



Level 3 Workbook



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## Communication



## Look at the context words on the left. Then circle the odd one out in each box.

- a letter
- **b** email
- **c** text
- **d** phone call
- e face to face

internet	envelope	address	stamp
computer	inbox	inbox keyboard	
messages	paper	type	send
write	speak	number	ringtone
handshake	call	smile	eye contact

## 2 Read the body language. Match each image with a description.











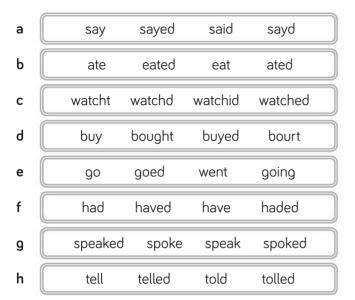


- 1 doesn't know, or confused
- 2 listening with interest
- 3 disagrees with the speaker
- 4 impatient and tired of waiting
  - 5 nervous or stressed
  - 6 surprised or shocked

	italian / sister / my / speaks			
	holiday / tell / all / me / your / about			
	weather / in / england / the / about / talk / people / often			
	window / him / tell / i / don't / the / broke			
	i/people/new/i/when/never/about/money/meet/talk			
	spanish / in / how / do / to / 'thank you' / say / know / you			
	so / can / please / slowly / speak / i / understand			
ı	mplete the sentences with the verbs talk, speak, tell or say. You may need to change the form.			
	I always the truth.			
	She Portuguese and French.			
	She she bought it in the market.			
	Can you me the time, please?			
	He always about himself!			
	her about your dream!			



## Circle the verbs in the past simple. Then find them in the wordsearch.



Н	ı	K	S	Т	М	ı	S	Α	Р
٧	Z	W	Ν	W	D	٧	Q	Р	S
N	Α	Ε	С	L	Χ	Z	K	Р	Α
Е	W	K	0	S	Р	Ο	K	Е	V
M	Α	Т	0	J	Е	В	С	С	Χ
M	Т	0	Χ	Ε	D	Ο	F	N	J
С	С	M	Т	I	N	U	Z	Р	Н
Р	Н	Α	Α	Н	F	G	F	L	Α
Т	Ε	S	Z	0	Ε	Н	D	Т	D
Ε	D	Z	С	Z	R	Т	٧	Ε	S

## 2 Complete the sentences with the past simple form of the verbs in brackets.

- **a** (write) Last Monday, he \_\_\_\_\_ to his uncle.
- **b** (go) Yesterday, we \_\_\_\_\_\_ to a presentation on internet safety.
- **c** (have) This morning, I \_\_\_\_\_ a phone call inviting me for a job interview.
- **d** (send) My friends \_\_\_\_\_ me a postcard from Spain.
- **e** (be) I \_\_\_\_\_ on the phone when he arrived.
- **f** (buy) I \_\_\_\_\_\_ a new tablet yesterday.

## 3 Look at the table. Write sentences about what Soma did and didn't do yesterday.

			Yesterday			
watch TV	<b>a</b> listen to the radio	<b>b</b> play computer games	<b>c</b> make a video call	<b>d</b> write an email	<b>e</b> read an eBook	<b>f</b> receive a text
~	<b>✓</b>	X	<b>✓</b>	<b>✓</b>	X	X

Exa	<b>Imple</b> He watched TV.	
а		
b		
С		
Ь	O	
е		a De Mai
f	<u>-</u>	
Circ	cle the correct word to complete each question. Then mat	ch each question with the correct answer.
а	What / Were did you buy yesterday?	
b	Was / Did it expensive?	
С	What / Why did you choose this one?	
d	Who / Did they show you how to use it?	
е	Why / What apps did you get?	X
f	When / Did it take long to set up?	
9	Did / Was your wife like it?	

1	Yes, they gave me a full demonstration and put on some free apps.	d_
2	It's thin and light, and it has a dual-core processor and 8 GB RAM.	
3	No, it was already charged and the tutorial was easy to follow.	-
4	I bought this new tablet for my wife.	<u></u>
5	Not really. It cost about £400.	
6	No, she decided to give it to me!	7
7	I got Expense Manager and GoPay.	



## 1 Can you guess each conversation style? Write argument, lecture or discussion.













## 2 Where in the table does each phrase go? Write the letters in the correct column.

- **a** Running is boring.
- **b** What do you think?
- **c** I don't think so.
- **d** Exactly!
- **e** Tablets are too expensive.

- **f** I think you're right.
- **g** I don't know.
- **h** I'm not sure.
- i What about you?
- j I disagree.

Give an opinion	Ask for an opinion	Agree	Disagree	Not decided
		S		
	S	=	= =====================================	-

3	Number the sentences to	put the conversation	in order
	THORITOCI THE SCITTERIORS TO	pot the conversation	0.00

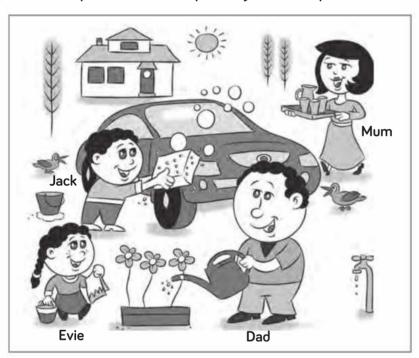
а	I don't. The trousers are too big.	
b	Buy it then! It looks great!	
С	I'm not sure. Can you afford it?	
d	Hmm, I think you're right. What about this dress?	
е	It's very expensive!	
f	I really like this suit.	=
9	Yes, I got paid yesterday.	
h	No. it isn't. It only costs £35.00.	



2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 30 31 26 27 28 29

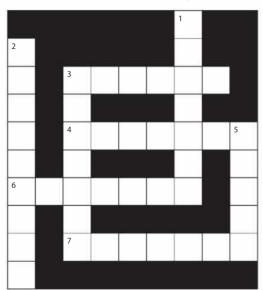


1 Look at the picture of the Phillips family. Then complete the sentences with the correct names.



- **a** \_\_\_\_\_\_ is carrying some glasses and lemonade.
- **b** \_\_\_\_\_\_ is holding a bucket.
- **c** \_\_\_\_\_ is carrying a towel.
- **d** \_\_\_\_\_\_is cleaning the car.
- **e** \_\_\_\_\_ is wearing trousers and black shoes.
- **f** is watering the plants.

Unscramble the verbs to complete the sentences and write each one in the crossword.



### **Across**

- 3 I'm (genies) my tutor at three o'clock.
- **4** He is always (nixgett) his boss.
- **6** She's (rigtwin) a letter to accompany her job application.
- 7 Our company is (grogwin) fast.

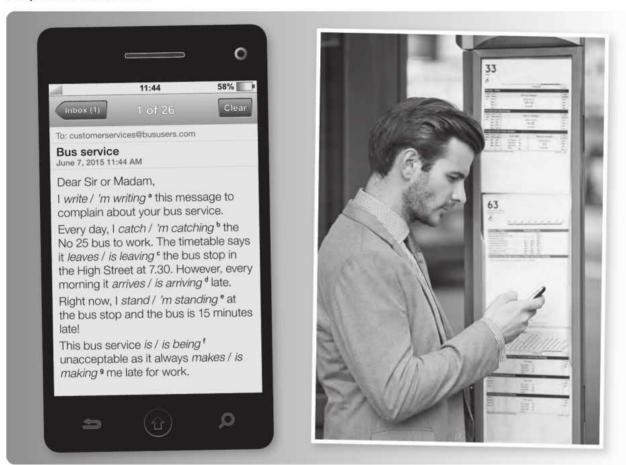
## Down

- 1 I'm (gindens) an email to my brother.
- 2 She's (gownfillo) her favourite band on social media.
- **3** I'm (signtit) on my favourite chair.
- **5** He's (gingo) to a lecture on Technology in Industry.

What is Mr Stickman doing? Use the verbs from the box to write sentences.

	clap	point	push	run	think	wave
а	20	Ь	90	9	· Q	Ĭ.
0	Rb -				.6	
d		e (	R		t S	
			. J.	4	A	>
а	1.9					
b	<u>-</u>					
С	: <del></del>					
d	3					
е						
f						

Circle the correct options to complete the email with the verbs in the present simple or the present continuous.





Match each word or phrase with the correct text message abbreviation.

а	let me know	gr8
b	you	c u 18r
С	no problem	IMO
Ь	great	LMK
е	of course	u
f	I am sorry	OFC
9	see you later	NP
h	in my opinion	IMS

## 2 Look at Amira's diary. Then decide: are the statements below true or false?

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
see film 7.30 p.m.	play tennis	lecture 9 a.m.	play tennis	phone mum	order T-shirt for Kate	pay bills!
	have dinner 7 p.m. at Supper Club	have coffee with Claire	p.m. — collect laundry!	seminar 2 p.m.	go to talk on biodiversity 5 p.m. @Great Hall	Spring Hotel Kate's birthday!

а	On Sunday, she's playing tennis.	true	false
b	Amira's watching a film on Sunday.	true	false
С	She's phoning her mum on Wednesday.	true	false
d	On Tuesday, Amira isn't playing tennis.	true	false
е	She's visiting the Spring Hotel on Friday.	true	false
f	She's collecting her laundry on Thursday.	true	false
9	She's having coffee with Claire on Monday.	true	false

## 3 Complete the conversation with the present continuous form of the verbs from the box.

	come	get	have	order	take	visit	watch	
Jo	Hi, Ami	ra! Are you	I	a fo	r coffee at ı	my place to	omorrow?	
Amira	Sorry, I	can't. I'm _		b a filr	m. What ab	out Wedne	esday?	
Jo	I'm afra	id I can't d	o Wednesc	day. I'm		c my aur	nt in London a	all day.
Amira	What a	bout Tues	day? I'm no	t <u></u>	g CC	offee with (	Claire, so I'm fr	ee!
Jo	Perfect	! Let's mee	et at five o'c	lock. What a	are you		e Kate for	her birthd
Amira	I'm		f her a	T-shirt from	the Haveal	ot website	. What about y	you?
Jo	I'm		9 her to	o Paignton Z	Zoo on Satu	ırday. Do yo	ou want to co	me?
Amira	I'd love	to – thank	ks! I'll see yo	ou then, bye	!			

■ Label each text apologizing, asking for help, thanking or inviting. Then write out each of the text messages in full sentences.

Hi. How do I get 2 ur house 2nite?

asking for help

Hi. How do I get to your house tonight?

b Stuck in traffic jam. Will be I8. IMS.

c Thx for the lift! C u l8r!

d It was nice to c u.
Thx for the coffee.

f I can't meet lâr. Tbha
I'm too tired. IMS.

9 Hav u started the assgnmnt?
Wot books r useful?



Watch the slideshow A language we all understand. Watch the slideshow from 1:15 to 3:15 again.
Find a word matching each definition.

а	people with a lot of knowledge about a topic	
b	to make a thought or feeling known to other people	
С	not said	
Ь	closing one eye	
е	the feeling expressed in a message	
f	to show that something is important	
9	separated into smaller groups	
h	unhappy because something bad has happened	

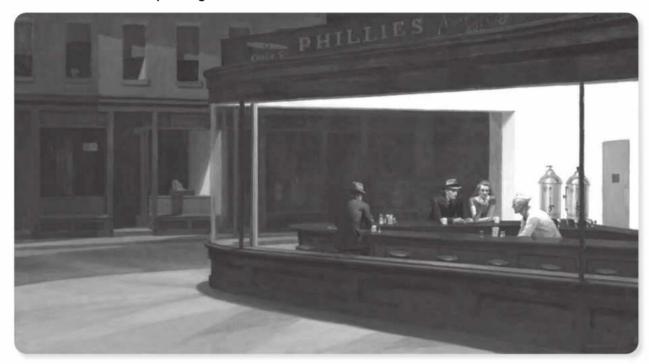
## 2 Match the two parts to make verb phrases from the slideshow.

а	Breathe	a quiet corner.
b	Don't	laugh.
С	Find	comfortable.
d	Get	your hands on your hips
е	Hold	slowly and deeply.
f	Hold	your head high.
9	Кеер	the pose.
h	Put	your back straight.

3 Complete the text about Amy Cuddy's ideas with the words from the box.

	advantage pose	change research	chemistry social	found strike	interesting tell	people theory
We	can	a lot	t about other peop	ole from their b	ody language. Bu <sup>.</sup>	t we can also use our
IWO	n body language to ou	r	Th	is is Amy Cudd	y. She's a	
scie	entist. Her		is: 'Our body lang	luage shapes w	ho we are.' Her	
_		shows that,	if we		our posture, we	can completely
cha	nge the way other		see us.			
But	her research has also		some	ething even mo	ore	
And	d very useful! She has fo	ound that, if we	2	ар	ositive	
for	a few minutes every da	ay, we can actu	ally change the		in our	bodies.
a b	of business / is / the lands	anguage / wha	t / and / science	Yes,	mainly in face-to-	face conversations.
С	does / what / gesture				, ,	many people study it.
d	communication / imp	oortant / non-v	erbal / is	Ther	re are 43.	
е	we do / do / what / w	vhen / we / anr	noyed / are	Yes,	especially portrait	painters.
f	many / how / muscle	s / in the / face	/ are there	Not	always. Emojis or e	emoticons can help.
9	believe / what / Amy	/ does / Cuddy	1	Wel	nunch our shoulde	ers and lean forward.
h	great / body / do / ur	nderstand / lang	guage / painters	Be q	uiet!	

Describes the video at 5:20 and look at *Nighthawks* again. Then complete each sentence with the phrase that best describes the painting.



**a** The customers in the diner are chatting happily.

thinking their own thoughts.

eating dinner.

**b** The lighting in the diner is too bright.

isn't bright enough.

is very warm and welcoming.

**c** The people in the diner have gone there to have a good time.

are annoyed because it's closing time.

have gone there late at night because they want company.

**d** The painting has lots of detail, so we know he is very interested in this particular diner.

some detail, so we know that this is in New York in the mid-20<sup>th</sup> century.

almost no detail; this could be anywhere, at any time.

**e** The painter shows us how exciting America was in the 1940s.

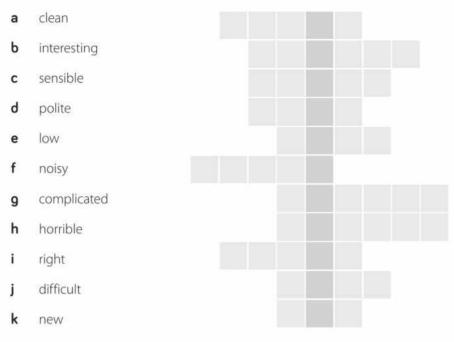
relaxing America was in the 1940s. lonely America was in the 1940s.

# Travel experiences



- Are the words adjectives, nouns or adverbs? Circle the odd one out.
  - a exciting tradition noisy special
  - **b** delicious boring interesting taste
  - **c** complicated difficult culture easy
  - **d** happily clean comfortable warm
  - **e** modern time traditional tall
  - f clever polite rude feeling
- 2 Look at the adjectives in 1. Match each group of adjectives with a noun.
  - a food
  - **b** a room \_\_\_\_\_
  - c an exam \_\_\_\_\_
  - d a person \_\_\_\_\_
  - e a festival \_\_a\_
  - f a building \_\_\_\_\_

## 3 Write the opposites in the grid. What is the mystery adjective?



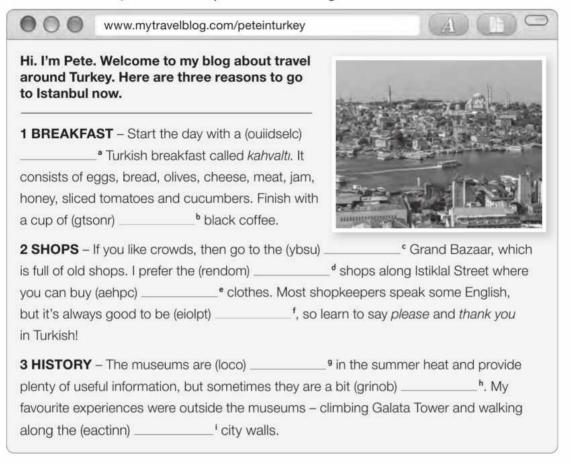
The mystery adjective is \_\_\_\_\_\_

## Look at the adjectives in the box. Which prefix does each one need to make its opposite? Write each opposite in the correct column of the table.



im-	un-	in-
		2

Unscramble the adjectives to complete the travel blog.





## Do you recognize these buildings? Circle the name of each building and the city where it can be found.



It's Buckingham Palace / The White House / the Acropolis in Athens / Washington / London.



It's the Eiffel Tower / Big Ben / the Petronas Tower in London / Kuala Lumpur / Paris.



It's the Red Fort / Hagia Sophia / the Giza Pyramid in Cairo / Istanbul / Agra.



It's the Kremlin / the Louvre / Burj Al Arab in Moscow / Paris / Dubai.

## Match each question with the correct answer.

- a Have you ever lived in a different country?
- **b** Have you ever jumped out of a plane?
- **c** Have you ever swum with dolphins?
- **d** Have you ever stolen something?
- e Have you ever slept in a tent?
- f Have you ever walked on a glacier?
- **g** Have you ever stayed in a luxury hotel?

Yes, I've visited the Fox Glacier.

No, I've never had enough money!

Yes, I've lived in Australia and Thailand.

No, but someone stole my wallet once.

Yes, I've done a parachute jump.

No, but I've seen them.

No, but I have slept in a cave.

## S Complete the sentences with have/has and the past participle form of the verbs in brackets.

- **a** (have) We \_\_\_\_\_ wonderful weather so far.
- **b** (try) I \_\_\_\_\_ parasailing. It's great fun.
- **c** (read) She \_\_\_\_\_\_ a travel guide all about the area.
- **d** (swim) My mum \_\_\_\_\_ across the Channel.
- e (break) John \_\_\_\_\_ his arm.
- **f** (write) We \_\_\_\_\_\_ to the hotel asking for a refund.
- g (do) They \_\_\_\_\_ a lot of research on which tent to buy.
- **h** (go) I \_\_\_\_\_\_ to Australia and New Zealand.
- i (eat) I \_\_\_\_\_\_ a hamburger!
- j (hold) you ever a snake?

4 Find the past participle of these verbs in the wordsearch.

W	С	Е	М	W	D	J	Υ	W	D
М	Ε	V	Ε	Н	0	G	Χ	R	Т
L	Ε	W	Α	Α	Ν	Н	М	I	Ν
Р	Q	Υ	Τ	D	Ε	M	Χ	Т	Α
D	Υ	R	Ε	R	G	Ο	Υ	Т	Н
R	Υ	S	Ν	В	R	0	K	Е	Ν
I	Ν	Ν	W	٧	W	Q	Р	Ν	Χ
V	0	Ν	F	U	D	R	U	Ν	K
Ε	Α	Χ	Е	R	M	В	Ε	Е	Ν
Ν	L	I	R	Ε	Α	D	F	Н	D

be	break	do	drink	drive
eat	have	read	swim	write

- Dut the words in the correct order to make sentences about Roy and Helena. Remember the capital letters and punctuation.
  - a and / have / asia / spent / i / two / roy / months / in
  - **b** have / cities / 13 / we / capital / visited
  - c people / of / have / thousands / we / amazing / met
  - **d** easy / been / it / hasn't
  - e roads / been / some / challenging / have / the / very / of
  - **f** had / bike / punctures / has / 36 / our
  - **g** have / out / run / times / petrol / nine / we / of





## **6** Use the clues to complete the sentences in the present perfect.

They \_\_\_\_\_ out of a plane.



We \_\_\_\_\_\_across Europe.



We \_\_\_\_\_ in a five-star restaurant.



I \_\_\_\_\_lots of lions and tigers.



He \_\_\_\_\_\_ in the sea.



\_\_\_\_\_ on a boat.





## Read the sentences. Then decide: are they fact or opinion?

а	Angkor Wat is the most amazing place!	fact	opinion
b	The name means 'Temple City' in Khmer.	fact	opinion
С	It is a UNESCO World Heritage Site.	fact	opinion
d	It was the best \$20 I have ever spent.	fact	opinion
е	It was built in the early 12th century.	fact	opinion
f	It's a good idea to wear trainers.	fact	opinion
9	You should see Beng Mealea temple first.	fact	opinion



## Read the reviews and match the sentence halves.



## Chitwan National Park, Nepal

Average rating

\*\*\*\* 3 out of 5

## Reviewed by 'Hans64'

17/6/2020

Make sure you go on an elephant safari. Go early to get the best experience we went at dawn and we saw two rhinos, a crocodile, lots of deer, monkeys and a variety of birds. It was amazing!

### Reviewed by 'Kai'

\*\* \* \* \* 2 out of 5 21/7/2019

bouncing around in the back of a jeep to see a handful of birds. I recommend the Elephant Breeding Centre in Sauraha for 50 rupees. You can spend hours there, feeding the baby elephants!

We went on a jeep safari and we were really disappointed - two hours

## Reviewed by 'MandyJ'

\*\*\*\* 4 out of 5

\*\*\* 4 out of 5

6/6/2019

We paid 1,500 rupees for our elephant safari, which I think is cheap! An elephant takes four people, and the safari lasts just over an hour. We saw deer, a rhino and lots of birds and iguanas. Cover yourself with insect repellent and wear long trousers - there are millions of biting insects and those elephants have ticks!

Kai didn't enjoy the insects.

the jeep safari. An elephant takes

Mandy didn't like the Elephant Breeding Centre.

Kai recommends is cheap.

a crocodile. Hans suggests

An elephant safari four people.

Mandy thinks the safari costs 1,500 rupees.

Hans saw costs 50 rupees.

The Elephant Breeding Centre going early.





## Faraway places



## Read the passages about different tourists. Then match the people with each type of holiday.

Greg and Alison have just met. They want a romantic weekend in Paris.

**Flo** is arranging a big reunion for her university friends. They need five bedrooms and a kitchen so they can cook for themselves and keep the cost down.

Miguel loves photographing wild animals. He wants to visit Africa.

**Jen and Ian** are retired. They want to explore the Mediterranean countries, such as Greece, Italy and North Africa and they want to travel in luxury.

Sofia and Lorenzo have got young children. They want a relaxing holiday with plenty of sea and sun.

Luca is very athletic and he loves a challenge. He hates lying around and doing nothing!

	Flo	Greg and Alison	Jen and lan	Luca	a Miguel	Sofia and Lorenzo
а	rock climb	oing		d	safari tour	-
Ь	beach	2		е	city break	2
С	cruise			f	self-catering	

## Match the parts of the phrasal verbs to make correct sentences.

а	I need to find	around for a good deal.
b	He doesn't know	down so we were late arriving.
С	We went	after the cat, when we're away?
d	We are staying	out when the museum opens.
е	Who will look	for a swim after breakfast.
f	The bus broke	at the hotel in Prince's Road.
9	It's a good idea to shop	about the opening times.

## 3 Complete the email with the prepositions from the box.

about	across	after	at	for	through	up
					3	8

Subject: Heliday	
Subject: Holiday	
Hi,  We arrived safely and we're having a great time!  On the first night, we stayeda a small hotel in Llangollen, and Cerys, our guide, told ub the canal and the local area. In temorning, she took us down to the wharf and we pickedc our traditional narrow boat. Cery showed us around the boat and told us how to lookd everything. Then we were off!	the B
Our first day has been amazing – we went	e our first lock and
we travelledf Britain's biggest aq	ueduct!
I'll write again soon, but I'm going	g a swim in the canal now!
Love,	
Ola	



## Circle the correct verb to complete each sentence.

- **a** Bangladesh *has changed / changed* a lot.
- **b** The population *has risen / rose* dramatically over the last ten years.
- **c** In 1961, there *have been / were* around 50 million people in Bangladesh.
- **d** By 2018, the population *has been / was* over 160 million.
- **e** Life expectancy has improved / improved in Bangladesh.
- **f** Poverty has fallen / fell in Bangladesh.
- g It has been / was affecting around 56% of the population in 1991 and about 30% in 2010.

## 2 Complete the text with the verbs from the box.

	been	changed	dropped	risen	stayed	visited	was	were	
--	------	---------	---------	-------	--------	---------	-----	------	--

I've \_\_\_\_\_\_\_a to Venice on holiday several times and it has \_\_\_\_\_\_b dramatically.

Over the last 50 years, the water levels have \_\_\_\_\_\_\_c, but the population has fallen. In 1951, the resident population \_\_\_\_\_\_d 174,000. However, it has \_\_\_\_\_\_a to less than 60,000 today!

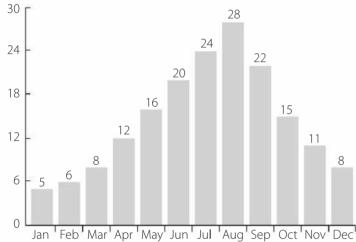
As the resident population has decreased, the number of tourists visiting Venice has increased. In 2012, 661 cruise ships \_\_\_\_\_\_\_f Venice, many of them carrying over 4,000 tourists. However, this doesn't always result in money for Venice. There \_\_\_\_\_\_\_a around ten million tourists in 2013, but only about half \_\_\_\_\_\_\_h in hotels.

## B Read the text about Venice in 2 again. Then decide: are the statements true or false?

The population has risen in the last 50 years. false true The numbers of tourists has fallen. false true The population of Venice was 174,000 in 1951. false true d In 2012, over 600 cruise ships visited Venice. false true Cruise ships are not good for the hotel business. false е true In 2012, about 3,000 tourists stayed in hotels. false true

- Ellie lived in Istanbul for a year and recorded the changing temperatures. Look at Ellie's chart below and complete the sentences.
  - **a** The hottest month was
  - **b** The coldest month was \_\_\_\_\_
  - **c** March had the same average temperature as \_\_\_\_\_
  - **d** The two coldest months were January and \_\_\_\_\_.
  - **e** The temperature increased by 12°C from March to
  - **f** January was ten degrees colder than
  - g The greatest monthly change in temperature was between \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_







- Watch the slideshow A sense of adventure. Watch up to 4:25 again. Find a word that means the opposite of each word below.
  - a facts
  - **b** forget
  - **c** neutral
  - **d** offline
  - **e** polite
  - **f** positive
  - **g** take away
  - **h** useless

	culture people	have really	home sampled	meeting see	mixing seen	offer travellers	
You've			all there is	to		in Istanbul.	
		tim	e! But wait!			you	
everyth	ning Istanbul	has to		?		? Rer	nember that travel
is about	t		, as well a	s places. It's a	bout		other
		An	d it's about			with local people	e and absorbing
their							

- Put the words in the correct order to make questions from the slideshow. Remember the capital letters and punctuation.
  - a how/you/about
  - **b** see / will / you / what
  - c stay / where / you / will

  - **d** for / adventure / you / ready / are / an
  - e to / need / much / are / how / money / you going
  - f has / to / you / have / everything / sampled / Istanbul / offer
  - g who you'll / who / discover / knows / meet or / what you'll
  - about / the markets, squares, / restaurants / what / cafés and

  - i your guidebook / you / hotel / leave / in the / will

Correct the sentences	from the slideshow	Then match each	sentence with the	correct evaluation
Correct the sentences	from the stideshow.	i nen match each	sentence with the	correct explanation.

а	So you buys a guidebook and reads all about the city.	A preposition is missing.
b	All online reviews are based opinions.	There is a mistake with an apostrophe.
С	You can spend weeks here and never get boring.	There is a mistake with an article.
Ь	Imagine you are planning a city break in the Istanbul.	An adjective ending is wrong.
е	You visit the Blue Mosque, with it's blue tiles and six minarets.	The verbs don't match the subject.
f	An experience amazing is waiting for you.	The wrong form of the verb is used.
9	Some people can't use computers very good.	The word order is wrong.
h	You walking across the stunning Ataturk Bridge.	An adverb is wrong.

## Guidebooks and travel websites are both very useful sources of travel information. Where is the best place to look for ...

а	a list of the top attractions?	a travel website	a guidebook	both
Ь	a lot of different people's opinions about a place?	a travel website	a guidebook	both
С	information about local food and drink?	a travel website	a guidebook	both
d	an essay about the history of an area?	a travel website	a guidebook	both
е	an overall impression of a place?	a travel website	a guidebook	both
f	the most up-to-date information?	a travel website	a guidebook	both
9	ideas for things to do?	a travel website	a guidebook	both
h	a printed map of the town?	a travel website	a guidebook	both
į	information on places to avoid?	a travel website	a guidebook	both
j	well-researched articles?	a travel website	a guidebook	both

## 5

## Changing times



## 1 Need or want? Circle one item we need to survive in each group.

а	television	chocolate	water	football
Ь	electricity	shelter	clothes	phone
С	food	car	bed	shops
Ь	book	air	boat	internet
е	school	fridge	shoes	plants
f	sleep	printer	supermarket	horse

## 2 Which gadget will you prioritize for each of these situations?

	electric fan	flash drive	GPS	lighter	penknife	torch
í	Save important docur	ments				
	Climb a mountain alor	ne				
	Cook on a camping st	ove				
	Cut some rope.	· -				
	Find your way in the c	dark				
	Keep cool in the heat.	_				

## Match each word with a description.

**a** financial an electrical wave that carries information

**b** budget the act of stealing, or taking, something

**c** signal someone, or a company, that gives a service to a customer

**d** theft an amount of money to be spent over a period of time

**e** app relating to money

**f** valuables software for a phone, tablet or computer

**g** provider items having a high monetary price

## Read Surviving the City and complete the text with the words from the box.

app buildings charger GPS home phone provider restaurants valuables

## Spend money wisely Spending lots of money in shops, shows, clubs a can cause financial and problems. Make sure you fix a weekly budget and only go out once a week. Avoid takeaways and cook for yourself at as much as possible. Learn how to find free wifi <sup>c</sup> and underground Tall transport systems mean that you won't always have a signal. Learn which areas don't have a signal and which phone can give you better signals. Keep your gadgets charged If you are using your day, the battery is probably going to die. The easiest option is to get an external battery \_fso you can top up your



## Keep safe and stay safe

### Finding a toilet

There's nothing worse than being caught short!

Learn which large shops have toilets you can
use and use an \_\_\_\_\_\_i, such as

Toilet Finder, or Bathroom Scout to locate the
closest public toilets.

phone whenever you need it.



## Read the texts. Then decide: are the statements below true or false?



ASIMO is a humanoid robot made by Honda. ASIMO is 1.2 m tall and weighs just 52 kg. With a plastic resin body, ASIMO looks human and friendly. It has two basic video cameras for eyes and it can walk up and down stairs, pick up objects and run. ASIMO can be used to help people in the home, or carry out tasks in hospitals or schools.

and om nis robot cions.

Atlas is a robot designed by Boston Dynamics. It has stereo cameras and a laser range finder in its head to give it excellent 3D vision. Made from aluminium and titanium, Atlas is heavy (about 150 kg) and strong. This robot is 1.8 m tall and can do complex jobs in dangerous places and situations.

а	Atlas is designed to help people in the home.	true	false
Ь	The car company, Honda, made ASIMO.	true	false
С	Atlas is a similar height to a human.	true	false
4	ASIMO is designed to frighten people.	true	false
е	Atlas weighs more than ASIMO.	true	false
f	ASIMO can help old and disabled people.	true	false
9	ASIMO is useful in military and defence operations.	true	false
h	Atlas can see better than ASIMO.	true	false

## Complete the text with will and the verbs from the box.

ſ	disappear	give	go	recvcle	soak	take apart	throw	
-11	oisappear	give	go	recycle	Sour	take apart	UIIOVV	

### E-Waste - time to act!

Whether it's Eid, Christmas or Diwali, it's likely that you \_\_\_\_\_\_\_a or receive electronic presents: perhaps a new phone, a tablet, or maybe a gaming console. Meanwhile, you \_\_\_\_\_\_\_\_b your old gadgets in the bin without thinking. Around 75% of e-waste \_\_\_\_\_\_\_\_c to landfill, where the toxic chemicals \_\_\_\_\_\_\_\_a into streams and groundwater.

Companies \_\_\_\_\_\_\_e the other 25% of e-waste, by shipping it to deve



Companies \_\_\_\_\_\_e the other 25% of e-waste, by shipping it to developing countries. Here, people \_\_\_\_\_\_f the devices under very bad working conditions. So, reuse, or buy second-hand, before you buy new because soon the planet \_\_\_\_\_\_\_9 under a mountain of e-waste!

Put	t the words in the correct order to make questions. Remember the ca	pital letters and punctuation
а	2030 / will / in / children / how / learn	
Ь	classrooms / there / be / will	
С	phones / get / will / replaced / teachers / with	
d	will / computers / use / children	
е	will / how / children / assess / teachers	
f	poorer / will / schools / help / how / children	
Ma	tch the questions in 3 with these answers.	
а	Schools will give them phones, laptops or tablets.	
b	The classroom will be in their pocket – on a smartphone!	
С	Children will learn on electronic devices.	<u>=</u>
d	They'll use quizzes and progress tests.	
е	They won't disappear! They will design lessons for the electronic devices.	
f	They won't use computers, they'll use phones or tablets.	



## Find ten study words in the wordsearch. Then use each word to complete a sentence.

а	Even native English speakers often use a
	to check both spelling and pronunciation.

- **b** It's not always possible to \_\_\_\_\_\_ new words into your own language.
- **c** If you find an exercise difficult, try to work it out for yourself before you ask your \_\_\_\_\_.
- **d** Many people use bad \_\_\_\_\_\_ in text messages.
- e Playing brain games can improve your \_\_\_\_\_\_.
- **f** Learning to take effective \_\_\_\_\_\_ is an important study skill.

9	Students who want to practise listening to
	extracts can go online and find interesting podcasts.

D	Т	Н	Ε	S	Α	U	R	U	S
1	Ε	Т	M	Ε	M	0	R	Υ	Р
С	G	F	W	Ε	Α	U	D	I	0
Т	Q	R	1	I	Ν	0	Т	Ε	S
1	Т	R	Α	Ν	S	L	Α	Т	Е
0	Υ	Е	Р	М	I	Т	Α	Т	Ε
Ν	W	S	Υ	W	М	Т	Ν	Т	D
Α	V	0	Ν	I	Α	Α	I	С	Q
R	Т	U	Т	0	R	R	R	0	G
Υ	L	В	Ε	U	W	D	Ε	S	Ν

- **h** You can use a \_\_\_\_\_\_ to find words with similar meanings and opposites.
- i In text messages we often use letters and numbers to save time, but in letters and emails we usually \_\_\_\_\_ full sentences.
- j When you learn a new word, make a note of its \_\_\_\_\_ and its pronunciation.

## Circle the correct options to complete the conversation about learning vocabulary.

- **A** Hey, you beat me in the test again! How do / don't a you remember all of the vocabulary?
- **B** Some of my friends use dictionaries, but I do / don't b!
- **A** Why do / don't of you like dictionaries?
- **B** It takes too long to look up a word! I do / don't d use an app on my smartphone, though!
- **A** What app *do / don't* e you use?
- **B** I do / don't f usually use American dictionaries, but I do use Merriam-Webster.
- **A** Why do / don't 9 you like that app?
- **B** It does / doesn't h cost anything because it has adverts.
- A Does / Doesn't it have audio?
- **B** Yes, it *do / does* <sup>j</sup>. It's really helpful to hear the pronunciation.
- A Hmm ... I think I'll download it. I do / don't<sup>k</sup> think you'll beat me next time!



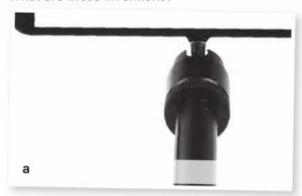
## Read between the lines and circle the correct answer.

- a He wrestled with the tent for a whole hour.
  - 1 It was easy to put up the tent.
  - 2 It was difficult to put up the tent.
- **b** They turned on their torches to light up the path ahead.
  - It was dark.
  - 2 They were lost.
- c Holding my breath, I carefully placed the box on the table.
  - 1 The box contained something fragile and delicate.
  - 2 The box contained something big and heavy.
- **d** He marched down the street with his head held high.
  - He was worried.
  - 2 He was confident.
- e She sighed, took a deep breath and picked up her pen.
  - 1 She doesn't want to write.
  - 2 She wants to write.
- f He said the alphabet aloud as he flicked through the pages.
  - 1 He is reading a book.
  - 2 He is looking in a dictionary.





What are these inventions?









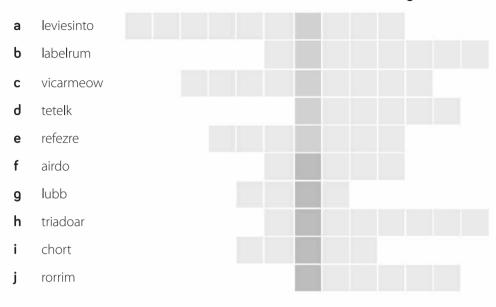
2 Put each gadget in the correct column of the table.

ballpoint pen blender can opener flash drive safety razor stapler toaster toothbrush waterproof radio

Bathroom	Office	Kitchen

water / kettles / boil
in / there / people / were / televisions / than / 2004 / more
with / a / microwave / radiation / cooks
light / a / made / glass / bulb / of / is / out
sun / protect / people / umbrellas / from / and / rain
4% / of / mirror / a / reflects / light / the
food / a / temperatures / freezer / very / preserves / with / low
more / the / week / 200 million / listen / to / than / radio / each / people
a / called / torch / america / a / is / flashlight / in
homes / most / people / radiators / heat / british / their / with

#### Unscramble the letters to make inventions and write them in the grid. What is the mystery invention?



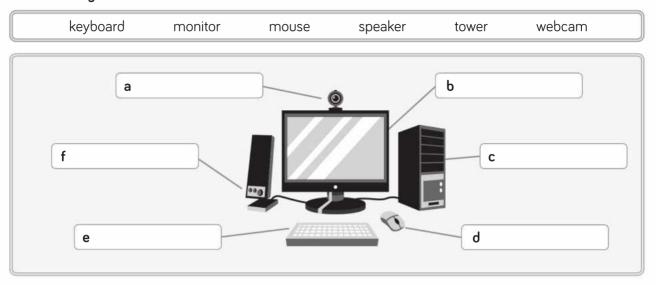




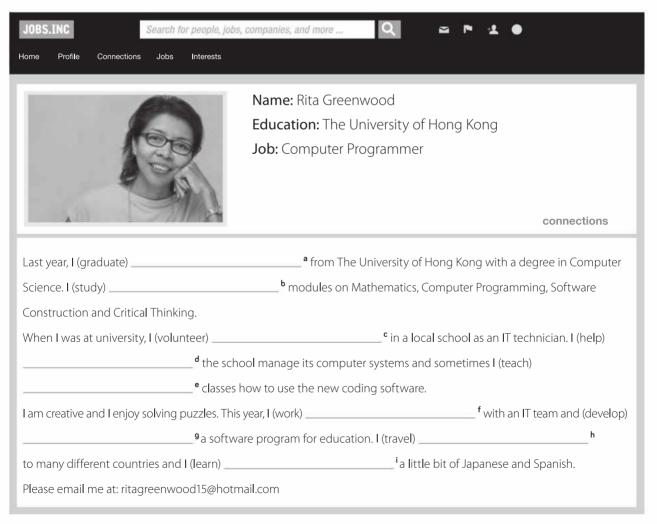
#### Circle the correct option to complete each sentence.

- **a** Twitter is a type of *social / technology* networking.
- **b** A tweet is a *letter / message* using Twitter.
- **c** You can only use a maximum of 280 *letters / words* in your Twitter messages.
- **d** Users can read and *collect / post* tweets.
- **e** Twitter has more than 500 million / hundred users.
- **f** Twitter users can send public, or *global / private* messages.
- **g** A Twitterbot is a computer *screen / program* that automatically posts messages.

2 Label the diagram.



Complete the text with the present perfect or past simple form of the verbs in brackets.



#### Match each question or statement with a response.

**a** Can you send me your details? I'll come!

**b** We need some more paper. I don't know! I'll look in the kitchen.

**c** What time will you get in? Yes, I'll email my CV to you.

**d** The printer ink needs changing. I'll arrive at about midday.

**e** Where are the keys? I'm not sure. I'll check the map.

**f** How do we get to the conference? I'll get some!

**g** Who wants to join me for a coffee? I'll do it!

#### **6** Circle the correct words to complete the telephone conversation.

**A** Hello, this is Red Flag Rescue. How can I help you?

**B** Hello, I've filled / I'll fill a my car with the wrong fuel!

A No problem – it happens all the time! We've helped / We'll help b you get that fixed. What's the make, model and registration number of your vehicle?

**B** I don't know – it's a hired car! Hold on, I've checked / I'll check<sup>c</sup> ...

A No problem, I've held / I'll hold d.

**B** OK, I've checked / I'll checked and it's a Fiat 500 1.3 Multijet, registration WP15 PUY. I'm at Halliford's Garage.

A Thank you. Right, I've sent / I'll send f someone to help you and they've been / they'll be g with you in about 15 minutes.

**B** Thank you, goodbye.





Watch the slideshow Will we ever live on Mars? Match the definitions with the correct word from
the slideshow. Then decide: is each word a noun, verb or adjective?

	Definition		Word	Туре
а	dangerous rays fro	om the Sun	right	
b	hard, protective h	at	generate	
С	correct		radiation	
ŀ	change to suit cor	nditions	helmet	
)	width of a circle		robot	
	continue to live		diameter	
)	necessary and imp	oortant	microbial	
1	relating to very sm	nall life forms	basic	
	produce		survive	
	machine that can	do complex tasks	adapt	
4-	*ah *haauda *a m	aalea mhuaaaa fuuma tha alidaah		
иa		nake phrases from the slidesh	iow.	
1	average	sky		
)	breathable	suits		
:	human	body		
	human	temperature		
!	main	civilization		
	night	facts		
	protective	goals		
)	useful	atmosphere		
	tch the slideshow	from 3:38 to 4:26 again and	complete the text about (	Curiosity.
۷a	d = = ta	out lots of new, u	useful facts	the plan
	iosity		a al	proceliro
Lur	,	measurements of	and	pressure.
Cur t	,		of water and microb	,

2

The four basic human needs are shelter/protection, air to breathe, food and drink. Put each sentence in the correct column of the table below.

Fruit and vegetables will grow in special greenhouses.

Machines will remove salt from the water and make it drinkable.

Oxygen will be used to create a breathable atmosphere inside the life-support units.

People will live underground to protect themselves.

People will wear protective suits when they go outside.

Solar panels will generate electricity for heating.

Special machines will take water from the soil.

The air on Mars is poisonous, so people will live in special 'life-support units'.

Shelter/Protection	Air to breathe	Food	Drink

5	Put the words in t	he correct order	to make sentences and	questions from	the slideshow
	Fut the words in t	ne correct order	to make sentences and	questions mom	the subeshow.

a there / how / get / will / we /?

**b** is / Mars / more / 50 million / than / away / kilometres / !

c detailed / of / different / companies / lots / drawn up / have / plans / .

**d** to understand / worry / find it / if / you / hard / don't / .

**e** be / scientists / can't / all / we / rocket /!

f on / will / Mars / ever / humans / live /?

g Mars / really / live / anyone / to / on / will / want /?

**h** called / a company / Mars One / for / asked / volunteers / .





	Circle	the correct	preposition	to complete	each sentence.
--	--------	-------------	-------------	-------------	----------------

great, but I do miss having colleagues to chat to! \_

- a I work from / in home.
- **b** I work at / in an office.
- c I work from / at a school.
- **d** I work for / to a multinational company.
- e I work with / by myself.
- f I work with / for colleagues.

#### 2 Match each person with a description.

builder	illustrator	nurse	tax advisor	teacher
200				ssful. My colleagues are
marvellous and we I	help each other keep	smiling throug	h the busy night shifts	
I work full-time for a	large multinational c	ompany. My job	is physically hard – the	re's a lot of lifting and movin
materials. Sometime	s I work outside, whic	ch can be pretty	miserable when it is rai	ning in the winter.
	_			
I work part-time and	l share my job with a	another member	of staff. We work in a	large modern building. You
need dedication and	d enthusiasm for this	job and althoug	gh I work part-time, I u	sually have to bring some
home with me				
I work for a small fin	ancial company, whi	ich has five empl	oyees. I work full-time	, from 9 a.m. until 5 p.m. I h
my own small office	. People who are sel	f-employed com	e to us as well as some	e small local businesses.
I'm self-employed a	ACAN DE REE 70	-775 u		AC VI 80 VI W

3	Find eight w	ords about the	workplace in t	the wordsearch.	Then use each	word to complet	e a sentence.
---	--------------	----------------	----------------	-----------------	---------------	-----------------	---------------

М	U	L	Т	ı	N	Α	Т	ı	0	N	Α	L
E	Υ	Р	D	S	С	М	Z	Р	J	L	С	М
F	Υ	G	D	N	0	Р	Н	G	Р	K	L	Υ
L	Z	S	Ν	Т	М	Α	G	С	R	Р	Υ	L
w	Ε	Υ	F	N	Ρ	0	W	0	I	Z	В	Н
P	Α	ı	J	٧	Α	Q	F	Ε	Ν	С	0	Т
L	Н	В	F	٧	Ν	U	U	F	Υ	F	S	F
s	0	Ε	F	R	Υ	U	В	N	I	I	S	Z
С	О	L	L	Ε	Α	G	U	Ε	S	С	Z	L
w	W	R	0	Ρ	С	М	Υ	T	D	Χ	Е	Ρ
Q	I	В	R	С	U	S	Т	0	М	Ε	R	S
A	Ε	ı	J	Χ	Α	ı	S	D	Т	R	Υ	Ε
E	М	Р	L	0	Υ	Ε	Ε	S	Ν	Т	Ε	D

- I chat to my \_\_\_\_\_ when we have coffee breaks.
- **b** She's the \_\_\_\_\_\_, so she has lots of responsibility.
- I have 15 \_\_\_\_\_\_ in my business.
- d This is a small, local
- **e** The number of \_\_\_\_\_\_ visiting our store has increased by 50%.
- f They work in a large, open-plan \_\_\_\_\_
- **g** She works for a large \_\_\_\_\_ company.
- h I don't like work when it's a night \_\_\_\_\_!
- There are three stories. Match the situation, problem and solution for each story.

#### **Situation**

- **a** Charis is a teacher. She works full-time in a busy school.
- **b** I work in a small supermarket. I only get paid \$10 an hour.
- **c** He is working for the family business as a mechanic in his father's garage.

#### **Problem**

- **d** I need to earn more money to pay for a training course.
- **e** She spends a lot of extra time preparing lessons and is exhausted.
- **f** He is unhappy because he has always wanted to be a designer.

#### Solution

- **g** He can talk to his boss and ask for an increase in salary.
- **h** He can enrol in evening classes and study design part-time.
- ${f i}$  She can talk to her head teacher and ask to teach fewer classes.

**Story 1:** a, \_\_\_\_\_\_.

**Story 2:** b, \_\_\_\_\_\_\_.

**Story 3:** C, \_\_\_\_\_\_\_\_.



#### Can you name the famous leaders?

Richard Branson Angela Merkel Jacinda Ardern Indra Nooyi Bill Clinton Nelson Mandela



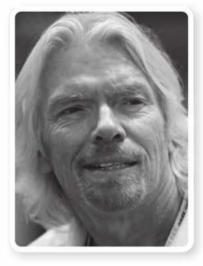




a

b \_\_\_\_\_

C







d<sub>=</sub>\_\_\_\_

e \_\_\_\_\_

f.\_\_\_\_\_

)	if everyone moves forward together then success takes care of itself								
)	if there is r	no communicati	on the tear	n will fail					
:	the team v	vill work best if e	each persor	n knows th	neir role				
J	if people in	n the group thin	ık only abou	ut themsel	ves the team	n will not su	cceed		
•	a team is n	nore likely to suc	cceed if the	objective	is made clea	ar from the s	tart		
	a team is effective if it has a mixture of people with different experiences and skills								
)	if a team h	as a good leade	r conflicts a	and disagre	eements are	solved quic	kly		
e Co	i <del>l</del>	as a good leade text with the venture of the challenge						ı. talk	win
Co	mplete the be iir Alex Fergu	text with the vocablenge	erbs from deal easons lead	the box. ` fail ing Manch	<b>focus</b> focus	ed to change have	ge the form leave h football clu	talk ub. What a	re his
So le	mplete the be  iir Alex Fergueadership se	text with the vocable challenge uson spent 26 secrets? For Fergu	erbs from deal easons lead	the box. ' fail ing Manch	focus focus nester United	have  d, the English	ge the form leave h football clu	talk ub. What a	re his
So le	mplete the be  iir Alex Fergueadership se the coach	challenge uson spent 26 se	erbs from deal easons lead ison, the many	the box. \fail ing Manch anager is t	focus  nester United he most imp	have  d, the English  portant pers	ge the form leave h football clu on in the clu n, if	talk ub. What a	re his
So let	mplete the  be  iir Alex Fergueadership se he coach ny players _	text with the vocable challenge uson spent 26 secrets? For Fergu	erbs from deal easons lead son, the many and contro	the box. \frac{1}{2} ing Manchanager is to the control of the cont	focus  focus  nester United he most imp	have  d, the English bortant pers	ge the form leave h football clu on in the clu n, if	talk ub. What a	re his
So let	mplete the  be  iir Alex Fergueadership se he coach ny players _	challenge uson spent 26 secrets? For Fergu	erbs from deal easons lead ison, the many no contro chis author g views on	the box. \frac{1}{2} ing Manch anager is t I, he ority and c the attitude	focus  focus  nester United he most imp	have  d, the English  portant pers b. In addition	ge the form leave h football clu on in the clu n, if	talk ub. What a	re his

in the longer term.

#### 4 Use the information to write sentences with *if* clauses.

а	Situation	I / have / good idea	Result	tell / my group
Ь	Situation	team member / stay / silent	Result	invite / them to speak
-				
С	Situation	I / don't / understand	Result	ask / speaker / to repeat
				· · · · · · · · · · · · · · · · · · ·
Ь	Situation	everyone / share / their ideas	Result	team / work / effectively
0	Situation	everyone / share / their ideas	Result	team / work / enectively
е	Situation	team member / feel / angry	Result	project / suffer
<del>\$</del>				
f	Situation	people / know / their roles	Result	team / work / well



#### Circle the odd one out.

а	facilitator	helper	supporter	writer
b	individual	collection	mass	group
С	opinion	appearance	idea	thought
Ь	fault	correct	mistake	error
е	result	solution	problem	answer
f	creative	imaginative	old	ingenious

#### Read the text. Then decide: are the statements below true or false?

00	ht	ttp://www.university.com
<b>.</b>		

### Brainstorming on your own

We normally think of brainstorming as something you do in a group. However, group brainstorming doesn't always work.

There are many problems with group brainstorming. If someone is listening to another person too intently, or has to wait to share an idea, they may forget it – this is called 'blocking'. Another problem is that someone may worry too much about other people's opinions and feelings to put forward their idea.

An effective alternative to group brainstorming is 'individual brainstorming'. There are lots of techniques to help you brainstorm on your own. One way is to set yourself a period of time and write down your ideas without stopping and worrying about spelling, grammar or punctuation – this is 'free writing'.

а	The first paragraph introduces brainstorming.	true	false
b	The second paragraph talks about the advantages of brainstorming.	true	false
С	The third paragraph talks about individual brainstorming.	true	false
р	Brainstorming never works effectively.	true	false
е	It's important to write accurately when free writing.	true	false
f	Free writing is a technique for individual brainstorming.	true	false
q	Blocking always happens with group brainstorming.	true	false

#### 3 Correct the sentences. Then match each sentence with the correct explanation.

а	They is in a group.	The pronoun should be I.
b	Do me talk too much?	The punctuation is wrong.
С	This is a group brilliant.	The preposition should be <i>on</i> .
d	What do you think.	The tense is wrong.
е	Yesterday, we have brainstormed.	The article is wrong.
f	We meet at Tuesday.	The word order is wrong.
9	She is a excellent leader.	The subject doesn't match the verb





а	team / a / of / sports / type / a / group / is		
Ь	group / part / of / a / are / neighbours / community		
С	to / people / group / belong / some / blood / the / same		
d	of / discuss / a / book / meet / club / to / members / novels and poetry		
е	person / if / in / support / a / club / you / youre / fan / a / famous		
f	group / the / same / teenagers / are / age / in		
Uns	scramble the letters to make group words and write them in the grid. What is the mystery word?		
а	orpsst		
b	denfishrip		
С	bluc		
	miflay		

The mystery word is \_\_\_\_\_

3	ls e	ach missing w	ord a noun, v	erb or adjective	?				
	а	The people in	my book club	are very		<del>. •</del> ()			
	Ь	We always me	eet in the large						
	С	1	_ my friends h	ere every week.					
	d	Everyone has	to	_ a book.					
	е	Each month,	we read a	book.					
	f	We have	discu	ussions about wh	at we	have read.			
	9	Anyone can jo	oin this						
	h	Members	stuc	dents, mums and	busir	ness people.			
4	Rea	d around the	hiohliohted w	ords. Then deci	de: w	hich meanino	is the best?		
	Main groups There are two main types of group.  Primary groups are clusters of people like families or close friends where there is face-to-face interaction.  Primary groups are the main place where attitudes and values are developed and sustained. A family is a typical primary group.  Secondary groups are those in which members are rarely in direct contact. They usually develop later in life and they don't last for a long time. These groups can be found at work and school. Although group members may have a shared goal, the purpose of the group is about the task instead of the relationships. If a friendship becomes more important than the task, the group becomes ineffective.								
	a b	clusters	collections sizes heights kept alive		d e	rarely	often usually not usually first		
			reduced put away				same different		
	С	typical	famous		f	ineffective	working		

usual

small

not working

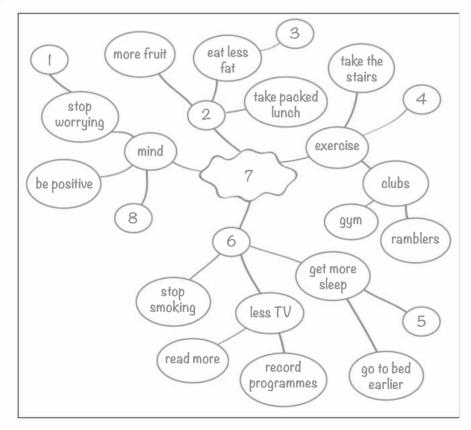
unhappy



#### Circle because, so or as a result to complete each sentence.

- **a** I missed the bus *because / so* I didn't hear the alarm.
- **b** I missed the bus *because / so* I jumped on my bike.
- **c** I cycled really fast *because / as a result* I was late for work.
- **d** I fell off my bike *because / so* I cycled really fast.
- **e** I fell into some mud and *as a result / because* I got very dirty.
- **f** I needed fresh clothes *because / so* I went back home.
- **g** I went back home and as a result / because I was late for work.
- **h** I was late for work *because / so* I lost my job.

#### 2 Complete the mind map. Write the correct number next to each word or phrase.



а	cycle to work	4_
Ь	get healthy	0 <u> </u>
С	habits	
Р	diet	s <del></del> 2
е	no takeaways	
f	new mattress	·
9	video-call family	
h	yoga	



Watch the slideshow What can we learn from ants? Match the definitions with the correct word from the slideshow. Then decide: is each word a noun, verb, adjective or adverb?

	Definition	Word	Туре
а	percentage of something	huge	
Ь	very big	common	
С	part to play	extrovert	
Ь	to show something to others	smoothly	
е	an outgoing and confident person	hire	
f	without any problems	proportion	
9	shared by more than one person	vital	
h	place where people or animals live together	community	
i	to give someone a job	role	
j	very important	demonstrate	

2	Put the words in the correct	t order to make sentences	and questions from the slideshow.
روع	FULLIE WOLDS III LIE COLLEC	t broter to make semences	and questions morn the shoeshow

- **a** is / cooperation / to a / success / team's / key / .
- b others / roles / more / are / difficult / some / than / .
- c '/ never / wingman / leave / your / .'
- **d** to / love / extroverts / skills / demonstrate / their / .
- **e** is also / a big / problem-solving / part / teamwork / of / .
- **f** leaders / team / play / a / role / vital / .
- g strong / you / team player / a / are /?
- **h** what / you / of leader / do / prefer / style /?

Players in acrew and firefighters, are all		team,	doctors and nurse	s, members of a	
			of team	members who	·
Eac	h team	has a r	role. Some roles are	more difficult than others. In a r	restaurant
	- ,	one person chop	os, another	mixes and	another cooks.
The	ey need to coordinate so tl	nat the process _		smoothly from one per	son to another.
	rrect the sentences and correct explanation.  Some leaders can be bos		the slideshow. Th	<b>en match each sentence with</b> The word order is w	
b	This can lead to some team members making stressed.		The preposition is wrong.		
С	So, leaders must know w	So, leaders must know when to stop push.		The verb phrase is wrong.	
d	Overwork can be real pro	oblem.		The verb <i>do</i> is missing.	
е	Getting at the top first is	the goal.		The question word	is wrong.
f	They likes to 'lead by example'.		The subject doesn't	match the verb	
9	How do you think?		The final verb is in t	he wrong form.	

#### **6** Read an extract from the slideshow script. Then decide: are the statements below true or false?

However, despite their reputation, some ants are not great team players. A recent study showed that about a quarter of all ants do very little. Meanwhile, a tiny proportion – about 3% – do most of the work. That's so unfair!

But perhaps the 'lazy ants' are thinking great thoughts. Bill Gates, the former CEO of Microsoft, once claimed: 'I always hire a lazy person to do a difficult job.' Why did he say that? What did he mean?

Sometimes a team member has to speak up if he or she thinks the team is going in the wrong direction. For a lot of people, this can be very difficult.

On the other hand, most teams have an 'extrovert' – a team member who loves to speak up. As often as possible. Extroverts love to demonstrate their skills.

а	Ants are well known for working together.	true	false
Ь	Scientists research ant behaviour.	true	false
С	All ants work equally hard.	true	false
d	Around 25% of ants are lazy.	true	false
е	Bill Gates thinks that people who seem lazy can be good at their jobs.	true	false
f	People always tell their boss when they see a problem.	true	false
9	Extroverts are very confident.	true	false
h	Extroverts only speak when they have something important to say.	true	false





#### Healthy or unhealthy? Circle the odd one out.

а	orange	sugar	banana	apple
Ь	cycling	running	walking	studying
С	carrot	sweets	cake	chocolate
d	coffee	water	cola	tea
е	worry	sleep	sadness	anger
f	cycle	drive	walk	roller skate

## These things can help keep you fit. Can you guess what they are? Use words from the box. (You won't need all of them.)

bike exercise ball football hand weights pedometer punchbag resistance band roller skates rowing machine running machine skipping rope skis tennis racket trainers yoga mat

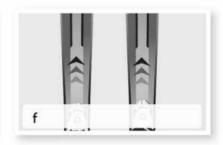












3	Put the words in the correct order to make statements and/or questions. Remember the capital letters
	and punctuation.

- a healthy / running / is
- b keeps / every day / walking / healthy / you
- c you/doing/is/yoga/for/good
- **d** relaxing / yoga / doing / is
- e eating / is / fruit / you / good / for
- f for / lots / sugar / is / you / eating / bad / of

#### Circle the correct gerunds to complete the magazine article.

## Are Smoothies Good or Bad?

In recent years, drinking / growing<sup>a</sup> smoothies has become increasingly popular. What could be unhealthy about finding / mixing<sup>b</sup> together fruit? Surprisingly, a fruit smoothie is full of natural sugars, containing / replacing<sup>c</sup> over 130 calories per cup. As a result, containing / replacing<sup>d</sup> fruit with vegetables may be a better option. However, for many people, drinking / liking<sup>e</sup> a cup of blended spinach or broccoli is pretty disgusting! Adding /



Replacing<sup>f</sup> sugar or honey will make your vegetable smoothie taste better – but also unhealthy again. In my opinion, eating / drinking<sup>a</sup> whole fruit and mixing / drinking<sup>b</sup> water is the only way to keep healthy.

#### **(5)** Write sentences with *like* or want to. You may need to change the form.

Bob	sleep	eight hours		
Jo	jogging	park		
Не	drinking	fizzy drinks		
They	go on	diet		
We	swimming	sea		
She	do	yoga		

а	
h	
U	
С	
d	
e	
-	



#### Complete the tips for achieving a better work-life balance with the words from the box.

	emails	employer	limit	meals	perfect	sleep	time	work	
а	Get plenty of		at nigl	ht.					
b	Always stop fo	r							
С	Be prepared to	say 'No' to your							
Ь	Prioritize your t	tasks and give th	em a time						
е	Leave work at	S	; don't	take it home	<u>.</u>				
f	Don't look at _		after 6	p.m.					
9	Make	for	exercise; it	boosts your	energy levels.				
h	You don't have	to be		_, just be god	od enough.				

#### 2 Match each question with a response.

а	Do you have to wear a suit?	Yes, and you have to do a teaching course.
b	Can you leave work early?	No, but you have to be fit and enthusiastic!
С	Do you have free weekends?	You can't use it in the classroom.
Ь	Can you use your phone?	No, you have to eat in the staffroom.
е	Do you have to hold a degree?	No, you have to stay until the end of the day.
f	Can you eat and drink in class?	You usually have to work on Saturdays and Sundays.
9	Do you have to be healthy?	No, you can wear any smart clothes.

## 3 Use *can't* to write about the signs using verbs from the box. (You will need to use one verb more than once.)



#### 4 Find words in the text with the same vowel sound as can and can't.

fires

I went to see the doctor six months ago. She said I needed to be more active if I wanted to have a healthy heart. After that, I started going to the gym and I began cycling to work. I also changed my diet. I eat lots of vegetables, I only drink water or tomato juice and I never eat fatty or sugary foods. Now, I'm halfway to my goal of losing 20 kg and I feel calm and confident!

can	can't
	,





#### Match each health trend with a description.

**b** acupuncture food eaten by early humans

**c** hypnotherapy exercises to improve strength, flexibility and posture

**d** barre workout fine needles are inserted in the skin at specific points

**e** meditation the act of quiet reflection

**f** paleo diet creating a relaxed state of mind open to suggestion

#### 2 Unscramble the letters to make health-related words. Then find them in the wordsearch.

а	ssrste	

Ь	boystie	7

S	С	W	R	K	N	M	Q	N	0
Т	Ν	Н	R	L	Р	Н	0	W	В
R	Ε	Р	Ε	Ε	W	I	Q	S	Ε
Е	U	Χ	Ε	M	Т	Q	Т	V	S
S	٧	L	Ε	U	I	M	Н	Q	I
S	S	Ο	L	R	F	С	Т	R	Т
Т	M	L	U	Α	С	С	Α	S	Υ
S	0	Υ	٧	В	Р	I	W	L	Z
Р	S	D	1	Ε	Т	Z	S	I	S
L	I	F	Ε	S	Т	Υ	L	Е	Н

#### Read the article. Then decide: are the statements below true or false?

#### **City or Country?**

Nowadays, many people are choosing to leave the city and search for a healthier lifestyle in the country. Thanks to technological advances, many people are able to work far away from the office. But is it really healthier living in the countryside?

It's true that in rural areas, violent crime rates are lower. Also, air quality is better and there are fewer fast-food restaurants. As a result, there are fewer deaths from cancer and heart disease. However, some research challenges the idea that rural life is healthier. For example, adults in urban areas smoke less and are more physically active. While there are fewer people living in



the country, there are twice as many vehicle deaths than in the city. This is largely because it takes longer to reach medical services. In addition, urban residents have easy access to doctors and indoor fitness opportunities. Finally, life in the countryside can be very lonely and suicide rates are higher than in the city. So, maybe we should all stay healthy by staying in the city!

а	Computers make it easier for people to move to the countryside.	true	false
b	There is less air pollution in the city.	true	false
С	In the city, there are more deaths from heart disease.	true	false
Р	There are more cases of cancer in the country.	true	false
е	People are more active in the countryside.	true	false
f	There are fewer vehicle deaths in urban areas.	true	false
9	There are more suicides in the countryside.	true	false

Read the text in 3 again. Find three positive and three negative factors about living in the city.

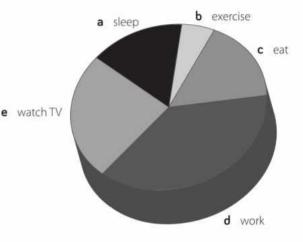
Positive factors	Negative factors

# 10 Health & safety



- Use more or less to give advice to Sarah about her lifestyle.
  - a She should sleep \_\_\_\_\_\_
  - **b** She should exercise \_\_\_\_\_.
  - c She should eat \_\_\_\_\_
  - **d** She should work \_\_\_\_\_\_.
  - e She should watch TV \_\_\_\_\_\_.

Sarah's Typical Day



- Put the words in the correct order to offer some advice. Remember the capital letters and punctuation.
  - **a** A I like takeaways.
    - **B** home / at / should / you / cook
  - **b** A Leat a lot of meat.
    - **B** should / more / vegetables / you / eat
  - c A I watch TV every evening.
    - **B** you / TV / evening / every / watch / shouldn't \_\_\_\_\_
  - **d** A I always take the lift.
    - B take / should / the / you / stairs
  - e A l always drive to work.
    - B should/cycle/you/work/to
  - **f** A I drink a lot of coffee at work.
    - **B** much / shouldn't / so / coffee / you / drink

#### 3 Complete the creative thinking words and write them in the grid. What is the mystery word?

а	a negative feature of something	di
Ь	the thing you want to solve	pr
С	a different idea or option	al
Ь	to judge	ev
е	a way of working without waste	ef
f	a creative thought	id
9	your aim or target	go
h	a benefit or positive point	ad
а		
u		
Ь		
С		
Ь		
е		
f		
9		
h		

The mystery word is \_\_\_\_\_\_



#### Use the internet or guess: are the work-related facts true or false?

а	The pencil became common in the 12 <sup>th</sup> century.	true	false
Ь	It is impossible to fold A4 paper in half more than seven times.	true	false
С	If you keep elastic bands in the fridge, they last longer.	true	false
d	In America, there are fewer absences on Tuesdays than the other days of the week.	true	false
е	Every worker in the UK is allowed three months' paid sick leave.	true	false
f	Ninety-two per cent of workers in Australia are not Australians.	true	false
9	If you are a typist, your fingers travel more than 20 km each day.	true	false

	VVII	te an appreviation for the boto words and phrases.
	а	What's your date of birth?
	Ь	It's 3 in the <b>afternoon</b> .
	С	Please reply as soon as possible.
	Ь	She is the <b>Chief Executive Officer</b> of the company.
	е	He plays sports, <b>for example</b> , squash and badminton.
	f	I'm just going to the <b>bathroom</b> .
3	Rea	nd the notes about how to live longer. Write them as full sentences.
		a if stressed out → probably get sick
		b sitting \squall all day bad for you
		c should ½h exercise / day
		d eat lots toms, veg, fish, grains
		e keep learning + trying new things
		f shouldn't smoke = cancer + lung disease
	а	
	Ь	
	С	
	Ь	
	е	

#### Read the text. Then answer the questions about malaria below.

Just one single bite from a mosquito is enough to infect a person with malaria – a serious tropical disease, killing around 400,000 people each year. In fact, according to the World Health Organization, a child dies from malaria every two minutes.

While there is no cure, there are excellent ways to avoid getting the disease. Early diagnosis reduces disease and prevents death. Sleeping under nets sprayed with insecticide can protect people most at risk, such as children and pregnant women, and when at least 80% of houses are sprayed with pesticide, malaria cases drop rapidly.



Until a reliable vaccine is created, malaria will continue to be a significant problem for many communities and many businesses. In Sub-Saharan Africa, more than 72% of businesses are seriously affected by malaria and workers being off sick.

а	How many people does malaria kill each year?	<u></u>
b	What is WHO?	
С	What are the cures for malaria?	<u> </u>
d	What are two ways to prevent malaria?	
e	How can homes be protected?	
f	Where are 72% of businesses affected?	
n	Why is malaria a problem for businesses?	



## Watch the slideshow What's good for you? Match the definitions with the correct word from the slideshow. Then decide: is each word a noun, verb or adjective?

	Definition	Word	Туре
а	a harmful substance	daily	
b	can be trusted	evidence	
С	happening once a day	digest	
Ь	signs that show something is true	celebrities	,
е	to absorb into the body through the stomach	toxin	
f	a unit of weight	syrup	
9	a mixture of sugar and water	reliable	
h	famous people	gram	

#### 2 Circle the correct word to complete each sentence from the slideshow.

- **a** Cholesterol from our food doesn't end *about / back / down / on / to / up* in our blood.
- **b** Eat sensibly and listen *about / back / down / on / to / up* health advice from reliable sources.
- **c** Let's go *about / back / down / on / to / up* into the past and take a look at some 'healthy' diets.
- **d** The acid in the grapefruit breaks *about / back / down / on / to / up* the fat.
- e It's so hard to keep about / back / down / on / to / up.
- **f** Find a diet that makes you feel happy and healthy, and stick *about / back / down / on / to / up* it.
- **g** Followers of the diet believe that if you eat a grapefruit together with fatty foods, you won't put about / back / down / on / to / up weight.
- **h** It makes sense, when you think *about / back / down / on / to / up* it.

m the box.
ш

	believe grapefruit	evidence healthier	fans popular	fatty weight	
The	e 'grapefruit diet' was		in Hollywood	in the 1930s – and it st	ill has
		today. Followers of	the diet	that	if you eat a grapefruit
tog	ether with	foods	s, you won't put on		
		breaks down the far	Nice try! But there	e is no	that
this	diet makes people				
Со	rrect the sentences from	n the slideshow. TI	nen match each s	entence with the corr	ect explanation.
а	In fact, 90% of the cell ir	n our bodies are not	human!	An adjectiv adverb is n	ve is used where an eeded.
b	Imagine the variety of n	nicroorganisms inside	e your stomache.	There is a s	pelling mistake.
С	Eat sensible and listen to	o health advice from	reliable sources.	One of the not plural.	nouns is singular
d	Don't go crazy worry ab	oout your diet.		The superla	ative adjective is wrong.
е	Know you're body.			A verb is in	the wrong form.
f	Listen at it.			– An article is	s missing.
9	Find diet that makes you	u feel happy and hea	lthy.	— The posses	ssive pronoun is wrong.
h	Your health is the impor	tantest thing you ha	ve.	– A prepositi	on is wrong.
				_0	

#### Choose the best ending to each sentence.

a Since the 16th century, opinions about diet haven't changed at all.

have changed a little bit. have changed a lot.

**b** Celebrities are usually less healthy than other people.

often try new diets.

study science so they can eat healthy food.

**c** The speaker thinks it is expensive to stay up to date with science.

boring to stay up to date with science. difficult to stay up to date with science.

**d** The speaker thinks it is unsurprising that everyone digests food differently.

disappointing that everyone digests food differently. very strange that everyone digests food differently.

**e** The speaker thinks you should think about eating healthy food all the time.

not worry about eating healthy food too much. read everything you can about healthy food.

**f** The speaker thinks you should read everything you can about diets.

all diets are equally good for you.

it's important to find the right diet for you.

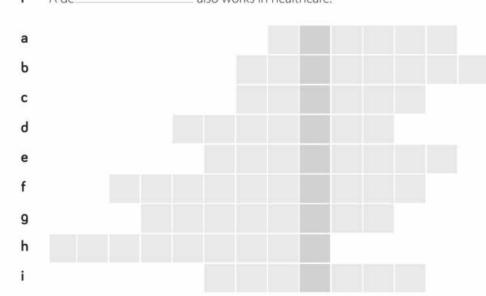
## 11





1	Which jobs complete the sentences? Write them in the grid.	What is the mystery job?
---	--	--------------------------

- **a** A b\_\_\_\_\_ works in the financial services sector.
- **b** As works in construction.
- **c** A d works in the healthcare sector.
- **d** A t\_\_\_\_\_\_ works in education.
- e A web d\_\_\_\_\_\_ works in IT services.
- f An a\_\_\_\_\_\_ works in financial services.
- **g** A petroleum e works in the energy sector.
- **h** A pa\_\_\_\_\_\_ works in the healthcare sector.
- i A de also works in healthcare.



The mystery job is \_\_\_\_\_\_.

#### Read the text. Then decide: are the statements below true or false?

## **BUILDING SURVEYOR**

**1 ROLE** The job involves giving advice on property and construction. Building surveyors prepare plans and advise clients on property issues. When inspecting buildings they may need to work outside in cold, wet conditions.

3 SALARY Average salaries fall between £22,000 and £26,000. However, at the top end, company partners can earn around £70,000, or more.

true

true

true



**2 ENTRY REQUIREMENTS** Building surveying is open to graduates of all subjects. On entry to the profession, they complete two years of on-the-job training before becoming fully qualified.

This job is in the construction sector.

Surveyors work outside all of the time.

You have to have a Maths degree to become a surveyor.

**4 HOURS OF WORK** Building surveyors usually work from 9.00 a.m. to 5.00 p.m., Monday to Friday. Some employers may require them to be on a 24-hour emergency call-out rota. Self-employment and consultancy work is possible and this can provide more flexibility.

false

false

false

	Ь	The employer trains them for two years.	true	false	
	е	Most surveyors earn around £70,000 per annum.	true	false	
	f	They usually work an eight-hour day.	true	false	
	9	Sometimes, they may have to work at night.	true	false	
)	Look at the job description in 2 again. Which section would each sentence below fit into Write the number.				
	а	Pre-entry experience is highly recommended.			
	<b>b</b> Tasks include determining the condition of buildings, dealing with planning applications and advising on energy efficiency.				
	С	Chartered surveyors can earn nearly twice this amount.		-	
	d	<b>d</b> Extra hours may be required to liaise with clients and meet project deadlines.			
	е	In the London area, this amount may be higher.			
	f It can include residential, commercial, industrial, leisure and agriculture projects.				
	9	A degree in Geography, Science or Mathematics is an advantage.			

Surveyors work in an office, but sometimes they have to visit construction sites.

h

3

#### Sort the employee goals. Write each letter in the correct column of the table.

- **a** I want to use my knowledge and skills in my job.
- **b** Before I'm 50, I'd like to set up my own business.
- **c** My plan is to move into a position of responsibility where I can lead a team.
- **d** As a new graduate, I simply want to start getting some experience in the field.
- **e** One day, I plan to return to university and study for an MBA.
- **f** My aim is to be a marketing manager in the next ten years.
- **g** I would like to work in a job that I enjoy.
- **h** My goal is to earn enough money to buy a car.

Short-term goals	Long-term goals
<u> </u>	<u> </u>
- F	-
-	·



# Put the words in the correct order to make questions and answers. Remember the capital letters and punctuation.

а	abroad /	aoina/	are /	work /	vou / to

Carla:

**b** no / in / i'm / going / stay / to / spain

Maria:

**c** companies / apply / you / going / to / are / to / international / any

Carla:

**d** going / send / an / to / yes / i'm / madrid / repsol / in / to / application

Maria:

**e** you / going / groups / to / join / any / networking / are

Carla:

f to / profile / going / my / add / linkedin / to / i'm

Maria:

2 Which verb isn't part of the infinitive? Circle the odd one out.

**a** see apply go working

**b** had write be visit

**c** talk went listen work

**d** made buy offer add

**e** pay live doing employ

**f** answer hope enjoys put

**g** ask said read bring

3 Complete the sentences with the correct form of the verb be.

**a** They \_\_\_\_\_ going to buy a new house.

**b** We \_\_\_\_\_ going to travel to Malaysia.

**c** She \_\_\_\_\_\_ going to get married.

**d** I \_\_\_\_\_ going to visit my family.

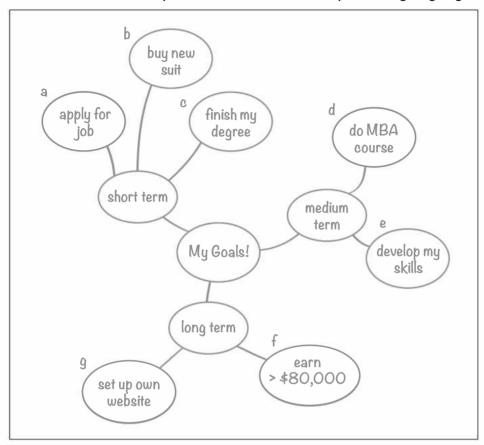
**e** Mary and Jen \_\_\_\_\_\_ going to see a film.

**f** Next week, I \_\_\_\_\_\_ going to leave my job.

**g** Before his 60<sup>th</sup> birthday, he \_\_\_\_\_\_ going to do a parachute jump.

**h** On Friday, my brother \_\_\_\_\_\_ going to start university.

#### 4 Look at Khalid's mind map. Write sentences about his plans using be going to.



	Short-term goals	
a		
b		
c		
	Medium-term goals	
d		
e		
	Long-term goals	
f		
9		



#### Match the interview questions and answers.

а	How did you hear about this job?	I have a degree in Maths.
b	Why do you want to work here?	Yes, I spent three months as an intern at Sparx.
С	What qualifications do you have?	This is a respected, international company.
d	Can you speak any languages?	Right now, I simply want more experience in the field
е	Do you have any work experience?	I was part of our university team, which won UKIEPC.
f	What are your long-term goals?	I met one of your colleagues at a careers conference.
9	What are your short-term goals?	I would like to move into a position of responsibility.
h	What is your greatest achievement?	Yes, I'm fluent in French and English.

#### 2 Find nine adjectives in the wordsearch. Then use each word to complete a sentence.

а	Someone who always tells the truth	В	Е	G	В	D	F	Т	Υ	G	0	K	R
	is	М	Ν	R	Α	1	Р	W	Ν	G	Н	0	K
b	Someone who has good manners	0	Τ	L	С	S	G	I	Р	U	٧	Υ	Т
	is	Т	Н	٧	٧	Н	R	Р	W	S	Χ	Ν	0
С	Someone who has bad manners	1					U						W
	is						٧						D
الم		A	I	U	Т	Ε	1	Ν	1	K	S	I	D
Р	Someone who only wants to talk about themself	Т	Α	С	R	S	W	F	D	Ε	V	Q	R
	is	E	S	G	Т	Т	Ν	С	Ν	K	Υ	Χ	U
е	Someone who never changes their mind, even						Ρ						
	if they are wrong is						Н						Е
f	Someone who works hard to achieve their goals	J	С	S	Т	U	В	В	0	R	N	Q	N
	is												
9	Someone who always feels positive about themselves is _												
h	Someone who often tells lies is												
i	Someone who always shows interest and excitement is												

#### Read the text. Then circle the correct word to complete each sentence below.



# Active listening

During an interview, it's very important that you are an active listener. This involves listening with all of your senses and making sure the speaker can see that you are listening.

Here are five active listening skills, which you can start using right now. The first way to show you are paying attention is simply to smile. This, combined with nodding the head shows that you are following what is being said.

Next, make sure that there is some eye contact and that you look at the speaker regularly.

A third skill is called mirroring. This involves copying the facial expressions and body shape of the speaker – we often do this unconsciously.

Another active listening skill is related to your posture. Make sure your body language doesn't suggest you are bored! Try to lean forwards slightly and tilt your head a little to the side.

Finally, don't get distracted! It will appear rude if you start fidgeting or looking at your watch!



- **a** Active listening is *showing / telling* the speaker that you are listening.
- **b** The first active listening skill is to smile and pay attention / nod.
- **c** The listener should look at the speaker *constantly / often*.
- **d** Sitting in the same position as the speaker is an example of *mirroring / posture*.
- **e** We often copy the speaker's expression without *knowing / seeing*.
- **f** You will look bored if you sit forwards / backwards.
- **g** Keep your fingers and hands *still / busy* during the interview.

# 12 Future plans

# 12A

#### Can you guess the international universities?

Harvard University, USA King Fahd University, Saudi Arabia The University of Hong Kong The University of Tokyo, Japan University of Cambridge, UK University of Melbourne, Australia







a



b



С



d \_\_\_

e

f

#### Match each first conditional clause with the rest of the sentence.

a If I study in Denmark,

when you graduate.

**b** I'll miss my family

if you go overseas.

c In September, you'll feel thrilled

I'll pay less for tuition fees.

d You'll gain confidence

I'm not going to buy my ticket.

If my visa hasn't arrived,

you graduate next year.

f I'll study in Denmark when

if I study in America.

**q** You'll be fluent in Danish when

I'm in my second year.

#### 3 Find a word in the article that fits each definition.

### FIVE TIPS FOR MOVING ABROAD

#### 1 Find out!

Do some research about moving to your new destination. Do you need a visa? How do you set up a bank account? What happens about taxes? Use the internet to find out about transport and desirable places to live.

#### 2 Have a holiday

Before you commit to a new life abroad, visit your destination on holiday. Spending time there will help you understand the advantages and disadvantages of your new home.

#### 3 Handle your health

If you have any health problems, try to sort them out before you leave. If you wear glasses or contact lenses, get a spare set. If you take medication, will you have enough to last you the first few weeks? Get proof of any vaccinations you've already had and check whether you need any boosters.

#### 4 Know your rights

You will need to familiarize yourself with local laws and understand your rights. Issues such as working hours, holidays and your freedom to travel may be different and



there may be lots of legal paperwork such as contracts, resident or work permits to fill out. Will you be able to drive using your existing license? Will you need to register with your embassy?

#### 5 Save, save, save!

It's always wise to have a bit of extra money put by. This could get you home in an emergency, pay for unexpected bills or be used to treat yourself when you feel homesick.

	а	a noun meaning 'a place yo	ou intend to travel to'	-
	Ь	an adjective meaning 'some	ething you want because it's attractive'	<u> </u>
	С	a verb meaning 'to make a	serious and dedicated action'	
	Ь	an adjective meaning 'extra	or 'additional'	
	е	a verb meaning 'to gain kno	owledge or understanding'	
	f	a verb meaning 'to formally	make yourself known'	-
	9	an adjective meaning 'miss	ing home' or 'lonely'	
4	Loc	ok at the clues and comple	te the first conditional sentences.	
	а	(take / spare / glasses)	If I go abroad,	
	Ь	(video-call / family)	If I'm homesick,	
	С	(visit / holiday)	1	, she'll learn more about the country.
	Ь	(save / money)	ē-	, they'll be prepared for emergencies.
	е	(move / Middle East)	He'll register with the embassy	е
	f	(use / internet)		, we'll find desirable places to work.

# (12B)

Tick the	five t	hinas t	o includ	le in v	our	cover	letter.
11011 1110	11100	······go ·		, ,		<b></b>	

а	relevant experience	
b	negative opinions about your previous boss	
С	information about family and friends	
d	where you saw the job advertised	
е	thank you	
f	qualifications you don't yet have	
9	reason for writing	
h	your skills	
i	description of your appearance	
i	why you left your last job	

#### 2 Match each feature of a cover letter with an example.

a your career goals I would like to take on a position of responsibility.

**b** greeting I'm well organized and I enjoy solving practical problems.

**c** sign-off Currently, I am Public Spaces Officer for Rutland Council.

**d** what you are doing now I've designed a sensory garden for the local hospital.

**e** your relevant experience Yours faithfully,

**f** your personal qualities Dear Sir/Madam,

	ely to see you!	<b>f</b> What	e's up?			
<b>b</b> Would y	ou mind lowering the no	oise? <b>g</b> I wish	n you the very best of luck!			
<b>c</b> Shut up! <b>h</b> Right, I've gott			r, I've gotta go!			
<b>d</b> Lots of lo	ove, Jane	<b>i</b> Sorry	, but I have to go now.			
<b>e</b> All the b	est!	<b>j</b> Yours	s sincerely, J Frankum			
	Function	Formal register	Informal register			
Letter sign	ing off	·				
Greeting		<u></u>	<u> </u>			
Finishing a	conversation		<u></u>			
Requesting	g less noise	· · · · · · · · · · · · · · · · · · ·	<u> </u>			
Wishing so	meone luck					
€25,000 €250,000 <€25,000 >€250,000 €2,500,000 €2,500 <€20,000  two thousand, five hundred euros eighteen thousand euros twenty-five thousand euros two hundred and fifty-five thousand euros two hundred and fifty thousand euros two million, five hundred thousand euros						
	o hundred and fifty-five	thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros			
two	twenty thousand eur	uros eighteen thousan thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros , five hundred thousand euros			
	twenty thousand eur	uros eighteen thousan thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros			
two	twenty thousand eur	uros eighteen thousan thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros , five hundred thousand euros			
Orde	twenty thousand eur	uros eighteen thousan thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros , five hundred thousand euros			
Orde  1 (highest)	twenty thousand eur	uros eighteen thousan thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros , five hundred thousand euros			
Orde 1 (highest) 2	twenty thousand eur	uros eighteen thousan thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros , five hundred thousand euros			
Orde 1 (highest) 2 3	twenty thousand eur	uros eighteen thousan thousand euros tw	d euros twenty-five thousand euros o hundred and fifty thousand euros , five hundred thousand euros			

7 (lowest)

3 Read the expressions. Then write each letter in the correct column of the table.

# (12c)

Watch the slideshow Are you in control? Match the definitions with the correct word from the slideshow.

Wa	atch the slideshow <i>Are you in control?</i> Match the defin	itions with the correct word from the slideshow.
	Definition	Word
а	a natural way to behave	ignore
Ь	hard or tough	obstacle
С	one part of a series	instinct
Ь	something that makes reaching a goal more difficult	overcome
е	to think hard about only one thing	episode
f	to pay no attention to something	outcome
9	a result	concentrate
h	to get around a problem or difficulty	strict
Со	mplete the paragraph about the marshmallow test.	
Res	search shows that people who can think long term are mo	re successful in
the	rir goals. But how can wethis	
On	e way is the marshmallow test. A child is	in a room with a marshmallow.
She	e is told: ' ahead, eat the marsh	nmallow. But if you can
for	15 minutes, you can have two.'	
Car	n you what usually happens?	The marshmallow test
ho	w much self-control someone has. Or doesn't	Children and adults
	that different.	
Ма	tch the sentence parts to make sentences about the F	Pomodoro Technique.
а	Set a stopwatch or kitchen timer	with yourself.
Ь	Start working	but work.
С	Be strict	on your assignment.
Ь	For 25 minutes, do nothing	your emails.
е	Take five	back to business for 25 minutes.
f	Return that call, or check	minutes off.
9	When the alarm rings, it's	should take a longer break.

to 25 minutes.

Every four rounds you

#### 4 Correct the sentences from the slideshow. Then match each sentence with the correct explanation.

а	Generally, animals don't much plan ahead.	A preposition is wrong.
b	Squirrels hide foods to eat in the winter.	One of the nouns is plural not singula
С	At the other hand, chimpanzees can think ahead.	The word order is wrong.
d	If you offered a chimp a banana, he will eat it.	An article is missing.
е	The chimp choses the stick.	— The comparative adjective is wrong.
f	The chimp have self-control.	The subject doesn't match the verb.
9	He can imagine a gooder result.	The first verb is in the wrong tense.
h	What clever chimp!	There is a spelling mistake.

#### 6 According to the speaker, are the sentences true or false?

а	Older people usually plan for the future more than younger people.	true	false
b	Young people are often too busy working hard to make plans.	true	false
С	It's helpful to have a clear idea of what we want from life.	true	false
d	Everyone has the same desired outcomes.	true	false
е	Everyone should choose only one desired outcome that they want from life.	true	false
f	Imagining how we will feel when we achieve our goals can be very motivating.	true	false
9	Desired outcomes are used in neuro-linguistic programming.	true	false
h	Once we have identified our goals, we don't need to make plans.	true	false

# Language reference

These reference pages give you more details about the grammar focused on in the course book units. Refer to these pages when you do your workbook exercises. They are a good way to revise and make sure you understand how to use all the key language from the course.

The notes show how to form sentences using grammatical structures and how these forms change. They also give details of exceptions and tricky areas.

The notes also give clear examples of how language is used in complete sentences and exchanges. You can use and adapt these examples to develop your own sentences and conversations.



# Units 1 & 2

#### Using talk, say, tell and speak

These words are often confused as they have very similar meanings, but there are rules about how we use each one. We use talk + to when we are talking to a person or an audience.

**Examples** Who did you talk to when you were out?

I get nervous about talking to big audiences.

We use say to report someone else's speech, to ask someone what they said and before a message.

**Examples** James said he was worried about the exam.

What did the teacher say when you were late?

Amy says she is a good runner.

We use tell with instructions or orders, or when we report information given by someone else, or with certain phrases.

**Examples** The teacher told us to sit down.

Stella told me about her family.

Will you tell me a joke?

We use speak with languages or adjectives.

**Examples** Conor speaks French and German.

You speak too fast!

#### Past simple

#### Regular verbs

We add -ed to the verb to make the past simple.

There are a few exceptions for regular verbs:

- · When the verb ends in 'e' we do not add another 'e'.
- We change the 'y' at the end of a verb to an 'i'.

- We add a consonant to verbs that end in a stressed vowel and consonant.
- We add an 'I' to a verb that ends in a single 'I'.

Verb	Past simple	
laugh	laughed	
live	lived	
study	studied	
stop	stopped	
equal	equalled	

#### Irregular verbs

Irregular verbs have a variety of endings. Some verbs do not change. Some verbs change but do not follow a pattern.

Verb	Past simple	
hit	hit	
go	went	
have	had	
ring	rang	
see	saw	

#### Negative

We use did not or the short form didn't with the verb to make the negative form of the past. We do not change the verb ending.

Example I didn't talk to my teacher.

#### Questions

We use did with the verb to make questions. We do not change the verb ending.

Example

- Did you go to town yesterday?
- Yes, I did./No, I didn't.

#### The verb be

The verb be has the following forms.

Subject	Past simple	
I	was	
You	were	
He, She, It	was	
We	were	
They	were	

#### Negative

We use the past form of be + not to make negative sentences. We use was not or were not or the short forms wasn't or weren't. We do not use didn't.

**Examples** He wasn't at home last weekend.

We weren't ready for the exam.

#### **Ouestions**

We use the past form of be to make questions. We do not use did.

- Was the talk interesting yesterday?
- Yes, it was./No, it wasn't.
- Were you surprised by the news?
- Yes. I was./No. I wasn't.

#### Present simple and present continuous

We use the present simple to talk about everyday things that are generally true.

**Examples** I study for about four hours every day.

My friends live in an apartment near my house.

We use the present continuous to talk about current activities.

Example We are waiting for a train. It's already ten minutes late.

Some verbs are not usually used in the present continuous.

**Examples** They want to buy a new car. not They are wanting ...

I need a new watch. My old one is broken. not Ham needing ...

#### **Positive**

Subject	am/are/is	Verb
I	am	doing a part-time job.
You	are walking very quickly	
She	is	trying to start her car.

#### Negative

Subject	am/are/is Verb	
1	'm not	waiting any longer.
You	aren't	walking very quickly.
She	isn't	watching TV.

#### **Ouestions**

Am/Are/Is	Subject Verb	
Am	I	being helpful?
Are	they	working at home today?
ls	he	wearing a new jacket?

#### Present continuous for future arrangements

As well as using the present continuous tense to talk about things that are happening now, we can also use it to talk about future plans and arrangements. We usually use the present continuous to talk about plans we have already made or agreed.

**Examples** Are you seeing Harry tomorrow?

I'm visiting my cousin on Friday.

The boys aren't playing football this weekend.

# Units 3 & 4

#### Present perfect

We use the present perfect to talk about personal experiences. We form the present perfect with has or have and the past participle.

We form the past participle with -ed for regular verbs. There are various verb endings for irregular verbs.

**Examples** I've lived in five countries.

I've driven over 2,000 miles around the States.

#### **Positive**

Subject	has/have	Verb
I, You, We, They	have	met lots of interesting people.
He, She	has	seen all of Shakespeare's plays.

#### Negative

Subject	hasn't/haven't	Verb
I, You, We, They	haven't	been to Tibet.
He, She	hasn't	eaten raw fish before.

#### Questions

Has/Have	Subject	Verb
Has	he, she	studied French?
Have	I, you, we, they	read any books by Franz Kafka?

#### Verb phrases

Verb phrases are made from a verb + a preposition. There are no rules about which prepositions go with which verbs, so you need to learn the phrases and practise using them as much as possible. Here are some common verb phrases. go for, ask about, talk about, think about, look after, look for, look into, stay at, stay in

**Examples** Joe asked me about my holidays.

Can you look after my cat while I'm away? He rarely stays at home on Saturdays. We stayed in a huge hotel near the sea.

#### Present perfect and past simple

We use the past simple to talk about a finished past event.

**Example** The population of the UK went up by 100,000 people last year.

We use time phrases like these with the past simple: last month, five years ago, in 1960.

We use the present perfect to talk about an event that started in the past and may continue into the future.

**Example** The population of Japan has dropped recently.

We use time phrases like these with the present perfect in this way: recently, since yesterday, several times.

We also use the present perfect with some verbs to talk about a recently completed activity.

**Examples** I've finished my homework.

She's just come back from holiday.

#### Language reference

We use time phrases like these when we use the present perfect in this way: already, just.

We also use the negative form of the present perfect to talk about an activity that will be complete soon.

Examples I haven't eaten my lunch.

She hasn't seen The Intern yet.

We often use the time word yet in such sentences.

# Units 5 & 6

#### Using will and won't for predictions

We use will and won't to talk about possible future events.

**Example** A Will robots become common household items?

B Yes, they will./No, they won't.

We often use think with will.

**Example** A Do you think people will stop buying books?

B Yes, I think they will.

To make negative predictions we make think negative.

**Example** Do you think it'll rain tomorrow?

No. I don't think it will.

When we are answering a question, we can use so in place of the will clause.

**Example** Do you think you'll get into university?

Yes, I think so./No, I don't think so.

We can also use hope or expect.

**Example** Will your team win this week?

I hope so./I expect so.

We often use the short form of will when we speak.

	Long form	Short form		Long form	Short form
	l will	[4]		I will not	I won't
	you will	you'll		you will not	you won't
Positive	he, she, it will	he'll, she'll, it'll	Negative	he, she, it will not	he, she, it won't
	we will	we'll		we will not	we won't
	they will	they'll		they will not	they won't

We do not use the short form of will in a question.

**Examples** When'll you be home? When will you be home?

What'll you have for dinner? What will you have for dinner?

#### will for offers of help

We use will to talk about things we believe or predict will happen in the future.

However, we can also use will to make an offer of help or to ask for help.

**Examples** That looks heavy. I will help you carry it.

Will you help me, please?

## Units 7 & 8

#### Zero conditional

We use if to talk about things that are true in a certain situation.

We use the present simple for both parts of the sentence.

We put if before the situation, and we put a comma after the situation.

**Example** If I have an idea, I usually write it down or record it on my smartphone.

We can put the result before the situation.

**Example** A project usually succeeds if people work together.

The situation may refer to scientific or mathematical situations.

**Example** If you add oil to water, it doesn't mix.

#### Discourse markers: anyway, right and so

We use discourse markers to connect and organize parts of a conversation.

We use anyway to end or change a topic.

**Example** A What shall we do about this problem?

**B** I don't know. Anyway, let's talk about something positive.

We use right to agree with a speaker. We use it in a similar way to OK.

**Example** A The best thing to do now is wait.

B Right.

A We can't do anything till Jake gets back.

We also use right to start a conversation.

**Example** A Right, is everyone here?

B Yes, I think so.

A OK. Let's start the meeting.

We use so in the same way as right.

**Example** A Thank you for coming, Mr Harris.

B My pleasure.

A So, first of all. Could you tell us why you applied for the job?

#### Cause and effect

We use because, so and as a result to connect causes and effects.

**Example** Cause I exercised for 30 minutes every day last month.

**Effect** I lost four kilos.

With because we put the effect first and the cause second.

**Example** I lost four kilos last month because I exercised for 30 minutes every day.

With so and as a result we put the cause first and the effect second.

**Examples** Last month, I exercised for 30 minutes every day, so I lost four kilos.

Last month, I exercised for 30 minutes every day. As a result, I lost four kilos.

# Units 9 & 10

#### Gerund as subject and object of a sentence

To form the gerund, we add -ing to the end of a verb. For example, reading, writing, swimming, talking, etc.

Gerunds can be used like nouns and they can be either the subject or the object of a sentence.

**Examples** Running makes me feel healthy.

Eating chocolate is not good for you.

Do you enjoy watching TV?

#### can, can't; have to, don't have to

We use can and can't to talk about permission.

**Example** You can wear your shoes inside a house in England.

It is OK to wear your shoes in an English house. In this case you have permission.

**Example** You can't wear your shoes inside a house in Japan.

It is not OK to wear your shoes in a Japanese house. In this case you do not have permission.

We use can to make questions.

**Example** A Can I wear shoes inside this temple?

B No, you can't.

We use have to and don't have to to talk about rules or the lack of rules.

**Example** You have to wear slippers in a Japanese house.

The rule is to wear slippers in a Japanese house.

**Example** You don't have to wear slippers in an English house.

There is no rule in England about wearing slippers inside the house. You have a choice to wear them or not.

We use do to make questions.

**Example** A Do I have to wear a tie for this event?

B Yes, you do. It's very formal.

#### should and shouldn't for advice

We use should to give positive advice.

**Example** You should go to bed early before your exam.

We also use should to ask for advice.

**Example** A Should I drink fewer fizzy drinks?

B That's probably a good idea.

We use shouldn't to give negative advice.

**Example** You shouldn't eat a lot of fast food.

# Units 11 & 12

#### be going to

We use *be going to* to talk about our future plans and intentions. We use *be going to* with the infinitive form of the main verb.

**Example** A What are you going to do after you graduate?

**B** I'm going to work for a finance company.

We form the negative with be + not + going to + verb.

**Examples** They're not going to offer him a job.

She isn't going to come to the wedding.

#### First conditional

We use the first conditional to talk about possible events in the future and their consequences.

We form the first conditional with an *if* clause and a future clause. We use the present simple in the *if* clause and *will* in the future clause.

**Example** If it rains, the game will be put off till next week.

The event in this case is 'it rains' and the consequence or result is 'the game will be put off'.

We separate the two parts of the sentence with a comma.

We can also use a negative conditional clause.

**Example** If I don't finish this report, my boss will get really angry.

We can also use a negative future clause.

**Example** If I finish this report, my boss won't get angry.

We can put the future clause first.

**Example** Will you go to the concert if there are any tickets left?

We do not need a comma in this case.

We can also use *going to* in the future clause.

**Example** I'm not going to wear a jacket if it's warm tomorrow.

We use when to talk about definite future events.

**Examples** When I get hungry, I'll have a sandwich.

You'll feel better when you wake up tomorrow.

Notes

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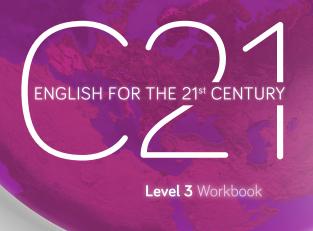
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