## 1 People

1A Introductions
1B What are they like?
1C The good and the bad
1D New people

## 2 Travel

2A When holidays go wrong
2B Holiday romance
2C Family backpacking in Vietnam
2D Holiday experiences

| Grammar |
| :--- |
| Questions |
| Present Simple and |
| Present Continuous |
| Pronunciation: |
| Questions |

Past Simple and Past Continuous
Present Perfect Simple +
yet, already, just, ever, never
p18 Pronunciation: Past
p20 Simple verb endings; Weak forms was / were

| Vocabulary |
| :--- |
| Personality adjectives |
| Adjectives to describe |
| experiences |

Verb + noun
collocations

Adjectives for holiday experiences

| Reading/Listening | Speaking/Writing |
| :--- | :--- |
| Introductions <br> What kind of friend are <br> you? <br> Life as an au pair | Small talk <br> An informal email <br> Correcting mistakes <br> Describing people |
| A safari story <br> A nightmare flight <br> A holiday romance <br> A backpacking holiday | Staying in a hotel <br> Pronunciation: <br> Intonation in polite <br> questions <br> A travel blog post |
| Time sequencers |  |

p22

## 3 Work

3A Stress
3B Is that really true?
3C Getting rich on Instagram
3D Skills and interests

## 4 Childhood

4A How we lived
4B School days
4C Childhood then and now
4D Life decisions

Quantity: much, many, some, any, etc.
p24 Pronunciation: Stress
p26
p28
p30
on quantity words
Something, anything, nothing, etc.

Work - Benefits and
tasks
Work - Experience
Work and social media

Used to
Pronunciation: Used to
Modals: can, have to,
must
Pronunciation: Have to

Kitchen equipment
School / studying collocations

Synonyms

## Video: Vietnam

$\left.\begin{array}{l|l}\hline \text { Stress at work } & \text { Likes and dislikes } \\ \hline \text { Liar! } & \text { A formal email } \\ \text { Making money from } \\ \text { Instagram }\end{array} \quad \begin{array}{l}\text { Starting and closing an } \\ \text { email }\end{array}\right]$

A formal email
Starting and closing an email

Giving and responding to advice
A paragraph about a big decision

Structuring a

Reasons and results

## 5 Health

5A Fit and healthy
5B Food in the future
5C Are we healthier or unhealthier now?
5D Getting better.

## 6 City Life

6A Calm or crowded?
6B The best city in the world
6C Changing cities
p52

6D Places

Will for decisions, offers Health and fitness and promises
Future forms: will, be going to, Present Continuous

Pronunciation: Word
stress

## Comparatives

Superlatives

| Grammar | Vocabulary | Reading/Listening | Speaking/Writing |
| :--- | :--- | :--- | :--- |
| Tense review <br> Present Perfect: for <br> and since | Relationships <br> Society | Thinking about the <br> past, present and future <br> Childhood sweethearts <br> A historic building and <br> the people who lived <br> there | Reacting to news <br> Pronunciation: <br> Sounding enthusiastic <br> and sympathetic <br> An invitation |
| Past Perfect | Types of books <br> Pronunciation: | Agatha Christie <br> Connecting words <br> Contractions <br> Adjectives <br> Narrative tenses | Adjectives ending in <br> -ed and -ing |
| Bridge |  |  |  |

## 7 Connections

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## Video: Saving the planet p94

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11B The grass is always greener?
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12 Technology
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Infinitive with to
Pronunciation: Weak
forms of to
Gerunds

## Modals of advice

Will, may, might

## Negative prefixes

Verbs + gerund or infinitive

Phrases for time

You make your own luck
Being happy
Things that make me happy
Getting more out of life

Agreeing and disagreeing
Pronunciation: Intonation in opinions

An opinion blog
Opinions and reasons

Living a greener life
Environmental problems
Plastic pollution

Structuring a presentation
A summary of survey results Connecting ideas

## 1 People



## 1A Introductions

1 Listen to three conversations. Match the people to the places in the pictures.

2001 What do the people talk about? Listen again and match the topics to the conversations.
a hobbies and interests
b holidays $\qquad$
c home and family $\qquad$
d work and studies $\qquad$
3 . 002 Complete the questions with the words in the box. Then listen and check.

```
are do x2 doing have x2 go work
```

1 What do you ...?
2 Who do you $\qquad$ for?
3 What do you like $\qquad$ at the weekend?
4 What do you in your free time?
5 Where you from?
6 Do you any brothers or sisters?
7 Where do you usually $\qquad$ on holiday?
8 Do you $\qquad$ any holiday plans this summer?

4 Match the questions in exercise 3 to the topics in exercise 2.

5 Complete the questions with the correct form of the verb in brackets. Then match them to the topics in exercise 2.

1 Do you $\qquad$ (have) any hobbies?
2 What $\qquad$ (do) last weekend?
3 Where (go) on holiday last summer?
4 Do you
(like / go) on city breaks?
5 Where (be) you born?
6 Who do you $\qquad$ (live) with?
7 Which company $\qquad$ (work) for?
8 What subjects $\qquad$ moment?


6 Listen and notice the intonation in the questions. Listen again, repeat and practise.
1 Do you have any hobbies?
2 What did you do last weekend?
3 Where did you go on holiday last summer?
4 Do you like going on city breaks?
7 Work with a partner. Student A: ask your partner the questions in exercise 3. Student B: ask your partner the questions in exercise 5.

8 Work in groups of four. Tell your classmates something you found out about your partner.

9 Read the questions and guess the answers. Then read the text to check.
1 Which age groups find it most difficult to meet new people and make friends? Why?
2 What modern ways are there to meet people and make friends?
3 Do you think more young people or old people feel lonely?

## LONELY?

When the BBC asked people to complete an online survey about being lonely, over 55,000 people answered the questions. So, which age group felt lonely? Nearly forty per cent of people aged 16 to 24 said they felt the most lonely. This is perhaps not surprising when you think about all of the changes that happen at this age. People leave school, start work, go to college or university and they often move out of their parents' home. Many of these changes can mean moving to new towns or cities and when you do this, it can be very hard to meet new friends. One way to look for new friends is to use an app such as Bumble BFF, Huggle, Hey Vina, Go Green Go or Peanut. Simply write a profile, add a picture and you're ready to search for a new friend. Swipe right on the people you like and simply start a conversation.


10 Work with a partner. How would you feel about using an app like this? What questions would you ask someone when you first met them?


11 Notice the word order in the questions in exercise 10. Complete the rules in the grammar box with before or after.

## GRAMMAR: Questions

DPAGE 114
In questions with do/does/did, we put these words ${ }^{1}$.
In questions with be, we put am/is/are/was/were 2 the subject

12 Put the words in the correct order to make questions.
1 did/last/night/go/out/you?
2 this / weekend / what / you / doing / are?
3 sport or exercise / you / do / do / any?
4 how often / you / go / do / to the cinema?
5 TV programmes / what/do / you / watch?
6 at the weekend / do / ever / work / you?
13 Complete each question with one missing word.
1 What you doing tonight?
2 What are you going do after the class?
3 When did you meet best friend?
4 How often you see your parents?
5 Where your best friend live?
6 What kind of music do you like listening?
14 Work with a partner. Ask and answer the questions in exercises 12 and 13.

15 Imagine you are meeting some new people. Think of four or five questions to ask them. Then walk around the class. Ask and answer your questions.

1 Write down the names of three friends. Work with a partner and tell them:
1 the reason you like each person.
2 the things you usually do together.
3 something about their personality.
2 Read the article. Do your friends match these friend types?

## What kind of friend are you?

Asurvey by Onepoll and HF Holidays of 2,000 people in the UK found that the average person has 40 friends. It also found there are seven different personality types in every friendship group. So which type of friend are you?
THE ORGANIZER Constantly planning and organizing nights out and activities. They are very efficient and have everything planned to perfection.
THE MOTIVATOR The curious friend who always wants to try something new and exciting. They are confident in new situations and always encourage you to do new things.


THE ORACLE When you come up with a new idea for something to do, they have already done it. In fact, they are so arrogant they have probably done everything! THE ELEPHANT Like an elephant, they never forget. They are thoughtful and always send birthday or anniversary cards. However, they also won't ever forget anything bad you have said or done.

THE MAVERICK The most sociable friend. They are always fun to be with, but just don't rely on them to be on time.

THE SCROOGE They are never careless with money and are perfect for dividing the bill at the end of a meal. Just don't expect them to pay for everyone's drinks.
STEADY EDDIE / EDWINA The most reliable friend you have. They are the first person you call when you have a problem.

3004 Look at the underlined adjectives in the article. Then choose the correct adjectives to complete the sentences below. Listen and check your answers.
1 Mark is very sociable / reliable. If he promises to do something, he will do it.
2 Their daughter is so curious / arrogant. She's always exploring everything.
3 Harry is always really confident / careless with his work. It's full of mistakes!
4 Thank you for the flowers! It was very curious / thoughtful of you.
5 Lisa is so efficient / confident. She never seems nervous or shy.
6 Tom really loves himself. I don't think I know anyone else who is so sociable / arrogant.
7 Lucas is a really sociable / careless guy. Whenever there's a party, he's there.
8 Ahmed is really efficient / thoughtful. He finishes everything really quickly and never wastes time.

4 Work with a partner. Use personality adjectives from exercise 3 to describe some of your friends. Give examples to support the things you say.

$5 \bigcirc 005$ Listen to Hayley talking to five friends. Are the sentences True or False?


1 Matt wants to pay for the things he ate.
2 Mia likes to do the same things all the time.
3 Mohammed has forgotten Sam's birthday.
4 Hayley is breaking up with her boyfriend.
5 Emma has always done the things Hayley has done.

6 . 005 Complete the sentences with the verbs in the box. Then listen again and check.
'm breaking 'm buying 're spending
1 You .......................... $£ 32.50$.
2 We always $\qquad$ there!
3 $\qquad$ flowers for Sam.
4 I think I $\qquad$ up with Dave.
5 We $\qquad$ less and less time together and he never calls.
6 Everyone $\qquad$ Uganda is really beautiful.

7 Match the sentences in exercise 6 to the rules in the grammar box.

## GRAMMAR: Present Simple and Continuous PAGE 114

We use the Present Simple:
a to talk about things that are generally true.
b to talk about habits and routines.
c with state verbs and feelings.
1
We use the Present Continuous to talk about:
d actions happening right now.
e actions happening around now.
f changing situations.

8 Complete the social media updates with the correct Present Simple or Present Continuous form of the verbs in brackets.

| I .... (hate) it when people are late! |
| :---: |
| We $\qquad$ (sit) in the airport. <br> We $\qquad$ (wait) to go on holiday |
| I don't know, but I think people $\qquad$ (spend) more and more time on their phones. |
| The food here .... (be) amazing! |
| Normally, I .... (get up) at 8 but today |
| I ...n) (stay) in bed! |

9 Use the prompts to write questions.
1 why / you / study / English?
2 how often / you / meet / your best friend?
3 what / make / someone / a good friend?
4 how / you feel / when / you meet / new people?
5 you spend / more or less time / with your friends / at the moment?

10 Work with a partner. Ask and answer the questions in exercise 9.

11 Find photos of you and your friends on your phone and imagine posting them on social media. Write what is happening under each picture.


1 Do you enjoy going to new places? Complete the table with your own ideas. Share your answers with a partner.

| Things I enjoy about going <br> to new places | Things I miss about home |
| :--- | :--- |
| trying new food | my family |

2 What is an au pair? Do you know anyone who has worked as an au pair?

3 Read the first paragraph of the article. What might someone enjoy about being an au pair?

4 Student A: read about Lina. Student B: read about Archie. When you have finished, close your books and tell your partner what you remember.

5 Read about the other person. Are the sentences True or False?
1 The children go to school.
2 The children laugh at the au pair.
3 The children are not nice to the au pair.
4 The au pair's language skills have improved a lot.
5 The au pair enjoys the local food.
6 The au pair is going out tonight.
6 Work with a partner. Compare the experiences of the two au pairs.

The children Lina looks after don't go to school, but the children Archie looks after do.


Young people often choose to become an au pair because they want to live somewhere warmer, learn another language, practise their skiing or simply because they love children. There are lots of different websites that match au pairs with families and these sites always talk about 'an amazing time', 'an enjoyable experience' or 'the time of your life'. Is this really always the experience of an au pair? We spoke to two au pairs about their experiences in two very different places.

## LINA, 21

What's your typical day like?
I get up at six, have a shower and then make breakfast for the kids. They usually get up about 6:30 so my day starts early! In the morning, we just play games inside and I read them stories. Most afternoons, we go out in the snow to play. The parents are ski instructors and they usually get home around six in the evening.

## Do you like the family?

The family are really friendly and sociable. I'm lucky as well because they are pretty generous. An au pair is normally paid around 300 euros, but I get 600 euros a month. The kids are only five and three years old, but they're very sensible and follow all my rules.
It's a bit embarrassing though, because they're always correcting my French and laughing at my mistakes! Unfortunately, the parents are a bit careless and forgetful. They often forget to do the food shopping and then I have to make dinner from just tins and packets! Once they also forgot to pay the gas bill. I had to have a shower in freezing water and it was minus 10 degrees outside! The family seem to find it all very amusing, but I don't!

## What do you like about living in the Alps?

It's an incredible location to look at, but seriously dull after a couple of weeks living here with nothing much to do. My French has improved a lot because I only have two English friends and they live in the next village!

What do you miss most about home?
I miss the food from home. The Alpine food has too much cheese and the meat is hardly cooked! It can be quite hard being a woman here, too. Women are expected to look amazing all the time and the mum often criticizes my choice of clothes!

## What are you doing now?

I'm making lunch while the kids are watching TV. I'm also packing my suitcase because I'm going away for the weekend. I can't wait!


ARCHIE, 22
What's your typical day like?
It's quite tiring really. After getting the kids to school, I have to do the shopping, the cleaning, the ironing and prepare lunch. In the afternoon, I seem to spend most of my time trying to stop the children using their phones when they need to do homework. It's really stressful!

## Do you like the family?

When I first got here, they gave me a tour of the house and they were very friendly. However, the kids are really annoying! They don't listen to me or respect me. They have told me to go back to England several times! They are clever, though. In front of their parents they are always very polite towards me and helpful around the house. It can be really challenging at times.

## What do you like about living in Madrid?

Madrid is the best thing about this experience. It's a really international city and I have friends here from all around the world. Unfortunately, my Spanish hasn't got much better because we all speak in English!

## What do you miss most about home?

I actually really miss green vegetables and salad! They don't serve many vegetables with the food here, and a lot of the food is fried.

## What are you doing now?

Marta, the mum, has just got home, so I'm getting ready to go out. We're going to a concert tonight so I might feel a bit tired in the morning. That always makes the next day go more slowly.

## Speaking

1 Work with a partner. Look at the conversation topics in the box. Imagine you are speaking to someone new. Which topics would you talk about? Which would you avoid? Why?
books cars family films your age
food and drink music politics your job
people you both know religion your last holiday
your health problems the news the weather

| I wouldn't talk about my health |
| :--- |
| problems. They're too personal! |

2 Work in groups of four. Compare your ideas from exercise 1.

3 Listen to four short conversations. What topic(s) do the people talk about?

|  | Topic(s) |
| :---: | :--- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |

4007 Complete the phrases in the Key Language box with the words in the box. Listen again and check.

```
drink enjoying just know x 2
    'll time was way
```


## KEY LANGUAGE Small talk

| 1 | Do you ....) many people here? |
| :---: | :---: |
| 2 | Can I get you a ............... |
| 3 | Do I ............. you from somewhere? |
| 4 | Are you ...) the party? |
| 5 | Sorry, one moment. I've .................. seen Michael. |
| 6 | Is this your first ................ in London? |
| 7 | It ................... great to meet you. |
| 8 | What do you do, by the .... |
| 9 | Will you excuse me a moment? I $\qquad$ be right back. |

5 Match the phrases in the Key Language box to the categories below.
a Opening a conversation
b Keeping a conversation going $\qquad$
c Ending a conversation $\qquad$

## Writing

1 Read Ella's email and answer the questions.
1 What does Mia want?
2 Why does Ella recommend Sophie?
2 Work with a partner. Correct the highlighted mistakes in the email.

## Hi Mia,

How are you? I hear ${ }^{1}$ you looking for a new flatmate. I have a really good friend, Sophie, and she is looking for a new flat. I think you two would have ${ }^{2}$ much fun together. When you first ${ }^{3}$ met her she's a bit nervous but when you get to know her she's really easygoing. She's reasonably neat and tidy and she's ${ }^{4}$ reliable extremely. She can be a bit noisy at times but when we lived together $I^{5}$ am terribly busy and she was always very considerate. She ${ }^{6}$ doesnt know that many people ${ }^{7}$ on the city because she ${ }^{8}$ hasnt lived there for that long. However, she's incredibly sociable and I'm sure you'll love living with her. And she's also amazingly creative! Our flat ${ }^{9}$ at Munich was beautiful and really cool because of the changes she ${ }^{10}$ make! One slightly annoying thing is that she ${ }^{11}$ spend ages in the bathroom, but ${ }^{12}$ their are two bathrooms in your flat so it shouldn't be a problem
Would you like to meet her? Let me know and I can give you her number.
Love
Ella


3 Match the mistakes in the email to the types of mistake in the box.

$$
\begin{gathered}
s p=\text { spelling } \quad w w=\text { wrong word } \\
\text { wo }=\text { word order } \quad g r=\text { grammar } t=\text { tense } \\
p=\text { punctuation } \uparrow=\text { missing word }
\end{gathered}
$$

4 Use the symbols to help you correct the mistakes in the sentences.
1 Hell make a really great flatmate.
2 I meet him at work.
gr
3 His a great cook.
4 Harry is one of the friendlyest people I know.
5 I lived with him for a while at Munich.

## wo

6 He drives a car blue.
7 He very funny and great to hang out with.
5 Add the underlined adverb + adjective phrases in the email to the Key Language box.

## KEY LANGUAGE Describing people

1 Positive - really good,
2 Negative - a bit lazy, $\qquad$

Tip! A bit and slightly are always used with negative adjectives

6 Choose the correct adverbs to complete the sentences.
1 He's reasonably / incredibly sociable, but he doesn't go out that much.
2 Mary can be extremely / fairly noisy sometimes but she's never that loud.
3 Carl is incredibly / a bit busy at work, so you'll hardly ever see him.
4 You'll love it when Daniel cooks. He's a really / reasonably good cook.
5 Ana is extremely / quite thoughtful. She always leaves lovely notes and presents around the flat to cheer me up.
6 She's a bit / extremely lazy but when you remind her about something, she does it.

## 5 YOUR TURN

7 Think about your best friend. Write an email to someone recommending them for a flat share. Use adverb and adjective phrases to describe them.

8 Swap your email with a partner. Use the correction code in exercise 3 to mark any mistakes you think they have made.

9 Swap back and correct the mistakes that your partner has marked.

1 Write down how much time you spend doing these things each day.


2 Work with a partner. Compare the amount of time you spend doing each activity in exercise 1 . Which should you spend more or less time on?

3 Work with a partner. Read the introduction to the article and look at the pictures. What do you think the tips might be?

4 Read the rest of the article and complete it with the correct headings.
a Lower your aims
b Stop taking photos
c Stop looking at your phone
d Get off social media
e Stop comparing yourself to others


## People often have regular habits and routines, and they do these things without really thinking about how they make them feel. Here are six tips to help you enjoy life more.

## 1 Get a hobby

Working long hours in a stressful job can leave us feeling like we don't have enough energy to do anything else but eat, sleep and work. However, it's important to try to make time for hobbies. Sitting on the sofa watching TV or looking at your phone is a waste of time. Instead, join a sports club, or at least go for a jog or swim before or after work.
2
The average person spends hours every week on social media, but the more you spend time on social media, the worse your mood can get. People worry about how many 'likes' their posts get. They feel jealous of other people's lives. They get into arguments. Even the feeling of wasting time can create a negative mood.

People frequently compare themselves to other people. You go to someone's place and you check out their flat, their furniture, their car and their clothes. You look on social media at people's social life and holidays. Doing these things won't make us enjoy our life any more. Save time and energy. Stop comparing yourself to others and enjoy the things you have.

