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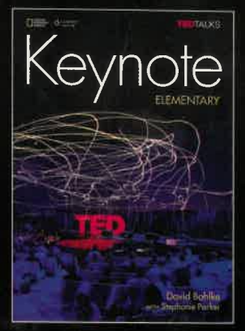
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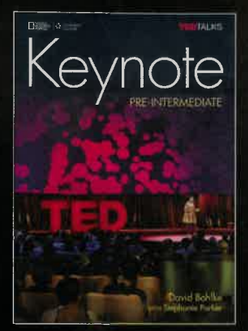
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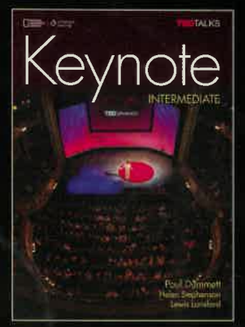
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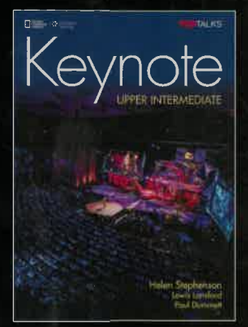
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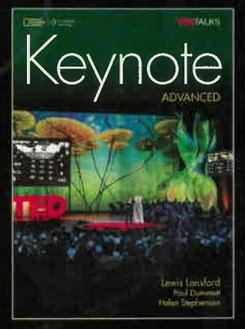
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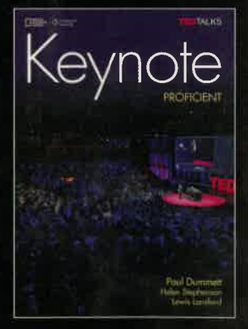












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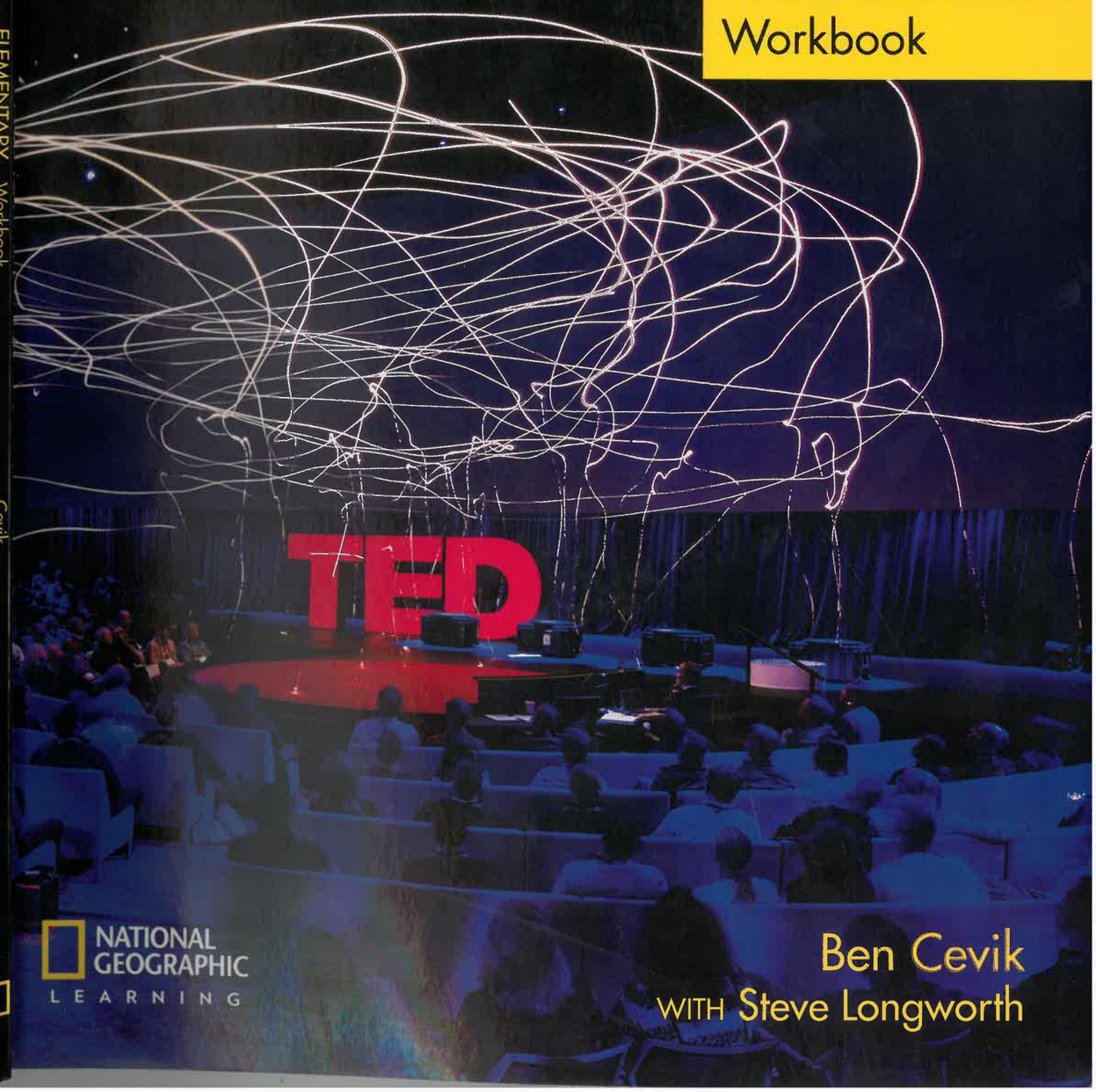
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Answer key **100**
Audioscripts **108**

1 Passions

1.1 Do you like country music?

VOCABULARY Music and film

1 Circle the correct options to complete the sentences.

1 *Horror* / *Rock* music usually features an electric guitar.
2 Scary films about ghosts and monsters are called *horror movies* / *romantic comedies*.
3 Studies show that listening to *classical* / *action* music helps you concentrate better.
4 *Jazz* / *Science fiction* films often include robots and aliens.
5 *Country* / *Rock* singers often wear cowboy hats when they perform.
6 A film about people falling in love is probably a *horror movie* / *romantic comedy*.
7 A film with violent fight scenes is probably a(n) *action movie* / *romantic comedy*.
8 *Jazz* / *Country* music usually features a saxophone or trumpet.

2 Complete the sentences so that they are true for you.

1 I like watching _____. My favourite film is _____.
2 I don't like _____ films, such as _____.
3 _____ is my favourite type of music. One band/musician I like is _____.

LISTENING Talking about films

3 1 Listen to a woman describing a film. Answer the questions.

1 What type of film is it?
a action
b romantic comedy
c horror

2 The film is about _____.
a two chefs who fall in love and start a restaurant together
b a chef who owned many restaurants and lost his business
c a woman who overcame many challenges to become a chef

4 1 Listen again. Which words does the speaker use to describe the film?

a boring
b funny
c sad
d pretty good

COMMUNICATION Talking about favourites

5 Match the questions (1–5) with the responses (a–e).

1 Who's this singer?
2 What kind of music do you like?
3 Do you like Rihanna?
4 What do you think of pop music?
5 Do you have a favourite singer?

a Yes, I really like Ellie Goulding. She's incredible.
b It's Taylor Swift.
c I don't like it that much.
d Well, I really like country.
e Yes! I love her music!

6 Answer the questions in your own words.

1 What do you think of classical music?
_____.
2 What kind of music don't you like? Why?
_____.
3 Who's your favourite actor?
_____.



1.2 What's your favourite?

GRAMMAR Present simple

1 Circle the correct options to complete the text.

My friend Amber [1]*has / have* an unusual hobby. She [2]*make / makes* music videos. She [3]*doesn't / don't* play any instruments herself so she [4]*film / films* her friends who [5]*is / are* in bands. She [6]*uses / use* her phone and she [7]*put / puts* the videos on YouTube. I [8]*don't / doesn't* always like the music, but I [9]*loves / love* her videos. Her new video is my favourite. I hope it [10]*go / goes* viral!

2 Complete the sentences with the correct verb.

doesn't like | Does | do | are | don't like | sings | watches | love

1 _____ your brother like hip-hop?
2 I _____ horror movies at all.
3 We _____ action movies.
4 What types of film _____ you like?
5 My husband really _____ my favourite music.
6 He only _____ science fiction films.
7 Who _____ your favourite bands?
8 She _____ in a jazz band.

LANGUAGE FOCUS Talking about likes and interests

3 Circle the correct options to complete the conversations.

1 A: Does she like action movies?
B: No, she *doesn't / don't* like them at all.
2 A: Do you like rap music?
B: Yes, I *does / do*.
3 A: What kind of music does she like?
B: She *likes / like* pop music.
4 A: Who's your favourite singer?
B: My favourite singer *is / are* Gwen Stefani.
5 A: What kind of films don't you like?
B: I *love / hate* horror movies.

4 2 Listen to the questions. Choose the correct response (a–d).

a No, he doesn't. **b** Yeah, they do. **c** I like *The Hunger Games*. **d** Yes, I do.

1 _____
2 _____
3 _____
4 _____

5 Complete the conversations with these phrases.

don't like it | do you like | do

1 What kind of music _____?
Well, I like reggae, and I love dance music.
2 Do you like world music?
Yes, I _____. It's my favourite!
3 Do they like jazz?
No, they _____ at all. They only like hip-hop.

PRONUNCIATION Contractions and possessives

6 3 Look at the sentences. The ones on the left do not use contractions. The ones on the right do use contractions. Listen to the examples and repeat.

	Not contracted	Contracted
1	Yes, **you are** right! I do like rap music.	Yes, **you're** right! I do like rap music.
2	My friends **do not** like pop music.	My friends **don't** like pop music.
3	That **is not** a romantic comedy. **It is** an action movie.	That **isn't** a romantic comedy. **It's** an action movie.

7 4 Listen. Circle the words that are contracted.

1 **a** are not
b is not
c does not
2 **a** is not
b do not
c does not
3 **a** we are not
b they are
c we are

8 Look at the example sentence. Notice that contractions are different from possessives. Possessives are used to show that something belongs to someone. Now look at the sentences (1–4). Is each word in **bold** a contraction or possessive? Tick (✓) the correct box.

Example: That's my brother's CD. It's Coldplay's new album.
(possessive, possessive; contraction of *is*, contraction of *is*)

1 Matt **Damon's** best film is *The Martian*. ☐ contraction ☐ possessive
2 His favourite **film's** *Gone with the Wind*. ☐ contraction ☐ possessive
3 So **what's** your favourite book? ☐ contraction ☐ possessive
4 **Anna's** brother has hundreds of DVDs. ☐ contraction ☐ possessive

1.3 Going viral

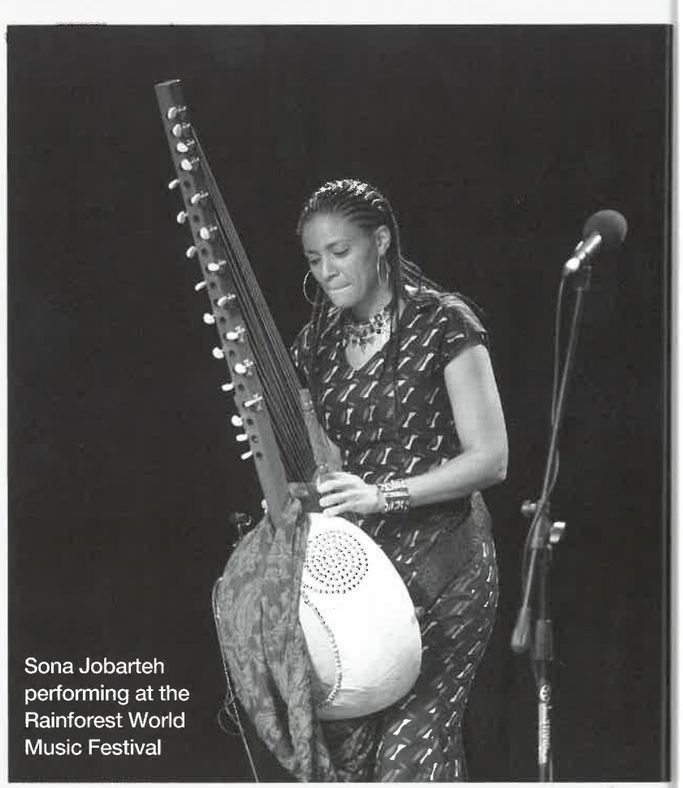
READING

African music from London

1 Sona Jobarteh is the first woman to professionally play the kora, a traditional instrument from Africa. She was born in London in 1983, but her family is from the Gambia. Jobarteh has loved music since she was young. She started learning the kora when she was just three years old, and a year later she gave her first performance. Now she is one of the best kora players in the world.

2 Jobarteh's family are well-known storytellers. Storytellers play the kora while they sing, read poems, or create stories. This is an important job in West Africa, and only men used to do it. This changed when Jobarteh learned the kora. Many West Africans are now amazed to see a woman playing the instrument.

3 Jobarteh plays concerts in different countries all over the world. She usually plays with a band that uses modern instruments like the electric guitar and drums. She sings in English and African languages while playing the kora. Her dream is to open a music school in the Gambia someday.



Sona Jobarteh performing at the Rainforest World Music Festival

1 Read the article. What is it mainly about?

a a band from London

b a woman who plays an instrument

c an African rap star

2 Complete the word map using information from the article.

Sona Jobarteh

Family: Her family comes from 1 _____.

City: She was born in 2 _____.

Instrument: She plays an instrument called the 3 _____. She is the first 4 _____ to play this instrument.

Languages: She sings in 5 _____ languages and English.

LISTENING

3 5 Listen. What is the speaker talking about?

a African singing traditions

b a famous musician

c a musical instrument

4 5 Listen again. Circle **T** for true or **F** for false.

1	A kora has six strings, just like a guitar.	**T**	**F**
2	Part of a traditional kora is made from a type of vegetable.	**T**	**F**
3	A kora player sits down to play the instrument.	**T**	**F**
4	Kora players use one hand to pluck the kora's strings.	**T**	**F**
5	A good kora player can make five or six sounds in one second.	**T**	**F**

5 In what ways is kora music similar to the bluegrass music played by Sleepy Man Banjo Boys? How is it different?

_____

_____

WORD FOCUS *from*

6 Put *from* in the correct place in the sentences.

1 I love listening to music *from* old films.

2 The band is New Jersey, United States.

3 Classical music is most popular with people aged 55 to 79.

4 The film is on Monday to Friday.

5 We get new songs our music platform.

6 Bluegrass music gets its name Kentucky, the 'Bluegrass State'.

7 A banjo is made wood.

8 I hear my friends online every day.

7 Complete the sentences so that they are true for you.

1 I work from _____ to _____.

2 My favourite band is from _____.

3 My favourite instrument is made from _____.

4 I hear from _____ every day.

5 My favourite _____ gets its name from _____.

6 I love listening to music from _____.

7 I think rap music is most popular with people aged from _____ to _____.

8 I get new books from _____.

1.4 Bluegrass virtuosity from ... New Jersey?

Dong Woo Jang: The art of bow-making

Dong Woo Jang is a teenager from South Korea with an unusual hobby. He enjoys building bows using different types of wood, such as maple, yew and mulberry. Jang says that making bows is very relaxing and helps him calm down after a long day at school.



Steve Jurvetson: Model rocketry

Steve Jurvetson's hobby is building model rockets. However, his rockets can actually fly up to thirty kilometres (eighteen miles) into the air. Jurvetson tells us why he loves building rockets and shows us some photos of his favourite ones.



BLACK: My journey to yo-yo mastery

Two-time world yo-yo champion, Tomonari Ishiguro (also known as BLACK) was only fourteen when he first picked up a yo-yo. He realized he had a talent for it. BLACK combines dance and sport to create stunning yo-yo tricks.



TEDTALKS

1 Read the descriptions of three TED Talks above. What is the best theme for this playlist, a, b or c?

a expensive passions

b unique hobbies

c unusual jobs

2 Read the TED playlist again and answer the questions.

1 Which two speakers build things? _____

2 How does Jang's hobby help him? _____

3 Which speaker is the best in the world at his hobby? _____

4 How old was BLACK when he started his hobby? _____

3 Choose the correct options to complete the sentences.

1 A **champion** is someone who *loses* / *wins* competitions.

2 A **yo-yo** is a type of *machine* / *toy*. It moves up and down a piece of string.

3 A **model** of an object is usually a *smaller* / *bigger* version of the actual thing.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

1.5 Who likes what?

WRITING Introducing yourself by email

1 Read the email. What is the name of Marla's band?

Hi Sam,

In the first paragraph, say where you are from and what you do.

My name's Marla. It's great to be in touch! I'm from São Paulo in Brazil. I'm twenty years old, and I'm studying music at the University of São Paulo.

Use some new words from this unit.

I'm really passionate about music, and I want to be a musician. I like all kinds of music, but my favourite is rock music. I play the bass guitar in a band called Electric Apple.

In the second paragraph, write about your passion.

In the third paragraph, ask your friend a few questions about their likes and dislikes.

How about you? What kind of music do you like? Do you play any instruments? I'd be really interested to know. Looking forward to hearing from you soon.

Best wishes,

End with *Best wishes* or *Kind regards*.

Marla

2 Write an email to a new friend you met online. Answer the questions to plan your email.

1 What's your name and where are you from?

2 How old are you and what do you do?

3 What is your passion?

4 What do you want to know about your new friend?

3 Write your email. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you use some new words from this unit? ☐

Did you say what your passion is? ☐

Did you ask your friend about their likes and dislikes? ☐

2 Spending money

2.1 Where does my money go?

VOCABULARY Spending money

1 Complete the text using these words.

bus pass | coffee | haircut | shirts

I like to go shopping on Saturday. Going to town is cheap because I have a [1]_____. In town, I usually go to a café first to have a [2]_____. Then I start shopping. Today, I need to buy some new [3]_____. After that, I'm going to get a [4]_____. I'm starting a new job next week and I want to look good on my first day.

2 Circle the correct options to complete the sentences.

1 I need to *have a coffee* / *get some petrol* before we drive to town. The car's nearly run out.
2 It's cold today, so I'm wearing *a jacket* / *makeup*.
3 Would you like to go to *the concert* / *food shopping* with me?
4 I've always been interested in photography. Maybe I'll buy a *camera* / *bus pass*.

LISTENING How I spend my money

3 6 Listen. What are the speakers talking about?

a favourite shopping centres
b money spent on clothes
c disadvantages of shopping

4 6 Listen again and complete the table. Listen for the key words *spend* and *cost* to help you.

	What they bought	How much they spent
Man	[1]_____	£50
	[2]_____	[3]£_____
Woman	jacket	[4]£_____
	[5]_____	£25

COMMUNICATION Talking about shopping

5 Circle the correct options to complete the conversations.

1 Do you ever shop at the market?
No, I *usually* / *never* go there. It's too busy.
2 How often do you go shopping?
Oh, I go every Saturday and Wednesday – so about *every week* / *twice a week*.
3 Do you want to go shopping tomorrow?
No / *Sure*! Let's go in the afternoon.
4 Where do you like to shop?
I *usually* / *never* go to the shopping centre near my office.
5 Why do you like shopping at Palm Mall?
Well, they *often* / *hardly ever* have great sales there.

6 Answer the questions in your own words.

1 How often do you go shopping?
_____.
2 Where do you usually go shopping?
_____.
3 Do you ever go to concerts?
_____.



2.2 I never make a shopping list

GRAMMAR Adverbs and expressions of frequency

1 Choose the correct options to complete the sentences.

1 I *always* / *hardly ever* buy music online. I prefer to see bands perform live.
2 We shop at the local market *once a week* / *every day*, on Saturday.
3 I *often* / *never* go into the city at weekends. Probably once or twice a month.
4 They *rarely* / *always* do their food shopping online. They don't have time to go shopping.
5 I *never* / *sometimes* buy fair-trade coffee but not every week. It's very expensive.
6 I *usually* / *always* have a sandwich for lunch at work, but on Friday we go to a café.

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

1 to / weekends / I / the local market / go / usually / at
_____.
2 very / buy / often / don't / expensive clothes / I
_____.
3 once / I / about / a week / take / a taxi
_____.
4 do / rarely / I / my food shopping / online
_____.
5 every / go / a café / I / lunch / for / day / to
_____.
6 with / play / Sunday / I / football / my friends / every
_____.

3 Change the sentences in Exercise 2 so that they are true for you.

1 *I never go to the local market at weekends.*
2 _____.
3 _____.
4 _____.
5 _____.
6 _____.

LANGUAGE FOCUS Talking about habits and routines

4 Read the sentences. Are they correct? Put a ✓ or ✗.

1 Do ever you shop on Market Street? ☐
2 I rarely go shopping at Pacific Mall. ☐
3 When often do you buy shoes? ☐
4 I hardly get a haircut ever. ☐
5 Do they ever buy books? ☐

5 Change the incorrect sentences in Exercise 4 so they are correct.

6 7 Listen to a survey about shopping habits. Circle the correct responses.

1 **a** Yes, I sometimes shop online.
b I go shopping every week.
2 **a** No, I never buy it.
b I go to a shopping centre about twice a month.
3 **a** Yes, I buy them every week.
b I rarely go shopping.
4 **a** I never go shopping with them.
b I buy some every week.

PRONUNCIATION Word stress

7 8 In words with more than one syllable, one of the syllables usually sounds stronger. This is called stress. Listen to the examples and repeat.

For most two-syllable nouns, we stress the first syllable:

cof / fee **mu** / sic **make** / up

For most two-syllable verbs, we stress the second syllable:

be / **lieve** de / **cide** sug / **gest**

8 9 Complete the table using these words. Then listen and check your answers.

buy	cost	habit	money	outfit
pay	petrol	shop	shopping	spending

One syllable	Two syllables

9 10 Underline the stressed syllables in the words in **bold**. Then listen and check your answers.

1 I love the ***colour*** of that dress.
2 I came to **collect** my money.
3 I'm going to get a **haircut**.
4 I like your **jacket**.
5 Let's **discuss** the problem.
6 Do you like **concerts**?
7 I **begin** work at nine o'clock.

2.3 Think before you shop

READING

A year without **spending**

1 In 2012, British writer Samantha Weinberg was worried about the environment, so she decided to do something to help. She decided to stop shopping for one year. She only bought products she really needed, such as food, toiletries and petrol for her car. She recycled or bought everything else second-hand. This meant that she couldn't buy things like magazines, books or toys for her children.

2 At first, Weinberg stopped shopping because she wanted to help the environment. However, as she started looking for things to recycle, she discovered her house was full of stuff she had bought long ago but never used. She decided to donate these things to charity or swap them for more useful things. It also made her realize that she shopped out of habit, rather than because she needed something.

3 Weinberg faced many challenges during that year. For example, she couldn't buy birthday gifts for her family or friends. Instead of not giving gifts, she made them herself, or gave away old presents that her family never used.

4 Weinberg managed to save £5,000 at the end of that year. She also realized that not shopping meant she had more free time. She could now spend more time with the people who mattered most to her – her friends and family.

1 Read the article. Circle the correct options to complete the summary.

The article is about a woman who [1]*gave up shopping / worked for a charity* for one [2]*year / month* because she wanted to [3]*help the environment / save money*.

2 Complete the word map using information from the text.

What she did
She still bought food,
[1] _____ and petrol.
She didn't buy magazines or books.

Why she did it
She wanted to help save the
[2] _____. She also had a house full of things she
[3] _____.

Samantha Weinberg

Challenges
Weinberg couldn't buy
[4] _____, so she made them herself or gave away old ones.

Results
Weinberg saved [5]£_____ in a year. She also had more
[6] _____ to spend with her family.

LISTENING

3 11 Listen. Circle the best title for the talk.

a Spending too much money **b** The importance of shopping **c** Saving the environment

4 11 Listen again. Tick (✓) the statements you think the speaker would agree with.

1 People should spend less on shopping. ☐
2 Shopping creates jobs. ☐
3 The Buy Nothing New Year movement is a bad idea. ☐
4 Shopping is bad for the economy. ☐
5 Shopping has more benefits than disadvantages. ☐

5 Circle the statement you most agree with. Give a reason for your answer.

a Everyone should shop less.
b We should spend more on shopping.
c Buy Nothing New Year won't make a difference.

WORD FOCUS *for*

6 Match the two parts of the sentences.

1 Always buying new things is bad	**a** your health and hygiene.
2 I'm looking for	**b** for a charity that helps poor people.
3 I don't think I could live for	**c** a good book to take on holiday.
4 It's OK to buy things you need for	**d** for food in the local market.
5 I want to work	**e** the economy.
6 Shopping is good for	**f** for the environment and your wallet!
7 I love shopping	**g** for myself.
8 I want to try the 'buy nothing' challenge	**h** one day without buying anything new!

7 Complete the sentences with these phrases.

bad for | for myself | for one month | looking for | need for | shopping for

1 Throwing away plastic bottles is _____ the environment.
2 We're _____ the fair-trade products. Where are they?
3 I want to try playing the guitar _____.
4 Have you bought everything you _____ your holiday?
5 I think I could buy nothing new _____.
6 I go _____ second-hand clothes every weekend.

2.4 Wearing nothing new

Graham Hill: Less stuff, more happiness

Graham Hill got rid of most of his stuff in an attempt to save money and become happier. He suggests three changes. First, throw away stuff you don't use. Second, buy smaller products (e.g. e-books not paper books). Third, buy things with more than one use (e.g. a table that becomes a bed).

Benjamin Wallace: The price of happiness

Benjamin Wallace wanted to know if expensive things make us happy. So he tried the world's most expensive products. Did they make him happy? Not really. And nobody noticed his things anyway. He argues that expensive things – while nice to have – don't make us as happy as we think they will.

Michael Norton: How to buy happiness

Michael Norton thinks that money can make us happy. He says that what's important is how you spend the money. Spending money on yourself doesn't make you happier – lottery winners often become less happy and lose their money. But spending money on other people or giving to charity can make you happier.

TEDTALKS

1 Read the descriptions of three TED Talks above. In your opinion, which is the best title for this playlist, a, b or c?

a Does money equal happiness?

b Getting rich the easy way

c Hard work makes you happy

2 Read the TED playlist again and complete the table.

Speaker	Main idea	Example	Advice
Graham Hill	Having fewer things makes our lives better.	He got rid of most of his 1 _____.	2 _____ stuff you don't use, buy 3 _____ products and buy things with more than 4 _____.
Benjamin Wallace	The world's most 5 _____ products don't really make us happy.	No one noticed his expensive 6 _____.	Expensive things won't always make you happy.
Michael Norton	To buy happiness, spend money on 7 _____.	People who win the lottery often become unhappy.	Spending money on yourself 8 _____ make you happier.

3 Complete the sentences with the highlighted words from the TED playlist.

1 _____ is another word for *things*.

2 A _____ is an organization that gives help to people who need it.

3 To play the _____, you choose numbers and buy a ticket.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

2.5 How green are you?

WRITING Sharing information online

1 Read the social media post about a shop. What four things does the shop sell?

Write one paragraph. Start by saying what the shop is called.

Side Two
★★★★

I think Side Two is an excellent music shop. You really should visit it. I go there every weekend to look around and see what's new. They sell loads of second-hand CDs, records and music magazines. They also sell some great comic books. I really like the staff at Side Two. They're always helpful.

Think of one or two good points about the shop.

Say how often you visit the shop.

Remember to use words like *always*, *usually* and *sometimes*.

2 Write a social media post about a shop or market you like to visit. Answer the questions to plan your post.

1 What is the shop / market called?

2 How often do you go there?

3 What does the shop / market sell?

4 What do you like about the shop / market?

3 Write your post. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you use some new words from this unit? ☐

Did you say what is good about the shop / market? ☐

Did you use words like *always*, *usually* and *sometimes*? ☐

3 Jobs

3.1 What do you do?

VOCABULARY Jobs

1 Match the descriptions (1–8) with the jobs (a–h).

1 'I teach children at a school.'
2 'I need a camera to do my job.'
3 'I carry food to customers in a restaurant.'
4 'I perform in a theatre. I need to be very fit.'
5 'I cook meals in a restaurant.'
6 'I write stories about the news.'
7 'I look after a team of people in an office.'
8 'I do experiments to find out new facts.'

a chef
b waiter
c manager
d photographer
e teacher
f scientist
g journalist
h dancer

2 Complete the sentences so that they are true for you. Use the jobs in Exercise 1.

1 Which job would you like to do? Why?
I would like to be a _____ because _____.

2 Which job would you **not** like to do? Why?
I wouldn't like to be a _____ because _____.

3 Which job do you think is the most difficult? Why?
Being a _____ is the most difficult because _____.

LISTENING A fun job

3 12 Listen. What is the man's job?

He is a ...

a chef.
b waiter.
c manager.

4 12 Listen again. Complete the table with information from the talk.

What does he like about his job?	What doesn't he like about his job?

COMMUNICATION Talking about jobs

5 Circle the correct response.

1 How do you like being a journalist?
a It's a fantastic job. I love it!
b I write about the news.

2 Is it a tough job?
a I'd like to be a photographer.
b It can be. I have to work hard.

3 What's your job like?
a It's really enjoyable.
b Because the pay is good.

4 What do you do every day?
a Being a scientist is my dream job.
b I cook food in a restaurant.

6 Imagine you are interviewing someone about their job. Complete the questions.

1 Do _____?
Yes, I do. I'm a dancer.

2 Where _____?
Well, I mostly work at a theatre. Sometimes I practise at a dance studio.

3 What _____?
Oh, I really like meeting new people and learning new dances.



3.2 What's your job like?

GRAMMAR *like* and *would like*

1 Complete the conversation with the correct form of *like* and *would like*.

A: What do you do for a living?

B: I'm an actor.

A: Wow, that sounds great. [1]_____ you _____ it?

B: No, I [2]_____ it at all.

A: Oh, really? Why?

B: Well, I [3]_____ working very long hours. On a film, I often have to work from early morning to late at night. And sometimes it's really boring.

A: So what kind of job [4]_____ you _____ ?

B: Well, my passion is food. I really [5]_____ cooking for people, so I [6]_____ to be a chef.

A: Chefs work long hours too!

B: I know. I [7]_____ the long hours, but I [8]_____ being creative with my cooking.

2 Make questions from the prompts. Then answer the questions in your own words.

1 you / like / your job / ? _____

2 you / like / get / new job / ? _____

3 What / you / like / do / ? _____

4 you / like / go on holiday / next summer / ? _____

5 Where / you / like / go / ? _____

LANGUAGE FOCUS Asking about and describing jobs

3 Circle the correct options to complete the conversations.

1 A: Hi. What *do / would* you do?
B: I'm a student.

2 A: Do you have a job?
B: Yes, I *does / do*.

3 A: Do you work in an office?
B: No, I *doesn't / don't*. I'm a chef.

4 A: What kind of job would you like to have?
B: *I'd / I'm* like to be a manager.

5 A: What don't you like about your job?
B: Well, I *don't like / would like* the long hours.

4 13 Listen to the questions. Circle the correct response.

1 **a** I don't like my boss.
b I wouldn't like to be a manager.

2 **a** No, I don't.
b I'd like to be a teacher.

3 **a** I'd like to travel a lot.
b It's really difficult.

4 **a** I'm a dancer.
b Oh, it's fantastic!

5 Complete the conversation with these questions.

What job would you like to have?
What don't you like about your job?
What do you do every day?
Do you have a job?
What do you like about your job?

1 _____
'Yes, I do. I'm a charity worker.'

2 _____
'I write emails and make phone calls.'

3 _____
'The pay isn't good.'

4 _____
'The hours are great and my boss is fantastic.'

5 _____
'I'd like to be a photographer.'

PRONUNCIATION Intonation in questions

6 14 Listen to the conversation. Notice the intonation – the way the speaker's voice rises or falls. Listen again and repeat.

***Yes / No* questions: rising intonation**	***Wh-* questions: falling intonation**
Do you work in an office?	What job would you like to have?
Do you like your job?	What don't you like about your job?

7 15 Draw lines to show the intonation at the end of each question. Then listen to check your answers.

1 Do you have a job?
2 Oh, great. So what do you do?
3 So, what's your job like?
4 Mm, that's interesting. Do you work long hours?

8 16 Listen to the questions. Circle the correct response.

1 **a** Yes, I do. It's great.
b Well, the hours are great.

2 **a** I have a nice boss.
b No, I don't. I'm a student.

3 **a** I work as a journalist.
b Yes, I'm a journalist.

3.3 Never too old

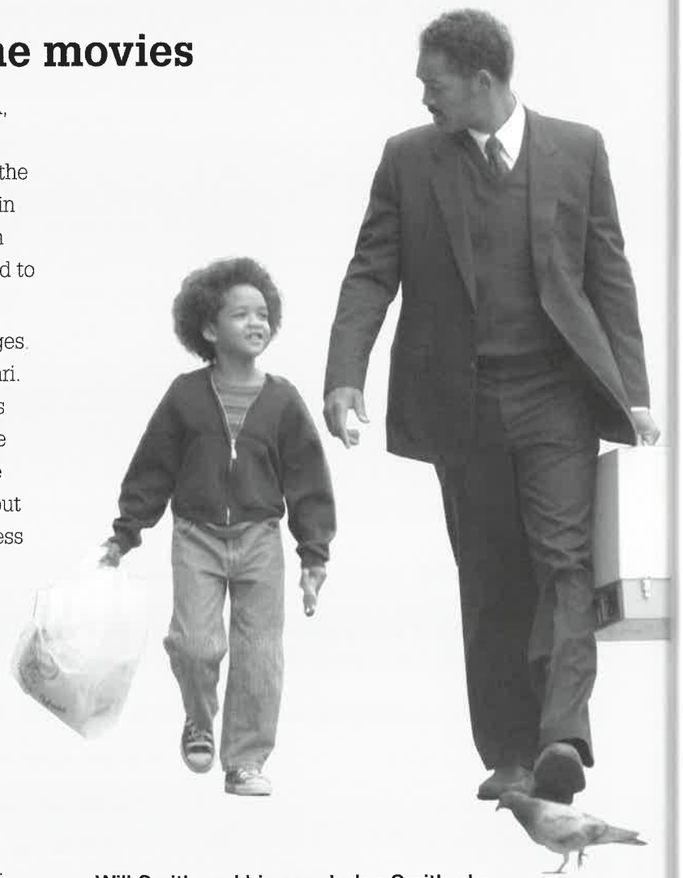
READING

From Milwaukee to the movies

1 Chris Gardner was born in Milwaukee, USA, in 1954. His family was poor and he had a tough childhood. When he grew up, he joined the US Navy and later became a salesman. He fell in love with a woman, and in 1981 they had a son named Chris Junior (Jr.). However, Gardner had to look after Chris Jr. on his own.

2 One day, Gardner met a man named Bob Bridges. Bridges was rich and drove an expensive Ferrari. He told Gardner he worked in San Francisco as a stockbroker. Gardner decided then to change his career. He quit his sales job and spent time training to be a stockbroker. He worked hard but had little money. He and Chris Jr. were homeless for about a year. They slept at the office, in parks and at airports. Slowly, he saved enough money to rent an apartment.

3 In 1987, Gardner started his own stockbroking company from his apartment. The company was successful and he eventually became a millionaire. Gardner wrote a book about his life and his struggle with being homeless. The story became a film in 2006 starring Will Smith as Gardner and Smith's son, Jaden, as Chris Jr.



Will Smith and his son Jaden Smith play Chris and his son in *The Pursuit of Happyness.*

1 Read the article. What is it mainly about?

a a rich man who became homeless

b a salesman who became an actor

c a poor man who became rich

2 Put the events in Chris Gardner's life in the correct order (1–6).

a He had a son. ____

b He started his own company. ____

c He wrote a book about his life. ____

d He and his son were homeless. ____

e He became a salesman. ____

f He met a stockbroker. ____

LISTENING

3 17 Listen. What is the main idea of the talk?

a Finding the right job will not always make you happy.

b Too many people give up on following their dreams.

c There are some ways to make changing your job easier.

4 17 Listen again. Tick (✓) the advice the speaker gives.

1 Quit your current job before you look for a new one. ☐

2 Ask family and friends for advice. ☐

3 Talk to people who do this job. ☐

4 Try the new job part-time first to see if you like it. ☐

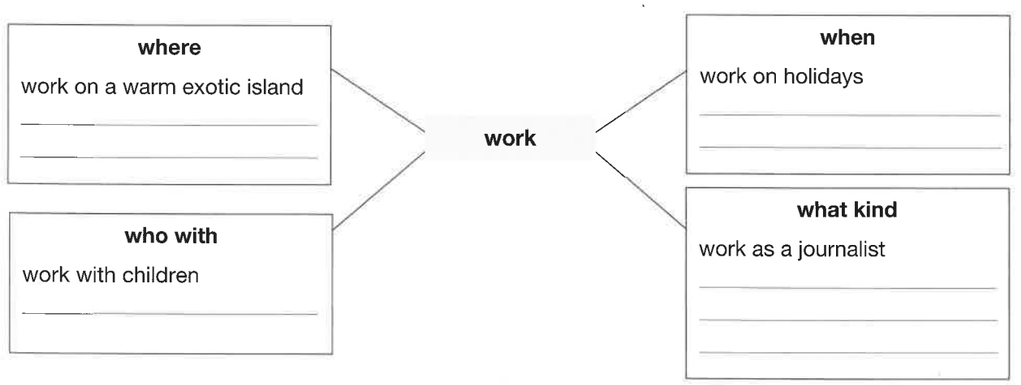
5 Circle the advice that the speaker and Chris Gardner would most likely agree with. Give a reason for your answer.

a It's a mistake to change your job. **b** Keep trying and never give up. **c** Believe in yourself.

WORD FOCUS *work*

6 Complete the word map using these phrases.

hard work	interesting work	work at night	work in an office
work in cold places	work in Marketing	work in the evening	work with famous people



7 Complete the sentences with phrases from Exercise 6.

1 I'd like to _____, maybe in films.

2 Sometimes I work at home, but usually I _____ with other people.

3 I'm not a morning person, so I like to _____.

4 I'd really like to _____ for a news website. I think it's really interesting work.

5 I work in a café at the beach, so I often have to _____.

6 My boss thinks my job is easy, but it isn't. It's really _____.

3.4 The joy of surfing in ice-cold water



A large iceberg near Anvers Island, Antarctica

1 Camille Seaman: Haunting photos of polar ice

In this talk, photographer Camille Seaman shows photos of icebergs in Antarctica. She talks about how excited she was to see an iceberg for the first time. She also explains how icebergs move and change. She says that icebergs have 'lives' like animals do, changing from ice to water and back again.

2 Ben Saunders: Why did I ski to the North Pole?

Ben Saunders talks about skiing to the North Pole alone. Only three people did this before him. He completed the 1,290-kilometre trip in ten weeks. Ben had to pull all of his food, clothes, tent, etc., while skiing. He tells some interesting stories about polar bears, bad weather and blogging from the Arctic.

3 Paul Nicklen: Animal tales from icy wonderlands

Paul Nicklen talks about photographing animals in the Arctic and Antarctic. Paul dives in very cold water for an hour to take his photos. He tells some fantastic stories about 250-year-old whales, shy bears and a leopard seal that gave him penguins to eat. He also describes the problems that polar bears face because the ice is melting.

TEDTALKS

1 Read the descriptions of three TED Talks above. What is each TED Talk about? Match the topics (a–c) with the TED Talks (1–3).

a a long Arctic journey _____ **b** the nature of icebergs _____ **c** animals in cold places _____

2 Read the TED playlist again and answer the questions.

1 Which speaker did **not** visit the Arctic? _____
2 How did Seaman feel when she first saw an iceberg? _____
3 How many people did Saunders travel with? _____
4 According to Nicklen, why are polar bears facing problems? _____

3 Choose the correct answer.

1 What are **icebergs**?
a big pieces of ice
b animals from Antarctica

2 What does **blogging** mean?
a making a phone call
b writing about events and posting them online

3 If ice is **melting**, it is _____.
a turning to water
b getting harder

4 Paul's stories are **fantastic**. They are _____.
a very good
b not true

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

3.5 It's my dream job

WRITING Describing a dream job

1 Read the description of someone's dream job. What do they like about it?

Write two paragraphs. In the first paragraph, say what the job is, where you work, who you work with and what you do.

I work as a newspaper photographer. I get to work in lots of different places with lots of cool people and I photograph many different things. Yesterday I was at a fashion show and today I'm taking photos at a food festival. I take hundreds of photos every day.

It's a fantastic job and I love it. I really like going to interesting places and meeting new people. Sometimes the hours are long, but I don't mind. I would like more pay, however! I think it's the best career in the world.

In the second paragraph, say what you like about the job. Try to imagine something you don't like. Say something you'd like to change.

Try to use some new words from this unit.

2 Imagine you have your dream job. Write a short description of it. Answer the questions to plan your description.

1 What is your dream job?
2 What do you do every day?
3 Where do you work?
4 Who do you work with?
5 Why do you like your job?
6 What don't you like about it?

3 Write your description. Then complete the checklist.

Did you use correct spelling and punctuation? ☐
Did you use some new words from this unit? ☐
Did you give reasons for liking the job? ☐
Did you say one thing that you don't like about the job? ☐

4 Talents

4.1 What are you good at?

VOCABULARY Activities

1 Match these nouns with the verbs below (1–4). There are two nouns for each verb.

advice	decisions	football	~~friends~~
photos	presentations	tests	video games

1 make
a friends **b** _____

2 play
a _____ **b** _____

3 give
a _____ **b** _____

4 take
a _____ **b** _____

2 Complete the sentences using these words.

giving a presentation | making friends | playing tennis | taking a photo

1 I'm not good at _____ because meeting new people makes me nervous.
2 When _____, you need to make sure everyone is looking at the camera.
3 I love _____ – it's a great sport!
4 It's important to make eye contact with your audience while _____.

LISTENING A unique ability

3 18 Listen. What can Daniel Tammet do? Circle the correct answer.

Daniel Tammet can _____.

a speak hundreds of languages fluently
b remember things very well
c talk and write very quickly

4 18 Listen again. Circle the correct options to complete the sentences.

1 In *2004* / *2014*, Tammet set a record for being able to remember a very long number.
2 He knows *five* / *ten* languages. He learned to speak Icelandic in *one week* / *three months*.
3 Tammet learns things quickly by *grouping them together* / *memorizing*.
4 Tammet is helping people improve their memories through his *talks* / *books*.

COMMUNICATION Talking about abilities

5 Read the conversation. Replace the words in **bold** with words from the box.

fantastic | not bad | that good | terrible

A: Hi! I heard you singing. You're **amazing**! 1 _____
B: Thanks, that's really kind of you. Do you sing?
A: Yeah, but I'm not **very good** at it. I play the guitar though. 2 _____
B: Well, that's great! I'm **really bad** at guitar. 3 _____
A: Maybe I can play while you sing. I'm **pretty good** at folk music. 4 _____

6 Complete the sentences in your own words.

1 What sport are you good at?
_____.

2 Are you good at giving presentations?
_____.

3 What is one thing you are not very good at?
_____.



4.2 Can you stand on your head?

GRAMMAR *can* and *can't*

1 Complete the table of skills for yourself. Then use the information in the table to write sentences with *can* or *can't*.

	juggle	play the piano	ride a bike
Elliot	✓	✗	✓
Tom and Mia	✓	✓	✗
You			

Elliot

1 He _____.

2 _____.

3 _____.

Tom and Mia

4 They _____.

5 _____.

6 _____.

You

7 I _____.

8 _____.

9 _____.

2 Correct the mistakes in the sentences.

1 What instruments do you can play?

2 I don't can play football very well.

3 Does your friend can speak English?

4 Can you to swim underwater?

5 My sister can plays the guitar.

6 You can dance salsa?

LANGUAGE FOCUS Describing abilities and talents

3 Match the questions (1–4) with the responses (a–d).

1 Are you good at sports?

2 Do you know how to ride a bicycle?

3 Can you cook?

4 What talents do you have?

a No, I don't.

b Yes, I can.

c I can play the piano well.

d Yes, I am.

4 Put the words in the correct order to make questions. Then answer the questions in your own words.

1 drive a car / know how to / Do you / ? _____

_____

2 photos / good at / Are you / taking / ? _____

_____

3 underwater / you / Can / swim / ? _____

_____

5 19 Listen to the conversation. Write sentences to answer the questions.

1 Can the man speak Spanish?

_____

2 Is the woman taking Spanish lessons?

_____

3 Is the man going to South America?

_____

4 Can the woman play the guitar well?

_____

PRONUNCIATION Similar sounds

6 20 Some words sound very similar. Listen to the examples and repeat.

sit	seat
see	she
disk	desk

7 21 Match the words with similar sounds. Then listen and check your answers.

1 ship	**a** pen
2 bat	**b** set
3 sat	**c** sheep
4 pan	**d** bet
5 fit	**e** been
6 bin	**f** feet

8 22 Listen to six sentences. Which word does the person say? Circle the correct answers.

1	**a** sat	**4**	**a** slip
	b set		**b** sleep
2	**a** pen	**5**	**a** bat
	b pan		**b** bet
3	**a** send	**6**	**a** ship
	b sand		**b** sheep

4.3 Not all fun and games

READING

Making your passion pay online

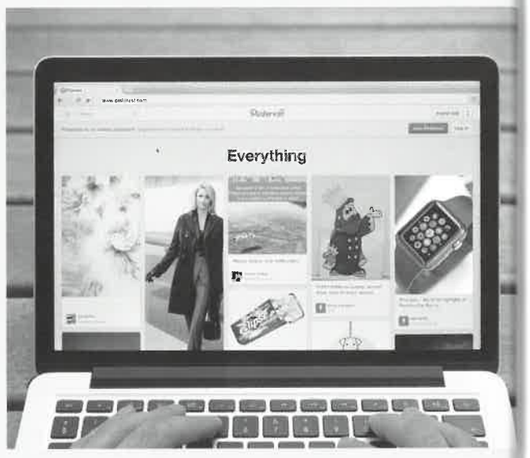
1 Want to make money using social media? Then turn your talent into cash by posting your work online. Here are two people who tried it and succeeded.

The Painter

2 Katie Rodgers always loved painting beautiful clothes and decided to share a few photos of her work online. Big fashion brands noticed her paintings and wanted her to create more designs featuring their clothes. She quit her office job when she started earning much more through her online business. The key to her success? 'It's not enough to have talent', she says. 'You need passion.'

The Dog Lover

3 Shirley Braha takes photos of her dog, Marnie, and posts them on Instagram. Over a million people follow her online. She makes money from calendars and videos featuring Marnie. In fact, she makes as much money as she used to while working full-time – but she says her new job is more fun. 'There's stress that comes with it', she says, 'but it's fun stress'.



Social media isn't just for staying connected with friends, but can also be a means to earn an income.

1 Read the article. What is it mainly about?

a using the Internet to earn money from your hobby

b the importance of teaching your skills to other people

c how to have fun while earning money

2 Circle the correct answers.

1 Why did Rodgers quit her job?

a Her online business was more successful.

b She was having too much fun with her online business.

c Big brands wanted to give her a job.

2 Which sentence is true?

a Braha makes more money now, but her old job was more fun.

b Braha's hobby can be stressful at times, but she enjoys it a lot.

c Braha mostly posts photos of her dog that were taken by other people.

LISTENING

3 23 Listen. What is the speaker talking about?

a finding classes online **b** learning about new hobbies **c** earning money from a hobby

4 23 Listen again. Answer the questions.

1 Put the advice given in the talk in the correct order (1–3).

a Teach people how to do your hobby. _____

b Make a product and sell it. _____

c Share what you do on the Internet. _____

2 Which example does **not** match the advice given in the talk?

a 'I have a travel blog. Sometimes hotels advertise their promotions on my page.'

b 'I love gardening. I sell fresh vegetables from my garden at the farmers' market.'

c 'I love playing the piano. I often look for new songs to learn on the Internet.'

5 Tick (✓) the advice from the talk that Rodgers and Braha followed.

a Turn your hobby into a job. ☐ **c** Teach people how to do your hobby. ☐

b Share your talent on the Internet. ☐ **d** Make a product using your hobby. ☐

WORD FOCUS *of*

6 Match the two parts to make phrases with *of*.

1 a cup of	**a** China
2 a good sense of	**b** of the sea
3 the capital of	**c** perfume
4 a member of	**d** coffee
5 the bottom	**e** a team
6 earn a lot	**f** of dollars
7 the smell of	**g** of money
8 millions	**h** humour

7 Complete the sentences using phrases with *of*.

1 My husband is a _____ a jazz band.

2 Teachers need a good _____ humour.

3 Do you know what the _____ Australia is?

4 Some people _____ money on social media.

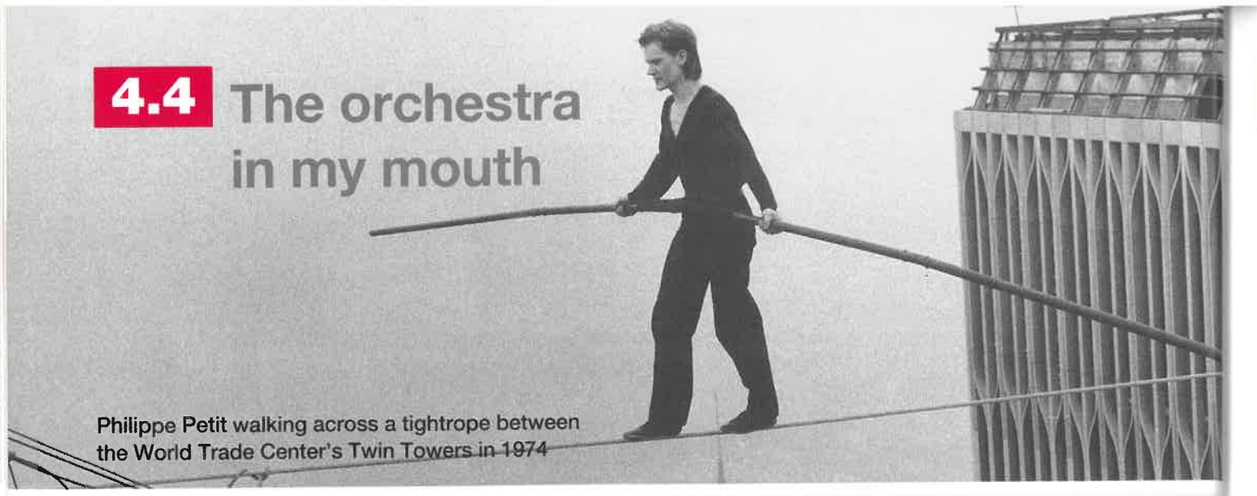
5 The gaming industry makes _____ dollars every year.

6 Good swimmers can dive to _____ a swimming pool.

7 When I feel stressed, I have a _____ tea to help me relax.

8 I love the _____ fresh bread first thing in the morning.

4.4 The orchestra in my mouth



Philippe Petit walking across a tightrope between the World Trade Center's Twin Towers in 1974

Ed Cage and Nicole Paris: A beatboxing lesson from a father-daughter duo

Ed Cage and Nicole Paris are a father and daughter beatboxing team. When Nicole was a baby, Ed beatboxed to help her sleep. Now they compete to find out who sounds better. And they beatbox just about everywhere – in the car, in the kitchen, and even in church!

Philippe Petit: The journey across the high wire

Philippe Petit started tightrope walking at the age of sixteen after seeing it performed at a circus. Petit talks about his greatest achievement – tightrope walking between the Twin Towers of the World Trade Center, four hundred metres up in the air!

Michael Moschen: Juggling as art ... and science

Michael Moschen tells us that juggling can be fun. But, he says, it's more than just throwing and catching balls. He shows us how juggling can teach us about art and science – using skill, space and rhythm.

TEDTALKS

1 Read the descriptions of three TED Talks above. In your opinion, what is the best title for this playlist, a, b or c?

a People who have dangerous hobbies

b Talents you can learn in a day

c People with entertaining talents

2 Match the speakers (1–3) with their quotes (a–c).

1 Ed Cage and Nicole Paris	**a** 'I approach the edge. I step over the beam. I put my left foot on the cable ...'
2 Philippe Petit	**b** 'Part of the challenge was to try to understand rhythm and space using not just my hands ... but using the rhythm of my body and feet, and controlling the balls with my feet.'
3 Michael Moschen	**c** 'Then you would see a rapper, and when the rapper began to rap, we would do a simple beat ...'

3 Complete the sentences with the highlighted words from the TED playlist.

1 A(n) _____ is something that someone has succeeded in doing after a lot of effort.

2 A(n) _____ is a group of people who work together.

3 If you _____ something, you learn something you did not know before.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

4.5 Are you right for the job?

WRITING Describing an unusual ability

1 Read the paragraph about one person's special talent. What is the talent?

Write one paragraph. Start by saying who the person is and what their talent is.

Remember to use *can* and new words from this unit.

My friend Juanita has a fantastic talent. She can speak six languages and she can learn a new language in a month. She works as a translator, turning one language into another. She often helps tourists who are in trouble and gives language lessons to children for free.

Say how the person makes money out of their talent.

Say how the person helps others using this talent.

2 Write a paragraph about someone you know who has an unusual ability or talent. Answer the questions to plan your paragraph.

1 Who is the person?

2 What is their ability or talent?

3 How does the person make money from their talent?

4 How does the person help other people with this talent?

3 Write your paragraph. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you use *can* and some new words from this unit? ☐

Did you describe what the person does? ☐

Did you describe how the person helps others using their talent? ☐

5 Technology

5.1 I can't live without it

VOCABULARY Gadgets

1 Choose the correct options to complete the descriptions.

Personal drone

Personal drones are really [1]*expensive / fun* because you can enjoy them anywhere. Some drones are very [2]*strong / light* – weighing only one hundred grams. Despite their small size, these drones can fly very [3]*fast / modern*, with a top speed of fifty kilometres per hour!



Smartwatch

A smartwatch is a(n) [4]*modern / old* version of the traditional watch. They are usually [5]*expensive / thin*, costing hundreds of pounds. You can do many things with a smartwatch, like play music or answer calls. A smartwatch is really [6]*easy to use / light* – you just speak a command, and it does what you want.



Tablet

Tablets these days are really [7]*fast / thin* – with some measuring only five millimetres from front to back. They're also very [8]*easy to use / strong*. So even if you sit on one, it won't break!



2 Answer the questions in your own words.

1 What is your favourite gadget? Why?

_____

2 What gadget would you like to have? Why?

_____

3 Which are better, tablets or smartphones? Why?

_____

LISTENING A gadget review

3 24 Listen. Circle the correct answers.

1 What is the gadget being reviewed?

a a smartwatch **b** a smart TV **c** a smartphone

2 What was the rating given by the reviewer?

a three out of five **b** four out of five **c** five out of five

4 24 Listen again. Complete the table using information from the talk.

Good points ☺	It can be connected to the [1]_____. The display is very [2]_____. It's very [3]_____, measuring only three centimetres in thickness.
Bad points ☹	It's very [4]_____ compared to other smart TVs. The menus are confusing. It is very [5]_____ and difficult to move around.

COMMUNICATION Talking about gadgets

5 Put the sentences in the correct order (1–6) to complete the conversation.

a Yeah, I just bought it last week. ____

b It cost quite a lot. I paid £300 for it. ____

c Wow! That's quite useful. How much did it cost? ____

d Hey, is that a new smartphone? 1

e It looks really nice. What do you think of it? ____

f It's great! It's really user-friendly. And, there's a built-in fitness app. ____

6 Think about a gadget you own. Answer the questions in your own words.

1 What is the gadget?

_____

2 What do you think of it?

_____

_____

3 What does it do?

_____

_____

5.2 What does it do?

GRAMMAR *much, many, a lot of*

1 Complete the conversations with *much*, *many* or *a lot of*. Sometimes more than one option is possible.

1 A: How _____ was your laptop? Was it expensive?
B: Yes, it cost _____ money!
2 A: Do you have _____ electronic gadgets?
B: No, I don't have _____. Just my phone and a tablet.
3 A: Do you post _____ photos online?
B: Yes, I post _____ photos of my cats. People love them!
4 A: How _____ time do you spend playing video games?
B: At the moment, I don't spend _____ time at all. I've got exams!

2 Read the sentences. Are they correct? Put a ✓ or ✗.

1 How much books can you download to your e-reader? ☐
2 Do lot of your friends have smart watches? ☐
3 How many time do you spend on social media every day? ☐
4 I don't think much people would like a vibrating tattoo. ☐
5 A lot of young children have smart phones now. ☐
6 Do you have much friends on Facebook? ☐

3 Change the incorrect sentences in Exercise 2 so they are correct.

LANGUAGE FOCUS Describing things and how they work

4 Circle the correct options to complete the sentences.

1 My smartphone _____ photos.
a can take
b to take
2 That e-reader only has a _____ books on it.
a few
b little
3 He uses his tablet _____ emails.
a sending
b to send

5 Complete the conversation using these words and phrases.

a few | a lot | does | many | use

A: What [1] _____ your phone do? Does it play music?
B: Yeah, but I don't have [2] _____ songs to put on it.
A: Do you [3] _____ it to play games?
B: Yes, but I only have [4] _____. To be honest, I don't have [5] _____ of time to play games.

6 25 Listen to the questions. Circle the correct response.

1 **a** It can record TV programmes.
b It's very expensive.
2 **a** It can't record videos.
b I use it to watch films online.
3 **a** It cost £1,000.
b It doesn't have much memory.

PRONUNCIATION Homonyms

7 26 Homonyms are words that sound the same, but have different meanings. Usually the spellings are different. Listen to the examples and repeat.

1 I **know** there are **no** games consoles in the shop.
2 I felt very **weak**. I was sick for almost a **week**.
3 Is there a phone around **here**? I can **hear** it ringing.

8 27 Match the words that sound the same. Listen and check your answers.

1 I	**a** sea
2 hi	**b** eye
3 knew	**c** high
4 see	**d** new

9 28 Listen to the sentences. Which word does the person say? Circle the correct answers.

1 **a** ate
b eight
2 **a** buy
b bye
3 **a** knows
b nose
4 **a** son
b sun

5.3 Man or machine?

READING

1 Many of us fly regularly, but how many of us can do it using just our bodies? A Canadian team has done just that with a human-powered helicopter called the Atlas. The huge helicopter won't take you very far though. It can only lift three metres off the ground and it can't fly outdoors.

2 Three metres might not sound very impressive, but it is an achievement, since human-powered helicopters were thought to be impossible to build. People have dreamed about human-powered flight for thousands of years. And to date, only five successful human-powered helicopters have been built.

3 The Atlas needs very big wings, or blades, to keep it in the air and to stop it from falling to the side. It has eight blades and each one is five metres long. The blades turn slowly, and making them turn isn't easy. The pilot sits on a bicycle and pedals hard. To steer, he leans from side to side.



Pilot Todd Reichert powers the Atlas helicopter by pedalling on a bicycle.

4 'This isn't something that you're going to travel to work in any time soon', says the pilot Todd Reichert, 'but it's about pushing the limits … and what you can do with really creative design'.

1 Read the article. Choose the best title.

a Building cheap helicopters

b The world's fastest helicopter

c A helicopter without an engine

2 Complete the summary using information from the article.

The helicopter is called the [1] _____. It can fly [2] _____ metres in the air. It has eight [3] _____. Each one is [4] _____ metres long. Todd Reichert is the [5] _____. He sits on a [6] _____ and pedals very hard to make the blades [7] _____.

LISTENING

3 29 Listen. What is the talk mainly about?

a a flying competition

b a powerful helicopter

c a helicopter pilot who won a competition

4 29 Listen again. Circle **T** for true or **F** for false.

1	The competition started in 2013.	**T**	**F**
2	The prize money was $25,000 in 1980.	**T**	**F**
3	For fifteen years, nobody took part in the competition.	**T**	**F**
4	The Atlas team won $250,000.	**T**	**F**

5 Since the Atlas team's win, do you think more inventors will try to build human-powered helicopters? Why?

_____

_____

WORD FOCUS *at*

6 Complete the table with these phrases.

at the door	at home	at two o'clock	at the moment
(not) at all	at university	at the age of	at fantastic prices
good / bad at	at the same time	at the speed of	

time	place	other
at night	at my local club	look at

7 Complete the sentences with phrases from Exercise 6.

1 I don't like classical music _____.

2 Steve Jobs started Apple _____ 21.

3 Yves Rossy can fly _____ three hundred kilometres per hour.

4 I began to design apps when I was _____, studying computer science.

5 I hate working _____. I'm a morning person.

6 I play tennis _____.

7 On my new tablet I can play a game and make a video call _____.

8 Anil's really _____ flying his drone. He always lands it safely.

5.4 Fly with the Jetman



The Transition has foldable wings that allow it to be driven like a car.

Alan Eustace: I leapt from the stratosphere. Here's how I did it

In 2014, Alan Eustace jumped from the stratosphere – forty kilometres above the Earth's surface. It was the highest parachute jump ever attempted. Alan used a special suit to protect him from the cold. Alan talks about what he experienced dropping back to Earth at 1,300 kilometres per hour.

Bertrand Piccard: My solar-powered adventure

Adventurer Bertrand Piccard shares his plans to do what many say can't be done – to fly around the world, day and night, in a solar-powered aircraft called Solar Impulse. Solar Impulse has successfully flown from Spain to Morocco and across the United States. The next challenge: around the world in one trip.

Anna Mracek Dietrich: A plane you can drive

Anna Mracek Dietrich is one of the creators of the Transition, the 'plane you can drive'. The Transition is designed to fold its wings, so that it can be driven like a car. The aim is to make flying accessible, safe – and a reasonable way to get to work.

TEDTALKS

1 Read the descriptions of three TED Talks above. What is the best theme for this playlist, a, b or c?

a high-tech fliers

b amazing film technology

c going into space

2 Read the TED playlist again. Tick (✓) the correct speaker(s). Which speaker(s) ...

	Eustace	Piccard	Mracek Dietrich
a broke a record?	☐	☐	☐
b has built or flies a special type of plane?	☐	☐	☐
c can use their invention on land and in the air?	☐	☐	☐
d want(s) to fly around the world?	☐	☐	☐
e wear(s) a special suit?	☐	☐	☐

3 Complete the sentences with the highlighted words from the TED playlist.

1 easy for anyone to get and use – They want to make adult education _____ to everyone.

2 works using energy from the Sun – The campsite had _____ showers.

3 keep someone or something safe from injury or damage – Yves Rossy wears a helmet to _____ his head.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

5.5 Great idea!

WRITING Writing an online review

1 Read the review about a gadget. What two problems does the review mention?

Give the app, gadget or video game a rating out of five. ★★★★

I recently bought a new smartphone. As well as making calls and sending messages, it can take really clear photos and make some great videos. It can also play music.

Use some new words from this unit.

It's very attractive, light and quite cheap. It has a lot of apps. The best is a fitness app that shows me how much exercise I do each day. The only problem is that it's slow. It also doesn't have much memory, so I can't store too many photos or videos on it.

I use it all the time. I can't live without it now, and I'd really recommend it to anyone.

Write three paragraphs. In the first paragraph, say what the product is and what it does.

In the second paragraph, describe its good and bad points.

In the third paragraph, say how you feel about it. Would you recommend it?

2 Write a review about an app, gadget or video game you have used. Answer the questions to plan your review.

1 What app, gadget or video game is it?

2 What can it do?

3 What are its good points?

4 What are its bad points?

5 How do you feel about it? Would you recommend it?

6 What rating would you give it out of five?

3 Write your review. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you describe the app, gadget or video game? ☐

Did you give it a rating? ☐

Did you describe its good and bad points? ☐

6 Challenges

6.1 It's a big challenge

VOCABULARY Challenges

1 Complete the sentences using these words.

friends health money pressure stress

1 I'm not very good at saving _____. I always spend it!

2 When I moved to a new school, I found it hard to make new _____.

3 Too much _____ from your teachers to study hard could cause you to suffer from _____.

4 You should go to the doctor if you have a _____ problem.

2 Answer the questions so that they are true for you. Use the words in Exercise 1 to help you.

1 What is one of your biggest challenges this year?

One challenge is _____.

2 What is usually not a problem for you?

_____ is usually not a problem for me.

3 Does anyone put pressure on you? What do they pressure you about?

_____ pressures me about _____.

LISTENING It's no big deal

3 30 Listen to the talk and answer the questions.

1 What is the talk mainly about?

a saving money

b work stress

c the toughest job

2 Which of these is considered a stressful job?

a pilot

b university professor

c librarian

4 30 Listen again. Complete the table with information from the talk.

What causes work stress?	Stress causes health problems such as …	What can you do?
• working [1] _____ without a break • worrying about [2] _____ your job	• tiredness • depression • weight [3] _____	• take [4] _____ breaks • take up a [5] _____

COMMUNICATION Talking about challenges

5 Put the sentences in the correct order (1–6) to complete the conversation.

a Sounds like you've been having a tough time. How do you manage? _____

b Hi! How are you? I haven't seen you in quite a while. 1

c That's good. But you should also try to find some time to relax! Maybe you should take up a new hobby. _____

d Oh, hi! I've been busy trying to cope with all my work and studies. _____

e I suppose you're right. Thanks for the suggestion! _____

f Well, I recently cut down my work hours. And I joined a study group to get some help with my lessons. _____

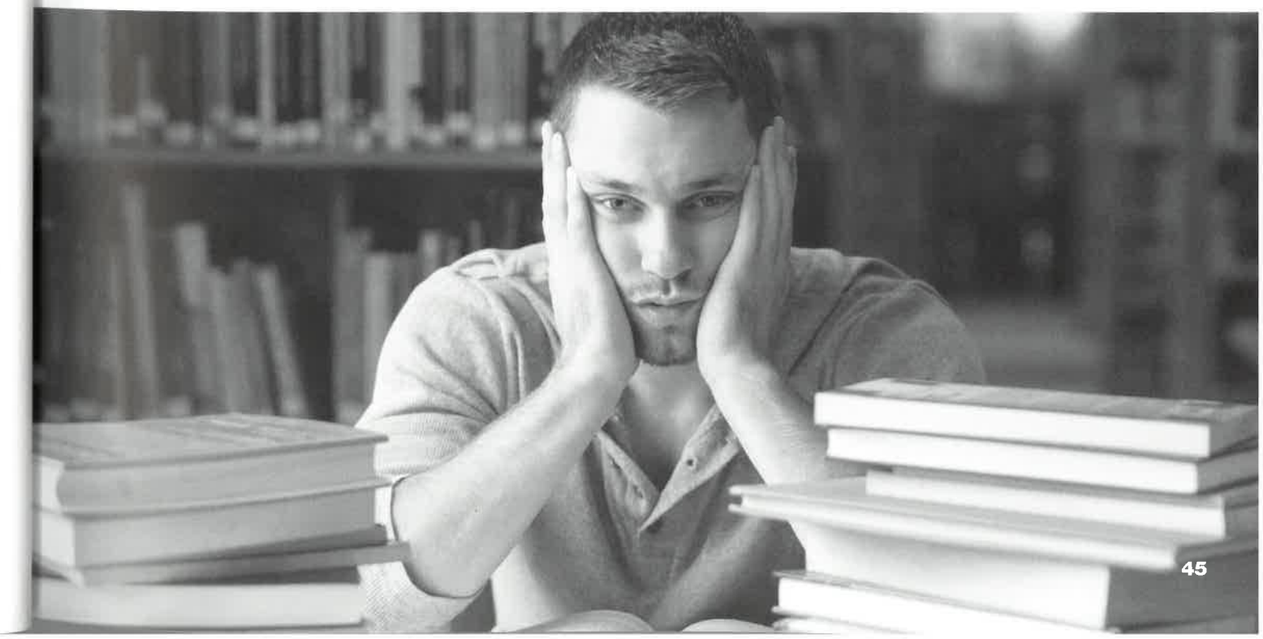
6 Answer the questions in your own words.

1 What is challenging about learning English?

_____ is challenging for me.

2 How do you deal with this challenge?

One thing I do is _____.



6.2 How do you cope?

GRAMMAR Time clauses

1 Put *before*, *after* or *when* in the correct place in the sentences. Change punctuation and capital letters where necessary.

1 She performs on stage with her band, she practises her songs with them a lot.
2 We check what we need we do a big food shop.
3 I have a problem I ask my best friend for advice.
4 I stay up all night studying a big exam.
5 I have an important job interview I always wear my best clothes.
6 Our team wins a big football game we go out together to celebrate.
7 I don't buy new clothes I'm trying to save money.
8 A hard morning at work I reward myself with a big cake.

2 Match the two parts of the sentences.

1 After a successful competition,
2 When I face a big challenge,
3 She goes to bed when
4 I feel stressed when
5 Before exams,
6 I breathe deeply to relax

a before a job interview.
b I think about how to overcome it.
c I reward myself with a holiday.
d she gets really tired.
e I get pressure from my family to do well.
f I have a day off from studying to relax.

LANGUAGE FOCUS Describing sequence

3 Read the sentences. Are they correct? Put a ✓ or ✗.

1 Before your interview, try to relax. ☐
2 Listen to first some relaxing music on your way to the interview. ☐
3 Next, remember to take deep breaths you when feel stressed. ☐
4 Do something after fun your interview. ☐

4 Change the incorrect sentences in Exercise 3 so they are correct.

5 31 Listen. Circle the correct options to complete the sentences.

1 The speaker takes deep breaths *after* / *before* she arrives at work.
2 The speaker listens to relaxing music *after* / *before* having a meeting.
3 The speaker tells her manager *when* / *before* she has too much work.
4 The speaker finishes work *before* / *when* she goes to the gym.

PRONUNCIATION Sentence stress

6 32 Stress can tell us what the speaker thinks is important. Listen to the examples and repeat.

1 **Carl** doesn't worry after exams. (Another person worries, not Carl.)
2 Carl doesn't worry **after** exams. (Carl probably worries *before* exams.)

7 33 Underline the word that should be stressed in each answer. Then listen and check your answers.

1 A: Did you fail your English exam?
B: No, I failed my maths exam.
2 A: Does Andrew study English on Mondays?
B: No, he studies Spanish on Mondays.
3 A: Did you help Sam study for his driving test?
B: No, I helped Rachel study for her test.
4 A: Are they going to the cinema on Saturday?
B: No, they're going on Sunday.
5 A: Was Simon involved in an accident?
B: No, his sister was in the accident.

8 34 Listen to the stress in each question. Circle the correct response.

1 Are you meeting David at the coffee shop?
a No, I'm meeting him at the restaurant.
b No, I'm meeting James there.
2 Does Lee play the guitar?
a No, he plays the piano.
b No, Sam plays the guitar.
3 Did Julie go to the supermarket?
a No, she went to the library.
b No, Daniel did.
4 Are you having dinner with your sister?
a No, I'm having lunch with her.
b No, I'm having dinner with my brother.

6.3 Living without fear

READING

The challenge of a champion

1 On 31st October, 2003, tragedy struck surfer Bethany Hamilton. While surfing at Tunnels Beach, Hawaii, a shark bit off her left arm. With the help of a friend, the thirteen-year-old bravely paddled back to shore with her good arm and was rushed to hospital. While recovering, she was determined to get back into the water again. Amazingly, she surfed again – just 26 days after her shark attack.

2 Hamilton's recovery was painful. She had to learn to surf with one arm. She developed a new technique – kicking more with her legs – and used a surfboard with a handle so that she could hold on. Just two years after the shark attack, Hamilton won the NSSA National Championship. Since then, she's also won many other competitions.

3 In 2004, Hamilton wrote a book about her life. Inspired by her courage, *Soul Surfer*, a film about Hamilton, was made in 2011. Her advice for people who face challenges is 'set your mind to whatever you want to do and put a good attitude in it … you can succeed'.



Bethany Hamilton during a surfing competition at Flynns Beach, Australia, in 2007

1 Read the article. What is it about?

a a film that was inspired by a shark-attack victim
b a shark that attacked a surfer in Tunnels Beach, Hawaii
c a shark-attack victim who became a championship surfer

2 Read the article again. Match the events (1–5) with the years (a–e).

1 Hamilton won a major surfing championship.	**a** 1990
2 Hamilton wrote about her life experiences in a book.	**b** 2003
3 A shark attacked her and bit off her arm.	**c** 2004
4 *Soul Surfer*, a film about Hamilton's life, came out.	**d** 2005
5 Hamilton was born.	**e** 2011

LISTENING

3 36 Listen. What is the talk mainly about?

a a doctor who treats people with climbing injuries
b how a rock climber learned to climb again
c ways that climbers use modern technology

4 35 Listen again. Circle the correct answers.

1 What happened to Herr?
a He was born without legs.
b He lost his legs in an accident.

2 How did Herr overcome his disability?
a He designed special legs to help him climb.
b He learned to climb using just his hands.

3 How is Herr helping others?
a He teaches rock-climbing classes for people with disabilities.
b He designs robotic legs for people with disabilities.

5 Who would most likely say each statement? Write **B** for Bethany Hamilton, **H** for Hugh Herr or **BH** for both.

1 'I didn't give up after something bad happened.' _____
2 'Many people were inspired by my book.' _____
3 'My job involves helping other people with disabilities.' _____

WORD FOCUS *it*

6 Read the sentences. Choose the correct meaning of *it*.

1 When you find a difficult question, move on to the next question and come back to **it** at the end.
a the next question
b the difficult question

2 He now moves about using sonar. He is so good at **it** that he can ride a bicycle in traffic.
a moving about using sonar
b riding a bicycle

3 When Daniel makes a click sound, **it** makes sound waves.
a the click sound
b Daniel

4 I think an open door is difficult for him to see because the sound waves don't reflect off **it**.
a sound waves
b the door

7 Replace words in the sentences with *it*.

1 When I face a big challenge, I try to deal with the challenge myself.
2 Pressure from parents is a problem when the pressure from parents causes stress.
3 A part-time job can help if the part-time job doesn't take too much time.
4 Depression is a serious problem and money worries can make depression worse.
5 I find classical music really relaxing, so I always listen to classical music when I feel stressed.
6 I try to do yoga to relax, but I'm not very good at doing yoga.

6.4 How I use sonar to navigate the world



Sue Austin performs acrobatic underwater acts in her underwater wheelchair.

Sue Austin: Deep sea diving ... in a wheelchair

After an illness left her unable to walk, Sue Austin had to learn how to use a wheelchair. For Austin, getting a wheelchair meant freedom. It was like 'an enormous new toy'. She decided to change people's opinions of wheelchairs – by making one that works underwater!

Phil Hansen: Embrace the shake

Phil Hansen was studying art when his hands started shaking. He could no longer draw so he quit art school. One day, he started drawing again – despite his shaking hands. He found his drawings were different than before but in a good way. He talks about how he accepted his disability and used it to change his life.

Maysoon Zayid: I got 99 problems ... palsy is just one

Maysoon Zayid has cerebral palsy, which makes it difficult for her to control her movements. Doctors told her she would never walk, but after many years of fighting her disability, she is now able to. She describes her life in this funny talk.

TEDTALKS

1 Read the descriptions of three TED Talks above. What is the best theme for this playlist, a, b or c?

a overcoming physical disabilities **b** comedians who face challenges **c** living with cerebral palsy

2 Read the TED playlist again and answer the questions.

1 'I could move around and feel the wind in my face again. Just being out on the street was exciting.' Which speaker most likely said this?
a Sue Austin **b** Phil Hansen

2 Phil Hansen had to _____.
a change his career because of his disability **b** learn to draw differently because of his disability

3 'I learned how to dance in heels, which means I can walk in heels.' Which speaker most likely said this?
a Sue Austin **b** Maysoon Zayid

3 Complete the sentences with the highlighted words from the TED playlist.

1 Something that is _____ is very big or large.
2 People who can't walk sometimes use a(n) _____ to help them move around.
3 If you _____ something, you make it do what you want.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

6.5 How do you deal with this?

WRITING Posting a challenge online

1 Read about someone who overcame a challenge. What did they spend too much money on?

Write two paragraphs. In the first paragraph, describe the challenge and its effects.

I had a problem saving money. At the end of every month, my bank account was always empty. It made me feel very stressed. I spent too much money on online shopping. I decided to do something to stop this habit.

Use some new words from this unit.

In the second paragraph, describe how you overcame the challenge.

I came up with a budget and stopped spending so much money on shopping. I also got a part-time job and started saving money every month. After two years, I had saved enough to buy a car.

Remember to use *before, after, then*, etc.

2 Write about a challenge you overcame in your life. Answer the questions to plan your paragraphs.

1 What is the challenge?

2 What effect did the challenge have on you?

3 How did you overcome the challenge?

4 What was different after you overcame the challenge?

3 Write your paragraphs. Then complete the checklist.

Did you use correct spelling and punctuation? ☐
Did you use words like *before, after* and *then* correctly? ☐
Did you use some new words from this unit? ☐
Did you describe the challenge and how you overcame it? ☐

7 Wild places

7.1 The natural world

VOCABULARY Natural features

1 Match the words (1–8) with their definitions (a–h).

1 beach	**a** land that has very little water and very few plants
2 canyon	**b** a raised part of Earth's surface, larger than a hill
3 desert	**c** land that is completely surrounded by water
4 island	**d** a sandy area beside a sea or lake
5 lake	**e** the water that covers most of Earth's surface
6 mountain	**f** a place where a river falls from a high place
7 sea	**g** a deep valley with steep sides
8 waterfall	**h** an area of water that is surrounded by land

2 Choose the correct options to complete the questions.

1 A: How *deep* / *wide* is the Grand Canyon?
B: It's over 1,800 metres from the top to the bottom.

2 A: How *high* / *long* is Mount Kilimanjaro?
B: It's 5,895 metres above sea level.

3 A: How *old* / *wide* is Lake Superior in Canada?
B: It's about 260 metres from one side to the other.

4 A: How *high* / *long* is the Great Wall of China?
B: It's over 8,800 kilometres from one end to the other.

5 A: Why is the Mojave Desert so *deep* / *dry*?
B: It gets very little rain, about 170 millimetres a year.

LISTENING An amazing place

3 36 Listen. Circle the correct answers.

1 What was the speaker's job during her volunteer programme?
a to count the number of whales
b to measure the size of whales

2 What is the problem affecting these whales?
a there isn't enough food in the ocean
b they eat rubbish from the ocean

3 The speaker describes the Indian Ocean's ____.
a size
b depth

COMMUNICATION Talking about places

4 Put the words in **bold** in the correct order to complete the conversation.

A: So where are you going on holiday?
B: To Venice in Italy. **really** / **about it** / **excited** / **I'm**
1 _____!
A: Wow! I read that **in the world** / **the most** / **Venice is** / **interesting city**
2 _____.
B: **Florence** / **is** / **I** / **hear that** / **the most** / **scenic city.** I might visit there, too.
3 _____.

5 Answer the questions in your own words.

1 What's the most interesting place to visit in your country? Why?

_____

_____

2 What is the most scenic city in your country?

_____

_____



7.2 It's the highest in the world

GRAMMAR Comparatives and superlatives

1 Look at the table. Use the prompts to write sentences with comparatives and superlatives.

	Everest	Mont Blanc	Kilimanjaro
high	★★★	★	★★
cold	★★★	★	★★
dangerous	★★★	★★	★

1 Everest / Mont Blanc / high

_____

2 Everest / Kilimanjaro / dangerous

_____

3 Kilimanjaro / Mont Blanc / cold

_____

4 Everest / dangerous

_____

5 Kilimanjaro / Mont Blanc / high

_____

6 Everest / high

_____

2 Make questions from the prompts. Then write sentences to answer the questions. Check your answers on page 103.

1 Atlantic / big / ocean / ? *Is the Atlantic the biggest ocean?*

No, it isn't. The Pacific is the biggest.

2 Copper Canyon / deep / the Grand Canyon / ? _____

_____

3 which / good / time to visit Sydney / ? _____

_____

4 which / high / mountain / in the world / ? _____

_____

5 Danube / long / river / in the world / ? _____

_____

6 where / world's / large / waterfall / ? _____

_____

LANGUAGE FOCUS Making comparisons

3 Correct the mistakes in the sentences.

1 The Pacific Ocean is bigger the Indian Ocean.

2 August is the worse month to visit because it's so hot.

3 I think Australia's beaches are best than Europe's beaches.

4 37 Listen. Circle the correct answers.

1 Which waterfall is higher?

a Bridal Veil Falls

b Omaru Falls

2 Which was the most crowded beach?

a Ninety Mile Beach

b Hot Water Beach

3 The speaker describes New Zealand as the _____ place she's visited.

a most beautiful

b most interesting

PRONUNCIATION Reduced speech

5 38 We often make words and phrases shorter when we speak informally. This is called reduced speech. Listen and repeat what you hear.

See you tomorrow! → **Seeya** tomorrow! Come on, let's go! → **C'mon**, let's go!

6 39 Match the phrases (1–5) with their reduced speech form (a–e). Then listen and check your answers.

1 going to	**a** gotta
2 give me	**b** hafta
3 got to	**c** gonna
4 want to	**d** gimme
5 have to	**e** wanna

7 40 Listen to the sentences. Write the full form of the words you hear.

1 I'm _____ go to Mexico!

2 Can you _____ a lift to the library?

3 I _____ explore some caves there.

4 You _____ see this!

5 Bye, I've _____ go.

7.3 An otherworldly place

READING

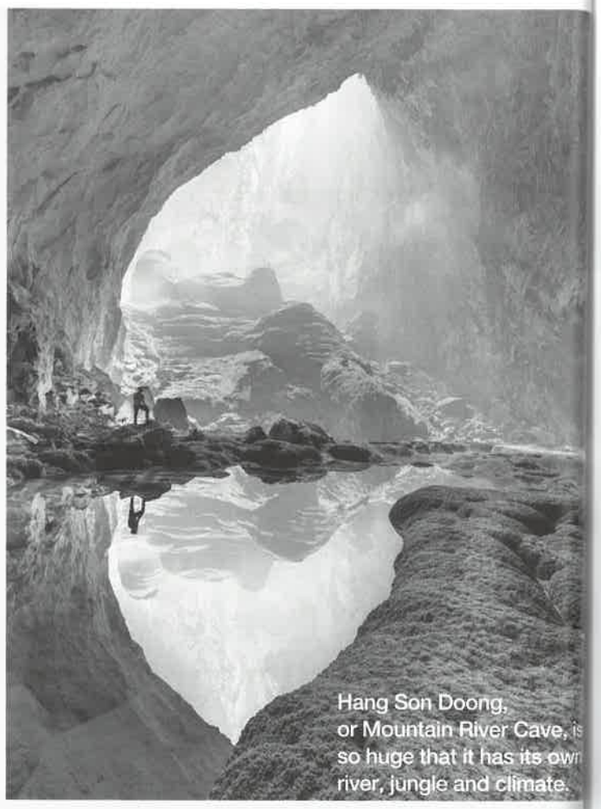
Finding a natural **wonder**

1 In 1990, Ho Khanh, a farmer in Vietnam, accidentally discovered the biggest cave in the world – a cave so big it could fit a 747 aeroplane in it. Ho was out collecting wood deep in the jungle when he came across the entrance to an enormous cave. The story of this huge cave spread quickly, but not everyone believed Ho.

2 In 2006, several British cave explorers came to Ho's house. They had heard about the cave and wanted him to show it to them. Unfortunately, Ho could not remember where the cave was. Two years later, Ho finally found the giant cave again.

3 The explorers came back and the team travelled through the jungle to the cave's location. When they went inside, they were amazed at its size. Measuring 200 metres high, 150 metres wide and over four kilometres long, it was the largest cave they had ever seen. Ho named the cave Hang Son Doong, meaning Mountain River Cave.

4 Since then, Ho has been a guide for the team on several other explorations. His new passion is to find other undiscovered caves and show people the hidden natural wonders in the area.



Hang Son Doong, or Mountain River Cave, is so huge that it has its own river, jungle and climate.

1 Read the article. What is it mainly about?

a a farmer who became a cave explorer

b the discovery of the world's largest cave

c cave explorers who find undiscovered caves in Vietnam

2 Match each paragraph (1–4) with its main idea (a–d).

1 Paragraph 1	**a** how the discovery changed Ho's life
2 Paragraph 2	**b** the discovery of the cave
3 Paragraph 3	**c** facts about the cave
4 Paragraph 4	**d** the struggle to find the cave again

LISTENING

3 41 Listen. Choose the best title for the talk.

a Discovering an ancient city in China

b The discovery of China's clay army

4 41 Listen again. Circle the correct answers.

1 What did the farmers find?

a clay statues

b a very deep well

2 Why was the discovery so amazing?

a It is an important clue to discovering China's history.

b The statues were created with a lot of detail.

3 According to experts, the Terracotta Army was meant to _____.

a protect the first emperor after his death

b frighten the emperor's enemies

5 What do the talk and the article on page 56 have in common? Circle the correct answer.

a They both discuss events that happened in China.

b They are both about discoveries that made a person famous.

c They are both about amazing discoveries that were made by farmers.

WORD FOCUS *than*

6 Match the two parts of the sentences.

1 In a desert, conditions are much drier than	**a** many other mountains.
2 Mont Blanc is more dangerous than	**b** than three hundred metres below.
3 It's easier than	**c** a few hours on top of Everest.
4 Most people can't survive more than	**d** usual.
5 The English Lake District is more beautiful	**e** than any other place I know.
6 From the top of the Grand Canyon you can see the river more	**f** ever before for tourists to climb Everest.

7 Complete the sentences with these phrases.

a few hours	ever before	more than
any other place	many other	than usual

1 My new job is hard work so I'm more tired _____.

2 When I spend more than _____ gaming, I get wrist problems.

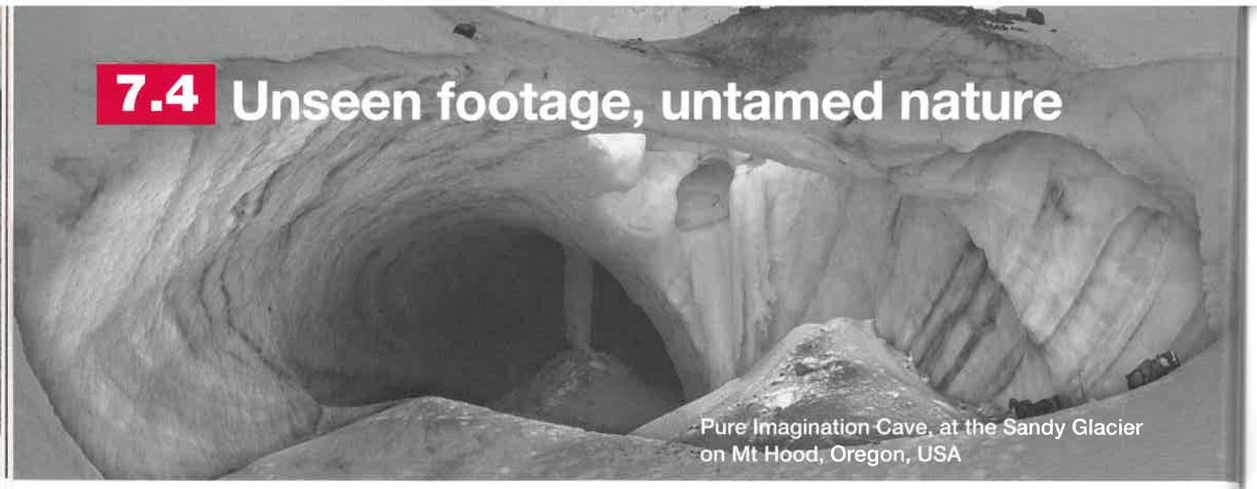
3 That new restaurant is always busier than _____ I know.

4 It's more difficult than _____ to get a good job.

5 It's _____ one hundred kilometres to the nearest mountains.

6 Crete is more popular than _____ islands because it's easy to get there.

7.4 Unseen footage, untamed nature



Pure Imagination Cave, at the Sandy Glacier on Mt Hood, Oregon, USA

Francesco Sauro: Deep under the Earth's surface, discovering beauty and science

Francesco Sauro travels deep underground to explore caves. He talks about exploring a mountain cave in South America. It's a dangerous place, as a fall or a rush of water could hurt him. However, it's also fascinating, with Sauro finding new minerals and insects unlike any others in the world.

Eddy Cartaya: My glacier cave discoveries

Eddy Cartaya talks about being the first person to explore caves deep inside a glacier of frozen water. Cartaya made maps of three ice caves inside the Sandy Glacier in Oregon. He talks about the magical colours of the caves, the weird bacteria that live in them and the fantastic ice shapes he saw.

David Gallo: Life in the deep oceans

David Gallo explores the deep oceans with submarines, taking videos of the incredible life and landscapes he finds there. Gallo tells us about 64,000-kilometre-long mountain ranges under the sea and glowing jellyfish that grow up to 46 metres long. Gallo's talk reminds us that the deep ocean is a mysterious world that we barely know.

TEDTALKS

1 Read the descriptions of three TED Talks above. In your opinion, which is the best title for this playlist, a, b or c?

a Exploring new places **b** Exploring the oceans **c** Discovering glaciers

2 Read the TED playlist again. Circle the correct answers.

1 Which speaker films sea creatures?
a Francesco Sauro **b** Eddy Cartaya **c** David Gallo

2 Which speaker studies rocks and insects?
a Francesco Sauro **b** Eddy Cartaya **c** David Gallo

3 Which speaker goes into ice caves?
a Francesco Sauro **b** Eddy Cartaya **c** David Gallo

3 Match the words from the TED playlist (1–3) with their definitions (a–c).

1 glacier **a** unknown
2 submarine **b** a huge mass of ice which moves very slowly
3 mysterious **c** a type of ship that can move underwater

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

7.5 Our natural wonders

WRITING Making a recommendation

1 Read about an interesting place. Why is it special?

Write three paragraphs. In the first paragraph, say what the place is, where it is and when the best time to visit is and why.

In the second paragraph, say why you recommend visiting and what you recommend doing there.

I recommend visiting Angel Falls in the Canaima National Park in Venezuela. The best time to go is from June to December, when there is lots of water. During the dry season, the river has less water and it's less impressive.

It's special because it's the world's highest waterfall – 979 metres from top to bottom. It looks really beautiful. I recommend taking lots of photos and going hiking up the mountains in the area.

It's perfect for anyone who loves incredible landscapes and natural wonders.

Remember to use comparatives or superlatives.

Use some new words from this unit.

In the last paragraph, say who would enjoy it.

2 Write about a place you recommend visiting. Answer the questions to plan your paragraphs.

1 What is the name of the place? Where is it?

2 When is the best time to visit it? Why?

3 Why do you recommend visiting it?

4 What do you recommend doing there?

5 Who would enjoy it?

3 Write your recommendation. Then complete the checklist.

Did you use correct spelling and punctuation? ☐
Did you use some new words from this unit? ☐
Did you use comparatives or superlatives? ☐
Did you say why you recommend the place? ☐

8 Confidence

8.1 A friendly face

VOCABULARY Appearance and personality

1 Match the statements (1–8) with an adjective that describes the person (a–h).

1 'She's very beautiful.'	**a** easy-going
2 'My brother never shares his stuff.'	**b** funny
3 'My friend gets nervous about meeting new people.'	**c** handsome
4 'He is always relaxed and never gets upset.'	**d** pretty
5 'My sister talks all the time.'	**e** selfish
6 'She makes people laugh all the time.'	**f** short
7 'Everyone in my class is taller than I am.'	**g** shy
8 'He's very good-looking.'	**h** talkative

2 Answer the questions in your own words.

1 Describe your appearance.

_____

_____

2 Describe your best friend's personality.

_____

_____

LISTENING Describing a friend

3 42 Listen. Who is Angela describing?

a her friend

b her sister

c herself

4 42 Listen again. Circle the correct options to complete the description.

Sarah is [1]*short / tall* like Angela. She has [2]*short / long* brown hair and [3]*wears / does not wear* glasses. Angela thinks Sarah is [4]*unattractive / attractive* and has a(n) [5]*friendly / unfriendly* personality.

COMMUNICATION Talking about family

5 Circle the correct options to complete the sentences.

1 My personality is *just like / really different from* my sister's. We're both friendly and talkative.

2 She looks *exactly like / really different from* her brother. She's blonde and tall, while he's short with brown hair.

3 My dad is *not very / really* funny. His jokes make us laugh really hard!

4 *Neither of us / Both of us* are very tall. We're the shortest in our class.

6 Answer the questions in your own words.

1 What does your best friend look like?

_____

_____

2 Who do you look like, your mother or your father? How are you similar?

_____

_____



8.2 He's kind of shy

GRAMMAR Modifying adverbs

1 Modify the sentences using these adverbs. Look at the prompts in brackets.

extremely fairly pretty really (x2) not very

★★★★★ = strong ★ = weak

1 He's easy-going. He hardly ever gets stressed. (★★★★)
2 My son is clever. He gets top marks in all his exams. (★★★★★)
3 Our new boss is friendly. He doesn't really talk to anyone at work. (★)
4 My best friend is shy. She doesn't make friends very easily. (★★)
5 I'm good at languages. I can speak Spanish and Chinese. (★★★)
6 Jo's good at football. She plays for her local club. (★★★★)

2 Complete the sentences so that they are true for you.

1 My best friend is _____ talkative.
2 I'm _____ easy-going.
3 My friend _____ is _____ clever.
4 My favourite singer is _____ attractive.
5 I'm _____ shy.
6 My brother / sister is _____ tall.
7 Right now, I'm _____ hungry.
8 My brother / sister is _____ hard-working.

LANGUAGE FOCUS Describing people

3 Circle the correct sentence in each pair.

1 **a** She says too she's short. **b** She says she's too short.
2 **a** He's very not tall. **b** He's not very tall.
3 **a** I think I'm not enough attractive. **b** I think I'm not attractive enough.
4 **a** I guess we're kind of shy. **b** I guess we're kind shy of.
5 **a** My brother's pretty easy-going. **b** My brother's easy-going pretty.

4 Look at the table. Do the sentences in the first and second columns have the same or different meanings? Write **S** for same or **D** for different.

	First sentence	Second sentence	Same (S) / Different (D)
1	We're not old enough.	We're too old.	
2	My hair's pretty short.	My hair's quite short.	
3	He's extremely unfriendly.	He's really unfriendly.	
4	My friend's not very talkative.	My friend talks a lot.	

5 43 Listen to someone describing a friend. Circle the correct response.

1 What's Steve's personality like?
a He's quiet.
b He talks a lot.
2 What does Steve look like?
a He's pretty short.
b He's very short.
3 Steve is really _____.
a boring to be with
b fun to be with

PRONUNCIATION Contracted and uncontracted forms

6 44 Contractions are very common in speech, but we often use the uncontracted form for emphasis. Listen to the examples and repeat.

She's quite shy. → **She is** really nice, though.
contraction uncontracted form

We're going to the party tomorrow, aren't we? → Yes, **we are** going to the party.
contraction uncontracted form

7 45 Listen. Circle the form that the speaker uses.

1 **a** I am **b** I'm
2 **a** it is **b** it's
3 **a** we are **b** we're
4 **a** is not **b** isn't
5 **a** he is **b** he's

8 46 Circle the words in **bold** that you think should be contracted. Think about the context of the sentences. Then listen and check.

A: Oh, hello ... Um, [1]**I am** the new part-time assistant.
B: Oh, great! You must be Paul. Let me show you where [2]**you will** be working. Is this your first job?
A: Yes, [3]**it is**. This is a really exciting day for me.
B: You look a little nervous!
A: Yeah, [4]**I am** quite nervous!
B: Oh, [5]**do not** worry. Everything will be fine. Let me know if I can help.
A: Thanks, [6]**I will**.

8.3 A healthy body image?

READING

Power posing for **confidence**

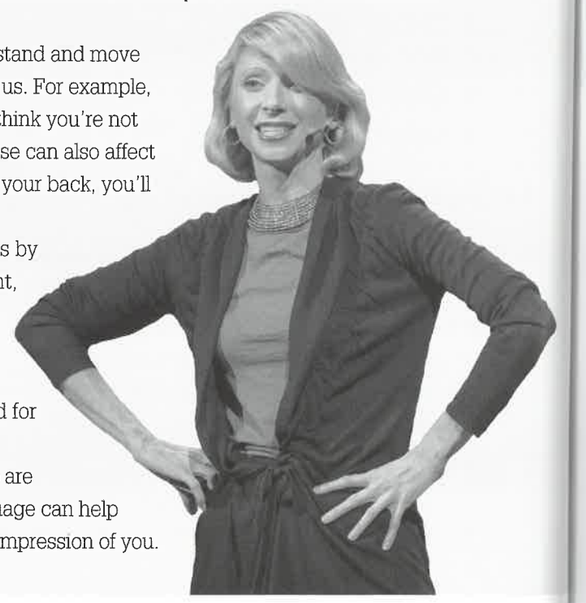
1 Some people are born confident and others aren't, right? Perhaps not. Psychologist Amy Cuddy thinks that we can become more confident simply by changing our body language.

2 Studies have shown that our body language – how we sit, stand and move around – has an important effect on how other people view us. For example, if you cross your arms and look away, people will probably think you're not interested in what's going on. According to Cuddy, your pose can also affect how confident you feel. If you avoid eye contact and hunch your back, you'll feel less confident.

3 So, how can you increase your self-confidence? One way is by doing what Cuddy calls 'the power pose'. Stand up straight, legs apart, with your hands on your hips, and hold this pose for two minutes whenever you need a confidence boost. Afterwards, you should feel much more confident. Power posing is especially useful before job interviews and for public speaking.

4 Changing our body language isn't very hard to do and there are many benefits that come with it. Improving your body language can help improve your self-confidence and give other people a good impression of you.

Amy Cuddy showing the power pose, a technique she says can help improve a person's self-confidence.



1 Read the article. Match each paragraph with its main idea (a–d).

1 Paragraph 1	**a** Improving your body language can help you in many ways.
2 Paragraph 2	**b** Amy Cuddy believes a power pose helps improve a person's confidence.
3 Paragraph 3	**c** Body language affects how people view you.
4 Paragraph 4	**d** According to a psychologist, there is a link between confidence and body language.

2 Read the article again. Circle the correct answers.

1 What is 'body language'?
- **a** A way to communicate how you feel, without using words.
- **b** A technique to boost a person's confidence.

2 Which is a benefit of having good body language?
- **a** People will have a good impression of you.
- **b** Your health will improve.

3 Which of these techniques is more likely to boost your self-confidence?
- **a** Tap your toes when listening to someone speak.
- **b** Stand up straight with your hands on your hips for two minutes.

LISTENING

3 47 Listen. Choose the correct options to complete the summary.

The speaker talks about how to prepare for a [1]*job interview / meeting* and how to feel more [2]*successful / confident* before one. She gives advice on ways to improve your [3]*body image / body language*.

4 47 Listen again. What advice does the speaker give? Circle the correct answers.

1 Remember to _____ when leaving the interview room.
- **a** look serious
- **b** smile

2 Lean _____ slightly to show you're interested in what the person is saying.
- **a** forward
- **b** backward

3 You _____ move your hands around as you speak.
- **a** shouldn't
- **b** can

5 Tick (✓) the statements that the speaker and Amy Cuddy would most likely agree with.

1 Power posing makes you feel more confident. ☐
2 You should use a power pose during a job interview. ☐
3 Body language can affect your confidence. ☐
4 A power pose makes people like you more. ☐

WORD FOCUS *on*

6 Complete the phrases with these verbs.

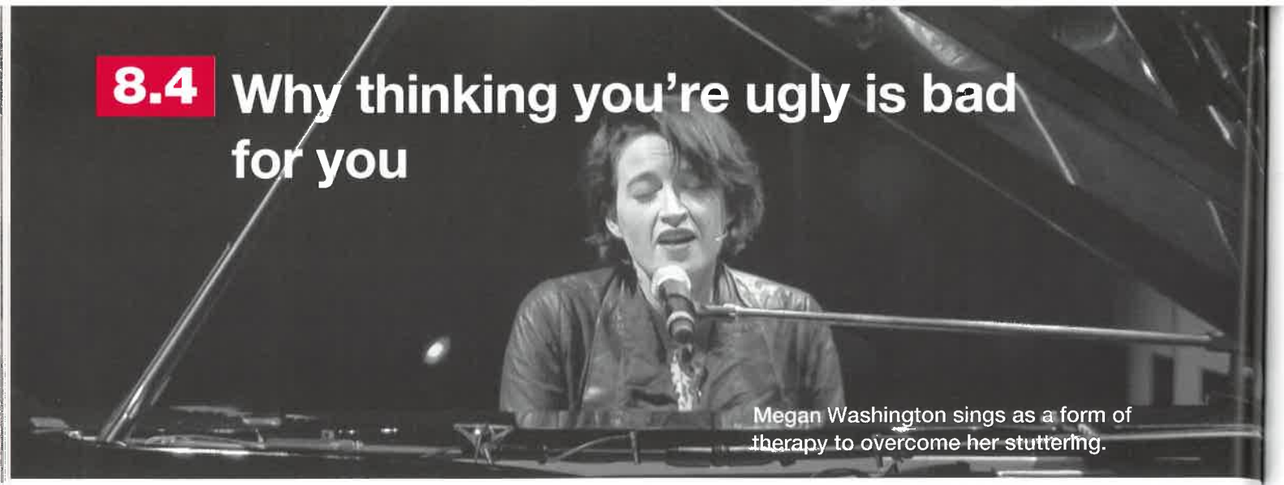
focus get go hang post put spend turn

1 _____ on the TV
2 _____ on a diet
3 _____ on makeup
4 _____ on a minute
5 _____ money on designer clothes
6 _____ on social media
7 _____ on with my brother
8 _____ on your education

7 Complete the sentences with the phrases in Exercise 6.

1 I never _____. I'm not interested in fashion.
2 Why not _____, instead of what you look like?
3 Many teenage girls think they should _____ to lose weight.
4 When we _____, we should talk about what people do, not their looks.
5 Every time we _____, we see images of beautiful models and sports stars.
6 I don't _____. We always argue when we see each other.

8.4 Why thinking you're ugly is bad for you



Megan Washington sings as a form of therapy to overcome her stuttering.

Megan Washington: Why I live in mortal dread of public speaking

Megan Washington can't stand speaking in public because she stutters – she has trouble saying certain sounds. For example, she might say 'm-m-m-my name is Megan'. In this very personal talk, the singer reveals how she overcomes her fear and avoids stuttering through singing and other special techniques.

Joe Kowan: How I beat stage fright

When Joe Kowan sings in front of an audience, his hands shake, his heart beats very fast and he starts sweating a lot. He decided the best way to overcome his problem was to write a song about it. He talks about how he turned his problem into something that brought him success.

Amy Cuddy: Your body language shapes who you are

In this talk, psychologist Amy Cuddy shows us how to do her famous 'power pose'. According to Cuddy, just two minutes of doing this will make you feel more confident, comfortable and powerful. She explains the science behind her ideas and shows some interesting examples of body language.

TEDTALKS

1 Read the descriptions of three TED Talks above. Which statement best describes all three speakers, a, b or c?

a They all share techniques to be more confident.

b They all have a technique to perform better on stage.

c They all have a fear of speaking in public.

2 Read the TED playlist again. Tick (✓) the correct speaker(s).

	Washington	Kowan	Cuddy
1 Who sings as a way to cope with their fears?	☐	☐	☐
2 Which speaker's job involves looking at the science of body language?	☐	☐	☐
3 Which speaker's problem was also the reason for their success?	☐	☐	☐

3 Complete the sentences using these words.

can't stand　　overcome　　technique

1 If you _____ a problem, you succeed in dealing with it.

2 A _____ is a particular way of doing something.

3 If you _____ something, you hate it.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

8.5 What do you think?

WRITING Describing a friend

1 Read the description of Sandy. What does the writer like most about her?

In the first paragraph, say who the person is and describe their appearance.

My friend's name is Sandy. She's very tall and she has long, black hair. She also has dark skin and eyes. Sandy thinks she's not pretty enough, but I think she's beautiful.

Use some new words from this unit.

In the second paragraph, describe the person's personality.

She has a wonderful personality. She's really clever so she always passes her exams. She's also confident and extremely talkative. She once talked for five minutes before realizing that her phone was switched off!

Remember to use *really, not very, fairly,* etc.

Give an example of this person's behaviour.

Say what you like most about them.

The thing I like most about Sandy is that she's always honest with me.

2 Write a description of someone you know. Answer the questions to plan your description.

1 Who is the person you're going to describe?

2 What do they look like?

3 What is their personality like?

4 What is an example of their typical behaviour?

5 What do you like most about them?

3 Write your description. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you describe the person's appearance and personality? ☐

Did you use some new words from this unit? ☐

Did you use *really, not very, extremely*, etc. correctly? ☐

9 Achievement

9.1 We did it!

VOCABULARY Personal achievements

1 Choose the correct options to complete the sentences.

1 When I *finish* / *win* university, I'm going to travel for six months.
2 He wants to get *into* / *on* shape before his holiday.
3 My sister wants to *climb* / *run* a marathon.
4 My brother *passed* / *won* a writing competition.
5 I'd love to *get* / *learn* a new language.
6 I'm so glad I *passed* / *won* my exam.
7 I want to *make* / *start* a business selling sports equipment.
8 Yesterday, we *gave* / *spoke* a presentation about trees.

2 Answer the questions in your own words.

1 What was your biggest achievement last year?

_____

_____

2 Which of the things in Exercise 1 would you like to achieve? Why?

_____

_____

LISTENING My great achievement

3 48 Listen. Who is the talk about?

a a young child
b a cyclist
c a marathon runner

4 48 Listen again. Complete the timeline of Dean Karnazes' achievements.

- **1974:** On his twelfth birthday, he [1]*ran* / *cycled* 64 kilometres just for fun.
- **2005:** He ran for over [2]*fifty* / *eighty* hours without sleeping, covering [3]*one hundred* / *563* kilometres.
- **2006:** He ran [4]*fifty* / *eighty* marathons in [5]*fifty* / *one hundred* days. His achievement [6]*inspired* / *forced* many people to get active.

COMMUNICATION Talking about an achievement

5 Circle the correct response.

1 How did the competition go?
a I guess you're really happy.
b Quite good. I finished in third place.

2 Did you get a prize?
a Yes, I won a tablet.
b I'm very pleased.

3 Was it hard?
a Well done!
b Yes, it was really tough!

6 Complete the conversation.

A: Hey! How did the [1] _____ go?
B: Pretty well! I came first.
A: Oh, [2] _____! Did you get a prize?
B: Yeah, the prize money was £100.
A: So, you must be [3] _____.
B: I am! I'm really proud of myself.



9.2 Exploring the world

GRAMMAR Past simple

1 Correct the mistakes in the sentences.

1 Armstrong and Aldrin did walk on the moon in 1969.
2 Leif Eriksson becomed the first European to see North America in 1000 AD.
3 Did you ran the marathon in Madrid?
4 He tryed really hard, but he didn't win.
5 Did you grew up in Canada?
6 They spended three months walking across the Antarctic.
7 I didn't went to China in 2014. I went in 2015.
8 The exam weren't very easy.

2 Make *yes* / *no* questions from the prompts. Then write short answers.

1 Alexander von Humboldt / the first man in space / ? *Was Alexander von Humboldt the first man in space?*
No, he wasn't.
2 Pytheas / sail / to India / ?_____
_____
3 Ann Bancroft and Liv Arnesen / teachers / ?_____
_____
4 Robert Swan / walk / to the South Pole / ?_____
_____
5 you / run a race / last year / ?_____
_____
6 you / at school / in 1990 / ?_____
_____

LANGUAGE FOCUS Talking about the past

3 Complete the information using the correct form of the words in brackets.

In 1953, Edmund Hillary and Tenzing Norgay [1] _____ (become) the first people to climb Mount Everest. Hillary was from New Zealand, and Norgay was from Nepal. They [2] _____ (take) three weeks to climb the mountain but only [3] _____ (spend) fifteen minutes at the top.

4 Look at the answers. Complete the questions.

1 Who _____?
Hillary and Norgay were the first people to climb Everest.
2 Where _____?
Edmund Hillary was from New Zealand.
3 What _____ at the weekend?
I went shopping.
4 How long _____?
The flight took five hours.

5 49 Complete the sentences using the correct form of the verbs in brackets. Listen and check your answers.

1 The speaker _____ (not like) running when she was young.
2 She _____ (run) a marathon in San Francisco.
3 The training _____ (be) hard at first.
4 She _____ (finish) the race in about five hours.
5 Her friend _____ (not finish) the race.

PRONUNCIATION Regular past endings

6 50 The past tense form of most verbs ends in *-ed*. There are three ways to pronounce this. Listen and repeat what you hear:

/ɪd/ sound:

We **started** two hours ago because we **wanted** to end early.

/t/ sound:

I **finished** the race in last place and **laughed** loudly.

/d/ sound:

As I **travelled** around the world, I **learned** many languages.

7 51 Listen to four sentences. Notice the pronunciation of the past forms. Circle the sound you hear.

1 **a** /ɪd/ **b** /t/ **c** /d/
2 **a** /ɪd/ **b** /t/ **c** /d/
3 **a** /ɪd/ **b** /t/ **c** /d/
4 **a** /ɪd/ **b** /t/ **c** /d/

8 52 Complete the table with these verbs. Listen and check your answers.

climbed ended hoped greeted
lifted liked skied washed

/ɪd/	/t/	/d/

9.3 Arctic conditions

READING

Achieving the **impossible**

1 Growing up, Lewis Pugh loved to read stories about explorers and dreamed of becoming one. At the age of seventeen, a month after his first swimming lesson, he swam seven kilometres in the Atlantic Ocean – just to challenge himself. Pugh later became a lawyer, but he quit his job so that he could become a professional swimmer.

2 In 2006, Pugh became the first person to complete a long-distance swim in all five of the world's oceans. A year later, he headed to the North Pole where he swam for nineteen minutes in near freezing waters.

3 In 2010, Pugh faced his most extreme challenge yet. He swam across Lake Pumori, which was formed when a glacier melted on Mount Everest. Not only was the water incredibly cold, but it was the highest swim ever at about 5,300 metres above sea level.

4 Later that year, Pugh wrote a best-seller about his adventures. Not surprisingly, he called it *Achieving the Impossible*.



Pugh swimming in the icy cold waters of Peter I Island, Norway

1 Read the article. Which sentence best describes Lewis Pugh?

a He's one of the fastest swimmers in the world.

b He wants to teach people the benefits of swimming.

c He swims in places that people normally wouldn't.

2 Complete the timeline with information from the article.

1986
When he was seventeen, Pugh swam seven kilometres in the [1] _____ because he wanted to challenge himself.

2006
He became the only person to swim long distance in all five of the world's [2] _____.

2007
He swam for nineteen minutes at the [3] _____.

2010
He swam across a lake 5,300 metres above sea level – the [4] _____ swim anyone has done. He also wrote a book called [5] _____.

LISTENING

3 53 Listen. Choose the best title for the talk.

a Lewis Pugh: Why he swims

b Lewis Pugh: The early years

c Lewis Pugh: Swimming across the Atlantic

4 53 Listen again. Match the two parts of the sentences.

1 Pugh swims in order to	**a** highlight that the sea ice is melting.
2 He swam in all five oceans to	**b** raise awareness of environmental issues.
3 He swam at the North Pole to	**c** demand that areas of the oceans are protected.
4 He swam on Mount Everest to	**d** show people that the Himalayan glaciers are melting.

5 Circle the statement you most agree with. Give a reason for your answer.

a The challenges Lewis Pugh does are a good way of raising awareness.

b These challenges are too dangerous and probably won't make a difference.

c People like Lewis Pugh and Robert Swan inspire others to achieve great things.

WORD FOCUS *in*

6 Complete the word map with these phrases.

a hole in (something) | be born in | in 2015
in Antarctica | in danger | in my life
in space | in the early 19th century | take part in

place
in north-western Europe
_____
_____

time
in one year
_____
_____
_____

in

verb phrases + *in*
be interested in
_____
_____

other phrases
in third place
in the wrong direction
_____
_____

7 Complete the sentences with phrases from Exercise 6.

1 When we were on the melting ice we were _____.

2 Yuri Gagarin was the first man _____.

3 The most important event _____ was winning an Olympic gold medal.

4 The worst moment was when I nearly fell through _____ the ice.

5 Next year I want to _____ my first marathon.

6 _____, Gennady Padalka achieved a record of 879 days in space.

9.4 Let's save the last pristine continent



Roz Savage preparing to row solo across the Pacific Ocean

In 2005, Roz Savage gave up her career as a management consultant to row across the Atlantic Ocean. Her next mission is to be the first woman to row solo across the Pacific. Her goal is to raise awareness about plastic pollution, climate change and how to be an eco-hero.

At the age of 64, Diana Nyad achieved her lifetime goal of swimming from Cuba to Florida, a 260-kilometre journey. Nyad describes some of the challenges she faced and how she overcame them. In this inspiring talk, she shares her secret to success. 'To achieve your dreams', she says, 'you must never give up, whatever age you are'.

After he swam the North Pole, Lewis Pugh didn't want to do any more cold-water swims. But when he heard of Lake Imja in the Himalayas – created by melting glaciers – and Lake Pumori, a body of water 5,300 metres high on Mt Everest, he began a journey that would teach him a new way to deal with swimming and climate change.

TEDTALKS

1 Read the descriptions of three TED Talks above. Match the titles (1–3) with the correct speakers (a–c).

1 My mind-shifting Everest swim	**a** Diana Nyad
2 Why I'm rowing across the Pacific	**b** Lewis Pugh
3 Never, ever give up	**c** Roz Savage

2 Read the TED playlist again. Circle the correct answers.

1 What do all the speakers have in common?

a they spend a lot of time in the water
b they swim long distances in the ocean
c they all crossed the Pacific Ocean

2 'You can chase your dreams at any age. You're never too old.' Which speaker most likely said this?

a Lewis Pugh **b** Diana Nyad **c** Roz Savage

3 Complete the sentences with the highlighted words from the TED playlist.

1 A _____ is something you've dreamed of doing your whole life.
2 The word _____ means by yourself.
3 An example of _____ is the Earth's weather becoming warmer.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

9.5 What's your claim to fame?

WRITING Writing a biography

1 Read Neil Armstrong's biography. What was his job before he became an astronaut?

Write three paragraphs. In the first paragraph, say who the person is and write about their life.

Neil Armstrong was born in Ohio, USA, in 1930. After finishing college, he joined the US Navy as a pilot. In 1962, NASA chose Armstrong to be an astronaut.

Armstrong was the first person to walk on the moon on 20th July, 1969. While they were on the moon, Armstrong and his partner Buzz Aldrin put up a flag and carried out science experiments.

In the third paragraph, say how the person inspired you.

Neil Armstrong inspires me because he and the other astronauts were very brave. The mission was very dangerous and some people said it was impossible. Armstrong showed the world that people can achieve great things if they are brave and work hard.

Remember to use the past simple tense.

In the second paragraph, say what the person's achievement is. Include some details.

2 Write about a person who achieved something that inspired you. Answer the questions to plan your biography.

1 Who is the person?

2 What is the person's background?

3 What is their achievement?

4 How did the person inspire you?

3 Write your biography. Then complete the checklist.

Did you use correct spelling and punctuation? ☐
Did you use some new words from this unit? ☐
Did you say what the person's achievement is? ☐
Did you use the past simple tense? ☐

10 Creative cities

10.1 In the neighbourhood

VOCABULARY City life

1 Read what people say about their neighbourhoods. Match each statement (1–6) with the quality that describes it (a–f).

1 'There are too many cars and buses.'
2 'People are helpful and easy to talk to.'
3 'It's easy to find a cheap apartment.'
4 'There are many nice parks nearby.'
5 'This is a very safe area.'
6 'There's always a train or bus when you need one.'

a friendly neighbours
b affordable housing
c green space
d low crime rate
e reliable public transport
f heavy traffic

2 Answer the questions in your own words.

1 Which qualities does your neighbourhood have?

_____

_____

2 Which do you think is the most important quality for a neighbourhood? Why?

_____

_____

LISTENING The place where I grew up

3 54 Listen. What does the speaker talk about?

a He explains how his neighbourhood is changing.
b He describes his perfect neighbourhood.
c He compares his old and new neighbourhoods.

4 54 Listen again. Are the qualities (1–7) used to describe the old or new neighbourhood? Write **O** for old, **N** for new or **B** for both.

1 affordable housing _____
2 clean streets _____
3 friendly neighbours _____
4 good nightlife _____
5 green space _____
6 heavy traffic _____
7 empty buildings _____

COMMUNICATION What's your neighbourhood like?

5 Circle the correct response.

1 I hear you moved to a new place.
a Yeah, I've got an apartment now.
b I'll think about it.

2 So what do you like about your new area?
a My neighbours are friendly.
b The traffic's terrible!

3 The public transport's not very reliable.
a Why don't you go to the park?
b Why don't you buy a car?

6 Imagine you're having a conversation with a friend. Complete the conversation in your own words.

A: So, what's good about your area?
B: [1] _____
A: Sounds great! What else do you like about it?
B: [2] _____
A: Is there anything you don't like about it?
B: [3] _____



10.2 Nice neighbourhoods

GRAMMAR *should* and *shouldn't*

1 Think about your perfect neighbourhood. Write sentences with *should* or *shouldn't* using these words and phrases.

affordable housing	a lot of shops	busy	friendly neighbours
green space	heavy traffic	~~noisy~~	near work
~~near the city centre~~	nightlife	quiet	

1 *My perfect neighbourhood should be near the city centre.*
2 *It shouldn't be too noisy.*
3 _____
4 _____
5 _____
6 _____

2 Write questions with the phrases you didn't use in Exercise 1. Write short answers.

1 *Should your perfect neighbourhood have a lot of nightlife? No, it shouldn't.*
2 _____
3 _____
4 _____
5 _____

LANGUAGE FOCUS Making suggestions

3 Correct the mistakes in the suggestions.

1 How about find a new place?
2 Why you don't take the train?
3 One thing could we do is share an apartment.

4 Write suggestions for the problems using these ideas.

invite them to a party	move into an apartment instead
plant some trees	start a street-cleaning group

1 Houses in my neighbourhood are too expensive.
_____
2 The streets in my neighbourhood are very dirty.
_____
3 I don't know any of my neighbours.
_____
4 They've cut down so many trees to make space for the new playground.
_____

5 55 Read the suggestions (a–c). Then listen to Alice, Carlos and Soo-jin. Match each person with the best suggestion for their problem.

1 Alice
2 Carlos
3 Soo-jin

a You could get a place outside the city.
b How about looking for a cheaper apartment?
c Why don't you find a new job closer to you?

PRONUNCIATION Pausing between ideas

6 56 When we speak, we divide words into ideas with short pauses between them. Listen and repeat what you hear.

Main idea 1 I live in New York / **Main idea 2** because it's a lot of fun, / **Main idea 3** and the parks are great.

Main idea 1 I wanted to move to Westfield, / **Main idea 2** but the rent was too high.

7 57 Read the sentences and mark where you think the pauses between ideas are. Then listen and check your answers.

Ten years ago, my family moved to this neighbourhood because it was cheap. It had a bit of a crime problem and it wasn't very safe. In my opinion, things have improved a lot. It's now a really safe neighbourhood with clean streets and excellent schools.

8 58 Listen to four sentences. Which words do the pauses follow? Circle the correct answers.

1 **a** housing
b affordable
c another

2 **a** trying
b neighbourhood
c cleaning

3 **a** want
b city
c centre

4 **a** Sydney
b and
c new

10.3 Reshaping a city

READING



A mural done by Groundswell in the city of New York, USA

Renovating hope

1 'Art creates community, and community creates change.' It was this idea that inspired Groundswell – an organization that improves neighbourhoods in New York City by painting art over large walls. One of these neighbourhoods is Brownsville. The Brownsville residents wanted to end the crime and poverty that their neighbourhood was known for. Five big, colourful paintings were made on several walls around the area. The paintings were about local heroes and carried positive messages such as 'Hope', 'Respect' and 'Brownsville moving forward'.

2 Groundswell's paintings make the neighbourhoods more attractive and inspire residents, but the project's benefits don't stop there. Organizers ask young people to take part and learn new skills. Most of them are aged between 14 and 21 and are from poor families. Many of them were involved in crime and want a chance to change their lives. By working with artists to design and make the paintings, these young people learn to express themselves, earn money and get work experience. As artist Chris Sona says, 'It's about the talents that people don't realize that they have until they do it'.

3 Since Groundswell was started in 1996, the organization has completed about five hundred paintings in different locations across the city. Every year, around one thousand young people create works of art and help renovate buildings in troubled neighbourhoods like Brownsville.

1 Read the article. What is it mainly about?

a creative ways to end crime **b** local heroes **c** improving communities with art

2 Complete the summary using information from the article.

Groundswell organizes neighbourhood improvement projects in New York City. It creates paintings on large [1]_____ to make the neighbourhoods more beautiful and to [2]_____ residents. Young people from [3]_____ families or with criminal backgrounds can work on the projects. They work with [4]_____ to design and create paintings in their neighbourhoods. By taking part, the young people learn how to [5]_____ while earning money and gaining valuable work experience.

LISTENING

3 59 Listen. Choose the best title for the talk.

a Improving a neighbourhood with art and entertainment

b Residents beat crime by singing in the streets

c Using art to decrease pollution

4 59 Listen again. Choose the correct options to complete the summary.

A neighbourhood in Providence was not popular with visitors due to high crime rates, ugly buildings and [1]*heavy traffic / pollution*. Residents started a [2]*competition / festival* to attract visitors to the neighbourhood. There were many [3]*cultural activities / sports* for people to enjoy and take part in. Eventually new businesses opened and more people [4]*left / visited* the area.

5 Complete the Venn diagram with the information (a–e).

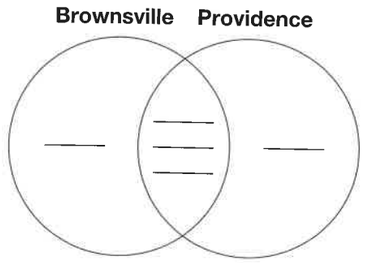
a the neighbourhood improved

b a project for young people

c the government gave some help

d local people took action

e art made a difference



WORD FOCUS *up*

6 Match the phrases (1–8) with their definitions (a–h).

1 grow up
2 up to (+ a number)
3 clean up
4 dress up
5 look up
6 stand up
7 runner-up
8 made up of

a remove rubbish and dirt
b get onto your feet
c grow from a child to an adult
d look for a piece of information in a book or on the Internet
e put on clothes that make you look like someone else for fun
f the second person or thing in a race or competition
g consisting of different parts that make a whole thing
h no more than

7 Complete the sentences with the correct form of the phrases from Exercise 6.

1 The renovated house was _____ in an architecture competition.
2 The Listening House contains _____ 14,000 books.
3 Theaster Gates _____ in Chicago.
4 A group of local people help to _____ the rubbish on the streets at weekends.
5 The community arts project is _____ many different people.
6 You should _____ words that you don't know in a dictionary.
7 The speaker _____ to begin her talk.
8 Children love to _____ as their favourite characters at parties.

10.4 How to revive a neighbourhood ...



Local residents looking at a Before I Die public art display

Aziza Chaouni: How I brought a river, and my city, back to life

It took twenty years, but Aziza Chaouni and her team successfully restored a river in the Moroccan city of Fez. The river was extremely dirty and smelly, so no one wanted to go near it. Chaouni explains how her team cleaned the river, making it an attractive place for residents and tourists to hang out.

Diébédo Francis Kéré: How to build with clay ... and community

After studying architecture in Germany, Diébédo Francis Kéré returned to his village in Burkina Faso to improve life there. His village was very poor and badly needed a school. Kéré taught the residents building skills, and together they built a school using simple materials like clay and wood.

Candy Chang: Before I die I want to ...

Candy Chang wrote, 'Before I die, I want to …' on the wall of an empty house in New Orleans, USA. Anyone walking by could write whatever they wanted to. Chang says this simple experiment allowed her neighbours to share their thoughts and grow closer to one another.

TEDTALKS

1 Read the descriptions of three TED Talks above. What is the best theme for this playlist, a, b or c?

a inspiring change in communities **b** teaching people new skills **c** learning more about communities

2 Complete the table with information from the playlist.

TED speaker	Where is the neighbourhood?	What did the speaker do?	How did it help the residents?
Aziza Chaouni	the city of [1] _____ in Morocco	Along with her team, she [2] _____ a river.	People started to hang out at the river.
Diébédo Francis Kéré	a [3] _____ in Burkina Faso	He and the villagers [4] _____ using materials like [5] _____.	The village got a school and the residents learned a new skill.
Candy Chang	[6] _____	She conducted an experiment in her neighbourhood.	Her [7] _____ wrote down their thoughts. It brought them closer to each other.

3 Choose the correct option to complete the sentences.

1 If you **hang out** somewhere, you *spend a lot of time there / avoid going there.*

2 **Architecture** is the art of *designing / demolishing* buildings.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

10.5 Let's make things better

WRITING Writing a proposal

1 Imagine your town or city wants to renovate a large old building in the centre. Read one person's suggestions for how to use the building. What are the two ideas that they mention?

Start by saying what your idea is and describe it.

I have an idea for the old building. How about using it as a market? There's no market in that part of the city, so this would be a great opportunity to have one. Local residents could sell things that they make or grow, such as clothes, fruits and vegetables. It would be a good place for people to buy things, too. It would be open every day. The market would attract people to the area. Or, why don't we turn the building into a gym? We could put exercise machines in there and have fitness classes. It would be for local people only and would be open all day. It would help residents stay healthy and help them get to know one another.

Say who would use the building, and how.

Remember to use the suggestion phrases you learned in this unit.

2 Write your own suggestion for how to use the building. Answer the questions to plan your proposal.

1 What is your suggestion?

2 Who would use the building, and how?

3 When would people use it?

4 What are the benefits of your suggestion?

3 Write your proposal. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you use some new words from this unit? ☐

Did you say what the benefits of your suggestion are? ☐

Did you use suggestion phrases from this unit? ☐

11 Images

11.1 Snapshots

VOCABULARY Photography

1 Choose the correct options to complete the sentences.

1 Circles and squares are types of *colours* / *shapes*.
2 *Landscape* / *Portrait* photos normally show the beauty of nature.
3 The flash, lens and screen are all parts of *a camera* / *an image*.
4 This photo was so *boring* / *stunning* that I couldn't get it out of my mind.
5 From this *background* / *perspective*, the girl looks bigger than the bus!
6 I saw a *beautiful* / *weird* photo today. It was a picture of an upside-down room!
7 I took a lot of *paintings* / *pictures* with my new camera.

2 Choose a photo in the Student's Book. Answer the questions in your own words.

1 What kind of photo is it (e.g. portrait, landscape)? What is the photo of?

_____

2 What is your opinion of the photo? Why?

_____

3 What kind of photos do you usually like? Why?

_____

LISTENING My perfect photo

3 60 Listen. Where do you think the speakers are?

a at an art gallery
b at the library
c at a museum

4 60 Listen again. Choose the correct options to complete the summary.

Photo 1

This is a [1]*landscape* / *wildlife* photo. The male speaker likes the [2]*use of light* / *colours* while the female speaker thinks that the perspective is interesting. She thinks the colours are too [3]*weird* / *bright*.

Photo 2

This is a [4]*landscape* / *portrait* photo. The male speaker thinks the photo is [5]*strange* / *stunning* and full of happiness. The female speaker likes the fact that there is [6]*a lot of* / *no* colour.

COMMUNICATION What do you think?

5 Two friends are looking for a photo for their website. Put the sentences in the correct order to complete the conversation.

A: Hey, *think of* / *this* / *do you* / *what* / *photo*?
[1] _____
B: Well, in my opinion, it's a little weird.
A: Really? *I* / *the* / *colours* / *like*.
[2] _____
B: To me, it just seems a bit too bright. How about this one?
A: Wow! That's *the most* / *I've ever* / *stunning images* / *one of* / *seen*!
[3] _____
B: Let's go with this one then!

6 Imagine you're having a conversation with a friend about the photo below. Complete the conversation in your own words.

A: So, what do you like about the photo?
B: [1] _____
A: Right, that's true. And what don't you like about it?
B: [2] _____
A: Yeah, I think so too. If you could change one thing about it, what would it be?
B: [3] _____



11.2 What's your opinion?

GRAMMAR *look* and *look like*

1 Are these words and phrases used with *look* or *look like*? Complete the table.

~~an artist~~	a painting	a plane	really happy
really unfriendly	really weird	stunning	you

look	*look like*
	an artist

2 Complete the sentences with the correct form of *look* or *look like* and the words and phrases in Exercise 1.

1 Does your brother _____?
2 He's got paint on his clothes. He _____.
3 This landscape photo is beautiful. The mountains _____.
4 Some modern paintings _____.
5 The woman in the photo is smiling. She _____.
6 It _____, but it's actually an enhanced photo.
7 In this photo, 'Jetman' and his wing _____.
8 I don't know your new boss, but she _____.

LANGUAGE FOCUS Asking for and giving opinions

3 Choose the correct options to complete the conversation.

1 A: Do you *think* / *feel* this photo looks like a painting?
B: No, I don't. It's obvious it's a photo.
2 A: How do you *find* / *feel* about this wildlife photo?
B: In my opinion, it's stunning!
3 A: Well, your camera *seems* / *seems like* fine to me. It's not broken.
B: Are you sure? It *look* / *looks like* there's a crack on the screen.

4 Answer the questions in your own words.

1 Do you think photography is a good hobby? Why?
_____
2 Do you find portraits interesting? Why?
_____
3 How do you feel about digitally altered photos?
_____

5 61 Listen. Circle the correct answers.

1 How does the female speaker feel about the photo?
a She thinks it's beautiful.
b She finds it weird.
2 What problem does the male speaker have with the photo?
a He thinks it looks like the sea.
b He thinks the colours are weird.
3 Which speaker thinks that the photo should not be altered?
a the male speaker
b the female speaker

PRONUNCIATION Sounding interested

6 62 Listen to two versions of the conversation. Does speaker B sound interested or uninterested?

A: Look at this photo. Doesn't the landscape look beautiful?
B: Yeah, stunning.

1 Speaker B sounds *interested* / *uninterested*.
2 Speaker B sounds *interested* / *uninterested*.

7 63 We use intonation to make our responses to other people sound positive. Listen to the responses. Does the speaker sound interested? Circle **Y** for yes or **N** for no.

1 Wow! That's amazing.	**Y**	**N**
2 Yeah, that's really cool.	**Y**	**N**
3 Yes, it is. It's weird.	**Y**	**N**
4 I know. It really does.	**Y**	**N**

8 64 Listen to the conversations. Repeat the responses. Use intonation to sound interested.

1
A: Look at this great photo of camel shadows.
B: Wow! That's amazing.

2
A: Look at this photo. I love it!
B: Yeah, that's really cool.

3
A: This photo is really strange, isn't it?
B: Yes, it is. It's weird.

4
A: This photo looks like a painting, doesn't it?
B: I know. It really does.

11.3 Art and nature

READING

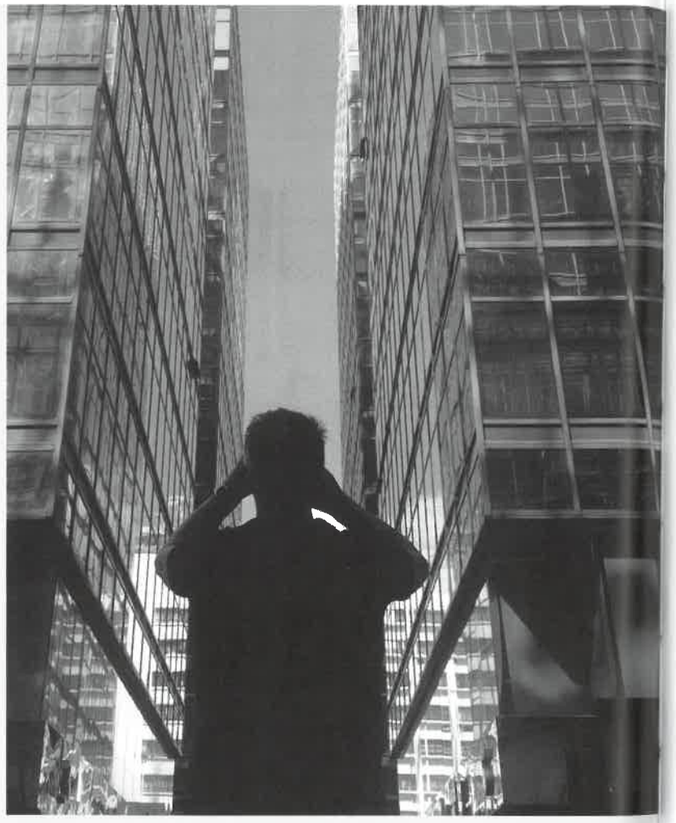
Sharing our lives

1 Photography used to be just for the experts, but now we're all photographers. Only twenty years ago, taking a good photo wasn't easy. Cameras were big and heavy and film was expensive. Photographers would take a photo only if they were sure it was a good shot. Nowadays, everyone has a smartphone with a camera in their pocket, and to take a photo, you just have to tap on a screen. If you want to enhance a photo, you just need to tap a couple of times more.

2 Not only are pictures easy to take, they're also easy to share. Gone are the days of waiting hours for photos to be developed and receiving one print of each image. Instead, anyone can share their images with the world in seconds by posting them online.

3 There are millions of photos of daily life around the world on sites such as Instagram. You can follow a friend's holiday adventures, check out what people around the world are having for breakfast, or view strangers' photos of their pets. These days, anyone can tell their story as it happens.

4 With so many photographs on the Internet every day, no image gets to be special for long. But if there are fewer memorable images today, it's not because there are fewer good images. It's because there are so many of them.



With a smartphone, anyone can take a photo and upload it to the Internet within seconds.

1 Read the article. What is the main idea? Choose the correct answer.

a Nowadays, photos are easy to take and share.

b There are too many photographs nowadays.

c Sharing photos makes life better for everyone.

2 Match each paragraph (1–4) with its main idea (a–d).

1 Paragraph 1 — **a** Good photos don't remain special for long.

2 Paragraph 2 — **b** People share their stories through their photos.

3 Paragraph 3 — **c** Taking photos is much easier than it was in the past.

4 Paragraph 4 — **d** Sharing photos is a simple thing to do.

LISTENING

3 65 Listen. Choose the best title for the talk.

a Photography and technology **b** Photography: A dying art **c** Photographs around the world

4 65 Listen again. Circle the correct answers.

1 Smartphones make photos _____.

a more beautiful **b** less special **c** more creative

2 Around _____ photos are uploaded to the Internet every day.

a two million **b** two billion **c** two thousand

3 It's difficult to see a really good photo online because _____.

a most photos are terrible **b** people don't upload them **c** there are too many photos

5 Circle the statement you most agree with. Give a reason for your answer.

a Photography isn't an art any more.

b Photographs are getting better due to new technology.

c Everyone can be a photographer nowadays.

WORD FOCUS *like*

6 Match the sentences (1–5) with the uses of *like* (a–e).

1 They stage events **like** exhibitions and meetings.

2 Everything **feels like** a giant playground when you're a child.

3 The centre **looks like** an ordinary house.

4 What's the neighbourhood **like**?

5 **I'd like** to meet Theaster Gates.

a asking for a description

b saying something seems similar to something else

c talking about something you hope to do

d introducing examples of something

e has a similar appearance to

7 Complete the sentences with the correct form of the words in **bold** in Exercise 6.

1 What's the South Side of Chicago _____?

2 Do you _____ your mother?

3 Yves Rossy _____ a bird when he's flying.

4 I _____ to go to Listening House.

5 Some things are important for children, _____ green spaces and parks.

11.4 Impossible photography



Flying drones with cameras are used to take photos of inaccessible places.

Wendy Freedman: This new telescope might show us the beginning of the universe

Wendy Freedman talks about photographing space: how to do it, what we can learn and what the future holds. Freedman's team is building the world's largest telescope, which will be able to take incredible pictures of space when it's finished in 2025.

Thomas Peschak: Dive into an ocean photographer's world

Thomas Peschak shares his love of the underwater world with us, describing his many years of adventures as an ocean photographer. He shows us magnificent photos of fish, whales and seals and warns us of the danger of losing our marine wildlife forever.

Sergei Lupashin: A flying camera ... on a leash

By flying high up above cities, ancient sites and natural places, drones can give us a new perspective on familiar things. Sergei Lupashin talks about this and the other opportunities that flying machines offer photographers.

TEDTALKS

1 Read the descriptions of three TED Talks above. The playlist is about photography that _____.

a makes us laugh

b captures stunning events

c helps us learn new things

2 Read the TED playlist again. Tick (✓) the correct speaker(s).

	Freedman	Peschak	Lupashin
a Which two speakers use new technology to take photos?	☐	☐	☐
b Which speaker takes photos underwater?	☐	☐	☐
c Which speaker takes photos of space?	☐	☐	☐
d Which speaker uses a flying machine?	☐	☐	☐
e Which speaker takes photos of animals?	☐	☐	☐

3 Choose the correct option to complete the sentences.

1 If something is **magnificent**, it is very *beautiful* / *big*.

2 A **marine** animal lives *in the ocean* / *underground*.

3 An **opportunity** *allows you to* / *makes you* do something you *want* / *don't want* to do.

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

11.5 Look again!



WRITING Describing a photo

1 Read a description of the photo above. What does the person like about the photo?

In the first paragraph, say what the photo is of. Say what type of photo it is and how it makes you feel.

I love this photo of a street in Tokyo that I found online. It's a street full of people and it looks really busy. It's a landscape photo, but it's not of nature. I think it's great because it makes me feel like I'm going out for the evening in a lively place.

In the second paragraph, say what you like and dislike about the photo.

I really like the perspective because the shot is taken from high up. The only thing I don't like about it is that some of the people are blurred because they're moving.

Use some new words from this unit.

2 Search online for a photo that you really like. Write a description of it. Answer the questions to plan your description. Write your answers in your notebook.

1 What is the photo of?

2 How does the photo make you feel?

3 What do you like about the photo?

4 What don't you like about the photo?

3 Write your description. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you use some new words from this unit? ☐

Did you say how the photo makes you feel? ☐

Did you say what you like and dislike about the photo? ☐

12 Health

12.1 Staying healthy

VOCABULARY Habits

1 Choose the correct options to complete the sentences.

1 I want to stay healthy so I *take* / *use* vitamins daily and *ride* / *take* my bike to work.
2 I usually *eat* / *drink* fruit juice and *eat* / *take* vegetables for lunch.
3 If you *eat* / *take* fruit every day and *go to* / *do* the gym, you'll soon feel healthier.
4 When I *get* / *take* less than eight hours of sleep, I feel tired all day.
5 You should always *brush* / *wash* your hands before eating.
6 I sometimes *avoid* / *skip* breakfast if I'm late for work.
7 I'm trying to *eat* / *drink* healthier so I *avoid* / *use* red meat.
8 He *brushes* / *does* his teeth and *drinks* / *uses* mouthwash after having a meal.

2 Answer the questions using the words in Exercise 1.

1 What two things do you do to keep healthy?

_____

_____

_____

2 Do you think your diet is generally healthy or unhealthy? Why?

_____

_____

_____

LISTENING My healthy (and unhealthy) habits

3 66 Listen. Circle the correct answers.

1 What is the best title for the talk?
a Technology and exercise
b The best fitness apps
c Exercise tips for busy people

2 According to the speaker, a person who doesn't want to carry a smartphone while exercising should probably get a(n) _____.
a exercise app
b fitness tracker
c smartwatch

4 66 Listen again. Complete the table with words from the talk.

	Advantages	Disadvantages
Exercise apps	• Tracks your progress • Can replace a [1] _____	• Need to carry a [2] _____ – quite large and can break easily
[3] _____	• Counts your steps • Tells you how much energy you've burned • Fairly cheap	• Only useful if you [4] _____
Smartwatch	• Does everything a [5] _____ does, but also uses [6] _____ like a smartphone	• Pretty expensive • Batteries don't last a long time

COMMUNICATION Is that healthy?

5 Read the sentences. Circle the correct response.

1 I heard that drinking too much water can be dangerous for your health.
a That's interesting to know.
b I'm not sure.

2 Why do you exercise?
a Twice a day.
b When I do, I feel really good.

3 I drink soft drinks every day.
a Apparently, that's bad for you.
b I don't agree.

6 Replace the words in **bold** with these words.

apparently good for you how come if

A: **Someone told me that** you should eat five pieces of fruit a day. 1 _____
B: Oh, really? **What's the reason**? 2 _____
A: Well, it's **very healthy**. 3 _____
B: Sure, but why five pieces?
A: Experts say that **when** you eat five pieces, you get all the fibre and vitamins you need for one day. 4 _____

12.2 Healthy choices

GRAMMAR Zero conditional

1 Match the two parts of the sentences.

1 You can spread germs if	**a** when you don't eat properly.
2 It's bad for your health	**b** you get some exercise every day.
3 When you go to work on a bike,	**c** when you turn on the TV.
4 If you like green spaces,	**d** you don't wash your hands.
5 You always see people with perfect bodies	**e** can achieve a lot.
6 If you work hard you	**f** don't live in the city centre.

2 Make questions from the prompts. Add commas if necessary. Then answer the questions in your own words.

1 How / you / feel / if / you / not get / enough / sleep / ?

_____

_____

2 If / you / not / drink / enough / water / you / feel / bad / ?

_____

_____

3 How much / sugar / you / consume / if / have / one soft drink / ?

_____

_____

4 If / not drink / coffee / in the morning / you / feel / tired / ?

_____

_____

5 If / not eat / well / you / get / ill / ?

_____

_____

6 When / you / do / some exercise / you / feel / better / ?

_____

_____

LANGUAGE FOCUS Talking about facts

3 Choose the correct options to complete the sentences.

1 When I *ate* / *eat* red meat, I feel unwell the next day.

2 If someone *avoided* / *avoids* sugar, their teeth are healthier.

3 Whenever I *drink* / *drank* tea, I sleep very well at night.

4 Every time I go swimming, I *feel* / *felt* much healthier.

4 Match the causes (1–4) with their effects (a–d). Then write sentences with them.

1 use mouthwash	**a** gain weight
2 sleep well	**b** heartbeat gets faster
3 eat unhealthy food	**c** teeth become healthier
4 exercise	**d** feel less tired

1 *When you use mouthwash, your teeth become healthier.*

2 _____

3 _____

4 _____

5 67 Listen. Circle the correct answers.

1 What is the conversation about?
- **a** how to lose weight
- **b** how to burn energy at night

2 Why shouldn't you eat late at night?
- **a** Your body doesn't use the energy because you're sleeping.
- **b** Your body uses too much energy at night.

3 Why should you never skip breakfast?
- **a** You'll use more energy.
- **b** You won't feel as hungry later in the day.

4 What should you do if you want to eat less during a meal?
- **a** drink a glass of water
- **b** don't eat too late

PRONUNCIATION Word linking

6 68 When we speak, we sometimes join words together. This is called *linking*. We link words that end with consonant sounds to words that start with vowel sounds. Listen and repeat what you hear.

A: Soft drinks contain loads of sugar. You should order something else.
B: Well, how about juice? Or does it contain sugar, too?

7 69 Underline the words that should be linked. Then listen and check your answers.

1 An exercise buddy can make working out more fun.

2 You should always wash your hands before meals.

3 You can easily gain weight if you eat late-night snacks.

8 70 Listen. Complete the paragraph.

My [1] _____ brushes her teeth just after eating, as she [2] _____ makes her mouth feel cleaner. [3] _____ actually a mistake. Your mouth is acidic after a meal and brushing immediately after can damage your teeth. Instead, wait thirty [4] _____ eating before brushing your teeth.

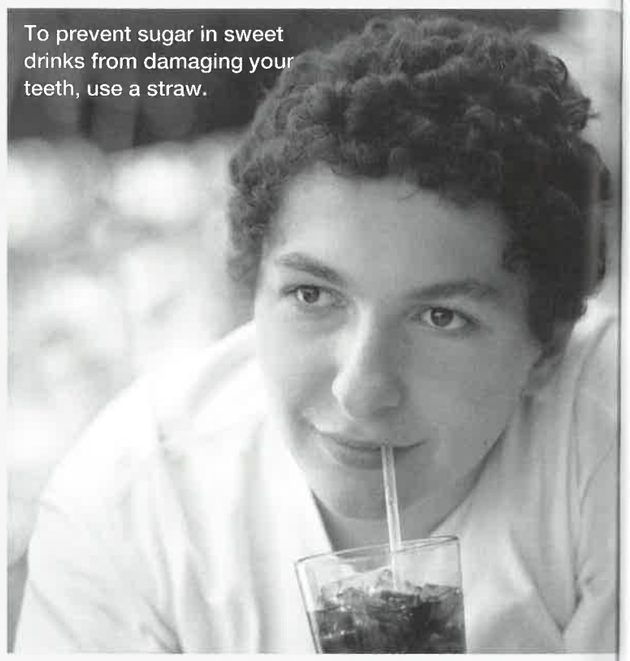
12.3 A simple solution

READING

1 'Look after your teeth if you don't want to lose them!' Parents often give this advice to their children, but not many take it seriously. One common way that people damage their teeth is by drinking soft drinks. The sugar in the drink covers the teeth, and bacteria then turn the sugar into acid. The acid makes your teeth softer and causes dirty marks, or stains.

2 After people have finished their soft drink, they frequently start chewing on the ice. This is also bad for teeth. Chewing ice or other hard foods can cause tiny cracks, or breaks, in teeth, making them weak and painful. Worse, there are some foods that are both hard and sugary, such as hard sweets. They're sticky too, so it's hard to remove the sugar from your teeth.

3 So, you might think, 'I'll just brush harder to remove the sugar', right? Wrong. Brushing hard or using a hard toothbrush also damages your teeth. You can easily scratch your teeth – even though they might seem strong. So, to keep your teeth healthy, avoid these bad habits!



To prevent sugar in sweet drinks from damaging your teeth, use a straw.

1 Read the article. Circle the best title.

a Habits that harm your teeth **b** Good brushing habits **c** Sugar: What you need to know

2 Complete the chart using words from the article.

Causes	Results
1 _____ turn sugar from soft drinks into acid.	The acid then makes our teeth 2 _____ and causes stains.
People chew on 3 _____ food like ice.	This can cause tiny 4 _____ in our teeth.
Using a 5 _____ toothbrush to brush teeth	This can 6 _____ our teeth.

LISTENING

3 71 Listen. Choose the best title for the talk.

a Cleaning your teeth properly **b** Foods that strengthen teeth **c** Protecting your teeth

4 71 Listen again. Choose the correct options to complete the sentences.

1 Instead of having *chocolate / sugary drinks*, eat some *cheese / fruit*.

2 Eating some *cheese / fruit* after having something sugary reduces the amount of acid in your mouth.

3 Brush your teeth *gently / quickly* with a soft toothbrush and use mouthwash.

4 Eat a *low-fat / low-sugar* diet to keep your teeth healthy.

5 Circle the statement you most agree with. Give a reason for your answer.

a Teeth don't need much care – just brush twice a day.

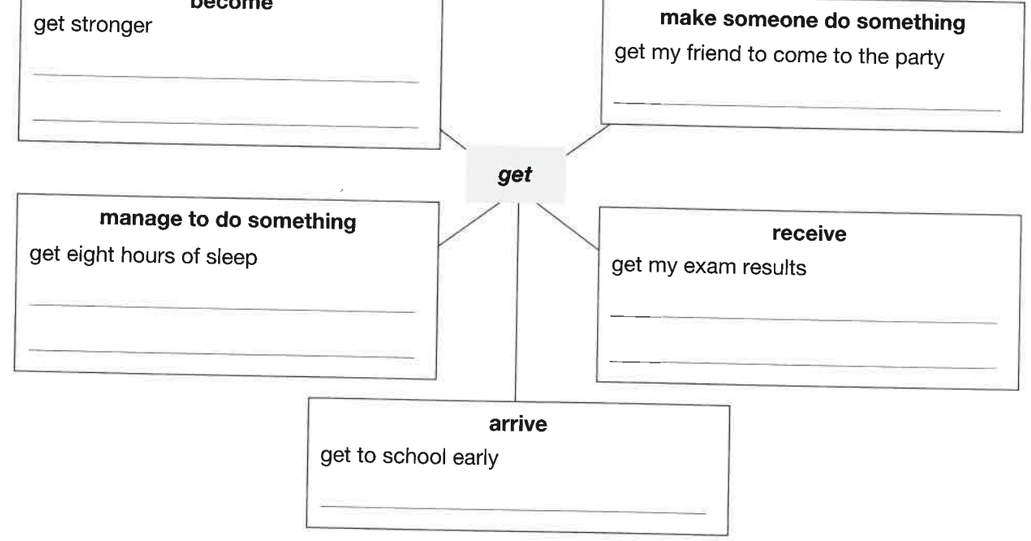
b Shops should stop selling sugary foods and drinks.

c Children should have fruit instead of sweets to save their teeth.

WORD FOCUS *get*

6 Complete the word map with these phrases.

get a job
get home from work
get people to change their habits
get a message
get into university
get stressed
get a present
get older



7 Complete the sentences with phrases from Exercise 6.

1 I _____ when I have exams.

2 If I don't _____, I feel terrible the next day.

3 If we want to reduce disease, we have to _____.

4 If I don't _____, I can't buy a car.

5 I always get up too late, so I never _____!

6 I _____ tomorrow. I hope I passed everything.

12.4 The simple power of handwashing



Matt Cutts offers helpful advice on achieving goals.

Sandra Aamodt: Why dieting doesn't usually work

Dieting doesn't work and might make you fatter. That's Sandra Aamodt's belief, and she should know. Not only did she diet for thirty years, but she's also studied dieting as a scientist. Aamodt says to lose weight, you must change your eating habits. And the rules are simple – eat when you're hungry, and stop when you're full.

Matt Cutts: Try something new for 30 days

New hobbies or habits need a lot of time, so why not try one for just thirty days? Matt Cutts did this, starting with small habits, like cycling to work or taking a photo every day. When he succeeded at these, he took up more challenging habits, having fun and learning new skills along the way.

Judson Brewer: A simple way to break a bad habit

Breaking a bad habit could be much easier than you think, Dr Judson Brewer explains. Instead of making yourself stop the habits, you question them: 'Why am I eating this sugary snack?' or 'Is worrying about work actually helpful?'. By thinking carefully about our bad habits, we make them less powerful.

TEDTALKS

1 Read the descriptions of three TED Talks above. What is the best theme for this playlist, a, b or c?

a how good habits can help us lose weight

b how to pick up good habits and break bad ones

c how we can get into the habit of regular exercise

2 Read the TED playlist again. Choose the correct options to complete the summary.

Sandra Aamodt is a scientist. Her talk is about changing [1]*eating / exercise* habits, rather than all habits. Matt Cutts's talk is more about [2]*old / new* habits. He talks about habits he tried for a [3]*long / short* time. Judson Brewer advises us to [4]*make ourselves stop / think carefully about* bad habits. All three talks offer practical advice on what to do about our [5]*habits / health* to improve our [6]*careers / lives*.

3 Match the highlighted words from the TED playlist with their definitions (1–3).

1 achieved what you were trying to achieve _____

2 eating less to lose weight _____

3 instructions that tell you what you must or must not do _____

4 Which talk would you most like to see? Why? Watch the talk at TED.com.

12.5 Fact or myth

WRITING Giving health tips

1 Read the tips about how to avoid spreading the flu. What should you do if you have the flu?

Write three paragraphs. In the first paragraph, write a brief introduction and give your first tip.

In each paragraph, say what the tip is and how it helps to prevent the illness.

Here are three tips to help you avoid spreading the flu. First, when you have the flu, don't go to work. If you go to places that are full of people, you pass on the illness. Stay at home instead.

Second, if you're around people with the flu, wear a mask and don't touch your eyes, nose or mouth. You can pick up germs with your hands, and when you touch these places, the flu germs enter your body. Wash your hands first.

Third, keep your surroundings clean. For example, clean door handles and light switches regularly. Sick people could leave their germs in these places and spread the flu.

Remember to give reasons.

Use some new words from this unit.

2 Choose an illness or health problem you know about. Write three tips on how to prevent it. Answer the questions to plan your tips.

1 What is the illness or health problem?

2 What is your first tip? How does it help to prevent the illness or problem?

3 What is your second tip? How does it help to prevent the illness or problem?

4 What is your third tip? How does it help to prevent the illness or problem?

3 Write your health tips. Then complete the checklist.

Did you use correct spelling and punctuation? ☐

Did you use some new words from this unit? ☐

Did you explain what illness or health problem it is? ☐

Did you give three tips on how to prevent the illness / problem? ☐

Answer key

UNIT 1

1.1 Do you like country music?

1

1 Rock **2** horror movies **3** classical **4** Science fiction **5** Country **6** romantic comedy **7** action movie **8** Jazz

2 (Example answers)

1 I like watching romantic comedies. My favourite film is *Notting Hill*.
2 I don't like science fiction films, such as *Star Wars*.
3 Rock is my favourite type of music. One band I like is Kings of Leon.

3

1 b **2** a

4 b, d

5

1 b **2** d **3** e **4** c **5** a

6 (Example answers)

1 I love it. It helps me relax.
2 I don't like rock music. It's too loud!
3 My favourite actor is Cillian Murphy.

1.2 What's your favourite?

1

1 has **2** makes **3** doesn't **4** films **5** are **6** uses **7** puts **8** don't **9** love **10** goes

2

1 Does **2** don't like **3** love **4** do **5** doesn't like **6** watches **7** are **8** sings

3

1 doesn't **2** do **3** likes **4** is **5** hate

4

1 d **2** a **3** c **4** b

5

1 do you like **2** do **3** don't like it

7

1 c **2** a **3** c

8

1 possessive **2** contraction **3** contraction **4** possessive

1.3 Going viral

1 b

2

1 The Gambia **2** London **3** kora **4** woman **5** African

3 c

4

1 F **2** T **3** T **4** F **5** T

5 (Suggested answers)

Similar: Both types of music use stringed instruments. Both are traditional types of music that use modern ideas or equipment: the Sleepy Man Banjo Boys sing about modern subjects; Sona Jobarteh's band uses modern instruments such as the electric guitar.
Different: The kora has more strings than the instruments used by the Sleepy Man Banjo Boys. You use two hands to pluck a kora; you use one hand to pluck the instruments used in bluegrass. Bluegrass is from the United States; kora music is from West Africa.

6

2 The band is **from** New Jersey, United States.
3 Classical music is most popular with people aged **from** 55 to 79.
4 The film is on **from** Monday to Friday.
5 We get new songs **from** our music platform.
6 Bluegrass music gets its name **from** Kentucky, the 'Bluegrass State'.
7 A banjo is made **from** wood.
8 I hear **from** my friends online every day.

7 (Example answers)

1 I work from nine to five.
2 My favourite band is from Canada.
3 My favourite instrument is made from brass.
4 I hear from my sister every day.
5 My favourite song gets its name from a famous film.
6 I love listening to music from different countries.
7 I think rap music is most popular with people aged from fifteen to thirty.
8 I get new books from a local book shop.

1.4 Blue grass virtuosity from … New Jersey?

1 b

2

1 Dong Woo Jang and Steve Jurvetson
2 It helps him calm down after a long day at school. **3** BLACK **4** fourteen

3

1 wins **2** toy **3** smaller

1.5 Who likes what?

1 Electric Apple

2 Students' own answers

3 Students' own answers

UNIT 2

2.1 Where does my money go?

1

1 bus pass **2** coffee **3** shirts **4** haircut

2

1 get some petrol **2** a jacket **3** the concert **4** camera

3 b

4

1 shirt **2** shoes **3** 15 **4** 50 **5** trousers

5

1 never **2** twice a week **3** Sure **4** usually **5** often

6 (Example answers)

1 I go shopping about once a week.
2 I usually go to the market near where I live.
3 No, I never go to concerts. They're too expensive.

2.2 I never make a shopping list

1

1 hardly ever **2** once a week **3** often **4** always **5** sometimes **6** usually

2

1 I usually go to the local market at weekends.
2 I don't buy expensive clothes very often.
3 I take a taxi about once a week.
4 I rarely do my food shopping online.
5 I go to a café for lunch every day. / Every day I go to a café for lunch.
6 Every Sunday I play football with my friends. / I play football with my friends every Sunday.

3 Students' own answers

4

1 ✗ **2** ✓ **3** ✗ **4** ✗ **5** ✓

5

1 Do **you ever** shop on Main Street? **3** **How** often do you buy shoes? **4** I hardly **ever** get a haircut.

6

1 a **2** b **3** a **4** a

8

One syllable: buy, cost, pay, shop
Two syllables: habit, money, outfit, petrol, shopping, spending

9

2 collect **3** haircut **4** jacket **5** discuss **6** concerts **7** begin

2.3 Think before you shop

1

1 gave up shopping **2** year **3** help the environment

2

1 toiletries **2** environment **3** never used **4** presents / gifts **5** 5,000 **6** time

3 b

4

2, 3 and 5

5 (Example answers)

a I think we should shop less because we spend too much money on things we don't need. We should spend money on doing things with our family and friends instead. This would make everyone happier.
b We should spend more on shopping because it's important to help the economy.
c Buy Nothing New Year won't make a difference because I think most people will go back to buying lots of things once it's finished.

6

1 f **2** c **3** h **4** a **5** b **6** e **7** d **8** g

7

1 bad for **2** looking for **3** for myself **4** need for **5** for one month **6** shopping for

2.4 Wearing nothing new

1 a

2

1 stuff **2** Throw away **3** smaller **4** one use **5** expensive **6** things **7** other people **8** doesn't

3

1 Stuff **2** charity **3** lottery

2.5 How green are you?

1 second-hand CDs, records, music magazines, comic books

2 Students' own answers

3 Students' own answers

UNIT 3

3.1 What do you do?

1

1 e **2** d **3** b **4** h **5** a **6** g **7** c **8** f

2 (Example answers)

1 I would like to be a photographer because I like being creative and I'd like to travel to lots of different places.
2 I wouldn't like to be a waiter because I wouldn't want to work long hours or work at the weekend.
3 Being a dancer is the most difficult because you have to practise a lot and be very fit.

3 c

4

What does he like about his job?: the pay; the people (staff and customers)
What does he not like about his job?: the long hours; it's hard work because he's always busy

5

1 a **2** b **3** a **4** b

6

1 Do you have a job? **2** Where do you work? **3** What do you like about your job?

3.2 What's your job like?

1

1 Do, like **2** don't like **3** don't like **4** would, like **5** like **6** 'd / would like **7** wouldn't like **8** 'd / would like

2

1 Do you like your job?
2 Would you like to get a new job?
3 What would you like to do?
4 Would you like to go on holiday next summer?
5 Where would you like to go?

(Example answers)

1 Yes, I do. It's really interesting.
2 No, I wouldn't. I like my job.
3 I'd like to be a chef.
4 Yes, I would.
5 I'd like to go to Japan.

3

1 do **2** do **3** don't **4** I'd **5** don't like

4

1 a **2** a **3** b **4** a

5

1 Do you have a job?
2 What do you do every day?
3 What don't you like about your job?
4 What do you like about your job?
5 What job would you like to have?

7

1 Do you have a job?
2 Oh, great. So what do you do?
3 So, what's your job like?
4 Do you work long hours?

8

1 a **2** b **3** a

3.3 Never too old

1 c

2

a 2 **b** 5 **c** 6 **d** 4 **e** 1 **f** 3

3 c

4

2, 3 and 4

5 (Suggested answers)

b and c. Chris Gardner never gave up, even though he had little money and was homeless for a year. The speaker says that you should follow your dreams and keep trying until you find your dream job.

6

where
work in an office
work in cold places
when
work at night
work in the evening
who with
work with famous people
what kind
hard work
work in Marketing
interesting work

7

1 work with famous people
2 work in an office
3 work at night / in the evening
4 work as a journalist
5 work on holidays
6 hard work

3.4 The joy of surfing in ice-cold water

1

a 2 **b** 1 **c** 3

2

1 Camille Seaman **2** excited **3** none **4** because the ice is melting

3

1 a **2** b **3** a **4** a

3.5 It's my dream job

1 They like going to interesting places and meeting new people.

2 Students' own answers

3 Students' own answers

UNIT 4

4.1 What are you good at?

1

1 **b** decisions
2 **a** football **b** video games
3 **a** advice **b** presentations
4 **a** photos **b** tests

2

1 making friends **2** taking a photo **3** playing tennis **4** giving a presentation

3 b

4

1 2004 **2** ten, one week **3** grouping them together **4** books

5

1 fantastic **2** that good **3** terrible **4** not bad

6 (Example answers)

1 I'm pretty good at tennis.
2 No, I'm terrible at giving presentations!
3 I'm not very good at cooking.

4.2 Can you stand on your head?

1

1 He can juggle.
2 He can't play the piano.
3 He can ride a bike.
4 They can juggle.
5 They can play the piano.
6 They can't ride a bike.
7, 8, 9 Students' own answers

2

1 What instruments **can / do** you ~~can~~ play?
2 I **can't** play football very well.
3 **Can / Does** your friend ~~can~~ speak English?
4 Can you ~~to~~ swim underwater?
5 My sister can ~~plays~~ the guitar.
6 **Can** you dance salsa?

3

1 d **2** a **3** b **4** c

4

1 Do you know how to drive a car?
Yes, I do. / No, I don't.
2 Are you good at taking photos?
Yes, I am. / No, I'm not.
3 Can you swim underwater?
Yes, I can. / No, I can't.

5

1 No, he can't. **2** No, she isn't.
3 Yes, he is. **4** No, she can't.

7

1 c **2** d **3** b **4** a **5** f **6** e

8

1 b **2** a **3** a **4** a **5** a **6** b

4.3 Not all fun and games

1 a

2

1 a **2** b

3 c

4

1 c, a, b
2 c

5

a, b and d

6

1 d **2** h **3** a **4** e **5** b **6** g **7** c **8** f

7

1 member of **2** sense of **3** capital of
4 earn a lot of **5** millions of **6** the bottom of
7 cup of **8** smell of

4.4 The orchestra in my mouth

1 c

2

1 c **2** a **3** b

3

1 achievement **2** team **3** find out

4.5 Are you right for the job?

1 She can speak six languages and learn a new language in a month.

2 Students' own answers

3 Students' own answers

UNIT 5

5.1 I can't live without it

1

1 fun **2** light **3** fast **4** modern **5** expensive
6 easy to use **7** thin **8** strong

2 (Example answers)

1 My favourite gadget is my smart TV because the display and sound are great. I use it all the time to watch films.
2 I'd like a personal drone because I think they look like a lot of fun.
3 I think smartphones are better because they're smaller and lighter. They're easier to carry around,

3

1 b **2** a

4

1 Internet **2** clear **3** thin **4** expensive
5 heavy

5

1 d **2** a **3** e **4** f **5** c **6** b

6 (Example answers)

1 A camera
2 I love it! It's really light and user-friendly. It was quite expensive though.
3 It takes really great pictures. You can use it underwater, so I take it with me when I go scuba-diving on holiday. You can also use it to record videos.

5.2 What does it do?

1

1 much, a lot of **2** many / a lot of, many
3 many / a lot of, a lot of **4** much, much / a lot of

2

1 ✗ **2** ✗ **3** ✗ **4** ✗ **5** ✓ **6** ✗

3

1 How **many** books can you download to your e-reader?
2 Do **a** lot of your friends have smart watches?
3 How **much** time do you spend on social media every day?
4 I don't think **many** people would like a vibrating tattoo.
6 Do you have **many** friends on Facebook?

4

1 a **2** a **3** b

5

1 does **2** many **3** use **4** a few **5** a lot

6

1 a **2** b **3** a

8

1 b **2** c **3** d **4** a

9

1 b **2** a **3** a **4** b

5.3 Man or machine?

1 c

2

1 Atlas **2** three **3** blades **4** five **5** pilot
6 bicycle **7** turn

3 a

4

1 F **2** T **3** T **4** T

5 (Example answer)

Yes, because now they know that it's possible and it will encourage them to try for themselves and build an even better helicopter.

6

time: at night, at the same time, at the moment, at two o'clock
place: at my local club, at the door, at home, at university
other: look at, (not) at all, good / bad at, at the speed of, at the age of, at fantastic prices

7

1 at all **2** at the age of **3** at the speed of
4 at university **5** at night **6** at my local club
7 at the same time **8** good at

5.4 Fly with the Jetman

1 a

2

a Eustace **b** Piccard and Mracek Dietrich
c Mracek Dietrich **d** Piccard
e Eustace

3

1 accessible **2** solar-powered **3** protect

5.5 Great idea!

1 It's slow and doesn't have much memory.

2 Students' own answers

3 Students' own answers

UNIT 6

6.1 It's a big challenge

1

1 money **2** friends **3** pressure, stress
4 health

2 (Example answers)

1 One challenge is trying to save money to go on holiday.
2 Making friends is usually not a problem for me.
3 My family pressures me about getting a better job.

3

1 b **2** a

4

1 long hours **2** losing **3** loss **4** short
5 relaxing hobby

5

a 3 **b** 1 **c** 5 **d** 2 **e** 6 **f** 4

6 (Example answers)

1 Remembering new words is challenging for me.
2 One thing I do is get my friend to test me on them.

6.2 How do you cope?

1

1 **Before** she performs on stage with her band, she practises her songs with them a lot.
2 We check what we need **before** we do a big food shop.
3 **When** I have a problem, I ask my best friend for advice.
4 I stay up all night studying **before** a big exam.
5 **When** I have an important job interview, I always wear my best clothes.
6 **After** our team wins a big football game, we go out together to celebrate.
7 I don't buy new clothes **when** I'm trying to save money.
8 **After** a hard morning at work, I reward myself with a big cake.

2

1 c **2** b **3** d **4** e **5** f **6** a

3

1 ✓ **2** ✗ **3** ✗ **4** ✗

4

2 **First**, listen to some relaxing music on your way to the interview.
3 Next, remember to take deep breaths **when you** feel stressed.
4 Do something fun **after** your interview.

5

1 before **2** after **3** when **4** before

7

1 maths **2** Spanish **3** Rachel **4** Sunday
5 sister

8

1 b **2** a **3** b **4** a

6.3 Living without fear

1 c

2

1 d **2** c **3** b **4** e **5** a

3 b

4

1 b **2** a **3** b

5

1 BH **2** B **3** H

6

1 b **2** a **3** a **4** b

7

1 When I face a big challenge, I try to deal with **it** myself.
2 Pressure from parents is a problem when **it** causes stress.
3 A part-time job can help if **it** doesn't take too much time.
4 Depression is a serious problem and money worries can make **it** worse.
5 I find classical music really relaxing, so I always listen to **it** when I feel stressed.
6 I try to do yoga to relax, but I'm not very good at **it**.

6.4 How I use sonar to navigate the world

1 a

2

1 a **2** b **3** b

3

1 enormous **2** wheelchair **3** control

6.5 How do you deal with this?

1 online shopping

2 Students' own answers

3 Students' own answers

UNIT 7

7.1 The natural world

1

1 d **2** g **3** a **4** c **5** h **6** b **7** e **8** f

2

1 deep **2** high **3** wide **4** long **5** dry

3

1 a **2** b **3** a

4

1 I'm really excited about it! **2** Venice is the most interesting city in the world. **3** I hear that Florence is the most scenic city.

5 (Example answers)

1 Berlin is the most interesting place to visit in my country because it has a really interesting history and there are lots of museums and art galleries to visit.
2 Heidelburg is the most scenic city because it has many beautiful buildings and gardens and it is surrounded by forest.

7.2 It's the highest in the world

1

1 Everest is higher than Mont Blanc.
2 Everest is more dangerous than Kilimanjaro.
3 Kilimanjaro is colder than Mont Blanc.
4 Everest is the most dangerous.
5 Kilimanjaro is higher than Mont Blanc.
6 Everest is the highest.

2

2 Is Copper Canyon deeper than the Grand Canyon?
Yes, it is.
3 Which is the best time to visit Sydney?
April is the best time to visit.
4 Which is the highest mountain in the world?
Everest is the highest mountain in the world.
5 Is the Danube the longest river in the world?
No, it isn't. The Nile is the longest.
6 Where is the world's largest waterfall?
The world's largest waterfall is in Africa.

3

1 The Pacific Ocean is bigger **than** the Indian Ocean. **2** August is the **worst** month to visit because it's so hot. **3** I think Australia's beaches are **better** than Europe's beaches.

4

1 a **2** b **3** b

6

1 c **2** d **3** a **4** e **5** b

7

1 going to **2** give me **3** want to **4** have to
5 got to

7.3 An otherworldly place

1 b

2

1 b **2** d **3** c **4** a

3 b

4

1 a **2** b **3** a

5 c

6

1 d **2** a **3** f **4** c **5** e **6** b

7

1 than usual **2** a few hours **3** any other place **4** ever before **5** more than **6** many other

7.4 Unseen footage, untamed nature

1 a

2

1 c **2** a **3** b

3

1 b **2** c **3** a

7.5 Our natural wonders

1 It's the world's highest waterfall.

2 Students' own answers

3 Students' own answers

UNIT 8

8.1 A friendly face

1

1 d **2** e **3** g **4** a **5** h **6** b **7** f **8** c

2 (Examples answers)

1 I'm quite tall and thin. I have short blonde hair and I wear glasses. **2** My best friend is really funny. He always makes me laugh. He's also extremely talkative and friendly. He makes friends very easily.

3 a

4

1 short **2** long **3** wears **4** attractive **5** friendly

5

1 just like **2** really different from **3** really **4** Neither of us

6 (Example answers)

1 My best friend is really pretty. She has long brown hair and blue eyes. She's pretty short. Even shorter than me!
2 I look just like my mum. Both of us are quite tall and we have the same brown eyes and brown hair. We're also both really shy and not very talkative.

8.2 He's kind of shy

1

1 He's **really** easy-going.
2 My son is **extremely** clever.
3 Our new boss **isn't very** friendly.
4 My best friend is **fairly** shy.
5 I'm **pretty** good at languages.
6 Jo's **really** good at football.

2 (Example answers)

1 My best friend is really talkative.
2 I'm quite easy-going.
3 My friend David is extremely clever.
4 My favourite singer is really attractive.
5 I'm fairly shy.
6 My sister isn't very tall.
7 Right now, I'm pretty hungry.
8 My brother is extremely hard-working.

3

1 b **2** b **3** b **4** a **5** a

4

1 D **2** S **3** S **4** D

5

1 b **2** a **3** b

7

1 a **2** b **3** a **4** b **5** b

8

1, 2 and 5

8.3 A healthy body image?

1

1 d **2** c **3** b **4** a

2

1 a **2** a **3** b

3

1 job interview **2** confident **3** body language

4

1 b **2** a **3** b

5

1 and 3

6

1 turn **2** go **3** put **4** hang **5** spend **6** post **7** get **8** focus

7

1 spend money on designer clothes **2** focus on your education **3** go on a diet **4** post on social media **5** turn on the TV **6** get on with my brother

8.4 Why thinking you're ugly is bad for you

1 a

2

1 Washington **2** Cuddy **3** Kowan

3

1 overcome **2** technique **3** can't stand

8.5 What do you think?

1 She's always honest.

2 Students' own answers

3 Students' own answers

UNIT 9

9.1 We did it!

1

1 finish **2** into **3** run **4** won **5** learn **6** passed **7** start **8** gave

2 (Example answers)

1 My biggest achievement last year was passing my driving test.
2 I'd like to run a marathon. I don't do a lot of exercise, so it would be a really big achievement for me.

3 c

4

1 cycled **2** eighty **3** 563 **4** fifty **5** fifty **6** inspired

5

1 b **2** a **3** b

6 (Suggested answers)

1 race / contest / competition
2 well done / congratulations / that's great
3 really happy / really pleased / delighted

9.2 Exploring the world

1

1 Armstrong and Aldrin **walked** on the moon in 1969.
2 Leif Eriksson **became** the first European to see North America in 1000 AD.
3 Did you **run** the marathon in Madrid?
4 He **tried** really hard, but he didn't win.
5 Did you **grow** up in Canada?
6 They **spent** three months walking across the Antarctic.
7 I didn't **go** to China in 2014. I went in 2015.
8 The exam **wasn't** very easy.

2

2 Did Pytheas sail to India? No, he didn't.
3 Were Ann Bancroft and Liv Arnesen teachers? Yes, they were.
4 Did Robert Swan walk to the South Pole? Yes, he did.
5 Did you run a race last year? Yes, I did. / No, I didn't.
6 Were you at school in 1990? Yes, I was. / No, I wasn't.

3

1 became **2** took **3** spent

4

1 were the first people to climb Everest / were Hillary and Norgay? **2** was Edmund Hillary from **3** did you do **4** did your flight take

5

1 didn't like **2** ran **3** was **4** finished **5** didn't finish

7

1 b **2** a **3** c **4** b

8

/ɪd/	/t/	/d/
greeted	hoped	climbed
lifted	liked	skied
ended	washed	

9.3 Arctic conditions

1 c

2

1 Atlantic Ocean **2** oceans **3** North Pole **4** highest **5** *Achieving the Impossible*

3 a

4

1 b **2** c **3** a **4** d

5 (Example answers)

a The challenges are a good way of raising awareness because Pugh uses them to teach people about places they might not know about and shows them the effects that humans are having on these places.
b Pugh could easily get hurt or die doing the challenges. It won't make a difference because people don't think that they will be affected by the problems in the places where he swims.
c People like Pugh and Swan inspire others because they're very brave and visit exciting and challenging places. Their achievements make other people want to be like them.

6

place: in north-western Europe, in Antarctica, in space
time: in one year, in the early 19th century, in 2015, in my life
verb phrases + *in*: be interested in, be born in, take part in
other phrases: in third place, in the wrong direction, in danger, a hole in (something)

7

1 in danger **2** in space **3** in my life **4** a hole in **5** take part in **6** In 2015

9.4 Let's save the last pristine continent

1

1 b **2** c **3** a

2

1 a **2** b

3

1 lifetime goal **2** solo **3** climate change

9.5 What's your claim to fame?

1 a pilot in the US Navy

2 Students' own answers

3 Students' own answers

UNIT 10

10.1 In the neighbourhood

1

1 f **2** a **3** b **4** c **5** d **6** e

2 (Example answers)

1 My neighbourhood has lots of green space, affordable housing and friendly neighbours.
2 I think green space is the most important quality because it's important for people to have somewhere where they can enjoy nature and relax.

3 c

4

1 O **2** O **3** B **4** N **5** O **6** N **7** N

5

1 a **2** a **3** b

6 (Example answers)

1 Well, it has a lot of nice shops and restaurants.
2 I really like the park. It's a great place to go for a run or relax with friends.
3 Yeah, the traffic is always really heavy so it's quite noisy and hard to get around.

10.2 Nice neighbourhoods

1 (Example answers)

3 It should have a lot of shops.
4 It should have a lot of green space.
5 It shouldn't have heavy traffic.
6 It should be near work.

2 (Example answers)

2 Should it have affordable housing? Yes, it should.
3 Should it have friendly neighbours? Yes, it should.
4 Should it be very busy? No, it shouldn't.
5 Should it be very quiet? No, it shouldn't.

3

1 How about **finding** a new place? **2** Why **don't you** take the train? **3** One thing **we could** do is share an apartment.

4 (Example answers)

1 Why don't you move into an apartment instead?
2 How about starting a street-cleaning group?
3 You should invite them to a party.
4 Maybe we can plant some trees.

5

1 c **2** a **3** b

7

Ten years ago, / my family moved to this neighbourhood / because it was cheap. / It had a bit of a crime problem / and it wasn't very safe. / In my opinion, / things have improved a lot. / It's now a really safe neighbourhood / with clean streets and excellent schools.

8

1 b **2** b **3** c **4** a

10.3 Reshaping a city

1 c

2

1 walls **2** inspire **3** poor **4** artists **5** express themselves

3 a

4

1 pollution **2** festival **3** cultural activities **4** visited

5

Brownsville: b Providence: c Both: a, d, e

6

1 c **2** h **3** a **4** e **5** d **6** b **7** f **8** g

7

1 runner-up **2** up to **3** grew up **4** clean up **5** made up of **6** look up **7** stood up **8** dress up

10.4 How to revive a neighbourhood ...

1 a

2

1 Fez **2** cleaned / restored **3** village **4** built a school **5** clay and wood **6** New Orleans **7** neighbours

3

1 spend a lot of time there **2** designing

10.5 Let's make things better

1 using it as a market, turning it into a gym

2 Students' own answers

3 Students' own answers

UNIT 11

11.1 Snapshots

1

1 shapes **2** Landscape **3** a camera **4** stunning **5** perspective **6** weird **7** pictures

2 (Example answers)

1 It's a landscape photo of the boiling river in Peru. There's a man standing on a rock in the background.
2 I think it's stunning. I like the perspective. The man looks really small compared to the wild nature around him.
3 I usually like portraits because they make me think about who the person in the photo might be and what their life is like.

3 a

4

1 landscape **2** colours **3** bright
4 portrait **5** stunning **6** no

5

1 what do you think of this photo?
2 I like the colours. **3** one of the most stunning images I've ever seen!

6 (Example answers)

1 I like how unusual the sky looks. It's a stunning photo.
2 I don't like the contrast between the sky and the rocks. To me, it looks like it's been digitally-altered. It doesn't look natural.
3 I'd like to be able to see more of the land. I would change the perspective so that you could see more than just the lighthouse and rocks.

11.2 What's your opinion?

1

look	*look like*
really happy	an artist
really unfriendly	a painting
really weird	a plane
stunning	you

2

1 look like you
2 looks like an artist
3 look stunning
4 look really weird
5 looks really happy
6 looks like a painting
7 look like a plane
8 looks really unfriendly

3

1 think **2** feel **3** seems, looks like

4 (Example answers)

1 Yes, I do. You get to meet lots of different people and see lots of different places.
2 No, I find them boring. I think landscapes are more interesting.
3 I think they're kind of weird. In my opinion, they always look fake.

5

1 a **2** b **3** a

6

1 uninterested **2** interested

7

1 Y **2** N **3** N **4** Y

11.3 Art and nature

1 a

2

1 c **2** d **3** b **4** a

3 b

4

1 b **2** b **3** c

5 (Example answers)

a I don't think photography is an art any more because it's really easy to make a rubbish photo look good by digitally enhancing it.
b I think photographs are getting better due to new technology because it means that the colours come out brighter and it's easier to take good photos of things that are far away or moving quickly.
c I think everyone can be a photographer these days because you can take photos on your phone. You don't need an expensive camera.

6

1 d **2** b **3** e **4** a **5** c

7

1 like
2 look like
3 feels like
4 'd like
5 like

11.4 Impossible photography

1 c

2

a Freedman and Lupashin
b Peschak **c** Freedman
d Lupashin **e** Peschak

3

1 beautiful **2** in the ocean **3** allows you to, want

11.5 Look again!

1 They like the perspective.

2 Students' own answers

3 Students' own answers

UNIT 12

12.1 Staying healthy

1

1 take, ride **2** drink, eat **3** eat, go to **4** get
5 wash **6** skip **7** eat, avoid **8** brushes, uses

2 (Example answers)

1 I ride my bike every day and go to the gym twice a week.
2 I think my diet is generally healthy because I try to eat five pieces of fruit and vegetables every day. But I do eat a lot of chocolate too!

3

1 a **2** b

4

1 fitness trainer **2** smartphone **3** fitness tracker **4** walk or run **5** fitness tracker
6 apps

5

1 a **2** b **3** a

6

1 Apparently **2** How come **3** good for you
4 if

12.2 Healthy choices

1

1 d **2** a **3** b **4** f **5** c **6** e

2

1 How do you feel if you don't get enough sleep?
2 If you don't drink enough water, do you feel bad?
3 How much sugar do you consume if you have one soft drink?
4 If you don't drink coffee in the morning, do you feel tired?
5 If you don't eat well, do you get ill?
6 When you do some exercise, do you feel better?

(Example answers)

1 If I don't get enough sleep, I feel terrible.
2 Yes, I do.
3 If you have one soft drink, you consume eight teaspoons of sugar.
4 Yes, I do feel tired if I don't drink coffee in the morning.
5 Yes, I do.
6 Yes, I do feel better when I do some exercise.

3

1 eat **2** avoids **3** drink **4** feel

4

2 d: If / When you sleep well, you feel less tired.
You feel less tired if / when you sleep well.
3 a: If / When you eat unhealthy food, you gain weight.
You gain weight if / when you eat unhealthy food.
4 b: If / When you exercise, your heartbeat gets faster.
Your heartbeat gets faster if / when you exercise.

5

1 a **2** a **3** b **4** a

7

1 An exercise buddy can make working out more fun. **2** You should always wash your hands before meals. **3** You can easily gain weight if you eat late-night snacks.

8

1 friend often **2** says it **3** This is
4 minutes after

12.3 A simple solution

1 a

2

1 Bacteria **2** softer **3** hard **4** cracks
5 hard **6** scratch / damage

3 c

4

1 chocolate, fruit **2** cheese **3** gently
4 low-sugar

5 (Example answers)

a I don't think teeth need much care because I just brush my teeth twice a day and I don't have any problems with them.
b I think shops should stop selling sugary foods and drinks because then everyone would be healthier and their teeth wouldn't get damaged.
c I think children should have fruit instead of sweets to teach them that it's important to eat a healthy diet and look after your teeth.

6

become: get stronger, get older, get stressed

make someone do something: get my friend to come to the party, get people to change their habits

manage to do something: get eight hours of sleep, get a job, get into university

receive: get my exam results, get a present, get a message

arrive: get to school early, get home from work

7

1 get stressed
2 get eight hours of sleep
3 get people to change their habits
4 get a job
5 get to school early
6 get my exam results

12.4 The simple power of handwashing

1 b

2

1 eating **2** new **3** short **4** think carefully about **5** habits **6** lives

3

1 succeeded **2** dieting **3** rules

12.5 Fact or myth

1 You shouldn't go to work; you should stay at home.

2 Students' own answers

3 Students' own answers

Audioscripts

TRACK 1

The last film I watched was about a famous chef who owns a really nice restaurant. However, he's rude to his customers and starts losing their business. Eventually, his restaurant closes down. He becomes really unhappy. Then one day, he stops for food at a small restaurant next to a motorway – the kind of place where you can get a cheap meal. He thinks the food is amazing, and wants to meet the chef. He hopes he might persuade the person to join him in opening a new restaurant. It turns out the chef is a woman who knows who he is and doesn't want to work with him. At first they argue a lot, and that's where the film becomes funny. They throw food at each other and shout. However, they soon become friends and then they fall in love. They open a new restaurant together and it's a real success. It was a pretty good film overall. My friend liked it too.

TRACK 2

1 Do you like Spanish films?
2 Does your brother like this song?
3 What's your favourite film?
4 Do your friends like action movies?

TRACK 4

1 doesn't
2 isn't
3 we're

TRACK 5

The kora is a stringed instrument from West Africa. It's a beautiful instrument: big and round at one end, with a long, thin neck at the top. Koras have 21 strings, which is a lot – a guitar only has six strings.

Koras are still made in the traditional way, using traditional materials. The large, round part is made from a big, round vegetable. The vegetable is cut in half and the insides are removed. Then a piece of cow skin is put across the hole. The neck is made from wood.

Koras make lovely music. The sounds are very light and gentle. Kora players sit down to play and use both hands to pluck the strings. Good players can play very quickly, making five or six sounds every second.

TRACK 6

M = man, W = woman

M: Oh, dear! I never seem to have any money!
W: Well, that's probably because you spend it all on clothes!
M: Well, yes, I suppose I do spend a lot on clothes. What about you? How much did that jacket cost?
W: This one? Oh, it was only £50.
M: That's not too bad. I spent the same amount on this shirt.
W: Wow, your shirt cost £50? I'd say that's too much. You should be more careful with your money.
M: I try to be most of the time. For example, I only paid £15 for these shoes. They were in the sale.
W: That's really cheap! They're nice shoes. I also went to a sale recently, and I got these new trousers. What do you think?
M: Yeah, they're nice. I love the colour. What did they cost? £40?
W: No, they were only £25!
M: £25! I'm impressed! What's the name of the shop? I'll buy a pair for my sister.

TRACK 7

Hi! Thank you for agreeing to help with the survey. There are just four questions to answer. OK, the first question is: Do you ever shop online?

Great! Right, let's move on to question two. How often do you go to a shopping centre?

Have you got that? OK. Now, here's the third question: Do you ever buy CDs?

Good. And now the last question: How often do you go shopping with your family?

That's all. Thanks for helping me!

TRACK 11

In many countries, there are days or months when some people decide to stop shopping. For example, there is Buy Nothing New Month, which started in 2010, and now some people have started Buy Nothing New Year. These people say they want to spend less money and save the environment.

In my opinion, though, these people are wrong. Not going shopping for a year is a really bad idea. Think about it. If there aren't many customers, we won't need people to work in shops. These people will lose their jobs. Then there are the people who make the products. If people don't buy the products, we won't need people to work in factories, or the people who deliver products to shops in lorries. Millions of people would lose their jobs.

On the whole, businesses would be affected. Thousands of companies would probably close because they wouldn't make enough money. If people don't have jobs and companies close, the government would get less tax and there would be less money to spend on improving roads, hospitals and schools. The economy would suffer.

So, although there may be some benefits to not shopping, I think there are many more disadvantages. There's no need to give up shopping. Instead, people should focus on careful planning and spending.

TRACK 12

Well, I work in a restaurant with ten other people. So what do I do every day? Mostly, I look after the other staff. I make sure that they do their jobs. I also talk to the customers in the restaurant, and make sure they're all happy. I guess I don't like the hours, because they're long. I work from 10 a.m. to 10 p.m.
And this job is hard work, because I'm always busy. What I like is the pay! It's good. Also, I like the people, both the staff and the customers. Overall, I'd say it's a pretty good job.

TRACK 13

1 What don't you like about your job?
2 Do you have a job?
3 What's your job like?
4 What do you do?

TRACK 16

1 Do you enjoy your job?
2 Do you have a job?
3 So what do you do?

TRACK 17

It's important to follow your dreams, but changing your job can be very difficult. Here are some tips to make it easier.

First, don't quit your current job. That's not a good idea! Keep working and look for a new job at the same time. Then you'll have enough money, plus you can change your mind later if you decide not to take the new job.

Second, ask family and friends for advice. They might have some useful tips to help you. They can also let you know if changing jobs is a bad idea. Remember, you don't always know best!

Third, find out as much as you can about the job you want. Talk to people who do this job, or try to read about it online. You could even try doing the job part-time, say for one morning a week.

Finally, don't give up! Keep trying. You'll eventually find the job of your dreams.

TRACK 18

Daniel Tammet has a unique ability. He can remember tens of thousands of numbers. In fact, in 2004, he set a record for being able to recite a 22,000-digit number from memory in just over five hours. He is also able to learn languages very quickly. He knows ten different languages, and says he learned to speak Icelandic in just one week. By comparison, most people take about three months to learn a language.

It's difficult to understand how Tammet learns so quickly. He says that every word and number has its own shape, colour and feeling in his mind. This makes it easier for him to group them together and remember things.

Tammet has written three books to help other people improve their memories. He has also created a website to help people learn languages the way he does. He's keen to share his amazing gift with others.

TRACK 19

M = man, W = woman

M: Hello! Are you signing up for Spanish lessons too?
W: No, I'm quite fluent in Spanish. How come you're taking lessons?
M: I'm hoping to travel to South America during the summer holidays.
W: That sounds fun! I'm actually here to sign up for guitar lessons.
M: Wow! I'd like to hear you play sometime.
W: Actually, I'm not very good. I'm hoping some lessons will help me get better at it.

TRACK 21

1 ship, sheep
2 bat, bet
3 sat, set
4 pan, pen
5 fit, feet
6 bin, been

TRACK 22

1 Don't forget to set your alarm so you'll wake up on time.
2 Use a blue pen to fill in the form.
3 I prefer to send emails instead of text messages.
4 Be careful! You might slip on the ice.
5 Have you got a baseball bat?
6 Can you count the sheep?

TRACK 23

Hello, and welcome to *Life Questions*, the podcast that helps you live life to the fullest. This week, I'm going to talk about making your hobby work for you.

Well, there are three main ways to go about it. The first one is sharing what you do on the Internet. Let's say you're really good at skateboarding. You could write a blog about your hobby, or upload photos or videos. If people want to put adverts on your blog, you can make money by charging a fee.

The second way involves teaching people how to do your hobby. People are always looking for new activities to try, and if you can explain your hobby clearly, it could become your job. For example, if you're really into making clothes, you could run classes or start a website to help people learn.

The last method involves making a product using your hobby and selling it. So if you're really good at playing the guitar, you could sell your music online. Or if you love gardening, you could grow plants and sell them.

Well folks, that's it for today, but keep thinking about different ways you could turn a hobby into paid work. And let us know if you manage to do it! Bye for now!

TRACK 24

I was recently asked to try out a new smart TV – the TruView 2000. It's the latest TV in the range. It's a really fun TV, because you can connect it to the Internet. That means you can visit your favourite websites and watch YouTube videos on it. The display is very clear and it comes with a built-in sound system. Watching movies on this TV is a great experience – it feels like you're in the cinema! Another positive is that it's really thin. Although it measures one hundred centimetres across, it's only three centimetres thick – which makes it look very modern.

It's a nice TV but it costs $800 and in my opinion, that's too expensive. Other smart TVs with the same functions cost much less. It's also difficult to use. The menus are really confusing. Another problem is that, despite being so thin, the TruView 2000 is really heavy. Moving it around to set it up was not easy!

Overall, I give this TV a three out of five.

TRACK 25

1 What does your smart TV do?
2 What do you use it for?
3 Was it very expensive?

TRACK 27

1 I, eye
2 hi, high
3 knew, new
4 see, sea

TRACK 28

1 I had eight doughnuts last night.
2 Did you buy anything at the market?
3 He knows how to use a smart TV.
4 Don't leave your phone out in the sun.

TRACK 29

The Atlas was built to take part in a competition called the Igor I. Sikorsky Human Powered Helicopter Competition. On 13th June 2013, the team that built it won the competition.

The competition started in 1980 with a prize of $25,000. However, the first teams to take part could only get their helicopter around 20 cm off the ground for a few seconds. People thought the competition was too difficult and, for fifteen years, no one took part in it. The organizers then decided to increase the prize money to $250,000 to attract more competitors. This interested the team from the University of Toronto and they started building the Atlas.

The challenge was to fly a human-powered helicopter three metres off the ground for sixty seconds, while keeping the pilot inside a ten square metre area marked on the ground. Each individual part of the challenge had been achieved before, but the Atlas team was the first to do all three at the same time – winning the prize.

TRACK 30

Hello, and welcome to another podcast of *Work-Life Balance*. Today we take a look at stress at work and how we can overcome it.

About eighty per cent of workers feel stressed at work, and nineteen per cent have quit a job because of stress. The most stressful jobs include pilot and journalist, while the least stressful jobs include university professor and librarian.

There are many things that cause work stress. One example is working long hours without a break. Other causes include too much work and worrying about losing your job.

People who are stressed fall ill very often. Some common illnesses that are signs of stress include headaches, tiredness, depression and weight loss. In more serious cases, stress can result in heart attacks or strokes.

So, how do we reduce stress? First of all, take steps to cut down the number of hours you work. Plan your time well and take short breaks regularly. You could also take up a relaxing hobby or start exercising to decrease stress.

TRACK 31

1 On my way to work, I take some deep breaths.
2 When a meeting finishes, I listen to relaxing music.
3 If I have too much work, I tell my manager.
4 I go to the gym after I finish work.

TRACK 35

Hugh Herr has a passion for rock climbing, and he's been doing it since he was a young boy. By the time he was seventeen, he was known to be one of the best climbers in the United States.

When Herr was seventeen, he and a friend were rock climbing up a mountain when a big snow storm hit. It was hard to see and the boys got lost. They spent three nights in freezing temperatures before they were rescued. When they got to the hospital, doctors discovered they had suffered from terrible frostbite. Both of Herr's legs had to be removed below the knees.

Doctors said he would never be able to climb again. But Herr was determined to prove them wrong. After months of recovery, Herr was climbing again. He designed special legs to help him do this. These legs made him a better climber than he was before the accident because he can change their lengths as he climbs.

Herr also went back to school and became an engineer. He now designs robotic legs for other people with disabilities. He hopes that with technology, people with disabilities will be able to enjoy a new sense of freedom.

TRACK 36

Last summer, I volunteered to track whales in the Indian Ocean on a boat. My job was to count the number of whales to see how many are left.

Sadly, the number of whales in the Indian Ocean is decreasing. The ocean has lots of beautiful islands, but the water can be kind

of dirty. There's a huge pile of rubbish that moves around the ocean. That's really sad to see because the whales eat a lot of this rubbish, thinking it's food. This makes them very ill, and some even die.

The Indian Ocean is still a fascinating place. It's the third-largest ocean in the world, and it stretches between Africa, Asia and Australia. I really want to go back and volunteer again next summer. It was an amazing experience and I also want to find out if whale numbers are increasing.

TRACK 37

A: Hi! How was your holiday?

B: Oh, it was the greatest holiday ever! I spent a whole month travelling around New Zealand.

A: Sounds fantastic! So what did you get up to?

B: Well, I saw lots of natural places. You know, they have some amazing waterfalls out there.

A: Oh, really? Like the Niagara Falls?

B: No, not quite that big. The highest falls I saw were Bridal Veil Falls, which were 55 metres high. However, the Omaru Falls were more beautiful.

A: That's great! Did you visit any beaches?

B: Yes, I did. There's a really long one called Ninety Mile Beach, and that was probably the best of all the beaches there. It was so beautiful! There was another good one called Hot Water Beach, but it was much more crowded than the others.

A: Oh no! I can't stand crowded places. So were the beaches the best thing about New Zealand?

B: Oh, everything was so nice, it's hard to pick my favourite. The Sky Tower in Auckland was one of the best places I visited, but I also loved Lake Taupo. I think New Zealand's the most interesting place I've been to.

A: Sounds like you had a great time! You must show me your photos sometime.

TRACK 39

1 going to, gonna
2 give me, gimme
3 got to, gotta
4 want to, wanna
5 have to, hafta

TRACK 40

1 I'm gonna go to Mexico!
2 Can you gimme a lift to the library?
3 I wanna explore some caves there.
4 You hafta see this!
5 Bye, I've gotta go.

TRACK 41

In March 1974, some farmers were digging a well near Xi'an in China when they made one of the world's greatest discoveries. They had dug to about fifteen metres deep, when one of the farmers found something. It looked like the top of a head, made from clay – a kind of mud. They dug deeper and found a life-sized statue. It looked very old. In fact, the farmers had discovered one of China's greatest historical treasures, the Terracotta Army.

Archaeologists who dug up the entire site were amazed at the discovery. The army consisted of eight thousand statues of soldiers and horses. Not only were there many soldiers in what seemed to be a huge tomb, they were lined up like real soldiers ready for battle. Each soldier had a unique facial expression – no two were alike. Experts think that the Terracotta Army was buried with China's first emperor to protect him after he died.

The Terracotta Army is now a famous attraction. After over 2,200 years of being hidden away, millions of people get to see the clay soldiers displayed in major museums around the world.

TRACK 42

Hi Lisa, it's Angela. You offered to give Sarah a lift to the festival on Saturday. I thought I'd tell you what she looks like – otherwise you might drive off with someone else!

Well, she's short like me – she's about one and a half metres tall. She has long, brown hair and she wears glasses. I think she's very pretty, and has a beautiful smile. She's one of my best friends, and she's a very friendly person. She's also really funny!

She will be wearing a green coat so you should look out for that too. Hope you guys have fun this Saturday!

TRACK 43

A: Hi, how's it going?

B: Pretty good. Hey, tell me something. Are you in the same class as my friend Steve?

A: Steve? Hmm. I think there are a couple of Steves in my class. What's he like?

B: Well, he's really talkative. He'll talk to anyone about anything. In fact, he never stops talking.

A: Yeah, there is a guy like that. What does he look like?

B: Well, he's got light-coloured hair and brown eyes. He's also thin and fairly short.

A: Oh, I know him! He's a really interesting guy.

B: I guess he is. Maybe the three of us can hang out sometime. It's always fun when Steve's around.

A: OK, I'd like that.

TRACK 45

1 I know you're not going to the party, but I am.
2 It's my first job.
3 We are going home now and you're coming too.
4 My sister's really easy-going, but my brother isn't.
5 He's taking a flight tomorrow. He won't miss it.

TRACK 46

A: Oh, hello... Um, I'm the new part-time assistant.

B: Oh great! You must be Paul. Let me show you where you'll be working. Is this your first job?

A: Yes, it is. This is a really exciting day for me.

B: You look a little nervous!

A: Yeah, I am quite nervous!

B: Oh, don't worry. Everything will be fine. Let me know if I can help.

A: Thanks, I will.

TRACK 47

Job interviews can be very stressful experiences. Not only are we worried about getting the job, but we're also afraid of saying or doing the wrong thing. Here are a few tips to help you stay calm and make a good impression.

Before the interview starts, find a private place and do a power pose for two minutes. This will help you feel more confident. When you enter and leave the interview room, make eye contact with the interviewer, smile and give a strong handshake. However, when shaking hands, don't press too hard – it makes some people uncomfortable.

Sit up straight and look directly at your interviewer to show you're listening carefully. Leaning forward also makes you appear interested, but don't get too close to other people. Finally, move your hands about as you talk – it helps you express yourself. Just remember not to wave your hands about wildly.

There are many different things you need to do to be successful in an interview, and having the right body language is an easy one to get right.

TRACK 48

Dean Karnazes was born in 1962. He grew up in the small city of San Clemente, California, and started running at a very early age. When he was in kindergarten, he would run back home after school. On his twelfth birthday, he cycled a distance of 64 kilometres just for fun.

Since then, Dean Karnazes has achieved some pretty amazing things in his life. In 2005, he took part in an event and ran for over eighty hours without sleeping. That's three and a half days! In that time, he ran a total distance of 563 kilometres. In 2006, he ran fifty marathons, in fifty states, in fifty days. His achievements earned him the nickname Ultramarathon Man.

Over the years, Karnazes has inspired thousands of people to become more active. His fifty-day marathon was to raise awareness for youth obesity and to motivate people to be more active. *TIME* magazine named him one of the 'Top 100 Most Influential People in the World'.

TRACK 49

When I was young, I hated running. If you'd told me I was going to run a marathon, I would've laughed at you. But last week, I did it – I ran a marathon in San Francisco! I didn't do it alone though; I ran with my best friend. Quite honestly, I couldn't have done it without her. Why did I do it? Well, it was a marathon to raise money for a charity. We managed to raise $800 for schools in Africa.

We started training six months ago. We ran twice a week, every week. It was really hard at first, but I got used to it. So, how did we do? Well, I finished, but my friend didn't. She hurt her knee and had to stop. I completed the race in about five hours, which is a little slow. I'm delighted that I did it, but I'll never do it again! Maybe next time I'll do something less tiring, like a read-a-thon!

TRACK 51

1 I watched the moon landing on TV.
2 The talent show ended two hours ago.
3 He sailed around the world alone.
4 She walked across Asia and Africa.

TRACK 52

/ɪd/: ended, greeted, lifted
/t/: hoped, liked, washed
/d/: climbed, skied

TRACK 53

Lewis Pugh is a swimmer who cares about the environment. He wants to draw attention to the problems of climate change, pollution and overfishing. Every time he does a new swimming challenge, he tells people about environmental problems in that area and asks people to help save the natural world.

Pugh swam the five oceans to demand protected areas in the oceans. When he swam at the North Pole, he wanted to highlight the issue of melting sea ice. Melting ice and rising sea levels are a very serious problem for the wildlife there. When he swam across Lake Pumori on Mount Everest, he drew attention to the melting of the glaciers in the Himalayas due to climate change.

Pugh often talks to politicians and business leaders about environmental issues. His goal is to get their support to protect the oceans and stop climate change.

TRACK 54

I grew up near a small town called Lincoln. I lived just outside the town, so there was lots of green space, with two parks within ten minutes' walk from my house. The streets were really nice and clean, and the houses were big. Everyone knew each other and my neighbours were really helpful. It was a great place to grow up.

I had to move to the city when I got a job. My new neighbourhood is right in the city centre. It's different from my hometown, and some things are definitely worse, like the housing. It's expensive here, whereas back in my old neighbourhood it was very affordable. There are also a few empty buildings in the area, which look really ugly. One thing that I really don't like is the heavy traffic all day and all night. It took me a long time to get used to it, and I couldn't sleep at first.

There are some benefits to living in the city, though. Because I live in an apartment block now, I know all my neighbours and they're really good, friendly people. Another positive thing is that there are lots of restaurants, bars and cinemas really close. Nights in the city are much more fun than in a small town.

TRACK 55

1 Hi, I'm Alice. I love the area where I live except for one thing: it's really far from my job. I live close to my friends and family, the apartment's cheap and the nightlife's wonderful. The thing is it takes me over an hour to get to work, and even longer to get home in the evening. To be honest, I dread going to work because of the journey. What should I do?

2 Hey, I'm Carlos. I've lived in the city for about seven years now, but I wonder if it's time for a change. I just feel that living here is unhealthy. I mean, there's heavy traffic so the air's polluted and there are no parks or green space. It would be great to get some fresh air and see some trees every day. Can you give me some advice, please?

3 Hello, I'm Soo-jin. I recently changed my job. I hated my old job, but the money was good. Now I've got my dream job, but it doesn't pay as well. I'm having trouble paying the rent. My apartment's pretty big, and it's in the city centre, so the rent's quite high. I don't know what to do. Please advise me.

TRACK 58

1 The housing isn't very affordable so I'll move to another area.
2 We're trying to improve the neighbourhood by cleaning the streets.
3 I want to live in the city centre as the nightlife there is great.
4 How about moving to Sydney and getting a new job?

TRACK 59

The city of Providence in Rhode Island, United States, needed some help. One of its neighbourhoods was full of ugly, empty buildings, crime was high and its two rivers were very polluted. The area's future didn't look good.

Residents found a surprising answer to the problems. They organized a regular festival in the neighbourhood, called WaterFire. WaterFire is an arts festival with live music, fireworks, outdoor theatre performances and displays of paintings. Visitors can eat delicious food while enjoying local culture, or they can take part in the performances themselves. Many boats travel along the rivers during the festival, adding to the excitement.

WaterFire has led to many improvements in the area. After enjoying the festival, people wanted to spend more time in the neighbourhood. New shops and businesses started opening, and the neighbourhood became a fashionable and fun place to visit. Lots of people visited the area for shopping and relaxation. Providence's government responded by building more parks and planting trees. As more people started moving into the area, crime dropped and ugly old buildings were renovated. After some dark years, WaterFire has lit up Providence again.

TRACK 60

M = man, W = woman

W: Wow, there are so many photos in here! Where do we start?

M: I heard this photographer takes hundreds of photos every month. How about we start at this landscape here?

W: Let's read the description... Ah, it's in Germany, and that's a famous castle. It's done from a different perspective though – it looks almost like a painting!

M: I love it! It looks like such a peaceful and romantic place. I can imagine walking through the mountains and swimming in the lake. The colours are gorgeous!

W: I'm not so sure. I think the photographer's made the colours a little too bright. I like the use of light though.

M: Well, let's agree to disagree! Now, how about this next photo?

W: Let's see... It's a portrait of a child holding a football. He's very dirty, isn't he?

M: He is, isn't he! I think he's been playing football in the rain. He looks very happy though. It's a stunning photo, full of life and happiness.

W: Yes, it's a really striking image. I love the way it's only in black and white. It's like the photographer wanted to focus all the attention on the child.

M: I agree! So, shall we move on to the next photo?

TRACK 61

M = man, W = woman

W: Hey, take a look at this photo on Instagram. It's gorgeous, isn't it? I know it's just a diver with many fish swimming around him, but you can learn so much about nature from it. Look at how the fish move around the diver, like they're one animal. I find it fascinating!

M: Yeah, I suppose so. It's quite good, it's just... Well, I think the colours are all wrong. They look weird. I've been diving before and the sea doesn't look like that. I wish photographers would keep their images looking natural.

TRACK 65

Photography used to be something special, because it was hard to do and it was expensive. Before taking a photo, you had to learn how to use a camera properly, and people took a lot of care over their photos. They framed their shots carefully and waited for the right moment. Now people can just tap a screen and their smartphone does all the work. That's much easier, of course, and it means that anyone can take photos now. However, it also means that the photos are less special, because the creative skill is gone.

People nowadays take pictures of just about anything – their food, their feet, every place they go and everything they do. We upload around two billion photos to the Internet every day. There are probably a lot of good photos out there, but it's hard to see them because they are lost among the millions of other pictures. We see hundreds of images a day, but how many of those do we actually remember?

TRACK 66

We all know that exercise is good for us, but most people aren't sure how much exercise they need to do, or how often. Luckily, there are many ways to track your exercise habits and reach your goals.

The first way is by using an exercise app on your smartphone. There are hundreds of exercise apps around these days. Running and cycling apps can track your speed and distance, tell you how much energy you've burned, and track your progress. Other apps can replace a fitness trainer, telling you what to do and for how long in order to achieve your goals. Exercise apps are great, however, the disadvantage of using fitness apps is that you have to carry a smartphone with you while you exercise. They're usually quite large and can break easily.

If you don't want to carry a smartphone, you could buy a fitness tracker. It usually looks like a small watch, and it counts how many steps you take and records how quickly your heart beats. It then uses this information to find out how much energy you've burned that day. Fitness trackers are fairly cheap, but they are only useful if you walk or run. If you do other kinds of exercise, the tracker won't recognize it.

If you want the best of both worlds, think about getting a smartwatch. They do everything a fitness tracker does, but they can also use apps, like a smartphone. Unfortunately, they are pretty expensive and the batteries don't last a long time.

With all of this fitness technology available, it's never been easier to get fit and improve your health.

TRACK 67

A: Hey, how's the diet going?

B: Well, it was going alright, but I'm finding it hard now. There's just too much delicious food around!

A: Yeah, I know what you mean. I've got a few tips though, if you want to hear them.

B: Sure, go ahead!

A: OK, the first one is: don't eat late at night. You see, you don't use the energy because you're sleeping. Late night snacks are bad!

B: I'd never thought about that. I guess I do eat late. OK, what else?

A: Well, make sure you have breakfast. Then you'll feel less hungry later in the day.

B: Oh, really? I always skip breakfast. OK, I'll start eating breakfast again.

A: Good! Right, the last tip is to drink water before a meal.

B: Why? What does that do?

A: Well, it makes you feel full. Then you'll want to eat less.

B: Ah, I understand. OK, so don't eat late, remember to eat breakfast and drink plenty of water. Got it!

TRACK 70

My friend often brushes her teeth just after eating, as she says it makes her mouth feel cleaner. This is actually a mistake. Your mouth is acidic after a meal and brushing immediately after can damage your teeth. Instead, wait thirty minutes after eating before brushing your teeth.

TRACK 71

We know there are bad habits that damage your teeth, but what are some good habits that will prevent damage? Well, we know that it's best to avoid sugary foods and drinks. However, if you really can't live without sugary drinks, drink them through a straw. That way, the drink won't touch your teeth and won't cover them in sugar. And instead of eating chocolate, have some fruit for a sweet treat.

If you do eat or drink something sugary, eating cheese afterwards is a great way to reduce the acid levels. Chewing sugar-free gum will do the same thing. Wait at least half an hour after eating or drinking, then gently brush your teeth with a soft toothbrush. Using mouthwash is a good idea too, as it will kill bacteria and give you fresh breath.

Finally, try to eat a healthy, low-sugar diet with lots of vitamins and minerals so that your teeth and gums can repair themselves.

