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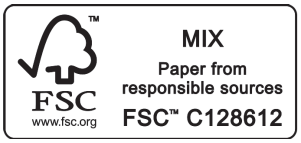
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1A

Vocabulary

Free-time activities

1 Replace the words in bold with the words and phrases in the box.

fancy grew on me hopeless hype
is very encouraging let off steam
nothing beats taken to

1 I didn't like fishing at first, but it **became more and more likeable** _____.
2 I'm really stressed out. I need to **get rid of this energy** _____.
3 My brother loves surfing, but I've never **begun to like** _____ this sport.
4 I **feel like** _____ doing something fun later. What do you think?
5 I'm **very bad** _____ at baking. Can you make the cake?
6 My art teacher **gives me a lot of confidence** _____ about my creativity.
7 I like watching cycling, but **there isn't anything better than** _____ _____ cycling yourself.
8 I got sucked in by the **exaggeration used to promote it** _____ and gave it a try.

2 Complete the conversations using the prompts in brackets.

1 A: What _____ (you / fancy / do) this evening?
B: Something energetic. I'm furious with my boss and need to _____ _____ (let / steam).
2 A: I don't know why I'm taking this course. I'm _____ (hopeless / it).
B: But you're improving little by little. That _____ (encouraging).
3 A: I thought I'd love karate from the start, but it took me a while to _____ _____ (take / it).
B: Yeah, I know what you mean. I wasn't keen at first, but it's definitely _____ (grow / me).
4 A: _____ (beat) a lazy Sunday morning.
B: No. It's the only part of the week when I can completely _____ _____ (switch).

Grammar

Cleft sentences

3 Complete each sentence with one word.

1 _____ I've discovered since starting yoga is how stressed I am.
2 The most important _____ I've learnt doing judo is discipline.
3 One thing I _____ understand about cycling is why people who aren't racing wear those tight clothes.
4 What I love the _____ about cooking is the idea of feeding people.
5 _____ best thing about gardening is seeing your plants grow.
6 Model making is easy, but _____ it does is help you switch off.
7 The thing _____ I dislike most about crosswords is getting all but one answer.
8 What I dislike about hiking _____ when it suddenly starts to rain.

4 Put the words in the correct order to make sentences.

1 love about / thing / about / is / I / the / online gaming / teamwork
_____
2 is / about games / don't understand / their addictive quality / the thing / I / that
_____
3 found / how friendly / what / when playing online / people are / is / I've
_____
4 like most about gaming / I / ability / the thing that / to switch off / is / the
_____
5 is / different worlds / enjoy / exploring / I / what / doing
_____
6 dislike / how much time / is / it takes up / what / I
_____

5 Complete the cleft sentences using the words in brackets.



Phil P Yesterday at 10.21
In an attempt to get fit, I'm going to take up running and try to do a 5 km run in July. While I'm looking forward to it, what [1] _____ (worries) I'm 45 years old and have never actually done much running. How can I make sure I don't make a fool of myself at the race? All tips gratefully received!

Comments

Marcela K 10.33
The [2] _____ (helped) was an app. It told me how far to run every day so I could build up my distances over a few weeks.

Elsi R 11.42
I took up running in my 40s, too. What [3] _____ (found) my body wasn't as strong as it was in my 20s. I tried running every day but in the end had to take two days' rest a week to let my muscles mend.

Benji W 12.06
I gave it a go a few months back but didn't last long. I just didn't have the motivation. What [4] _____ (suggest) getting a running partner. That way, you can't make excuses when you just don't fancy it.

Willis S 15.17
One thing I did when I started running [5] _____ (alternate) walking and running until, eventually, I could run all the way. What [6] _____ _____ (great) was that I could take it step by step – literally!

1B

Vocabulary

Helping people

1 Match the sentence halves.

1 Ric just asked for ____
2 My brother has been a real ____
3 I had to pull ____
4 I can't find my phone and am getting ____
5 I'm sorry to say that we're mourning ____
6 Mohammed always acts as a ____
7 The B&B was fantastic, so we gave them a rave ____

a over with a flat tyre earlier.
b the loss of our grandfather.
c the bill.
d desperate now.
e review.
f comfort to me since I got sick.
g mentor to new apprentices.

2 Choose the correct option a, b, c or d.

1 **A:** I've got tickets to a local gig tonight. Do you want to come?
B: Oh no, I've just offered to babysit for my sister. What a shame. I don't want to [1]____ her down now I've agreed to it.
2 **A:** Bill, can I ask you to share your computer [2]____ for a minute? I can't work out how to add a new account.
B: No problem. Happy to help.
3 **A:** Have we got enough petrol?
B: Yeah, don't worry. We won't run out and be left [3]____ on the side of the motorway.
4 **A:** The engineering company down the road is [4]____ an apprenticeship if you're interested.
B: Oh, right. Yeah, I am.
A: I know the boss. He's a great [5]____ to all the young employees. I'll put in a good word for you.
5 **A:** I saw Mary the other day. She's still feeling [6]____ .
B: It's not surprising really. It's only been a year since she lost her husband.
A: She said her kids have been a real [7]____ to her, but she still feels lonely.

1 a make b allow c let d permit
2 a understanding b information c familiarity d expertise
3 a lost b stranded c abandoned d homeless
4 a presenting b giving c offering d providing
5 a guide b mentor c helper d coach
6 a down b unsatisfactory c unwanted d sympathetic
7 a ease b calm c advantage d comfort

Grammar

Narrative tenses

3 Choose the correct alternatives.

1 How long *did you live/had you been living* in London when you decided to move?
2 I was sure that Jason and I *had met/were meeting* on a previous occasion.
3 We *tried/were trying* to get the photocopier to work yesterday, but couldn't manage it.
4 Steve gave us a call when his plane landed to say he'd *arrived/been arriving*.
5 Neither driver *had driven/was driving* very fast when the accident occurred.
6 My mum *was going/went* to find a new skirt while I looked for some new sunglasses.

4 Correct the mistake in each sentence.

1 We were just got onto the motorway when we heard there was a five-hour traffic jam up ahead.
2 I looked up and was seeing a huge bird heading towards my ice cream.
3 Greg had been sitting at the computer for hours before he'd finally been realising the time.
4 We were asking Mariella to help us, but she refused.
5 I looked everywhere for James, but he was already leaving.

5 Complete the comments with the correct past form of the words in the box.

buy drive find out have lose not/get raise sleep support

Community Challenge Awards

We're giving awards to those people in our area who helped to make our community a better place to live last year. Who do you think deserves an award and why? Tell us here.

I'd like to nominate my 16-year-old sister Sabeena. Last year, she [1]_____ that she was losing her hearing. She [2]_____ angry or go into a depression. Instead, she organised several events and [3]_____ over £25,000 for a children's charity she [4]_____ for years. Pretty special, I'd say.

Rohan

Before my colleague Mikael first came to work with us, he [5]_____ a bad year. He [6]_____ his job and home in the same week and [7]_____ rough for a few days. My boss saw him on the streets one day and gave him a job and a place to stay. Once Mikael was back on his feet, he wanted to help others, so last year he [8]_____ an old bus with his savings, and put some beds and a heater in it. On cold winter evenings, he [9]_____ round the area, offering homeless people a place to sleep. All that after a full day's work!

Carlin

1C

Vocabulary

At work

1 Complete the phrases with words in the box.

and on about something at someone fault
into little pieces meeting the finger of blame
up with a solution workers

1 be at _____
2 come _____
3 fellow _____
4 go on _____
5 have a go _____
6 point _____
7 a pointless _____
8 smash something _____

2 Choose the correct alternatives.

1 What a surprise! The photocopier's *at fault/jammed* again.
2 My boss consistently *distracts/undermines* my work.
3 Two phones and a tablet? How many *gadgets/tools* does one person need?
4 Has anyone *come/gone* up with an idea for the party?
5 I had a *go/try* at Jen today for bringing in stinky food!
6 Don't point the *finger/hand* of blame at me. I didn't do it!
7 No one's *at/in* fault. It's just one of those things.
8 Stop *coming/going* on and on about the meeting. It wasn't that bad!

3 Complete the conversation with phrases in the box.

at fault came up with distracts fellow workers
going on and on had a go at irritation
pointed the finger of blame pointless
smashing it into little pieces

My work is driving me mad.

Why?

Edie keeps [1] _____ about how she gets all the boring work when it's not true.

That's annoying. Does she moan to your [2] _____ or just you?

Just me! It's a minor [3] _____, I guess, but she [4] _____ me from my own work. Still, it's not as bad as all the [5] _____ meetings I have to attend!

My boss [6] _____ me today about a mistake with an order. I don't think that I was [7] _____, but a colleague [8] _____ at me.

That's not nice.

I know. I [9] _____ a good solution and was just fixing it when my computer crashed. Honestly, I was very close to [10] _____.

Language focus

Exaggeration

4 Match the sentence halves.

1 I'm starving. Seriously, ____
2 I'm not walking. It's miles ____
3 Phew! It's like ____
4 I've told you time ____
5 It looked as if ____
6 Stop distracting ____
7 That cloud is like ____
8 He still forgot his hat. Honestly, I ____

a his head was going to explode.
b an oven in here.
c me every ten seconds.
d must have reminded him a million times!
e and miles away.
f I could eat a horse.
g and time again not to do that!
h a big fluffy pillow.

5 Complete the conversations with one word in each gap. The first letter is given.

1 A: What's for supper? I'm [1]**d**_____ of hunger.
B: Me too. Let's get a takeaway. I could [2]**m**_____ a kebab.
2 A: All he does is go on and on about his ex-girlfriend. He's [3]**l**_____ a broken record.
B: Hmm, not what you want from a new boyfriend, is it?!
3 A: Stop messaging me [4]**e**_____ five minutes, Mum!
B: But I haven't seen you for weeks and [5]**w**_____. I worry about you.
4 A: I laughed and [6]**l**_____ when Tom got wet.
B: I know, me too. He [7]**l**_____ like a drowned rat.

6 Complete the second sentence with the word in brackets so that it's an exaggerated version of the first.

1 It's cold in here.
It's _____ in here. (Arctic)
2 I'm really bored today.
I'm _____ today. (dying)
3 I've been sitting here for a long time.
I've _____. (hours)
4 Dan was really angry.
Dan looked _____ me. (kill)
5 I would love a cup of tea.
I _____ a cup of tea. (murder)
6 The library's really far from here.
The library's _____ here. (miles)
7 Andrea is always talking about her famous uncle.
Andrea always _____ about her famous uncle. (on)
8 I've called the company lots of times but I can't get through.
I've called the company _____ but I can't get through. (again)

1D

Vocabulary

Fights and disputes

1 Complete the sentences with words in the box.

blows clear compromise escalates made quarrelling side terms

1 Whenever Tamara and I argue, you always _____ with her.
2 I can hear the neighbours _____ again.
3 Sam and I had a huge fight yesterday, but we _____ up today.
4 I think we need to talk and _____ the air.
5 Let's all calm down before this argument _____.
6 My brother and I haven't been on speaking _____ for quite some time.
7 I don't agree with your plan, but I'm willing to _____ so we're both happy.
8 We had a big argument and almost came to _____.

English in action

Negotiate solutions to disputes

2 Put the words in the correct order to make sentences and questions.

1 me / got / kidding / to be / you've
_____
2 all of this / sorry / I'm / awfully / about
_____
3 to step aside / have to / I'm / ask you / going to
_____
4 shout / you / please / at me / not / could / ?
_____
5 whoever's / talk to / we / in charge / could / ?
_____
6 a way / to reach / must be / a compromise / there
_____
7 at the moment / the manager / afraid / isn't around / I'm
_____
8 any easier / you're / not / this / making / really
_____

3 Choose the correct alternatives.

1 I know this isn't *down/over* to you, but it's unacceptable.
2 With all due *respect/honour*, that's your problem.
3 I do *learn/understand* that you might be upset, but please calm down.
4 Is there really *anything/nothing* you can do?
5 Please don't *lift/raise* your voice at me. I'm just doing my job.
6 There must be some *failure/mistake*.

4 Complete the conversations with phrases a–e. Decide if the phrases seek compromise (S), express annoyance (E) or deal with anger (D).

1 A: I'm afraid the toy you want is out of stock.
B: But I promised one to my niece. If I turn up empty-handed, she's going to be devastated. [1]____?
2 A: I'm sorry, sir, but we don't have a record of your booking and we're fully booked for the whole weekend.
B: [2]____! I definitely booked and have the confirmation email here to prove it.
3 A: Your chef's food was some of the worse I've ever eaten and you want to charge me this much?
B: [3]____, madam, I'm sure we can sort this out.
4 A: If you didn't tell us that you were vegan when you booked your seat, then I'm afraid we won't have a vegan meal for you.
B: [4]____ have a vegetarian meal, instead?
5 A: This is unacceptable. [5]____, please?
B: I'm afraid the manager's not around at the moment.

a You've got to be kidding me ____
b Well, would it be possible to ____
c Is there really nothing you can do ____
d Could we talk to whoever's in charge ____
e If you could just try and calm down a bit ____

5 Complete the conversation using the prompts in brackets.

A: I bought this vacuum cleaner last week. I was told it'd pick up cat hair, but it doesn't. I'd like a refund, please.
B: I'm sorry, we can't offer one. The vacuum cleaner isn't actually faulty.
A: [1]_____ (you / kidding)! One of your colleagues recommended it. It's not my fault I bought it.
B: [2]_____ (sorry / this), but it's our policy.
A: Well, it's a bad policy. [3]_____ (talk / whoever / charge), please?
B: [4]_____ (afraid / manager / around) at the moment.
A: Well, this is completely unacceptable. I can't afford to buy a vacuum cleaner that I only use four times!
B: [5]_____ (understand / might / upset), but [6]_____ (please / not shout)?
A: Sorry. I know [7]_____ (it / not down / you) personally. There [8]_____ (must / way / reach / compromise)



1

Reading

1 **Read the title of the article on page 9. What do you think the article will be about?**

a Acts of kindness which hadn't been necessary.
b Acts of kindness which didn't end well for the helper.
c Acts of kindness which weren't actually very helpful.

2 **Now read the introduction to the article and check your answer.**

3 **Match the stories in the article with headings a–d.**

Katy ____
Amir ____
Mason ____
Sophia ____

a Never employ a friend.
b Getting into trouble at work.
c A good night ruined.
d A costly favour.

4 **Read the article again. Which writer ...**

1 made a decision based on a family resemblance? ____
2 helped someone with no pause for thought? ____
3 provided more than usual in his/her role? ____
4 was happy to provide a service due to being nearby? ____
5 attempted to justify his/her version of events? ____
6 misplaced his/her trust in someone? ____
7 was unable to claim financial compensation? ____
8 has a suspicion about a person's behaviour? ____

5 **Complete gaps 1–4 in the article with the sentences. There are two extra sentences.**

a Either way, it put me off doing good deeds in future.
b No one was to blame except me, but it was still infuriating.
c It cost me more than money.
d I made sure I stuck to company policy after that.
e It took me a while to get over that both personally and commercially.
f I would never admit such an error again.

6 **Find these words/phrases in the article. Then match them with their definitions below.**

abandoned claim for something on insurance con decent gutted loaded peeked piled up

1 good and honest ____
2 devastated ____
3 left by its owner ____
4 get money by deceiving someone ____
5 arranged several things on top of one another ____
6 put a large quantity of something into a vehicle ____
7 looked quickly at something you shouldn't see ____
8 officially demand money from a company you pay money to regularly in case something bad happens ____

7 **Complete the stories with the correct form of the words/phrases from Exercise 6.**

Alice, today
I took an [1] _____ cat home to feed it. It ended up jumping on top of my TV and knocking it over. The screen smashed and I had to [2] _____ .

Mubarak, today
There was a guy collecting money for charity in town last year. He looked [3] _____ and it was a really good cause so I gave him £20. That was a lot of money for me at the time. Anyway, I later found out that he didn't work for a charity at all and had [4] _____ me out of my money. I was [5] _____ .

Cameron, yesterday
I helped a guy [6] _____ a TV onto a van. After he'd driven off, I found out that the guy was a burglar and I'd just helped him to steal it.

Maddy, yesterday
I [7] _____ at my elderly neighbour's bills which were all [8] _____ on her kitchen table. They were all late demands, so I took photos of them and paid them all for her. She was furious with me when she found out and never spoke to me again.

When a good deed backfires

No good deed goes unpunished, or so the saying goes. Here, four people share their experiences of when their kindness blew up in their faces.

Katy



A colleague asked me to help her move some stuff from her old place to her new place. Her car was in the garage for days, so she couldn't do it herself. As she didn't live far from me, I agreed. The day in question started off well. We loaded all her boxes in my car, drove the short distance to her flat and then piled them up in her flat. Easy. Unfortunately, as I was reversing out of the car parking space behind her flat, I hit a low wall that I hadn't noticed and caused £450 worth of damage to my car. As I was at fault, I couldn't claim for it on the insurance without losing my no-claims bonus, so I ended up having to pay it myself. [1]_____

Amir

Some mates and I were on our way to a club when we saw an abandoned wallet. We peeked inside to see if we could see any identification and managed to find a telephone number. Without hesitation, we called it and arranged for the owner – who was really grateful by the way – to come and pick it up. When she arrived, she immediately opened up the wallet and accused us of stealing £300. There'd been no cash inside and we told her that, but she claimed not to believe us. She called the police and we spent an hour getting questioned. Fortunately, the officers believed us and we were released. To this day, I still don't know if she was trying to con us into giving her money, or whether someone else had taken the money. [2]_____

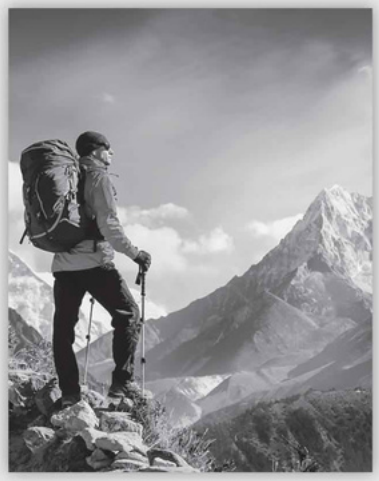
Mason

I run my own company. One day, an old friend from university got in touch. He was having a hard time and was desperate for some work. He was a decent guy, so after some consideration, I created a position for him and offered him a good salary and the use of a car. Over the next few years, I went out of my way to help him. I gave him several bonuses and also lent him money when he and his partner were struggling financially. After about four years, he called me up to tell me that he'd had a job offer elsewhere and would be leaving. I was gutted. Not only was he supposedly a friend, but he was also a really good employee and it'd be hard to replace him. I threw him a huge leaving party on his last day. A week later, I discovered that he'd taken half my clients with him. [3]_____

Sophia

I was working in a shop when an old man came in and tried to buy a pair of orthopaedic slippers with a voucher. I wasn't supposed to accept it, but he reminded me of my grandad, so I let him do it. It didn't make all that much difference to the company and the guy looked like he really needed them. Anyway, a week later, my manager called me into his office and had a go at me for breaking the rules. Apparently, the man had come in a few days later, asking for a refund. As soon as my boss saw the receipt, he knew what had happened. I tried to explain my side of things, but he was having none of it. The meeting ended with me getting an official warning, which went on my record. [4]_____

1



Listening

1 1.01 **Listen to the first part of a radio discussion. What is your answer to the question?**

2 1.02 **Listen to the full discussion. Are the sentences true (T) or false (F)?**

1 Bella says that people in their early 20s start to do things by themselves. ____
2 Richie says that people in their early 20s have enough money to have adventures. ____
3 The report suggests that people in their 30s enjoy having a routine. ____
4 Bella says that people with young children can only focus on a few things. ____
5 The research participants said they felt less physically able to do new things. ____
6 Bella says that people start to realise they might get injured when they're in their 50s. ____
7 Neuroscientists say that we don't make poor judgements until we become adults. ____
8 The main reason people over 50 are more active is because they are financially able to do more. ____

3 **Listen again and complete the sentences with the word you hear.**

1 That seems to be when we spread our _____ .
2 You don't usually have the _____ to go out and do all that much.
3 By the time you get to 30, you've _____ yourself at work and in your social life.
4 They can't just jump at the _____ of doing an extreme sport, for example.
5 We start to realise that doing something too adventurous could cause us _____ .
6 We probably haven't spent 30 years doing physically _____ manual labour.

4 **Match the phrases in the box with their definitions.**

cause harm establish yourself jump at the chance
physically demanding spread your wings the means

1 the money/income _____
2 eagerly accept to do something _____
3 needing a lot of effort from your body _____
4 start to have an independent life _____
5 set yourself up financially and professionally _____
6 make damage or injury happen _____

Writing

1 **Read the information and choose the correct alternatives.**

1 A *higher/lower* percentage of universities offer online lectures than don't.
2 Online lectures have proved *popular/unpopular* with students.
3 Lecturers *agree/disagree* about introducing online lectures.

A

65% of universities now offer online lectures, but are they more effective?

The government has announced that 65% of universities across the country now record lectures so that students can choose to watch them online, and 51% choose to do so. However, one study has revealed that students who watched the same lectures online were 11% less likely to gain a high grade than those who attended the lecture in person. They were also 14% more likely to drop out of the course.

B

Science department

	lecturers	management	students
Total	53	10	1,067
In favour	26	8	678
Don't know	3	0	32
Against	24	2	357

C

"Online lectures are great. You can watch them at a time convenient to you and you can pause them, go back and re-watch something you didn't catch, or pause it and look something up that you want to check. To be honest, I chose my university because they offered online lectures."



D

"For lecturers, it's much harder to form relationships with students who don't attend in person. We're unable to question them and check if they've understood the lecture or not. Additionally, if universities do away with in-person lectures altogether, it'll mean pay cuts for all the lecturers. That'll make life very difficult for them."



2 **Read a report by an employee at a university. What does the writer say the university should do?**

a Only provide online lectures.
b Temporarily offer in-person and online lectures.
c Only give in-person lectures.

Report on the proposal to introduce online lectures at West Anglia University

Introduction

The purpose of this report is to consider the advantages and potential problems of introducing online lectures for all students in the science departments of the university. As preparation for writing this report, research into the topic has been carried out and both staff and students have been interviewed.

Background

Currently, [1]**around two-thirds of universities offer online lectures** as an alternative to attending lectures face-to-face with around half of students choosing to watch them.

Potential advantages

• [2]**greater autonomy for students**

By having the choice of when to watch the lecture and how to watch it, students gain greater control over their learning.

• [3]**a reduction in costs**

This relates to the cost of paying lecturers. If the university moves towards having only online lectures, money will be saved at a time when funding is being cut.

Potential problems

• [4]**reduced connection between lecturers and students**

Both lecturers and students may feel they build less of a rapport when lectures are online and not face-to-face.

• [5]**possible reduction in quality**

Research has shown that students who watch lectures online are more likely to withdraw from the course and may be less able to obtain a high grade.

Views of staff and students

[6]Management were overwhelmingly in favour, as were the majority of students. Lecturers were almost evenly split. [7]Some lecturers were concerned that moving towards a model of online lectures only would reduce their income.

Conclusions and recommendations

Considering all of the above, it is recommended that a one-term trial of online lectures be introduced for the science department, after which research can be conducted to find out how successful they are. If they prove to be effective, they can continue to be offered, with a view to moving to online only lectures in 2–3 years' time.

3 **Read the report again. Are the sentences true (T) or false (F)?**

1 The report has clear headings. .....
2 The report uses informal, continuous text. .....
3 The report includes bullet points. .....
4 The report provides a one-side argument. .....
5 The report includes contractions (e.g. *isn't*). .....

4 **Match the parts of the report in bold 1–7 with texts A–D in Exercise 1. Then read the Focus box.**

Changing the register of spoken information

When taking information from various sources and putting it into a report or essay, it is important to express the information in the correct register. Spoken comments need to be expressed in a more formal register using reporting verbs such as *comment, suggest, be concerned* and *indicate*.

Some people commented/suggested that ...
A few people were concerned that ...
Several people indicated that ...

Prepare

5 **You're going to write a report. Read the information and plan arguments for and against the proposal.**

A company is looking into the possibility of closing down its office and asking all staff to work from home. The managing director of the company has asked you to conduct research and write a short report about the topic. Your report should include details of the results of your research and a recommendation.

	management	employees
Total	6	28
In favour	4	12
Don't know	0	2
Against	2	14

'I think it'll save us money on office costs, but it's going to be harder to get teams together to discuss work.'
Manager

'Working from home means no commute, saving time and money. However, I might get distracted!'
Employee

Research has shown that employees are more productive at home, despite the fact that there may be distractions.
Academic research paper

Write

6 **Write your report. When you have finished, check these things and edit your report if necessary.**

The report has clear headings. ☐
It has an introduction, main body and conclusion. ☐
There is a balance of views and a recommendation. ☐
The report uses an appropriately formal register. ☐
It includes bullet points, where appropriate. ☐

2A

Vocabulary

Injuries and illnesses



1 Choose the correct alternatives.

1 Smith is severely injured and will be out of *action/activity* for a while.
2 I banged my arm and now it's black and *blue/green*.
3 Lara walked into a glass door and was out *chilled/cold* for a minute.
4 I think I've come down with a stomach *bug/disease*.
5 My skin feels really *itchy/scratchy* and I don't know why.
6 The heart pumps blood to all our *instruments/organs*.
7 Maddy fell off her horse and has had a *skin/spinal* injury ever since.
8 My dad wakes up with *rounded/swollen* joints every day.

2 Complete the conversations using the prompts in the box.

bash / head come down / bug get / pain / joints
it / irritating / skin mobility / really / restricted
strain / muscle suffer / kidney / failure black / blue

1 **A:** Why are you limping?
B: I think I _____ in my thigh.
2 **A:** My brother's _____ at the moment.
B: Oh no! How awful! Is he going to get a transplant?
3 **A:** Your sister was telling me that she often _____.
B: Yeah. She developed arthritis when she was in her 30s.
4 **A:** I spent half the night vomiting. I think it's food poisoning.
B: Or you could have _____.
5 **A:** Call an ambulance! Dan's out cold.
B: I saw him _____ on the cupboard door, but I didn't see him fall.
6 **A:** This material is really itchy.
B: Yes, it looks like _____.
7 **A:** The kids are play fighting outside.
B: They'll be _____ later.
8 **A:** My mum's _____ these days.
B: Does she have someone to help her get around?

Grammar

The future seen from the past

3 Complete the sentences with the words in the box.

about feeling just to were would

1 I was _____ about to leave work when I got the phone call.
2 You've lost your brand new phone? I had a _____ this would happen.
3 We knew it _____ all work out OK and it did!
4 We thought we _____ going to be lost forever, but we found our way home.
5 Tom was just _____ to ask me to marry him when I suddenly came down with a stomach bug. Awful timing!
6 We were due _____ sign the contracts, but the buyer decided to withdraw his offer.

4 Complete the posts using the prompts in brackets.

The best-laid plans ...

We [1] _____ (just / about / get) in our car and head to the airport for a much-needed weekend away when we got a call to say Mai's father was ill and needed her help. Mai [2] _____ (thought / must) seriously ill but when she got there, she discovered he only had a cold. We'd been planning the trip for ages, so you can imagine how disappointed we were. The best-laid plans of mice and men often go awry, as Robert Burns once said. Has anything like that happened to anyone else?

Charlie
I [3] _____ (about / eat) the most delicious-looking ice cream when a bird swooped down and knocked it out of my hands. That was disappointing.

Natalia
I really wanted to see a particular singer in concert, so I spent hours queuing for tickets. I [4] _____ (not sure / get) one because the queue was long, but I was totally gutted when the person in front of me got the last one.

David
We [5] _____ (knew / it) difficult to get all the guests to our wedding when we chose to have it on a remote Scottish island. However, we didn't predict that the ferry would break down and no one would be able to get there!

Mum
I [6] _____ (due / start) the career of my dreams when I found out that you would be coming along in nine months. I don't regret it for a minute (most of the time!).

2B

Vocabulary

Charities

1 Complete the sentences with a word related to charities. The first letter is given.

1 Companies can **e**_____ women by giving equal pay.
2 The government is trying to encourage more **s**_____ development in the city.
3 My job is to **l**_____ government and persuade ministers to spend more on healthcare.
4 Harry has been **c**_____ for the protection of endangered animals for years.
5 We need to do more to raise people's **a**_____ of homelessness in the city.
6 Citizens are trying to **r**_____ the neighbourhood from local gangs.



2 Choose the correct option a, b, c or d.

Fair Labour for All!

This charity aims to [1]____ the problem of poor working conditions. We offer support to men and women around the country who find themselves working for wages lower than the recommended legal wage. As these people often come from places that suffer from social and economic [2]____, they aren't always able to give up their work without financial consequences. For this reason, we invest time and money in helping them find alternative work. We also have [3]____ in educating people.

We raise awareness of poor employment conditions among local communities. We also try to [4]____ people to bring up issues with their employers, especially women more often affected by poor conditions. Last year, we campaigned to save a group of female employees working in terrible conditions and were successful. Finally, we [5]____ the government for rights for all workers, which is a very [6]____ cause.

1 a battle b handle c tackle d cope
2 a deprivation b disadvantage c detriment d distress
3 a education b expertise c ability d skill
4 a empower b allow c control d qualify
5 a lobby b influence c convince d motivate
6 a expert b due c well-earned d worthy

Grammar

Double comparatives

3 Correct the mistake in four of these sentences.

1 The old I get, the slower my body becomes.
2 It's strange. The more tired I feel, less sleep I seem to get.
3 The fewer hours I work, the less stress I have.
4 The more I use a computer, the bad my eyesight gets.
5 Is it true that faster the car, the more petrol it uses?
6 The quicker we walk, the sooner we'll get there.

4 Complete the conversations with one word in each gap.

1 A: I hope there aren't too many people at the party.
B: I disagree. The _____ the crowd, the _____ fun it is.
2 A: I can't seem to get my fingers in the right place to play the right notes.
B: Don't worry. The _____ you practise, the _____ it gets.
3 A: I haven't heard from Tom today. I think I'll message him again.
B: The _____ you message him, the _____ likely he is to reply. He'll think you're bothering him.
4 A: Do you need any more volunteers for the clean-up?
B: Yes, please. The _____ people we have, the _____ we'll get done.
5 A: How can you work with such a messy desk?
B: Haven't you heard? The _____ your desk, the _____ creative you are. Research confirms it!
6 A: I work faster when I have a deadline coming up.
B: Me too. The _____ I have to get a report done, the _____ time it seems to take.

5 Complete the second sentence so that it means the same as the first.

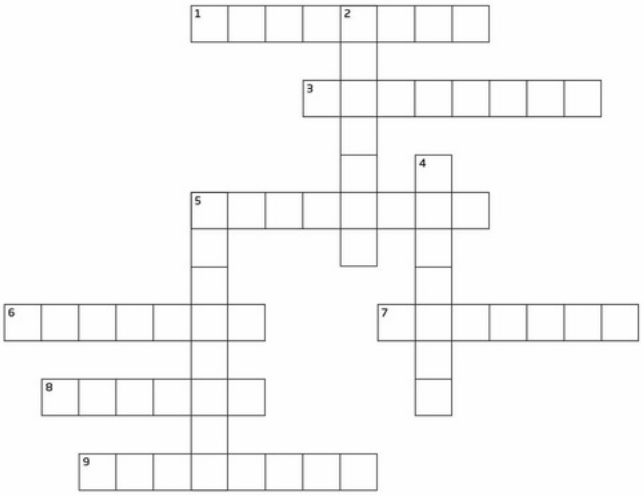
1 If you put in more effort, the results will be better.
The more _____ results.
2 If we don't argue much, we'll be happy.
The less _____ we'll be.
3 If you keep ignoring Sam, it'll be miserable for you.
The more _____ it'll be for you.
4 At some restaurants, when you pay more, the meal is actually smaller.
At some restaurants, the more _____ the meal.
5 If we walk faster, we're likely to catch the 9.15 bus.
The faster _____ catch the 9.15 bus.
6 It's good for me when there aren't many people here.
The fewer _____ it is for me.

2C

Vocabulary

Urban change

1 Complete the crossword.



Across

1 Not considered useful because it's old-fashioned.
3 In a situation where you can't pay what you owe.
5 Take control of something. (4/4)
6 Decrease in quality, quantity or importance.
7 Return something to its former state.
8 Become smaller in amount, size or value.
9 Completely destroy a building.

Down

2 Go away from a place permanently.
4 Fail to look after something properly.
5 Become something different. (4/4)

2 Complete the article with a word in each gap. The first letter is given.

A city of broken dreams

When the city of Detroit went [1]**b**_____ in 2013, people were shocked at how a world-famous urban centre could end up in such dire straits. The city was synonymous with the automobile industry and had attracted hundreds of thousands of workers from around the world in the early 1900s. Unfortunately, the crash of the 1930s, followed by the fact that car manufacturers started to move their business away from the area in the 1940s, was the beginning of the city's problems. The demand for workers [2]**d**_____ and the population [3]**s**_____ from almost two million to just under 700,000 between 1950 and 1980. The once very wealthy city had [4]**t**_____ into an example of urban decay. Homes were [5]**a**_____ and grand buildings which had stood tall in the 1930s were now [6]**n**_____ and unused. The discussion about whether to [7]**d**_____ those buildings still continues, but there are efforts today to [8]**r**_____ them to their former glory.

Language focus

Negative questions

3 Match the comments with the negative questions. Choose the correct alternatives in the questions.

1 I don't live all that close to here. .....
2 I haven't done any exercise for ages. .....
3 I'll have the chicken, please. .....
4 I bumped into Maggie Statham the other day. .....
5 It's freezing in here. .....
6 I need to do Rachel's washing. .....
7 I think I'll have an early night tonight. .....
8 I think I'll have a coffee. .....

a Really? *Isn't/Wasn't* she your boss at one point?
b *Aren't/Don't* you a vegetarian?
c *Won't/Isn't* the heating on?
d *Aren't/Don't* you going to stay up and watch the football?
e *Don't/Weren't* you play for the local basketball team?
f *Can't/Hasn't* she do it herself?
g *Isn't/Won't* it keep you awake?
h Oh right. *Didn't/Don't* you use to live in Broad Street?

4 Complete the negative questions with the correct verb.

1 A: This restaurant looks familiar.
B: _____ you eaten here before?
2 A: Those flowers are lovely.
B: Yeah. _____ you want to know who they're for?
3 A: I like your new sofa.
B: Really? _____ you think it's too big for the room?
4 A: I never took driving lessons when I was younger.
B: _____ you want to learn?
5 A: I don't have much free time tomorrow.
B: _____ you have time to see Jim?
6 A: Whose car drove past just now?
B: _____ it Kim's?

5 Make negative questions using the prompts in brackets.

1 A: Do you fancy getting a coffee?
B: _____?
(the café / closed / now)
2 A: Dan's not here to close the shop.
B: _____?
(can / you / do)
3 A: You look familiar. _____?
(be / you / here / yesterday)
B: No, it must have been someone who looked like me.
4 A: My parents looked really unhappy after their holiday.
B: Why? _____?
(like / it)
5 A: I think my wife's forgotten my birthday this year.
B: Really? _____?
(she / say / anything / yet)
6 A: I think Ali and Petra already know each other.
B: _____?
(university / together)

2



Listening

1 2.01 **Listen to a radio discussion about renovating historical buildings. Choose the topics that are mentioned.**

- architectural features ☐
- cost ☐
- country living ☐
- culture ☐
- housing ☐
- tourism ☐

2 Listen again and choose the correct option a, b or c.

1 With regards to renovating historical buildings, Paula says that
   a the cost is insignificant.
   b the building type is unimportant.
   c the age of the building is a major concern.
2 Daniel believes that building renovation
   a leads to increased poverty.
   b results in a waste of money.
   c causes us to look backwards.
3 Paula says that we can learn from
   a the architecture of a building.
   b the actions that people in the past took.
   c the décor inside of a building.
4 Daniel says that building new homes is vital because
   a city homes are unappealing to people.
   b overcrowding is an issue.
   c current housing is of poor quality.
5 Paula and Daniel agree that
   a historical buildings form part of a culture's heritage.
   b people should take priority over buildings.
   c making the decision not to renovate cannot be overturned.
6 Paula and Daniel disagree that
   a there is economic value to maintaining historical buildings.
   b renovating buildings can instil a sense of pride in the area.
   c buildings in the past are more attractive than buildings today.

3 Listen again and complete each sentence with the word you hear.

1 We all sat in _____ as we watched flames destroy parts of the much-loved Notre Dame cathedral.
2 I'm absolutely in favour of _____ and maintaining historical buildings.
3 Cost is a huge _____ but personally, I think how much we have to spend is irrelevant.
4 Historical buildings are often grand and beautiful, externally and _____ .
5 That kind of _____ is invaluable.
6 This too often results in people being _____ into small spaces.
7 We can demolish it and _____ up land.
8 Surely, this is a huge _____ in the debate.

4 Match the words in the box with their definitions.

consideration externally free up huge factor in horror insight internally invaluable renovate squash

1 repair an old building or furniture so it's in good condition again _____
2 on the inside _____
3 careful thought and attention _____
4 a big thing that influences a situation _____
5 on the outside _____
6 push into a space that's too small _____
7 a deep understanding of something _____
8 with a strong feeling of shock or fear _____
9 extremely useful _____
10 make available _____

5 Complete the sentences with a word in each gap. The first letter is given.

1 We should first **f**_____ up land that has old buildings which are not of historical importance.
2 It can cost millions to **r**_____ an old building so it looks new again.
3 Historical buildings can give us some **i**_____ into how people lived.
4 Money is a **c**_____ in almost every decision we make.
5 Our history is an **i**_____ part of our identity today that we must protect.
6 About five families were **s**_____ into this house in the 1900s.
7 I watched in **h**_____ as the arts building burnt down.
8 The age of the building can be a huge **f**_____ in terms of the cost of renovation.

2

Reading

1 **Read the heading and introduction to the article on page 17. What injuries are people going to describe?**

a Serious, life-threatening injuries
b Injuries caused by themselves
c Minor injuries that heal quickly

2 **Which writer(s) ...**

1 wanted to share an experience with someone? _____
2 was taken by surprise by the weight of something? _____
3 didn't use to pay attention to the findings of researchers? _____
4 suffered from an injury usually associated with a more serious situation? _____
5 lost consciousness? _____, _____
6 made the same mistake twice? _____
7 states that they had help from medical staff? _____, _____
8 were forced to remain in one place for a while? _____, _____
9 tried to move something around?
10 thinks experts should provide different advice. _____

3 **Answer the questions. Write no more than three words from the article for each answer.**

1 What injury did Mick suffer? _____
2 What did Ahmed see when he became conscious again? _____
3 When did Kat gain weight? _____
4 What did Hannah and her children draw on the ground? _____
5 What did Andy think he saw when he saw his toe? _____
6 What did Andy actually see when he saw his toe? _____
7 What did Cara need after her injury? _____
8 What was Max going to do just before he had his accident? _____

4 **Match the definitions with words/phrases in the text.**

1 hit an object or surface violently and breaking something (Ahmed and Steph) _____
2 made someone/yourself unconscious (Ahmed) _____
3 became conscious again (Ahmed) _____
4 injure a part of your body which helps you move (Kat) _____
5 hurt a joint by turning it too suddenly (Hannah) _____
6 suddenly became unconscious for a short time (Andy) _____
7 the things used to sew a wound together (Andy) _____
8 tore or broke into two separate pieces (Steph) _____
9 broke, making a small line (Steph) _____
10 hit something hard (Max) _____

5 **Complete the stories with the correct form of the words from Exercise 4. The first letter is given.**

'I tripped over absolutely nothing and [1]**t**_____ my knee while walking from my bedroom to my bathroom. The pain was so bad that I [2]**f**_____ for maybe a minute and then [3]**c**_____ to on my bedroom carpet.'

'I walked through the open exit of a building only to find it was actually a closed glass door. My nose [4]**s**_____ into it first and broke. Fortunately, I didn't [5]**k**_____ myself [6]**o**_____.'

'I [7]**p**_____ a muscle in my back picking up a cup of coffee from a coffee table.'

'I [8]**s**_____ my head on a kitchen cabinet while reaching for my secret box of chocolates. I [9]**s**_____ my head open and needed six [10]**s**_____.'

It shouldn't be funny, but ...



Make no mistake, if there's a stupid way to injure ourselves, we'll do it. Readers have been sharing some of their self-inflicted injuries. Here are some of the most amusing.

Mick I woke up in bed with a completely numb left arm. I grabbed it with my right arm and moved it around to get some blood back into it, but it was much heavier than expected. I promptly dropped it onto my face, giving myself a black eye.

Ahmed I pulled open a door with force while at the same time moving the top half of my body forward to start heading through it. What I failed to realise was that my foot was in the way, so the door hit my foot. I smashed my head into the frame and knocked myself out. I was out cold for about two minutes, apparently. I came to and saw several strangers peering over me.

Kat I'd put on a few pounds during a holiday and was horrified to discover that my jeans no longer fit me. I breathed in really hard so I could get the zip up. It worked! But I also managed to pull a muscle in my back and couldn't move for two days.

Hannah I persuaded my kids to play some old games from my own childhood. After a few different ones, we got some chalk and marked out a hopscotch grid on the pavement. My daughter went first, then me. I managed two hops before I twisted my ankle and had to stay in bed for a week.

Andy I dropped a carton of red grape juice on my toe. I screamed, more in surprise than in pain, but when I looked down, I saw blood pouring out. I fainted, hit my head on the floor and my flatmate had to call for an ambulance. I needed ten stitches in my forehead. Turned out my toe was absolutely fine. The 'blood' was just juice leaking out of the carton.

Steph For a long time, I took my tablet to bed, ignoring the studies which say that it's not good for your sleep. Doesn't everyone? Anyway, I'd drop off with it in my hands and wake up with it next to me the next morning. One night, as my eyelids started to drop, I let go of my tablet and it smashed into my mouth. It split my lip and cracked my tooth. Maybe that's what scientists should be warning us about!

Cara I sneezed violently one day and gave myself whiplash, you know, the thing you get when a driver crashes into you from behind at a high speed. I needed ten sessions of physical therapy before I got back to normal.

Max Do you remember the scene in *The Simpsons* where Sideshow Bob is surrounded by garden rakes? He stands on one, it hits him in the face, he turns, stands on another and it does the same. Well, I was about to start gardening when I accidentally stood on the bottom of a rake. It sprang up, hit me on the face and broke my nose. I leapt back in pain, trod on a spade, which smacked me on the side of the head, forming a huge and sore lump.

2

Writing

1 Read the email. What does Linda want?

a Local chefs to provide cooking lessons for children.
b Help in providing kitchen equipment to local schools.
c Support with setting up cooking lessons for children without charge.

From: lindaroberts@cookingforkidz.uk
To: felipe.alcaraz@lamesa.uk

Dear Mr Alcaraz,

I know you, a successful local restaurant owner, can understand the importance of teaching children basic cooking skills.

Unfortunately, not all of the schools in our city have cooking facilities and are able to provide cooking lessons for their pupils.

That's why I've decided to use my skills as a nutritionist and chef to offer free cooking courses for 200 children in the area over the next 12 months. My scheme – Cooking for Kidz – aims to teach young people about nutrition, and how to make healthy, yet simple dishes.

As you know, education is a key factor in determining the choices a person makes about the food they eat. By helping children understand food better, I hope I can also help them to eat well as they grow into adults.

However, I cannot do this alone. I need help from kind and caring business people such as yourself so that I can provide the necessary kitchen facilities, equipment and food ingredients.

There are four ways that you can help me.
1 Provide a kitchen area where I can hold my lessons for free.
2 Donate second-hand, child-friendly kitchen equipment.
3 Donate ingredients each week with which the children can cook.
4 Donate money so that I can purchase equipment and ingredients myself.

If you are able to help me launch Cooking for Kidz, please get in touch at lindaroberts@cookingforkidz.com or call me on 07384 594821. Any donations will be gratefully received for what I'm sure you agree is a very worthy cause.

I'm looking forward to hearing from you!

Kind regards,
Linda Roberts
Director, Cooking for Kidz

PS I hope to launch the scheme as early as March, so please do get in touch as soon as possible.



2 Are the sentences true (T) or false (F)? Read the Focus box to check your ideas.

1 Linda uses the recipient's name in the email. .....
2 Linda makes it sound as if she and Mr Alcaraz share similar ideas. .....
3 Linda uses very formal language. .....
4 Linda uses long paragraphs. .....
5 Linda emphasises the importance of Mr Alcaraz's help. .....
6 Linda compliments Mr Alcaraz. .....

Building rapport in an email

When you ask someone to do something for you by email (or letter), it is important to establish rapport by making the recipient feel important and valued. This makes them more likely to agree to your request. You can establish rapport by email in several ways.

1 Personalise your emails to each recipient by including their name.
Dear Mr Alcaraz
2 Show that you believe the recipient shares your goals.
I know you can understand the importance of ...
3 Emphasise that the recipient's help is important.
I cannot do this alone ...
4 Compliment the recipient.
I need help from kind and caring business people such as yourself.

3 Put the words in the correct order to make sentences.

1 well-known / writing to / like yourself / people / we are

2 donations from / people like you / we / well-respected / rely on

3 concerned about / increasing pollution / we are / in our area / like you,

4 advance / thank you / generosity / your / in / for

5 need / desperately / we / support / your

6 I am sure that / to you / as a local citizen, / are a concern / arts funding / cuts to

7 cannot continue / your help / our organisation / without financial support / so we really need

8 you are aware, / in poverty / in our area / children living / there are / as I'm sure

4 Read the email opposite and complete the sentences with one or two words.

1 Roger's initiative is about picking up _____ from the streets.

2 The government no longer pays for a sufficient number of _____ to do the job.

3 Roger wants staff to donate _____ a day to cleaning the street outside their office.

5 Complete the email with phrases a–e to create a better rapport with the recipient.

a Like you

b Thanks in advance for your help with this.

c We desperately need your help to make this work.

d as concerned as we are

e As an important business owner

Prepare

6 You're going to write an email to Ms Muriel Jones, manager of a local company, to ask for sponsorship for creating roof gardens across the city for local people to enjoy. Alternatively, think of your own idea. Decide what you want the company to provide.

From: rogerpblackburn@cleanthestreets.uk
To: young.a@honiton.uk

Dear Ms Young

[1]_____, you are probably [2]_____ about the litter on our streets.

[3]_____, we know how important image is. A clean street shows pride in a city and can indirectly help to bring in business. However, government cuts mean that we can no longer rely on street cleaners to keep our roads clean.

For this reason, we've decided to start an initiative which encourages everyone to take responsibility for the state of our streets by spending a few minutes picking up rubbish.

[4]_____. If you and other business people can ask a few members of your staff to volunteer just ten minutes a day cleaning rubbish from the streets in their area, it will make a huge difference to the city. We'll supply the equipment needed to do that.

If you would like to know more, please go to cleanthestreets.uk or email me at Roger@cleanthestreets.uk.

[5]_____

Kind regards,
Roger Blackburn
Director, Clean the Streets

7 Plan your email. Make sure that you've thought about these things.

- the information to include in your email
- the order in which the information should appear
- phrases to include from this unit

Write

8 Write your email. When you have finished, check these things and edit your email if necessary.

You've used the recipient's name. ☐

You've shown that you and the recipient have shared goals. ☐

You've emphasised that the recipient's help is necessary. ☐

You've complimented the recipient. ☐

3A

Vocabulary

The weather



1 Match the words in the box with their definitions.

bitter breeze brighten up chilly frost humid spitting thunderstorm

1 when the sun begins to shine _____
2 extreme bad weather with lightning _____
3 when water freezes on surfaces _____
4 when the air is hot and wet _____
5 a gentle wind _____
6 when the air is rather cold _____
7 raining a very light rain _____
8 when the air is unpleasantly cold _____

2 Choose the correct alternatives.

1 Ian got caught in that downpour. He's *soaked*/*sticky*!
2 The rain has completely *flooded*/*poured down* our garden.
3 Wow, it's really blowing a *breeze*/*gale* outside.
4 The sun was out all day today. It was *bitter*/*glorious*.
5 I love a cold, *crisp*/*humid* autumn morning, as long as there's blue sky.
6 Pass me my jumper. It's a bit *chilly*/*frosty* in here.
7 It's *pouring*/*spitting* down out there again.
8 Gosh, it's really hot and *soaked*/*sticky* today.

3 Complete the conversations with weather words. The first letter is given.

1 A: It's blowing a **g**_____ outside.
B: It's starting to **p**_____ **d**_____ too.
2 A: It's really hot and **s**_____ today.
B: Yeah. I wish there was a **b**_____ to move the air round a bit.
3 A: The forecast said there's a **t**_____ coming.
B: I'm not surprised. The air's really **h**_____ out there.
4 A: You're **s**_____ ! Didn't you have an umbrella?
B: No. When I left home it was only **s**_____ , so I didn't think I needed one.
5 A: The weather was **g**_____ while you were away. Was it warm and sunny where you were?
B: Sadly, no. It rained most days. It was **m**_____ .
6 A: Wear a jumper! It's **c**_____ out there today.
B: It looks nice with the **f**_____ on the ground, though.

Grammar

Ways of expressing the future

4 Complete the sentences with words/phrases in the box.

hoping may planning set to shouldn't supposed

1 Train fares are _____ rise again today.
2 We're _____ a weekend away. Do you want to come?
3 Unfortunately, the forecast says it _____ be raining by the time we get there.
4 I'm _____ to be going out tonight, but I can't be bothered.
5 Wait outside the shop for me. I _____ be long.
6 Alice's _____ to hear back about that job today.

5 Complete the weather forecast using the prompts in the box.

expected / get up hope / get planning / spend set / reach should / clear up will / change

Things are looking good if you're in the north of the country over the weekend. Temperatures are [1] _____ around 24°C, great news if you're [2] _____ time outside. Just don't forget the sun cream. I'm afraid it's a different story in the south. Temperatures are [3] _____ to just 17°C in some places on Saturday, with rain forecast for most areas. If you're [4] _____ outdoors, you'll definitely need your waterproofs. The rain [5] _____ by Sunday morning though, with some sunny spells appearing during the day and temperatures of up to 21°C. By Monday, [6] _____ everywhere, with some strong gales coming in from the west and one or two thunderstorms expected, too.

6 Complete the second sentence using the word in brackets so that it means the same as the first.

1 Liverpool are expected to win the match.
Liverpool _____ the match. (should)
2 I've planned to visit my grandparents this weekend.
I _____ my grandparents this weekend. (supposed)
3 It's possible that John will be in the middle of lunch when we arrive.
John _____ when we get there. (having)
4 We predict that food prices will rise this month.
Food prices _____ this month. (expected)
5 We're thinking of going camping in the summer.
We _____ in the summer. (considering)

3B

Vocabulary

The law and courts

1 Match the sentence beginnings with the endings a or b.

1 The government has recently cracked down _a_
2 The judge awarded _b_
a on online fraud.
b joint custody of the child.

3 The woman was accused _____
4 The defendant denies all _____
a the charges against her.
b of causing a public nuisance.

5 The police officer testified _____
6 The claimant has decided to appeal _____
a against the judge's verdict.
b for the prosecution.

7 The judge ruled in favour _____
8 The defendant pleaded _____
a guilty and admitted his crime.
b of the claimants.

2 Complete the sentences with the phrases in the box.

accused of causing appeal against
awarded damages
denied all the charges had been broken
pleaded not guilty
restricted his neighbours' rights
testified for the prosecution

1 A man was _____ a nuisance at a block of flats.
2 He _____ against him.
3 In court, he _____ to the crime he was accused of.
4 In the trial, several neighbours _____ but not one for the defendant.
5 The judge found that the terms of the man's rental agreement _____.
6 The judge therefore ruled that the man had _____ to enjoy their homes.
7 The judge _____ of £1,500 for each neighbour.
8 The man said he would _____ the ruling.

Grammar

Verb patterns and reporting

3 Correct the mistakes in five of the sentences.

1 My friend blames her brother of the accident.
2 The passenger demanded that the bus stop immediately.
3 Remind me picking up some milk on the way home, please.
4 You warned me of I'd be late, but I didn't listen.
5 My teacher admitted to give me an unfair grade on my last paper.
6 My parents forced to learn to play the piano. I never wanted to.

4 Complete the second sentence so that it reports the information in the first.

1 'Marco's opinion is a load of old rubbish!'
I rejected _____ as being poor.
2 'I'll beat you by miles!'
Daniel boasted _____ easily beat me in the race.
3 'I won't tidy up after you all any more!'
Karen refused _____ our mess any longer.
4 'It was me. I dropped Callum's phone.'
Sally admitted _____ Callum's phone.
5 'You should speak to the manager.'
The receptionist advised _____ the manager.
6 'Missing the flight was Emma's fault.'
I blamed _____ the flight.

5 Complete the news report using the prompts in brackets.

PepsiCo Inc and the jet



In the mid-90s, PepsiCo Inc launched a campaign in which customers could collect points when they bought a product and exchange them for gifts. In a TV commercial, they humorously [1] _____ (announce) if you collected 7,000,000 points, you could exchange them for a fighter jet. One day, 21-year-old John Leonard saw in the terms and conditions that it was possible to purchase a point at 10 cents each, so he persuaded some investors to help him, sent PepsiCo a cheque for $700,000 and got 7,000,000 points in return. When he [2] _____ (demand) they give him a jet, they [3] _____ (refuse/do) so. Mr Leonard took them to court. He [4] _____ (accused/PepsiCo/fail) to honour their promise. PepsiCo [5] _____ (deny/make) any kind of legal offer to Mr Leonard. The judge [6] _____ (agree) the jet had not been part of PepsiCo's offer and [7] _____ (reject/claim). The judge said that it was clear the advertisement was a joke and not to be taken seriously. Mr Leonard [8] _____ (accept/verdict) after losing an appeal.

Language focus

even and *hardly*

1 Complete each sentence with *even* or *hardly*.

1 I love all animals, _____ those that might want to eat me!
2 There's _____ any coffee left. I'll make some more.
3 Why are you doing that now? It's _____ the right time.
4 I was in such a rush this morning, I didn't _____ have time for a shower.
5 Your old house was big, but this is _____ bigger!
6 My uncle lives next door to us, but I _____ ever see him.
7 My boss invited the whole team out for dinner. She _____ paid for us all!
8 There was so much to do on holiday, we _____ had any time to relax.

2 Complete each sentence with *even* or *hardly* in the correct position.

1 I'm starving. I had any breakfast this morning.
2 I wanted to talk to you at the party, but I didn't see you.
3 We loved Madeira the first time we went. It was better this time.
4 I saw anyone I knew at the graduation ceremony.
5 Dalia's new flat is fully furnished. It's got kitchen equipment.
6 The sequel is more amazing than the first, which isn't usually the case.
7 Sorry, I haven't called. I've had the time to do anything.
8 My sister and I ever speak to each other.

Vocabulary

Sports events, action and news



3 Replace the words in bold with the words/phrases in the box.

bribes disqualified dived neck and neck possession sponsorship talk back turning pro

1 Greg earns most of his money from **financial support in exchange for advertising** _____.
2 Never **speak rudely** _____ to the referee.
3 Real Madrid had **control of the ball** _____ for much of the second half.
4 My friend's son is an amateur boxer who's thinking of **starting to receive money** _____ to box.
5 Tyson was **stopped from taking part** _____ after two false starts.
6 The two horses were **level with each other** _____ until the final few metres of the race.
7 Two cricketers have been accused of accepting **money in exchange for losing matches** _____.
8 There's no way he's injured. He just **threw himself on the ground** _____ to try and get a free kick.

4 Choose the correct alternatives in these news headlines.

1 Olympic gold medallist turns *play/pro*
2 Nadir sent off after *diving/fouling* Kendrick
3 Brackley signs new *possession/sponsorship* deal with car manufacturer
4 Weightlifter *declined/disqualified* after failing drug test
5 Tennis player accused of taking *bribes/compensation*
6 Olympic runners ran too many *circles/laps* of the track admit officials

5 Complete each conversation with one or two words.

1 **A:** How many _____ of the pool do you usually do?
B: About 20.
2 **A:** Let's go for a walk.
B: Good idea. I need to _____ a few calories.
3 **A:** I can't believe I got a yellow card.
B: That's because you _____ to the referee.
4 **A:** I'm looking for _____ for a cycle race I'm organising.
B: We can do that if our company name goes on the riders' T-shirts.
5 **A:** That was an incredible game of tennis!
B: I know! They both played incredibly difficult _____!
6 **A:** Weisner was definitely _____ by Brown then.
B: I agree. There's no way that was a legal tackle.

3D

Vocabulary

Gender sterotypes

1 Choose the correct option a, b, or c.

Women in male-dominated industries

For a long time, women have been associated more with the [1]____ professions like nursing than technical industries such as [2]____. While you may well find more women attracted to jobs involving cars and computerised [3]____ these days, this situation is only slowly changing, with [4]____ in pay still an issue. There is also a disparity in management. There are around four male leaders to every female leader in technology industries in the US. You could argue this is down to having a smaller pool of women to choose from. However, research consistently shows that women tend to have lower [5]____ than men when it comes to believing they can take higher positions within a company. When women do take leadership roles, being accepted can be harder for them, too. Women who [6]____ what are considered to be male emotions like anger are considered to be too tough, and women who talk about their [7]____ are considered to lack the mental [8]____ needed to lead.

1 a kind b caring c respect
2 a education b journalism c engineering
3 a robots b finance c retail
4 a inequality b diversity c unfairness
5 a pride b egotism c self-esteem
6 a comment b express c demonstrate
7 a feelings b sensations c moods
8 a depth b sense c strength

English in action

Give a short presentation

2 Match the sentence halves.

1 I'll put forward a and cons of the proposal.
2 I'll give you a brief b some solutions.
3 I'll summarise c what I have covered.
4 I'll examine the pros d answering your questions.
5 I'll open up e outline of the causes.
6 I'll give a conclusion before finally f the floor for discussion.

3 Complete the introduction using the prompts in brackets.

"I [1]_____ (talk / you) about the use of colours in toy marketing. [2]_____ (what / do / first) is give you a brief outline of the current problem. After that, I [3]_____ (explain / reasons) the problem. I [4]_____ (then / go on / suggest) some solutions. To conclude, I [5]_____ (summarise / what / covered). I'll then take any questions before finally [6]_____ (opening / floor / discussion)."

4 Put the words in the correct order to make sentences or questions.

1 the problems, / look at / let's now / so, / solutions / moving on from
_____
2 more / going to / but / there's / leave it there / I'm / I could say / about that,
_____
3 comments or / any / questions / anyone / or / does / have / ?
_____
4 a big problem / we could say / to conclude, / that / it's
_____
5 discussion / open / I'd / to / it / like / for / up
_____

5 Complete the presentation with phrases a–e below.

'So, [1]____ ? Well, if you walk into any toy shop, you'll see that toys for girls are in pink boxes and toys for boys are in blue boxes. But who says that girls and boys should play with different toys? Boys can enjoy sewing just as much as girls can enjoy putting a remote-control car together. [2]____ , but I have only one minute so I'm going to leave it there and talk about the effects of blue and pink packaging. Both boys and girls feel compelled to choose certain toys, as well as developing skills that can help them later in life. So, [3]____ ? I believe we need to lobby toy manufacturers to create packaging in neutral colours which would attract any child. [4]____ for the moment. [5]____ . Does anyone have any comments?'



a I'd like to open it up now for discussion
b There's much more I could say about that
c That's all I have to say
d what's the solution
e what exactly is the problem

3

Reading

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

forensic evidence investigator juror
justice system prime-time crime drama
scene of a crime suspect victim

1 A member of the public who decides in court if a person is guilty of a crime. _____
2 A person who is attacked, robbed or murdered. _____
3 The place where a crime takes place. _____
4 Things like fingerprints, DNA, etc. _____
5 A TV police show on at a time of night when a large audience is watching. _____
6 The people and processes involved in maintaining the law. _____
7 A person who tries to find out the truth about a crime. _____
8 A person that may be guilty of a crime. _____

2 Read the article on page 25. What is the main point it makes about prime-time crime dramas?

a They're very popular TV shows.
b They have changed our society.
c They result in greater criminal convictions.

3 Read the article again. Choose the correct option a, b or c.

1 The writer says that the way we learn about the law is a result of
  a the attractiveness of TV crime shows.
  b a desire to see justice being served.
  c our lack of real-world connections to crime.
2 The writer suggests that by watching TV crime shows, viewers perceive police as
  a community liaison officers.
  b single-minded crime fighters.
  c overworked investigators.
3 The 'CSI effect' describes the influence a TV show has over viewers' perception of
  a the quantity of evidence needed to get a conviction.
  b the evidence that an investigator looks for.
  c the role that a forensic investigator takes.
4 People who work in the legal industry and researchers recognise that the 'CSI effect' has
  a resulted in fewer criminal convictions due to lack of evidence.
  b changed the way people in the legal profession have to explain information.
  c raised a juror's desire for scientific proof.
5 The writer states that real-life crime shows have resulted in
  a criticism of the way judges behave.
  b developments in real-life criminal cases.
  c greater examination of the appeal system.
6 The writer concludes that
  a producers and viewers must take joint responsibility for the influence of crime shows.
  b prime-time crime shows provide the public with incorrect information.
  c people who watch crime shows do so because they are enjoyable.

4 Complete the sentences with the words in the box. Then, read the article and check your answers.

depth desire influence important outcome
popular public interest understanding

1 It seems that we have an overwhelming _____ to see onscreen heroes.
2 We gain a poor _____ of what happens.
3 Detectives investigate several crimes, sometimes with no favourable _____.
4 Crime dramas may also heavily _____ our understanding of the justice system.
5 The true-life crime documentary has become hugely _____.
6 These programmes analyse the evidence in significant _____.
7 This has led to considerable _____ in the cases.
8 It is crucially _____ that crime-show makers avoid misinforming the public.

5 Choose the correct alternatives.

Jan
I don't think that these shows have [1]*crucially/ heavily* influenced our views of the criminal system at all. We're not stupid. We know they're not real!

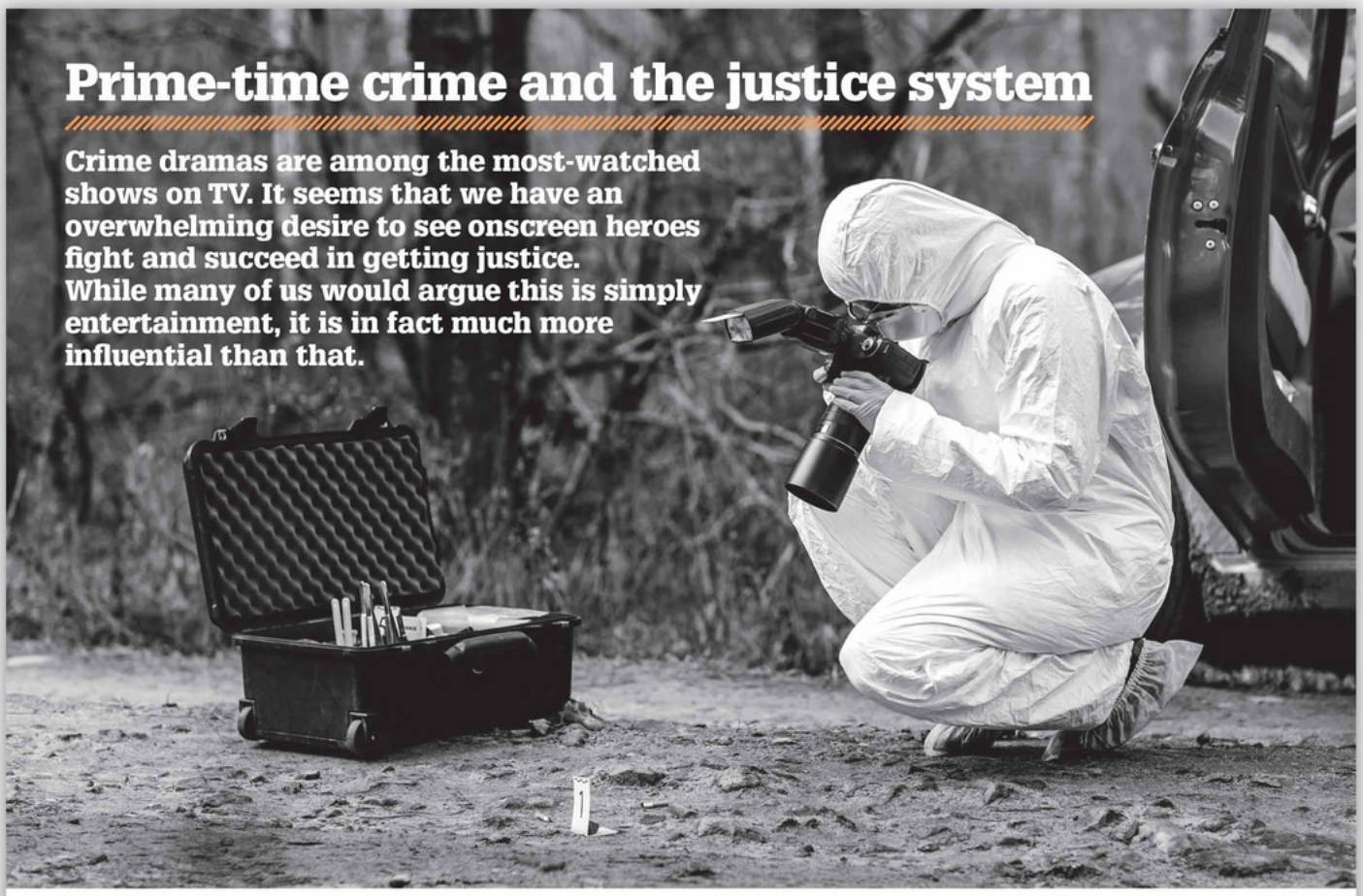
Erik
Why are people so obsessed with crime? I have no [2]*considerable/ overwhelming* desire to watch these shows, thank you very much. They might be [3]*hugely/ significantly* popular, but it doesn't mean they're any good.

Annie
If we have a [4]*favourable/ poor* understanding of the justice system, it's because we don't get taught about it at school. That's the real problem here.

Rani
Real-life crime series are [5]*crucially/ heavily* important for justice. The programme makers investigate the evidence in [6]*favourable/ significant* detail to check the right verdict was achieved. We hate the idea that someone's in prison for a crime they didn't commit. That's why the programmes have achieved [7]*considerable/ heavy* public interest. I'm following a podcast series at the moment and I'm sure the man's innocent. I'm hoping for a [8]*crucial/ favourable* outcome for him.

Prime-time crime and the justice system

Crime dramas are among the most-watched shows on TV. It seems that we have an overwhelming desire to see onscreen heroes fight and succeed in getting justice. While many of us would argue this is simply entertainment, it is in fact much more influential than that.



Few of us break the law or are, fortunately, victims of crime, therefore few of us learn about our justice system through actual experience. This allows prime-time crime dramas to provide that experience. The effect of this is that we gain a poor understanding of what happens within the criminal justice system. First off is our knowledge of police work. In these dramas, the officers spend all their time investigating one crime with usually a positive outcome achieved at all costs. In reality, of course, most police spend their time building relationships with people in local areas. Detectives investigate several crimes at once, sometimes with no favourable outcome at all. It is possible that watching TV crime dramas actually helps us to see the police in a more positive light than we would otherwise do, with experts suggesting that when we come across the police in the real world, we may be more open to them.

As well as influencing our perceptions of police work, prime-time crime dramas may also heavily influence our understanding of the justice system. One example of this is the CSI effect – named after the globally popular crime drama CSI. The drama follows investigators as they examine evidence at the scene of a crime and use that evidence to solve the crime (which usually involves also interrogating suspects and pursuing them; something that would never happen in the real world). Many in the legal industry now believe that by watching this sort of drama, jurors expect much more forensic evidence than is actually necessary and have therefore raised the level of evidence needed to secure a guilty verdict. While studies suggest this may be caused by developing technology rather than TV shows, it is clear to everyone that these shows have prompted lawyers to change the way they present evidence in criminal court cases.

Another effect of crime entertainment is that the true-life crime documentary has become hugely popular in recent years. These documentaries, either in the form of TV series or podcasts, investigate whether a criminal in a past case has been wrongly found guilty of a crime. These programmes analyse the evidence in significant depth, resulting in careful examination of the justice system. This has led to considerable public interest in the cases and signed petitions asking for further investigation into the crimes. Lawyers have felt it important to look into the cases and judges have felt pressured to listen to the public. In the case of the TV show *Making a Murderer* and the podcast *Serial*, two of the criminals previously found guilty have been given the right to appeal by judges.

It is clear that prime-time crime dramas do much more than simply entertain viewers. To what degree is up for debate, but these shows have obviously influenced the way that the general public perceive criminal investigations and the justice system. For that reason, it is crucially important that crime-show makers do their best to avoid misinforming the public about what happens within the criminal justice system, just as viewers need to make sure that they watch with a critical eye and recognise that not everything they see or hear is based on reality.

3



Listening

1 3.01 **Listen to a sports news bulletin. Put the sports in the order you hear about them.**

tennis ____
cycling ____
football ____
rugby ____
boxing ____

2 **Listen again and complete the sentences with the word(s)/phrase you hear.**

1 Liverpool have reached the Champion's League _____ after scoring _____ goals.
2 Jodie Lake's next match will be in the _____ of the French Open.
3 Lake believes that her wins are down to her _____ .
4 Boxer Antony Kingston suffered his first _____ last night.
5 Kingston's manager says that they'll _____ after a month off.
6 Nico Romano has won the Giro D'Italia despite not being the _____ before the race.
7 Romano gave his gratitude to people who had _____ him.
8 A rugby match was stopped after hippopotamuses got onto _____ .

3 **Match the words/phrases in the box with their definitions.**

(a) bid for head invade leave out narrowly miss out rival sacrifice shock defeat

1 a person you compete against _____
2 hit a ball with your head _____
3 a surprising loss _____
4 enter an area to take control _____
5 lose by a small amount _____
6 an attempt to get something _____
7 not include someone/something _____
8 when you give up something valuable for something more important _____

4 **Complete the sentences with the correct form of the word(s)/phrases from Exercise 3.**

1 Henderson _____ a corner kick into the net.
2 Jade Parris has been _____ of the Scotland team.
3 In boxing, there was a _____ last night.
4 Nico Romano has won one minute and 15 seconds ahead of his nearest _____ .
5 Cycling's a big _____ every day, but I can't do it alone.
6 The men's team produced a best-ever score, _____ on a bronze medal.
7 The women's team begin their _____ a medal tomorrow.
8 A group of hippopotamuses _____ the pitch in the 44th minute.

Writing

1 **Which of these things do you think you should do to keep safe in a hurricane?**

a Buy food, medical equipment, etc.
b Avoid being inside a building.
c Keep away from windows.

2 **Read the leaflet on page 27 and check your ideas.**

3 **Match paragraphs 1–6 with headings a–f.**

a Turn off but tune in ____
b Always be prepared ____
c This is no time for experiments ____
d Pleased to meet you ____
e Look, look and look again ____
f Prevention is better than cure ____

4 **Are the sentences true (T) or false (F)?**

1 The leaflet has a formal tone. ____
2 The leaflet speaks directly to the reader. ____
3 The leaflet is divided into sections. ____
4 The leaflet has a title and paragraph headings designed to catch the reader's eye. ____
5 The leaflet has long paragraphs made up of long sentences. ____
6 The leaflet ends with a phrase that persuades the reader to take action. ____

5 **Read the Focus box. Then put the sentences below in order to create a coherent paragraph.**

Writing effective paragraphs

Leaflets need to be as easy to read as possible, so the information is broken up into short paragraphs in order to create as much impact as possible. They often include an attention-grabbing heading, sometimes written as a short question or instruction.

While shelters have resources, having these personal items will make you feel more at home. ____
Public shelters are available for people who have nowhere else to go. ____
Take food and drinks, bedding and games to help the time pass. ____
You should also take important documents and medication. ____
As they're not the most comfortable places, it's best to go prepared. ____

How not to let a hurricane beat you

When you live in a hurricane prone area, it can be easy to get complacent and ignore the warnings. But taking action can be the difference between keeping your loved ones safe and not.

Here are some tips to help you beat a potentially lethal storm.

Before the hurricane

1 It's important to get everything you need before a hurricane hits in case of emergencies or the need to evacuate. Stock up on food, water, medical supplies, batteries and fill your car up with fuel. Make sure you have working flashlights, waterproof clothes, a radio, a cell phone and spare battery, and a help whistle. Get games at the ready and put any important documents in a plastic container.

This might all seem like a lot of bother for a hurricane that may or may not affect you, but it's better to be safe than sorry.

2 Agree on a meeting place with your family in case you're not together. This may be at your home or, if you live in a low-level area affected by flooding, with someone else or at a public shelter. Whatever you decide, you'll feel so much better knowing exactly where your loved ones are.

3 Buildings can withstand strong winds, but you'll need to take action to limit potential damage and dangers. Secure your windows. Bring loose items in from your garden such as garden chairs. When the winds start, fill your bath tub to the top with water. You might need it.

During the hurricane

4 Going outside to see just how strong the winds are might sound tempting, but don't do it! Stay inside, away from windows and doors, for example in a downstairs bathroom or closet. If you have young children, try to make it fun by bringing out the cards and playing a game under flashlight.

5 It's likely that the power will go out but, in any case, avoid using it. Use your radio with batteries to keep in touch with the outside world. Local agencies will keep you up-to-date about the situation and will tell you when it's safe to leave your home. You need to be sure that calmer weather signifies the end of the storm and is not just the eye of it.



After the hurricane

6 Did you know that a lot of injuries happen after the hurricane has passed? Hanging wires and tree branches are all things that can endanger your life. Look carefully around and assess any potential dangers. Report any gas leaks or other emergencies to the emergency services.

Don't ignore the warnings. Plan, Protect and Prevent.

For more information go to keepingsafeinahurricane.us.net

Prepare

6 You're going to write a leaflet about how to get fit. Alternatively, choose your own topic. Make a list of things you could say in your leaflet.

7 Plan your leaflet. Make sure you include these things.

- an eye-catching title
- a clear topic for each paragraph and information connected with that topic
- an introduction and a final sentence that calls the reader to action

Write

8 Write your leaflet. When you have finished, check these things and edit your leaflet if necessary.

The tone is appropriate and speaks directly to the reader. ☐
The leaflet is divided into sections. ☐
The title and paragraph headings are eye-catching. ☐
The paragraphs are coherent. ☐
The leaflet ends with a phrase which persuades the reader to take action. ☐

4A

Grammar

Defining and non-defining relative clauses

1 Choose the correct option a, b or c.

1 *Undercover* is a film ____ a police officer takes on a criminal identity.
a which b during which time c in which

2 Mandy, ____ idea it was to come here, loves this place.
a which b who c whose

3 I made three good friends in primary school, ____ I'm still in touch with.
a all of which b the most of which c none of which

4 There are loads of reasons ____ I don't really enjoy living here.
a why b where c which

5 I've got a few things to do today, the most urgent ____ is seeing a dentist.
a in which b whereby c of which

6 I shared the book with my friends, ____ loved it.
a the most of which b most of whom c many of which

2 Complete the article with appropriate relative pronouns.

The rise of the social robot

We have an ageing population, [1]_____ means that there is an increasing proportion of older people in society. These older people, some [2]_____ live with their families but many [3]_____ don't, may suffer from loneliness. Loneliness can be very detrimental to the quality of a person's life, [4]_____ is the reason [5]_____ social robots are set to enter our daily lives. A social robot is one [6]_____ interacts and communicates with humans. It can implement a system of care, [7]_____ it reads to a person, organises their calendar, reminds them when to take medication and recognises when they are non-responsive and require emergency medical care. It can also help a person [8]_____ family lives far away to keep in touch with them by making calls, sending messages and so on. However, before investing in social robots, it is important for us to know if they are effective. So far, studies [9]_____ elderly people live with a social robot suggest that robots have the potential to lower anxiety and reduce loneliness. However, higher-quality research, and more of it, is needed to determine if this is consistently true.

3 Rewrite each pair of sentences as a single sentence. Use the relative pronouns in the box.

during which time none of which the reason why whereby
who whose

1 We're involved in an organisation. Their aim is to help disabled people.
_____

2 The government is introducing an initiative. Adults mentor teenagers.
_____

3 I learnt a lot about the law at university. I can't remember any of it now!
_____

4 My parents are retired. They moved to France.
_____

5 I lived in Japan for two years. I met my partner while I was there.
_____

6 Freddie quit his job. No one knows why.
_____

Vocabulary

Different age groups

4 Match the words/phrases in the box with the descriptions.

dyslexia in a bad way initiative
insecure paralysed potential
promising very sharp

1 My sister's career in politics shows signs of being successful. _____

2 I've got a friend who doesn't have any confidence. _____

3 My grandad was unable to use his leg after he had a stroke. _____

4 I struggle to spell things correctly sometimes and get the letters mixed up.
_____

5 My uncle's just turned 100, but he stills understands everything.
_____

6 My niece isn't the best dancer now, but there's the possibility that she'll be great.
_____

7 Daniel will be in hospital for weeks.
_____

8 Alice is good at making decisions without being told what to do.
_____

5 Complete the conversations with words/phrases from Exercise 4. The first letter is given.

1 A: Justin has just been diagnosed with **d**_____.
B: Oh really? Is he going to get extra help with his reading?

2 A: I'm feeling very **i**_____ about my job at the moment.
B: I don't know why – you're great at it. You need more confidence!

3 A: I'm worried I'll be **p**_____ with fear and won't be able to give the speech.
B: Just take a few deep breaths, use your notes and you'll be fine.

4 A: What kinds of courses do they offer at the local college?
B: I don't know. Use your own **i**_____ and find out.

5 A: Kate's a great assistant. She finds solutions to problems really quickly.
B: Yes, she's really **s**_____.

6 A: What's your brother doing these days?
B: He's just started a **p**_____ career as a game developer.

4B

Vocabulary

Clothes and fashion

1 Choose the odd word out in each group.

1 checked, stripy, flared, flowery
2 dyed, wavy, bob, faded
3 strap, stud, pendant, bracelet
4 cap, blouse, chain, tights

2 Replace the phrases in bold with one word.

1 It's impossible to do your **strings in your shoes** _____ up with a broken wrist.
2 Has Alexandra **changed the colour of** _____ her hair?
3 My friend bought me a lovely ruby **jewel that hangs from a chain** _____ for my birthday.
4 Does this **shirt for a woman** _____ look OK on me?
5 I like your diamond **small round earrings** _____ .
6 My belt **metal fastening** _____ is broken.
7 My mum's had a **hairstyle with chin-length hair and a fringe** _____ for years.

Grammar

Noun phrases

3 Correct the grammar or punctuation mistake in five of these sentences.

1 Have you seen my big with the purple straps beach bag?
2 I can't find my suit dark grey jacket.
3 I sometimes wear a sports, black cap.
4 Sarah often has her hair pinned with a pencil!
5 Madison who's the most fashionable person I know is going to lend me some clothes.
6 You can't wear a shirt ripping at the elbow!

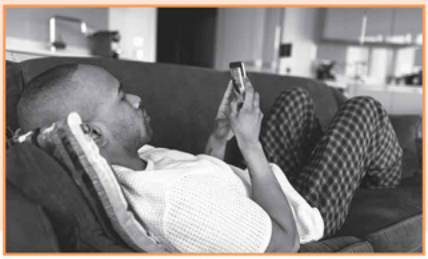
4 Put the words in the correct order to make sentences.

1 with / Levis / big pockets / brown / the original / were
_____
2 when experts / more attention / people / laboratory / wear a / pay / coat / white
_____
3 sold / fashion / the / in 1586 / magazine / was / first
_____
4 dress / one woman / an 8 km-long train / wedding / with / wore a / white
_____
5 have been around / little / 100 years / dresses / for / black
_____
6 making / Louis Vuitton / 1854 / has been / luggage / since
_____
7 for $3 million / ruby / designed by / pair of / Henry Winston / sold / slippers / a / red
_____
8 first made / boots, / from / Doc Martens, / the iconic / old tyres / were
_____

5 Complete the posts with the words/phrases in brackets.

Built for comfort

We asked you what your most comfortable item of clothing is. This is what some of you said ...



Jody
My friends laughed at me today for wearing an [1] _____, [2] _____ jumper [3] _____ but it's comfortable!
(*with holes under the arms, woollen, old*)

Georgina
I often put my [4] _____, [5] _____ pyjamas on when I'm at home during the day. The [6] _____ bottoms let in lots of air, so they're nice and cool on hot days.
(*silk, loose, flowery*)

Alex
I pretty much live in a pair of [7] _____, [8] _____ cargo shorts [9] _____ in them during the summer. I can carry loads of stuff in them.
(*with loads of pockets, green, cotton*)

Marcus
I've got a really dark brown [10] _____, [11] _____ jacket [12] _____ to me by my dad years ago. I wear it a lot because it's really comfortable.
(*leather, given, flight*)

Alison
I love my pair of red and white [13] _____, [14] _____ socks [15] _____ across the toes.
(*stripy, with a cat's face, thick*)

Vocabulary

Influences and identity

1 Match the sentence halves.

1 Being tall tends to make you stand ____
2 My grandma always loved cooking and that rubbed ____
3 I make some of my own clothes with an emphasis ____
4 This rain is a real ____
5 It's common for teens to want to rebel ____
6 All of us should be treated as ____
7 Professor Jackson is a leading ____
8 My dad was influential ____

a in the career I ended up choosing.
b off on me.
c out from the crowd.
d against their parents.
e equals in this world.
f on sustainability.
g figure in the field of physics.
h blessing for our garden.

2 Choose the correct option a, b, c or d.

'One person who taught me something [1]____ is my uncle Ray. As a child, he often told me that life is short and it's [2]____ to spend it doing things that are a waste of time or unenjoyable. He tried to make sure everything we did together was [3]____ to our lives or the lives of others and not a waste of time. His attitude to life really [4]____ on me and I seem to have adopted it myself. I owe him a debt of [5]____ for that.'

'My friend Rosie's mum was [6]____ in my life at a time when I really needed it. My own home life wasn't very good and Rosie's mum kind of adopted me. She often fed me and let me stay at their house when I didn't have anywhere to go. While other teenagers were [7]____ against their parents, I was just glad that one was looking out for me. I don't know what I'd have done otherwise. She was a real [8]____.'

1 a expensive b invaluable c certain d efficient
2 a purposeful b useless c pointless d worthless
3 a meaningful b serious c considerable d significant
4 a affected b shaped c influenced d impacted
5 a recognition b thanks c appreciation d gratitude
6 a influential b strong c well-known d leading
7 a demonstrating b opposing c rebelling d protesting
8 a fortune b blessing c advantage d kindness

Language focus

Prepositions 1

3 Choose the correct alternatives.

1 He's capable *for*/*of* many things. He just needs support.
2 My son and I seem to argue *in*/*on* a daily basis.
3 Did you bump into me *at*/*on* purpose?
4 Women account *for*/*from* about 48% of the population.
5 If I don't get a job soon, I'll end up *in*/*on* more debt.
6 The key *for*/*to* a good dessert is chocolate!

4 Complete the conversations with phrases in the box.

benefit from | by accident | dedication to | fed up with | jealous of | on a daily basis | the key to | useless at

1 A: I'm so [1]_____ doing the work of two people.
B: I admire your [2]_____ your job. I'd have quit by now.
2 A: I could really [3]_____ a few days off.
B: Yeah, me too. In fact, I have that same thought [4]_____!
3 A: I'm [5]_____ baking. I burn everything.
B: I'm terrible, too. I once put a load of salt into a cake [6]_____.
4 A: I'm so [7]_____ of your ability to keep calm and not get stressed.
B: Well, it's sounds awful, but [8]_____ staying relaxed is not to care that much!

5 Complete the article with the words in the box and an appropriate preposition.

benefit | dedication | emphasis | key | participate | succeed | terrified

Who do you influence?

When we talk about influence, the [1]_____ is usually _____ who has influenced us in our lives. However, a more interesting question might be 'Who have I influenced?' We're surrounded by people on a daily basis, so it's likely that some of our actions rub off on others. For example, when we [2]_____ a team sport, there may be a member who sees our [3]_____ the team and tries to demonstrate the same. Or if we [4]_____ completing a big project at work, there may be a colleague who realises the [5]_____ success is planning. Of course, influence isn't always positive. If we're [6]_____ spiders, for example, we may pass that fear down to our children. I personally think we could all [7]_____ spending time thinking about our actions and behaviour and how they both positively and negatively influence others.

4

Listening



1 4.01 **Listen to an interview about fashion. Put the topics in the order you hear them.**

mood ____ age ____
culture ____ individuality ____
self-esteem ____

2 **Listen again. Which speaker expresses each opinion, Sofie, Vihaan or both?**

1 Our clothes reveal who we are or who we want to be. ____
2 Our appearance says who we don't wish to be. ____
3 The make of clothes provides clues as to a person's class. ____
4 We use clothes to make people believe we're feeling a particular way. ____
5 We choose to wear certain clothes when we lack confidence. ____
6 We all tend to dress similar to each other. ____
7 Individuality can come from small differences. ____
8 A person's age has less influence over clothes than in the past. ____

3 **Match each main point 1–6 with a supporting point a–f. Then listen again and check.**

1 Our clothes tell others who we don't aspire to be as much as who we do. ____
2 When we look at someone's appearance, we can guess things about their class. ____
3 Clothes also reveal something about a person's mood. ____
4 We can wear clothes to make us seem confident even if we're not. ____
5 We're much more influenced by social media than a desire to be different. ____
6 Age is a significant factor in fashion and identity. ____

a Colours can be a great way to signify our emotions.
b As our beliefs change, we change how we dress.
c We all end up wearing the same things.
d We wear different clothes to rebel against our parents.
e When we wear nice clothes, it builds our self-esteem.
f People from wealthier backgrounds are the ones able to afford a pair of Louboutin shoes!

4 **Match the words in bold in a–j with definitions 1–10.**

a We wear clothes that **ensure** others see us according to how we want to be seen.
b Our clothes tell others who we don't **aspire** to be, as much as who we do.
c We can guess things about their class – designer labels will **give that away**.
d We might choose a particular item of clothing as it **symbolises** how we feel.
e Clothes can be used to hide **self-esteem** issues.
f Baggy clothes **cover up** the bits of us we think are ugly.
g Most of us follow **social norms** when it comes to how we dress.
h I'd say we all **strive** to be our own person.
i **Individuality** doesn't necessarily mean that we wear something really crazy.
j My grandad **would never have been seen dead** in jeans.

1 make a great effort to achieve something ____
2 refuse to do something embarrassing ____
3 belief in yourself and your abilities ____
4 hide ____
5 the usual way of doing something in society ____
6 desire/work towards achieving something ____
7 what makes you different from others ____
8 reveal something ____
9 make certain ____
10 represents ____

5 **Choose the correct alternatives.**

I've always [1]*aspired/ ensured* to be the cool person who spends hours at second-hand shops finding the perfect vintage clothes. What I am though, is the person who follows [2]*individuality/ social norms* and wears pretty much the same as everyone else (except for yoga pants – I [3]*cover up/ wouldn't be seen dead* in those). So, if our clothes [4]*strive/ symbolise* who we are, what information do my clothes [5]*cover up/ give away* about me? Clearly, it's that my rubbish levels of [6]*individuality/ self-esteem* prevent me from wearing whatever I fancy in case people look at me and laugh. Not very helpful if you want to stand out in a crowd!

4

Reading

1 Read the article on page 33. Match headings a–i with paragraphs 1–9.

a Defining a concept ____
b Sharing our experiences with others ____
c It's not just about the physical challenges ____
d Saying what you really mean ____
e An increase in leisure time ____
f A focus on the negative ____
g If nothing else, you pay less ____
h A better immune system ____
i Enjoying without the responsibility ____

2 Are the sentences true (T) or false (F)?

1 The writer says our minds and bodies age at different rates. ____
2 According to research, people think we're old when we turn 65. ____
3 The writer says there is no reason not to do the things you've always wanted to do. ____
4 She tries to persuade us that our intellect fades as we grow older. ____
5 She says there is no competitive advantage to living so long. ____
6 She implies that grandparents enjoy the environment children create. ____
7 She says she is less vague when she speaks as she has less time to live. ____
8 She claims that all older people are protected from viruses and other illnesses. ____

3 Choose the correct alternatives. Then read the article again and check your answers. What part of speech is each correct answer?

1 Our muscles ache and our joints *bang/crack*.
2 There's more to old age than just an *inability/inefficiency* to sprint.
3 For a lot of people, 65 is the *leaving/retirement* age.
4 I don't mean to sound *harsh/strong* here.
5 You can enjoy the silence, *helpful/thankful* you don't live with them 24/7.
6 After all, you *conducted/fulfilled* your parental duties.
7 I spent too much time worrying about how I might be *considered/perceived*.
8 Self-confidence, *combined/connected* with a greater understanding that life is short, changed my approach.
9 Getting older shouldn't be something we *dread/panic*.
10 There's always the discounts you get for being a *pensioner/senior*.

4 Match the words/phrases in the box with their definitions.

combined with dread fulfil harsh inability to
joint pensioner perceive retirement thankful

1 carry out a task given ____
2 grateful ____
3 unkind ____
4 realise or understand ____
5 feel anxious about something that's going to happen ____
6 being unable to do something ____
7 a person who receives money after they've stopped working because of their age ____
8 together with
9 part of the body you can bend, where two bones meet ____
10 period when you stop working because of your age ____

5 Read the comments about the article. Which writer says ...

1 you'll be grateful if you behave a certain way in middle age? ____
2 they would rather be a different age? ____
3 getting older has not been a bad experience for them? ____
4 you displease more people as you get older? ____

Dot
When you're young, you want to please everyone, but when you get to my age, you only want to spend time on the things that are important. That means you can come across as a bit harsh in your decisions and upset a few people along the way.

Ray
If you keep your joints moving, they don't crack or creak all that much! Keep fit in your 40s and 50s and you'll be thankful you did when you get to your 60s and 70s.

Cristiana
If I could choose, I'd be 32 forever, but being a pensioner isn't all that bad. It's certainly not something to dread!

Tim
Apart from the obvious inability to run a marathon and the need to remember to take my pills, retirement has been pretty good to me.

A Golden Age

[1]When was the last time an adult said, 'I can't wait until I get older?'. Never, that's when. What they usually say is that they're not looking forward to losing their teeth, needing a hearing aid or taking an hour to get out of bed in the mornings.

[2]Old age comes with its problems, of course. In our minds, we're still the fresh-faced 21-year-olds we once were, with bodies that have failed to keep up. However, while our muscles ache and our joints crack, there's so much more to old age than just an inability to sprint from one place to another.

[3]Before we continue, let's be sure of what we mean by old age. Apparently, Dante, the poet, considered it to be over the age of 45. A recent survey suggested we think of it as our 60s. To keep things specific, I'm going with 65. It's bang in the middle and it's the retirement age for a lot of people.

[4]Retirement brings with it a sense of freedom. You're no longer a member of the rat race spending your days stuck in traffic, rushing round an office and then dashing home to put the kids to bed. You've time on your hands to suddenly do all those amazing things you spent years putting off. There's no longer an excuse not to take those art lessons you desired for so long.

[5]With age comes wisdom and, despite what society tries to convince us, intelligence. It's not true that our brain cells have all but died off by the time we hit 60. We may sometimes be a bit slower, but we're still sharp according to scientists. Plus, our many decades of living have taught us so much that we can pass on our vast knowledge to younger generations. It helps with winning quizzes, too.

[6]Speaking of younger generations, if you're lucky enough to have grandchildren, it's a real blessing. You get the pleasure of watching them grow without the anxiety that comes with parenthood. Spending time with them brings such joy and keeps you feeling young. But, and I don't mean to sound harsh here, you can sit back and enjoy the silence of a peaceful house once they've gone, thankful you don't live with them 24/7. After all, you fulfilled your parental duties. Now it's your children's turn.

[7]Speaking your mind is something that comes with age. When I was younger, I spent too much time worrying about the things I said and how I might be perceived. As I got older, I gained in confidence. That, combined with a greater understanding that life is short, changed my approach to communication. I say things politely but much more directly than I might have in the past.

[8]Finally, let's talk about health again. Despite the fact that old age brings with it a range of ailments, there are physical benefits, too. Apparently, we have fewer migraines than those who are younger, we catch fewer colds and we suffer less from allergies. In general, our body has learnt from 65 years of getting sick and now it's doing a great job in protecting us, until we get really frail that is.

[9]So, as you can see, getting older shouldn't be something we dread. It should be something we look forward to, without rushing to get there, of course. And if my arguments above haven't persuaded you that our golden years can actually be golden, then remember this: there's always the discounts you get on entry tickets for being a pensioner!



4

Writing



1 **Read the essay about fashion. What is its main argument?**

a The fashion industry needs to be more ethical and sustainable.

b Fashion plays a very significant role in our society today.

c Economic issues affect what we choose to wear.

2 **Are the sentences true (T) or false (F)?**

1 The introduction states what the essay will argue. .....

2 Each paragraph has two or three topics. .....

3 Each paragraph states an aspect of the argument and develops it with supporting points. .....

4 The conclusion presents the point the speaker thinks is the most important. .....

5 The essay uses informal language, e.g. contractions, informal vocabulary. .....

6 The writer speaks directly to the reader, often using *you* and *I*. .....

3 **Underline the topic sentence in each paragraph which introduces arguments 1–3 below. Match arguments 1–3 with the way the supporting points used to develop them (a–c) are presented.**

1 Workers are exploited. .....

2 The process of making fast fashion is problematic. .....

3 Fast fashion results in air pollution. .....

a A comparison between industries to highlight the problem; a description of consumption habits and their impact.

b One problem and its impact; a second problem and its impact.

c An explanation; a reason why it is difficult to change; how companies are trying to avoid it and a reason why that is not easy.

The development of fast fashion has changed the fashion industry over the last two decades. Clothes stores are now able to react rapidly to new trends on the catwalks, creating new designs and getting them into the shops within a very short period of time. As a result of this, consumers can also react quickly and acquire the latest fashions, often at very cheap prices. This may be perceived as a benefit, but there are significant costs involved.

In principle, fast fashion benefits tens of thousands of workers around the world, but in practice not all of those employees are given employment rights like those we enjoy. Many are exploited and expected to work gruelling hours at very low pay in buildings which may not be safe. As those employees need work, they are unable to stand up for their rights for fear of losing their jobs. While many clothes stores do their best to ensure they use factories where staff are treated fairly, the reality is that this is not always easy to do when the factory is on the other side of the world.

The manufacturing process of some fast fashion manufacturers has also been criticised. It has been found to use toxic chemicals which can be very harmful to us and other living creatures. These chemicals are the second biggest polluters of water in the world as waste from the manufacturing process, including these chemicals, are dumped in rivers. In addition to that, the manufacture of polyester results in small plastic microfibres ending up in our oceans. These microfibres do not break down and are absorbed into the food chain. While stores are moving away from these processes, the truth is that the changes are slow.

Another environmental concern is greenhouse gas emissions. The manufacture of clothes produces more emissions into our atmosphere than both the airline and shipping industries combined. Instead of wearing clothes until they are worn out and no longer fit to wear, we now purchase clothes so cheaply and so often that we may even throw them away after just one use. This raises demand for clothes and leads to the high level of pollution. It also results in 92 million tonnes of clothes being sent to landfill sites each year. There are so many unwanted second-hand clothes that no one wants to buy them.

It is clear that fast fashion has helped economies to grow, but the impact it is having on our planet and the potential exploitation of employees is concerning. Theoretically, if all consumers stopped buying fast fashion, companies would take the issue more seriously, but in reality this is unlikely to happen. However, I am of the opinion that if some consumers buy only ethical and sustainable clothing, it will force stores to take greater action. This will no doubt increase prices, but it is a small price to pay to ensure that workers, and our planet, are protected.

4 Complete the sentences with words/phrases in the box. Then, read the Focus box and check your ideas.

practice principle reality instead the reality theoretically truth while (x2)

1 In _____, fast fashion benefits tens of thousands of workers around the world, but in _____ not all of those employees are given employment rights.
2 _____ many clothes stores do their best to ensure they use factories where staff are treated effectively, _____ is that this is not always easy to do.
3 _____ stores are moving away from these processes, the _____ is that the changes are slow.
4 _____ of wearing clothes until they are no longer fit to wear, we may throw them away after just one use.
5 _____, if all consumers stopped buying fast fashion, companies would take the issue more seriously, but in _____ this is unlikely to happen.

Developing an argument in an essay

In an essay you can build your own argument by undermining an opposing argument. You do this by saying that the opposing argument is just a theory or an idea, but the truth is different.

These are common phrases to undermine an opposing argument and present your own one.

In principle, ... but in practice ...

In principle, fast fashion benefits workers, but in practice not all of them are given employment rights.

Theoretically, ... but in reality/the reality is that ...

Theoretically, if all consumers stopped buying fast fashion, companies would take the issue more seriously, but in reality this is unlikely to happen.

While some people argue that ... the truth is ...

While stores are moving away from these processes, the truth is that the changes are slow.

Instead of ...

Instead of wearing clothes until they are no longer fit to wear, we may even throw them away after just one use.

5 Match the sentence halves.

1 While designers currently release their collections each season, ____
2 Theoretically, designer clothes are of a higher quality than fast fashion, ____
3 Instead of spending a little money on many clothes, ____
4 In principle, the clothes industry is becoming more environmentally friendly, ____

a it is more sustainable to spend more on less.
b the truth is that they may soon start using a fast fashion model.
c but in practice, this is not true of the industry everywhere.
d but some argue that in reality, there is very little difference.

Prepare

6 You're going to write an essay on the topic 'People care too much about fashion'. Alternatively, choose a topic of your own. Make a list of arguments for and against related to the topic.

7 Plan your essay. Make sure you include these things.

- the point of view you want to argue from (for or against)
- the arguments from your list in Exercise 6 that you want to include
- supporting points for each argument

Write

8 Write your essay. When you have finished, check these things and edit your essay if necessary.

You have clearly stated what the essay will argue in the introduction. ☐
The essay develops one argument per paragraph using a topic sentence and supporting points. ☐
You have focused on what you think is the most important argument in your conclusion. ☐
The essay uses formal language. ☐

5A

Vocabulary

Commuting



1 Match the sentence halves.

1 The GPS is telling me there's a three-mile _____
2 A lorry has shed _____
3 There's been an accident on the northbound _____
4 Due to engineering works, there's a replacement _____
5 There are currently no hold- _____
6 Police have given the _____

a carriageway of the M1.
b tailback on the M3 southbound.
c its load on the A435 causing long queues.
d bus service between Brighton and Portsmouth today.
e all-clear to drivers on the A32 after an accident there.
f ups on major roads in the area.

2 Complete the conversations with the words/phrases.

bus service bypass crawling debris diversion evacuate power failure tailback

1 A: Don't go through the centre of town. Take the [1] _____.
B: I can't. There's been an accident. There's a [2] _____ through the town. That's why we're [3] _____ along.
2 A: I'm sorry, sir, but everyone needs to [4] _____ the station now.
B: Why? What's the problem?
A: There's a suspicious package on one of the platforms which we need to check out.
3 A: Excuse me, why are we sitting here not moving?
B: I'm sorry, madam. Apparently, there's some [5] _____ on the line, so the train can't pass until it's been removed. We should be able to get going again in about 15 minutes.
4 A: This [6] _____ looks like it goes on forever. Shall we just give up and go home?
B: Yeah, I'll get off at the next junction and turn round. There's no traffic there, so we should be fine.
5 A: Why are there no trains?
B: There's been a [7] _____ but you can still get to London. There's a replacement [8] _____ which you can catch from the front of the station.

Grammar

Continuous forms

3 Correct the mistake in each sentence.

1 Let's go because the taxi's already wait outside.
2 Camilla was going to the gym before work for weeks now.
3 We are driving for ages before we found a car park.
4 If I'd studied harder at school, I don't be working here.

4 Match the sentence beginnings with endings a or b.

1 I'm going to be spending a lot of time at home _____
a now that I've retired.
b right now.
2 I've been thinking about looking for a new job _____
a after a while.
b for a while.
3 Jackie's car isn't here. She might be _____
a picking the kids up from school.
b collect the kids from school.
4 We're sitting in the departure lounge _____
a for ages now.
b at the moment.
5 I decided to go to Athens because _____
a I've been reading about it online.
b I'd been reading about it online.
6 I came across this old photo while _____
a I'd been sorting out some old boxes.
b I was going through some old boxes.

5 Complete the comments with the correct form of the verbs in brackets.

Matt Yesterday at 14.30
I've been offered a new job, but it'll mean a 90-minute commute to and from work. That's three hours a day on public transport. I can't decide whether or not I can cope with that. Advice please!

Comments

Ilona 16.33
I [1] _____ (think) about getting a job in the city for ages before I finally did it. I was attracted by the money but worried about commuting back and forth. I [2] _____ (do) it for six months now and I can say that I was quite right to be concerned. I [3] _____ (already/feel) tired of it. Don't take your decision lightly.

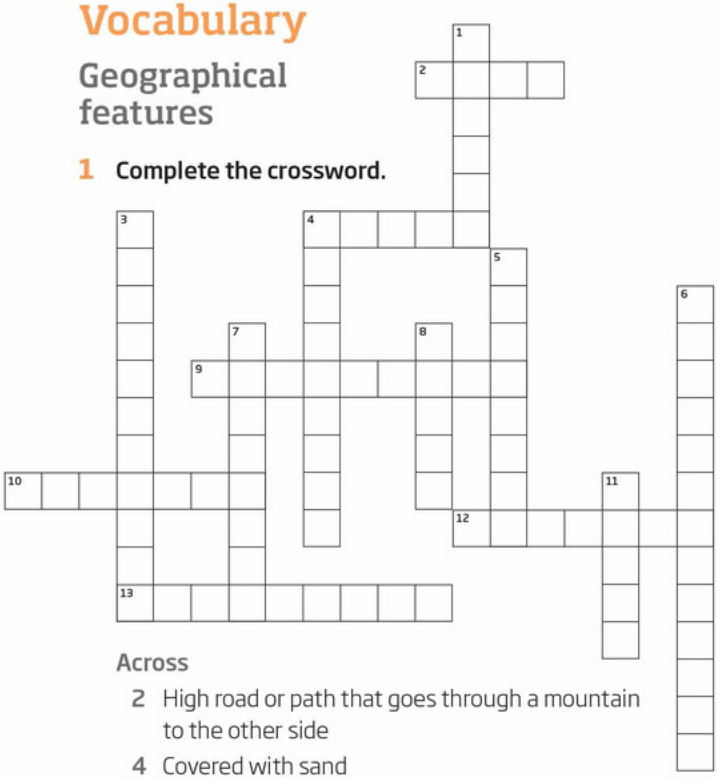
Simon 17.42
One thing to consider is how crowded the trains are from your station. Where I get on, getting a seat is like winning the lottery. You [4] _____ (might / sit) on the train for 90-minutes – lucky you – or you [5] _____ (might / stand), squashed between lots of people, unable to do anything except stare out of the window. Who knows?

5B

Vocabulary

Geographical features

1 **Complete the crossword.**



Across

2 High road or path that goes through a mountain to the other side
4 Covered with sand
9 Place where water drops down over a cliff or rock
10 Long thin area of water that connects larger areas of water
12 Large mass of ice that moves slowly down a valley
13 Sandy hills you find in the desert

Down

1 Area of lower land between two lines of hills
3 Describes an area with lots of mountains
4 Area where the land meets the water at the sea or a lake
5 The average height of the ocean, used to measure other heights and depths
6 Area of the ocean protected against development
7 The main area of land that forms a country, rather than the islands around it
8 Area of low, flat ground that is soft and wet
11 A long area of high land, at the top of a mountain

2 **Choose the correct alternatives.**

1 I'd love to walk across a frozen *glacier/sand dune*.
2 I want to sit on a *mountainous/sandy* beach, not one full of rocks and pebbles.
3 Let's get the ferry across the *channel/marsh* to France.
4 There's a bridge between the island and the *mainland/ridge*.
5 The river runs along the *valley/waterfall* with mountains either side.
6 There's a *pass/ridge* that'll take us through the mountain.
7 La Paz is 3,500 metres above *shoreline/sea level*.
8 Did you know you can go 'surfing' down *marine reserves/sand dunes* in the desert?

Grammar

Participle clauses

3 **Choose the correct option a, b or c.**

Three national parks you should visit

Kakadu National Park

[1] ____ in northern Australia, the Kakadu National Park is diverse in landscape, biology and heritage. The traditional owners of the land were the Bininj in the north and the Mungguy in the south. [2] ____ for this land for over 65,000 years, these people continue to play a significant part in the area's history.

The Grand Canyon

[3] ____ six million years ago, this canyon is one of the most famous places in the world. It provides spectacular views for visitors and an abundance of wildlife to enjoy. [4] ____ an area of 446 km in length, the canyon was created when the Colorado river forced a channel through rock. It is one of the Seven Natural Wonders of the World today, [5] ____ by over six million people each year.

The Kruger National Park

[6] ____ in 1926, the Kruger National Park is located in South Africa and is one of the largest on the African continent. [7] ____, 352 km north to south along the Mozambique border, it's home to over 140 different mammals including the Big Five – the elephant, rhino, lion, buffalo and leopard. This makes it incredibly popular with tourists.

1	a Placing	b Situated	c Positioning
2	a Watching	b Lived	c Caring
3	a Creating	b Built	c Formed
4	a Covering	b Filled	c Spreading
5	a attracting	b visited	c attended
6	a Established	b Founding	c Built
7	a Stretching	b Expanded	c Lasting

4 **Complete the second sentence so that it means the same as the first. Use a participle clause.**

1 Because the book was written 200 years ago, the language in the book is quite different.
_____, the language in the book is quite different.
2 The apartment building was built just last year, so it's extremely modern.
_____ just last year, the apartment building _____.
3 The house is quite isolated because it sits on top of a hill.
_____, the house _____.
4 Because the hotel looked out over the sea, the view was incredible.
_____, the view from the hotel _____.

5c

Language focus

Translation and collocation

1 Choose the correct alternatives.

1 I didn't leave *home/house* until I was 28.
2 We're doing up our *home/house* at the moment.
3 You've always made me feel at *home/house* here.
4 I'm going to a friend's *home/house* later.
5 My grandma's just moved into a care *home/house*.
6 I'm really no good at *home/house* improvements.
7 Leah's having a *home/house* warming party later.
8 Shh! You'll wake up the whole *home/house*.

2 Complete the conversations with the phrases in the box.

care home do up his house feel at home
heading home home improvements
house-hunting house-warming party
left home my house

1 A: Right, it's late. I'm [1] _____.
B: OK, I'll see you next week.
A: Aren't you going to Zoe's [2] _____ on Saturday?
B: No, I can't. I'm away for the weekend.
2 A: Lucia and I went [3] _____ this weekend.
B: Did you find anything?
A: Well, we saw one house that we loved, but it needs a lot of [4] _____.
B: You helped your dad [5] _____. You should be fine.
3 A: Have you been to Nicola's new flat yet?
B: No, but I'm glad she's finally [6] _____ at the age of 27!
A: Me too. She used to spend a lot of time at [7] _____.
B: I know. I think you'll see less of her now she's got her own place.
4 A: My great uncle's had to move into a [8] _____.
B: Well, at least he'll get full-time care.
A: I know, and the carers are doing their best to help him [9] _____.
B: That's good.

Vocabulary

Homes and decoration

3 Replace the words in bold with the words/phrases in the box.

blind bookshelves certificate clutter ornament spotless
walls worth

1 I need to clear out some of the **large number of things placed untidily** _____ in my bedroom.
2 It's going to cost us about £3,000 to put new carpets in, but it'll be **good enough to do** _____ it.
3 Your house always looks **completely clean** _____. You must clean it every day.
4 Can you pull the **window covering** _____ down? The sun's in my eyes.
5 I want to paint the floor white and the **structures that divide the room** _____ blue.
6 You need some more **tall, wooden structures** _____ to put all these novels on.
7 This is a lovely **object that's pretty, not useful** _____. Where did you get it?
8 Is this your graduation **official document** _____?

4 Match the sentence halves.

1 There are fitted	a arranged in alphabetical order.
2 We live on the sixth floor of a ten-storey block	b furniture and have done for years.
3 There's a lovely, shady	c bathroom instead of this tiny one.
4 All my albums are neatly	d plates on special occasions.
5 I wish I had a spacious	e of flats.
6 My parents collect antique	f patio at the back of the house.
7 There are stacks of	g books all over my uncle's flat.
8 We only use our china	h wardrobes in both bedrooms.

5 Complete each word. The first letter is given.



I walk into the living room and question, as always, how on earth we can be related. The modern look of my own home, along with its [1]**p**_____ glass surfaces and neatly [2]**a**_____ bookshelves are in stark contrast to the old-fashioned home of my sister. The clutter makes this [3]**s**_____ room seem small. [4]**S**_____ of magazines cover the floor, books are piled up in all directions on the [5]**b**_____ and the [6]**w**_____ are covered in framed photos and certificates. Not a single surface of the [7]**a**_____ furniture can be seen, covered in all sorts of [8]**c**_____, including china plates and multiple [9]**o**_____. Several plant [10]**p**_____ sit on the window sill with dead leaves lying all around. There's dust everywhere.

5D

Vocabulary

Hosting guests

1 Complete the sentences with the words in the box.

clear communal dimensions duvet en suite
flush payable recycling bin safe set off

1 Two of our bedrooms are _____ with both a bath and shower.
2 We don't have our own garden, but we have access to a _____ one.
3 Double rooms are £120 a night _____ on arrival.
4 The _____ for the sofa bed is in the wardrobe.
5 I don't know the exact _____ of the room, but it's big.
6 If I light a candle in the room, will it _____ the fire alarm.
7 Please place plastic, paper and cans in the _____ in the corridor.
8 I need to call a plumber. The toilet doesn't _____ properly.
9 They'll wait for payment to _____ before confiming the booking.
10 Each room in the hotel has it's own _____ for your valuables.

English in action

Give advice and make suggestions about what to do in an area

2 Put the words in the correct order to make sentences.

1 bet / would / to book / your / a B&B / best / be
_____
2 harm / getting / no / early / there's / there / in
_____
3 to / really / a day ticket / ought / buy / you
_____
4 well / ahead / you'd / to book / advised / be
_____
5 check out / you're / music, / if / the concert hall / into
_____
6 a / the art gallery / is / must / Bell Lane / on
_____
7 GPS / wise / to use / be / probably / to get there / it'd
_____
8 a look / the city museum / sure / take / you / make / at
_____

3 Correct the mistake in seven of these sentences.

1 The Gallery Arts Centre is the must.
2 Your good bet is to take a taxi.
3 If you're onto food, you might want to check out the restaurants in the marina.
4 Do sure you take a walk around the old part of the town.
5 You'd be well advised to purchase a ticket online.
6 It'd likely be wise to start at the Tourist Information Office.
7 There's no hurt in going to the bank, but it might be closed.
8 Ideal, you should take the bus and then walk to the station.

4 Make suggestions from the prompts.

1 you / ought / take / city tour
_____
2 it / wise / leave / valuables / hotel safe
_____
3 fish restaurant / harbour / must
_____
4 it / advisable / check / opening times / banks
_____
5 there / harm / take your time
_____
6 if / you / into / dance / check / dance theatre
_____
7 you / advised / pay / visit / zoo
_____
8 make / sure / do / walk along / river
_____

5 Complete the conversation using the words in brackets.

A: So, tell me, what should I do here?
B: Well, you [1] _____ (ought) walk down to the beach. It's not far. [2] _____ (sure) you take a jumper though. It's chilly at this time of year.
A: OK. What can I see down there?
B: The aquarium is great, and if you're into seafood, [3] _____ (check) the fish restaurant at the end of the pier. It [4] _____ (must).
A: OK, great.
B: You [5] _____ (wise) avoid lunch at lunch time. Ideally, go at about 2.30 p.m. – it'll be quieter then. There [6] _____ (harm) booking a table either, just to be sure.
A: OK. Is there something in particular I should try?
B: Hmm, [7] _____ (ideally) whoever is serving you what he or she recommends. They'll know what's fresh.
A: OK. What about seeing the Klee exhibition at the gallery that I read about?
B: It's going to be popular. Your [8] _____ (bet) go online for tickets to avoid the queue.
A: Good idea. I'll do that now.

5

Reading

1 **Read the article on page 41. What is the main point it makes?**

a Commuting is damaging for our health and should be avoided.
b It is possible to reduce the negative effects of commuting.
c There are positive aspects to commuting that are never mentioned.

2 **Read the article again. Answer the questions with words/phrases from the article.**

1 Someone who commutes for over 120 minutes a day is known as _____.
2 Research has shown that commuting can have a negative effect on _____ and _____.
3 Some experts say that there are _____ to extreme commuting if we use our time well.
4 Some commuters have chosen to _____ their travel time to have more time alone.
5 One expert thinks that commuting allows us to have more _____ in our work.
6 We can _____ the issues that commuting creates if we act appropriately.

3 **Match the people in the article a–h with the ideas they express 1–10.**

a Steve Gladwin
b Dr Helen Dolan
c Professor Wes Gannon
d Benjamin DuBois
e Francine Caton
f Margarit Jakubowski

1 Commuters should spend time on transport more productively. ____
2 Large numbers of people can cause tiredness. ____
3 Certain commuters are unable to do activities. ____
4 Focusing on what you've succeeded in can help you feel pride. ____
5 Time saved on travelling is spent doing an enjoyable activity. ____
6 It's disappointing when the final leg of your commute is hit with problems. ____
7 A change in commuting habits leads to a change in career. ____
8 Commuting helps people to move from one part of their life to another. ____
9 Commuting can lead to health issues. ____
10 Commuters waste time on activities with no end result. ____

4 **Find the words below in the article. What part of speech is each one? How do you know?**

accomplished _____
beneficial _____
clarifies _____
impact on _____
outcome _____
problematic _____
reflecting on _____
transition _____

5 **Look at the words in Exercise 4 again. Try to guess their meanings using clues like prefixes, suffixes and the words around them. Then match the words with their definitions.**

1 have an effect on _____
2 achieved _____
3 think carefully about _____
4 a change from one form/state to another _____
5 involving issues that are hard to deal with _____
6 make something clearer/easier to understand _____
7 result _____
8 have a good effect on _____

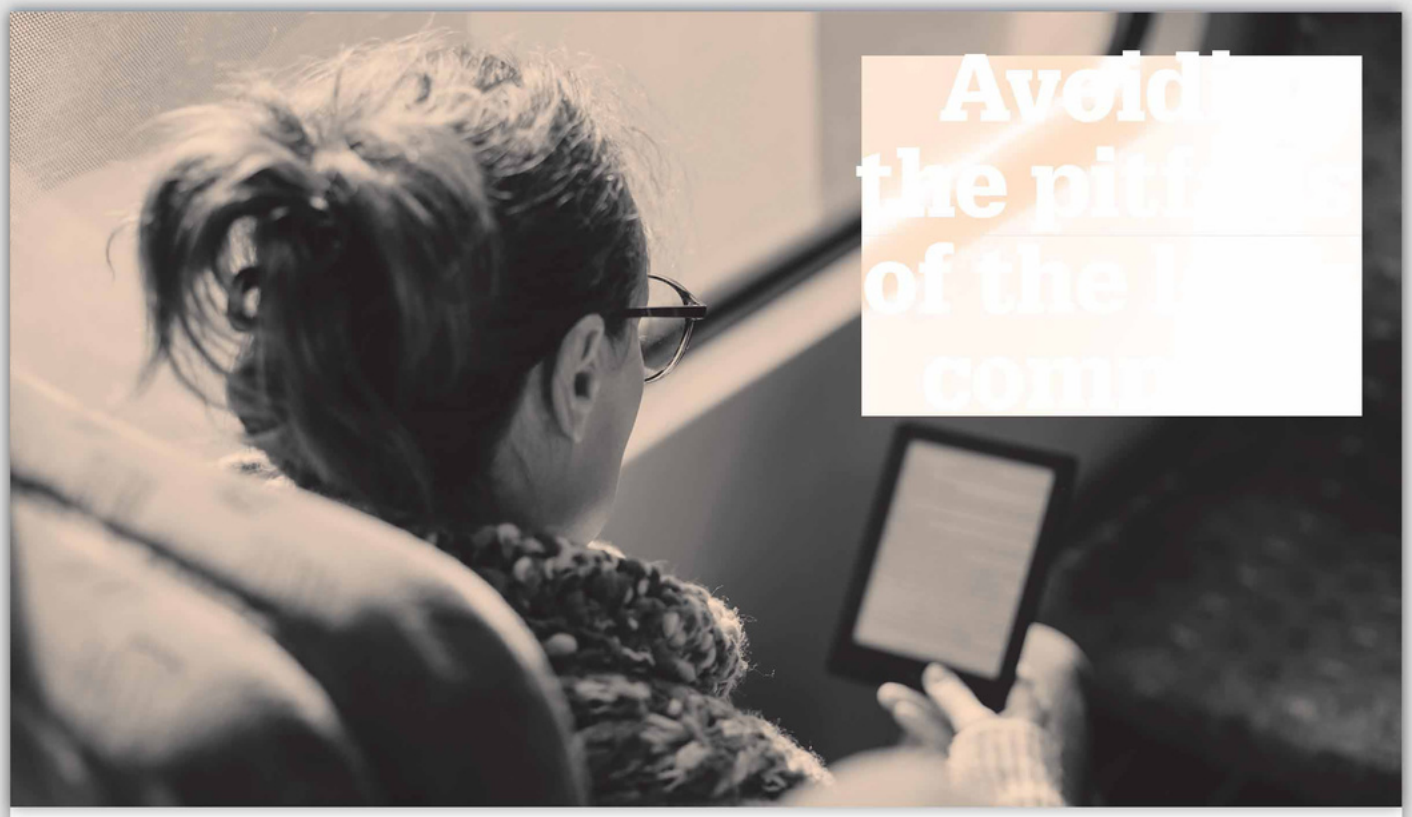
6 **Complete each word. The first letter is given.**

Wolfie
My old job was having a severe [1]i_____ on my health, so I decided to work closer to home. The drop in salary was worth it. The [2]o_____ was more time with the family and less stress.

Doug
I find that getting the slower train home is [3]b_____. Yes it's slower, but means I get a seat and more time to watch films on my tablet, as well as time to [4]r_____ on the day at work.

Kaz
The most [5]p_____ thing for me about commuting is the fact that sitting on the bus for 45 minutes makes me really tired. Then, I have to make that sudden [6]t_____ from wanting to go back to bed to smiling at customers and looking wide awake.

Melanie
I'm studying for my MA degree, so during my commute, I read up on research and so on. I can actually [7]a_____ quite a lot. Oh, but just to [8]c_____ – I take the train. I don't drive!



Steve Gladwin is an extreme commuter. This means that he's one of almost four million people in the country who travel over two hours a day to and from work. He gets up at 5 a.m., cycles to a ferry port, takes a 20-minute ferry journey, sits on a train for 85 minutes and then walks 15 minutes at the other end. 'That's providing there are no delays of course,' he clarifies. 'The worst thing is getting off the train on the return leg and finding out the ferry has been cancelled due to high winds. So near and yet so far.'

Various studies have focused on the health implications of our commutes, with the majority of them establishing that they have a detrimental impact on our levels of happiness and anxiety. Dr Helen Dolan says, 'Stress in particular can be very problematic. The large crowds, the delays, the standing in close proximity to others all conspire to increase our anxiety levels which impacts on both our mental and physical health. Not only are commuters left feeling unhappy, they often feel exhausted before they've even begun their working day.'

There is light at the end of the (train) tunnel though, with some experts suggesting there are advantages to be had from a long commute. Professor Wes Gannon claims that time alone can be beneficial if people take the opportunity to use it more wisely. 'Developing our skills in some way can be really rewarding. We can learn a language, read a book, even knit a jumper – car users excepted of course. When we do these things, we reduce the negative impact of our commute. The problem is that many of us while away our time on pointless activities like flicking through social media messages. This brings no sense of achievement at all and just adds to a feeling of boredom and unhappiness.'

Some commuters have been known to purposely extend their commute time in order to have more alone time. Benjamin DuBois says. 'I'd been driving myself to work for a few years, but was sick of just sitting in jams unable to do nothing. Despite it being more expensive and a 30-minute longer commute, I started to get the bus so I could use the time to complete an online course in something that I was really interested in. That actually led to me moving into a new industry.' Francine Caton did the opposite, swapping her train trip for a shorter car journey. 'The problem,' says Francine 'is that when I got to work, I didn't feel mentally ready. I ended up arriving at work 15 minutes early and sitting in my car reading – something I still feel is necessary today.'

Mental health expert, Margarit Jakubowski, believes our commute can provide extremely useful thinking time. She says that using our time effectively, can result in greater job satisfaction and reduce the harmful effects of commuting. 'If you spend time on your outward journey planning your day, it helps you make that transition between being the person you are at home and the person you are at work. It clears your mind and helps you prepare for the day. Similarly, if you spend your commute home reflecting on the day, you focus on what you've accomplished rather than wasted.'

So, commuters take note. While our travel can impact on our health, it is possible to limit those issues. By undertaking activities with clear outcomes rather than spend it on staring out of the window or at our phones, we can feel less like we waste our time and more that it's a valuable part of our day.

5

Listening

1 5.01 **Listen to a podcast about styling your home. Put the topics in the order you hear them.**

accessories ____
adding personality ____
bookshelves ____
painting ____
placement ____

2 **Listen again and choose the correct option a, b or c.**

1 Antony says it's best to add colour to a room by
   a using furnishings.
   b adding colour to a wall.
   c painting walls a variety of colours.
2 Claire says that the best thing to do when painting is to
   a hire a professional.
   b have the right equipment.
   c ask people you know to help you.
3 Antony and Claire suggest that accessories should
   a be softly coloured.
   b have a different feel to them.
   c be the most expensive thing you buy.
4 Antony and Claire say that you can put your own stamp on a room by
   a piling up things that are important to you.
   b adding family photos to frames made of wood.
   c displaying things that represent your hobbies in frames.
5 Antony says that books on a bookshelf should
   a fill only part of a shelf.
   b be placed in different directions.
   c remain uniform to maintain tidiness.
6 Claire and Antony say that the 'Rule of Three' is designed to
   a create a strong visual image.
   b appeal to our senses.
   c make something memorable.

3 **Complete the tips with the words in the box.**

bold colour different frames neutral patterns stylish threes

Top tips for styling your home

① Paint the walls in _____ colours. Use accessories to add _____.
② Choose cushions, throws, etc. in _____ colours and different textures.
③ Put things you love into _____ and display them around the room.
④ Stack books in _____ directions and add ornaments to make bookshelves look _____.
⑤ Place things in _____ to create simple but memorable _____.

Writing



1 **Read the story. What kind of tour does it describe?**

a A jungle family adventure tour
b A bird explorer tour
c A rainforest night tour

A walk with a difference

We dutifully followed the guide through the trees in silence, careful to step in his footprints to avoid any unwanted surprises. The air was thick with moisture and, underfoot, the ground was soaking; a reminder that rain was a common visitor to the area. [1]____.

I adjusted the lamp on my head and pointed it to my right. The vegetation around me was lush, with palms in abundance and vines twisting their way across the ground and up along the tree trunks like snakes. The moon had been bright as we'd left the hotel, but here in the jungle the leaves created a dense canopy that refused to let the light in. I heard movement above me, so I looked up and caught sight of a monkey swinging across branches. I stopped and held my breath as I quietly observed the mammal in action. He let out a high-pitched sound that was almost like a laugh. The man in front of me started. [2]____.

After a few more minutes of walking, the man in front came to a sudden stop and I slammed into the back of him. As I began to apologise, he turned and glared at me, putting his index finger in front of his mouth to shush me. I looked over his shoulder at the guide and noticed that she was pointing to our left. [3]____. I spun around quickly to see what I was missing. There, in front of us, was a spider web as big as a church clock's face. Our lights reflected in the water drops which hung off the intricate but clearly strong material. [4]____. We were all looking at the spider which sat in the middle of its kingdom. Its body was small, but its legs were so long that the entire creature was bigger than my hand. Next to it, was a small bird which had made the mistake of thinking the web was nothing more than a few thin threads.

2 **Match the sentences with gaps 1–4 in the story. There are two sentences you don't need.**

a Everyone else had already turned and was staring open-mouthed.
b That wasn't what had caught our attention though.
c Fortunately, it had decided to leave us alone this particular night.
d They all turned and roared with laughter.
e It felt like a thunderstorm was on its way.
f I chuckled silently so as not to embarrass him.

3 **Read the Focus box. Then find words or phrases in the story which mean the same as the phrases below.**

1 jumped with fright _____
2 looked at _____
3 humid _____
4 green, healthy and strong _____
5 laughed softly _____
6 similar to reptiles _____
7 turned around quickly _____

Using evocative and descriptive language

When writing a narrative, our aim is to engage the reader's imagination. We use imaginative and descriptive language to achieve this aim. Here are three techniques.

1 Replace standard adjectives and verbs with more descriptive and evocative ones.
wet – soaking walked into – slammed into
2 Compare a thing to something else entirely using *as* + adj + *as* + noun.
as big as a church clock's face
3 Compare an experience to something else entirely using *like* + clause.
a high-pitched sound that was almost like a laugh

4 **Complete the table with words/phrases in the box. One word can appear in more than one category.**

as loud as thunder chuckle crawl creep deafening echo someone like a parrot faint giggle high-pitched laugh like a hyena leap roar with laughter shiver sigh subtle whisper

Describing movement
Describing laughter
Describing speech
Adjectives to describe sound

5 **Complete the sentences with the words in the box.**

crept faint high-pitched roared shivered sighed subtle whispered

1 'Be quiet or you'll scare it away,' he _____ quietly.
2 When I saw the spider staring up at me, I let out a _____ squeal.
3 We _____ quietly past the spider so as not to disturb it.
4 I could hear a _____ noise on my right, but I couldn't make out what it was.
5 The movement was _____ but I could definitely sense that something was coming towards me.
6 When the guide said, 'It's OK, it's not poisonous,' we all _____ with relief.
7 When the girl saw the monkey wave its arms at her, she _____ with laughter.
8 When I saw the size of the spider, I _____ with fear.

Prepare

6 **You're going to write a description about a place where you saw or did something interesting. Make notes about the following.**

- where you were
- what happened at the beginning of the story
- the interesting thing that happened while you were there
- what happened next
- how the story ends

7 **Plan your description. Make sure you include language to describe these things.**

- the place and what you could see around you
- what you could hear and how you felt
- what you did in the place
- movement and speech in the story

Write

8 **Write your description. When you have finished, check these things and edit your story if necessary.**

Does your description bring the story to life for the reader? ☐
Have you used evocative words to describe sound, movement and speech? ☐
Have you used comparisons to describe things and experiences? ☐

9 **Swap your writing with another student. Discuss how vivid your descriptions are and why. Discuss where they could be even more descriptive.**

6A

Vocabulary

Successful and failing businesses

1 Complete the words. The first letter is given.

1 A company that dominates a market is a **m**_____.
2 If you have the advantage, you have an **e**_____ over the others.
3 If your company brought in more money this month than last month, you've increased your **t**_____.
4 The group of people who make decisions about a company is known as the **b**_____.
5 A company **b**_____ out when it starts operating in different markets.
6 If you stop concentrating on your goals for the company, you lose **f**_____.
7 They lowered their prices in order to **u**_____ their competitors.
8 If a company is **b**_____ up, its different parts are sold off separately.

2 Choose the correct option a, b or c.



According to one report, CEOs of top companies can earn a regular full-time worker's annual salary in just a few days, showing a huge disparity between the pay of [1]____ members and the pay of workers on the ground. Is a CEO's salary justified? As the highest-ranking position in a company, some would argue that a CEO's job comes with incredible pressure to ensure a company never [2]____ financially, and that it is [3]____ for a long time in the future. If a CEO isn't able to do this, employees may lose their jobs. A CEO has to constantly work out ways to ensure the company has a competitive [4]____ over other companies, whether that's [5]____ out into new markets or choosing to [6]____ a competitor with cheaper prices. If a CEO doesn't increase [7]____ each year or ensure the company is [8]____ at a high price on the stock market, the board or shareholders will demand to know why.

1	a committee	b union	c board
2	a struggles	b decreases	c falls
3	a sustainable	b continuous	c permanent
4	a edge	b value	c incentive
5	a stretching	b branching	c pushing
6	a reduce	b lessen	c undercut
7	a currency	b turnover	c finances
8	a respected	b valued	c prized

Grammar

Adverbs and adverbial phrases

3 Cross out the words in bold which are not in the most appropriate position.

1 I've met **over the last week** some really interesting people **over the last week**.
2 We ran as fast as we could **towards our train** along the platform **towards our train**.
3 Dan's coming to the meeting but **apparently**, he can't, **apparently**, stay long.
4 We've had to **today** overcome several problems **today**.
5 The company began manufacturing toys at their factory **in 1957** in Birmingham **in 1957**.
6 **Interestingly**, a CEO may receive a large pay out when sacked, **interestingly**.
7 The company's turnover has **increased significantly** since last month **increased significantly**.
8 We've **recently** considered **recently** investing in the stock market.

4 Correct the mistake in four of these sentences.

1 Prices have risen over the last six months sharply.
2 The presenter stood nervously at the front of the room.
3 We expected the company to be successful, but it disappointingly wasn't.
4 What we're working on is interesting extremely.
5 We all sat quietly and waited for the CEO to speak.
6 My boss walked with a strange look on his face out.

5 Complete the conversation with phrases in the box.

fairly importantly incredibly in recent months
over at the Admiral Hotel over the next six months

A: When and where is the board meeting tomorrow?
B: It's [1]_____ at 9 a.m.
A: What's on the agenda?
B: There are a few things but most [2]_____, we need to decide on our pricing strategies for our new products. They're all being released [3]_____.
A: What's your view on it?
B: We should price them [4]_____ high to highlight the quality, but not too much.
A: I agree. We could undercut our competitors, but that's [5]_____ risky when their prices are so low.
B: Our competitors' products have increased slightly in price [6]_____, but they're still low, so I agree with you.

6B

Vocabulary

Hosting events

1 **Choose the correct alternatives.**

1 The team will *bid/boycott* the event due to a lack of safety.
2 The *revolution/transformation* of the old stadium was incredible.
3 The Olympics are a *prestigious/profile* event.
4 Hosting the final helped to *boost/rise* our city's economy.
5 We've received a £20,000 *grant/reward* to hold a festival.
6 The committee is considering *bids/suggestions* from four potential World Cup host cities.
7 We hoped that hosting the music festival would be a *catalyst/corruption* for economic change.
8 The *construction/infrastructure* of our city is insufficient for hosting a large event.

2 **Complete the interview with the words in the box.**

bid boost catalyst commission estimate grants infrastructure prestigious profile transformation

The bid to be a culture capital

Reporter Lily Edwards talks to Ron Cleeve, director of our city's bid to be European Capital of Culture, about why he thinks it'll help to transform the city.

Lily: *Why has your city decided to put in a* [1] _____ *to be the next European Capital of Culture?*

Ron: Well, we [2] _____ that it'll bring in tens of thousands of visitors to our city over a year, which will [3] _____ our economy in the short term. In the long term, it'll hopefully raise our [4] _____ as a tourist destination. We've got a rich history in our city, but it's not all that well-known in Europe.

Lily: *Do you think the city is ready to host all the cultural events expected when you're a Capital of Culture?*

Ron: Not at the moment, but we'd have four years to improve the [5] _____, especially the roads, and to make sure all our venues are ready. Private companies will have that time to prepare, too – hotel owners, etc. Being a European Capital of Culture would result in a huge [6] _____ of the city and should be a [7] _____ for economic change.

Lily: *How will you pay for the changes?*

Ron: There are some [8] _____ that we can apply for and, of course, the government will help, too. We want to [9] _____ someone to create some lovely art installations in public places in and around the city, so we've been holding fundraising events for that.

Lily: *The European Capital of Culture award is highly* [10] _____. *Do you think you can win it?*

Ron: I really do. The people in our city are what make it a special place to live and I think we can demonstrate how special it is when we present our bid to the committee.

Grammar

Further passive constructions

3 **Choose the correct alternatives.**

The world's biggest water fight



We've all had water fights as kids, but can you imagine being part of a nationwide water fight that goes on for several days? Each April, such a cultural event is held in cities all over Thailand as part of the Songkran festival celebrations, Thailand's New Year. Traditionally, people splash water on each other to wish away bad thoughts and bring good luck for the new year. Songkran is considered [1] *to be/to have been* the most popular festival in Thailand. Various streets are closed and are crammed full of people with jugs of water, water pistols and even water cannons. Fire hoses have been known [2] *being/to be* used, too. Around four million tourists are thought [3] *attended/to have attended* the event last year because it's unique and a lot of fun. However, for everyone to enjoy it fully and appropriately, some written and unwritten rules must [4] *be/to be* followed. Only clean water at an appropriate temperature should [5] *be/being* thrown and only in approved areas of the city. Because of the heat, cold water will [6] *be/have been* welcomed by most people. However, water [7] *thrown/to be thrown* with ice cubes is not really acceptable. People should wear dark colours, too. After [8] *being/to have been* sprayed with water for even just a few minutes, you'll be glad you did.

4 **Complete the second sentence so that it means the same as the first.**

1 People say that Glastonbury is the best music festival in the world.
It _____ Glastonbury is the best music festival in the world.
2 You have to see the old castle to believe it.
The old castle _____ to be believed.
3 We should send the application as soon as possible.
The application _____ as soon as possible.
4 A nurse is available on site if you need to see one.
If _____, a nurse is available on site.
5 According to rumours, our new neighbours are millionaires.
Our new neighbours _____ millionaires.
6 People think that this house is haunted.
It _____ this house is haunted.

6c

Vocabulary

Talking about arts events

1 **Replace the words in bold with the words/phrases in the box.**

acts been collaborative be fast-paced literary
mediocre open-mike night over-the-top out of tune

1 My poor mum often sings **incorrect musical notes** _____, but she doesn't realise it.
2 There's an **evening when anyone can perform** _____ at the café down the street.
3 I prefer my film to **feature events happening quickly** _____, which is why I like thrillers.
4 My friends and I thought the film was **not very good** _____.
I didn't hate it, but I've seen much better.
5 The actress's performance in that film was so **extreme and silly** _____. It wasn't natural at all.
6 There's a **book-related** _____ festival on over the summer. I'd love to go to it.
7 I love the fact that the community arts project has **involved everyone working together** _____.
8 The cabaret included various **short performances** _____. The magician was my favourite.

2 **Complete the conversation with the words/phrases in the box.**

act disappointment duo gig indie fast-paced
moving outrageous stand-up comedy

A: How was the open-mike night?
B: It was a bit of a [1] _____. There was only one good [2] _____ and the others were terrible.
A: Who was the good one?
B: A woman who did some [3] _____. Her jokes were a bit [4] _____ at times – Maddy was shocked! But they were funny.
A: Sounds good. I saw a Spanish [5] _____ film at the arts cinema. It was quite [6] _____ so I had to focus, but it was also very [7] _____. It made me cry.
B: Send me a link to it and I'll have a look. Oh, by the way, that folk [8] _____ you like are doing a [9] _____ at the community centre on Saturday. Let's go!



Language focus

Word grammar and patterns (*expect, surprised*)

3 **Match the sentence halves.**

1 I'm surprised how few _____
2 The kids expect the circus _____
3 I hadn't expected the festival to be _____
4 We were surprised how _____
5 The concert wasn't as good _____
6 I suppose we were expecting _____

a such a big event.
b as I expected.
c to be more exciting than last time.
d much people enjoyed the poetry evening.
e something less over-the-top.
f people attended the exhibition.

4 **Add one word to each sentence to make it correct.**

1 We didn't expect there be so many people at the wedding.
2 My parents were surprised tall the kids had got.
3 I didn't expect to be so much traffic on the roads.
4 I surprised how popular this TV show is.
5 The exam wasn't as tough I was expecting.
6 I'd expected the film to be far better it was.

5 **Complete the comments using the prompts.**

[1] _____
(I / surprised / good) the photos were, especially as they were taken by local people, not professionals. Well done all!

I know more people came than anticipated, but getting in was a bit chaotic. [2] _____
(I / expect / something like this / more organised).

[3] _____
(We / surprised / many people / attended /the event). The photos all sold too, which was fantastic!

I'm afraid [4] _____
(it / not / enjoyable as / expecting). There were too many people crammed into too little space.

[5] _____
(I /not / expect / be / impressed) by the photos that I'd want to buy two. That just shows how good they were.

The exhibition only lasted a day. [6] _____ (We / expect / it / go on) for longer, so we missed out. Maybe it could last longer next time?

6



Listening

1 6.01 **Listen to an interview about an event. Tick the reasons the interviewee gives for it's success.**

People have more money to spend on live events. ☐

Films attracted more interest from the public because of technology. ☐

It has become easier for people to learn about it online. ☐

Comic books became more popular among adults. ☐

2 **Listen again. Complete each sentence with one or two words you hear.**

1 Comic-con is short for _____.

2 The TV and film genres covered at Comic-cons are sci-fi, fantasy and _____.

3 Hollywood actors talk about their _____ at Comic-con.

4 Joe describes tickets to comic-con events as _____.

5 The first comic-con events were created by _____.

6 Joe describes these events today as _____.

7 TV networks test their _____ at Comic-con events.

3 **Match each number with what it describes. Then, listen and check.**

3 4 20 35+ 100 300
tens of thousands millions

1 The number of people who organised the first San Diego Comic-con. _____

2 The number of people who attended the first San Diego Comic-con. _____

3 The number of people who attended the second San Diego Comic-con. _____

4 The number of days that San Diego Comic-con lasts today. _____

5 The number of people who attend San Diego Comic-con today. _____

6 The amount of money that San Diego Comic-con generates. _____

7 The number of comic-cons in the US today. _____

8 The number of years ago that comic-cons started to become really popular. _____

4 **Match the words/phrases in bold with definitions 1–8.**

1 something people are looking forward to (adj) _____

2 related to (phr) _____

3 provided more opportunities (v) _____

4 a large meeting between people with the same interest (n) _____

5 influenced (phr) _____

6 accepted by most people in society (adj) _____

7 produces (v) _____

8 clothes to make a person look like something (n) _____

a It's basically a comic book **convention** – that's what Comic-con is short for.

b Comic-con has **opened up** to include other things, too.

c People wear some incredibly well-made **costumes**.

d Comic books are no longer things only **associated with** nerd culture.

e They are now **mainstream**.

f Social media has **had a hand in** the popularity of Comic-cons, too.

g San Diego Comic-con **generates** millions for the local economy.

h Movie studios can show trailers for **anticipated** movies to potential cinema-goers.

5 **Complete the comments with the words/phrases in the box.**

anticipated associated convention costumes generated
has a hand in mainstream opened up

Diego
I used to go to a [1] _____ held here in my city. It was great. Every year, my friends and I would try to wear the best [2] _____. However, once it became [3] _____, everyone wanted to go and it became too commercial. I lost interest.

Ana
Yes, I know what you mean. I always [4] _____ my local convention with comic book lovers like me, but as soon as organisers [5] _____ the event to more pop culture, the comic books seemed to get lost.

Alicia
Hollywood movies based on comics have [6] _____ a lot of money and made the stories popular, but I think TV [7] _____ making nerd culture popular, too. My friends aren't into comics, but they get excited about highly [8] _____ series-based graphic novels.

6

Reading

1 Read the article on page 49. Complete the summaries with the names of the companies.

1 _____ wasn't able to offer the same as another similar service.
2 _____ didn't want to innovate, as it would lose a part of its business.
3 _____ didn't adapt to a new online environment.
4 _____ couldn't compete with an alternative product.

2 Which company does each statement describe?

1 Its shops had no character.
_____
2 Its customers were committed to its brand.
_____
3 An in-company trend affected its sales.
_____
4 It was unable to compete on price.
_____
5 New technology meant one of its most significant products was no longer needed.
_____
6 It created something which it didn't sell.
_____
7 It didn't create a motivating environment for its customers. _____
8 A competing product became popular very quickly.
_____
9 It had a big impact on the entertainment industry.
_____
10 It still exists today, but with fewer users.
_____

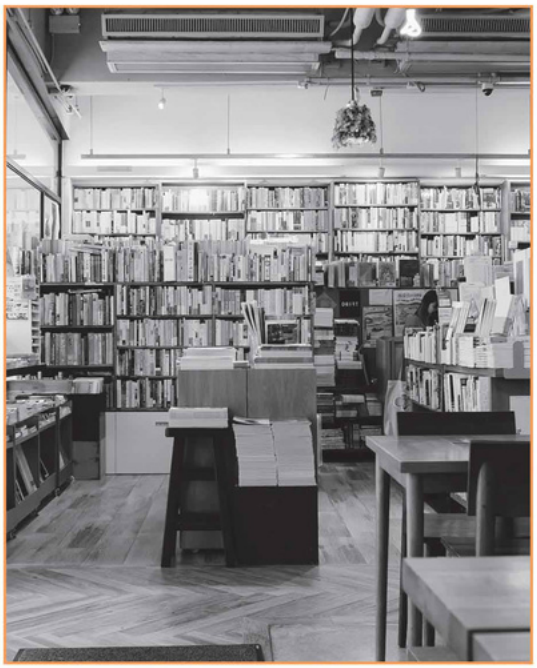
3 Match words/phrases in the article with the definitions.

1 make a new product available for sale for the first time (introduction) _____
2 no longer useful because something better has been invented (introduction) _____
3 improve (Kodak) _____
4 suddenly failed or became too weak to continue (Kodak)
_____
5 the situation where a person or company cannot pay its debts (Kodak/Toys "R" US) _____
6 the practice of buying goods and services from a business (Blackberry) _____
7 changing the way people think and behave (Myspace)
_____
8 a very small amount of (Myspace) _____

4 Complete the information with the words in the box.

bankruptcy collapse enhance fraction
influential launch obsolete

By the time the Borders Group declared [1] _____ in 2011, its bookstores had been in existence for 40 years. When it first opened, the owners created an inventory system that allowed them to create bookstores that met the needs of the local community. This was very [2] _____ in their success, as it allowed them to [3] _____ their customer's experience in their stores. However, as technology developed in the 2000s, Borders chose to sell online through Amazon rather than [4] _____ their own online bookstore. They also failed to develop an e-reader until other stores had already established their own. While Borders still attracted customers to their stores, their profit became only a [5] _____ of what it once was until eventually, they were losing money. Perhaps the main reason for the company's final [6] _____ is that customers enjoyed looking at books, but then went home and bought their books online. The internet had sadly made Borders [7] _____ .



The importance of innovation

The first thing a company has to do after launching a successful product or service is to start creating something that will make it obsolete. After all, if you don't, another company will. In this article, we look at four companies which lost out to others, and reflect on what happened.

Kodak

Kodak dominated the camera industry for much of the 20th century. They even invented the digital camera in 1975, but rather than promoting it, they kept it quiet. Why? Because they knew it would destroy their film business. Kodak's profitability came, not only from cameras, but also from the film it sold to users once they'd purchased their cameras. In the 1980s, Kodak commissioned a report on digital technology and concluded that they had ten years before it threatened their business. This prediction was correct, but rather than spending that decade preparing to address the potential threat, they focused on using digital technology to enhance their film. Of course, once digital cameras became available, few people needed film and Kodak collapsed, finally declaring bankruptcy in 2012.

Blackberry

Blackberry became hugely popular in the late 1990s when their handheld device first hit the market. The ability to keep up-to-date with emails was incredibly valuable, and users developed a strong loyalty to the brand. However, Blackberry tended to focus innovation on improving its existing features, adding new features only to keep up with competitors. Perhaps the biggest issue came in 2007 when the first iPhone was released – a practical, stylish phone with a modern touchscreen keyboard. It became an overnight hit. That, combined with the increased interest in employees bringing their own device to work rather than companies providing them, meant that Blackberry lost a significant amount of custom.

Myspace

If you were a teenager in 2005, you probably had a Myspace page. It was incredibly influential at the time, and even helped to launch several bands and musicians. However, it was unable to reach the same heights as Facebook has, despite being available first. Reasons for this may be that when it became popular, Facebook didn't just enable users to connect to other individuals, it also allowed them to create groups and communicate with people on particular topics. Later, Facebook developed a private messaging service. Myspace continues to operate today and has millions of users. However, this is only a fraction of the over two billion users that Facebook has.

Toys "R" US

From the 1950s, Toys "R" US was a magical place for many children, often THE place to get the latest big toy. However, it went into bankruptcy in 2017 after failing to keep up with the demands of the market. Firstly, internet shopping came along, offering cheaper prices due to lower business costs. For bricks-and-mortar stores to compete, they had to either offer price matching deals, make the experience of buying goods there quick and easy, or make it an exciting event for children with creative and interactive displays. Unfortunately, Toys "R" US were unable to adapt accordingly, maintaining their prices and warehouse-type stores. It was unable to attract the number of customers it once had, and closed much of its business.



So, it doesn't matter what kind of business you have, standing still is never the right way to go. Innovate to develop your own product and watch what your rivals are doing in order to avoid losing customer share or even knocking on the door of bankruptcy.

6

Writing

1 **Read the review. Choose the correct statement about the writer's opinion.**

a The writer thought Richie Michaels' performance was mediocre.

b The writer praised most aspects of Richie Michaels' performance.

c Overall, the writer thought the concert was fairly good.

2 **Read the review again. Which of these things does the writer mention?**

- the reason for attending the concert ☐
- a description of the venue ☐
- the reaction of the audience to the singer ☐
- a description of some of the songs ☐
- the writer's reaction to some of the songs ☐
- the singer's song-writing abilities ☐
- the highlight and lowlight of the performance ☐
- a description of the backing band ☐

THE RISE OF A STAR

When a **friend** described local singer-songwriter Richie Michaels as a superstar in the making, I thought she was exaggerating. It did make me curious, however, so I made sure I attended his next gig. Just one song in, and I knew she was right.

Michaels had everyone gripped from the moment he sang his first note. He started off with the lively R&B number *I've got your back*, which got everyone up and dancing. After two more upbeat songs, he slowed things down with three soulful ballads. Michaels' voice is deep and rich, and strangely hypnotic. He sang these songs with such emotion that I often had to pretend I had something in my eye. Looking around, others were doing the same, especially when he dedicated his song *Missing you* to the grandmother he had recently lost, singing it with tears in his own eyes.

The sad tone soon made way for cheerier songs. *Give up* was particularly catchy. *You know why* received the biggest cheer of the night. The lyrics beautifully expressed what it's like for young people living in our **society** today, but the real highlight was the guitar solo Michaels played with real passion. The only disappointment of the evening was a few **weird** technical issues the backing band experienced during one song.

Clearly, Michaels is a special talent and although he hasn't got a record deal at the moment, he's making a big noise on social media. There was at least one person from a record company in the audience, so I **believe** that we'll be seeing him performing much bigger concerts before long as he **achieves** greatness. And quite deservedly so.



3 **Read the Focus box. Does each word in bold in the review follow the rule?**

Check and correct spelling

English spelling can be challenging, particularly when there are lots of exceptions to the rules. For example, it is often difficult in English to know whether a word should be spelt with *ie* or *ei*. There is a rule which says '*i* before *e* except after *c*'.

friend, receive

However there are a lot of exceptions to the rule.

society, weird ...

The rule is more often true when the sound is a long 'e' as in *sheep*.

believe ...

For many people, however, the best solution is to keep a good vocabulary notebook with the correct spelling and to look at it often.

4 **Correct the spelling of six words in the sentences.**

1 The music was so deafening that we were releived when it was all over. _____
2 No one will perceive the band as serious musicians, but they are a lot of fun. _____
3 There were more than a few shreiks from the audience when the band started playing. _____
4 We received a shock when the singer entered from the back of the venue. _____
5 If you get the chance to see this singer play, sieze it. It'll be hard to get tickets in future. _____
6 The walls vibrated violently with the sound of the bass. I thought the cieling might cave in. _____
7 Don't let the singer's petite frame decieve you. She has a massive voice. _____
8 Listening to songs in a foriegn language can be very pleasant. _____

5 **Match the words/phrases in the box with the definitions. Use the review to help you.**

ballad catchy dedicate to gig gripped hypnotic make a big noise upbeat

1 excited and interested _____
2 a slow love song _____
3 making you feel unable to focus on anything else _____
4 get a lot of attention _____
5 easy to remember _____
6 concert _____
7 positive and making you feel good _____
8 say that a song was written for someone _____

Prepare

6 **You're going to write a review of a music event you attended. Choose an event to write about.**

7 **Plan your review. Make notes of all the things you could say about these things.**

- the singer or band _____
- the venue _____
- a description of the songs _____
- the quality of the songs _____
- the quality of the singer's performance _____
- the reaction of the audience _____
- the highlight of the performance _____
- the lowlight of the performance _____

8 **Decide which information you would like to include in your review. Organise it in a logical order.**

Write

9 **Write your review. When you have finished, check these things and edit your review if necessary.**

The information in the review is presented logically. ☐
The review makes it clear what you enjoyed and did not enjoy. ☐
The review is divided into logical paragraphs and the ideas are linked logically. ☐

10 **Read through your review. Check that your spelling is correct, especially words which include *ie* or *ei*. Use a dictionary or spell-checker, if necessary.**

7A

Vocabulary

Life's ups and downs

1 Choose the correct alternatives.

1 My brothers have had yet another *separation/falling-out* over the family business.
2 My mum goes back to her *native/original* Chile every year.
3 My company's *relocating/transferring* to another city next year, but I'm not going.
4 My daughter was a few days' *immature/premature*, but there's nothing to worry about.
5 Alex *inherited/succeeded* some money from his grandfather last year.
6 I might not like my new job, but I'll *do/make* a go of it.

2 Complete the family newsletter with phrases a–f below.



Dear all,

So, it's the end of the year, which means it's time for another Barrett family newsletter to update you all on what's happened over the last 12 months.

It's been a quiet few months at home for me and Richard. [1]____ both children have now flown the nest. I miss them terribly, but Sara comes home with her dirty washing every holiday and we see Lewis regularly at weekends. We've also had time to spend some of the money [2]____. We've done two cruises this year and loved them both!

Sara's enjoying her course at university and has settled in well. [3]____ at the council. He's already been promoted once despite being there for just six months. [4]____ in social care is coming in handy. He's got a new girlfriend called Eva, who he's very happy with. [5]____ to meet her family.

Well, I think that's all for this year. Hope you've all had a good one with many more ups than downs. Next year, it's our 30th wedding anniversary. [6]____ to celebrate. I'll let you all know more soon.

The Barrett Family

a I'm glad that his doctorate
b Lewis is really making a go of his job
c We're thinking of organising a big get-together
d I'm still coming to terms with the fact that
e She took him home to her native Ireland
f Richard inherited from his mum

Grammar

Adding comments using *must* and *can't*

3 Match the sentences (one from each group A, B and C) to make five conversations.

A

1 A: Marie had her son yesterday. He took 36 hours to arrive. *d* *ii*
2 A: My wife's father has moved in with us. ____ ____
3 A: I'm doing a part-time Master's course and working full-time. ____ ____
4 A: Eric and his wife are having a trial separation. ____ ____
5 A: My niece and nephew came to stay with me last night. ____ ____

B

a B: That must be stressful.
b B: That can't be easy.
c B: That must have been fun for you.
d B: That can't have been easy.
e B: Oh dear, that can't be nice for the kids.

C

i A: It is, but I'm enjoying both.
ii A: No, it wasn't! But they're both doing fine now.
iii A: No, but they're doing everything they can to make sure the children aren't affected.
iv A: No, it isn't. We're not used to sharing our house.
v A: It was, but I'm exhausted today!

4 Complete the conversations with the correct form of the words in brackets.

1 A: I got a phone call in the middle of the night saying Dad was in hospital.
B: Oh no, that _____ (must / scary) for you. Is he OK?
2 A: I had to tell Ellie that there's no longer a job for her here.
B: That _____ (can't / easy). How did she take it?
3 A: I've got to give a speech at my best friend's wedding tomorrow.
B: You _____ (must / nervous). I know I would be.
4 A: Apparently, Dennis is at a football match right now.
B: That _____ (can't / right). He hates football!
5 A: Our cat hasn't come home in three days.
B: Oh, dear. You _____ (must / worried).
6 A: I moved to Mexico when I was seven without knowing any Spanish.
B: That _____ (must / hard).

Vocabulary

Talking about the news

1 Complete each news story with a word. The first letter is given.

1 The president caused **c**_____ yesterday with a tweet about women's rights.
2 A national newspaper has **e**_____ a cover-up within the Ministry for Transport.
3 The treatment of a woman in a wheelchair by a bus driver has caused **o**_____ on social media.
4 A new law regarding tax on donations has been widely **w**_____ by charities.
5 The government have decided to impose **t**_____ on cars imported from overseas.
6 Scientists say they've had a major **b**_____ in the fight against diabetes.

2 Complete the conversations with phrases a–l.

1 **A:** That TV presenter's had to resign from his job.
B: He shouldn't have made such [1] ____ online.
A: It certainly [2] ____ among the public.
2 **A:** I think the prime minister's resignation will [3] ____, don't you?
B: Yes, probably. I know we only voted last year, but I think a new vote would be [4] ____ by the public.
3 **A:** Do you think Manchester City will [5] ____ ?
B: I hope so. It'll [6] ____ around here if they do!
4 **A:** I see the president has [7] ____ again.
B: It's not surprising. A lot of people disagree with him.
A: He's decided to [8] ____ on climate change that so many other countries have signed.
5 **A:** What do you think [9] ____ on the street this weekend?
B: I think a lot of young people are fed up with the unemployment rate.
C: Yes, that was certainly [10] ____ .
6 **A:** Did you see that [11] ____ at the hospital?
B: Yes! Apparently, some doctors weren't qualified.
A: Yes, it's shocking. There's been [12] ____ of it on the news.

a a contributing factor
b a cover-up has been exposed
c an offensive comment
d caused a lot of outrage
e cause a lot of excitement
f caused controversy
g get through to the semi-finals
h massive coverage
i trigger another election
j triggered the riots
k widely welcomed
l withdraw from the treaty

Grammar

Second, third and mixed conditionals

3 Choose the correct alternatives.

1 We'd never have met if we *didn't go/hadn't gone* to Mara's wedding.
2 If you hadn't gone to bed so late, you might not *be/have been* so tired right now.
3 We *could stay/could have stayed* later if you'd wanted to.
4 We'd be there by now if we *left/'d left* earlier.
5 If I *wanted/'d wanted* help, I'd ask for it.
6 If you hadn't noticed this flat was for rent, we wouldn't *be living/have lived* here now.
7 If I *had been/were* you, I'd go and see a doctor.
8 I wouldn't be here today if you *didn't persuade/hadn't persuaded* me to come.

4 Complete the article using the prompts in brackets.

Alternative histories

We're all aware of those huge news stories in the past which changed the world. But [1] _____ (what if / those stories) different? [2] _____ (how / our history / turn out)? That's what writers of alternative histories wonder. They take a moment in history and make it different. For example, [3] _____ (how / our world / different / if / women) in charge for centuries? [4] _____ (might / women / make) different decisions? [5] _____ (the outcomes) better or worse? [6] _____ (how / life / different / if / the southern states / win) the US civil war? [7] _____ (the south / leave) the union? [8] _____ (they) two separate countries today? These questions provide the backdrop to fascinating stories that both entertain and make us think.



7C

Language focus

Phrases to show the relationship between ideas

1 Match the sentence halves.

1 I'm not all that keen on hot drinks. Having ____
2 We'd only met Diego once, but even ____
3 It's supposed to rain later. Bearing ____
4 Shall we start the lesson considering ____
5 Half of us are vegetarian. Given ____
6 Andrej didn't ask us to visit him in hospital, but all ____

a that you're all here?
b said that, I like to drink tea when I'm sick.
c that, shall we get two different pizzas?
d that in mind, do you still want to go out?
e the same, I think we should.
f so, we were able to recognise him in the crowd.

2 Complete the sentences with an appropriate word. There may be more than one possible answer.

1 You and Rachel have worked really hard. Taking that into _____, we're giving you both a bonus.
2 Tim and I have very different views, but in _____ of that, we get on well.
3 I'm not keen on loud music and crowds. _____ all that, I will be coming to the concert tonight!
4 I know having children can be hard, but _____ so, I still want them.
5 I get all my news from a reputable newspaper. Having _____ that, I do read stories on social media, too.
6 I thought the team tried their best, but then _____, so did their opponents.

3 Choose the correct following sentence, a or b.

1 I don't personally think that voting should be a legal requirement.
   a Having said that, I can see the benefits.
   b Given all that, it's not something we should pursue.
2 I don't think there's any harm in giving children some freedom.
   a Bearing that in mind, we can involve them in decision-making.
   b But even so, we should protect them as much as we can.
3 It's annoying when you can't get online.
   a But even so, it's quite nice to have a break from technology for a while.
   b Considering that, we should avoid places with wifi.
4 I think it's harder to make new friends the older you get.
   a But then again, it's not impossible.
   b And yet, it's not something you can do easily.
5 Paper books seem to be old-fashioned to me these days.
   a Given that, paper books are still read by lots of people.
   b Despite that, they're still popular with a lot of people.

Vocabulary

Voting and elections

4 Replace the words in bold with the words/phrases in the box.

coalition implement nominated a recount
re-elected referendum

1 Every major political party has **chosen** _____ a person for each area.
2 The losing party has demanded **calculating the number of votes again** _____ .
3 Benita Smith has been **voted for again** _____ in the local elections.
4 The government will hold a second **election to find out opinions** _____ on changes to tax laws.
5 Two parties will have to form a **union** _____ to get a majority in government.
6 The government have said they will **act upon** _____ the results of the referendum.

5 Choose the correct option a, b, or c.

Unusual facts about elections

In India, there are so many people who need to [1]____ their vote during the election that polling [2]____ are open for several days over several weeks.

In Australia, voter [3]____ is always high as voting is compulsory. Those who don't vote face a fine.

In the small country of Liechtenstein, referendums are [4]____ to decide whether people who have moved to the country can receive citizenship.

In Buffalo, New York, USA, a single vote determined the winner of the House of Representatives. There was a [5]____ and the winner was given slightly more votes.

In Sparta in Ancient Greece, the [6]____ system for the assembly involved shouting. People who wished to join would stand up and people would shout if they thought they were worthy. The people with the loudest shouts got in.

New Zealand was the first place to offer all women the right to vote. Prior to 1893, women had no [7]____ in what happened in politics.

In the 19th century in the UK, the elected prime minister was just 21. His main rival was just 19 when he was first [8]____ and then elected.

1	a make	b cast	c take
2	a stations	b venues	c sites
3	a takeout	b dropout	c turnout
4	a performed	b taken	c held
5	a re-election	b recount	c retake
6	a electoral	b elective	c selection
7	a say	b opinion	c view
8	a nominated	b submitted	c presented

7D

Vocabulary

Explaining statistics

1 Complete the sentences with the words in the box.

bounced crash dropped insignificant peak rocketed rise sharp slump vast

1 There's been a(n) _____ in demand for electric cars as people become more environmentally aware.
2 Share prices have _____ back after falling.
3 Demand for the product reached a(n) _____ in March, but is now falling.
4 Sales of ice cream _____ off in the autumn.
5 Nobody was prepared for the market to _____; some people lost everything!
6 They stopped selling that product after a serious _____ in sales.
7 A(n) _____ number of people complained. The majority loved it!
8 The price of fuel has _____ over the last month due to a lack of supply.
9 There's been a(n) _____ decline in the number of visitors to the area.
10 The _____ majority of people like our service.

English in action

Give a presentation with visuals

2 Match the sentence halves.

1 There is a problem with supply. This means ____
2 The hot weather accounts ____
3 The question is ____
4 Our supplier's prices have risen. As a ____
5 There are a few things we can do. Let's ____
6 The problems with our packaging gave ____
7 The reduction in sales could be ____
8 A falling out with one of our suppliers has led ____

a look at some of those possibilities.
b what should we do about it?
c down to the discount offered by a competitor.
d consequence, we've had to raise our prices.
e for an increase in demand.
f to difficulty in obtaining supplies.
g that our production has decreased.
h rise to speculation about our manufacturing facilities.

3 Choose the correct alternatives.

This is a [1]*graph/photo* showing the demand for our products over the last 12 months. The first and perhaps most obvious [2]*idea/point* is that demand has increased for almost all of our products. In fact, our profits have increased by 25%. That's the [3]*equal/equivalent* of a year's profits from our most popular product. You will also [4]*notice/spot* that demand for our oldest product has fallen. Sales for this product grew steadily over the first five years it was on sale and hit a peak in the summer of last year. From then [5]*in/on*, sales dropped off, [6]*cutting/decreasing* by over 50%. I think this [7]*expresses/signifies* that it is coming to the end of its lifespan.

4 Complete the talk with phrases a–f.

As you can see, demand for our newest product has stayed the same over the last quarter. [1]____ what's causing this? [2]____ the fact that we're not currently advertising the product anywhere. [3]____ to put our ads on hold for the summer. [4]____ the costs are reduced, but potential customers are not hearing about the product. [5]____ for what we could do at the end of the summer to increase sales. I asked our marketing team to put together a list of ideas. [6]____.

a Increased advertising costs caused us
b Let's turn to that now
c The question is
d Let's look at some of the possibilities
e It means that
f It's due to

5 Put the words in the correct order to make sentences.

1 see, / prices / you / gone / can / have / as / up
_____
2 it / points / illustrates / think / a number of / I / different
_____
3 of our / photo / operations / a / this / in Asia / is
_____
4 that / also / sales / notice / you / have dropped / will
_____
5 shows / by age group / pie chart / customers / the
_____
6 a / our sales / comparison, / here are / for last year / as
_____



7

Reading

1 **Read the article on page 57. What is its main purpose?**

a to entertain
b to persuade
c to inform

2 **Read the article again. In which paragraph can you find the following information?**

1 The timing of a decision affects the outcome of the decision. ____
2 We make careless decisions when suffering from decision fatigue. ____
3 We make a choice based on which decision is simpler to make. ____
4 We can convince our brains that we have the ability to make a sound decision. ____
5 We purchase unnecessary items when suffering from decision fatigue. ____
6 Decisions we make can be both major and minor. ____
7 When tired, we may choose to make no decision at all. ____
8 Factors determining a decision were not those expected. ____

3 **Complete the sentences with a word/phrase from the article.**

1 When tired, we make _____ decisions or no decisions at all.
2 Criminals with a similar _____ can receive different decisions about parole.
3 Our _____ is affected by decision fatigue as we take the easy option.
4 A tired brain may focus on one effect of a decision without _____ other effects.
5 _____ the day ahead to avoid decision fatigue later.
6 Decide on the things that are more _____ to you first.

4 **Choose the correct option a, b or c.**

1 In paragraph 2, the writer uses shopping to
a bring humour into the text.
b exemplify the effect of decision-making.
c show similarities between the past and present.
2 In paragraph 3, the writer uses research to
a support an argument.
b highlight a decision.
c evaluate a process.
3 In paragraph 4, the writer uses questions to
a contrast two decision-making scenarios.
b review the decision-making process.
c criticise the way in which we make decisions.
4 In paragraph 6, the writer mentions a study to help
a illustrate one effect of decision fatigue.
b suggest an alternative to decision-making.
c persuade the reader to complete an action.

5 **Match the words in the box with the definitions.**

assess clarity conserve deteriorate fatigue sound thoughtless willpower

1 controlling your mind and body to achieve something _____
2 something which is clear _____
3 great tiredness _____
4 good or acceptable _____
5 make a judgement after thinking carefully about something _____
6 become worse _____
7 without thinking _____
8 save _____

6 **Choose the correct alternatives.**

Ben88
I have to make decisions all day long and my brain power definitely [1]*conserves/deteriorates* as the day goes on. In the morning, I make [2]*sound/thoughtless* decisions, but by the afternoon I can't.

MagsL
I find it hard to make decisions with any [3]*clarity/fatigue* when I'm tired. They tend to be [4]*sound/thoughtless* and therefore, a bit rubbish!

RickyS
When I have a routine, I can easily say no to a bar of chocolate, but when my routine is all over the place, my [5]*clarity/willpower* disappears. My brain is unable to [6]*assess/conserve* the choices sensibly and says 'yes' every time!

Zanne
If you suffer from [7]*clarity/fatigue* when it comes to decision-making, [8]*assess/conserve* brainpower by asking someone to make the decision for you!



The rise of decision fatigue

[1]Have you ever felt as if choosing between an americano and a latte was just one decision too many? If so, then you might have been suffering from decision fatigue. Even the simplest of decisions can get us down if it comes after having made dozens of other choices. It's estimated that we can make as many as 70 decisions each day, from the fairly everyday *What cereal should I buy?* to the more significant *Who shall I vote for in this election?*

[2]Decision-making was once easy, according to my grandparents. The local shop sold one type of butter, one type of bread and one type of cheese. These days, just going to the supermarket can result in decision fatigue. By the second to last aisle, we find ourselves throwing the first things we see into the basket. That's because our brains become mentally tired from thinking through all possible consequences of an action. The result is one of two things – we make thoughtless, and therefore, potentially poor, decisions to conserve some energy (throwing things in the basket we don't really want) or we do nothing to conserve all energy (not bothering to vote).

[3]Decision fatigue can actually be very serious. When a person has to make several decisions in a row, the ability to make sound decisions can deteriorate. In one study, researchers found that judges deciding whether or not to offer prisoners parole were influenced not by the type of crime or the type of victim as we might think, but by the time of day in which they made their decision. If two prisoners with the same background had their cases assessed at different times of the day, the decision made late in the afternoon was more likely to be 'no parole' than the decision made first thing in the morning.

[4]Decision fatigue can also have an effect on our willpower. If we have a choice between cooking a healthy meal and ordering pizza, the latter is more attractive as it's the easier decision to make – (*What pizza do I want?*) The former is more challenging as it'll require more decisions – (*What meal? What goes in it? How should I cook it?*, etc.). If you're trying to live your life in a particular way, decision fatigue can seriously affect your ability to do it.

[5]It also explains why sometimes we're persuaded to buy things we don't need. We've just spent an hour negotiating the price of a new car at a dealership. Now they're asking us whether we want to pay extra for a year's set of cleaning materials to keep it looking brand new. Our brains are tired, all we can think about is one outcome – how we want to keep our car shiny – so we say yes without considering the other, potentially more negative, outcomes, for example the money we waste as we never clean our own car.

[6]There are ways to overcome decision fatigue. Plan your day first thing in the morning while your brain's fresh so that you're clear about what meals you're going to have and whether or not you're going to the gym, for example. Focus on the most significant things first to make sure you make those decisions with as much clarity as possible. You can also try telling yourself that you have sufficient brainpower, even if you're tired. One study found that this was enough to help you make a good decision.

7

Listening



1 7.01 **Listen to a discussion about the news. Which of these topics do they discuss?**

news story selection ☐ the impact of the news ☐
24-hour news ☐ changing technology ☐
fake news ☐

2 **Listen again and choose the correct option.**

1 Rajesh and Jody agree that news story selection
   a focuses on negative themes.
   b is challenging.
   c is a scientific process.
2 Rajesh believes that the most important factor when choosing a news story is
   a its relevance to viewers.
   b its lack of ambiguity.
   c how serious it is.
3 Jody says that 24-hour news channels
   a don't pay attention to minor stories.
   b have led to more stories seeming sensational.
   c have resulted in a higher level of accuracy.
4 Rajesh and Jody agree that the news influences
   a our perception of the frequency of events in society.
   b our knowledge of countries around the world.
   c our understanding of a person's character.
5 Jody says that with changing technology, news studios
   a have to be more creative in reaching the audience.
   b have to focus more on the use of video online.
   c have to learn how to exploit social media.

3 **Complete the sentences with the words in the box.**

aggressive instinct neutral notify one-off shape

1 When choosing a news story, you go more by _____.
2 How does news _____ the world?
3 We try to be _____ when selecting news stories.
4 A _____ event can lead people to believe these events are more frequent than they are.
5 People may think a person in the news is always _____, even though there was a good reason for it.
6 We have to get creative in the way we _____ people of a breaking news story.

Writing

1 **Complete messages 1–9 on page 59 with phrases a–i.**

a No one deserves it more than you
b Let me know if you need anything
c We can't wait to hear all about your adventures
d It was really thoughtful of you
e You're in our thoughts
f Good luck with it
g That's made my day
h I can't wait to meet her
i Good luck with the move

2 **Match messages 1–9 with situations a–i.**

a somebody has passed away ____
b somebody has a new job at a different company ____
c somebody has just given birth to a child ____
d somebody got a better job at the same company ____
e somebody received a gift ____
f somebody has bought a new home ____
g somebody is ill ____
h somebody has just got engaged ____
i somebody is moving to a new country ____

3 **Read the Focus box. Put the words in the correct order to form messages. Is each event happy (H), sad (S) or related to a death (D)?**

1 retirement / congratulations / your / on / you / to
_____
2 every / future / wishing / the / you / happiness / for
_____
3 your / our / sympathy / family / to / deepest / you and
_____
4 that / George / sorry / sick / is / really / hear / to
_____
5 hear / expecting / happy / you're / to / a baby / really
_____
6 redundant / really / were made / sorry / you / hear / to
_____

Expressing the personal significance of an event

Notes, emails, cards and so on, which mark a significant event often break the custom of subject + verb + object. They often leave out the subject or begin with a noun.

Happy events

Congratulations on ... *Congrats on ... (informal)*
So happy to hear that ... *Wishing you every happiness.*

Sad events

So sorry to hear about ... *Really sorry that ...*

Death

Our deepest sympathy/condolences to you and your family.
You're in our thoughts.

1

Hi Seth,

We hear that you're off to work in Australia for a year. Lucky you! I know your parents will miss you, but just think of all the amazing things you'll see and do over the 12 months.

__c__ . Good luck and keep in touch!

Uncle Brian and Auntie May

2

So sorry to hear about your mum. It sounds like it's not serious though, which is good news. I'm sure the doctors will have her fixed up and home before you know it. _____ . I can stop by the hospital if necessary.

3

Hi Imogen,

Really sorry that you're leaving us. It's been great working with you over the last five years. You will certainly be missed, but it sounds like you've got exciting times ahead in your new job. _____ !

Best wishes

Pam

4

To Samira and Steven,

Congratulations on the new addition to your family! Little Amy looks so sweet in the photos. _____ . Wishing you all every happiness.

Lots of love,

David

5

Congrats on your promotion! _____ . I know you'll do a brilliant job. ☺

Thanks, I hope so. To be honest, I'm more relieved than excited right now. It's been a long time coming. ☺

6

Leo asked me to marry him today and I said YES!

Like Comment Share

So happy to hear that. _____ . Congratulations to you both!!

7

Congrats on your new house. I'm sure you'll be very happy there. _____ . X

8

Dear Beth,

Our deepest condolences to you and your family. Your brother was a very special man and he'll be deeply missed by us all.

_____ .

Lucien and Andrea

9

Thanks so much for the flowers. _____ . They're beautiful. ☺

Prepare

4 **You're going to write your own messages. Choose five situations from the list below.**

- Your friend's grandfather has passed away.
- Your friend is too sick to attend your party.
- Two people you know have got engaged.
- A family member is graduating from university.
- A person you know well is pregnant.
- A colleague is moving to a different department.
- A friend bought you a birthday present.
- A friend's pet has died.

5 **Plan your messages. Make notes on these points for each message.**

- Is the message formal or less formal?
- In what form will the message be – a card, an online message, etc.?
- What words/phrases could you include?

Write

6 **Write your five messages. When you have finished, check these things and edit your messages if necessary.**

Do they convey the message you want to convey? ☐

Does each message use appropriate language for the target reader? ☐



8A

Grammar

Complex questions

1 Put the words in the correct order.

1 it / do / exactly / that / what / you / is / ?

2 problem / think / you / the / occurred / do / why / ?

3 I / do / who / should / you / ask / reckon / ?

4 a digital storyteller / that / was / became / you / how / it / ?

5 speak to / you / recommend / we / do / who / that / ?

6 involves / it / the job / what / that / exactly / is / ?

2 Make questions from the prompts and match them with replies a–e below.

1 How / exactly / that / you / know each other?

2 Why / you / suppose / it / all / go / wrong?

3 Where / exactly / be / that / you / go / on holiday last week?

4 How / be / that / Ed / find / us / last night?

5 When / be / that / you first / move / to this area?

a I don't think we did enough planning.
b I think it was March 2009.
c It was a lovely little coastal town in Sardinia.
d I sent him a message.
e We met through a mutual friend.

Vocabulary

Describing what your job involves

3 Complete the sentences with the words in the box.

assemble collaborate delegate devise mend submit

1 When something goes wrong, it's my job to _____ a strategy to deal with it.
2 One of my jobs is to _____ a team of people for different projects.
3 I'm an engineer, so I install new machinery and _____ broken items.
4 I'm very busy in my job, so I _____ quite a lot of work to my assistant.
5 I _____ with other scientists on most projects.
6 I have to _____ weekly reports to my boss.

4 Choose the correct option a, b, c or d.



I work in the Human Resources department. I'm responsible for [1]____ the recruitment process of new staff. As it's a large company, this is a big job, so I [2]____ a small team of people to whom I [3]____ work. I'm also responsible for making sure that staff are happy in their jobs. We [4]____ team-building workshops to help create a positive environment – they can be fun. We also [5]____ levels of stress to recognise if there are any issues. I [6]____ regular reports to the HR Director on this topic. While the director [7]____ a strategy to deal with any problems, my job is to implement it and make sure it works. I regularly [8]____ with other team leaders in the HR department so that we can share knowledge.

1	a viewing	b spying	c running	d overseeing
2	a guide	b head up	c rule	d address
3	a delegate	b nominate	c authorise	d elect
4	a facilitate	b aid	c assemble	d fix
5	a scan	b direct	c monitor	d inform
6	a refer	b submit	c issue	d propose
7	a arranges	b devises	c invents	d shapes
8	a serve	b volunteer	c participate	d collaborate

5 Complete the conversations with phrases a–e below.

1 A: Don't forget that all calls are ____ .
B: So, we shouldn't call our friends then?!
2 A: Do I pay for my own expenses while I'm at the conference?
B: Yes. Then, when you come back, you can ____ and get the money back.
3 A: Whose job is it to ____ ?
B: Mary's. She's the only one with the expertise to make it a success.
4 A: The departments at my firm don't speak to each other enough.
B: Whose job is it to ____ between them?
5 A: I train new secondary teachers at a university.
B: Do you also ____ to see how they're getting on after they start work?

a oversee the completion of this project
b logged in and out of the building
c monitor their progress
d submit a claim
e facilitate discussions

Vocabulary

Sleep

1 Match the sentence halves.

1 I had a really sleepless ____
2 I couldn't stop ____
3 Sami was so tired. He was out ____
4 My dad always nods ____
5 My husband's a real night ____
6 It's Saturday tomorrow. I'm having ____
7 I often have a little ____
8 I've never been much of an early ____

a like a light by 7 p.m.
b yawning all day. I was so tired.
c nap in the afternoon.
d off in front of the TV.
e riser until now.
f a lie-in until at least 10 p.m.
g night last night.
h owl. He doesn't go to bed until 2 a.m.

2 Complete the article using the prompts in the box.

be / early riser be / night owl have / nap
have / sleepless / night nod out / like / light
suffer / a kind of jetlag yawn

Is sleep a public health issue?

Scientists have warned that our lack of sleep is so serious, it could be a public health crisis. Research shows that adults who miss out on sleep can feel more anxious, while young children who miss out on [1] _____ for an hour in the afternoon have poorer memories. Unfortunately, it seems as though more and more of us are [2] _____. This lack of sleep is due to longer working hours, increased levels of stress and the light emitted from technology. The result is that the next day, we can't stop [3] _____ and feel as if we could [4] _____ at any time.

There is also the question of whether society should be more flexible when it comes to our working day. At the moment, it suits people who [5] _____, because they're [6] _____ by 10 p.m. However, those people who [7] _____ find it hard to be productive so early in the morning. When they have to get up with such little sleep, they can even [8] _____ despite not travelling anywhere.

Grammar

Auxiliary verbs

3 Choose the correct alternatives.

1 A: You must be exhausted.
B: I *must/am*. I can't wait to get home.
2 A: Isn't Matt picking you up?
B: He *is/will*. He'll be here in a few minutes.
3 A: You should have called and asked me to help.
B: I *did/should*, but you didn't answer.
4 A: Is Zadie coming round later?
B: She probably *might/will*. It depends when she finishes.
5 A: I can't get this app to work.
B: Neither *can/can't* I. It's driving me mad!
6 A: Do you see James much?
B: I *could/used to* when he lived nearby, but not now.

4 Complete the conversations with phrases a–f.

1 A: Did you go out last night?
B: _____, but I couldn't get my car to start.
2 A: You must have left before I got to the gym last night.
B: _____. We saw you as we were leaving.
3 A: Is Joe going somewhere nice next week?
B: _____. He's off to Majorca.
4 A: You're leaving the company!
B: _____, sorry. I feel it's time for a change.
5 A: Are you going to Josh's party tonight?
B: I wish _____, but unfortunately I'm busy.
6 A: I didn't know that you could play pool so well.
B: _____! I think it was beginner's luck.

a I am
b We did
c I would have
d Neither did I
e He is
f I could

5 Complete each sentence with an auxiliary verb.

You looked tired today.

I [1] _____, but I had a nap and I'm OK now.

You should've gone to bed earlier.

I [2] _____, but I got woken up by my neighbours shouting at each other at 4 a.m. Are you going out later?

I [3] _____, but not until 9 p.m. I'm meeting Jak for dinner. You wanna come?

I [4] _____ if I [5] _____, but I've got a hot date with a law book. I've got an exam tomorrow.

OK, no problem. I'm sure you'll do great.

I [6] _____! I don't feel confident at all.

Is that your last exam?

I wish it [7] _____ but I've got one more next week. Then I can relax.

Vocabulary

Food and cooking

1 Choose the correct alternatives.

1 Shall we boil the carrots or *drain*/*steam* them?
2 I think we should *dip*/*stuff* those peppers with rice and vegetables.
3 I always *blend*/*sprinkle* a banana, strawberries and juice together for my breakfast.
4 The meat takes about two hours to *peel*/*roast*.
5 *Peel*/*Sprinkle* some chocolate pieces onto the cake to finish it off.
6 To start the dessert, *dip*/*soak* the cake in some orange juice for an hour.
7 Don't boil the liquid, let it *grill*/*simmer* gently.
8 The best way to eat a biscuit is to *dip*/*drain* it in a cup of tea!

2 Complete the recipe with the verbs in the box.



blend drain grate grill peel simmer sprinkle steam

Cumberland Pie

Fry 700 g of minced beef in a pan. When brown, remove the meat and put it onto a plate.

[1] _____ two cloves of garlic, one onion and two carrots. Chop them into small pieces and fry them for five minutes in oil until soft.

Return the meat to the pan and add 130 ml of beef stock. Add salt and pepper and then [2] _____ on a low heat for 30 minutes.

In the meantime, heat the oven to 200°C and boil 70 g of potatoes. When cooked, [3] _____ the water from the potatoes thoroughly and mash them with a fork until soft. [4] _____ in some milk and butter.

Place the minced meat mixture into an ovenproof dish and then spread the mashed potatoes on top. [5] _____ some cheddar cheese and [6] _____ it on the potato. Cook in the oven for around 25 minutes. If the cheese on top is not yet brown and crisp, [7] _____ it for a few minutes before serving.

[8] _____ some green beans so they are cooked but still nice and crisp. Serve with the Cumberland Pie when ready.

Language focus

Complex comparatives

3 Put the words in the correct order to make sentences.

1 meal / salt / needs / this / more / a tiny bit
_____
2 yours / nowhere / as / flat / nice / my / as / is / near
_____
3 expected it / miles / it's / to be / nicer here / I / than
_____
4 like / my job / well-paid / is / near / nowhere / I'd / as / as
_____
5 used to be / ten times / is / my cooking / it / than / better
_____
6 bad / you'd said / as / nothing like / the film / as / was
_____
7 as / by physics / fascinated / I'm / you are / not quite / as
_____
8 for me / are / these days / these trousers / tighter / much
_____

4 Correct the mistake in six of the sentences.

1 This chocolate bar is way small than it used to be.
2 My younger sister is miles funnier than me.
3 My piano playing is nowhere like as good as it once was.
4 The pasta sauce needs the touch more garlic.
5 Tommy and I are not quite as close than we used to be.
6 It's 50 times hotter today than yesterday.
7 If you could all be a bit less noisier, I'd really appreciate it.
8 Dan's much more quieter today than normal.

5 Complete the conversation using the prompts.

A: Did you enjoy your meal out last night?
B: Not really. It was [1] _____ (nowhere / good) when we went last year.
A: Oh no. What was wrong?
B: Well, the menu was [2] _____ (bit / varied) which was good, but the food was [3] _____ (much / impressive). It was very bland and there was also a lot less of it. The service was [4] _____ (hundred times / bad) too. The waiter showed little interest in us and clearly forgot about us a couple of times.
A: I hate bad service.
B: Me too. We didn't bother leaving a tip. The whole experience was [5] _____ (nothing / enjoyable) before. I won't go again.
A: You should try the new restaurant on Mill Road. It's [6] _____ (touch / pricey) than we're used to, but the food is amazing.

8

Listening



1 8.01 **Listen to a discussion about difficult job interview questions. Which questions do they discuss?**

- How do you handle stress? ☐
- What is your biggest weakness? ☐
- How have you learnt from your mistakes? ☐
- What is your biggest regret? ☐
- Why are you leaving your current job? ☐
- Who is your best and worse manager? ☐

2 **Listen again. Are the sentences true (T) or false (F)?**

1. Franklin and Naomi agree that you should be truthful about your biggest weakness. ____
2. Franklin and Naomi both say that it's important to talk generally about your weakness. ____
3. Naomi says that interviewers are looking for perfection in a candidate. ____
4. Naomi suggests that candidates should choose a regret from their working lives. ____
5. Franklin says that a candidate shouldn't talk about the regret but how they overcame it. ____
6. Naomi and Franklin agree that it is acceptable to outline several reasons why a manager was poor. ____

3 **Match the ideas. Then listen and check your answers.**

1. Talking about your biggest weakness ____
2. Talking about your biggest regret ____
3. Talking about your worst manager ____

a. When a candidate gives an answer, they should avoid talking about their private lives.
b. It helps interviewers know if a candidate is knowledgeable about themselves.
c. It could make a candidate sound like they have feelings of anger towards someone.
d. The number you mention is significant.
e. A candidate can demonstrate how well they stopped being affected by a negative experience.
f. It can help a candidate to prove that they tried to improve their skills.

4 **Complete the sentences with words in the box.**

aspect come across genuine grudge precise problematic overcome self-aware

1. Employers want someone who's _____ and therefore understands themselves well.
2. It's important to be _____ and give a real answer.
3. Make sure the weakness is not so _____ that it'll stop you getting the job.
4. What _____ of organisational skills are you referring to?
5. You definitely need to be _____ in your answer so it's clear.
6. Exactly how much do you explain why a manager was your worst without sounding like you bear a _____?
7. You'll definitely _____ as a complainer if you say the manager was terrible.
8. Outline one issue and state how you managed to _____ it.

5 **Choose the correct alternatives.**

1. If you hold *an aspect/a grudge* against someone, you are angry with them.
2. If you *come across/overcome* in a particular way, you have particular qualities.
3. If you are *genuine/self-aware*, you are honest and sincere.
4. If something is *precise/problematic*, it is difficult to deal with.
5. *An aspect/A grudge* of something is one part of it.
6. If you know yourself well, you're *genuine/self-aware*.
7. If you *come across/overcome* something, you control a problem that might stop you achieving something.
8. If you are *precise/problematic*, you are exact.

6 **Complete the article with words from Exercise 5.**

Being asked why you want to leave your current job can be [1] _____, especially if you were fired or have a poor relationship with the management there. You don't want to [2] _____ across as a poor employee, but you also don't want to lie, either. The best thing is to focus on a positive [3] _____ of changing jobs rather than a negative one. There is no doubt at least one [4] _____ reason why a new job is a good idea for you. It might be that you need a new challenge, or that you feel a different role better suits your skills. Be [5] _____ in your answer, giving examples, so the interviewer is clear about what you mean and recognises that you are self-[6] _____.

8

Reading

1 Read the article on page 65. Put the events in the order it mentions them.

The writer is thirsty. ____
The writer is reminded of something she failed to do. ____
The writer reads a book. ____
The writer is woken up by a noise. ____
The writer watches TV. ____
The writer wakes up to her alarm. ____
The writer is disturbed by light. ____
The writer goes to bed. ____

2 Read the article again. Are the sentences true (T) or false (F)?

1 The writer is already lacking in sleep at the start of the night. ____
2 The writer's brain is willing to sleep when she first gets into bed. ____
3 The writer has a physical reaction to forgetting to do something. ____
4 The writer says that time goes faster during the night. ____
5 The writer is unaware of when she has to get up. ____
6 The writer has inappropriate curtains for a light sleeper. ____
7 The writer feels as if she's had enough sleep when her alarm rings. ____
8 The writer is concerned about how she'll get through the day. ____

3 Complete each sentence with one or two words from the article.

1 The writer wonders whether it's possible to fall asleep before your head reaches your _____ .
2 The writer says that she shouldn't view a _____ 60 minutes before going to bed.
3 The writer attempts to use a method of _____ to help her sleep, as recommended by a friend.
4 The writer is woken up when she hears a _____ bang.
5 The writer puts on an _____ to shut out the light.
6 The writer says that she'll have to have plenty of _____ to survive the day.

4 Match words in the article with the definitions.

1 the fact of being unable to do something (introduction) _____
2 very busy or full of activity (11 p.m.) _____
3 take your attention away (11.30 p.m.) _____
4 piece of skin that covers your eye when it's closed (11.55 p.m.) _____
5 not pay attention and start thinking about different things (11.55 p.m.) _____
6 shut with a loud noise (3.05 a.m.) _____
7 looking carefully through something (3.30 a.m.) _____
8 not suitable in a particular situation (7.15 a.m.) _____

5 Choose the correct alternatives.

1 If something is 'on the rise', it is *decreasing/increasing*.
2 If something 'does the trick', it *doesn't work/works*.
3 If your throat feels 'as dry as a desert', you're *hungry/thirsty*.
4 If time is 'ticking away', it means time seems to be moving *fast/slowly*.

6 Complete the comments with words in the box.

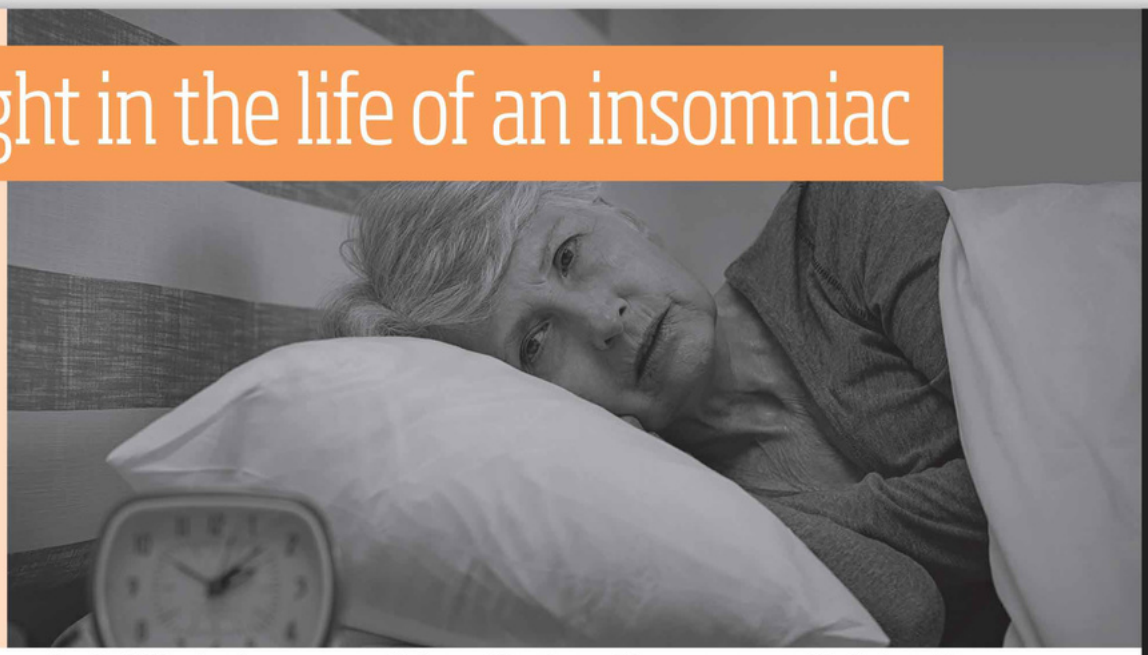
does the trick hectic inability on the rise
peering slamming ticking away wanders

Simon78
I live a [1] _____ life and I really need my sleep. Unfortunately, my brain always has other ideas and [2] _____ through every aspect of my life as soon as I close my eyes. One thing that [3] _____ for me is meditation.

MaddieS
It's no wonder that insomnia is [4] _____ . We all seem to be so stressed these days. Taking our mobile devices into our bedrooms doesn't help either, but we seem to have a dangerous [5] _____ to put them away.

Davide
I'm such a light sleeper. I get woken up every night by my neighbour [6] _____ her door. Then I wake up again when the sun starts [7] _____ through the top of the curtains. Once I'm awake and look at the clock, I feel that time is really [8] _____ .

A night in the life of an insomniac



Insomnia – a regular inability to sleep – seems to be on the rise, with women more likely to suffer than men. Here, one insomniac describes a typical night for her.

11.00 p.m. I'm dead on my feet. It's been a hectic day and last night was fairly sleepless. I can't wait to fall into bed and crash out. I just hope I can. I think back to children's books I read as a child which described characters as falling asleep 'before their heads hit the pillow'. I've always wondered if that is actually possible and at the same time hope it is and that it happens to me.

11.30 p.m. I'm so tired, but as soon as I lie down, my brain decides to start having a party, playing the drums and crashing metal poles together. All at the same time. After 30 minutes, I give up, turn on the light and turn on my phone. I know I shouldn't. I'm not supposed to look at a screen for at least an hour before I sleep. However, I've got a novel on there that might help to distract my busy mind. Let's hope it does the trick.

11.55 p.m. My eyelids feel heavy. Time to switch off my phone and sleep. It's not long before my mind starts to wander again though. Suddenly, I remember something important I should have done today that I forgot. My heart's racing. How could I forget? I'm going to have to call someone tomorrow and apologise. I have the conversation with them in my mind over and over again. There's no way I'm sleeping now. I get up and have a hot shower as advised by sleep experts.

12.45 a.m. After watching some TV for a while, I go back to bed. This time, I lie there and try a breathing technique taught to me by a friend with insomnia. It works for her. Maybe it'll work for me. It doesn't. I toss and turn for what feels like hours. When you're trying to sleep, time passes differently than in the day. What no one tells you is how long it can feel to an insomniac.

3.05 a.m. A car door slams outside and I wake up. I must have been asleep. Yay! Unfortunately, now I'm not. If only I weren't such a light sleeper when I do actually sleep. I fluff up my pillow, turn over and close my eyes. I start counting backwards from 100. My mind has different ideas, though. It starts thinking about that conversation again, and my throat is as dry as a desert. I get up and get some water.

3.15 a.m. I'm back in bed. I'm aware my alarm will go off in just four hours and this sits heavily in my mind. The anxiety of knowing that time is ticking away makes getting to sleep worse. I toss and turn some more, trying to find a comfortable position.

3.30 a.m. The light's starting to peer through my curtains. I get up and pull them to as much as possible. I need to get blackout curtains. I start thinking about where I can get some from. I put an eye mask on and endeavour to sleep again.

7.15 a.m. I'm woken by my alarm. I must have been asleep, but it feels like I've had no more than about three hours. I feel utterly exhausted. I'm going to need tonnes of coffee just to get through the day without nodding off at an inappropriate moment.

8

Writing

1 Read the article. What is the writer's main point of view?

a People should eat more meat.
b People should care more about how food affects their bodies.
c People follow diet trends without considering the effects of it.

OPINION

Veganism is just a trend



Why is it that so many people are becoming vegan or vegetarian these days? Even my nephew who always loved a good steak has stopped eating red meat. It seems to me that people are too quick to follow trends without really thinking through the consequences.

Meat provides valuable nutrition that we all need. According to a report by nutritionist Dr Steven Peyton, we need meat in order to get protein, vitamin B, iron and zinc. Where else will we get these? They help us to build an immune system, maintain energy levels, create and repair healthy muscle, skin and hair, and manufacture and repair blood cells.

We need all of these things to remain healthy. I wonder if those who've changed their diets lately have considered that? I shouldn't get so frustrated about it, to be honest. No doubt another diet will come along in a few years and everyone will change to that. I just don't think that we should sacrifice our health for the sake of a trend.



2 Read the article again. What claims does the writer make?

People make a choice about what they eat too quickly. ☐
Veganism is not a healthy lifestyle to lead. ☐
Meat is the only source of minerals and vitamins. ☐
Alternatives to meat are less effective. ☐
An alternative diet will replace veganism in the future. ☐

3 Read the response below to the article in Exercise 1. Are the sentences true (T) or false (F)?

1 The writer believes that people should have a vegetarian diet. .....
2 The writer agrees with what the article says about Dr Peyton's report. .....
3 The writer says that meat is the only source of nutrients. .....
4 The writer outlines the potential health benefits of eating less meat. .....
5 The writer suggests that meat production has an impact on the planet. .....
6 The writer thinks that people should eat as much of whatever they want. .....

COMMENT

Comments 24

Alan, Sydney, 5 minutes ago

I am neither a vegan nor a vegetarian and I believe people should be able to choose what they eat. However, I also believe the article makes some claims that are incorrect. Firstly, the article claims that only meat provides valuable nutrients and cites Dr Peyton's report to prove it. In fact, what Dr Peyton's report said is that, while meat does provide those nutrients, there are alternative products which provide them, too. The report actually says that tofu and quinoa can help to provide protein; dark green vegetables provide vitamins and minerals, and certain nuts provide iron. Meat can be replaced. The article asserts that meat is necessary for our health, but ignores the fact that it can also be problematic for our health if eaten in very large quantities.

Like the writer's nephew, I have recently cut down the amount of meat I consume. By doing so, I've been able to reduce my cholesterol level. I am also aware of the fact that by eating less meat, I reduce my impact on the planet as meat production uses up considerable resources.

In short, I don't believe that people who become vegetarian or vegan are damaging their health, providing they eat the right foods. Similarly, I don't believe that everyone should be forced to become vegetarian or vegan. However, we should all consider the impact of what we eat on us and the world around us. In the end, when it comes to food, we should follow the rule of most things in life – everything in moderation, and not too much of anything.

REPLY

4 **Read the Focus box. Match phrases a–d with points 1–4 in the box.**

a To support his opinion, the writer uses ... _____

b Overall, this is incorrect, as ... _____

c The writer says that ... _____

d In actual fact ... says ... _____

Challenging evidence used in an article

To challenge the evidence used in an article, we often follow these steps.

1 Summarise the false claims
The article claims that ...

2 Give the source of the false claim
It cites ... to prove it.

3 Reject the false claim
In fact, what ... actually said is that ...

4 Summarise the truth
The report actually says that ...

Note that effective comments refer to the article or the report/research rather than the person who wrote it.

Prepare

5 **You're going to write a reponse to an article. Read the article on sugar tax and the summaries of the research. What information from the research does the writer leave out or misrepresent?**

A sugar tax may result in a change of product or consumer habits. ☐

Not all drinks manufacturers will reduce sugar in their drinks. ☐

Consumer habits are difficult to change. ☐

A direct tax is more likely to be successful than an indirect one. ☐

Consumers may replace drinks with an alternative high-sugar product. ☐

6 **Plan your response to the article. Which phrases can you use from the Focus box? Plan each paragraph and a conclusion.**

Write

7 **Write your response. When you have finished, check these things and edit your response if necessary.**

The response clearly states what claims in the article are misrepresented. ☐

You have explained why the writer's claims are misrepresented. ☐

You have stated what the reports actually say, paraphrasing them. ☐

Your summary is factually accurate. ☐

Let's get rid of sugar

It's great that the government is finally introducing an indirect sugar tax on soft drinks. Some drinks have as many as seven teaspoons of sugar in them, something which is damaging the health of our young people. According to both the Yew Report and the Eddington Research Centre study, a sugar tax will either cause manufacturers to change their recipes and reduce the amount of sugar to avoid paying the tax, or they will pass the tax on to the consumers who will start to make healthier choices in order to pay less. In addition, the government will raise more taxes which can be set aside and used to educate people on the benefits of eating healthily and fighting rising obesity. Sounds like a win-win to me.

YEW REPORT

Impact of a sugar tax

EXECUTIVE SUMMARY

This report presents the results of a detailed survey into the impact of sugar taxes in other countries. Using studies from around the world, it concludes that it is possible for a sugar tax to cause companies to reduce sugar in their products, or persuade consumers to change their habits. However, some of the most popular drinks companies will not change their recipes and some consumers are unlikely to change their habits based on a price increase.

EDDINGTON RESEARCH CENTRE REPORT

Sugar taxation and its impact

EXECUTIVE SUMMARY

The report examines the potential effects of a sugar tax on drinks. It suggests that a tax directly paid by the consumer is more likely to have a positive impact than an indirect tax which is paid by the manufacturer. It also looks at the possibility that consumers may simply get their sugar intake by replacing drinks with other products with high sugar content.

9A

Vocabulary

Feelings

1 **Match the words with a synonym that suggests a stronger feeling or emotion.**

1 angry	a appalled
2 disappointed	b ashamed
3 embarrassed	c ecstatic
4 funny	d exhausted
5 pleased	e furious
6 shaken up	f hilarious
7 surprised	g traumatised
8 tired	h overwhelmed

2 **Complete each conversation with phrases in the boxes.**

lost it pushed and shoved throw a punch

1 **A:** I hear that Dan was furious with Ricky and almost started a fight with him.
B: Yeah. He completely [1] _____ over something really small.
A: Did he [2] _____ ?
B: No, there was no hitting. They [3] _____ each other a bit, but that's all.

feel so foolish put my foot in it went red

2 **A:** I just [4] _____ again with Eric. I said I didn't understand why anyone would want to go on a cruise and then realised that he goes on one every year.
B: Oh dear, what did he say?
A: Nothing, but I [5] _____ so he knew I realised what I'd done. I don't know why I do these things. They make me [6] _____ .

heard the news a huge grin jump for joy

3 **A:** I'm so happy, I could [7] _____ !
B: Why? What's happened?
A: You know that writing competition Petra and I entered? Well, our story won first prize! We [8] _____ this morning.
B: Congratulations! I saw Petra just now and noticed she had [9] _____ on her face. Now I know why!

collapse dead on my feet hit the wall

4 **A:** I'm [10] _____ . I can't wait to get home and [11] _____ onto the sofa.
B: Yeah, I'm exhausted, too. These night shifts are hard. I always seem to [12] _____ at about four o'clock, with three hours still to go.

Grammar

not only and *no sooner/as soon as*

3 **Put the words in the correct order to make sentences.**

1 the film / no sooner / sat down / we / than / started / had
_____
_____

2 wouldn't start / but / get caught / we / our car / not only / in the rain, / did
_____
_____

3 was served / arrive / than / no sooner / we / dinner / did
_____

4 a swimming pool / Gregor's house / even / is / huge / not only / got / it's
_____
_____

5 got / fell asleep / no sooner / into bed / than / she / Rose / had
_____
_____

6 lived here / anywhere else / Maxine / all her life, / not only / never been / has / she's
_____
_____

4 **Complete the stories using the prompts in brackets.**

I was sitting on a train when a guy came on and chose the seat next to me. [1] _____
_____
(no sooner / he / sit down / he / say), 'Hi! How was your day'. I was surprised, but I answered anyway, 'A bit hectic but OK.' 'What are you doing later?', he asked. 'Er, I'm not sure,' I replied, warily. It was only when he asked how the children were that I realised he was talking to someone on the phone.
[2] _____
_____
(not only / I / feel stupid / go / bright red).

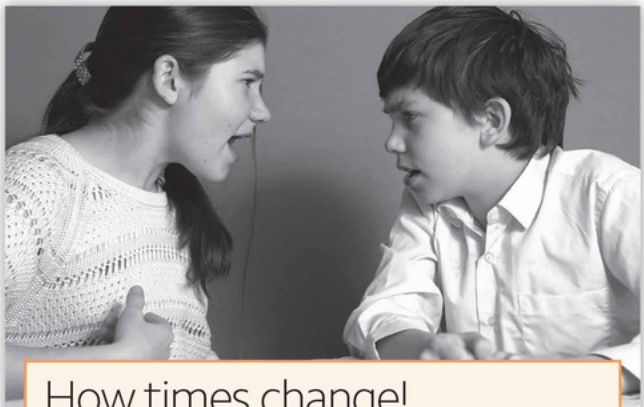
I took a photo of my face and put it on social media.
[3] _____
_____
(no sooner / I / post / photo / realise / something bad). Behind me in the photo was a mirror and it showed that I was wearing some awful pyjamas that a great aunt had bought me.
[4] _____
_____
(not only / friends / see / colleagues see / too).

I was really annoyed with my sister and so I sent a text to my brother complaining about her. [5] _____
_____
(no sooner / I / send it / I / realise) that I'd sent it to my sister. I was horrified! I hoped she'd see the funny side, but
[6] _____
_____
(not only / she / not / laugh / she / not / speak to me) for a week.

Grammar

will and *would* for habits; *I wish he would*

1 **Choose the correct alternatives.**



How times change!

I have a brother, Ben, who's a few years younger than me. When I was young, he [1]*will/would* drive me crazy. He [2]*d/'ll* do everything he could to annoy me. I think he just wanted attention, but I [3]*didn't/wouldn't* realise it at the time. One thing in particular that [4]*used/wish* to irritate me was when he took things of mine and hid them so I had to spend hours looking for them. He [5]*thought/would think* that was hilarious. These days, though, trying to get his attention is impossible! He [6]*would/will* ignore my messages for weeks before he finally replies, and when he does get back to me, he gives really short answers. I know he loves me and that he's busy, but I wish he [7]*'d/'ll* be a bit more like he [8]*used to/would* be. So James, call me!

2 **Make sentences from the prompts using *would* (*not*) or *will* (*not*).**

1 I / often / take a trip to the coast in summer.

2 Ben / never / go out / without / girlfriend / these days.

3 I wish / Katja / stop / make / that awful noise.

4 We / often / go to the shops after school / but we / never / buy anything.

5 When / we / young / we / regularly / visit our grandparents.

6 In the past, / Anna / never / come round / without / call / first.

3 **Complete the text with phrases a–g below.**

When I was young, I [1]_____ because I was tall, skinny and really uncoordinated. I particularly hated competitive team games because I [2]_____ in matches and feel stupid. However, I eventually grew into my body and at the age of 25, started to get interested in sports. I [3]_____ twice a week to work out, and even joined a basketball club. My height was finally handy! Now, at the age of 33, I [4]_____ to go running, and I [5]_____ when I have the chance to get in a pool. In fact, I [6]_____ . My wife [7]_____ with keeping fit. She thinks I make her look bad.

a 'd always let my team mates down
b 'll go swimming
c 'll regularly get up early
d won't go a day without some kind of exercise
e 'd never do any exercise
f wishes I'd stop being so obsessed
g 'd go to the gym

Vocabulary

Describing people and their habits

4 **Complete the definitions with the words in the box.**

controlling cynical demanding liberal modest smooth

1 If you're _____, you try to make people do things.
2 If you're _____, you don't talk about your abilities.
3 If you're a _____ talker, you're persuasive but maybe insincere.
4 If you're _____, you're unwilling to believe that people can be good and honest.
5 If you're _____, you expect attention and/or things done in a certain way.
6 If you're _____, you're willing to understand other people's ideas and opinions.

5 **Complete the word in each conversation. The first letter is given.**

1 A: Go on, you'll love babysitting. You know how good you are with the kids and they really love their Auntie.
B: Oh, you're so **s**_____. You always say the right things. OK, I'll do it.
2 A: I never know if Mohammed is being funny or not.
B: I know! He's got such a dry **s**_____ of humour.
3 A: I can't believe I have to wear a stupid costume at the party. Why can't we just go in our normal clothes?
B: Oh come on, **l**_____ up. It's just a bit of fun.
4 A: Are you happy?
B: I think so. I'm certainly **c**_____ with everything.
5 A: I think you'll like Brian. He's very **c**_____.
B: Yes, I've heard he's very easy to like.
6 A: I've never known such a **d**_____ boss.
B: Me neither. He has me working all hours.

9C

Vocabulary

Trends

1 Match the sentence halves.

1 There's been a real hike ____
2 There has been a decline in ____
3 There's been an epidemic ____
4 Online retailers have slashed ____
5 The cost of raising a child has soared ____
6 The standard of care at the hospital has slipped ____

a the price of clothes this summer.
b in the price of oil recently.
c considerably in recent years.
d to around £233,000 per year.
e of the influenza virus over the winter period.
f sales of DVD players.

2 Replace each phrase in bold with a word in the box.

decline dip epidemic explosion hike plunged slipped surge

1 Flooding is to blame for the **sudden or quick increase** _____ of mosquitoes.
2 The price of oil has **decreased by a large amount** _____ over the last three months.
3 The drought has caused a **sudden rise** _____ in demand for bottled water.
4 The current **sudden increase in the number of occasions** _____ of knife crime is worrying.
5 There's been a **fall for a short time** _____ in the number of visitors to the area.
6 The steady **decrease** _____ in demand for PCs is not surprising.
7 The popularity of e-books has **become lower** _____ in recent years.
8 The **large increase** _____ in the price of bread is not popular.

Language focus

Making new words

3 Choose the correct alternatives.

1 I can take you. I don't mind *hoovering/ taxiing* you around.
2 If you need some ideas, *crowdsource/ friend* it.
3 I'll see you soon. My *ETA/ FOMO* is 3.45 p.m.
4 We've invested money in a small tech *startup/ workshop*.
5 My stomach's *ballooned/ on the up* after all that food.
6 I'm *busyish/ impactful* at the moment, but have some free time.

4 Complete the blog post with the words in the box.

balloon elbow eyeing friend google hoovering party trendsetter

The verbification of the English language

If there's one thing that English language purists can't stand it's verbification. If you're a [1] _____, you might think turning a noun into a verb is keeping the language up-to-date, but for the more traditional linguists, it appears not to be. Verbification isn't new, however. We've been doing the [2] _____ for a long time, a verb which came from the name of an early manufacturer of vacuum cleaners. Similarly, these days you can also [3] _____ information online, a verb which comes from the inventors of the most successful search engine. There are verbs derived from nouns all over the place: you can also [4] _____ someone on social media, [5] _____ when you want to celebrate, or [6] _____ when you've eaten too much cake! In English, verbs can even be formed from body parts – you might spend time [7] _____ a bike you'd like to buy, or [8] _____ someone to get their attention.

5 Complete the sentences with words/phrases in the box. Use a dictionary to check your answers.

chair cosplay FYI ginormous hangry pocket dial regift tsunami

1 The _____ waves reached a height of three metres. ____
2 A friend gave me this really old-fashioned scarf. I might _____ it to my grandma. ____
3 Let's meet at the stadium at 8 p.m. _____, Dan's coming, too.
4 Why do you get so _____ when you've not eaten?! ____
5 My cousins are into _____. They love dressing up as their favourite characters. ____
6 Lucia's going to _____ today's meeting. She'll keep the presentations on schedule. ____
7 Did you _____ me last night? You called me, but when I answered, you weren't there. ____
8 Your house is _____! It's too big for one person. ____

6 Match each word in Exercise 5 with the definition of how it was formed, a–f.

a derivation b conversion c abbreviation d loan word
e compounding f portmanteau

9D

Vocabulary

Colloquial and idiomatic language

1 Complete the sentences with a word. The first letter is given.

1 Stop **g**_____ on about how much you hate the boss. If she hears, you'll get the **c**_____.
2 He always talks about his dog, eating his slippers, barking at the neighbours, blah, blah, **b**_____. Listening to it is such a **y**_____.
3 My day was pretty **r**_____. In fact, I spent most of it literally **c**_____out old junk from our garage.
4 It's a good **j**_____ you're here. I don't want to go **i**_____ why, but I need your help.
5 I'm seeing my old uni **m**_____ tonight. Should be fun to see them.
6 A night out with Phil and his partner is on the **c**_____. You should come if you're **u**_____ for it.
7 Everything seems to have worked out well. Touch **w**_____ it stays that way!

English in action

Manage informal conversations



2 Match the sentence halves.

1 I'm not surprised. That's just ____
2 Did you see ____
3 Turned out nice, ____
4 Long time, ____
5 Did you see this business ____
6 You must be a bit depressed ____
7 What've you been ____
8 You like musicals, ____

a no see!
b up to?
c don't you?
d typical of Mark!
e hasn't it?
f at how Real Madrid are doing.
g the match on Sunday?
h about the factory closure?

3 Complete the sentences using the prompts in brackets.

1 A: Hello. [1]_____ (long / no see).
B: Yes, it's been a while. [2]_____ (what / you / up to)?
A: Ah, nothing much.
2 A: [3]_____ (I / not / believe) it!
B: [4]_____ (what / up)?
A: I've got a flat tyre.
3 A: [5]_____ (you / see / business / redundancies)?
B: Yes, I did. Not good, is it?
4 A: [6]_____ (turn / nice), hasn't it?
B: Yes, gorgeous day!
5 A: Hi Sam, [7]_____ (it / ages).
B: I know. [8]_____ (How / family)?
6 A: [9]_____ (that / typical)! The parcel company has delivered the wrong thing.

4 Choose the correct option a or b.

1 Oh, you got me a coffee, too. Good ____!
a stuff b thing
2 I'm sorry you're not feeling well. What a ____!
a hurt b pain
3 He said what? Good ____!
a grief b luck
4 You're busy tonight? No ____. I'll see you tomorrow.
a concern b worries
5 You don't want to eat my food? Alright, ____ yourself.
a match b suit
6 Anyway, I've got to ____. See you later.
a dash b sprint

5 Complete the conversation with phrases a–h below.

A: I've been offered a new job.
B: [1]____!
A: Thanks, but it's halfway across the country.
B: [2]____! Are you going to take it?
A: I'm not sure. It'd be something new, but I'd miss you guys.
B: [3]____. We'd survive.
A: The salary's not great either. It's less than I earn now.
B: [4]____? That's not good.
A: No, but the working environment is better there.
B: I'm sure. [5]____. It sounds like you have a tough decision ahead. [6]____. Will you tell Jeremy?
A: Yes, I'll let him know. [7]____, here he is now.
B: Right, [8]____. I've got a report to finish.

a Rather you than me
b No way
c I'd best be off
d Don't be silly
e Talking of whom
f Nice one
g It's a joke here
h Seriously

9

Reading

1 **Read the article on page 73. What reasons does the writer give for languages changing?**

societal change ☐
different accents ☐
people moving abroad ☐
the identity of certain groups ☐
a lack of standards ☐

2 **Read the article again. Decide which sentence best summarises each paragraph, a or b.**

Paragraph 1
a We can be sure that our language will change in the future as it has done in the past.
b Our language is never the same from one day to the next.

Paragraph 2
a Language sometimes changes when a need for a new word arises.
b Language change is caused by innovations in technology.

Paragraph 3
a The words which migrants introduce into English describe known concepts for which there are no existing English words.
b Through migrants, English uses foreign words to describe known concepts for which there is no English word.

Paragraph 4
a Some borrowed words describe concepts which are foreign to English speakers.
b English has borrowed several Danish words which describe unknown concepts to English speakers.

Paragraph 5
a Language used by different groups of people disappears quickly without it moving into the mainstream.
b The language we use is influenced by various factors and may not be used by the same groups of people.

Paragraph 6
a English grammar is becoming less formal with phrases like 'I'm loving it' used in all contexts.
b The grammar of a language changes over time despite the fact that some people might be against this happening.

Paragraph 7
a It is difficult to predict language change as we don't know now what we'll need in the future.
b Technical innovation and migration will cause language change.

3 **Match statements 1–10 to words/phrases a–e they describe in the article.**

1 It describes a familiar concept to English speakers. ____
2 It's not appreciated by everyone. ____
3 The concept was unknown 20 years ago. ____
4 It describes an unfamiliar idea to English speakers. ____
5 It came from a particular group of people in society. ____
6 It wasn't used in English until the 1800s. ____
7 English speakers have an interest in the idea. ____
8 We couldn't survive without this word. ____
9 The use of this phrase would have caused surprise 30 years ago. ____
10 It is understood but not used by older generations. ____

a selfie b *schadenfreude* c *hygge*
d My bad e I'm loving it

4 **Find the words/phrases in the box in the article. Match them with the definitions.**

alien alter common usage concept create bonds differentiate misfortune originated

1 very bad luck _____
2 started in a particular situation _____
3 unite two or more people _____
4 change _____
5 express the way two or more things are not similar _____
6 idea _____
7 different from what you are used to _____
8 the way words are often used in language _____

5 **Choose the correct alternatives.**

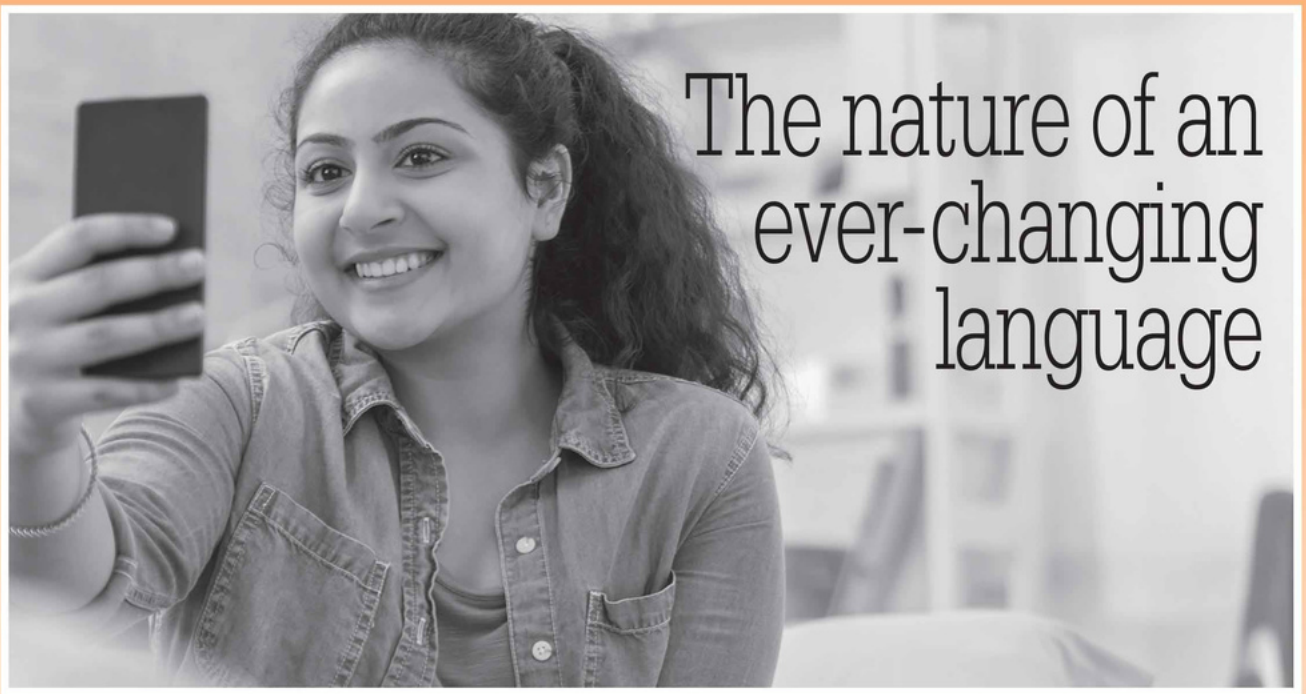
Marcus92
My friends and I created our own language to [1]*alter/differentiate* ourselves from other people in school. It helps us to create a [2]*bond/concept* with each other.

SelinaR
There's some grammar in common [3]*usage/use* that's just bad, if you ask me. And some of the words that young people use is [4]*alien/unusual* to my ancient ears!

Meril94
I love it when I hear about words in other languages that describe a [5]*concept/meaning* in one word, rather than the several we use in our own language.

Frank101
I once had the [6]*misfortune/usage* of using 'I'm loving it' in front of someone who really hated it and told me so!

CharlieS
Many idioms we use [7]*arose/originated* from Shakespeare's plays. His work [8]altered/differentiated how people spoke.



The nature of an ever-changing language

[1]They say that there are two certainties in life – death and taxes. I'd like to suggest a third: language change. Our language changes almost weekly. In 400 years' time, the language we speak today will seem as alien to people then, as the language Shakespeare used seems to us today.

[2]There are several reasons for this language change. Firstly, our needs alter as society changes, particularly when it comes to technological change. It's hard to believe that 15 years ago, the word *selfie* was not in common usage. However, along came phone camera technology and suddenly we needed a word for taking a photo of ourselves.

[3]Another cause is migration. When people move to different countries, they take their language with them and bring back languages from elsewhere. Some words in English have been borrowed from other languages. Sometimes, the word conveys a concept we understand but don't have a word for. *Schadenfreude* is a good example of this. It's a German word that describes the pleasure you get at someone else's misfortune. It may seem like a cruel concept, but it's one that is understood in English; we just didn't have a word for it before the 19th century. Other languages have a word for it, too.

[4]At other times, the word describes a concept we neither have a word for or understand. One example is the Danish word *hygge*, used to describe a feeling of cosiness, contentment and safety you might feel when, for example, sitting in front of an open fire on a winter's day, drinking coffee with friends or baking. This is not a concept that native English speakers can immediately understand, although with the number of books in English on this topic, it's clearly a concept we'd like to get to know better!

[5]Language is not the same for everyone. Our age, background and region all play a role in the language we speak. Younger people in particular are known for playing around with language and making new words as they seek to create bonds with each other and differentiate themselves from other groups, for example their parents. Often these words come and go without the majority of people noticing, but occasionally a word will stick and become widely used amongst other groups. 'My bad' is an example. This phrase, used to say something is your mistake, apparently originated on the basketball courts in urban areas in the US. While it's a phrase younger people are more likely to say, it's at least recognisable to everyone else now, too.

[6]Language change doesn't just relate to vocabulary, of course. It also relates to grammar. I doubt anyone would say 'I know not of his name' today. In recent years, *whom* has become much less commonly used as language seems to be becoming more informal in general. Rather than 'To whom did you speak today?', you're much more likely to hear 'Who did you speak to today?'. We've also seen the rise of stative verbs in the continuous form. Saying 'I'm loving it' three decades ago would have been met with raised eyebrows. Today, those who never want grammar to change might not like it, but it's not uncommon to hear it in informal situations.

[7]So, how will our language change in the future? Well, it's hard to say without being able to predict exactly how society itself will change. Migration is likely to influence our language and new inventions will probably continue to bring in new words. What those new words will be is anyone's guess. After all, 20 years ago, we had little idea what a *selfie* was. Now we can't live without them!

9

Listening



1 9.01 **Listen to two podcasts. What topic do they both have in common?**

- breaking a habit ☐
- eating more healthily ☐
- setting and achieving a goal ☐

2 **Listen again. In which podcasts are these ideas presented, A or B?**

1 Be fully committed to giving up the habit in full. ____
2 Analyse what causes the habit. ____
3 Take small steps towards stopping the habit. ____
4 Learn to link your habit with displeasure. ____
5 Watch yourself stopping the habit in your mind. ____
6 Change your old habit for an alternative one. ____
7 Reflection is better than punishment if you suffer a setback. ____
8 You should punish yourself if you suffer a setback. ____
9 Connect with others to receive support. ____
10 Give yourself a prize when you do well. ____

3 **Complete the sentences with the words in the box.**

afresh beat cheer gross path reconsider squeeze triggers

1 Podcast A says you should identify the _____ for your bad habit.
2 Podcast A suggests nail biters _____ a stress toy when feeling anxious.
3 Podcast A says that you shouldn't _____ yourself up if you mess up.
4 Podcast A says that if you mess up, you can just start _____.
5 Podcast B suggests connecting your habit with something _____.
6 Podcast B thinks that punishing yourself will push you to _____ your actions.
7 Podcast B says that other people will be happy to _____ you on.
8 Podcast B says that working with others will help keep you on the right _____.

Writing

1 **Read the short story. What is the moral of the story?**

- Remember to charge your phone battery. ☐
- Don't experience life through a screen. ☐
- Avoid standing in front of the stage at a concert. ☐



Living through a screen

When Jason got a ticket to see his favourite band play in his hometown, he was over the moon. He'd been a fan for years but had never had the opportunity to see them live. Little did he know that the experience wouldn't stay with him as long as he expected.

On the day of the concert, Jason arrived at the venue early. He wanted to secure a place in front of the stage so he could get a good view. [1] ____ As soon as the band walked out on stage, Jason got his phone out and pressed 'record'. He wanted to make sure he got this whole experience on film.

As the band played, Jason watched them through the phone screen. He got close-ups where he could and focused on each of the band's members in turn. He couldn't jump up and down with the rest of the crowd or wave his hands in the air, as the film would shake, but that was OK. He wanted something to help him remember this amazing moment.

When the band finished their set and strode off stage, Jason ended the recording and turned to leave. Just as he did, someone knocked his hand and his phone flew across the ground, under the feet of several people. [2] ____ He managed to grab it and jump up before the excited crowds crushed him.

[3] ____ The screen was completely shattered and there was no sign of life. With stomach clenched, he pressed the 'on' switch. Nothing. He held it down for five seconds. Still nothing. Jason's heart sank. [4] ____ Gone were all the photos and videos he'd taken since his last back-up a year ago. Gone was the video of the concert.

'Still,' thought Jason, 'at least I've got my memory of it.' He pictured himself watching the concert through his phone screen, and realised with a heavy heart that he actually didn't even have that.

2 **Complete the gaps in the story with sentences a–d.**

a Diving to get it, Jason crawled on his hands and knees.
b Knowing it was hopeless, he put the phone back in his pocket.
c Standing his ground throughout the warm-up act, he was still there when the main attraction came on.
d Looking down at his phone, Jason stopped.

3 **Read the story again and complete the sentences with the words/phrases in the box.**

direct speech hint parts of the body
visualise when

1 The writer starts the story with a _____ about the climax of the story.
2 The writer uses _____ to describe how Jason feels.
3 The writer uses a variety of verbs to help the reader _____ Jason's actions.
4 The writer uses phrases such as *as soon as* and *just as* to help us understand _____ things happen.
5 The writer uses _____ to help us hear Jason's thoughts.

4 **Read the Focus box. Choose the correct alternatives.**

1 The two clauses describe actions which happen *at the same time or close together/one after the other but distant in time.*
2 The first verb takes the *infinitive/-ing form.*
3 The two clauses *are/are not* separated by a comma.
4 The clauses cannot be linked in this way if the subject is *different/the same.*

Linking two actions together

The simplest way to join two clauses is with *and*. If the subject is the same, however, the two clauses can also be joined by starting the sentence with the first verb in the *-ing* form.

Jason looked down at his phone and stopped.
→ *Looking down at his phone, Jason stopped.*
He knew it was hopeless and put his phone back in his pocket.
→ *Knowing it was hopeless, he put his phone back in his pocket.*

This form is common in narratives, but it is only possible when the subject is the same in both clauses and the first action explains what was happening just before or during the second action.

5 **Rewrite the sentences so they begin with a verb in the *-ing* form where possible.**

1 Jenny held up her phone and started recording.
Holding up her phone, Jenny started recording.
2 Lukas took his phone out of his pocket and accepted the call.
_____
3 Mia dropped her phone and watched the screen shatter.
_____
4 We all stood together and smiled for the camera.
_____
5 Maisie held the camera up and I pressed the button.
_____
6 I turned my phone on and saw I had 30 messages.
_____
7 Everyone got out their phones and swapped numbers.
_____
8 The phone rang a few times, but I ignored it.
_____

Prepare

6 **You're going to write a story that begins with the following sentence.**

Isabella never expected her life to change on a wet rainy Monday morning, but it did.

Plan your story. Make notes on the following questions.

- What kind of person is Isabella?
- What were the events leading up to the surprise?
- What was the surprise?
- Why did it surprise Isabella?
- How did Isabella react?
- How else did she feel about it?
- How did it change Isabella?

Write

7 **Write the first draft of your story. Use the checklist below to help you. Tick each item to make sure you've included them all.**

Begin with the climax of the story. ☐
Describe the events leading up to the climax. ☐
Describe the climax in more detail. ☐
Describe the events after the climax. ☐
Describe how the main character felt. ☐
Describe how the main character's personality changed. ☐

8 **Read through your story. Check that you have joined some clauses using the ideas in the Focus box. Edit your story if necessary.**

10A

Grammar

Prepositions 2



1 Put the words in the correct order to make sentences and questions.

1 very / chemistry / never / on / I've / keen / been

2 having / every week / get used to / a four-day week / could / I / !

3 in / both / pharmaceuticals / parents / work / my

4 about / all the time / stop / your brother / on / going

5 Andreas, / but / Anna / what / you've / invited / about / ?

6 at the arts / better / I'm / science / much / than

7 becoming / look / I'd / a biology teacher / like to / into

8 fix this, / figure / I / but / together / don't know / we / how to / can / out / it

2 Add the preposition in brackets to the correct position in the sentence.

1 I'd planned to be a doctor, but ended up going a different path. (down)

2 Sara's dropped out of her course, but what reason I don't know. (for)

3 I've never understood physics. It just goes my head. (over)

4 I'd love to know what you are working. (on).

5 I don't think very highly our new chemistry teacher. (of)

6 Ismail's interested going to the science museum on Saturday. (in)

7 Ben's good at sport, but there are other things which he's keener. (on)

8 I'm going to look online psychology courses. (into)

Vocabulary

Science

3 Choose the correct alternatives.

1 Scientists believe they understand *gene/genetic* disorders better.

2 It's common to *classification/classify* animals using seven levels.

3 A computer *simulate/simulation* helps pilots to land a plane safely.

4 It's possible to find a cure, *theoretically/theory* speaking.

5 Doctors are planning a *trial/try* of the drug.

6 The research was *invalid/invalidate* due to the way it was implemented.

7 People believe one thing but the *statistical/statistics* say another.

8 We have a theory but no one's been able to *proof/prove* it.

4 Choose the correct option a, b, or c.

Research that's a roller coaster ride

Kidney stones are no fun, so it seems strange that two scientists keen to help people suffering from them would spend hours at a theme park. However, they did. That's because people with kidney stones who travelled on one roller coaster at a famous theme park, claimed it helped their stones to pass through their body. A research team from Michigan State University in the US decided to conduct an unusual [1]____ on the roller coaster to see if they could find scientific [2]____ of this. They rode the roller coaster 60 times in different seats carrying a 3D-printed model of a kidney and three kidney stones of different sizes. The research provided [3]____ evidence that the roller coaster rides did in fact help the stone to pass.

The [4]____ of the study in terms of our understanding of how the roller coaster affects real people is questionable. A model of one kidney with three types of stones was used rather than a variety of people with different kidney stones selected at [5]____. However, the [6]____ and its results do help to [7]____ the argument that further investigation is desirable. It will also help to secure funding for a possible [8]____ with real life kidney stone sufferers in future, so that scientists can work out exactly what causes the phenomenon.

1	a diagnosis	b experiment	c exploration
2	a proof	b argument	c information
3	a average	b statistical	c probability
4	a honesty	b responsibility	c reliability
5	a once	b random	c least
6	a simulation	b reproduction	c duplication
7	a approve	b confirm	c validate
8	a examination	b trial	c testing

Grammar

Linking words and phrases

1 Match the sentence halves.

1 I called Jim as soon ____
2 It's rainy today, not to ____
3 My sister's a real early bird, whereas ____
4 I don't think this will work. All the ____
5 Let's not leave too late in ____
6 I crept up the stairs so as ____

a case the bus gets there early.
b as we heard the news.
c not to wake anyone up.
d same, I'd like to give it a try.
e I can barely get up in the morning.
f mention grey and miserable.

2 Complete the leaflet with words/phrases in the box.

consequently however in order to not only
otherwise thanks to what's more whereas

GREENLEA LIBRARY

HELP OUR LIBRARY TO SURVIVE!

Our public library has been a central feature of our community for 85 years. [1]_____, now we all have the internet at our fingertips, we're in danger of losing it. [2]_____ we once needed a library for information and entertainment, now we just get it at the click of a button. [3]_____, demand for our library has fallen and our budget has been cut.

[4]_____ the fantastic team here, we've adapted to a new digital environment, but without you, we won't survive. We need more visitors [5]_____ stay open, so we're calling on you to come and enjoy the facilities we provide. [6]_____ do we have books, we also offer a wide range of digital resources such as:

- a multimedia centre with free access to the internet
- free access to hundreds of newspapers, magazines and e-books

[7]_____, we organise fun events that bring people together. These include:

- book club meetings
- meet the author events
- storytelling for children
- storytelling for adults (it's hilarious, we promise!)

We love our library and hope you'll come and love it, too, [8]_____ there may be no library at all.

Vocabulary

Book reviews

3 Complete the definitions with words in the box.

best work character details disagreement
exciting tells unexpected upsetting

1 If something is disturbing, it is worrying or _____.
2 If a book is controversial, it causes a lot of _____.
3 The narrator is the person that _____ the story.
4 A descriptive part of a book gives a lot of _____ about the people, place, etc.
5 If a book is a masterpiece, it's the _____ the author produced.
6 The protagonist is the most important _____ in a story.
7 A twist in a story is an _____ event or change in the situation.
8 A gripping story is very _____ and makes you not want to stop reading it.

4 Choose the correct alternatives.

1 We follow the *twist/protagonist* through many exciting adventures during the course of the book.
2 The film's *gripping/set* in 1950s America.
3 A film studio has bought the *rights/twist* to the novel.
4 I tend to read the *descriptive/portrait* bits of the book very quickly.
5 I found the book so *controversial/disturbing* at times, I cried!
6 The author selected a *narrator/protagonist* who wasn't the main character in the story.
7 The film is a *masterpiece/portrait* of life in poverty.
8 The book was considered *controversial/gripping* and was even banned in a few countries.

5 Complete the review with a word in each gap. The first letter is given.

***The Miniaturist* – a review**

The Miniaturist is a novel [1]**s**_____ in the Netherlands in the 1600s. It's a [2]**p**_____ of life for a poor country girl sent to the city to marry a wealthy merchant. The female [3]**p**_____ is given a doll's house by her new husband which looks identical to their home. She pays a local miniaturist to create furnishings for the doll's house, but when they arrive, the creepy and [4]**d**_____ objects seem to predict tragic events which then happen in real life.

It's a very well written story, with some interesting characters, all of whom have secrets to share. I found it so [5]**g**_____ that I read it in just two days.

10C

Vocabulary

Talking about humour

1 Match the examples of humour with words in the box.

black irony pun stereotype

1 If you removed all the arteries, veins, and capillaries from a person's body, and tied them end-to-end ... the person would die. _____
2 Thanks for explaining the word *many* to me – it means a lot. _____
3 Did you hear about the blonde that got excited? She finished a jigsaw puzzle in six months, when the box said, 'two to four years'. _____
4 Known as the 'Father of Traffic Safety', William Eno invented the stop sign, one-way street, and taxi-stand signs, but he never learnt how to drive! _____

2 Complete the conversations with words in the box.

dry pun satire stereotypes straight witty

1 **A:** You've got a very _____ sense of humour.
B: I know. People often don't realise I'm being funny.
2 Have you been watching that political _____ on TV about the government?
3 **A:** Your cat's very noisy today.
B: She does that when she's purr-fectly happy. Forgive the _____!
4 **A:** I'm rubbish at playing a practical joke on someone.
B: I know! You can never keep a _____ face.
5 **A:** Why is Oscar Wilde still popular today?
B: Because he was so funny and clever – a really _____ writer.
6 **A:** I think humour based on _____ is offensive.
B: I agree. Often, it just promotes prejudice.

3 Choose the correct option a, b or c.

1 People sometimes use ____ humour during the dark times in their lives, to help them cope.
a blue b green c black
2 It's hard to recognise ____ when the speaker says the opposite of what they mean with a straight face.
a irony b slapstick c a pun
3 If you have to ask a listener if they ____ a joke after you've told it, you know something's gone wrong.
a tell b get c feel
4 My siblings and I played a lot of ____ jokes on each other as kids, especially involving food.
a black b witty c practical
5 A TV comedy about someone who's seriously ill is just too ____ for my liking.
a black b practical c dry
6 *Mr Bean* is a good example of ____ comedy.
a practical b slapstick c black

Language focus

Puns

4 Match the questions with the answers to make jokes.

1 What do you call a deer with no eyes? ____
2 Why did the stadium get hot after the match? ____
3 Why did the teacher wear sunglasses? ____
4 Why did the boy throw the clock? ____
5 What did the calculator say to the mathematician? ____
6 What did the server ask when the lion said, 'Er ... I'll have a coffee, please.'? ____
7 What did one plate say to the other plate? ____
8 Which animal is always at a baseball game? ____

a To see if time really flies.
b You can count on me!
c A bat.
d Because the fans all left.
e Dinner is on me!
f No idea.
g Why the long pause?
h Because her students were really bright!

5 Match each joke in Exercise 4 with why it's funny.

- A word has two meanings: _____ , _____
- An idiomatic phrase is used literally: _____ , _____ , _____
- Two (or more) words sound the same: _____ , _____ , _____

6 Choose the correct alternatives.

1 Why did the teddy bear refuse dessert? Because she was *filled/stuffed*.
2 Why can't Cinderella play soccer? Because she's always running away from the *ball/dance*.
3 Why didn't the skeleton go to the dance? He had no *body/bones* to go with.
4 Where do cows go for entertainment? They go to the *cinema/moovies*.
5 Why did the zoo stop doing tests? Because it was full of *cheetahs/tigers*!
6 What music frightens balloons? *Bang/Pop* music!
7 Why did the student eat her homework? Because the teacher told her it was *easy/a piece of* cake!
8 What is the best athlete to have with you on a cold day? A *high/long* jumper.

10

Listening

1 10.01 **Listen to a programme about four natural mysteries. Match the phenomena in the photos with the explanations of how they are created.**

1 Blood Falls, Antarctica



2 Penitentes, the Andes mountains



3 The Sailing Stones, Death Valley



4 Frozen methane bubbles, Arctic region



a Sunlight turns ice into water vapour. ____

b Bacteria produces a gas which becomes frozen. ____

c Salt water combined with air turns to rust. ____

d Ice and wind cause them to move. ____

2 **Listen again. Which of the natural phenomena from Exercise 1 (1–4) does each of these sentences describe?**

- Previously considered to be moved by aliens. ____
- Could cause a blast in the right conditions. ____
- Once thought to be caused by vegetation. ____
- Have the potential to protect large amounts of ice from melting. ____

3 **Choose the correct alternatives. Then listen again and check.**

1 From the top of the glacier to the ice below, there's a large red *dye*/*stain*.

2 When that salty water comes through *breaks*/*cracks* in the glacier, it mixes with oxygen.

3 From one ice *circumstance*/*phenomenon* to another, less frightening one!

4 In the Andes, you can find large fields of thin, sharp *blades*/*knives* of ice.

5 The Penitentes *absorb*/*soak* the sunlight rather than the glacier.

6 The large stones appear to move across the ground, leaving a *route*/*trail* behind them.

7 *Bacteria*/*Germs* eat them up and spit them out in the form of methane gas.

8 As the bubbles melt, they *breathe*/*emit* enough gas to create an explosion.

4 **Match the words in the box with the definitions.**

absorb bacteria blade crack emit phenomenon stain trail

1 send out gas _____

2 take in liquid or gas from the space around it _____

3 narrow space between two things or two parts of things _____

4 a thin flat piece of material, e.g. grass, ice _____

5 a long line or series of marks left by someone/something _____

6 very small living things _____

7 something unusual that exists, e.g. in nature _____

8 a difficult mark to remove, e.g. coffee, ink _____

5 **Complete the summary with the correct form of the words from Exercise 4.**

Nature provides us with some amazing mysteries to solve. Blood Falls is named because of a red [1] _____ on the side of a glacier in the Antarctic. It's caused when salt water comes through [2] _____ in the ice and combines with air to create rust.

The Penitentes in the Andes are thin [3] _____ of ice, which are created when the sun turns ice into water vapour. It's a [4] _____ which may protect glaciers by [5] _____ sunlight.

The Sailing Stones in Death Valley move when ice, water and wind push them across the ground. A [6] _____ is left in the mud.

Finally, the frozen methane bubbles far north are created when [7] _____ turn dead things into methane, which then freezes. When they melt, the bubbles [8] _____ methane into the atmosphere, which contributes towards global warming.

10

Reading

1 Read the article about humour on page 81. Match sub-headings a–h with paragraphs 1–6. There are two extra sub-headings.

a Turn attention to others ____
b Be punny with word play ____
c Philosophical ideas about humour ____
d Only practice makes perfect ____
e What science research says about humour ____
f Don't go with the obvious response ____
g Always expect the unexpected ____
h A surprise twist to a list ____

2 Read the article again. Choose the correct option a, b or c.

1 The writer thinks the most compelling idea about humour is that it
   a occurs after a feeling of stress disappears.
   b allows people to feel more exceptional than others.
   c happens when something is unexpected.
2 The writer suggests that giving an unusual response will
   a cause anxiety for a short time.
   b result in a lot of humour.
   c relieve feelings of worry.
3 The writer's example in paragraph 3 is effective because
   a the joke is easier to remember.
   b the list of ideas are cohesive.
   c the final item is unlikely.
4 To make people laugh with puns, the writer believes the most important thing is to
   a pay attention to what people are saying around you.
   b think fast so you can react quickly.
   c use a variety of pun types.
5 The writer says that people laugh at a 'call back' because
   a it triggers a previous response.
   b it's based on implied understanding.
   c the humour is accessible to everyone.
6 The writer says that to be funny, you
   a can use the jokes of people who are paid to be funny.
   b have to make an effort to try techniques out.
   c should use humour as much as you can to make improvements.

3 Match words/phrases in the article with the definitions.

1 the quality of being better than others (paragraph 1)
   _____
2 has gradually become bigger/greater (paragraph 1)
   _____
3 laughs at someone in a friendly or unkind way (paragraph 2)
   _____
4 a quiet laugh (paragraph 2)
   _____
5 eating so much of something (paragraph 3)
   _____
6 said to show you're shocked at what someone has done (paragraph 4)
   _____
7 something funny that is only understood by a group of people (paragraph 5)
   _____
8 intended or planned (paragraph 6)
   _____

4 Choose the correct alternatives.

1 If someone has a big head, they're *arrogant/modest*.
2 If something happens for a split second, it happens for a very *long/short* time.
3 If you're quick on your toes, you're *fast/slow* to react.
4 If you make a comeback, you make *an exit/a return*.
5 A try-hard is someone who tries too *little/much* to be something they're not.

5 Complete the sentences about laughter with the words/phrases in the box.

big head	builds up	how dare they	split second
stuffing	tease		

1 I don't like it when people _____ me. It makes me feel uncomfortable.
2 It's awful when you're in a serious situation, but laughter _____ inside you and you have to keep it there.
3 I don't want to sound as if I have a _____, but I think I'm quite funny.
4 I don't like it when people laugh at my expense. I mean, _____?
5 Never make someone laugh when they're _____ their face with food. It's not pleasant to watch them laugh!
6 I like seeing that confusion on people's faces for a _____ when I make a joke with a straight face.

How to get a laugh when you don't think you're funny



The ability to make people laugh isn't a quality we're born with. It's something we develop. That means there's hope for those of us who've come to believe we don't have a funny bone in our bodies.

[1]People have been curious about what makes us laugh for centuries. One theory, which has foundations in the ideas of Plato and Aristotle, is that we laugh at situations that give us a sense of superiority. We feel better when others fail. Another theory is that we laugh after tension has built up over a period of time and is then released. A third theory, one I find particularly persuasive, is that humour is triggered by an element of surprise.

[2]One way to create humour from the unexpected is to answer a question or react to a statement in a way that people just don't anticipate. Let's say that a family member teases you and says, 'You must have a big head now you've been promoted.' He'll expect you to say 'No.' So, if you say, 'Yes, yes I have,' it may get a laugh, or at least a chuckle. Not only is the answer a surprise if you say it with a straight face, it also creates tension for a split second until the listener realises you're joking.

[3]Another strategy is to use the rule of three. That's the idea that giving a list of three things makes what you're saying more memorable. When being serious, the list usually includes three things that link logically. For example, 'I like nothing more than lazing around in bed in my pyjamas, stuffing my face with chocolate and watching dumb TV shows.' However, if you make the third item something completely different and improbable, it'll be funny. So, 'I like nothing more than lazing around in bed in my pyjamas, stuffing my face with chocolate and planning world peace.'

[4]Puns are a great way to bring humour into a conversation and there are many types. If a friend says that they just went to the shop to get some milk, but a man got there sooner and took the last carton, you can reply with 'How dare he?' (*How dairy* – get it?). Not only will your friend laugh, but he'll think you're witty, too. Word play is challenging though. You have to be very quick-thinking to respond to anything with humour, but more than that, you have to listen closely. Without that, you can't respond with an appropriate pun.

[5]A final suggestion for being funny is to refer to a joke made earlier in a conversation. In comedy circles, it's known as a 'call back'. It takes the audience back to a time when they laughed at an earlier joke. When the joke's used again, just by association, it seems funny, even if it's not. People enjoy call backs because it makes them feel as if they share a history with you. It's an in-joke that only a few people will understand. Call backs are also amusing because the listener doesn't anticipate the joke making a comeback.

[6]To learn humour, as with any kind of skill development, it takes focus and deliberate practice. It's no good just reading about humour and carrying on as normal. If you want to be funnier, study funny people and notice what they do. This is what comedians do. Once you've got an idea of the kinds of things you can do to make people laugh, practise using them. Oh, and don't be a try-hard – no one's hilarious all the time!

10

Writing

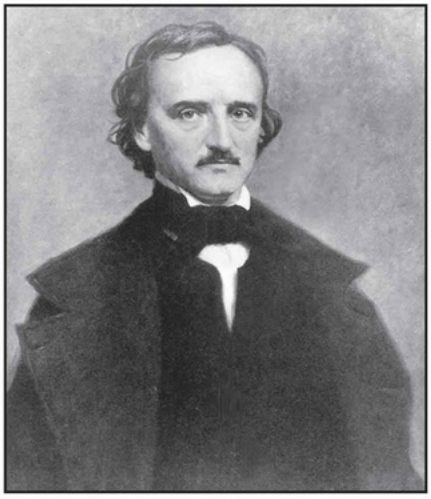
1 Read a biography of the writer Edgar Allan Poe. Which sub-heading is most appropriate?

a The struggles of a freelance writer trying to get by

b Desperate times for an unpublished poet

c A writer who never saw fame in his lifetime

Edgar Allan Poe



Today, Edgar Allan Poe is best known as an author of poetry and short stories, writing in the 1800s. His gothic tales of horror and mystery have been frightening the life out of millions of readers for over 170 years. However, despite the fact that some of his works are considered to be literary classics, for much of his life, Poe struggled to make ends meet.

Poe didn't necessarily get the best start in life. His parents were travelling actors who separated when he was young. Both parents had died by the time he was three and so he was sent to live with John Allan, a successful merchant, and his wife. While financially secure during his childhood, this was not the case in adulthood. Poe's relationship with Mr Allan appears to have been strained, so while Mr Allan contributed to Poe's fees to attend university, he did not supply the full funds. Poe ended up not just broke, but badly in debt. He soon dropped out and joined the army. Two years later, Mrs Allan died and Mr Allan had a change of heart: he agreed to pay for Poe to go to the West Point Military Academy. However, Poe was thrown out a year later for neglecting his duties, and after that, Mr Allan cut all ties with him. It's thought that Poe discovered that Allan was to remarry and got kicked out to spite him.

In 1833, Poe won a writing competition and was able to secure an editorship. He significantly increased the readership of the journal he worked on and contributed some writing of his own. As a critic, he was known for being cut-throat and savagely criticised other writers. After two years in the role, he left. For the next few years, Poe continued to work as an editor, writer and critic at several different magazines and journals. His financial struggles, however, did not let up, perhaps not surprising considering that he only received 25 copies of his first book of short stories as payment for writing them!

In 1845, Poe moved to New York and wrote his poem *The Raven*. This turned him into a literary sensation. However, he famously received just $9 for it, and in fact earned just $400 that entire year. He was now in a better position to demand higher payment for his work, but his work as a freelancer did not mean he raked in lots of money. He still had to regularly ask friends and family for loans. He used his fame to campaign for both better wages for writers and for copyright laws to protect them.

Poe died in 1949 of an unknown illness. A writer who Poe had heavily criticised when alive then wrote a scathing obituary and biography of Poe's life. These influenced Poe's reputation for decades, with people seeing him as a troubled person. But regardless of what people thought of the man, his work remained popular and has influenced many modern-day writers.

2 Are the sentences true (T) or false (F)?

1 Poe's childhood was full of money worries. ____
2 Poe's guardian did not provide sufficient financial support for Poe's studies. ____
3 Some people believe that Poe got thrown out of West Point on purpose. ____
4 Poe's reputation as a critic was a positive one. ____
5 Poe received financial payment for his first published book. ____
6 Poe received a high price for his most famous poem *The Raven*. ____
7 Poe believed that writers deserved to earn higher wages. ____
8 Poe's work has had an effect on literature today. ____

3a Read the Focus box. Then put the words in the correct order to create more idiomatic expressions.

Using idiomatic phrases

When using idiomatic phrases, it's important to use the right words in the right order. If they are changed at all, the sentence can sound very wrong.

~~*frighten someone out of the life*~~
frighten the life out of someone ✓
= to really scare someone

~~*make end meet*~~
make ends meet ✓
= to earn enough to buy what you need

1 heart / of / have / change / a
_____
2 ties / cut / all _____
3 out / kicked / get _____
4 throat / be / cut- _____
5 up / don't / let _____
6 of / rake / money / in / lots
_____

b Find the idiomatic expressions in Exercise 3a in the biography on page 82 and try to guess what they mean.

4 Complete each sentence with an idiomatic phrase from Exercise 3a.

1 Jack got _____ university after two years for failing his exams.
2 Elizabeth wanted to be a nurse but had _____ when she realised she didn't like blood.
3 By the time Ian was 25, he was _____ money from international business.
4 You don't have to _____ in business – some successful people are very nice.
5 Bella _____ with her family as soon as she left home and never spoke to them again.
6 If anyone asks you about my secret, _____.

Prepare

5 You're going to write a biography of a famous person or someone you admire and know well. Make a list of possible people to write about. Then choose a person and make notes about the following.

- the person's early life
- career
- personal life
- biggest achievements
- positive and negative aspects of the person
- a conclusion about the person's life

6 Make a paragraph plan from your notes. Start with general information about the person and end with a conclusion giving a fair summary of him or her. Decide the order of the points in between.

Write

7 Write the first draft of your biography. Use the checklist below to help you. Tick each item to make sure you've included them all.

Begin with general information about the person. ☐
Use time expressions to describe their early life and/or career. ☐
Describe the positive and/or negatives aspects of the person. ☐
Use a range of idiomatic phrases. ☐
Write a conclusion giving a fair summary of the person. ☐

8 Read through your biography. Check that you have included some idiomatic phrases from the Focus box. Edit your work, if necessary.

AUDIO SCRIPTS

UNIT 1 Recording 1

P = Presenter B = Bella R = Richie

P: Today, we're talking about trying new things. Bella, Richie, at what age do you think we're most adventurous in life?
B: Well, I'd say early 20s. That seems to be when we spread our wings and go off and become more independent.
R: Yeah, but at that age, you don't usually have the means to go out and do all that much. You're often stuck in full-time education or at the bottom of the ladder in your first job. Neither of which make you well off. I'd go for mid to late 20s, when you've established yourself and are earning enough to actually get out and do stuff.

UNIT 1 Recording 2

P = Presenter B = Bella R = Richie

P: Today, we're talking about trying new things. Bella, Richie, at what age do you think we're most adventurous in life?
B: Well, I'd say early 20s. That seems to be when we spread our wings and go off and become more independent.
R: Yeah, but at that age, you don't usually have the means to go out and do all that much. You're often stuck in full-time education or at the bottom of the ladder in your first job. Neither of which make you well off. I'd go for mid to late 20s, when you've established yourself and are earning enough to actually get out and do stuff.
P: According to a new report, it's 30.
B: Oh really?
P: The report says that by the time you get to 30, you've established yourself at work and in your social life and the … you're beginning to want to escape the daily grind of life.
B: Makes sense.
P: The problem is that that doesn't last long.
R: What do you mean?
P: A separate report claims that people begin to feel less adventurous when they hit … are you ready? When they're 34.
B: Wow, four years of big adventure. I guess we need to make the most of it!
R: I can see why that is. By 34, a lot of us have started a family, which makes adventure a bit more … well, pretty tricky.
B: Yeah, that's the time in your life when you really can't do much except make a living and take care of the kids.
P: But young families take holidays, so there are some opportunities for travel at least.
B: Sure, but it's hard to really explore an area when you're constantly having to keep an eye on little ones.
P: Having children wasn't the only reason given by participants of the research. Physical fragility was another.
R: What? At 34? That's hardly old.
P: No, but I guess people realise they can't just jump at the chance of doing a … a … an extreme sport, for example, without feeling aches and pains.
B: There's certainly a time when we realise we won't live forever and that can cause us to take fewer risks. I'd say that happens in our 30s.
P: I think I'm right in saying that neuroscientists have discovered our brains aren't fully formed until we're about 25 and that includes the … er … the part of the brain which deals with good judgement. Right?
R: I believe so. That's why we take more risks in our teens and early 20s.
B: I think it's after that when we start to realise that doing something too adventurous could cause us harm.
R: So, we used to say that life begins at 40, but it sounds like by that age, all hope is lost!
P: Not at all! There's evidence that people are much more adventurous today in retirement than they've ever been, and that people in their 50s are doing many of the activities previously associated with much younger people.
B: That must be down to money.
P: Perhaps. That might be one reason, but the key reason given in the report is that we're living longer these days, so when we hit 60, we still have a lot of life left. Not only that, but as we probably haven't spent 30 years doing physical … physically demanding manual labour as people did in the past, we're much more able to get out and try new things.
R: So, I'm 46 now. Is there another study that says the next few years will be the best of my life? Yes? Please tell me there is!

UNIT 2 Recording 1

I = Interviewer P = Paula D = Daniel

I: We all sat in horror as we watched flames destroy parts of the much-loved Notre Dame cathedral in Paris. Very quickly, people around the world offered money to restore it, raising billions. While many people were grateful for the donations, there were others who were critical, saying that the money would be better spent elsewhere. So, should we spend money on renovating and maintaining historical buildings, or should we use the money for something else? Joining me for this discussion today is Paula Schmidt from the Institute of Architecture and Daniel Ladinsky, editor of *Society Today*. Paula, let's start with you. What's your view?
P: Well, I'm absolutely in favour of renovating and maintaining historical buildings. They tell a story about our past. Letting them go to ruin shouldn't be a consideration for us.
I: Is that true of all buildings?
P: Good question. Er … some have more historical importance than others and they should be given priority. Those that are particularly old can be rather expensive to renovate or maintain, so cost is a huge factor, but personally, I think how much we have to spend is irrelevant.
I: Daniel?
D: The amount of money spent on maintaining these buildings each year just doesn't make sense to me. We take money away from hundreds of thousands of people who need it, making their lives more difficult. Don't get me wrong, I do see the cultural significance of these buildings. I'm not one of those people who say that by focusing on old buildings we look to the past and not the future. If we have the money, we should use it to maintain them. The problem for me is that we don't. There are limited resources and we need to distribute them in the best possible way.
P: You can see just how much buildings mean to people with the case of Notre Dame. Historical buildings are often grand and beautiful, externally and internally. They can teach us about the lives of the people who have used them. That kind of insight is invaluable. It's the only way we can avoid making the same mistakes they made in the past.
D: But what about the issue of housing? Cities are attracting more and more people each year. This too often results in people being squashed into small spaces. By making that tough decision to stop maintaining a historical building, we can demolish it and free up land where we can provide comfortable accommodation for many families.
P: But Daniel, you're talking about getting rid of something that is part of who we are. Once it's gone, there's no getting it back.
D: It's a one-time decision, so it clearly has to be made very carefully. I'm not talking about getting rid of all historical buildings, but priorities need to be made. Are all historical buildings more important than people today? I think not.
P: But I still don't see that it's a choice of one over the other. There's enough money for both, it's just not distributed equally.
I: One thing that neither of you has brought up is the issue of tourism. Surely, this is a huge consideration in the debate.
P: Yes, you're right. Some of these historical buildings bring in large amounts of money to the economy in the form of tourism. Local people are proud to show visitors those buildings which are

often much more attractive than more modern ones. If we don't maintain them, that money will be lost.

D: It's certainly a factor to think about. But you need to do a cost-benefit analysis to consider how much of the money generated is then spent on maintenance and whether it is actually worth it.

UNIT 3 Recording 1

P = Presenter M = Manager J = Jodie T = Tony N = Nico

P: Liverpool fans are celebrating this evening after their team made it into the final of the Champions League. The first goal came in the third minute when Henderson headed a corner kick into the net. Inter Milan players made several attempts on goal over the next 40 or so minutes but were unable to score. Liverpool held most of the possession in the second half, with Origi scoring the second of two goals for Liverpool five minutes from the end.

M: I'm incredibly proud of the boys. They kept their cool in a tough match and were able to defend against a good team extremely well. We have a very difficult team to play in the final, but I'm feeling positive.

P: That team will be Borussia Dortmund, with the final on Saturday the 29th of May.
Jodie Lake has reached the semi-finals of the French Open in tennis this afternoon, after beating Alicia Williams 6–1, 6–3 in her quarter final. If she reaches the finals, she'll be the first British woman to do so in over 25 years. Until this year, Lake has never won a match in this tournament but arrived with ten out of eleven wins on clay this year.

J: Those wins have really given me confidence this year. My mindset in the past hasn't always been positive and that caused me to doubt myself at crucial moments. I'm feeling much more positive and that's helping me to win when I might have lost before.

P: In boxing, there was a shock defeat last night when three-time heavyweight champion Antony Kingston lost to the relatively unknown Peruvian boxer Gabriel Garcia. It was Kingston's first defeat since his professional career began and his first-ever knock-out. It means that Kingston loses all three of his belts to Garcia. Kingston's manager, Tony Phillips, has said that this is definitely a setback in his career.

T: Obviously, we're all gutted that Kingston has lost his belts. We'd been planning a fight with his main rival, Devon Leman, but that's unlikely now. I think Antony will take a month off, and then we'll reflect on the result.

P: In cycling, Italian Nico Romano has won the Giro d'Italia, one minute and 15 seconds ahead of his nearest rival. The 27-year-old rider was not the favourite to win at the start of the race, but by the 9th stage had shown himself to be a strong contender. By stage 15, Romano had a significant lead that his nearest rivals were unable to make up. It is only the second time Romano has entered this race, coming tenth last year.

N: This is the most incredible moment of my life. I can't quite believe it. I'm so happy and want to thank everyone who's supported me. Cycling is a big sacrifice every day, but I can't do it without my team and my family and friends.

P: Romano will now be looking ahead to July's Tour de France when he'll be competing against favourites Simon Thomas and Jakob Kotnik.
And finally, a rugby match in South Africa had to be abandoned at the weekend when a group of hippopotamuses invaded the pitch in the 44th minute. The animals had been drinking from a local watering hole when they decided to enjoy the greenery of the pitch. The players quickly left and entered the safety of the changing rooms. The match will be replayed next week.

UNIT 4 Recording 1

P = Presenter S = Sofie V = Vihann

P: Our identity is influenced by many things: culture, family, education, our interests and so on. One thing that our identity influences is the clothes we wear, so today I'm joined by fashion experts Sofie Jessen and Vihaan Anthony to discuss this topic. Sofie, how important is fashion in terms of our identity?

S: Oh, I'd say it's incredibly important. What we wear expresses who we are, or more often than not who we aspire to be. By nature, we judge others according to their appearance and so we wear clothes that ensure others see us according to how we want to be seen.

P: Vihaan?

V: I think our clothes tell others who we don't aspire to be, as much as who we do. For example, we … er … we might wear different clothes to rebel against our parents or to … er … show we don't belong to a particular sub-culture that we're expected to belong to.

P: Interesting. What exactly do the clothes we wear say about us?

S: Well … er … when we look at someone's appearance, we can guess things about their interests, their culture, their … their class – designer labels will give that away. People from wealthier backgrounds are the ones able to afford a pair of Louboutin shoes!

V: Clothes also reveal something about the person's mood. We might choose a particular item of clothing as it symbolises how we feel that day or how we want others to think we feel. Colours can be a great way to signify our emotions.

S: Oh, just to pick up on what you said there about how we want others to think we feel, that's interesting. It goes back to fashion being what we aspire to be and that goes for emotions, too. Fashion is about presenting an image to others.

P: Do you think clothes are linked to confidence?

V: Absolutely! We can wear clothes to make us seem confident even if we're not, but when we wear clothes we look good in, we build our self-esteem.

S: Conversely, they can be used to hide self-esteem issues. Baggy clothes cover up the bits of us we think are ugly, for instance.

P: How individual do we tend to be in the way we dress?

V: Er, I'd say we all strive to be our own person.

S: Actually, I'd say that we're much more influenced by social media than we are by a desire to be different, and by being influenced in that way, we all end up wearing the same things. On top of that, most of us follow social norms when it comes to how we dress. There are certain social expectations of us and few of us are truly willing to break those rules.

V: Individuality doesn't necessarily mean that we wear something really crazy, something that no one else has worn before. It's about taking fashion and adapting it slightly to suit us. A belt here or a hat there. That's where our individuality lies.

P: Does the way we dress change during our lifetime?

S: Yes. Age is a significant factor in fashion and identity. As our interests and beliefs change, and new things become important to us, we change how we dress. Few 70-year-olds dress like they did as a teenager!

V: No, but at the same time, I don't think we dress as differently as we once did. It used to be the case that old people dressed in a certain very unfashionable way. My grandad would never have been seen dead in jeans, but most grandads I know these days wear jeans and a T-shirt, just like 20-year-olds.

S: True. You'll often find two or three generations shopping in the same shop, which wouldn't have been true a few decades ago.

UNIT 5 Recording 1

A = Antony C = Claire

A: Would you like your home to look like it's from the front cover of a magazine, but can't afford a stylist?

C: Then, stay tuned for our top five tips for styling your home on a budget.

A: Tip one is to paint your walls and ceilings in a neutral colour to make them seem as spacious as possible. You can add colour with accessories that can be easily changed when you grow tired of them. Add splashes of colour to one wall here and there if you want, but don't splash it everywhere. You don't want your home to look like something a rainbow has vomited.

C: Painting a room may seem like a mountain to climb, but if you get a good roller, you can get it on the walls and ceiling quickly and easily. Even better, invite a few friends round to help you and host a party afterwards. It's cheaper than paying a decorator to do it and it can be lots of fun.

A: Our second tip is to buy accessories that bring each room to life. We're talking cushions, throws, ornaments and paintings. Soft colours can have little effect. Go for bold colours that suit your style.

C: Add texture. Cushions with leaf patterns can bring a sofa to life. A fluffy rug on the floor can add some warmth. If you're really brave, go for accessories that sparkle. They can make a room look luxurious.

A: Our third tip is to add your personality so a room doesn't look like the inside of a hotel lobby. If you're really into music, then let that show. We're not talking about leaving piles of albums across the floor. Clutter doesn't make for an attractive room. What we mean is, frame some of your favourite album covers and create a wall full of them to add some character.

C: Don't forget your family photos. Choose your favourites and put them in nice frames around the room. Don't forget to check they fit in with the style of the rest of the room though. Wooden frames in a room full of glittery, sparkly cushions don't work, but silver ones do.

A: Our fourth tip is about your bookshelves. The typical way of filling them is to have books upright in neat rows but you can mix things up a bit by having three quarters of a shelf filled with a row of books and then either an ornament or a stack of horizontal books at the end. You could even have a stack of horizontal books with an ornament on top! You'll be surprised at how stylish it'll make your room look.

C: Our final tip is about placing items around your room. They say that three is the magic number. In speeches, speakers often make three points to be more persuasive. In books, writers might use three adjectives to describe an object to emphasise it. In advertising, slogans might include three words to make them catchy. And I've just given you three examples of when the rule of three applies! Our brains like to create patterns to help us remember things, and three is just enough to create a pattern but simple enough to be really memorable.

A: The rule of three can be followed in styling a room, too. Placing accessories around the room in threes can make it look good. A lamp, a book and a photo frame can look amazing on top of a chest of drawers.

C: So, those are our five tips. No need to pour blood, sweat and tears into styling your home. Just make a few changes to add some life to it and make it look fantastic.

A: Good luck!

UNIT 6 Recording 1

P = Presenter J = Joe

P: This year's San Diego Comic-con starts next week, so with me today is Joe Marsh, editor of *Sci-Fi Line*, to talk about how this event went global. Joe, for those who don't know, what exactly is Comic-con?

J: It's basically a comic book convention – that's what Comic-con is short for. It's an event where lovers of comic books get together and meet people involved in creating the comics. It's been opened up to include other things, too. Films and TV series for example, particularly those in the sci-fi, fantasy and horror genres. There are discussions, signings and so on. Other than comics, films and TV series, there's also Japanese anime, video games and other forms of pop culture. People dress up as their favourite characters – something that's known as cosplay, which is short for costume play. It's a lot of fun. You get to see really creative people wear some incredibly well-made costumes.

P: That sounds cool! When did Comic-con start?

J: The first Comic-con here in San Diego was in 1970. It was a one-day event organised by a group of three friends and it had around 100 attendees. The second one was held in the same year with around 300 attendees, which managed to attract a well-known writer of sci-fi and fantasy novels at the time. Fast forward to today, it has become a four-day event, which tens of thousands of people attend and it attracts Hollywood writers, directors and actors who come to discuss their latest projects, taking questions from the audience.

P: It's now known as San Diego Comic-con International and people travel from around the world to attend. How exactly did it go global?

J: Well, that's a good question. Various reasons are cited, but the main one, I'd say, is that Hollywood started making a lot of films based on comic books. Some might say too many! New technology made it possible to bring them to life in a way that made audiences fall in love with them. Comic books are no longer something only associated with nerds and nerd culture. They are now mainstream. That made nerd culture mainstream, too.

P: So it became cool to be a nerd.

J: Yes, thank goodness! We no longer felt embarrassed about our comic book collections. Social media has had a hand in the popularity of comic-cons too. People join groups that match their interests – comics or sci-fi or whatever, and of course they get to hear from people in those groups who went to a comic-con. They see photos, see how much fun it is and they don't want to miss out so they get tickets the next time. Tickets which aren't all that cheap, I might add.

P: San Diego isn't the only place that holds a Comic-con, is it?

J: No, you can find them in towns and cities all over the world. There are over 35 in the US alone. There's one in São Paolo in Brazil, for example, which is particularly big. Comic-cons have become incredibly popular in the last 20 years in particular. Originally, they were organised by fans and tended not to be for profit. These days they're often commercial and can bring in big money. The one in San Diego is still not for profit, but it generates millions for the local economy.

P: So, it's a big business.

J: It can be. A comic-con is a place where publishers can promote their latest graphic novels to potential customers and movie studios can show trailers for anticipated movies to potential cinema-goers. It's also a place where TV networks test their latest ideas with audiences to gauge how popular they might be. They're actually incredibly important to these companies, just as the events are incredibly important to people who attend them.

UNIT 7 Recording 1

P = Presenter J = Jody R = Rajesh

P: News editors Jody Price and Rajesh Laghari are with me today to talk about TV news and its influences. Jody, how do you decide which stories you'll feature on the news?

J: Good question. Occasionally, it's a very simple decision. The story's so big that of course you have to include it, but it's often difficult. Choosing news stories is more of an art than a science.

R: I agree! There are several different factors that play a part in your decision but you don't tick them off one by one. You go by instinct quite often. It's very hard. One criticism we get is that we focus too much on depressing news, but unfortunately, they're often the biggest stories.

P: What are some of those factors that you mentioned?

R: If a news story is really serious, then it'll probably get picked, especially if it's a rare event. That's probably the key thing to consider. Then you need to think about how much it relates to the audience. I mean, there may be some fairly serious events in a country far from here, but if it doesn't have much impact here, then it might not be covered. You also need to be sure that the story has clarity and there's no room for confusion or the audience will complain.

P: We now have news channels bringing us news 24 hours a day. How has this changed the way news is delivered in your view?

J: It means people have access to news whenever they want it, which is a fantastic thing when you think about it. Some people might say it's become more inaccurate because there's less time to check facts, but we do our utmost to make sure we give a factually correct analysis of the situation. Having a lengthy news cycle means there's time to feature some of the less serious stories or smaller stories that might have been left out previously, although one issue is the fact that there's so much time to fill that sometimes a news story is made to seem much more exciting than it is because of the time spent talking about it.

P: How do you think news shapes the world?

R: The answer should be that it doesn't, but the truth is that it does. We try to be as neutral as possible, selecting stories that we think people need to know about, but that choice has an influence on how people see the world. First off, there's been research that shows certain countries are featured regularly in the news and others are never mentioned, even though they may be highly populated.

J: It can also have an effect on how we see the world we live in. Often the stories we convey are negative and it can lead people to believe that whatever's happening is happening everywhere even if it's just a one-off event.

R: When people are asked to rate how violent society is today, they always rate it as being much worse than it is. That's probably because they see a depressing news story and assume that this is happening more frequently than it is.

P: Those are really good points! A final question for you – people are consuming the news in different ways these days due to new technologies. How is that changing your role?

J: Being TV, we've always worked with video, so that hasn't changed. Now, we just take clips and share them online. We do need to get news to people quickly though, so it's important for us to keep coming up with imaginative ways to notify people of a breaking news story.

P: Interesting. Jody, Rajesh, thank you very much.

UNIT 8 Recording 1

P = Presenter F = Franklin N = Naomi

P: We recently saw five politicians in a TV debate answering the question 'What is your biggest weakness?' Three of them took the often-used approach of choosing something that's actually positive – like 'I care so much about my job that sometimes I forget to take time for myself.' One of them made a joke and then admitted one weakness he had when dealing with a past situation. The last one said he had many weaknesses. So, how exactly do you answer that question in a job interview? Joining me to discuss this are Human Resources Director Franklin Dimond and Recruitment Analyst Naomi Bashir. Franklin, how should we answer this?

F: I personally appreciated the honesty of the politician who admitted having many weaknesses. Employers want someone who's self-aware and therefore understands themselves well. They use the question to dig down and get to know the candidate better.

P: Naomi?

N: I agree that it's important to be genuine and give a real answer. No one wants to hear 'I'm a perfectionist' or 'I worry so much about being on time I always arrive early.' These have all been said before. However, you need to be careful about the quantity of weaknesses to admit to. For me 'many weaknesses' are just too many. Ideally, you need to focus on one, and make sure it's not so problematic that it'll stop you getting the job.

F: Focusing on one gives you the chance to show you know yourself well, in that you can provide more detail. You should be specific. It's no good saying that you need to work on your organisational skills. What aspect are you referring to? Is it your ability to prioritise or your time management, for example?

N: You definitely need to be precise in your answer, so it's clear. You could talk about a specific example and explain how you worked on it. That's really important. No one's perfect and the interviewer knows that, but not everyone bothers to develop themselves. By that I mean work on weak areas. You need to show that you have and are continuing to do that.

P: What other popular interview questions are hard to answer?

N: One of my favourites is the one about your biggest regret. Employers want to know how much you blame others for what happens to you, so you need to be careful about how you answer. I always advise people to choose something professional rather than something based on a personal relationship, for example, but focus on the positive things that came out of it rather than just the negative, specifically what you learnt from it.

F: Yes, and don't just focus on the regret itself. Interviewers care more about how you recovered from it. They want to hear that you're able to get over a mistake.

P: Good point.

F: Another tricky question is 'Who is your best and worst manager?' Obviously, it's the 'worst' part that's the difficult bit.

N: Yeah, that's a tough one. Exactly how much do you explain why a manager was your worst without sounding like you bear a grudge? No one wants to employ a complainer.

F: You'll definitely come across that way if you say the manager was terrible.

N: Outline one issue and state how you managed to overcome it. You could say, for example, that one manager was so busy that he found it hard to find the time to give you guidance in your role. As a result, you found a colleague who was able to provide that guidance.

P: Interesting and also very helpful. Thank you to both of you for your ideas today. Hopefully they'll help anyone going to a job interview in the near future.

UNIT 9 Recording 1

L = Lauren J = Jay

Podcast A

L: This week's podcast is about how to deal with those regular activities you do that you can't seem to stop. It could be biting your nails, eating too many biscuits or spending too much time on your mobile phone. Whatever it is, you can stop doing it!
It's impossible to kick a habit without fully understanding it. So, the first thing you need to do is to identify the triggers for the habit. If you know when and why you do it, you can avoid the triggers. For me, for example, I eat too much when I'm bored, so I try to keep busy.
The next thing is to make some changes. These don't need to be big – start small and work your way up. Rather than stopping the habit completely, think about cutting it down. Small objectives are easier to achieve and help to maintain your motivation.
To achieve your goals, replace the bad habit with a new one. Rather than biting your nails when you're anxious, buy a stress toy and squeeze that instead. Rather than eating when you're bored, get a skipping rope and do 100 skips, or grab a Rubik's Cube and attempt to solve it. It apparently takes somewhere between three weeks to a month to create a new habit, so if you do this regularly, you can replace the old habit with the new, much healthier one.
Don't beat yourself up if you go back to your old habit. You can start again afresh now. Think about why you did it and learn from it.
Lastly, when you achieve one of your goals, give yourself a reward. Buy yourself that shirt you've been eyeing up recently, or take yourself out to a restaurant for a nice meal – minus the bad stuff of course, if that's your habit!

Podcast B

J: Today, I'm going to give you my five tips for turning bad habits into good ones. The first tip is to go big, or go home. Spending time trying to reduce the habit bit by bit is a waste of time. If you really want to quit, then just quit. You can do it. You just have to want to.
Tip two is about changing how you feel about your habit. Habits become hard-wired into the brain and if we associate them with pleasure, the habit is even harder to break. So, rather than associating chocolate cake with enjoyment in your brain, it's time to associate it with something gross. Imagine that you've eaten so much of it you feel nauseous, or that there's an insect crawling all over it. That'll put you off.
Tip three is to visualise yourself not doing the habit any more. Instead of eating the cake, or leaving your clothes all over the floor of your house, see yourself eating an apple or putting your clothes away. Think about the steps you need to take to get there.
Tip four is to fine yourself if you fall back into your old, bad habit. Each time you do it, donate some money to charity. The more the better. It'll force you to reconsider your actions. You do need to be honest with yourself, though.
And, finally, tip five – join a community of people who are all trying to kick the same habit as you. Actually, just one person is enough. It might be someone you already know, or someone new. There are lots of online communities willing to cheer you on. The pressure of not letting them down will keep you on the right path.

UNIT 10 Recording 1

P = Presenter S1 = Scientist 1 S2 = Scientist 2 S3 = Scientist 3 S4 = Scientist 4

P: Nature is full of mysteries that researchers are constantly trying to solve. Today we hear from four scientists about mysteries of the natural world that have been solved in recent years. First, Dr Marcus Butler.

S1: In Antarctica, at the edge of a cliff of ice, there's an area that looks like something out of a horror film, known as Blood Falls. From the top of the glacier to the ice below, there's a large red stain, giving the impression of blood dripping downwards. Although it was discovered back in 1911, it's only recently that we've been able to understand what causes it. Originally, scientists believed it was formed by some kind of plant. However, now we know that there's a body of water under the glacier that's extremely salty. When that salty water comes through cracks in the glacier, it mixes with oxygen and immediately turns into rust – just like the deep red rust that appears on metal when it mixes with oxygen.

P: From one ice phenomenon to another, less frightening one! Here's Professor Camila Perez.

S2: On high-altitude glaciers in the Andes, you can find large fields of thin, sharp blades of ice pointing up to the sky. These are known as Penitentes. The height of the Penitentes can range from a few centimetres to up to a few metres. We once believed they were created by wind, but we know now that's not the case. Usually the sun melts snow into water and then turns it into water vapour – very small drops of liquid in the air. Penitentes are formed when the sun turns snow immediately into water vapour, missing out the melted water stage. More research needs to be done on this, but there's a theory that the Penitentes may actually protect the glaciers from global warming, because they absorb the sunlight rather than the glacier beneath them.

P: The hottest place in the US is not normally a place you associate with ice, but here's Professor Nicholas Wolff to tell us differently.

S3: In Death Valley – the hottest national park in the US – there are large stones that appear to move across the ground, leaving a trail behind them. Sometimes these trails are straight, sometimes they're curved and other times they're straight and then take a sudden turn. The mystery of how these large stones move has resulted in a range of fascinating theories, from practical jokes to aliens. The truth is much less imaginative. It seems that in winter there is sometimes sufficient water and ice beneath the rocks that a slight breeze can cause them to 'float' across the land, leaving a trail in the mud behind them.

P: Heading back to much colder climates, here's Dr Maggie Chung to warn us about another deceptive phenomenon.

S4: In lakes in the far north of the northern hemisphere, you can see huge numbers of frozen disks floating in the water one on top of the other. These are frozen methane bubbles. When plants and animals die and fall into the water, they sink to the bottom where bacteria eat them up and spit them out in the form of methane gas. The methane bubbles produced hit the water and immediately freeze. The disks that result are incredibly attractive to look at but, make no mistake, they are potentially dangerous. Firstly, don't light a match if you happen to be anywhere near them. As they melt, they emit enough gas to create an explosion. On top of that, they may contribute to heating up the planet. Methane is a more dangerous greenhouse gas than carbon dioxide, so we're concerned that increased global temperatures will melt the lakes, causing higher amounts of methane to be released into our atmosphere.

ANSWER KEY

UNIT 1

1A

1
1 grew on me 2 let off steam 3 taken to
4 fancy 5 hopeless 6 is very encouraging
7 nothing beats 8 hype

2
1 **A:** do you fancy doing **B:** let off steam
2 **A:** hopeless at it **B:** 's very encouraging.
3 **A:** take to it **B:** grown on me
4 **A:** Nothing beats **B:** switch off

3
1 What 2 thing 3 don't 4 most 5 The
6 what 7 that/which 8 is

4
1 The thing I love about online gaming is teamwork.
2 The thing that I don't understand about games is their addictive quality.
3 What I've found when playing online is how friendly people are.
4 The ability to switch off is the thing that I like most about gaming.
5 What I enjoy doing is exploring different worlds.
6 What I dislike is how much time it takes up.

5
1 worries me is (that) 2 thing that helped me
3 I found was (that) 4 I suggest is
5 was to alternate 6 was great about that

1B

1
1 c 2 f 3 a 4 d 5 b 6 g 7 e

2
1 c 2 d 3 b 4 c 5 b 6 a 7 d

3
1 had you been living 2 had met 3 tried
4 arrived 5 was driving 6 went

4
1 We ~~were~~ **had** just got ...
2 ... and ~~was seeing~~ **saw** a huge bird ...
3 ... before he~~'d finally been realising~~ **finally realised** the time.
4 We ~~were asking~~ **asked** Mariella ...
5 ... but he ~~was already leaving~~ **had already left**.

5
1 found out 2 didn't get 3 raised
4 had been supporting
5 had had/had been having 6 had lost
7 (had) slept/had been sleeping 8 bought
9 drove

1C

1
1 be at fault
2 come up with a solution
3 fellow workers
4 go on and on about something
5 have a go at someone
6 point the finger of blame
7 a pointless meeting
8 smash something into little pieces

2
1 jammed 2 undermines 3 gadgets
4 come 5 go 6 finger 7 at 8 going

3
1 going on and on 2 fellow workers
3 irritation 4 distracts 5 pointless
6 had a go at 7 at fault
8 pointed the finger of blame at me
9 came up with 10 smashing it into little pieces

4
1 f 2 e 3 b 4 g 5 a 6 c 7 h 8 d

5
1 dying 2 murder 3 like 4 every
5 weeks 6 laughed 7 looked

6
1 like the Arctic
2 dying of boredom
3 been sitting here for hours (and hours)
4 like he could've/could/would/wanted to kill me
5 could murder
6 miles (and miles) from
7 goes on and on
8 again and again

1D

1
1 side 2 quarrelling 3 made 4 clear
5 escalates 6 terms 7 compromise
8 blows

2
1 You've got to be kidding me.
2 I'm awfully sorry about all of this.
3 I'm going to have to ask you to step aside.
4 Could you not should at me please? / Could you please not shout at me?
5 Could we talk to whoever's in charge?
6 There must be a way to reach a compromise.
7 I'm afraid the manager isn't around at the moment.
8 You're not really making this any easier.

3
1 down 2 respect 3 understand
4 nothing 5 raise 6 mistake

4
1 c (S) 2 a (E) 3 e (D) 4 b (S) 5 d (E)

5
Suggested possible answers
1 You must be kidding (me)
2 I'm (awfully/terribly/really) sorry about this
3 Can/Could I talk to whoever's in charge
4 I'm afraid the/our manager isn't around
5 I understand (that) you might be upset
6 please could you not shout
7 it's not down to you
8 must be a way (that) we can reach a compromise

Reading

1
b

3
Katy d Amir c Mason a Sophia b

4
1 Sophia 2 Amir 3 Mason 4 Katy
5 Sophia 6 Mason 7 Katy 8 Amir

5
1 b 2 a 3 e 4 d

6
1 decent 2 gutted 3 abandoned 4 con
5 piled up 6 loaded 7 peeked
8 claim for something on insurance

7
1 abandoned 2 claim for it on insurance
3 decent 4 conned 5 gutted
6 load 7 peeked 8 piled up

Listening

1
Students' own answers.

2
1 T 2 F 3 F 4 T 5 T 6 F 7 F 8 F

3
1 wings 2 means 3 established 4 chance
5 harm 6 demanding

4
1 the means 2 jump at the chance
3 physically demanding 4 spread your wings
5 establish yourself 6 cause harm

Writing

1
1 higher 2 popular 3 disagree

2
b

3
1 T 2 F 3 T 4 F 5 F

4
1 A 2 C 3 D 4 D 5 A 6 B 7 D

5
Students' own answers.

6
Model answer:

Report on the proposal to ask all employees to work from home

Introduction
The purpose of this report is to consider the advantages and potential problems of asking all staff to work from home. As preparation for writing this report, research into the topic has been carried out and both management and employees have been interviewed.

Background
Currently, all staff work at a company office. The proposal is to close this office and ask all staff to work from home.

Potential advantages
There are advantages for both the company and staff. These advantages are primarily financial, but there are health advantages, too. The advantages are:
- a significant reduction of company costs due to the closure of the office
- a significant reduction in commuting costs for employees
- a reduction in commuting time for employees
- a reduction in the stress associated with commuting.

Potential problems
As with the benefits, there are potential issues for both management and staff.
- Communication is likely to be more challenging when staff are not located in the same place.
- Staff may find it more difficult to do their jobs when not together.

Views of management and employees
Two-thirds of management are in favour of working from home, whereas half of employees would prefer to remain at the office. Staff are particularly concerned about distractions they may come across at home. However, research suggests that employees who work from home are often more productive.

Conclusions and recommendations
Considering all of the above, it is recommended that a three-month trial of working from home be introduced in order to assess its value for the company. After the three-month period, both management and staff can be interviewed to evaluate their views and a decision can be taken as to whether or not to close the office permanently.

UNIT 2

2A

1
1 action 2 blue 3 cold 4 bug
5 itchy 6 organs 7 spinal 8 swollen

2
1 ('ve/have) strained a muscle
2 suffering from kidney failure
3 gets pain in her joints/gets joint pains
4 come down with a (stomach) bug
5 bash his head on
6 it's irritating your skin
7 black and blue
8 mobility is (really) restricted

3
1 just 2 feeling 3 would 4 were
5 about 6 to

4
1 were just about to get 2 thought he must be
3 was about to eat 4 wasn't sure I'd get
5 knew it would be 6 was due to start

2B

1
1 empower 2 sustainable 3 lobby
4 campaigning 5 awarenesss 6 reclaim

2
1 c 2 a 3 b 4 a 5 a 6 d

3
1 The ~~old~~ **older** I get ...
2 ... **the** less sleep I seem to get
3 ✓
4 ... the ~~bad~~ **worse** my eyesight gets.
5 ... **the** faster the car ...
6 ✓

4
1 bigger; more 2 more; easier 3 more; less
4 more; more 5 messier; more
6 sooner/longer; less/more

5
1 effort you put in, the better the
2 we argue, the happier
3 you ignore Sam, the more miserable
4 you pay, the smaller
5 we walk, the more likely (that) we'll
6 the people (here), the better

2C

1
Across: 1 outdated 3 bankrupt 5 take over
6 decline 7 restore 8 shrink 9 demolish
Down: 2 abandon 4 neglect 5 turn into

2
1 bankrupt 2 declined 3 shrank 4 turned
5 abandoned 6 neglected 7 demolish
8 restore

3
1 h Didn't 2 e Don't 3 b Aren't 4 a Wasn't
5 c Isn't 6 f Can't 7 d Aren't 8 g Won't

4
1 Haven't 2 Don't 3 Don't 4 Didn't
5 Won't/Don't 6 Wasn't

5
1 Isn't the café closed now? /
Won't the café be closed now?
2 Can't you do it?
3 Weren't you here
4 Didn't they like it?
5 Hasn't she said anything (to you) yet?
6 Didn't they go to university together? /
Aren't they at university together? /
Weren't they at universtity together?

Listening

1
cost, culture, housing, tourism

2
1 a 2 a 3 b 4 b 5 c 6 a

3
1 horror 2 renovating 3 factor
4 internally 5 insight 6 squashed
7 free 8 consideration

4
1 renovate 2 internally 3 consideration
4 huge factor 5 externally 6 squash
7 insight 8 in horror 9 invaluable
10 free up

5
1 free 2 renovate/restore 3 insight
4 consideration 5 invaluable 6 squashed
7 horror 8 factor

Reading

1
b

2
1 Hannah 2 Mick 3 Steph 4 Cara
5 Ahmed, Andy 6 Max 7 Andy, Cara
8 Kat, Hannah 9 Mick 10 Steph

3
1 a black eye 2 (several) strangers
3 during a holiday 4 a hopscotch grid
5 blood 6 (red grape) juice
7 physical therapy 8 (start) gardening

4
1 smashed 2 knocked (yourself/myself) out
3 came to 4 pull a muscle 5 twisted
6 fainted 7 stitches 8 split 9 cracked
10 smacked

5
1 twisted 2 fainted 3 came 4 smashed
5 knock 6 out 7 pulled 8 smacked
9 split 10 stitches

Writing

1
c

2
1 T 2 T 3 F 4 F 5 T 6 T

3
1 We are writing to well-known people like yourself.
2 We rely on donations from well-respected people like you.
3 Like you, we are concerned about increasing pollution in our area.
4 Thank you for your generosity in advance. / Thank you in advance for your generosity.
5 We desperately need your support.
6 As a local citizen, I am sure that cuts to arts funding are a concern to you.
7 Our organisation cannot continue without financial support, so we really need your help.
8 As I'm sure you are aware, there are children living in poverty in our area.

4
1 litter/rubbish 2 street cleaners
3 10/ten minutes

5
1 e 2 d 3 a 4 c 5 b

6–7
Students' own answers.

8
Model answer:

Dear Ms Jones,

I am sure that as a local citizen, you are as concerned about the health of people in our city as we are here at Fight for Family Health. As our city becomes more crowded, with increased traffic on the streets, it's more important than ever that we address the stress that living in a city can cause.

This is why we're proposing to create 30 roof gardens across the city with open access to the public. These gardens will provide families with a place where they can surround themselves with plants and relax in a peaceful environment.

However, we cannot do it without the help of businesses like yours and desperately need your help. We already have permission to create the roofs, but we now need financial support to enable us to buy trees, plants and garden furniture to create our gardens. Volunteers will create and maintain the gardens throughout the year.

I look forward to hearing from you, and thank you for your generosity in advance.

Kind regards,

...

UNIT 3

3A

1
1 brighten up 2 thunderstorm 3 frost
4 humid 5 breeze 6 chilly 7 spitting
8 bitter

2
1 soaked 2 flooded 3 gale 4 glorious
5 crisp 6 chilly 7 pouring 8 sticky

3
1 gale; pour down 2 sticky; breeze
3 thunderstorm; humid 4 soaked; spitting
5 gorgeous; miserable 6 crisp; frost

4
1 set to 2 planning 3 may 4 supposed
5 shouldn't 6 hoping

5
1 set to reach
2 planning to spend/planning on spending
3 expected to get up
4 hoping to get
5 should clear up
6 it/things will change

6
1 should win
2 'm supposed to visit
3 will probably be having/may be having
4 are expected to rise
5 're considering (going) camping

3B

1
1 a 2 b 3 b 4 a 5 b 6 a 7 b 8 a

2
1 accused of causing
2 denied all the charges
3 pleaded not guilty
4 testified for the prosecution
5 had been broken
6 restricted his neighbours' rights
7 awarded damages
8 appeal against

3
1 ... ~~of~~ **for** the accident
2 ✓
3 Remind me ~~picking up~~ **to pick up** ...
4 You warned me ~~of~~ **that** I'd be late ...
5 ... admitted ~~to give~~ **giving** me ...
6 ... forced **me** to learn ...

4
1 Marco's opinion 2 (that) he would
3 to tidy up
4 (that) she had dropped/dropping
5 me to speak to 6 Emma for missing

5
1 announced that 2 demanded that
3 refused to do 4 accused PepsiCo of failing
5 denied making 6 agreed that
7 rejected the/his claim
8 accepted the verdict

3C

1
1 even 2 hardly 3 hardly 4 even 5 even
6 hardly 7 even 8 hardly

2
1 I **hardly** had any breakfast …
2 … I didn't **even** see you.
3 It was **even** better this time.
4 I **hardly** saw anyone …
5 It's **even** got kitchen equipment.
6 … is **even** more amazing …
7 I've **hardly** had the time to do anything.
8 … **hardly** ever speak …

3
1 sponsorship 2 talk back 3 possession
4 turning pro 5 disqualified 6 neck and neck
7 bribes 8 dived

4
1 pro 2 fouling 3 sponsorship
4 disqualified 5 bribes 6 laps

5
1 laps 2 burn off 3 talked back
4 sponsorship 5 strokes 6 fouled

3D

1
1 b 2 c 3 a 4 a 5 c 6 b 7 a 8 c

2
1 b 2 e 3 c 4 a 5 f 6 d

3
1 'm going to talk
2 What I'll do first
3 'll explain the reasons for/behind
4 'll then go on to suggest
5 'll summarise what I've covered
6 opening up the floor for discussion

4
1 So, moving on from the problems, let's now look at solutions.
2 There's more I could say about that, but I'm going to leave it there.
3 Does anyone have any comments or questions?
4 To conclude, we could say that it's a big problem.
5 I'd like to open it up for discussion.

5
1 e 2 b 3 d 4 c 5 a

Reading

1
1 juror 2 victim 3 scene of a crime
4 Forensic evidence 5 prime-time crime drama
6 justice system 7 investigator 8 suspect

2
b

3
1 c 2 b 3 a 4 b 5 b 6 a

4
1 desire 2 understanding 3 outcome
4 influence 5 popular 6 depth
7 public interest 8 important

5
1 heavily 2 overwhelming 3 hugely
4 poor 5 crucially 6 significant
7 considerable 8 favourable

Listening

1
1 football 2 tennis 3 boxing 4 cycling
5 rugby

2
1 final; two 2 semi-finals 3 (positive) mindset
4 knock-out 5 reflect on the result
6 favourite 7 supported 8 the pitch

3
1 rival 2 head 3 shock defeat 4 invade
5 narrowly miss out 6 (a) bid for 7 leave out
8 sacrifice

4
1 headed 2 left out 3 shock defeat 4 rival
5 sacrifice 6 narrowly missing out 7 bid for
8 invaded

Writing

1
a, c

3
1 b 2 d 3 f 4 c 5 a 6 e

4
1 F 2 T 3 T 4 T 5 F 6 T

5
1 Public shelters are available for people who have nowhere else to go.
2 As they're not the most comfortable places, it's best to go prepared.
3 Take food and drinks, bedding and games to help the time pass.
4 You should also take any important documents and medication you might need.
5 While shelters have resources, having these personal items will make you feel more at home.

6–7
Student's own answers.

8
Model answer:

How to get fit
We spend so much time sitting down. We sit down in the car, at our desk and then on our sofas watching TV. But being so inactive can be really problematic for our health. If you think you're spending too much time on your bottom, here are some tips to help you get up and get fit.

Don't take the easy option
It's very easy to get taken from one place to another – lifts are a great example of this. They make our lives better, but they also make them less healthy. So, rather than take a lift to the fifth floor – walk up the stairs. It might seem arduous at first, but just think about those leg muscles you'll develop!

Walk to work
It might not be possible to walk entirely to your place of work, but can you walk some of it? Rather than park right outside your door, perhaps you can park down the road and walk for ten minutes of the journey. Or maybe you can take a bus but get off two steps early. That ten minutes of exercise each day will help to keep your heart healthy.

Take a chair break
We normally associate a break with sitting down, but if you sit down all day at work, get up for your break instead! Walk around the office for five minutes of stretching and exercise every hour. Your bottom will thank you for it!

You don't have to run a marathon
Daily activities help to keep us fit, but regular exercise which gets your heart pumping is necessary, too. Why not take up a sport? You don't have to run a marathon to get fit. A 30-minute fast walk is a fantastic way to exercise. Take different routes, look up down and all around you, and you can even be a tourist in your own town.

You don't have to do it alone
Join a club or get a friend to keep fit with you. It's easy to make excuses to yourself about why you can't be bothered to exercise today. But if someone else is relying on you and you don't want to let them down, you'll be much more likely to stick to your plan.

Take it one step at a time
You don't need to suddenly become a professional athlete to get fit. Start small and work your way up. Build up the amount of time you spend moving around and doing exercise each day. You'll soon realise that your fitness levels are improving.

Smile and enjoy it
Exercising shouldn't feel like a terrible chore. Choose to do things that you enjoy so that you can smile and enjoy it. As exercise releases feel-good chemicals into your brain, you'll get double the happiness.

So what are you waiting for? Get up and get fit!

UNIT 4

4A

1
1 c 2 c 3 a 4 a 5 c 6 b

2
1 which 2 of whom/of which
3 of whom/of which 4 which 5 why
6 which 7 whereby/where 8 whose
9 in which

3
1 We're involved in an organisation whose aim is to help disabled people.
2 The government is introducing an initiative whereby adults mentor teenagers.
3 I learnt a lot about the law at university, none of which I can remember now!
4 My parents, who are are retired, moved to France.
5 I lived in Japan for two years, during which time I met my partner.
6 No one knows the reason why Freddie quit his job.

4
1 promising 2 insecure 3 paralysed
4 dyslexia 5 very sharp 6 potential
7 in a bad way 8 initiative

5
1 dyslexia 2 insecure 3 paralysed
4 initiative 5 sharp 6 promising

4B

1
1 flared 2 faded 3 strap 4 chain

2
1 laces 2 dyed 3 pendant 4 blouse
5 studs 6 buckle 7 bob

3
1 Have you seen my **big beach bag with the purple straps**?
2 I can't find my **dark grey suit jacket**.
3 I sometimes wear a **black sports cap**.
4 ✓
5 Madison**,** who's the most fashionable person I know**,** is going to lend me some clothes.
6 You can't wear a shirt **ripped** at the elbow!

4
1 The original Levis were brown with big pockets.
2 People pay more attention when experts wear a white laboratory coat.
3 The first fashion magazine was sold in 1586.
4 One woman wore a white wedding dress with an 8 km-long train.
5 Little black dresses have been around for 100 years.
6 Louis Vuitton has been making luggage since 1854.
7 A pair of red ruby slippers designed by Henry Winston sold for $3 million.
8 Doc Martens, the iconic boots, were first made from old tyres.

5
1 old 2 woollen 3 with holes under the arms
4 flowery 5 silk 6 loose 7 green
8 cotton 9 with loads of pockets 10 leather
11 flight 12 given 13 thick 14 stripy
15 with a cat's face

4C

1
1 c 2 b 3 f 4 h 5 d 6 e 7 g 8 a

2
1 b 2 c 3 a 4 d 5 d 6 a 7 c 8 b

3
1 of 2 on 3 on 4 for 5 in 6 to

4
1 fed up with 2 dedication to 3 benefit from
4 on a daily basis 5 useless at 6 by accident
7 jealous of 8 the key to

5
1 emphasis; on 2 participate in
3 dedication to 4 succeed in 5 key to
6 terrified of 7 benefit from

Listening

1
1 culture 2 mood 3 self-esteem
4 individuality 5 age

2
1 Sofie 2 Vihaan 3 Sofie 4 both
5 Vihaan 6 Sofie 7 Vihaan 8 both

3
1 d 2 f 3 a 4 e 5 c 6 b

4
1 h 2 j 3 e 4 f 5 g 6 b 7 i 8 c
9 d

5
1 aspired 2 social norms
3 wouldn't be seen dead 4 symbolise
5 give away 6 self-esteem

Reading

1
a 3 b 5 c 2 d 7 e 4 f 1 g 9 h 8
i 6

2
1 T 2 F 3 T 4 T 5 F 6 F

3
1 crack (verb) 2 inability (noun)
3 retirement (noun) 4 harsh (adjective)
5 thankful (adjective) 6 fulfilled (verb)
7 perceived (verb) 8 combined (verb)
9 dread (verb) 10 pensioner (noun)

4
1 fulfil 2 thankful 3 harsh 4 perceive
5 dread 6 inability to 7 pensioner
8 combined with 9 joint 10 retirement

5
1 Ray 2 Cristiana 3 Tim 4 Dot

Writing

1
a

2
1 T 2 F 3 T 4 T 5 F 6 F

3
1 c 2 b 3 a

4
1 principle; practice 2 While; the reality
3 While; truth 4 Instead 5 Theoretically; reality

5
1 b 2 d 3 a 4 c

6–7
Student's own answers.

8
Model answer:

Clothes fashion has been important to people for centuries. Today, you can see how highly regarded it is by looking in shop windows, in magazines and on social media. While some people would argue that fashion is beneficial to society, I believe that we care about it too much.

Firstly, clothes and accessories go in and out of fashion on a regular basis. This means that clothes from last season may now look out-of-date, despite the fact that they are in perfectly good condition. The effect of this is that people spend money unnecessarily on clothes that they do not need. While this money contributes to the fashion industry, within which many people are employed, this money could be better spent on more worthy causes.

In addition to wasting money, the fashion industry also leads to a waste of materials. The number of clothes thrown away every day is extremely high. Some of these clothes may be recycled, but many are not. The amount of materials which go into making these clothes is significant, and yet it is wasted without a second thought. If fashion did not exist, people would be much more likely to wear clothes until they were no longer fit to wear, rather than simply because they were not fashionable any more. Fewer materials would be used and the impact on the environment would be much less significant.

Finally, people spend a lot of time on fashion, trying to look as good as possible. However, this time could be better spent elsewhere. Theoretically, fashion helps people to be accepted by society as it shows that they follow social norms. In reality, however, people spend more time than is necessary trying to look good. Life is short, and it can therefore be argued that this time would be better spent on things such as spending time with family, achieving goals or enjoying the world around us.

In conclusion, fashion leads to a waste of money, a waste of resources and a waste of time. Instead of spending our time and resources on things which will help people to grow without having an impact on the environment, people choose to spend their time on their appearance. As we grow older and reflect on our lives, it is unlikely that we will wish we spent more time on how we looked.

UNIT 5

5A

1
1 b 2 c 3 a 4 d 5 f 6 e

2
1 bypass 2 diversion 3 crawling
4 evacuate 5 debris 6 tailback
7 power failure 8 bus service

3
1 The taxi's already ~~wait~~ **waiting** outside.
2 Camilla ~~was going~~ **has been going** ...
3 We ~~are~~ **were**/**had been** driving ...
4 ... I ~~don't~~ **wouldn't** be working here

4
1 a 2 b 3 a 4 b 5 b 6 b

5
1 thought/'d been thinking 2 've been doing
3 'm already feeling 4 might be sitting
5 might be standing

5B

1
Across: 2 pass 4 sandy 9 waterfall
10 channel 12 glacier 13 sand dunes
Down: 1 valley 3 mountainous
4 shoreline 5 sea level 6 marine reserve
7 mainland 8 marsh 11 ridge

2
1 glacier 2 sandy 3 channel 4 mainland
5 valley 6 pass 7 sea level 8 sand dunes

3
1 b 2 c 3 c 4 a 5 b 6 a 7 a

4
1 Written 200 years ago
2 Built; is extremely modern
3 Sitting on top of a hill; is quite isolated
4 Looking out over/Overlooking the sea; was incredible

5C

1
1 home 2 house 3 home 4 house
5 home 6 home 7 house 8 house

2
1 heading home 2 house-warming party
3 house-hunting 4 home improvements
5 do up his house 6 left home
7 my house 8 care home 9 feel at home

3
1 clutter 2 worth 3 spotless 4 blind
5 walls 6 bookshelves 7 ornament
8 certificate

4
1 h 2 e 3 f 4 a 5 c 6 b 7 g 8 d

5
1 polished 2 arranged 3 spacious
4 Stacks 5 bookshelves 6 walls
7 antique 8 clutter 9 ornaments 10 pots

5D

1
1 en-suite 2 communal 3 payable
4 duvet 5 dimensions 6 set off
7 recycling bin 8 flush 9 clear 10 safe

2
1 Your best bet would be to book a B&B.
2 There's no harm in getting there early.
3 You really ought to buy a day ticket.
4 You'd be well advised to book ahead. / You'd be advised to book well ahead.
5 If you're into music, check out the concert hall.
6 The art gallery on Bell Lane is a must.
7 It'd probably be wise to use GPS to get there.
8 Make sure you take a look at the city museum.

3
1 ... is ~~the~~ **a** must.
2 Your ~~good~~ **best** bet ...
3 If you're ~~onto~~ **into** food ...
4 ~~Do~~ **Make** sure ...
5 ✓
6 It'd ~~likely~~ be wise to ...
7 There's no ~~hurt~~ **harm** in ...
8 ~~Ideal~~ **Ideally** ...

4
1 You (really) ought to take a/the city tour.
2 It'd (probably) be wise to leave your valuables in the/a hotel safe.
3 The fish restaurant at/in the harbour is a must.
4 It's/It is advisable to check (the) opening times of the banks.
5 There's no harm in taking your time.
6 If you're into dance, (you might want to) check out the dance theatre.
7 It'd be (well) advised to pay a visit to the zoo.
8 Make sure you do walk along the river.

5
1 (really) ought to 2 Make sure 3 check out
4 's/is a must 5 'd/would be wise to
6 's/is no harm in 7 ideally ask
8 best bet would be to

Reading

1
b

2
1 an extreme commuter 2 happiness; anxiety
3 advantages 4 extend 5 satisfaction
6 limit

3
1 c 2 b 3 c 4 f 5 e 6 a 7 d 8 f
9 b 10 c

4
accomplished – verb
beneficial – adjective
clarify – verb
impact on – verb + preposition
outcome – noun
problematic – adjective
reflect on – verb + preposition
transition – noun

5
1 impact on 2 accomplished 3 reflect on
4 transition 5 problematic 6 clarify
7 outcome 8 beneficial

6
1 impact 2 outcome 3 beneficial 4 reflect
5 problematic 6 transition 7 accomplish
8 clarify

Listening

1
1 painting 2 accessories 3 adding personality
4 bookshelves 5 placement

2
1 a 2 c 3 b 4 c 5 b 6 c

3
1 neutral; colour 2 bold 3 frames
4 different, stylish 5 threes, patterns

Writing

1
c

2
1 c 2 f 3 a 4 b

3
1 started 2 glared 3 thick with moisture
4 lush 5 chuckled 6 like snakes
7 spun around

4
Describing movement: crawl, creep, faint, leap, shiver, subtle
Describing laughter: chuckle, giggle, laugh like a hyena, roar with laughter
Describing speech: echo someone like a parrot, sigh, whisper
Adjectives to describe sound: as loud as thunder, deafening, faint, high-pitched, subtle
'Faint' and 'subtle' are the words that appear in two categories.

5
1 whispered 2 high-pitched 3 crept
4 faint 5 subtle 6 sighed 7 roared
8 shivered

6–9
Student's own answers.

UNIT 6

6A

1
1 monopoly 2 edge 3 turnover 4 board
5 branches 6 focus 7 undercut 8 broken

2
1 c 2 a 3 a 4 a 5 b 6 c 7 b 8 b

3
1 I've met ~~over the last week~~ some really interesting people **over the last week**.
2 We ran as fast as we could ~~towards our train~~ along the platform **towards our train**.
3 Dan's coming to the meeting but **apparently**, he can't, ~~apparently~~, stay long.
4 We've had to ~~today~~ overcome several problems today.
5 The company began manufacturing toys at their factory ~~in 1957~~ in Birmingham in 1957.
6 **Interestingly**, a CEO may receive a large pay out when sacked, ~~interestingly~~.
7 The company's turnover has **increased significantly** since last month ~~increased significantly~~.
8 We've **recently** considered ~~recently~~ investing in the stock market.

4
1 Prices have **risen sharply** over the last six months ~~sharply~~.
2 ✓
3 We expected the company to be successful. but ~~it disappointingly wasn't~~ **disappointingly it wasn't**.
4 What we're working on is ~~interesting~~ extremely **interesting**.
5 ✓
6 My boss ~~walked with a strange look on his face out~~ **walked out with a strange look on his face**.

5
1 over at the Admiral Hotel 2 importantly
3 over the next six months 4 fairly
5 incredibly 6 in recent months

6B

1
1 boycott 2 transformation 3 prestigious
4 boost 5 grant 6 bids 7 catalyst
8 infrastructure

2
1 bid 2 estimate 3 boost 4 profile
5 infrastructure 6 transformation 7 catalyst
8 grants 9 commission 10 prestigious

3
1 to be 2 to be 3 to have attended
4 be 5 be 6 be 7 thrown 8 being

4
1 Is said that 2 has to be seen
3 should be sent 4 needed
5 are rumoured to be 6 is thought that

6C

1
1 out of tune 2 open-mike night
3 be fast-paced 4 mediocre 5 over-the-top
6 literary 7 been collaborative 8 acts

2
1 disappointment 2 act 3 stand-up comedy
4 outrageous 5 indie 6 fast-paced
7 moving 8 duo 9 gig

3
1 f 2 c 3 a 4 d 5 b 6 e

4
1 We didn't expect there **to** be so many people at the wedding.
2 My parents were surprised **how** tall the kids had got.
3 I didn't expect **there** to be so much traffic on the roads.
4 I'**m**/**was** surprised how popular this TV show is.
5 The exam wasn't as tough **as** I was expecting.
6 I'd expected the film to be far better **than** it was.

5
1 I was surprised (at/by) how good
2 I expected something like this to be more organised
3 We were surprised (at/by) how many people attended the event
4 it wasn't as enjoyable as I was/had been expecting
5 I didn't expect/wasn't expecting to be so impressed
6 We (had) expected it to go on

Listening

1
Films attracted more interest from the public because of technology.
It has become easier for people to learn about it online.

2
1 Comic convention 2 horror
3 latest projects 4 not cheap 5 fans
6 commercial 7 latest ideas

3
1 3 2 100 3 300 4 4
5 tens of thousands 6 millions 7 35+
8 20

4
1 h anticipated 2 d associated with
3 b opened up 4 a convention
5 f had a hand in 6 e mainstream
7 g generates 8 c costumes

5
1 convention 2 costumes 3 mainstream
4 associated 5 opened up 6 generated
7 has a hand in 8 anticipated

Reading

1
1 Myspace 2 Kodak 3 Toys "R" Us
4 Blackberry

2
1 Toys "R" Us 2 Blackberry 3 Blackberry
4 Toys "R" Us 5 Kodak 6 Kodak
7 Toys "R" Us 8 Blackberry 9 Myspace
10 Myspace

3
1 launch 2 obsolete 3 enhance
4 collapsed 5 bankruptcy 6 custom
7 influential 8 a fraction of

4
1 bankruptcy 2 influential 3 enhance
4 launch 5 fraction 6 collapse 7 obsolete

Writing

1
b

2
the reason for attending the concert
the reaction of the audience to the singer
a description of some of the songs
the writer's reaction to some of the songs
the highlight and lowlight of the performance

3
Friend, believe, achieve all follow the rule (*achieve* and *believe* have a long 'e' sound).
Weird is an exception, and so is *society*.

4
1 relieved 2 ✓ 3 shrieks 4 ✓ 5 seize
6 ceiling 7 deceive 8 foreign

5
1 gripped 2 ballad 3 hypnotic
4 make a big noise 5 catchy 6 gig
7 upbeat 8 dedicate to

6–9
Students' own answers.

UNIT 7

7A

1
1 falling-out 2 native 3 relocating
4 premature 5 inherited 6 make

2
1 d 2 f 3 b 4 a 5 e 6 c

3
1 d, ii 2 b, iv 3 a, i 4 e, iii 5 c, v

4
1 must have been scary 2 can't have been easy
3 must be nervous 4 can't be right
5 must be worried 6 must have been hard

7B

1
1 controversy 2 exposed 3 outrage
4 welcomed 5 tariffs 6 breakthrough

2
1 c 2 d 3 i 4 k 5 g 6 e 7 f 8 l
9 j 10 a 11 b 12 h

3
1 hadn't gone 2 be 3 could have stayed
4 'd left 5 wanted 6 be living 7 were
8 hadn't persuaded

4
1 what if those stories had been
2 How would our history have turned out
3 how would our world be different if women had been
4 Might women have made
5 Would the outcomes have been
6 How would life be different if the southern states had won
7 Would the south have left
8 Would they be

7C

1
1 b 2 f 3 d 4 a 5 c 6 e

2
1 account/consideration 2 spite 3 Despite
4 even 5 said 6 again

3
1 a 2 b 3 a 4 a 5 b

4
1 nominated 2 a recount 3 re-elected
4 referendum 5 coalition 6 implement

5
1 b 2 a 3 c 4 c 5 b 6 a 7 a 8 a

7D

1
1 rise 2 bounced 3 peak 4 dropped
5 crash 6 slump 7 insignificant
8 rocketed 9 sharp 10 vast

2
1 g 2 e 3 b 4 d 5 a 6 h 7 c 8 f

3
1 graph 2 point 3 equivalent 4 notice
5 on 6 decreasing 7 signifies

4
1 c 2 f 3 a 4 e 5 d 6 b

5
1 As you can see, prices have gone up.
2 I think it illustrates a number of different points.
3 This is a photo of our operations in Asia.
4 You will also notice that sales have dropped.
5 The pie chart shows customers by age group.
6 As a comparison, here are our sales for last year.

Reading

1
c

2
1 paragraph 3 2 paragraph 2 3 paragraph 4
4 paragraph 6 5 paragraph 5 6 paragraph 1
7 paragraph 2 8 paragraph 3

3
1 thoughtless 2 background 3 willpower
4 considering 5 Plan 6 significant

4
1 b 2 a 3 a 4 c

5
1 willpower 2 clarity 3 fatigue 4 sound
5 assess 6 deteriorate 7 thoughtless
8 conserve

6
1 deteriorates 2 sound 3 clarity
4 thoughtless 5 willpower 6 assess
7 fatigue 8 conserve

Listening

1
All except 'fake news'

2
1 b 2 c 3 b 4 a 5 a

3
1 instinct 2 shape 3 neutral 4 one-off
5 notify

Writing

1
1 c 2 b 3 f 4 h 5 a 6 g 7 i 8 e
9 d

2
1 i 2 g 3 b 4 c 5 d 6 h 7 f 8 a
9 e

3
1 Congratulations to you on your retirement. (H)
2 Wishing you every happiness for the future. (H)
3 Our deepest sympathy to you and your family. (D)
4 Really sorry to hear that George is sick. (S)
5 Really happy to hear you're expecting a baby. (H)
6 Really sorry to hear you were made redundant. (S)

5
Students' own answers.

6
Model answers:

(Your friend's grandfather has passed away.)
I'm so sorry to hear about your father. He was a lovely man and I know he'll be very much missed by you and everyone he knew. Thinking of you during this difficult time. Let me know if you need anything. x

(Your friend is too sick to attend your party.)
Really sorry you can't make it to the party. We'll miss you! I really hope you feel better soon though. Take care.

(Two people you know have got engaged.)
Congratulations on your engagement! It's great news and I'm really happy for you both. Can't wait for the big day!

(A family member is graduating from university.)
Congratulations on your graduation! You've worked hard for this and should be very proud. I hope the ceremony goes well – enjoy it!

(A person you know well is pregnant.)
I hear you're pregnant. Congratulations! That's great news. Looking forward to meeting him or her!

(A colleague is moving to a different department.)
Really sorry you're leaving us. I know you'll still be in the same building, but we'll miss you. Good luck in your new position and don't forget us!

(A friend bought you a birthday present.)
Thanks so much for the socks. I love them! You didn't have to, but it was kind of you all the same.

(A friend's pet has died.)
I'm really sorry to hear about Barney.
I know how much he meant to you and how upset you'll be. He was a happy dog and I'll always remember him jumping up and trying to get me to throw sticks for him. Good that you have lots of happy memories.

UNIT 8

8A

1
1 What exactly is it that you do?
2 Why do you think the problem occurred?
3 Who do you reckon I should ask?
4 How was it that you became a digital storyteller?
5 Who do you recommend that we speak to?
6 What is it exactly that the job involves? / What is it that the job involves, exactly?

2
1 How exactly is it that you know each other? e
2 Why do you suppose it all went wrong? a
3 Where exactly was it that you went on holiday last week? c
4 How was it that Ed found us last night? d
5 When was it that you first moved to this area? b

3
1 devise 2 assemble 3 mend 4 delegate
5 collaborate 6 submit

4
1 d 2 b 3 a 4 a 5 c 6 b 7 b 8 d

5
1 b 2 d 3 a 4 e 5 c

8B

1
1 g 2 b 3 a 4 d 5 h 6 f 7 c 8 e

2
1 having a (little) nap
2 having sleepless nights
3 yawning
4 nod off
5 are early risers
6 out like a light
7 are night owls
8 suffer (from) a kind of jet lag

3
1 am 2 is 3 did 4 will 5 can 6 used to

4
1 c 2 b 3 e 4 a 5 f 6 d

5
1 am 2 did 3 am 4 would 5 could
6 won't 7 was/were

8C

1
1 steam 2 stuff 3 blend 4 roast
5 Sprinkle 6 soak 7 simmer 8 dip

2
1 Peel 2 simmer 3 drain 4 Blend
5 Grate 6 sprinkle 7 grill 8 Steam

3
1 This meal needs a tiny bit more salt.
2 My flat is nowhere near as nice as yours.
3 It's miles nicer here than I expected it to be.
4 My job is nowhere near as well paid as I'd like.
5 My cooking is ten times better than it used to be.
6 The film was nothing like as bad as you'd said.
7 I'm not quite as fascinated by physics as you are.
8 These trousers are much tighter for me these days.

4
1 This chocolate bar is way small**er** than it used to be.
2 ✓
3 My piano playing is nowhere **near**/**nothing** like as good as it once was.
4 The pasta sauce needs ~~the~~ **a** touch more garlic.
5 Tommy and I are not quite as close ~~than~~ **as** we used to be.
6 ✓
7 If you could all be a bit less ~~noisier~~ **noisy**, I'd really appreciate it.
8 Dan's much ~~more~~ quieter today than normal.

5
1 nowhere near as good as
2 a bit more varied
3 much less impressive
4 a hundred times worse
5 nothing like as enjoyable as
6 a touch pricier

Listening

1
What is your biggest weakness?
What is your biggest regret?
Who is your best and worst manager?

2
1 F 2 F 3 F 4 T 5 F

3
1 b, d, f 2 a, e 3 c

4
1 self-aware 2 genuine 3 problematic
4 aspect 5 precise 6 grudge
7 come across 8 overcome

5
1 a grudge 2 come across 3 genuine
4 problematic 5 An aspect 6 self-aware
7 overcome 8 precise

6
1 problematic 2 come 3 aspect 4 genuine
5 precise 6 aware

Reading

1
1 The writer goes to bed.
2 The writer reads a book.
3 The writer is reminded of something she failed to do.
4 The writer watches TV.
5 The writer is woken up by a noise.
6 The writer is thirsty.
7 The writer is disturbed by light.
8 The writer wakes up to her alarm.

2
1 T 2 F 3 T 4 F 5 F 6 T 7 F 8 T

3
1 pillow 2 screen 3 breathing 4 car door
5 eye mask 6 coffee

4
1 inability 2 hectic 3 distract 4 eyelids
5 wander 6 slams 7 peer 8 inappropriate

5
1 increasing 2 works 3 thirsty 4 fast

6
1 hectic 2 wanders 3 does the trick
4 on the rise 5 inability 6 slamming
7 peering 8 ticking away

Writing

1
c

2
People make a choice about what they eat too quickly.
Meat is the only source of minerals and vitamins.
An alternative diet will replace veganism in the future.

3
1 F 2 F 3 F 4 T 5 T 6 F

4
1 c 2 a 3 d 4 b

5
Not all drinks manufacturers will reduce sugar in their drinks.
Consumer habits are difficult to change.
A direct tax is more likely to be successful than an indirect one.
Consumers may replace drinks with an alternative high-sugar product.

6
Students' own answers.

7
Model answer:

I agree that sugar in soft drinks is problematic and would definitely like to see some action taken to reduce this.
However, the article claims that both the Yew Report and the Eddington Research Centre study say the effects will be positive. In fact, what they actually say is more negative than that. Through their research, the Eddington study found that a direct tax paid by the consumer is much more effective than an indirect tax placed on the manufacturer. Yet, it is the latter which our government is doing. The Yew Report does indeed discuss potential positive effects of the tax, but it also points out that not all manufacturers and consumers will adapt. Some manufacturers will continue with the same sugar-heavy recipe and some consumers will simply pay the higher price and continue to consumer the product. In addition to that, they say that some consumers will simply consume alternative sugary goods, resulting in no impact on health at all.
So, while government action is necessary, I am personally not sure that the proposed indirect tax will in fact make the kind of difference we would all like to see, and I don't understand why the government would ignore such useful studies as those discussed above. We can learn from taxes already imposed in other countries and ensure that we implement the most effective system possible to protect the health of young people today.

UNIT 9

9A

1
1 e 2 a 3 b 4 f 5 c 6 g 7 h 8 d

2
1 lost it 2 throw a punch
3 pushed and shoved 4 put my foot in it
5 went red 6 feel so foolish 7 jump for joy
8 heard the news 9 a huge grin
10 dead on my feet 11 collapse
12 hit the wall

3
1 No sooner had we sat down than the film started.
2 Not only did we get caught in the rain, but our car wouldn't start.
3 No sooner had we arrived than dinner was served.
4 Not only is Gregor's house huge, it's even got a swimming pool!
5 No sooner had Rose got into bed than she fell asleep.
6 Not only has Maxine lived here all her life, she's never been anywhere else.

4
1 No sooner had he sat down than he said
2 Not only did I feel stupid, (but) I (also) went bright red
3 No sooner had I posted the photo than I realised something bad
4 Not only did my friends see it, (but) my colleagues saw it, too
5 No sooner had I sent it than I realised
6 Not only did she not laugh, (but) she (also) didn't speak to me

9B

1
1 would 2 'd 3 didn't 4 used 5 thought
6 will 7 'd 8 used to

2
1 I'll often take a trip to the coast in summer.
2 Ben will never go out without his girlfriend these days.
3 I wish Katja would stop making that awful noise.
4 We'd often go to the shops after school, but we'd never buy anything.
5 When we were young, we'd regularly visit our grandparents.
6 Anna would never come around without calling first.

3
1 e 2 a 3 g 4 c 5 b 6 d 7 f

4
1 controlling 2 modest 3 smooth
4 cynical 5 demanding 6 liberal

5
1 smooth 2 sense 3 lighten 4 content
5 charming 6 demanding

9C

1
1 b 2 f 3 e 4 a 5 d 6 c

2
1 explosion 2 plunged 3 surge 4 epidemic
5 dip 6 decline 7 slipped 8 hike

3
1 taxiing 2 crowdsource 3 ETA 4 startup
5 ballooned 6 busyish

4
1 trendsetter 2 hoovering 3 google 4 friend
5 party 6 balloon 7 eyeing 8 elbow

5
1 tsunami 2 regift 3 FYI 4 hangry
5 cosplay 6 chair 7 pocket dial 8 ginormous

6
1 d (from Japanese)
2 a
3 c (for your information)
4 f (hungry + angry)
5 f (costume + play)
6 b
7 e
8 f (gigantic + enormous)

9D

1
1 going; chop 2 blah; yawn
3 rubbish; chucking 4 job; into 5 mates
6 cards; up 7 wood

2
1 d 2 g 3 e 4 a 5 h 6 f 7 b 8 c

3
1 Long time, no see
2 What have you been up to / What are you up to
3 I don't believe it
4 What's up
5 Did you see the/this business about the redundancies?
6 Turned out nice / It's turned out nice
7 it's been ages
8 How's the/your family?
9 That's typical

4
1 a 2 b 3 a 4 b 5 b 6 a

5
1 f 2 b 3 d 4 h 5 g 6 a 7 e 8 c

Reading

1
societal change, people moving abroad, the identity of groups

2
1 a 2 a 3 b 4 a 5 b 6 b 7 a

3
1 b 2 e 3 a 4 c 5 d 6 b 7 c 8 a
9 e 10 d

4
1 misfortune 2 originated 3 create bonds
4 alter 5 differentiate 6 concept 7 alien
8 common usage

5
1 differentiate 2 bond 3 usage 4 alien
5 concept 6 misfortunate 7 originated
8 altered

Listening

1
breaking a habit

2
1 B 2 A 3 A 4 B 5 B 6 A 7 A
8 B 9 B 10 A

3
1 triggers 2 squeeze 3 beat 4 afresh
5 gross 6 reconsider 7 cheer 8 path

Writing

1
Don't experience life through a screen.

2
1 c 2 a 3 d 4 b

3
1 hint 2 parts of the body 3 visualise
4 when 5 direct speech

4
1 at the same time or close together
2 *-ing* form 3 are 4 different

5
1 Holding up her phone, Jenny started the recording.
2 Taking the phone out of his pocket, Lukas accepted the call.
3 Dropping her phone, Mia watched the screen shatter.
4 Standing together, we all smiled for the camera.
5 Not possible – two different subjects
6 Turning on my phone, I saw I had 30 messages.
7 Getting their phones out, everyone swapped numbers.
8 Not possible – two different subjects

6
Students' own answers.

7
Model answer:

Lost and found

Isabella never expected her life to change on a wet rainy Monday morning, but it did. As she splashed through puddles on her way to work, her mind was far away from life changing experiences and more set on getting to work fast and getting dry. The life-changing experience soon found her, however.

As Isabella approached her office building, she noticed something reflecting the light on the ground. She went over and discovered a silver necklace with a locket. She opened the locket and saw a photo of a couple and a young girl. The girl looked familiar, but she didn't think too much of it. Closing the locket, she placed the necklace in her pocket and went to work.

Three days later, Isabella came across the necklace again. Deciding to find the owner, she went online and placed an ad in a local newspaper. When it was published three days later, she received an email from a Mrs White. Isabella replied and they arranged to meet.

Isabella was surprised when she saw Mrs White. She'd expected someone small and old yet here was someone tall, elegant and younger-looking than her. Again, there was a sense of familiarity that she couldn't quite pinpoint. They introduced themselves, ordered drinks and then Isabella presented Mrs White with the necklace. Tears came to the woman's eyes.

Opening the locket, Mrs White explained that the girl was her daughter who she'd regrettably fallen out with 25 years ago. Isabella's blood started to run cold. The situation the woman was describing was identical to her own mother's story. She'd fallen out with her parents decades ago and Isabella had neither met nor knew anything about her grandparents. She did know that her mother had always regretted the argument, but pride had stopped her from making amends.

Swallowing hard, Isabella opened her mouth and asked the question she needed the answer to.'What's your daughter's name?' When the woman answered, Isabella took a deep breath and replied with a phrase that would change her life, 'I think I'm your granddaughter.'

UNIT 10

10A

1
1 I've never been very keen on chemistry.
2 I could get used to having a four-day week every week!
3 My parents both work in pharmaceuticals.
4 Stop going on about your brother all the time.
5 You've invited Andreas, but what about Anna?
6 I'm much better at the arts than science.
7 I'd like to look into becoming a biology teacher.
8 I don't know how to fix this, but we can figure it out together.

2
1 I'd planned to be a doctor, but ended up going **down** a different path.
2 Sara's dropped out of her course, but **for** what reason I don't know.
3 I've never understood physics. It just goes **over** my head.
4 I'd love to know what you are working **on**.
5 I don't think very highly **of** our new chemistry teacher.
6 Ismail's interested **in** going to the science museum on Saturday.
7 Ben's good at sport, but there are other things which he's keener **on**.
8 I'm going to look **into** online psychology courses.

3
1 genetic 2 classify 3 simulation
4 theoretically 5 trial 6 invalid 7 statistics
8 prove

4
1 b 2 a 3 b 4 c 5 b 6 a 7 c 8 b

10B

1
1 b 2 f 3 e 4 d 5 a 6 c

2
1 However 2 Whereas 3 Consequently
4 Thanks to 5 in order to 6 Not only
7 What's more 8 otherwise

3
1 upsetting 2 disagreement
3 tells 4 details 5 best work
6 character 7 unexpected 8 exciting

4
1 protagonist 2 set 3 rights
4 descriptive 5 disturbing 6 narrator
7 portrait 8 controversial

5
1 set 2 portrait 3 protagonist
4 disturbing 5 gripping

10C

1
1 black 2 pun 3 stereotype 4 irony

2
1 dry 2 satire 3 pun 4 straight 5 witty
6 stereotypes

3
1 c 2 a 3 b 4 c 5 a 6 b

4
1 f 2 d 3 h 4 a 5 b 6 g 7 e 8 c

5
- A word has two meanings: 2, 3
- An idiomatic phrase is used literally: 4, 5, 7
- Two (or more) words sound the same: 1, 6, 8

6
1 stuffed (full of stuffing/full of food)
2 ball (football/dance)
3 body (nobody/no body)
4 moovies (movies – moo-vies)
5 cheetahs (cheetah/cheater)
6 Pop (noise a balloon makes/pop music)
7 a piece of cake (a piece of cake to eat – a piece of cake = easy)
8 long (long jumper in sport/a long sweater)

Listening

1
1 c 2 a 3 d 4 b

2
- Previously considered to be moved by aliens. 3
- Could cause a blast in the right conditions. 4
- Once thought to be caused by vegetation. 1
- Have the potential to protect large amounts of ice from melting. 2

3
1 stain 2 cracks 3 phenomenon 4 blades
5 absorb 6 trail 7 Bacteria 8 emit

4
1 emit 2 absorb 3 crack 4 blade 5 trail
6 bacteria 7 phenomenon 8 stain

5
1 stain 2 cracks 3 blades 4 phenomenon
5 absorbing 6 trail 7 bacteria 8 emit

Reading

1
1 c 2 f 3 h 4 b 5 g 6 d

2
1 c 2 a 3 c 4 a 5 a 6 b

3
1 superiority 2 built up 3 teases
4 chuckle 5 stuffing your face (with)
6 How dare he? 7 in-joke 8 deliberate

4
1 arrogant 2 short 3 fast 4 a return
5 much

5
1 tease 2 builds up 3 big head
4 how dare they? 5 stuffing 6 split second

Writing

1
a

2
1 F 2 T 3 T 4 F 5 F 6 F 7 T 8 T

3a
1 have a change of heart
2 cut all ties
3 get kicked out
4 be cut-throat
5 don't let up
6 rake in lots of money

4
1 kicked out of
2 a change of heart
3 raking in lots of
4 be cut-throat
5 cut all ties
6 don't let up

5–8
Students' own answers.