

1 People

1A Introductions

1 1 1 1 1 1 1 1 1 1	2 A	3 B	
2 a 2	b 3	c 2	d 1
3 1 do 2 work	3 doing4 do	5 are 6 have	7 go 8 have

hobbies and interests: 3, 4 holidays: 7, 8 home and family: 5, 6 work and studies: 1, 2

5

- 1 have (hobbies and interests)
- 2 did you do (hobbies and interests)
- 3 did you go (holidays)
- 4 like going (holidays)
- **5** were (home and family)
- **6** live (home and family)
- 7 do you work (work and studies)
- 8 are you studying (work and studies)

9

- 1 16–24 year olds. At that age, they leave school, start work, go to college or university, move out of their parents' home all of which might mean moving to a new town or city.
- 2 use an app

11

1 before **2** before

12

- 1 Did you go out last night?
- 2 What are you doing this weekend?
- **3** Do you do any sport or exercise?
- 4 How often do you go to the cinema?
- 5 What TV programmes do you watch?
- **6** Do you ever work at the weekend?

13

- 1 What are you doing tonight?
- 2 What are you going to do after the class?
- 3 When did you meet your best friend?
- **4** How often **do** you see your parents?
- 5 Where does your best friend live?
- **6** What kind of music do you like listening **to**?

1B What are they like?

3-4		
1 reliable	4 thoughtful	7 sociable
2 curious	5 confident	8 efficient
3 careless	6 arrogant	
5		

5					
1 T	2 F	3 F	4 T	5 ⊤	

61 owe2 go3 'm buying	4 'm breaking 5 're spending 6 says
7 a 6 b 2 c	d 3 e 4 f 5
 8 1 hate (rule c) 2 're sitting, 're v 3 are spending (rule a) 5 get up (rule b) 	•
9-10	

- 1 Why are you studying English?
- 2 How often do you meet your best friend?
- 3 What makes someone a good friend?
- 4 How do you feel when you meet new people?
- **5** Are you spending more or less time with your friends at the moment?

1C The good and the bad

5 Lina: Archie:			3 F 3 T	• •	 6 F 6 T
7 1 annoyi 2 dull 3 embar 4 challer	rassing	6 an 7 en	nazing ijoyable		

1D New people

Speaking

3 1 food and drin	k 2 music	3 politics	4 holidays
4 1 know 2 drink 3 know	4 enjoying5 just6 time	7 was 8 way 9 'll	
5 a 1, 3	b 2, 4, 6, 8	c 5, 7,	9

Writing

- 1 a new flatmate
- **2** She thinks they would have fun together. Sophie is really easygoing, very considerate, incredibly sociable and amazingly creative.

2		
1	you are looking 7	in
2	a lot of 8	hasn't
3	meet 9	in
4	extremely reliable 10	made
5	was 11	spends
6	doesn't 12	there

On Point Pre-Intermediate English (B1) – Student's Book

12 spelling



3

1 missing word7 wrong word2 wrong word8 punctuation3 tense9 wrong word4 word order10 tense5 tense11 grammar

4

6 punctuation

1 He'll 4 friendliest 7 is

2 met3 He's5 in6 blue car

5

Positive – really easygoing, reasonably neat and tidy, very considerate, incredibly sociable, amazingly creative Negative – a bit nervous, a bit noisy, slightly annoying

6

1 reasonably2 fairly3 incredibly4 really5 extremely6 a bit

2 Travel

2A When holidays go wrong

3

was/were, became, climbed, decided, drove, felt, knew, realized, saw, started, stayed, stopped, took, told, travelled, visited

Irregular: was/were, became, drove, felt, knew, saw, took, told

4

1 decided, started, visited

2 climbed, realized, stayed, travelled

3 stopped

6

2 was
6 told
10 drove
14 became
3 took
7 decided
11 realized
15 stopped
4 travelled
8 climbed
12 started
16 felt
5 stayed
9 saw
13 knew

7

2 Where did they stay?

3 Why did one elephant become very angry?

4 Why did she stop?

5 How did they all feel?

8

1 She was with her boyfriend, Neil.

2 They were in a clear air pocket. It wasn't dangerous.

3 Because Neil asked her to marry him.

9

1 were flying

2 were looking forward to

3 was reading, was watching

4 were lying

5 were feeling

6 was panicking

7 were having

The verbs are in the Past Continuous.

10

1 finished past actions **3** actions in progress in the past

2 did 4 Past Simple

11

1 was walking, rang

2 Did you have

3 started, were playing

4 Did you see, wasn't watching

5 ran

6 was cooking, had

12

1 is 2 was 3 were 4 are

2B Holiday romance

1

1 Egypt (the Pyramids of Giza)

2 Brazil (Statue of Christ the Redeemer)

3 USA (Statue of Liberty)

4 Greece (the Acropolis)

5 Japan (Chureito Pagoda)

2

1 book 2 arrive 3 experience 4 book

5 get **6** go **7** fall **8** get

4

She went to the island of Santorini in Greece. She fell in love with the hotel barman, Nicos.

5

Paragraph 1: didn't expect to find, arrived, was, was, was, spent, fell, went, didn't go

Paragraph 2: was, 're, 've already met, 've started, 've just moved, 've found, 've never felt, feels, plan, haven't told, 're, didn't come

1 Past Simple

2 Past Simple, Present Simple, Present Perfect

3 The first paragraph talks about the past. The second paragraph talks more about the present.

6

1 Yes, she has. 2 Yes, she has. 3 No, she hasn't.

4 That they plan to get married soon.

/

1 has 2 present 3 past 4 never

On Point Pre-Intermediate English (B1) – Student's Book



8

- 1 Have you ever fallen in love on holiday?
- 2 Have you ever worked abroad?
- **3** Have you ever eaten shark?
- **4** Have you ever lost your passport?
- **5** Have you ever met a famous person?
- **6** Have you ever swum in a river?

10

1 just **2** already 3 yet

11

He went to Japan. He fell in love with Yuki – a receptionist in the Language School where he works.

12

- 1 Where have Will and Yuki decided to live?
- 2 What difficulties has Will had in Japan?
- 3 What has he just booked?
- 4 Who hasn't Yuki met yet?
- **5** What have they already booked tickets for?

13

- 1 In Japan (in Tokyo).
- 2 He's tried to learn Japanese, but it's really hard. He's never liked fish, so the food is a problem for him.
- **3** He's just booked a holiday to see his parents.
- 4 She hasn't met his granny yet.
- 5 They've already booked tickets to see a Manchester United game.

14

- 1 Have you **done** your homework yet?
- 2 I haven't decided where to go on holiday yet. It's so hard to choose!
- 3 'Have you seen James this morning?' 'Yes, I have.'
- 4 I've just emailed the report to my boss.
- 5 I've never been to South America.
- 6 I'm not hungry I've already eaten dinner.

2C Family backpacking in Vietnam

1 north 3 homestay owner

2 husband 4 children 3

- 1 They went to Thailand.
- 2 5.283 kilometres
- 4 with rain water or water from the river next to the house
- 5 They're putting a Christmas package together for them to send to Vietnam.
- **6** connecting with people playing board games with people from four different countries, watching her daughter doing gymnastics with her new friends
- 7 taking the kids on a motorbike tour on the chaotic roads, the kids swimming in Halong bay and watching for the deadly Box jellyfish – they saw them in the water a lot
- 8 Costa Rica and Borneo

4

- 1 huge (Vietnam)
- 2 shared (toilet and shower)
- 3 spoilt (Vietnam)
- 4 poisonous (Box jellyfish)
- **5** memorable (moments)
- 6 chaotic (roads)
- 7 daily (basis)
- 8 separate (rooms in John's house)
- **9** basic (kitchen area)

2D Holiday experiences

Speaking

- 1 Monday 7th Thursday 10th October
- 2 a double, £109 per night
- 3 Hester Koning, hester_koning@tmail.com
- 4 301
- **5** 7.00 10.00 a.m.
- 6 There's a problem with the WiFi it won't accept the password. The hairdryer in her room isn't working.
- 7 an alarm call

3

- **1** like **4** go **7** Do 10 Would
- 2 have **5** reserved 8 There's
- 9 isn't **3** tell **6** included

Writing

1 It's in north-west England.

2 walking

They tried the walk from Ambleside to the top of Red Screes. It started to snow at the top and they realized they couldn't see anything.

After that, While, Then, Not long after, soon after, After, finally, Then, before that, Meanwhile, At the same time, After, eventually



4 1 after that, soon after, after, then **2** before that 3 while, meanwhile, at the same time 4 finally, eventually 1 after that 3 Soon after 5 while **7** finally 2 Then **4** Then 6 After that

Video 1: Vietnam

1 Ong Tao, family's behaviour **5** people **6** protect, medicines 2 Brazil 3 seeds, orange **7** royal family 8 over 1,600, tourists 4 Nyugen 3 **1** b **2** C **3** d **4** a 4 **1** T 2 F (Ho Chi Minh City is the largest city.) 4 F (Da Nang is famous for its dragon bridge. / Ha Long Bay is famous for its beautiful islands.) **POSSIBLE ANSWERS**

You can find quiet in ancient temples and gardens in

Vietnam is a beautiful south-east Asian country. The biggest city in Vietnam is Ho Chi Minh City.

Da Nang's beaches are breathtaking.

Hanoi is a very busy city.

Hanoi is a modern city.

There are older markets in Ho Chi Minh City, like this fish

There are peaceful river trips along the Mekong River.

3 Work

3A Stress

1 salary 6 pension 7 paid holiday 2 employees

3 colleagues 8 flexible working hours

9 bonus **4** tasks

5 be responsible

5

Likes: 3, 6	Dislikes: 1, 2	2, 4, 5
6		
1 lot	4 much	7

7 much 1 lot 4 much 2 hit **5** few 8 many 6 enough 9 too 3 many

7 1 uncountable a few of, a		f; countable – many,
2 too many, t	too much, too	
3 not enough	١	
9 1 many 2 a few 3 a bit of	4 too5 enough6 a lot of	7 too many 8 not enough

10

1 too many, enough 4 not, enough 2 too much **5** too 3 don't, enough 6 few

3B Is that really true?

3

1 20

2 Because they don't want to speak to someone.

3 to sound positive

4 Because they don't want to meet the person.

4

something, anything, somebody, somewhere, nobody, anybody, nowhere, nothing

1 anybody 2 something 3 nowhere

6 somebody / someone **1** anything 2 anywhere 7 anybody / anyone 3 nothing 8 something 4 nobody 9 anywhere

5 something

1 Are you doing anything interesting this evening?

2 Did you go anywhere nice last weekend?

3 Are you meeting anybody next weekend?

9

1 skills **5** job title 6 awards **2** qualification

3 experience 7 personal interests

4 foreign language ability

10

1 their qualifications

2 their foreign language ability

3 their experience

3C Getting rich on Instagram

2 В 3 1 T **2** F **3** F 4 T 5 T

On Point Pre-Intermediate English (B1) – Student's Book



- 4
- 1 They manage their daughters' careers.
- 2 \$5 billion to \$10 billion
- **3** \$15,000 to \$25,000
- 4 She felt depressed.
- **5** People ask for photos.

Extra activity

- 2 Taytum and Oakley are two years old
- 2.2 they have 2.2 million followers on Instagram
- 2.7 they have 2.7 million subscribers to their YouTube channel

800 million – Instagram has 800 million users

80 – 80% of Instagram users follow a business

60 - 60% of the people who follow a business

discover new products on Instagram

100 – a child influencer can get around \$100 per

1,000 followers per photo

5

Work/money: run out of, six-figure-sum, full-time, make money, save up

Social media: followers, influencers, share, post, network, account

6

- **1** full-time **7** sharing / posting
- 2 saved up3 ran out8 followers9 share / post
- 4 make money / save up 10 account
- **5** influencers **11** network
- **6** six-figure sums

3D Skills and interests Speaking

5

1 musician 2 fitness instructor 3 mechanic

6

- **1** absolutely love **5** not very keen on
- 2 like 6 hate
 3 can't stand 7 don't like
 4 passionate about 8 keen on

Writing

2

Greeting 1, 5 Closing line 4, 8 First line 3, 7 Sign-off 2, 6

3

Formal expressions: Dear Ms Zoisin, Yours sincerely, Kind regards, I'm writing with reference to, If you require any further assistance, please do not hesitate to contact me.

- 4
- 1 Dear Ms Zoisin
- 2 I'm writing with reference to
- **3** If you require any further assistance, please do not hesitate to contact me.
- 4 Yours sincerely / Kind regards

- 5
- 1 the position of Hotel Manager
- 2 I have six months experience working as ...
- **3** I was responsible for ...
- 4 I am currently ...
- **5** I have the qualities and experience necessary for the position.
- 6 Please find attached my CV.

4 Childhood

4A How we lived

1

1	sink	6	fridge
2	pan	7	microwave
3	kettle	8	oven
4	washing machine	9	hob
5	dishwasher	10	toaster

3

A = 1930s, B = 1960s

4

1 T 2 F 3 F 4 F 5 F 6 T 7 T 8 F

5

1 didn't use to have
2 used to delive
3 used to keep
4 used to light
5 used to wash
6 didn't use to own

6

1 past 2 didn't 3 use to 4 Past Simple

7

- 2 They didn't use to have a bathroom they only used to have an outside toilet.
- **3** There used to be only / only used to be three TV channels when my grandma was a child.
- **4** They didn't use to have a car so they used to take the bus.
- **5** My nan used to write a letter to my dad every week after he left home.

9

1 Roy 2 Adam 3 Lisa 4 Clare

10

Auxiliary did + subject + use to + verb

- **2** When you were a child, what did you use to have in your kitchen? What didn't you use to have?
- **3** When you were a child, what did you use to have in your living room? What didn't you use to have?
- **4** When you were a child, what did you use to like and dislike about your house? Why?



School days

do/give/get homework take/pass/fail an exam break/make/follow the rules

1	does	4	make	7	get
2	follows	5	give	8	take
3	passes	6	fail	9	breaks

4

They're angry about the new rules. They sent him home because he looked at the clock during a lesson.

5 1 aren't 2 are 3 is	4 aren't 5 should
6 1 must, have to 2 don't have to	3 can 4 can't, mustn't
82 mustn't/can't run3 had to pass4 Do you have to put	6 didn't have to wear 7 must/have to wear 8 can't/mustn't bring

- 1 You can park here. You don't have to pay for parking.
- 2 You mustn't/can't run.

5 Could you wear

- 3 You mustn't/can't smoke inside. You can/have to use the outdoor smoking area.
- 4 You have to/must show your ID card to enter
 - You can't enter the school without showing your ID card.

John agrees with the school rules. Katie disagrees.

11

- 1 She wants to know if students can take mobile phones into class.
- 2 She thinks that they will stop students becoming independent and she thinks that if teachers send students home all the time, they won't get a good education.
- **3** He thinks rules are good because when students follow rules, it's easier for them to learn.

4C Childhood then and now

He never slept at a friend's house overnight. He never ate out.

3

- **1** Because she read an article that said British children are the most miserable in the western world.
- 2 Because she started playing with her Nintendo.
- **3** Because almost everyone can afford a holiday abroad.
- 4 When they went to the pub, he had to sit outside in the car with a packet of crisps.
- **5** Because ten out of 11kids are happy.
- **6** Horrible, racist shouting from frightening men, the level of the football.
- 7 It was all cooked in water for too long.

- 1 terrible (holidays), horrible (racist shouting), awful (food), rubbish (life in the 'old days')
- 2 miserable (British children)
- **3** rare (children being hit nowadays)
- 4 unusual (locations)
- 5 locations
- 6 these days, nowadays
- **7** straight
- 8 complete

5

C

6

- **1** 21 2 the Netherlands, Sweden and Denmark
- 3 working too many hours, not spending enough time connecting with their kids
- 4 too many tests, students are not spending enough time outside

4D Life decisions

Speaking

Emma: get Robert: exe	•	Simon: make new friends
3 1 were 2 worth	3 better4 should	5 don't6 trying
51 sure2 guess	3 great 4 think	5 Perhaps6 true

I agree strongly: That's so true! I agree a bit: I guess you're right., Perhaps, but ... I disagree: Really? I'm not sure about that., Seriously? I

don't think so.



Writing

2

Paragraph 1: a, d, c, b Paragraph 2: c, b, d, a

3

<u>Topic sentences</u> Paragraph 1: a; Paragraph 2: c <u>Supporting sentences</u> Paragraph 1: d and c; Paragraph 2: b and d

Concluding sentences Paragraph 1: b; Paragraph 2: a

4

- **1** Reason: I was worried about how hard it would be. Result: I didn't start my own business.
- 2 Reason: We had a lot of fun at the party. Result: I said yes.

5

1 because 2 so

6

- 2 She changed her course because it was boring. / Her course was boring so she changed it.
- **3** I moved to a big city because there were more job opportunities. / There were more job opportunities so I moved to a big city.
- **4** We sold our car because we wanted to do something for the environment. / We wanted to do something for the environment so we sold our car.
- 5 I lost lots of weight because I started running. / I started running so I lost lots of weight.
- **6** We wanted our children to see the world so we took them out of school and travelled for a year. / We took our children out of school and travelled for a year because we wanted them to see the world.

Video 2: The good old days

2

- 1 Sunday
- 2 very wealthy people
- 3 maybe once a year
- 4 a piece of chocolate
- 5 one day
- 6 Indian and Chinese
- 7 they hit you too
- **8** there was an electricity shortage because of the coal miners being on strike
- 9 more mums worked at the end of the 1970s
- 10 there was a drought

3

- 1 country, great-grandmother, horses, swim
- 2 Germany, Christmas, family
- 3 football
- **4** free
- **5** Germany, the Middle East

4

- 1 He didn't like sharing.
- 2 She didn't like watching her parents' TV programmes.
- **3** It was difficult to leave his parents aged eight to go to boarding school.

5

An easier time: -

A harder time: Michelle, Lauren, Louis, Joanne Both easier and harder: Shana, Diane, Simon, James

6

freedom – Simon, Louis; opportunities – Shana; school pressure – James, Joanne; being protected – Diane, technology – Michelle, Lauren, Simon; social media – Shana, Diane

5 Health

5A Fit and healthy

2

1 Clean eating 2 16:8 3 Going vegan

3

1 taking up2 get fit5 cut out8 lose weight

3 put on weight 6 burns fat

5

- 1 Thomas will do the clean eating plan.
- 2 Larissa will do the 16:8 plan.
- **3** They agree to go running together.

6

1 T 2 L 3 L 4 T 5 L 6 T 7 L 8 L 9 T

7

1 at the time of speaking 2 offers 3 won't

9

1 'll stop 3 won't ask 5 'll help 2 'll give 4 'll have 6 won't come

5B Food in the future

2

The article mentions food waste, meat production and population.

3

- 1 It's going to grow by 1.3 billion by 2050.
- 2 It uses food and water. It increases CO₂ levels.
- 3 flooding and heatwaves

4

improvement, population, grow, production, research, increase, create, act



8 E

6		
im <u>prove</u>	pro <u>duc</u> tion	cre <u>ate</u>
im <u>prove</u> ment	re <u>search</u>	cre <u>a</u> tion
<u>pop</u> ulate	<u>re</u> search	<u>ac</u> tion

popu<u>la</u>tion in<u>crease</u> pro<u>duc</u>e <u>in</u>crease

7

1 population 3 improve 5 increase

2 produce 4 creation

8 **1** c **2** e **3** d **5** b 9 **1** j **2** f **3** d **5** b 4 e **6** q **10** a 11 | **12** h 10

Rule 1: 8, 12 **Rule 2:** 1, 9 **Rule 3:** 2, 3, 5, 7, 11 **Rule 4:** 4. 6 **Rule 5:** 10

11

1 'm meeting (rule 4)
 2 's going to (rule 2)
 3 'll (rule 5)
 4 will live (rule 1)
 5 'm going to (rule 3)
 6 won't win (rule 1)

5C Are we healthier or unhealthier now?

2

Because we have clean water, warm homes, enough food to eat and access to healthcare.

3

1 50%

- **2** To help it stay fresh for longer, to improve how it looks and tastes.
- **3** Because our bodies are designed to want as many calories as possible as quickly as possible processed foods are high in calories and easy to eat.
- **4** We are more likely to put on weight and suffer from heart disease, diabetes and even cancer.
- **5** as many as one in five people
- 6 It could make you believe you have a serious illness and you might start to feel other symptoms.
- **7** It's more likely to be wrong than if you see a doctor.
- **8** They had to live with their symptoms for months.

5

1 nutrients
2 diagnosis
3 calories
4 symptoms
5 additives
8 advice
8 advice

Extra activity

1 salt5 minerals9 frightening2 fat6 carbohydrates10 dangerous3 nutrients7 serious11 expensive4 vitamins8 terrible12 unnecessary

5D Getting better Speaking

3 D

21 a cough

1 H

2 a stomach ache, being sick = food poisoning

5 B

6 F

7 C

3 a headache = flu

2 G

4 a rash = an allergy

3

1 help

2 don't feel, 've got, can't stop

3 you've got, take

4 've got, keep being

5 ill

6 sounds

7 seems

8 feel, 've got, feel

9 itchy

10 medicine, better

4

a 1, 5, 7 **b** 2, 4, 8, 9 **c** 3, 6, 10

Writing

2

- 1 Last year was great, but I hope next year will be even better!
- **2** Last year was great. However, I hope next year will be even better!
- 3 <u>Although</u> last year was great, I hope next year will be even better!

3

1 However2 Although, however3 But, however4 Although

4

- 2 I went to see the doctor, but she didn't know what was wrong with me. / I went to see the doctor. However, she didn't know what was wrong with me. / Although I went to the doctor, she didn't know what was wrong with me.
- 3 I hate exercise, but I go running three times a week to stay fit. / I hate exercise. However, I go running three times a week to keep fit. / Although I hate exercise, I go running three times a week.
- 4 I know sugar is really bad for me, but I can't give it up. / I know sugar is really bad for me. However, I can't give it up. / Although I know sugar is really bad for me, I can't give it up.

5

1 because
2 but
5 because
8 Although
3 Although
6 And
9 so
She uses *going to* to talk about her plans.



6 City Life

6A Calm or crowded?

1 Bristol 2 both 3 Walberswick 4 Bristol

3 1 ancient (neutral) 5 cultural (neutral) 2 calm (positive) **6** lively (positive) 7 spectacular (positive) **3** charming (positive) 8 stressful (negative) 4 romantic (positive)

The local community, Walking in the countryside, Relaxing on the beach

The location of all the things to do, The culture and the historic sites

7

1 as convenient as **3** as relaxing as 2 livelier 4 calmer, simpler

8 -er

9

1 livelier **5** closer

2 as charming 6 simpler, as convenient

3 more spectacular 7 more stressful

8 cosier **4** better

6B The best city in the world

A Stay here **C** See this **E** Shop here **B** Walk here **D** Try this F Drink here

4

1 home to 5 ideal place to 2 good value 6 perfect base to 3 magnificent views 7 best-kept secrets 4 well-known 8 hard to beat

best, quietest, busiest, longest, most famous, oldest, easiest

1 most polluted (more polluted)

2 worst (worse)

3 most expensive (more expensive)

4 prettiest (prettier)

5 furthest (further)

6 hottest (hotter)

- 8
- 2 He is the friendliest person I have ever met.
- 3 It was the busiest museum I have ever been to.
- 4 They had the most expensive meal they have ever eaten.
- **5** It was the dirtiest hotel I have ever stayed in.
- 6 Madrid is the best city I have ever lived in.
- 7 Daisy is the most intelligent person that I have ever worked with.

10

SUGGESTED ANSWERS

within walking distance, isn't the quietest place, busiest squares, quieter location, on the banks of, across the road from, a ten-minute-walk away, within easy reach of, make your way to, on the edge of the city, is home to, (tram) takes you through

Changing cities

Barcelona (the 1992 Summer Olympic Games)

Extra activity

1	river	3	greener	5	ice
2	shopping	4	protest	6	80

3

1 D **5** E **6** B

4

1 for tourists

- 2 tea houses, shophouses
- 3 a night zoo, a night-time Formula 1 race
- 4 gardens on the 26th and 50th floor of seven connected buildings
- 5 tourists
- **6** 1992
- **7** Poblenou
- 8 unemployment fell, tourism trebled, the local sports teams became popular

-			
1	industrial	5	enjoyable
2	historic	6	modern
3	attractive	7	fashionable
4	crowded	8	traditional

Extra activity

the richest, the longest, not as dirty as, the best, the most famous, the (world's) oldest, the highest, the smallest, greener, nearer, not as busy as, the largest, the most visited, more fashionable, the least attractive, better, more enjoyable, the largest, more popular

6D Places Speaking

1 tell	4 way	7 bother
2 Take	5 way	8 get
3 looking	6 far	9 going

- 4
- A turn right
- **B** in front of you
- **C** take a left at the traffic lights
- **D** turn right at the crossroads
- **E** keep going until you reach (the end of the road)
- **F** go through the (park)
- **G** take the second turning on the right
- **H** go around the roundabout and take the third exit
- I cross a bridge
- J go straight on

Writing

3

- **1** c **2** e **3** d **4** b **5** a
- 1 capital of 2 is in the, of
- 4 go on a day trip 5 a fantastic place
- 3 lies, banks

Video 3: Parkrun

- 1 just under four million
- **2** 72
- 3 She wanted to learn how to photograph moving people.
- 4 No, she didn't.
- 5 She felt happy and she wanted to tell everyone about it.
- 6 park benches
- 7 six minutes faster
- 3
- 1 F (He used to live in England.)
- **3** F (He thinks that it will help Norman to live longer.)
- **4** F (He is going to run 'until he drops!')
- 92: Norman is 92.
- 99: He has done 99 Parkruns.
- 100: He is doing is 100th Parkrun next Saturday.
- 1986: Norman started running in 1986.
- 10: The first race Norman ran was ten miles (16 km) long.
- 5
- **1** 92 5 times **2** 1986 6 the couch
- **3** firemen **7** drops
- 4 son (David)

7 Connections

7A Time

someone who thinks about the past a lot

- 1 They are connected with positive memories from childhood.
- 2 photos or things that remind them of the past
- 4

1 F **2** T **3** F 4 F **5** F

Extra activity

- 5 chance 1 regrets 3 targets
- 2 moment 4 goals
- 6
- **2** c **3** d **5** f **6** e **7** h **8** g
- **b** Present Continuous f will c Past Simple g will
- d Past Continuous h Present Perfect
- e be going to
- 1 are, doing, 'm going, met, go, 'll make
- 2 have, been, was getting, called, did, take, is going to lose
- 1 do you usually do 5 are you doing
- 2 Are you watching 6 will be
- 3 did you go 7 Have you ever seen 4 were you doing 8 Did you enjoy

7B Relationships

- 2
- **1** in a school play **3** 2012
- 2 at the end of the school prom 4 on the school steps
- 3
- 1 got married 5 asked, out
- 2 broke up with 6 got back together
- **7** arguing
- 4 went on a few dates 8 have a boyfriend / girlfriend
- 5

Yes, they have the same meaning. Sentences a use the Past Simple. Sentences b use the Present Perfect.

- 6
- 1 past 2 present **3** for 4 since
- 7

For: a long time, three weeks/month/years **Since:** February, Monday, this morning/afternoon, lunchtime, last weekend, I was a child

- 8
- 7 studied 1 lived 3 had 5 owned 2 worked 4 known 6 played 8 liked



11

- 2 Are you in a relationship? How long have you been together?
- **3** Do you live in a flat? How long have you lived there?
- **4** Are you married? How long have you been married (for)?
- 5 Do you have a job? How long have you worked there?
- **6** Are you vegetarian? How long have you been vegetarian (for)?
- **7** Do you have any interesting hobbies? How long have you been interested in ...?

7C The story behind the place

Extra activity

- 1 debt 3 income 5 butler 2 dozen 4 estate 6 charity
- 3

350 — the number of American heiresses married into British high society by 1914

8th — the present countess at Highclere

100 — the number of coach parties per year before Downton Abbey was shown on TV / the number of workers at Highclere 150 years ago

600 — the number of coach parties per year after Downton Abbey was filmed there

7 — the number of workers at Highclere today 1950s and 60s — when many big houses in the UK were destroyed

4

- 1 yachts and foreign travel
- 2 Tutankhamen's tomb
- **3** from the growth of industry in the US in the 19th century
- 4 They didn't have much income.
- 5 Visitor numbers increased.
- **6** They provide a connection to the past.

5

1 social classes2 lifestyle4 wealth5 status symbols6 attractive

7D Events

Speaking

2

1 having a baby2 breaking up with their partner5 losing a job

3 getting engaged

6 a pet dying

3

1 so happy2 Congratulations!3 fantastic5 let me6 so sorry7 call me

4 sorry

6

2 How did he propose? 4 What are you going to do?

3 When do you start? **5** What happened?

Writing

2

C, A, B, D. They agree to meet on Friday next week.

3

- **1** a house-warming
- 2 neighbours, colleagues and old university friends
- 3 Friday 27th
- 4 24 Duke Street
- **5** about food allergies

4

- 1 I'm meeting
- 2 we're planning
- **3** Would you like to come along?
- 4 I was wondering if you're free and wanted to come?
- 5 Can I just check, do you have any allergies at all?

8 Stories

8A A famous writer

2

1 novel2 romance4 detective story5 biography6 science fiction

4

She was famous for detective stories.

5

1890 Agatha Christie was born.

1901 Her father died.

1914 She married Archibald Christie.

1920 Her first book was published.

1930 She married her second husband, Max Mallowan. 1976 She died.

6

1 had sent
2 had been
3 had spent
4 had tried
5 had written
8 had met
6 had died

7

had sent 1; decided 2 had been 1; died 2 married 2; had met 1

8

1 had 2 past participle 3 before 4 not

9

- **2** Because she had spent three months there with her mother.
- **3** Because he had been very ill.
- **4** Because Archibald had fallen in love with his secretary.
- **5** Because they had only met six months earlier.

11

1 gave, 'd read2 weren't, had failed4 had left, didn't do5 wanted, hadn't been

3 had left, arrived



8B Fact is stranger than fiction

- 3 4
- 2 had finished
- 8 had left
- **3** decided
- **9** had been
- 4 had visited
- **10** were
- **5** didn't know
- **11** were planning
- **6** were exploring
- 12 was taking
- 7 realized
- 5
- 1 Past Continuous
- 3 Past Perfect
- 2 Past Perfect
- 4 Past Simple

- 6
- **2** What had they done the day before? They had visited the cave.
- **3** What happened as they were exploring the cave? More rain began to fall.
- **4** How did the families know that the boys were in the cave? Because they had left their bags, bikes and shoes outside the cave entrance.
- **5** How long had they been in the cave when they were found? They had been in the cave for nine days.
- **6** What was Saman Kunan doing when he died? He was taking oxygen tanks into the cave.
- 7
- **1** Past Continuous. Dad started making coffee before I arrived home, but didn't finish.
- **2** Past Simple. I arrived home and then Dad made coffee.
- **3** Past Perfect. Dad made coffee and then I got home.
- 9
- 1 had eaten

4 didn't go

2 had seen

- **5** was having
- 3 was shining, were singing
- **6** had left

- 10
- 1 after, as, when, while
- 2 because
- **3** so
- 4 Amazingly, Fortunately
- 5 Sadly

8C The Problem of Thor Bridge

- 1
- **1** Arthur Conan Doyle wrote it. It's a detective story.
- 2 Sherlock Holmes and Dr Watson
- 2
- 1 Maria Gibson
- 2 Miss Dunbar
- 3 Mr Gibson he believes Miss Dunbar is innocent.

- 3
- 1 He had a new case to solve.
- **2** He was a rich American gold miner. His wife had been murdered.
- **3** Mrs Gibson was holding a note from Miss Dunbar when she died and a gun was found in Miss Dunbar's wardrobe.
- **4** That Neil Gibson had fallen out of love with his wife and that he was mean to her.
- **5** Holmes tells Gibson that he is a liar.
- **6** He no longer loves his wife now that she is older. He loves Miss Dunbar and he told her this.
- 7 to give money to charities that she cares about
- **8** He thinks Maria was jealous of Miss Dunbar and wanted to scare her with a gun, but the gun then accidently killed Maria.
- **9** Mr Gibson, because it was his gun
- 10 some damage to the bridge
- **11** Because she had received a note from Mrs Gibson asking to meet her there. She left a note for Mrs Gibson in the garden.
- 12 Watson's gun and some string
- 4
- 1 curious 3 jealous
- **5** serious
- 2 brutal 4 mean
- **6** furious

8D Feelings and events Speaking

- 1
- 1 shocked 2 worried 3
 - 3 excited
- 4 frightened

- 2
- 1 Jess and Dan 2 Jill 3 Mark 4 Claire
- 3
- 1 really 2 so
- **3** really
- **4** so

- 4
- So and really. They make the feeling stronger.
- 5
- 1 so/really nervous/worried
- 2 so/really excited
- 3 so/really frightened/worried
- 4 so/really bored
- 5 so/really delighted
- 6 so/really worried
- 7 so/really upset
- 8 so/really shocked/worried
- 6

Shocked/worried describe a feeling. Shocking/worrying describe the thing or situation that makes you feel that way.

- 7
- 1 bored
- 2 delighted/pleased/surprised
- **3** exciting
- 4 nervous/worried
- 5 shocked/surprised
- 6 frightening/worrying



Writing

2 D **5** B 3 A 4 E

- 1 He had forgotten to set his alarm, so he woke up late. His phone ran out of battery, so he couldn't use Google maps. He had taken the wrong memory stick.
- 2 Past Simple: was, reached, remembered, was, had, left, walked, arrived, discovered, was, jumped, got off, took out, wanted, asked, knew, wanted, arrived, realized, took, walked, said, realized, explained, were not, didn't get

Past Continuous: wasn't working, was carefully putting

Past Perfect: had forgotten, had wanted, had missed, had brought, had happened

Adverbs of time: finally

Adverbs to describe actions: confidently, sleepily Adverbs to comment on a whole sentence: unfortunately

5

- 1 Unfortunately 4 carefully
- 2 nervously 5 luckily/fortunately
- 3 desperately

Video 4: Film locations

- **1** T
- 2 F (Giant cacti, flamingo birds and a type of fox live there.)
- 4 F (He first learns to fly a broom in Alnwick Castle in the north of England.)
- **5** F (The train goes across the Glenfinnan Viaduct in Scotland.)
- **6** F (The Bodleian Library is next door to the Divinity School, and Christchurch College is a ten-minute walk
- **7** F
- **8** F (They are on the border of Argentina and Brazil.)

1, **3**, **5**, **6** are mentioned.

4

- 1 Spain, Iceland
- 2 Northern Ireland **3** Titanic
- 4 £9 million
- 5 £65 million
- 6 time
- **7** training

9 Opportunities

9A Luck

1 b **2** a

3

- **1** He was bored of speaking to the same people.
- 2 women wearing green and men wearing black
- **3** She finds going the same way boring.
- **4** her head of department
- **5** his parents
- 6 People were driving badly and he had a bad feeling.

5 **A** 4 **B** 2 **C** 3 **D** 1

6

1 personality 3 plan, chances 5 positive 2 nervous 6 lucky 4 same thing

8

1 un **5** im **2** un 3 dis **4** un

9

1 b **2** a **3** C

10

1 b **2** a **3** C

11

2 to do 8 to drive **5** to email **3** to finish **9** to help 6 to go 4 to rain 7 to quit 10 not to be

9B **Happiness**

- 1 They are all ones you do with other people or outdoors.
- 2 travelling to work, sitting in a meeting, dealing with administration, waiting, queuing, being sick
- **3** world events such as election results
- 4 Tuesday, because both the previous weekend and next weekend seem a long way away

3 travelling to work **1** going to meetings **4** going to the theatre 2 hiking

4 finding **1** attending **2** Sitting 3 taking

a 3 **b** 4 **d** 2

1 Waiting **3** driving **5** doing **6** Travelling **2** sunbathing 4 buying

Q

1 Doing	4 writing	7 to call
2 not to buy	5 standing	8 visiting

3 not to lose 6 to earn

Enjoying life

2 d **5** C **6** b

5

- 1 We worry about 'likes', we feel jealous of others, and we get into arguments.
- 2 We compare our flats, furniture, cars, clothes, social lives and holidays.
- **3** Because it's more important that things are going better than you expected
- 4 We should set realistic targets.
- **5** Screen time can affect our sleep.
- **6** Not having enough sleep can have a negative effect on our health and mood.
- 7 Taking photos of something means we are less likely to remember it.
- 8 Because we can't enjoy remembering and talking about fun times with the people who were there.

7

1	in a hurry	3 waste of time 5	save, time
2	long hours	4 make time for 6	spend, time

9D Opinions

Speaking

all of them

3

1 sure	4 true	7 –	9 –
2 but	5 agree	8 guess	10 absolutely
3 sorry	6 so		

Strongly agree: Exactly!, You're absolutely right!

Agree: That's true, Maybe. I guess ...

Disagree: I'm not sure about that. Yes, but he has ..., I'm afraid I don't agree.

Strongly disagree: I'm sorry, but I don't think that's true,

Really? I don't think so.

Writing

spending time with family and friends, being free to make choices and decisions

1 c

Giving opinions: In my opinion, in my view Giving reasons: since, as

2 a

3 h

10 Environment

10A Going green

Singapore

4

- 1 charge for plastic bags
- **2** 2025
- **3** over five million kilograms
- 4 bus tokens, food or money
- **5** It's the greenest city in Asia.

6

1 ought to, ought not to 2 could

- 1 shouldn't / ought not to drive
- 2 should / ought to use
- 3 should / ought to buy
- 4 shouldn't / ought not to eat
- 5 should / ought to have
- 6 should / ought to grow
- 7 shouldn't / ought not to turn
- 8 shouldn't / ought not to watch

1 C **2** b **3** a

10

Bella's change wasn't successful as her family still eats meat, but only twice a week instead of every day. Erdem's change was successful – the only time he drives is when he shares a car journey to work.

Mable's change was successful – she repairs broken things and find things online for free.

11

1 quit	4 share	7 repaired
2 replaced	5 giving away	8 recycle

3 reduce 6 reuse

10B Looking to the future

2 rainforests 4 rivers **6** Ice caps 3 Ocean **5** desert

Technology will advance, making much of our lives easier. Clean water: nearly one billion people do not have access to it. In the future, over two billion might not have access to it.

Diets: a vegetarian diet may become more normal. Drugs: we get many of our life-saving drugs from nature. Sea level: it's difficult to predict how much levels will rise, but we won't be able to live in some cities without spending a lot of money to protect them.

4

3 g **1** C **2** e **4** b **5** f



6

2 will lead4 might help3 may need, may become5 may not be6 won't

7 more

8

c (certain)
 f (not certain)
 not certain)
 d (not certain)
 d (not certain)

10

won't go up
 might have to
 might fight
 might not be
 might not be
 might not go

10C Plastic life

2

4,490 items; He created a huge poster with them.

4

- **1** People have made plastics for over 100 years.
- **2** We started to produce significantly more plastic in the 1950s.
- **3** There are 8.3 billion tons of plastic here today.
- **4** Americans use around 500 million plastic straws every day.
- **5** Shops give out about two million plastic bags every minute.
- **6** People buy one billion plastic bottles every minute.
- **7** Scientists think that eight million tons of plastic ends up in the seas and oceans of the world every year.
- **8** There could be 160 million tons of plastic in the seas and oceans by 2025.
- **9** Nearly 70% of the world's oxygen is produced by the sea.
- **10** People eat 11,000 tiny pieces of plastic every year by eating fish and shellfish.

5

- **1** They can reuse water bottles and coffee cups, and stop using straws and plastic bags.
- 2 They sell food without packaging.
- **3** They plan to introduce more water fountains.
- 4 He has invented a biodegradable water bottle.

7

Verbs: raise, reduce

Adverbs: significantly, slightly, dramatically

Nouns: rise, fall, reduction Adjectives: dramatic, slight

8

1 reduce
2 dramatically / significantly
3 rise
5 slight
6 reduction
7 dramatic

4 fall / reduction

Extra activity

1 bottled2 single-use4 sea5 dishwasher6 huge

10D Structuring ideas

Speaking

3

1 25
2 buildings
3 solar panels
4 lights
6 40 million

4

1 head3 divided5 move7 up2 talk4 Firstly6 point8 questions

a 1, 2 **b** 3, 4 **c** 5, 6 **d** 7 **e** 8

Writing

1

Most popular: create more parks, add more recycling points

Least popular: turn street lighting off at midnight, collect bins once every two weeks

3

- 1 It wants to create a greener and cleaner town.
- 2 car drivers
- **3** They think there might be an increase in crime levels.

/.

Adding similar ideas: In addition, Furthermore Adding contrasting ideas: Despite, otherwise

5

1 Furthermore2 Despite3 In addition4 otherwise

Video 5: Saving the planet

2

- 2 the amazing faraway places they have visited
- 3 less damaging
- 4 richer countries
- **5** Because a lot of power is needed to get a plane in the air.
- **6** internal flights between places that are already connected by a train line
- 7 limit everyone to one return flight per year
- **8** fly in 2019
- 9 more overnight trains to destinations around Europe

4

1 b **2** b

5

1 recycling
2 singer, actor
3 gift
4 Fridays
5 15 March
6 1.3 million
7 plane, vegans

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11 Life

11A Optimist or pessimist?

1

Megan might describe it as half full. Tom might describe it as half empty.

2

1 Tom 2 Megan

4

Carla is feeling pessimistic because her boyfriend split up with her and she has lost her job.

He suggests coming out with him in the evening, going for a run with him on Saturday morning, going for brunch after the run, applying for a job at his company.

5

1 up 2 out 3 out 4 for 5 in 6 up

6

a 4 **b** 1 **c** 5 **d** 6 **e** 2 **f** 3

7

1 split 2 look 3 move 4 found 5 put

6 go

8

2 'll be, go 4 see, won't be 6 won't, don't find

3 go, will make 5 will, don't get

9

1 Present Simple 2 will 3 won't 4 future

10-11

1 studies, 'll be 4 practise, 'll be

2 will, do, rains 5 won't find, splits up

3 need, 'll call 6 go, will talk, 'll feel

12

1 She'll **2** They'll **3** It'll **4** won't **5** I'll

11B The grass is always greener?

2

POSSIBLE ANSWERS

Because he's living with his parents, because he lives in the countryside, because he's single, because he's unemployed.

3

- 1 Because he hasn't got any money.
- **2** He has got a really well-paid job in London, he lives in a really cool apartment and he's got a new girlfriend.

4

- 1 There's no future for him there, it's boring, he isn't close to his friends, he misses going out, he has to drive everywhere, he has to tell his parents what he's doing all the time.
- 2 Because Jack's parents have loads of money.
- **3** ask his parents if they can lend him some money so that he can move to London and look for a job there

	_
	Sec.

2 moved 3 wouldn't need to 4 had

5 'd be able **6** were

6

1 Past Simple 2 would 3 imagined 4 less

7

1 became **3** I'd **5** I'd **2** were **4** lived **6** live

8

1 a possibly b probably c definitely

2 It goes after would or 'd but before wouldn't.

9

1 would, do, won 3 were, would, make

2 would, buy, were

12

Things didn't work out for Nick in London. His job was stressful, he could only afford to live in a shared house, and he hated the noise and pollution. He went back to his parents' village. He now has his own online business, lives in his own house and has a new girlfriend.

11C Thinking negatively

2

Positive people on reality shows on TV, 'liking' posts on social media, politicians talking about 'great' futures

3

- 1 think positively
- **2** They would prepare carefully because they will be worried about all the things that can go wrong.
- 3 depression
- **4** They eat healthily, don't smoke, exercise, see the doctor, and wash their hands.
- 5 They don't think it's their own fault and they forget about it quite quickly.
- **6** They can't move forward after things go wrong because they think it's their own fault or it's bad luck, so it will happen again.
- **7** pessimists
- **8** when you see problems, but you take action or make changes so that you can handle bad situations better

4-5

1 take care of2 deal4 made6 move7 take

3 handle

11D Making a complaint Speaking

- 1 B, room is dirty, no clean towels, new room
- 2 C, wrong size trousers, refund
- **3** A, overcooked steak and cold risotto, free drink



3

7 exchange 1 complaint, available 8 refund 2 afraid **3** terribly sorry 9 hear

10 overcooked 4 Let me **5** ordered, wrong **11** apologies **6** give me 12 house, apology

4

a 1, 5, 10 **e** 4, 7, 8, 12 **c** 2

b 6, 9 **d** 3, 9, 11

The intonation rises and falls, and has a wide range.

Writing

- 1 I'm emailing to complain about the cottage where we stayed at the weekend.
- 2 There was no parking near the cottage, The WiFi only worked for two hours, It was noisy.
- 3 Firstly, Secondly, And finally
- 4 He suggests that they refund some of the money Jason paid for the holiday.

3

He refunded £200 and corrected the advert so that it no longer says 'Free parking'.

4

- 1 Dear Mr Dawson
- 2 emailing to complain
- **3** sorry to hear
- 4 I look forward to hearing from you.
- **5** Yours sincerely

- 1 Please accept our apologies for the mistakes with your
- 2 I would be grateful if you could refund the full cost immediately.
- 3 I'm emailing to complain about our weekend in your
- 4 I look forward to hearing from you.

12 Technology

12A New designs, old ideas

- **1** Yes, they do. **2** A **3** B
- 4 A uses a passive verb form, B uses an active verb form.

4

you'll find something that **is made** of wood in almost every direction, Many houses are built using wood, and wood is used to make lots of different items of furniture ... Many musical instruments, such as violins and pianos, are made of wood, In the past, wood was used to make toys for children, and even now wooden toys are loved by children all over the world.. Traditional ships were built with wood ... in fact the first bicycle was made in 1817 ...

5

1 are made 4 wasn't written 2 was invented **5** is used 3 is imported 6 were stolen

7

1 was called 7 uses

2 wasn't made 8 are designed 3 was designed 9 aren't produced 10 is finished 4 were invented **5** changed 11 is ordered 6 aren't made 12 is planted

8

- 2 What was it made of? It was made of wood.
- **3** Why were no pedals used in the design? Because it was designed before pedals were invented.
- 4 How are Woodster bikes designed? They are designed using 3D computer technology.
- **5** Are Woodster bikes produced in a factory? No, they are made in small workshops.
- 6 When is a new tree planted? A new tree is planted every time a bike is ordered.

1 invent 2 creation 3 design 4 produce

12B Tech free

1 friends 4 music 7 research 2 social media 8 film **5** photos 3 emails 6 the news

- 1 She didn't know what was happening at the weekend because her friends always arrange things on
- 2 It was difficult to do the research she had to go to the library and get some real books out.
- **3** She's really missed it.
- 4 She was sleeping better because she couldn't check her newsfeed in bed.
- **5** She had more time to cook.

5 1 c 2 f 3 d 4 a 5 e 6 b

6

1 felt 4 had, missed

2 didn't know 5 was sleeping, couldn't

3 was 6 would

7

The pronouns is different (*I* instead of *she*, *her* instead of *my*), the tenses are different.

8

2 Past Continuous 3 Past Perfect 5 could

9

- 1 she hated people who always looked at their phone during dinner
- 2 he'd just downloaded a new fitness app
- 3 was living with her parents and there was no WiFi
- 4 they could easily live without social media
- 5 would send me a WhatsApp message about the party
- 6 didn't know how to use Google maps
- 7 'd broken the screen on his iPhone

11

- 1 He/she said (that) he/she had done two hours in the gym and that he/she was getting stronger every day.
- 2 She said that she had used JM Shampoo on her hair for three weeks and she couldn't believe the amazing results!
- **3** He said (that) he was so in love with Hana and (that) she was amazing!
- **4** He/She said (that) he/she had made a delicious breakfast with no carbs and (that) he/she wouldn't be hungry again till 1pm!

12C Social media

3

- **1** F (She uses Skype to keep in touch with a friend who is travelling in India.)
- 2 T
- **3** F (He feels different and alone.)
- **4** T
- **5** F (They are very successful she always gets a lot of emails in the two days after she advertises.)
- 6 T
- **7** T
- **8** F (He threw away photos of him doing stupid things.)
- **9** F (He thinks we shouldn't we should enjoy the moment.)
- **10** T
- 11 F (He thinks it makes us depressed.)
- **12** T

5

1 information overload
2 music festival
3 screen time
4 Cyberbullying
5 real life
6 time-wasting

12D What did you hear?

Speaking

2

2 Have you heard, A **3** Have you seen, D

4 Did you watch, C

3

1 annoying4 typical7 great news2 awful5 surprise8 pleased

3 disappointing 6 rubbish

4

Positive reaction = 7, 8

Negative reaction = 1, 2, 3, 4, 5, 6

8

- **1** rain clouds were moving towards the UK, was increasing
- **2** had seen the news headlines, was very sorry, had sent a message
- **3** was certain, would see improvements in the economy very soon
- 4 couldn't believe that he had won the X Factor, loved singing, was a perfect ending

Writing

2

A is a digital native.

3

1 after2 natural3 social media5 multitask4 newspapers6 equal

4

1 verbs, pronouns, articles 2 tech, info

3 equals sign (=) means 'is', dash (–) means 'because'

5

SUGGESTED ANSWERS

- 1 Older people = info in books & newspapers. Not always modern tech.
- 2 Digital natives = often comparing to others social media depression.
- **3** Social media new probs, e.g. cyberbullying + fake news
- **4** biggest time-waster = social media economic productivity @ work

6 - 7

born before the 1980s

3 types:

avoiders prefer to live w/o tech

half-adopters use some tech but not soc. media **complete adopters** love tech, active online, use soc. media & check email



Video 6: Are you addicted?

- 1 several times an hour
- 2 housework, when to go to bed
- 3 the pressure to answer messages immediately, getting too many messages
- 4 five minutes
- **5** depression
- **6** spend two hours a day on their phone for personal reasons
- 7 nine years

Extra activity

log off = disconnect or stop thinking about something skim = read something very quickly substances = chemicals or drugs

1 c **2** e **3** d **5** b **6** f **4** a

- 4
- **1** over five billion
- **5** twelve minutes
- 2 books, television
- **6** yourself
- **3** decisions
- 7 face-to-face
- **4** multitasking
- 8 happier