

Lesson 1A

GRAMMAR | present simple and present continuous; state verbs; adverbs of frequency

VOCABULARY | people and relationships; personality adjectives

PRONUNCIATION | connected speech: *do you*

VOCABULARY

people and relationships

1 A Choose the correct word to complete the sentences.

- I'm going to ask my if she can increase my pay.
a colleague b manager c teammate
- I know a lot of people, but only a few of them are friends.
a big b close c near
- My and I first met at a party last year, but we didn't become a couple until recently.
a daughter b parents c partner
- I work for a small company, so I have few
a colleagues b neighbours c teammates
- My and I played well, but we lost the match.
a partners b teammates c colleagues
- When I was very young at school, I spent my summers at my farm in the country.
a children's b daughter's c grandparent's

B Complete the sentences. Use a preposition and the correct form of the words in brackets.

- I ¹ friendly with (be / friendly) lots of people in the area, but only a few of them are close friends – old school friends and a couple of teammates from the football club.
- My grandparents are both really funny. I ² (look) to them because they can make anyone laugh. Unfortunately, I ³ (not take) either of them. I'm more similar to my dad, who is very serious!
- My partner and I ⁴ (get / well) when we first met, but these days we have a lot of arguments.
- I changed jobs last year, but I still ⁵ (stay / touch) with my old colleagues.

personality adjectives

2 Complete the sentences with a personality adjective. The first letter is given.

- A r person always does what they promise.
- A h person does things to support other people.
- Someone who is e -g is quite relaxed about things.
- If a person is p, they don't mind waiting in a queue.
- Someone who doesn't hold doors open for people behind them is r
- A person who makes people laugh is f
- Someone who is k is nice to other people.
- A person who often gives their time, gifts or money to other people is g
- Someone who loves telling other people what to do is b
- A t person likes to put things away.

GRAMMAR

present simple and present continuous; state verbs; adverbs of frequency

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

- I usually sit in an office all day, but I work from home right now.
a I worked b I've worked c I'm working
- I like tea, but I 'm preferring coffee these days.
a I prefer b I've preferred c I preferred
- My car is needing a good clean at the moment.
a needed b needs c has needed
- This week and next week, my friend and I travel around the country.
a travelled b have travelled c are travelling

B Complete the email with the words in brackets in the present simple or present continuous form.

Hi Jen,

How are things? Life's not very exciting here but it's OK.

I ¹ (save) up to buy a flat at the moment, so

I ² (live) with my parents for a few months.

I spend most evenings with my parents. We ³

(watch) this really good series on TV at the moment.

We all ⁴ (like) it a lot. My closest friend

⁵ (study) for a PhD right now, so she

⁶ (usually / be) busy, but we often get

together and play tennis. She ⁷, (always /

win) unfortunately. She ⁸ (not know) it, but

I ⁹ (not work) this week. So, I

¹⁰ (practise) tennis and maybe I'll win

for a change!

Love, Becky

PRONUNCIATION

4 1.01 | connected speech: *do you* | Listen and write the missing words.

- What time get up in the mornings?
- How to work?
- When home in the evenings?
- out at night?
- What at the weekends?
- Who the most time with?



LISTENING

5A  **1.02** | Listen to the introduction to a radio programme. Choose the correct topic.

- a who people spend time with at the weekends
- b people and activities that help with stress
- c new skills that people are trying to learn

B  **1.03** | Listen to the next part of the programme. Which caller (1–5) is positive about the following things?

- a music
- b family
- c competing with friends
- d doing exercise
- e being outside

C  **1.03** | Listen again. Are the statements True (T) or False (F)?

- 1 Caller one lives near an area of nature.
- 2 Caller one enjoys going outside after work in the winter.
- 3 Caller two only sings a few kinds of songs.
- 4 Caller two and his friends sing in a group together.
- 5 Caller three chooses the game he and his friends play.
- 6 Caller three's friends make him laugh.
- 7 Caller four's children look like her.
- 8 Caller four would like to have more sleep.
- 9 Caller five only runs when it's dry.
- 10 Caller five runs at the end of every day.

6   **1.04** | Listen and write what you hear. You will hear the sentences only once.

- 1
- 2
- 3
- 4



WRITING

a personal profile

7A Complete the online profile with the linking phrases in the box.

also as well as because for example too

About me ...



My name's Jess Arnold and I'm a science student at the University of Leeds. You can often find me looking at the night sky ¹..... I believe there is so much to discover about space, ²..... our own planet.

I was born in a town near Leeds. My dad first got me interested in space when he took me out to look at the stars one night. I was five. I often follow the activities of different space agencies online and I read anything I can about the International Space Station, ³..... I'm currently writing a blog and I'm ⁴..... starting a video channel for kids, with videos on different topics, ⁵..... about why stars die out.

If you love space and want to get in touch, contact me at JArnold93@email.me.

B Number the topics in the order that you read about them in the profile.

- Current projects
- Job/Studies
- Name
- Regular activities
- Home town
- Personal beliefs

8 Imagine you are Jed Nowak. Write your personal profile. Write 100–140 words.

- Use the notes below.
 - Use the profile in Ex 7A to help you.
 - Include linking phrases.
 - Start your profile with *My name's Jed Nowak ...*
- Jed Nowak / musician / band called *Honest Truth* / believes music brings people together / thinks music makes people happy / thinks the world is a better place with music
- grew up in Warsaw / moved to the UK when 12 / started playing guitar at school aged 14 / not very good at first / loved it / worked hard to become better / started the band with friends aged 17 / rock music his favourite / likes hip hop, rap, classical – all kinds / wants to get a contract with record company / wants people to listen to their music / band has a video channel – HonestTruthMusic

Lesson 1B

GRAMMAR | verb patterns

VOCABULARY | jobs; work

PRONUNCIATION | syllable stress

VOCABULARY

jobs; work

- 1 Match the people and their skills (1–8) with the jobs in the box.

chef financial consultant gardener journalist
mechanic musician plumber shop assistant

- 1 James loves cars and fixing things.
- 2 Anna enjoys repairing things in the home that use water.
- 3 Harley is good at growing plants.
- 4 Theo has a good understanding of taste and enjoys cooking.
- 5 Billie is a guitar player in a band.
- 6 Maria is a very good writer.
- 7 Martina enjoys maths and is good with numbers.
- 8 Jon is good at helping customers.

- 2A Complete the conversation with one word in each gap. The first letter is given.

A: What do you do?

B: I'm ¹o_____ of w_____ at the moment, but I'm a ²v_____ at a charity shop while I look for a job. It's not ³f_____ -t_____. It's just a few hours a week and of course I don't get any ⁴w_____, but I've got some money saved and I enjoy the work. How about you?

A: I'm a financial consultant. I'm ⁵r_____ for helping people make decisions about their money. I had a ⁶c_____ as a model for a while, but I decided that I wanted to work with numbers rather than fashion designers! It's a more enjoyable ⁷p_____ for me. I studied ⁸p_____ -t_____ while I was a model so I could get the ⁹q_____ that I needed. Now I ¹⁰r_____ my own business from home.

- B Choose the correct word or phrase to complete the sentences.

- 1 My job is – I work sixteen hours a week.
a out of work b part-time c responsible
- 2 We get paid our every Friday, but I don't think we get paid enough!
a wages b qualifications c career
- 3 I'm for managing the shop.
a full-time b responsible c out of work
- 4 The teaching needs positive, patient and kind teachers.
a profession b qualification c career
- 5 You need college to be a plumber.
a volunteers b wages c qualifications
- 6 Alex is at the moment, but hopefully he'll have a job soon.
a full-time b responsible c out of work

PRONUNCIATION

- 3 syllable stress | Choose the stressed syllable in each of the words.

- | | | |
|--------------|--------------|------------|
| 1 assistant | 3 financial | 5 mechanic |
| 2 consultant | 4 journalist | 6 musician |

GRAMMAR

verb patterns

- 4A Complete the sentences with the correct form of the verbs in brackets.

- 1 I'm interested in (learn) Chinese.
- 2 (work) at night can be really tiring.
- 3 Before (start) university, I worked abroad for two months.
- 4 I've decided (get) a pet.
- 5 I can't imagine (live) in a huge house.
- 6 We'd like (have) the pasta, please.
- 7 I miss (see) my friend now he's moved to a different city.
- 8 (hear) the news has made me feel sad.

- B Choose the correct word or phrase to complete the sentences.

- 1 We see you soon.
a hoping to b hope c hope to
- 2 I promise all the dishes if you cook.
a to clean b cleaning c clean
- 3 After the first page of this book, I don't think it's for me.
a read b to read c reading
- 4 I try to avoid anything that I don't enjoy.
a do b doing c to do
- 5 Tom and Mike have decided a boat.
a buying b to buy c buy
- 6 Please stop that loud noise!
a make b to make c making

- C Complete the article with the correct form of the verbs in the box.

be do (x2) have help relax see teach

When we agree ¹..... volunteer work, it's not just about ²..... other people, it's about making ourselves feel better, too. That's because when we support others and they succeed, we get a sense of satisfaction. Imagine ³..... the smile of a child when they score a goal, or create a piece of art. Of course, you don't have to be good at ⁴..... art or sport, or have special qualifications. There are lots of volunteering jobs. Whatever you decide ⁵....., you should expect ⁶..... busy. Plan ⁷..... some free time and spend that time ⁸......

READING

5A Read the title of the article. Then choose the correct topic.

- a a charity that organises free drinks for people in need
- b a scientist's recipe for a perfect cup of coffee
- c a coffee drink that tastes different



Helping people, one cup of coffee at a time

When John M. Sweeney heard about an Italian activity called *caffé sospeso*, it gave him an idea that soon travelled the world. *Caffé sospeso* was once **popular** in Naples. Working class people who had good luck bought two coffees instead of one. They gave the second coffee to someone who didn't have enough money to buy their own coffee that day. This was most popular in the late 1800s and mid-1900s, but a few businesses in Naples started doing it again in 2010. A year later, the local government decided to call 10 December 'Caffé Sospeso Day'.

Sweeney **found out** about *caffé sospeso* two years later and believed that more people should know about it. So, in 2013, he started a Facebook page called *Suspended Coffees* from his home in Ireland. He **suggested** that people pay for two coffees when they next go into a café and give one coffee to someone in need. Within just a few hours, 20,000 people liked his page. At the end of the first year, over a quarter of a million people were **following** the page, and 1,400 cafés around the world joined in.

The idea has now become popular all over the world. You can find cafés which let people buy coffees for other people in Europe, America, Africa, Asia and Australia. The world's biggest café company is doing it, too. So, who exactly can ask for a free coffee? Well, the idea is anyone can. It can be a person who is living on

the streets, a businessperson who has just lost their job and is worried about paying their bills, a parent who spends everything they have on their children, or someone who is just having a **horrible** day and wants to feel better. The idea behind *Suspended Coffees* is that people are usually **honest**, so when someone asks for a coffee, they get one. They don't have to explain why, so no one should feel nervous about asking.

So, *caffé sospeso* isn't just something that was popular in Italy in the past. It's something that is popular around the world, and helps to make people's lives a little better.



B Match the gaps in the sentences (1–6) with the types of information that are missing (a–f).

- 1 The idea of *caffé sospeso* started in , Italy.
- 2 Years later, *caffé sospeso* became popular again in Italy in
- 3 People celebrate this tradition in the second week of each year.
- 4 John M. Sweeney shared information about *caffé sospeso* on
- 5 cafés became part of the 'Suspended Coffees' programme during the first year.
- 6 One example of someone who might get a free coffee is a who spends all their money on their children.

- a a number
- b an online site
- c a city
- d a type of person
- e a year
- f a month

C Complete the sentences in Ex 5B with one word or number from the article.

D Match the meanings (1–6) with a word or phrase in bold in the article.

- 1 gave an idea about how to do something
- 2 very bad
- 3 choosing to get messages from a social media page
- 4 giving true information
- 5 learnt
- 6 liked by lots of people

Lesson 1C

HOW TO ... | start and end a conversation; keep a conversation going

VOCABULARY | conversation topics

PRONUNCIATION | rhythm and intonation

VOCABULARY

conversation topics

1 A Complete the tips for talking to strangers with the topics in the box. You do not need two of the topics.

clothes and fashion food and eating out
hobbies and free time activities holiday experiences
the news politics sport or music event
the weather work or studies

Making small talk

Talking to people we've only just met can be enjoyable, but it can also be difficult. One thing that we all have in common is ¹....., so an easy way to start a conversation is to say what a lovely, warm or cold day it is. Of course, this only works if you live in a country where there are seasons. If not, try talking about something that's happened recently. It could be a national ²..... like a football match or a festival. You might want to avoid talking about ³..... because the stories we read and see every day can often be sad. It's also best not to discuss ⁴..... with someone you've just met. People have different ideas on how to run the country and it might start an argument. You could ask if the person can recommend any good restaurants. This can lead to a discussion about ⁵..... I'm sure you'll both have lots to say about that. You could also say you like what someone's wearing, to bring in ⁶..... but that's a topic you should take care with, too. People don't always want to focus on how they look. Perhaps a safer option is to ask what a person does. Then you can chat about your ⁷..... Most of us have a lot to say about that.

B Complete the conversation using words from the box.

clothes eating event experiences hobbies
news studies weather

- A: What did you talk to Dave about?
B: He told me about his university ¹..... in business, a music ²..... he went to, his recent holiday ³..... abroad, his thoughts about the sports ⁴..... stories today, and why the ⁵..... is so wet at the moment.
A: More listening than talking, then!

How to ...

start and end a conversation; keep a conversation going

2 A **1.05** | Listen to three conversations. Match the conversations (1–3) with the situations (a–c).

- a someone wants a new job
b someone wants to watch a presentation
c the speakers know each other

B **1.06** | Match the sentence halves. Then listen to conversation 1 again and check.

- | | |
|---------------------------|------------------|
| 1 Excuse me, do you mind | a at all. |
| 2 No, not | b meet you. |
| 3 Is it your first | c to go. |
| 4 Help | d if I sit here? |
| 5 I'm sorry, but I've got | e yourself. |
| 6 Nice to | f time here? |

PRONUNCIATION

3 **1.07** | rhythm and intonation | Listen and underline the syllable that has the main stress in each sentence.

- | | |
|-----------------------|-------------------|
| 1 See you later. | 4 Be my guest. |
| 2 Go ahead. | 5 I've got to go. |
| 3 Enjoy your weekend. | 6 No problem. |

SPEAKING

4 A Complete the conversation with one word in each gap.

- A: Excuse me, is ¹..... sitting here?
B: No, go ².....
A: It's a lovely morning, ³..... it?
B: Beautiful!
A: Are you here for the interview?
B: Yes. How ⁴..... you?
A: I'm here for the interview too. What time's yours?
B: Ten thirty. I'm early. ⁵..... about yours?
A: Mine's at eleven. I'm Matt, by the ⁶.....
B: I'm Carrie. Nice to ⁷..... you.
A: Oh ... the person on reception just called your name.
B: Oh yes, thanks. I've ⁸..... to go.
A: Good luck!

B **1.08** | Listen and check.

C **1.09** | You are B in the conversation in Ex 4A. Listen and speak after the beep. Record the conversation if you can.

D Listen to your recording and compare it to the model in Ex 4B.



Lesson 1D

GRAMMAR | modifiers

LISTENING | an interview about lifestyle

GRAMMAR

modifiers

1 A Choose the correct word or phrase to complete the sentences.

- My life is boring these days.
a quite a b fairly c a lot of
- I'd love to have free time during the week.
a a lot more b relatively c quite a
- We're all busy at the moment.
a quite b quite a c quite a lot
- I live in a cheap flat close to here.
a bit more b quite a c relatively
- Alex is happy person most of the time.
a quite an b quite c quite a
- I'd like to spend more time outdoors, but not much more.
a a lot of b a bit c a lot less

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

- a / got / family / I've / big / quite
- time / my friends / spend / I / less / now / lot / a / with
- I'd / relaxed / bit / like / a / to / be / more
- alternative / quite / We / an / lifestyle / have
- lot / to do / I / these days / more / have / a / work
- with / want / a house / more / lot / We / space / a

C Complete the sentences with the phrases in the box.

a bit more a lot less pretty good quite
quite a quite an

- Being a journalist can be difficult job.
- I'd like to spend time doing boring housework. I hate it!
- Ahmed is interesting person.
- I think we need to think about this before we make a decision.
- This food you've made is
- The final level of this game is hard.

LISTENING

2  **1.10** | Listen to the recording. Choose the words in the text that are different from what you hear.

A 'tiny house' is the name for a very small home that is becoming popular these days. These homes are probably not much bigger than one room in your home, but they usually include a dining room, kitchen, bathroom and bedroom. One reason that people choose to live in such homes is because they're cheap to rent. Often, they're on wheels, so you can move them from one place to another easily. This means that you can easily put them next to a house, or at the end of a garden if you don't own any land.



3 A  **1.11** | Listen to a podcast about living in a tiny house. Choose the correct word to complete the sentence.

The owner's experience is mostly **positive** / **negative**.

B  **1.11** | Listen again and choose the correct options.

- Why did Adele buy a tiny home?
 - to live an easy life
 - to stop working long hours
 - to own her own home
- What has surprised Adele about living in a tiny home?
 - the number of things she owns
 - the cheap cost of energy
 - the amount of space in the rooms
- What does Adele say about building her home?
 - A company built her home.
 - She was unhappy with the home at first.
 - Adele built the home herself.
- What does Adele say is the best thing about her tiny house?
 - She has a fantastic bathroom.
 - It's easy to keep nice and tidy.
 - Living there is very comfortable.
- What does Adele not like about her home?
 - She needs more space for her things.
 - She would like a bigger garden.
 - She worries that she'll have to move.
- What happens when Adele wants time away from her partner?
 - She goes into the bathroom.
 - She spends time outside.
 - She goes to a friend's house.

