that when the left side of the brain is damaged, some people may suddenly become creative geniuses. The vast majority of dementia sufferers do not acquire new skills.

But what about 'ordinary' geniuses who have not suffered brain injury? ⁵ This is true of forty-two-year-old Daniel Tammet, who, amongst other things, can do fantastic mathematical calculations impressively quickly. People like Tammet have what is known as 'savant syndrome'. One theory suggests that as savants' brains are developing during childhood, the left-hand side had extremely low levels of serotonin, which allowed the right-hand side to become more active. In the case of sudden savants, like Sarkin, they also feel a desire to work hard at their new talent, which makes them even better at it.

As for those who have not suffered a brain injury, it's simply not possible to *become* a genius, or certainly not suddenly. ⁶ _____ In fact, experts say we need to do at least 10,000 hours of 'purposeful practice' (i.e. trying to do something better each and every time we try it) to become an expert. Even then, true genius is far out of reach for most of us.



GRAMMAR | wish, if only, should have
VOCABULARY | idioms: regrets
PRONUNCIATION | chunking in idioms

VOCABULARY

idioms: regrets

1 A Match the idioms in the box with the descriptions (1-6).

a blessing in disguise back to the drawing board a piece of cake miss the boat not be someone's cup of tea the grass is always greener on the other side

- 1 'Oh, that exam was so much more straightforward than I expected. I bet I get 100 percent.'
- 2 'I'm sorry, the auditions for the play took place yesterday.'
- **3** 'I missed the audition but it's turned out for the best because I've been offered something better.'
- **4** 'I made the switch from opera to classical singing, but it's not as much fun.'
- **5** 'I think I need to re-consider my career options. Acting hasn't worked out for me.'
- **6** 'I'm not going to see a musical again that was awful!'

B Choose the correct word to complete the sentences.

1	A: How's it	going with your bar	ıd?
		er left to join anothe wason	er band. He thought the other side.
	a better	b greener	c whiter
2	A: Hey! How	was your exam?	
	B: It was a p	iece of our early!	– I actually finished
	a cake	b bread	c pie
3	A: I've misse eye on wl	ed the nen the deadline wa	I should've kept an as.
	B: There'll b	e other jobs to go f	for, don't worry.
	a boat	b bus	c timetable
4	A: Fancy co	ming to see the pla	y tonight?
	B: No, it's no	ot my cup of	·············•
	a tea	b water	c coffee
5	A: Did you c	lo the swimming co	mpetition?
		t was a blessing in t and now I'm maki	because ng great progress.
	a a suit	b clothes	c disguise
6	A: Why are	ou deleting your w	ork?
		ed to go back to th sn't good enough.	eboard.
	a notice	b drawing	c white

PRONUNCIATION

2 a	◆ 7.02	chunking in idioms	Listen and complete the
	sentence	is .	

1	1 I always found driving, right fron first lesson.	n my			
2	2 Missing the concert was	an early			
3	3 Icelandic death metal, I'm afraid	!			
4	4 – I can tell you that for sure.				
5	5 The funding fell through, so I had to				
6	6 Sandra because she didn't apply	in time.			
	7.02 Listen again and repeat the sentences.				

GRAMMAR

В

wish, if only, should have

- **3** A Choose the correct word or phrase to complete the sentences.
 - 1 I wish I had / I'd had / I have more to eat this lunchtime. I'm hungry again already.
 - 2 If only we lived / we live / we'd lived nearer the city we'd be able to go shopping more.
 - 3 You shouldn't only have / shouldn't have / should have told me about the party. I'd have gone.
 - **4** I wish you will / do / would stop talking while my favourite programme's on!
 - 5 If only I had / I hadn't / I'd have brought my guitar with me. I need to practise for the gig.
 - 6 I should have / shouldn't have / wouldn't have let you down. I'm sorry.
 - **B** Complete the article about regrets with the correct form of the verbs in brackets.

things you haven't.' That's what they say. But is there any truth to the matter?
Compare the following: 'I wish I 1 (not try) to climb Mount Everest and fulfil a dream,' and 'If only I 2 (work) harder at school, I 3 (have) a better job now.' Which of these are you more likely to hear? The second, because there's nothing you can do about it now. On the other hand, even if you'd failed to reach the top of Everest, at least you'd have given it a go.
However, we do regret some things that we've done. Think about these situations: 'I shouldn't 4 (speak) to my friend like that', 'If only I 5 (not crash) the car', 'I wish I 6 (not eat) so much food. These definitely aren't the same as climbing Everest.
Perhaps the old saying isn't as wise as it sounds!



LISTENING

4A 7.03 | Listen to three people talking about regret. Match the speakers (1–3) with their regrets (a–c).

- a I regret not knowing about something I could have done as a job.
- **b** I regret not pursuing an academic subject I was good at.
- c I regret not taking a risk with an uncertain career.
- B 7.03 | Listen again and put the events into the correct order for each speaker.

Speaker 1

- a taking qualifications
- **b** learning something few other people did at the time
- c making a decision

Speaker 2

- a enjoying something very much
- b rejecting a particular route
- c being creative

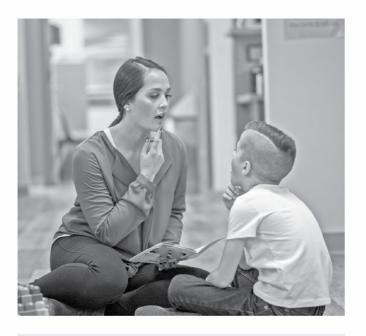
Speaker 3

- a feeling relatively satisfied with a decision
- **b** opting for a particular course of study
- c being unaware that something was an option

WRITING

a personal essay

- **5 A** Read the title of the article. What information do you think the article might include?
 - a a regretted decision
 - **b** an unexpected realisation
 - c a new course of action
 - B Skim the article quickly and check.
 - C Read the article again and match the topics (a-f) with the paragraphs (1-6).
 - a the main event
 - **b** the theme of the article
 - c a summary
 - d more details about the main event
 - e a consequence
 - f a good decision was made
 - D Plan an article of your own with one of the following titles.
 - The grass is greener on the other side
 - · The grass isn't greener on the other side
 - 1 Think about an event that has led to you thinking that the grass is/isn't greener on the other side (use your imagination if you prefer).
 - 2 Use the paragraph plan in Ex 5C and the model answer. Think about what information you will include in each paragraph.
 - E Write your article using your notes. Write at least 140 words.



The grass is sometimes greener on the other side

¹People who spend a lot of time scrolling through other people's online profiles (myself included) often can't help comparing their own lives with those of the people they're following.

²We usually compare ourselves negatively: 'He's got a better job than I have', 'She has a better social life than me', and so on. It's easy to feel that the grass is greener on the other side, but most of the time it isn't: it's just people's desire to show off that leads them to post only the positive aspects of their lives.

³I've fallen into this trap myself. I used to spend hours looking at what people were doing and feeling fed up of my own life. I didn't consider the things I had that *they* might envy, such as *my* job, or my close relationship with my family.

⁴Then one day, I suddenly thought, maybe I can use this information to make positive changes in my own life! 'I must be able to improve my own career', I thought. 'Why don't I look harder for budget holidays? Maybe I should join that sports club I've been thinking about for so long.'

⁵So, I did just that. I gained an extra qualification that helped me get promoted. I went backpacking round my country; and I joined the sports club and made new friends!

⁶Although it's tempting to see other people's successes as your failures, there's always time to make positive changes in your own life.



Lesson 7C

HOW TO ... | describe a process VOCABULARY | phrasal verbs: explaining PRONUNCIATION | stress in phrasal verbs

VOCABULARY

phrasal verbs: explaining

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

		across	down (×2)	into	out (×2)	over	through
	1	Have y to incl	ou got time ude in our e	to go ssay, p	lease?	what	we need
	2	Yours	peech was g so you	reat, b don't s	out don't f sound rus	orget t hed.	o slow
	3	l can't do. I'll	figure have to ask	her to	what my l explain.	oss wa	ants me to
	4		with big proj naller tasks.		y breaking	g them	
	5		on't need to Il me the res		a	ll the d	etails –
			times find it in mee	tings a	nd no one	e listen	S.
		proble	need someo ms with, I'm	a grea	at listener		
	8	Caro le assign	eft ment and go	som ot a lov	ie referen v grade b	cing in ecause	her of it.
3		Choo	se the corre	ct wor	d to comp	lete th	e
	S	entence	s.				
	1		you speak to out any			mporta	nt not to
		a brea			c		
	2	I need go on t	to figure the climbing	wall.			iles before
		a out	b	over	с	down	
	3	Steph boring	went! !	e	very mino	r detail	. It was so
		a into			s c		
	4	You've	got your		across	clearly.	
		a talk	b	thing	c	point	
	5	Have y with?	ou got anyo	ne you	can talk t	:hings	
		a into	b	throu	gh c	down	
	6	Please	slow	!1	can't und	erstand	d you.
		a out			c		

PRONUNCIATION

- 7.04 | stress in phrasal verbs | Underline the stressed part of the phrasal verbs in bold. Then listen and check.
 - 1 There's no point in going over the whole story
 - 2 You need to figure out what you want to do in life.
 - 3 Remember to slow down when you're speaking so people can understand you.
 - 4 Please don't qo into all the details of what happened now – you can tell me later.
 - **5** I **left out** some critical information in my interview.

How to ...

describe a process

- 3 A 1 7.05 | Listen to an explainer video. Who is the speaker? What process is she describing?
 - B 7.06 | Listen to the rest of the video and number the stages in the correct order.
 - a Include relevant references.
 - **b** Check the order of required information.
 - c Provide contact information.
 - **d** Check your work for errors.
 - e List your work experience and qualifications.
 - **f** Add a professional-looking photo.

C 7.06 | Listen again and complete the extracts.

- , you need to look at the platform where your profile will appear. 2 The first thing you might be asked to do is upload a current photo., but ...
- use a photo showing you in a social setting. organising your qualifications.
- checking through what you've written.

SPEAKING

4 A	7.07 Complete the conversation with one word in
	each gap. Then listen and check.

Jo: So, what are you going to do this summer?

Tom: Well, I'd love to plan a walking trip like you did. But I've got no idea how to get started!

Jo: Well. to 1 with, you'll need to decide where you're going!

Tom: Ha ha! True. Well, I'd like to go to the mountains, but I guess that means having to camp.

you want. Or you could stay in a hostel near where you're walking.

Tom: OK, and 3 "I've found somewhere, can I just turn up or do I need to book in advance?

Jo: Well, I'd 4 just turning up because they might not have any rooms left.

Tom: OK. Any other advice?

Jo: It's 5 that you tell someone where you're going each day and when you'll be back.

Tom: What, in case I get lost? But I'll have my phone.

Jo: Yeah, but you might not get a signal in the mountains. I'd 6 buying an actual map and compass, too.

Tom: Good idea. Thanks for the advice!

- B 💿 7.08 | You are Jo in Ex 4A. Listen and speak after the beep. Record yourself if you can.
- C Listen to your recording and compare it to 4A.





Lesson 7D

GRAMMAR | adverbials of concession **LISTENING** | an interview about talents

GRAMMAR

adverbials of concession

- 1 A Choose the correct word or phrase to complete the sentences.
 - 1 I've always loved chess. Although / However / On the one hand, I'm not good at it.
 - 2 It's important to nurture talent. Don't push people hard, although / on the one hand / though.
 - **3** On the **other** / **although** / **one** hand, I'd like to be self-employed. On the other, I like the security of a full-time job.
 - **4 However / Though / On the other hand** Amy showed early talent, she hasn't progressed much.
 - 5 I studied art at university, though / on the one hand / however I don't do much painting now.
 - **6** Arlo loves football. He's not the best player, **on** the other hand / although / however.
 - **B** Complete the article with the adverbs in the box. You need to use some of them more than once.

although however on the one hand on the other hand though

Why young talents don't always reach their potential

There are several reasons why someone might not achieve their full potential, ¹ they might have done very well as a child in school. You may know of someone who was the best football player in school by far. ² , they didn't become a top sportsperson like everyone expected them to. Perhaps they reached a 'plateau': a point at which they never actually got any better. ³ , they may just have got bored, stopped trying or even got as far as they were physically capable of.

But what about those who really could succeed but don't? 4_____ many children are encouraged by teachers to develop skills, once they move to another school or leave education, it may be difficult for them to find the support they need. 5_____, this is often down to a lack of funding, but 6_____, it could be that formal training is simply not available.

LISTENING

- **2A** 7.09 | Listen to a radio interview about talent and choose the correct answer (a-c).
 - 1 Why does Michael no longer play the violin?
 - a He has achieved everything he wanted to.
 - **b** He hopes to pursue another activity he likes.
 - **c** He has become fed up with the pressure.
 - **2** What does Michael say when asked if he'd always wanted to play the violin?
 - **a** He realised he was good at it from an early age.
 - **b** He started playing because of someone else.
 - c He hoped his playing would support his family.
 - **3** What is Michael's opinion on parents encouraging their children?
 - a They shouldn't push them too hard.
 - **b** They shouldn't worry if they don't always do well.
 - **c** They shouldn't try to fulfil their own dreams.
 - 4 How do Michael's parents feel about him giving up?
 - **a** pleased that he has found something else to do
 - **b** surprised that he feels the way he does
 - c disappointed that he won't play anymore
 - 5 What does Michael say about future regret?
 - a He thinks it is unlikely.
 - **b** He thinks he might return to the violin.
 - **c** He says it depends on his cricket career.
 - 6 How might Michael feel if he isn't successful at cricket?
 - a proud of giving it a go
 - **b** eager to try out another idea
 - c confident he'll do well at something else
 - B Are the statements True (T) or False (F)?
 - 1 Michael believes he will succeed at cricket.
 - 2 His parents were not wealthy.
 - **3** He does not understand why his parents wanted him to play the violin.
 - **4** His parents are unhappy about him playing cricket.
 - **5** He says that he often regrets things he hasn't done.
 - **6** He won't be too upset if he doesn't become a cricket player.
 - C 7.09 | Listen again and check.







GRAMMAR | participle clauses

VOCABULARY | collocations with *go*, *have* and *make*; describing homes and living conditions

PRONUNCIATION | pitch in participle clauses

VOCABULARY

collocations with go, have and make

1		omplete the sentences with the correct form of <i>go</i> , ave or make.
	1	Something'swrong with the boiler. Would you mind taking a look?
	2	I might a go at repainting this room at the weekend.
	3	Here, you take a look. I can'tsense of these instructions at all!
	4	Many young people don'tthe opportunity to buy a house until their mid-thirties.
	5	Moving the furniture around hassuch a difference to this room.
	6	Unfortunately, buying a home oftenhand

describing homes and living conditions

in hand with getting into debt.

Massey's Estates

Well-maintained studio flat in city centre

- In excellent 'condition / fashionable / character
- Very ²elegant / spacious / condition for this kind of property (45m²)
- Separate kitchen and bathroom decorated in a ³character / fashionable / secure manner
- Comes fully furnished with *spacious / secure / stylish decoration.

Four bedroom detached property

- Nineteenth-century house with plenty of ⁵elegant / condition / character, including large windows
- Extremely ⁶elegant / exclusive / secure staircase leading to upper floors
- · Price on application

GRAMMAR

participle clauses

- 3A Choose the correct word or phrase to complete the sentences.
 - 1 Have worked / Having worked / Working hard all week, Beth was really looking forward to the weekend.
 - 2 Finishing / Having finished / Finish repainting her bedroom, Nisha decided she didn't really like the colour.
 - **3** Sat / Sitting / Having sat in her living room, Natalia had a beautiful view of the river.
 - 4 Not having completed / Completing / Not completing the repairs to his roof, Dan was alarmed to see heavy rain forecast that weekend.
 - 5 Opening / Having opened / Opened the cupboards, Mike had to put his hands up to stop a pile of old boxes falling on his head.
 - **B** Complete the sentences using the correct participle clause of the verbs in brackets.

1	(clean) the windows, Jo stood back and admired her work.
2	(finish) the assignment, Chloe emailed it to her tutor and sighed with relief.
3	rapidly, worried he had lost his car keys.
4	(promise) she'd make an appearance, Fatima arrived early for the party.
5	(leave) his car in a well-lit street, Al was surprised to find his window broken on his

PRONUNCIATION

return.

- **4A 3 8.01 | pitch in participle clauses |** Listen and underline the clauses which have a higher pitch than the rest of the sentence.
 - 1 Having rented throughout his 30s, David was finally able to buy his own home.
 - **2** Looking out of the window, Sasha realised how much she loved this place.
 - **3** Having worked at the company for 50 years, she finally retired last month.
 - **4** Thinking about their future, the couple started researching schools in the area.
 - **5** Having lived in many different places, Kim finally decided to settle down.
 - B 3.01 | Listen again and repeat.



READING

5 A Read the article. Which topic is NOT mentioned?

commuting cost of living jobs local transport mental health nightlife pollution

B Read the article again. What arguments are made for and against moving to the countryside? Make notes.

Why young people are moving to the country

For many young people growing up in the countryside, life in the big city has lots of obvious attractions – more opportunities, better nightlife, a bus service that runs more than once an hour – the list is endless. So, it's easy to see why so many of them leave their rural upbringings behind. However, recently more young people are settling outside of major cities. So, what's prompted the change?

For many, the main reasons are financial. 'We just couldn't afford to live there anymore. We were living in a two-bedroom flat, with no garden, nowhere near the city centre, and most of our salaries were going on rent and bills.'. This is Lucie Darvell – a young professional who, recently moved from a flat in London to a cottage in Sussex. For her, it's more cost-effective to live in the countryside. 'You just get more for your money. Here we get three bedrooms – one of which I use as an office – a garden, a parking space outside ... it just makes more sense.'

Others like Lucie have also said the move has had a positive impact on their mental health. 'In Manchester, I felt stressed all the time. I lived in a small flat, didn't have much money and was surrounded by grey buildings, traffic and pollution.' says India West – a financial analyst originally from Bolton. 'Out here, I've got nature right on my doorstep. There's a forest five minutes' walk in one direction, a beautiful river ten minutes the other way – it's just much easier to relax here.

However, the majority of people who have made the transition still have to commute into the city, which has its own disadvantages. 'All that money I've saved on rent now goes on my train ticket.' says media producer, Tom Carter. 'And the journey's not that great either. It should take an hour door to door, but with all the delays, it can sometimes take me two hours to get to work.'

Some have also found it all a bit quiet in the countryside. 'There's also just not as much going on out here.' says Tom's partner Alex. 'I miss being able to go to galleries and nice restaurants.

So, for many, the countryside provides a welcome escape from the stresses of everyday life. For others, it's a change of pace they're not quite ready for. However, if the cost of living continues to rise, we may well see more and more young people ditching their expensive coffees for a pair of wellies.

WRITING

an application letter/email

6A Read the extract from an application letter. What kind of company is the writer applying to?

I would like to apply for the role of
as advertised on the Inspire
website on Monday 3rd July.

I have experience in a similar position, having worked for Blackwell's Agency for twelve months. I am experienced in keeping the company website up-to-date with details, and showing clients around properties. I would now like to take the next step and become a sales negotiator.

I believe I would be suited to this role because I have excellent communication skills, a friendly and confident attitude and good knowledge of the local market.

- **B** Read the letter again and underline the formal phrases.
- C Read the job advertisement and make notes on why you would be suited to this position. You can invent skills and abilities if necessary.

Trainee Sales Negotiator

Landley's Estate Agency

Posted 3 days ago

Apply

An excellent opportunity to join our sales team as a trainee sales negotiator with on-the-job training.

Duties will include:

- interviewing clients to identify needs
- contacting clients regularly to advise them of suitable properties and to arrange viewings
- · negotiating with potential purchasers
- achieving sales targets as agreed with the Branch Manager

You will need:

Excellent customer service skills

Teamwork skills

A high level of professionalism Sales experience an advantage

D Now write a formal letter of application for the post, using the advert and your notes in Ex 6C. Write at least 140 words.

Lesson 8B

digi ZABAN

GRAMMAR | conditionals with conjunctions

VOCABULARY | world issues

PRONUNCIATION | stress in conditional sentences

VOCABULARY

world issues

1 A Match the words in the box with the descriptions (1–10).

civil rights endangered languages global warming homelessness housing justice literacy overcrowding poverty unemployment

- 1 The group has been sleeping in an abandoned building for the past two years.
- 2 My grandmother speaks Bathari, which is rapidly dying out.
- **3** After decades of court appearances, he was finally found guilty and sentenced to twenty-five years in prison.
- **4** This area of Hong Kong is one of the most densely populated places in the world.
- **5** All citizens should have political and social freedom, and equality.
- **6** Rising temperatures are causing more frequent extreme weather conditions.
- **7** I missed a lot of school as a child, but I'm am now catching up with my reading and writing.
- 8 Almost twenty percent of people are out of work, which is an incredibly high rate.
- **9** Many people here can't afford food, rent or bills. Most are living on \$2 a day.
- 10 There is a shortage of affordable places to live, and these new apartment blocks will help solve the crisis

B Complete the conversation using words from the box.

endangered global warming homelessness justice literacy overcrowding poverty unemployment

There's a big problem with ¹ in my country. Whenever I go into a city, I see a lot of people who are obviously living on the streets. It isn't a case of there being no housing available, it's just that ² because of a shortage of jobs can lead to people ending up on the streets. No job means no home and no home means no job.

Yeah. And 3 in hostels and homeless shelters can mean not even getting a bed for the night. And still so many people live in 4 even when they do have a home.

There's no 5______ in this world – some people have so much and others so little.

GRAMMAR

conditionals with conjunctions

2 A Match the sentence beginnings (1–6) with the endings (a–f).

- 1 Homelessness will continue to be a problem
- 2 The pace of global warming will start slowing down
- **3** Provided that there are enough programmes set up to help people,
- **4** The problem of homelessness in the city can be resolved
- 5 Languages like Walloon and Ossete could be revived
- **6** Overcrowding in this area of the city will improve
- a on condition that housing and social services are greatly improved.
- **b** as long as we all play our part in reducing our carbon footprint.
- **c** providing that people are encouraged to use them in everyday life.
- **d** so long as the plans to build new housing in the suburbs go ahead.
- **e** unless the government invests in realistic solutions.
- **f** a lack of literacy can become an issue of the past.

B Complete the sentences with the words in the box.

condition if not long as providing unless

- 1 _____ governments act right now, the climate will be damaged beyond repaired.
- **2** We're are always told this isn't the right time. But now, then when?
- **3** Recent findings indicate that as _____ we put the work in now, we should be OK.
- 4 _____ that the project gets the funding it needs, it should have a huge impact.
- **5** The group has said it will stop the protest on that their demands are met.





C Choose the correct words to complete the article.

Why there is more and more poverty in wealthy countries

¹Providing that / Unless you live in a wealthy country, you can expect a good standard of living, which includes, at the very least, having all your basic human needs met. But wealthy countries have seen an increase in poverty since the global financial crisis that hit in the late 2000s. If this 2had / hadn't happened, there 'won't have been / may not have been such a huge rise in poverty. Unemployment is partly to blame, and tends to hit those already on very low incomes. 4Unless / As long as such crises are resolved, the poverty problem becomes broader and deeper, affecting more people, including children, more badly. These problems can start to be resolved 5if / whether governments implement better policies to help people avoid falling into poverty to begin with.

PRONUNCIATION

- 3 A 3.02 | stress in conditional sentences | Listen and underline the word that is given the main stress in each sentence.
 - 1 As long as we leave home by seven-thirty, we won't be late
 - 2 Unless we take action now, the damage will be catastrophic.
 - **3** Provided that endangered languages are taught, they will survive.
 - **4** On condition that the loan is paid back in full, we're happy to approve the request.
 - B 3.02 | Listen again and repeat.



LISTENING

- **4A 3.03** | Listen to the introduction to a talk. Which world issue does the speaker focus on?
 - a homelessness
 - **b** civil rights
 - c low levels of literacy
 - **8.04** | Listen to the rest of the talk. Complete the notes with one or two words in each gap.
 - Everyday reading tasks include timetables, labels and ¹ to help us find our way around.
 People are more likely to make ² via text message now.
 - jumposes for literacy include staying informed and communicating well.
 - Young children can start to acquire knowledge of reading through listening to ⁴
 - Visits to a ⁵ can be an exciting weekly event.
 - Adults may have missed out on gaining literacy skills because of 6 during childhood.

C ■ 8.04 | Listen again. Are the statements True (T) or False (F)?

- 1 The speaker believes literacy is essential for young learners.
- **2** She argues that older people aren't all as digitally literate as young people.
- **3** She thinks that text messages have had a negative impact on literacy.
- **4** She believes that parents should limit children's access to online materials.
- **5** She argues that there are lots of different ways to make learning to read enjoyable.
- **6** She's happy that there are now more resources available for adults.



Lesson 8C

HOW TO ... | develop an argument VOCABULARY | prepositional phrases **PRONUNCIATION** | sounding persuasive

VOCABULARY

prepositional phrases

- 1 A 🔄 Choose the correct phrase to complete the sentences.
 - 1 By far / Out of control / On the whole, older people have fewer online connections than younger
 - 2 At least / In fact / In order to create an account, you need to complete the questionnaire.
 - 3 Facebook is still the most used social media platform by far / at least / in order to.
 - 4 Social media is great to connect with people but by far / on the whole / at the same time, you have to be aware of trolls.
 - 5 I don't have many online friends. In fact, / By far, / At least, I only accept requests from people I know.
 - 6 Measures must be put in place to stop online bullying getting out of control / on the whole / at least.
 - B Complete the article about Dunbar's number with the prepositional phrases in the box.

at least at the same time by far in fact in order to on the whole out of control

Dunbar's number

According to Professor Robin Dunbar of Oxford maintain good relationships. there is a limit to how many friends we can handle. This number is probably a lot lower than the number of online friends you have. 2 , it only amounts to about 150 people. Dunbar believes this has been the case since 3 our early hunter-gatherer days. Through extensive research, Dunbar came to the conclusion that there is a ratio between how big our brains are and how big a social group we can retain. , experiments carried out indicate that the 'magic number' is 150. This is because there's only so much information you can hold in your head. , other animals have limitations on the size of their social group, too, depending on their brain size. Now social media has entered the mix, does this number still hold true? Many of us have a more online friends than 'real' friend's 6 , in some cases reaching thousands. Experts in the field of social media tend to agree with Dunbar's number, even in online communities. Letting your numbers get simply means you'll find it impossible to stay friends with everyone.

How to ...

develop an argument

- 2 A 3 8.06 | Listen to the start of a debate. Number the arguments in the order they are presented.
 - a Online interactions are less meaningful.
 - **b** It's easier to be misunderstood online.
 - **c** We can ignore people that we disagree with.
 - B 3.07 | Complete the extracts. Listen and check.

1	I'd like to start off	that I completely agree
		illed the art of conversation.
2	This is true for threelonger have to interact	Firstly, we no
3		onger able to discuss our meone that we disagree with

4 It's easier, but it has clearly fewer meaningful interactions.

5 The is often miscommunication and confusion.

PRONUNCIATION

- 3 **8.08** | sounding persuasive | Listen to the extracts. Underline the words that are given extra stress and draw a (/) to show long pauses.
 - 1 I'd like to start off by saying that I completely agree that social media has killed the art of conversation.
 - 2 Firstly, we no longer have to interact face to face with people who disagree with us.
 - **3** Secondly, whereas in the past we had to call or arrange to meet someone we hadn't spoken to in a long while, now we can just fire off a quick message online.

SPEAKING

4 A Complete the extract from a talk with one word in each gap.

in small businesses making use of online platforms to promote their service or products. The ² suggests that this can be a great way to reach a lot of people quickly. A good ³ of this is beauty products. By uploading regular photos and videos to the right platforms, you can reach huge numbers of people. The obvious ⁴ of this is that sales will increase dramatically in a short space of time.
--

The second ⁵ I'd like to make is that online marketing will save you money. This is 6 as much in advertising, and 8 voluces do much of the world much of the work yourself.

B 3.09 | Listen and check.





Lesson 8D

VOCABULARY | phrases with *get*READING | community-led projects

VOCABULARY

phrases with get

- 1 A Match the sentence beginnings (1-6) with the endings (a-f) to make sentences.
 - 1 Congratulations! Here are the keys. You've finally got
 - 2 Cutting back on spending is the best way to
 - 3 Falling off the horse last month scared me. I need to
 - 4 It's clear to everyone that Sally has got
 - 5 There's no way I would have got
 - 6 It may not feel like it now, but you'll soon get
 - a a big heart. She has time for everyone.
 - **b** to the other side of this.
 - c somewhere to live!
 - **d** find a way to get my confidence back.
 - e get yourself out of debt.
 - f to where I am now with the help of my parents.

READING

- 2 A Read the article. Match the projects (1-5) with the issues that they are designed to help address.
 - · climate change
 - endangered languages
 - homelessness
 - · lack of affordable housing
 - · literacy

B Choose the phrase with *get* which describes the following situations.

get your confidence back get your life back together get out get somewhere to live get to the other side got a big heart

- 1 James is lovely there's nothing he wouldn't do for someone, even people he doesn't like.
- **2** Guess what? I've just paid a deposit on that brilliant flat I told you about.
- **3** You've just got to make it through the next two months, then everything will be fine, I promise.
- **4** It took me a long time to get back on a bike after my accident, but I did it.
- **5** Everything fell apart after being made redundant but I've got a new job and house now.
- **6** Why do you stay in that relationship? I think you should just leave.
- **B** Read the article again. Complete the sentences with no more than three words or numbers.
 - 1 Orange Sky Laundry washes clothes for homeless people using ______ in the back of their vans.
 - **2** Volunteers at the repair café in Buxton fix items such as washing machines and ______ for free
 - **3** Wikitongues has recorded _____ different endangered languages.
 - **4** RUSS was set up to ______ thirty-six new homes for would-be residents.
 - **5** Literacy Pirates aims to improve the literacy, confidence and ______ of local children.

Five community-led projects taking on the big issues

1 Orange Sky Laundry

Australian charity, Orange Sky Laundry, provides a mobile laundry and shower service for people sleeping rough across the country. With the help of donations and hundreds of volunteers, the organisation owns a fleet of vans, each with two washing machines in the back, which it sends out to affected communities.

Set up in 2014 by friends Lucas Patchett and Nicholas Marchesi, Orange Sky Laundry now operates in multiple cities across Australia and New Zealand.

2 Transition Buxton

Transition Buxton works on a range of environmental projects in the town of Buxton in Derbyshire, UK. Their initiatives include a community orchard, a home energy scheme and a repair café. The repair café is a monthly service designed to reduce waste and carbon footprints, by fixing items that would otherwise have been thrown away. Run by volunteers, the group repair everything from washing machines to bicycles – all for free.

3 Wikitongues

This New York-based non-profit organisation offers free resources, training and grants for projects aimed at sustaining and promoting languages. Founded in 2014, one of the

charity's key initiatives is their series of Living Dictionaries – free online tools that document thousands of words and phrases from endangered languages. So far, the organisation has recorded videos of over 700 different languages and created hundreds of free resources.

4 Rural Urban Synthesis Society (RUSS)

Tired of the lack of affordable housing in Lewisham in Southeast London, a group of locals formed RUSS in late 2021, to design and self-build thirty-six new houses. The project – which is the largest of its kind in the capital – has given would-be residents the chance to build the homes alongside local volunteers. Residents will also have access to a local community centre, communal garden, shared laundry and a public playground.

5 Literacy Pirates

Literacy Pirates is a charity based in Hackney, London, that provides after-school reading and writing clubs for students whose teachers feel they could do with a bit of extra help. Aimed at children aged 9-12 and led by a group of qualified teachers and trained volunteers, the clubs take place in a series of pirate-themed learning spaces. The charity hopes not only to help improve student literacy, but also to promote confidence and self-esteem.



GRAMMAR

1	Choose the correct word to complete the
	sentences.

1		have been easy mowing anyone.	oving to a new scho	ol
	a can't	b might	c could	
2	You	have seen Juras	sic Park – everyone h	ias!
	a could	b must	c couldn't	
3	Theybusy near	have got stuck the airport.	in traffic. It's very	
	a could	b can't	c couldn't	
	Heyesterday.	have called in sid	ck – he didn't look w	ell
	a can't	b might	c couldn't	
5	You	have practised	a lot to be this good	
	a must	b can	c can't	
	Itweekend.	have been Tom yo	u saw. He's away thi	is
	a might	b must	c can't	

2 Complete the sentences with the correct form of the verbs in brackets.

1	l wish lweekends.	(have) more free time at the
2	If only youI wouldn't have be	(tell) me you'd be out late – en so worried.
3	You shouldbefore the intervie	(practise) your answers ew.
4	I wish the dogs I can never get to	(bark) so much at night. sleep.
5	If only youit's amazing!	(visit) me here in California –
6	You(no	ot take) my car without asking

3 Match (1-5) with (a-e).

- 1 The book has had brilliant reviews,
- 2 I love swimming in the sea.
- 3 Though I'm not very good at surfing,
- 4 Hard work is important,
- 5 On the one hand, I enjoy doing it
- a although you've got to have fun, too.
- **b** However I only do it the summer.
- **c** but on the other, it takes up a lot of my free time.
- d I love being out on the waves.
- e though the author didn't think it was her best work.

Put the words in the correct order to make sentences with participle clauses.

- 1 in the capital, / many young people / arriving / to find / struggle / work
- 2 Miguel / it was / having moved / how noisy / to the city, / was surprised by
- 3 having finally / Sally / on time / finished / the report, / for once / left work
- 4 grew up / Teddy / being / brought up with / really fast / much older siblings,
- 5 Tina / was always / in the gym, / spending / too tired / so many hours / to walk home

5 Rewrite the sentences using the words in brackets.

1	You may park your car here but only stay for an hour
	You may park here (condition) for an hour
2	If you don't make the first move, some people won't engage in conversation.
	Some people won't engage (unless) you make the first move.
3	If we finish badminton practice on time, I'll come and meet you.
	I'll come (providing) we finish badmintor practice on time.
4	Stay calm and the performance will go well.
	The performance will(long) you stay calm.
5	If enough people come to help, we can clean the park in a couple of hours.
	We can clean the park in a (provided)

VOCABULARY

When 1

6 Complete the news story with the words in the box. There is one item you don't need.

all-consuming by chance fortunate life-changing long-lasting nineteen-year-old world-famous

Alenka Kos met Anders

Develop your talent

Bergman ² on a skiing holiday in
Sweden, little did she know that this would
be a ³ event. Anders was a medal-
winning skier, and he taught Alenka a few
techniques to improve her own skiing. In fact,
she improved so much during her holiday that
Anders, who also ran a ski school, suggested
she train as a ski instructor herself.
'I was so ⁴ to meet Anders when I
did,' explains Alenka. 'l'd just finished college
and had no idea what I wanted to do next. But
skiing's my passion, and once I met Anders,
l had this 5desire to become an
instructor and help others ski better. I'm not
good enough to compete like Anders does,
and I'll never become a 6athlete, but
I've lived in Sweden ever since, and absolutely
love my new life here. If there's something
you're really interested in, just go for it!



7 Complete the sentences with the correct form of the idioms in the box.

a blessing in disguise back to the drawing board be a piece of cake miss the boat not be someone's cup of tea the grass is always greener on the other side

- **2** This weather has been _____. If it had been hotter, we'd have suffered during the match.
- **3** I'll have to go _____ and start the table plan again. A few people can't come.
- 4 That test _____! I'll probably get 100 percent.
- **5** I've _____ on ticket sales apparently, they've all just sold out.
- **6** People think , so they're disappointed when they realise it isn't.

8 Complete the sentences with across, down, into, out, over or through.

- 1 Can you slow _____? I can't understand you.2 I'll be going _____ a lot of detail about the
- process, so please make notes.
- **3** If you break things _____ into smaller chunks, they become easier to understand.
- **4** I'm going to go _____ the writing skills again in Thursday's lesson, so please do attend.
- **5** Can I talk _____ a few things with you? I want know how to improve my technique.
- **6** If you want to get your message _____, you'll have to be more assertive.
- **7** Oh no! I left something really important of my presentation!
- 8 I don't think I'm ever going to figure _____how to build this wardrobe!

9 Complete the anecdote with the correct form of *go*, *have* or *make*.

Everything 1 wrong when we moved house. The removal guys turned up late, and nothing 2 according to plan after that. I'd carefully wrapped all my valuable items but it didn't 3 a point of writing on the boxes which room the items should be put in, but everything ended up in the wrong place. I thought it 5 sense to move the smaller items out of the house before the furniture, but that left us nowhere to put some of the bigger items. Also, we never 6 the opportunity to thoroughly clean our new house before we moved in.

10 Choose the correct words to complete the sentences.

- 1 This is a very **exclusive / spacious** part of town and houses here cost millions.
- 2 People spend a lot of money making their homes secure / fashionable as there are lots of break-ins.
- **3** The room is so **stylish** / **spacious** that we had to buy some new furniture to fill it.
- 4 What an elegant / exclusive room! I love the decoration and layout.
- 5 Old houses tend to have a lot more condition / character than new ones.

11 Match the sentence beginnings (1–6) with the endings (a–f).

- 1 Unemployment can lead to a series of events
- 2 I attend literacy classes now as an adult because
- 3 Homelessness isn't a big problem where I live,
- 4 Overcrowding is a big problem in some countries,
- **5** The majority of people don't understand what it's like to live in poverty
- 6 The number of endangered languages is increasing
- a with many people competing for the same resources.
- **b** that results in people losing their home and way of life.
- **c** because communication has become more and more globalised.
- **d** I didn't learn to read or write well enough when I was at school.
- **e** and to not even have basic needs such as warmth and shelter.
- **f** but there should be more shelters for people on the street in general.

12 Complete the conversation with the phrases in the box. There is one phrase you don't need.

at least at the same time by far in fact in order to on the whole out of control

Steph: Is there a sense of community where you live?

Tom: Yes. It's 1_____ the friendliest place I've ever lived. What about you?

Steph: Well, neighbours don't tend to do much together, but ²______people are nice enough.

Tom: It's tricky to get the balance right. You want to say 'hi' and chat, but ³______, you don't want to get in people's faces too much.

Steph: You're right. It's hard if you don't know people, though. Some of the kids' behaviour is

4________. Like, they kick balls against people's houses. I'm not sure how to approach the situation.

Tom: 5 _____ they're playing out instead of being on screens. But you might need to speak to their parents 6 ____ resolve things.

13 Choose the correct word or phrase to complete the sentences.

1	Saira's got a big		and will h	elp	o anyone.
	a heart	b	back	c	life
2	It was hard to get r losing my job.	ny	life back		after
	a the other side	b	now	c	together
3	Have you got		to live?		
	a where	b	the other side	c	somehwere
4	It can be hard to ge	et	of de	bt	
	a out	b	a big	c	my life
5	It took years of hard	w b	ork to get		I am now
	a together	b	where	c	somewhere
6	Simon has got his audition.		back af	ter	failing the
	a side	b	heart	c	confidence

GRAMMAR

present perfect simple and continuous

- Use the prompts to write present perfect simple or present perfect continuous sentences.
 - 1 How long / you / learn the violin?
 - 2 You / ever / go / to Russia?
 - 3 I / go to bed / much later / recently
 - 4 I / wait / here / last two and a half hours!
 - 5 Ali / see / the James Bond film / three times

infinitive and -ing forms

- 2 Rewrite the sentences using the correct form of the verbs in brackets.
 - 1 I used to buy groceries on the way home from work.

 I stopped _____ (buy) food on the way home.
 - **2** Ask Sheila if she wants to come to the party. Remember ______(invite) Sheila to the party.
 - **3** I'll always remember waking up on that beach in Hawaii.
 - I'll never forget _____ (wake) up on that beach in Hawaii.
 - **4** You need to practise every day to learn anything. The way to learn anything is by _____ (practise every day.
 - **5** I'm travelling around Southeast Asia on my gap year. My plan is ______ (travel) around Southeast Asia on my gap year.

future probability

3 Complete the sentences with the words in the box.

	unlikely to	5 5		
1	never		ng on my own	because
_				

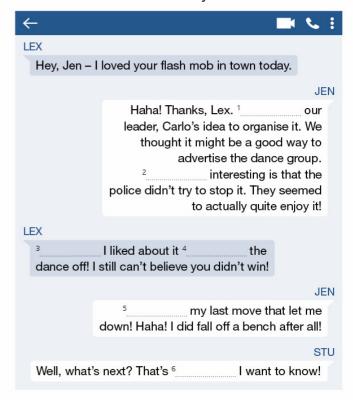
- 2 I'm _____see Connie today, so could you give her this birthday card, please?
- **3** We _____ go to Japan this year but we haven't made our minds up yet.
- **4** They are not _____ make it to the airport on time if they don't hurry up.
- **5** She's _____ pass her exam on Monday. There's no doubt about it!

relative clauses

- 4 Complete the sentences with a relative pronoun or '-' if the pronoun can be omitted.
 - **1** Is Bearded Theory the festival _____ we first met? I can't remember.
 - **2** The guy _____ we spoke to when we first arrived wasn't very helpful.
 - **3** Remember that group _____ parents came to the festival with them? How embarrassing!
 - **4** You know that orchestra _____played last night? What was their name again?
 - **5** Look, that's the festival _____ I was telling you about the other day.

cleft sentences

5 Complete the text messages with what or it. Use the correct form of be if necessary.



future continuous and future perfect

- 6 Choose the correct words to complete the sentences.
 - 1 We'll have finished / be finishing dinner by the time you get back, but I'll leave some in the fridge for you.
 - **2** At this rate, I'll still **have worked** / **be working** on this project well into the new year.
 - **3** She might **have finished** / **be finishing** with it by now. Why don't you go and ask her?
 - **4** Call me later. I'll **have spoken** / **be speaking** to Jacob by then, so I should know more.
 - 5 I'll have finalised / be finalising the contract by mid-afternoon, so I'll send it across after that.

VOCABULARY

personality adjectives

7 Complete the sentences with the adjectives in the box.

	adventurous ambitious argumentative
	curious stubborn
1	I must admit, I am quite Once I've made up my mind, I rarely change it.
2	Young children are so about the world. They want to know everything!
3	I'd say I'm pretty I've flown in a helicopter, climbed a mountain – I've even rafted through the Amazon!
4	My mum was a prettybusinesswoman. She'd become a CEO by her mid-forties.
5	Those two are so They're always falling out with each other.

suffixes

Complete the job advert with the adjective form of the words in brackets.

Food Taster We're looking for people to taste test our new range of vegan products. This is a very (practice) job, and you don't need to be (experience) in the role as on-the-job training is provided. Our workplace is fairly 3 (relax) and we're looking for people who are 4 (rely) and 5 (optimist). In return for your tasting expertise, we offer 6 (real) rates of pay and excellent benefits.

science and technology

9 Match the definitions with the words in the box. There are three words you don't need.

	analyse findings predict remotely researcher smart tech industry virtual reality
1	images and sounds created by a computer that seem real to the user
2	controlled by computers, so it appears to act in an intelligent way
3	information discovered as a result of a study
4	to examine something carefully to understand or explain it
5	from a distance

health and lifestyle

10 Complete the phrases with the words in the box.

	do	expand	keep (×2)	stay	transform
1			our lifesty	le	
2		r	mentally ac	tive	
3	in shape				
4		r	egular wor	kouts	
5			our horizo	ns	
6		ι	ıp your pro	gress	

lifestyle adjectives

- 11 Choose the correct words to complete the sentences.
 - 1 I suppose my job is pretty unique / tedious in that I can be based anywhere in the world.
 - 2 He lives in quite a unique / modest house, considering he's worth millions.
 - 3 I've been told I'm full of crazy ideas, but I think I'm very modest / ordinary!
 - 4 This project is so tedious / ordinary. I can't wait till it's finished.
 - 5 Conditions at sea can be pretty modest / harsh and it's not fun being caught in a storm.

festivals; the environment

12 Complete the information about a festival.

acts attracts carbon footprint festival-goers organisers renewable sustainable venues

A Greener F	estival is a not-fo	r-profit organis	ation
which helps	s festival 1	around the	world to
make their	events more susta	ainable and red	luce their
	. This lessens thei		
and 3	those keen t	o make a differ	ence,
including n	ot only 4	but the music	ians
themselves	. The organisation	ı's Woodstock P	rinciples,
launched o	n Earth Day 2008,	are a set of ten	ideas
which enco	urage anyone in t	he music indus	try to
	environmentally-f		
principles in	nclude things like	using 5	energy
and reducir	ng waste at 6	, as well a	s selling
greener me	erchandise. It also	encourages far	ns and
7	alike to adopt 8	practi	ces.

How to ...

13 Complete the conversation with one word in each gap.

fantasy, but I'll	read anything else. Y	ou?
I'm ³	keen on sci-fi either.	I've got
Me too! 5	I love about it is	trying to
guess who did	it.	3 7
Well, I've just f	nished a great Harlar	n Coben
	I'm not a big ² fantasy, but I'll I'm ³ really ⁴ Me too! ⁵ guess who did Well, I've just fi	I'm absolutely passionate 1 I'm not a big 2 of science 1 fantasy, but I'll read anything else. Y I'm 3 keen on sci-fi either. really 4 crime recently. Me too! 5 I love about it is guess who did it. Well, I've just finished a great Harlar mystery. I'd 6 happy to ler

14 Complete the text with the words in the box.

fact impression sure thought way

	Look our new neighbours! I'd have 1they'd
1	stay in more now they've got children. I get the
	they've got a lot of money. I'm not
	100 percent ³ but I think they've even got a
	live-in nanny to look after the kids. There's no
	4I'd have let someone else bring our kids up!
	I know for a ⁵ l'd have done a better job myself!

15 Complete the conversation with one word in each gap.

Emir:	Do you watch much TV?
Burcu:	I use streaming services like Netflix, Amazon Prime and on.
Emir:	I've just finished a good Scandi noir series.
Burcu:	What is Scandi noir? Is it sort dark crime or something?
Emir:	Crime stories set in Scandinavian countries. Sometimes weird happens. It's good. I like the scenery everything. I read the subtitles. I find it of interesting listening to the languages.
Burcu:	Are there many?
Emir:	Languages? Maybe – five so.

CUMULATIVE REVIEWS ZABAN

GRAMMAR

past perfect simple and continuous

1	Complete the sentences with the correct form of the
	verbs in brackets.

- 1 By the time I got home, the kids (eat) all the pizza and there was none left for me!
- 2 I had to rush back home because I suddenly realised I (leave) the door unlocked.
- 3 I was exhausted by lunchtime because I (do) a lot of heavy lifting.4 She (ring) for ages before Matt finally
- answered his phone.5 I (always love) dancing so was keen for my son to give classes a try.

past plans and intentions

2 Rewrite the sentences using the verbs in brackets.

- 1 I planned to see Shelly but I forgot.
- I _____Shelly but I forgot. (supposed)
- **2** Ben intended to go to university, but decided to get a job instead.
 - Ben _____ to university, but decided to get a job instead. (going to)
- **3** I thought about getting a new hairstyle but I'm not going to now.
 - Ia new hairstyle but I'm not going to now. (considering)
- 4 I thought I'd see you at the market but I didn't.
- I _____you at the market but I didn't. (expecting)
- **5** We had made a plan to go to Goa, but had to cancel. We to Goa, but had to cancel. (planning)

necessity, prohibition and permission

- 3 Choose the correct words to complete the sentences.
 - 1 Sorry I wasn't in when you called. I must / had to go to the dentist.
 - 2 Ball games are not permitted / forbidden on the grass. Please use the pitch provided.
 - 3 | mustn't / couldn't go to the concert in the end because | had a bad cold.
 - 4 Are we allowed / forbidden to use our phone here?
 - **5** Look at the state of your hair! We **can** / **must** get it cut it's far too long.

past modals of deduction

- 4 Complete the sentences with the correct form of the verbs in brackets and a modal of deduction.
 - 1 It _____ (be) easy for Jo to apologise when both parties were to blame.
 - 2 It _____ (be) exciting for you to see Emily in her first TV show!
 - **3** I _____ (always have) mild asthma, but who knows?
 - **4** I think he _____ (decide) to go home he didn't look very well earlier.
 - **5** They _____ (travel) by train because they were all cancelled.

wish, if only, should have

- 5 Choose the correct options to complete the sentences.
 - 1 I wish we left / we'd left earlier because now we'll miss the train!
 - 2 You shouldn't have told / tell them you were fired from your last job.
 - **3** If only **I tried** / **I'd tried** a bit harder at school when I was younger.
 - 4 I wish you had told / will tell me you were coming!
 - 5 If only they'll be / they'd be a bit quieter next door

participle clauses

6 Complete the anecdote with the correct form of the verbs in brackets.

1(wake) up suddenly in the middle of the night I shouted, 'Who's ringing the doorbell?!'
² (climb) out of bed, I went downstairs to
open the door. Having ³ (unlock) it, I said,
'We haven't actually got a doorbell'.
4(sit) back in bed, puzzled, I looked up
why I'd been so convinced I'd heard a doorbell ring.
5(have) now read lots about this
phenomenon, I know it's called a 'hypnagogic hallucination' and it occurs when we're not fully asleep!

VOCABULARY

work and careers; areas of work

7 Complete the sentences with the correct form of the words in the box.

	accountancy advance publishing retrain start out
1	My cousin works for a large firm. He's always enjoyed working with numbers.
2	I've decided to as a beautician. I like styling hair but I want to try something new.
3	My dad in banking, but switched to the antiques business in his forties.
4	My boss keeps suggesting I try for promotion but I'm not interested in my career.
5	I wouldn't mind working in I love reading books of all kinds, and I'd like to be an editor.

prefixes

0	C	-4-					c
8	Compl	ete	eacn	word	with	a	ргеπх

- 1 Stop being so _____patient! I'll get you something to eat as soon as I've finished this.
- 2 I've _____written the conclusion to my essay because I didn't think it included everything.
- **3** A heading is a line or two that gives more information about something you're going to read.
- **4** Mario's being a bithonest about where he was on Saturday. He's not telling the truth.
- **5** I think I've ____understood the instructions for this table why does it look so weird?

reporting verbs

- 9 Choose the correct words to complete the sentences.
 - 1 | suggested / admitted taking the car to the garage so they can take a look at it.
 - **2** He **apologised** / **denied** transferring the money from our joint account into his own!
 - **3** The officer **insisted** / **accused** it was me on the CCTV footage, but I wasn't even in the area.
 - 4 The woman refused / doubted to move her car so I could get out of my driveway.
 - **5** I really **deny** / **regret** spending so much of my savings on that terrible car.

compound adjectives

10 Complete the biography with the compound adjective form of the words in brackets.

Kim Peek (1951–2009) was a (world /
famous) savant. In fact, if you've ever seen the
(wide / respect) 1980s film Rain Man,
you might be aware that it was based on him. Kim
could recall 10,000 books he'd read, which would be
incredibly (time / consume) for us, but Kim
could memorise a whole book in an hour.
Kim had been born a savant: there was no sudden
(life / change) event that altered his brain
and left him with (long / last) effects. The
(fifty-eight / year / old) died in 2009, but
his memory lives on.

chance

11 Complete the sentences with the words in the box.

	by chance fortunate random unexpected unfortunate
1	Winners are chosen at The names are pulled out of a hat.
2	It was that your flight was cancelled.
3	Josef leaving the company was totally
4	I found that book you wanted when I was looking for something else.
5	You're very to be able to play the piano like that. I wish I could play an instrument!

phrasal verbs: explaining

until it is clear.

12 Complete the definitions with the words in the box.

	-	get across talk through	_	
1		someth		to other people
2	If youit after thi	someth	ingit for a wh	, you understand nile.
3		someth mething or s		"you don't
4		someth g thoroughly		you discuss
5	If you	someth	ning, you r	epeat it carefully

describing homes and living conditions

- 13 Choose the correct words to complete the sentences.
 - 1 To make your house completely stylish / secure, invest in a good alarm.
 - **2** This house is full of **character** / **condition**. Just look at the ceilings.
 - **3** There is a very **exclusive** / **spacious** garden, with room for a pool!
 - **4** This is an **elegant** / **exclusive** area of town where many famous people live.
 - 5 The house was in excellent condition / character nothing needed doing.

world issues

14 Complete the sentences with the words in the box.

	endangered	homeless	housing	literacy	poverty
1	My first lang			becau	se no one
2	2 Low levels of confidence a		can	lead to a	lack of
3	3 There simple everyone will				for
4	There are w this is terrib				eople and
5	Too many postruggle to			ar	nd

How to ...

15 Complete the conversation with one word in each gap.

Lara: I can't 1	anything to work! There's
something 2	with my laptop and now
there's a 3	with the fridge!
Jo: It might be 4	having a look at that
little dial thing.	Maybe it's too low.
	't you try getting a tech guy to
take a look at yo	our laptop?

16 Complete the conversation with the words in the box.

ac	dvice	hope	might	should	sugge	st
Αl	: Can	you giv	e me sc	me 1		on clothes?
Sue	: Wel way	l, I ² , but yo	u do pu	you don' [.] t strange	t take th colours	nis the wrong s together!
Αl	: Do	l? What	would y	/ou ³		then?
Sue				good ide online.	a to loo	k through
Al						for a wedding do?

17 Complete the instructions with one word in each gap.

		J .		
To ¹	with, get all your ir	ngredients together.		
The next	is to chop th	ne onion and put		
the water on to boil. Once ³ done that, fry				
the onions. When the water is boiling, add the pasta.				
Now add the tomatoes to the pan. 4not				
essential that you stir the sauce continuously,				
but 5	careful it doesn't	burn. If you		
6	, you could add some I	basil. The final		
7	involves stirring the p	asta into the sauce.		

CUMULATIVE REVIEW ZABAN

GRAMMAR

while, whereas and whilst

- Match the sentence beginnings (1-8) with the endings (a-h) to make sentences with while, whereas and whilst.
 - 1 While Daisy is quite confident and outgoing,
 - 2 Whereas the north is experiencing heavy snow,
 - 3 Naoko loves extreme activities like rock-climbing,
 - 4 Whilst I enjoy Paulo's company,
 - 5 While my partner loves folk music,
 - 6 Whilst I often forget where I've put things,
 - 7 Whereas most people in my class went on to uni,
 - 8 Whilst my daughter is loud and rebellious,
 - **a** whereas I prefer staying in with a good book.
 - **b** it's quite warm in the rest of the country.
 - **c** I do at least take care of my possessions.
 - **d** I decided to go travelling for a year.
 - e I couldn't listen to his stories for hours on end!
 - f I much prefer bands like Deftones and Metallica.
 - g my son is fairly calm and thoughtful.
 - **h** her brother Rob is lacking in self-belief.

quantifiers

Complete the conversation with the words in the box. There are two extra words.

	each few good handful little rity minority number several
Dan:	Hey, so have you ever been foraging?
Alexis:	Er, I don't think so! What is it?
Dan:	You know, it's when you go out into nature to look for food. You collect it, bring it home and use it in your cooking. Very ¹ people do it, but I suppose that's a good thing – more food for everyone else!
Alexis:	Are you talking about picking mushrooms and berries and things? I <i>have</i> done that once, but I only collected a 2 of blackberries – it was a bit of waste of time to be honest.
Dan:	Well, you've got to go to the right place at the right time. The 3 of people who do it go regularly and know all of the best spots. There's a 4 deal of food out there if you know what you're doing – and it's 5 free!
Alexis:	But doesn't that cause problems for, like, the ecosystem or whatever?
Dan:	Not if you do it carefully and thoughtfully. You can't just grab a large 6 of things all from the same place. If 7 person takes just a 8 of what's available,

nothing suffers. And you get free food out of

it! What's not to like?

do and did for emphasis

being taught by)

3		ewrite the sentences using the correct form of <i>do</i> or <i>d</i> to add emphasis.
	1	I've gone off them now, but I used to like a band called Zeds.
		I a band called Zeds, but I've gone off them now.
	2	Who's this song by? I really like it.
		I – who's it by?
	3	I live-stream a lot of concerts, but I don't go to them.
		I don't go to a lotlive-stream them.
	4	I'm surprised that you still work at Wonderland Theme Park!
		You Wonderland Theme Park, do you?
	5	I want to go on holiday. But I don't want to go with Candice.
		Ion holiday, just not with Candice.
pas	si	ves
4	_	
4		omplete the sentences with the correct passive rms of the verbs in brackets.
	1	Itgenerally(accept) that
	•	teenagers need much more sleep than adults.
	2	Students at Downheel High (expect) to be punctual and look smart.
	3	It(recommend) that everyone gets between seven and nine hours' sleep a night.
	4	In the past it (think) that the sun orbited the Earth and the Earth was flat.
	5	In the 1970s, it (believe) that chimpanzees could be taught to speak.
	6	A large storm(report) out at sea, so the 2 p.m. ferry has been cancelled.
	7	It (decide) that the car park would close at midnight, but no one knew about it.
	8	It(suggest) that video games help develop problem-solving skills and relieve stress.
nor	1-0	defining relative clauses for comments
_		
5		omplete the sentences using a relative clause and
	th	e prompt in brackets to add a comment.
	1	The post came early this morning, which was a surprise (a surprise)
	2	I've finally passed my grade 2 violin exam, ! (a relief)
	3	I've got a younger sister, (get on well with)
	4	I grew up in the suburbs, (extremely boring)
	5	My alarm clock went off in the middle of the night,
	6	Everyone got a bonus this year except his
		department, (seems unfair)
	7	Belle has settled into university life well,(great to hear)
	8	Tom's got a new French teacher, (enjoys

reported orders, requests and advice

6 Read the weather report. Then, complete the reported sentences using the correct form of the verbs in brackets.

'The weather looks set to be wild and windy this weekend with Storm Norman on the way. It would be wise to avoid any unnecessary travel and ensure your property is secured. The winds are likely to be particularly strong in the north of the country. Be very careful when out and about as there could be flying debris. Rain might cause flooding in some areas. Please follow the weather warnings for your local area.

That's all for now – have a safe and pleasant evening.'

		(say) that the weather (say) that set to be wild and windy that
2	He travel and ens secured.	(advise) people to avoid unnecessary ure their property(be)
	Helikely to be par country.	(warn) that the winds(be) ticularly strong in the north of the
4		(recommend / be) very careful when as there could be flying debris.
	Hewarnings.	(suggest / follow) your local weather
	Heevening.	(wish) everyone a safe and pleasant

adverbials of concession

- 7 Choose the correct words to complete the sentences.
 - 1 The car broke down on the motorway which was scary. On the one hand / However, we did get a free lift home!
 - **2** On the one hand / Although I'd seen the neighbour around, I'd never spoken to him before.
 - **3** Though / However I enjoy most kinds of food, I'd have to say Japanese is my favourite.
 - 4 I'm not into grime music, on the other hand / although I do like this particular song.
 - 5 However / Although I usually love sunny weather, it's way too hot for me here!
 - **6 Though / However** my friends all live nearby, I don't see them very often because we're all so busy.
 - **7 On the one hand / Though** I do really enjoy skiing, I don't really like other winter sports.
 - 8 I've travelled all over the world. However, / Although I've never visited Europe.

conditionals with conjunctions

- 8 Rewrite the sentences using the words in brackets.
 - 1 Children can go on the rides, but only if they are over one metre tall.
 - Children can go on the rides (condition)
 - **2** You need to come and get your lunch now or it will go cold.
 - ____come and get it now. (unless)
 - **3** I'll go with you to the concert but only if we don't stand at the front.
 - at the front. (provided)
 - **4** We'll make it in time for the film if we leave right now.
 - We'll make it in time for the film(long)
 - **5** You can go out with your friends but you must be home by ten o'clock.
 - you can go out with your friends. (so)

How to ...

- 9 Complete the conversation with one word in each gap.
 - Larry: Climbing is so dangerous, I don't think it's fair on climbers' families.
 Chris: I see your ¹______, but I wouldn't stop someone doing something they loved.
 - Larry: That's a ² point, I suppose. But on the other ³ don't you think it's a bit irresponsible?
 - Chris: I know what you ⁴_____, but it's up to the people themselves to decide what's right.
 - Larry: 15 your point, but I still think it's a very dangerous activity.
- Number the opening lines of an argument in the correct order.
 - **a** Secondly, it's much more difficult to do complex speaking activities online.
 - **b** As a result, teachers tend to focus on simple activities that can be completed alone, which isn't enough.
 - **c** This is true for three main reasons. Firstly, doing everything online means that children get little to no time to interact outside of the classroom.
 - **d** The impact of this is that they will find it much more difficult to develop key social skills.
 - **e** I'd like to start off by saying that I completely disagree with the idea that online education is better than being in a physical classroom.

CUMULATIVE REVIEWS ZABAN

VOCABULARY

collocations about memory; idioms: memory

1 Complete the article with one word in each gap.

Why we immediately forget people's names

We all meet new people regularly, and think we listen carefully to their names when we're introduced. But then, only moments later, it appears that the name went and out the other, even for those who fully believe they have perfect 2 short-term 3 so poor? Not exactly. Research indicates that we are less likely to remember every 4 of conversations that were neither very interesting nor very important to us. The more important it is to remember a name, such as your new manager's, the more likely it is that you'll make the effort to learn it by 5 . But sometimes, you want to remember but still can't. The name, given only minutes before slips your 6 completely. Is your memory playing 7 on you? No. You simply underestimated how much effort is required to remember something.

emotions and feelings

- 2 Choose the correct words to complete the sentences.
 - 1 I'm really passionate about / on travel.
 - 2 I'm not fond about / of sweet things.
 - **3** A lot of people are terrified **on** / **of** spiders.
 - 4 I don't think John's keen on / by Michael.
 - **5** I'm so fed up **by / of** my journey to work.

word families

3 Complete the table with the correct form of the words.

verb	noun / person	adjective	adverb
1	research / researcher		
predict	2	predictable	predictably
		3	virtually
		remote	4
analyse	analysis / analyst	analytical	5
	science / 6	scientific	scientifically

nature

4 Complete the sentences with the words in the box.

	coastline deserted beach river bank track woodland
1	The company sources wildflowers from along the western
2	The trees in this are unique to this area.
3	Thisleads all the way to the river.
4	By this time next week, I'll be lying on a
5	The is home to several types of beaver.

lifestyle adjectives

- 5 Match the sentence beginnings (1–6) with the endings (a–f).
 - 1 Driving on the motorway is so
 - 2 Few people go to Antarctica in winter
 - **3** She's very modest about her achievements
 - 4 Working with children is so rewarding -
 - 5 I lead a pretty ordinary life -
 - 6 Visiting Norway in twenty-four-hour daylight
 - a because the conditions are so harsh.
 - **b** I don't do anything other people don't.
 - c they're very happy and learn so quickly.
 - **d** and never shows off about them.
 - e was a truly unique experience for me.
 - **f** tedious and you can get very tired.

phrasal verbs: performing; phrasal verbs: communication

6 Choose the correct words to complete the review.

Just back from seeing a new performance of *Alice in Wonderland* at my local theatre. The actors 'came / went across as confident and well-rehearsed. They even managed to 'carry / continue on when someone in the audience dropped something loudly! One of the younger actors 'moved / messed up their lines at one point but it didn't matter.

The only negative was that the costumes and stage scenery didn't "live / bring up to expectations. Whoever "put / came up with some of the ideas had some very strange ones! It "put / gave me off at first because it was so strange, but I got used to it after a while!

film and TV

7 Complete the conversation with the words in the box. There are three extra words.

	sed cast costumes ending scene soundtrack subtitles twist
Isla:	I like films set in other countries. The scenery's great and the ¹ is often music from that country.
Neil:	Do you? I hate having to read ²
Isla:	I don't mind, as long as the 3 is good. You know, the actors need to be believable.
Neil:	Yeah, and I don't mind if they aren't well-known. I like films with a clever 4at the end, too.
Isla:	That you didn't see coming – yes! I like films 5on books I've read, as well.
Neil:	Even though you know the 6?
Isla:	Why not? I usually forget storylines anyway!

illness and treatment

8 Choose the correct option (a-c) to complete the sentences.

1	I can't stop sne	ezing! I'm tired	of having
	a antibiotics	b allergies	c asthma
2	I must have	l'm gc	ing to be sick again!
	a antibiotics	b vaccines	c food poisoning
3	can	protect agains	t illnesses.
	a Vaccines	b Allergies	c First aid
4	l've just finished learned about l		course, where I t in an emergency.
	a medication	b vaccine	c first aid
5	People who suf breathing prob		sometimes hav
	a antibiotics	b asthma	c food poisoning

sleep; exercise; sport: motivation and benefits

- 9 Choose the correct words to complete the sentences.
 - 1 The main **benefits** / **strengths** of exercise are that you sleep better, look better, and feel better.
 - 2 I prefer gentle exercise that relaxes me, so I fall into a lovely deep sleep / nap at night.
 - **3** I don't like **high-impact** / **low-impact** activities. I'm always **aerobic** / **exhausted** afterwards.
 - **4** I like to give myself a **discipline** / **challenge** when I exercise, so I try to keep improving my times.
 - 5 They say that **moderate** / **flexibility** exercise at least three times a week helps you sleep better.

time expressions

10 Complete the sentences with the words in the box. You need to use one of the words twice.

	moment opportunity threat time
1	Oh, hello! Come in! You're just in for something to eat.
2	The future of the Arctic is underfrom global warming and we must act faster.
3	They managed to get the cows off the track and not a too soon – a train was coming.
4	Unfortunately,has already run out for some species and they're now extinct.
5	Your window of to get the tickets is short, so you'd better hurry.

video conference calls

11 Choose the correct words to complete the text.

My ¹ **internet connection** / **volume** has never been great, but today my screen was ² **muted** / **frozen** from the start of the call, and it was almost impossible to carry on. The ³ **link** / **host** of the meeting was getting really annoyed and had to ⁴ **invite** / **get in** me back several times. When everything was working, there was either an ⁵ **echo** / **internet connection** or there was a ⁶ **link** / **delay**, so I kept speaking over people.

collocations with get and take

12 Complete the sentences with the correct form of get or take.

1	I'm sorry, but you've that completely wrong. I've never even been here before.
2	Please don't this personally, but I don't think that colour suits you.
3	I wish I'd stayed at home. I soaked on the way to the station.
4	Let's watch something nice on TV andyour mind off things for a while.
5	Are you glad you've all that off your chest?

idioms: regrets

13 Match the idioms (1–5) with the definitions (a–e).

- 1 be a piece of cake
- 2 a blessing in disquise
- 3 miss the boat
- 4 the grass is always greener on the other side
- 5 not be (someone's) cup of tea
- a lose an opportunity
- **b** not be a favourite or well-suited thing or activity
- c something that seems bad but later seems good
- d be very easy to do
- e a situation seems attractive but may not really be

collocations with go, have and make

14 Complete the sentences with the correct form of go, have and make.

1	and my brother a bedtime story at night.
2	I don't much in common with my sister but we get on well enough.
3	These wardrobe instructions don'tsense. Where does this piece go?
4	Unfortunately, the trip didn'taccording to plan. We kept missing transport connections.
5	Everything wrong yesterday: my car broke down, I was burgled and I lost my purse!

prepositional phrases

15 Complete the sentences with the phrases in the box. There are two extra phrases.

5 Those children are completely

need to be taught how to behave properly.

	at least at the same time by far in fact in order to on the whole out of control
	make sure the parcel arrives tomorrow, you'll have to send it with our special service. I like Tim, but I don't really get his sense
3	of humour the best way to keep rice fresh is to freeze it as soon as it's cooked.
4	three students in my class have the same bicycle and it gets a bit confusing.