

LEAD-IN

Audio L.01

- 1 trousers
- 2 motorbike
- 3 daughter
- 4 study
- 5 orange
- 6 pharmacy

Audio L.02

- 1 buy, light, rice, ill
- 2 uncle, money, sure, comfortable
- 3 beard, person, shirt, Thursday
- 4 grapes, happy, straight, waiter
- 5 four, August, lost, short
- 6 easy, meet, breakfast, key
- 7 coast, photo, know, how
- 8 different, fine, fifty-five, minute

UNIT 1

Audio 1.01

- 1 What sort of things do you do at the weekend?
- 2 Did you go out last weekend?
- 3 What kind of music do you like?
- 4 Which websites do you visit the most?
- 5 Do you do any sport or exercise?

Audio 1.02

D = Dawn T = Tyler J = Jodie

- D: And finally on the news, do you have a good sense of smell? Would you like a career where you can use your sense of smell? Over to Tyler.
- T: Thanks, Dawn. Tonight, I'm talking to Jodie Slater. Jodie is a 'super-smeller' and she organises 'smell tours', yes 'smell tours'. Jodie, before we talk about the tours, let me ask you, how did it all start?
- J: Well, when I was eighteen, I started work at the local airport. I sold perfume. I found that my sense of smell was really good. But I got tired of it after two years and I decided to change jobs.
- T: What did you do next?
- J: I became a coffee taster. It was my job to smell and taste different coffee beans. I had a great time. The pay was good and I travelled a lot. I went to Colombia, Brazil and Vietnam. I stayed with the company for five years, but I really wanted to develop my own business.
- T: So what did you do?
- J: I had an idea to start a company for smell tours. In my town the tourist industry is big. Our tourists often want something new and different. I know the town really well, so I designed a smell tour of the place.
- T: Wait a minute. What exactly is a smell tour? How do you design it?
- J: Well, I go to a town and I walk around. I look for the most interesting smells, good or bad, for example gardens, restaurants, factories. Then I design a tour around those smells.
- T: And you take the tourists around.

- J: I don't, the tour guides do. It's my job to design new tours. I travelled a lot when I was younger, so I know many cities very well. We now have smell tours of five different cities and I have ten tour guides working for me.
- T: And what do people think about the tours?
- J: They really like them.
- T: What are you doing at the moment? Are you working on your next tour?
- J: No. This month I'm doing something new. I'm designing a tour for an art gallery. A smell tour.
- T: Ah ... That sounds interesting. How does it work?
- J: Well, when people look at the paintings, they can press a button and they get the smells. For example, a painting of flowers gives out a flower smell. I'm doing the smells for twenty pictures.
- T: Can you give us an example?
- J: Well, imagine ... I'm looking at a painting right now. It's a famous painting of fruit. You press a button and you get the smell of apples, oranges and plums.
- T: Nice.
- J: Or there's another painting of the sea, so we have the smell of the sea.
- T: It sounds really good. I'd like to visit.
- J: Yes, I'm enjoying it a lot. The smell tour opens next month.
- T: Thanks for talking to us, Jodie. If you want to go on one of Jodie's smell tours, look on our website for further information. Now, it's back to Dawn in the studio ...

Audio 1.03

- 1 Where are you living these days?
- 2 What are you doing at the moment?
- 3 How are you feeling today?
- 4 What are you thinking about?

Audio 1.04

- 1 pleased, stressed
- 2 lonely
- 3 afraid
- 4 interested, confident, positive
- 5 unhappy

Audio 1.05

Conversation 1

- A: Erm, Matt, can you come into my office, please?
- B: Er, sure.
- A: How is everything?
- B: Things are ... good. Lots of work. Why?
- A: We have a meeting with the sales people tomorrow. I want you there.
- B: Really? OK, great! And do you want me to do anything?
- A: Yes, actually. I want you to give the presentation.
- B: Me? The presentation?
- A: Yes. Is there a problem? You don't sound very pleased.
- B: Well, I don't feel confident about speaking to all those people.
- A: Matt, you prepared it! You know it better than anyone. You can do it!
- B: Do you think so? I'm afraid of saying something wrong.
- A: It'll be fine. You'll be great. Just be yourself.

Conversation 2

- A: Hi, Callum. It's eight o'clock.
- B: Rose. I know, I'm late. I'm really sorry.
- A: That's all right.
- B: I'm so bad with time. I'm feeling really stressed at the moment.
- A: I understand. It's fine, really.
- B: Thanks. Shall we go?
- A: Yes, let's. Nice jacket! Is it new?
- B: Yes, it is. I got it last week from the market.
- A: It looks great!
- B: Thanks.
- A: Now let's go.
- B: How is everything with you?
- A: Good, thanks. I'm feeling really positive about ...

Conversation 3

- A: Does anyone have any questions? Yes, Helena?
- B: Erm ... I'm worried about the exam next week. We have to remember a lot of names and dates. What's the best way to remember all this information?
- A: What a good question! Does anybody want to answer? Yes, Charlie?
- C: Well, I have a bad memory, so I have to study a lot. I read my notes every evening – out loud. It helps me to remember things.
- A: OK. I know what you mean. That helps me, too. Dan?
- D: Well, they say that the best way to learn is to teach. So I like studying with someone in the class. We can help each other and test each other.
- A: That's a good idea. What do you think, Helena? What works best for you?
- B: I'm not sure.
- A: Go on!
- B: I think ... we can get this information from the internet. So why do we need to remember it for an exam?
- A: That's a great question. Let's talk about it next time.

Audio 1.06

- 1 B: Well, I don't feel confident about speaking to all those people.
A: Matt, you prepared it! You know it better than anyone. You can do it!
- 2 B: I'm afraid of saying something wrong.
A: It'll be fine. You'll be great. Just be yourself.
- 3 B: I'm late. I'm really sorry.
A: That's all right.
- 4 B: I'm feeling really stressed at the moment.
A: I understand. It's fine, really.
- 5 A: Nice jacket! Is it new?
B: Yes, it is. I got it last week from the market.
A: It looks great!
- 6 B: What's the best way to remember all this information?
A: What a good question!
- 7 C: I read my notes every evening – out loud. It helps me to remember things.
A: OK. I know what you mean.



- 8 D: We can help each other and test each other.
A: That's a good idea.
- 9 A: What do you think, Helena? What works best for you?
B: I'm not sure.
A: Go on!
- 10 B: So why do we need to remember it for an exam?
A: That's a great question.

Audio 1.07

Showing that you understand

That's all right.
I understand.
It's fine, really.
I know what you mean.

Encouraging people

You can do it!
It'll be fine.
You'll be great.
Just be yourself.
What a good question!
That's a good idea.
What do you think?
Go on!
That's a great question.

Complimenting someone

Nice jacket!
It looks great!

UNIT 1 VOCABULARY BANK

Audio VB1.01

- A put something away
- B shut a window
- C get dressed
- D brush your teeth
- E do the washing up
- F switch a light on or off
- G lock a door
- H dry your hair

Audio VB1.02

- A PA (personal assistant)
- B factory worker
- C dancer
- D cleaner
- E vet
- F tour guide
- G dentist
- H author

UNIT 1 REVIEW

Audio R1.01

In my home country I had a good career as a tour guide, but then I moved to Sydney and everything changed. I tried to find the same kind of job, but I didn't speak English well and no one offered me a job. Finally, I took a job as a cleaner. The pay wasn't very good, but it was something. The work was hard and the kitchens were the worst. People didn't do the washing up or put anything away, and there was often old food everywhere (the smell was terrible). I didn't like working alone and felt lonely and unhappy. I studied English in my free time and when I was more confident, I had another interview for a job in the tourist industry. That was five years ago. Now it's my job to train new guides and I love it!

UNIT 2

Audio 2.01

K = Katy F = Freddie B = Bea L = Lucas

- K: Hello again. Today, we're asking for your stories about animal rescues. Do you have any stories about the times when you rescued an animal? Maybe a bird or another animal? Please call us and tell us your stories. Our first caller is Freddie. Hello, Freddie, tell us your story.
- F: Hi. Yes. Er, my story happened last year. My wife, Carla, and I were on holiday in Greece. One day, we were walking down a street and we saw a baby bird on the side of the road. It was very young. Carla hates seeing animals in trouble and she was really stressed. There was a garden next to the road, so I picked up the bird and put it on the garden gate. Then we stood and watched it for a moment. It was moving its wings and looked all right.
- K: Oh good! So it was OK?
- F: No, wait. While we were watching, a cat came out ... and jumped on it! I think the cat was behind the garden wall. Carla cried all the way back to the hotel.
- K: Oh, that's sad. Thanks, Freddie. And our next story is from Bea. Hi, Bea.
- B: Hi, Katy.
- K: Tell us your story.
- B: Well, this happened about three years ago. I was driving home in the early evening and I saw something on the side of the road. It looked like a bag, but when I got nearer, I saw it was a tortoise. I stopped and the two cars behind me stopped, too. I got out of my car and walked towards the tortoise, but ... it wasn't a tortoise. It was a football!
- K: No!
- B: You know, one of those really old footballs and it really looked like a tortoise. I felt really silly. The other cars were waiting and one of the drivers started to hoot his horn, so I used my jacket, then I picked up the football and carried it to my car!
- K: No! That's a great story! Thanks, Bea. And our next caller is Lucas. Hi, Lucas. What's your story?
- L: Yeah, this is about our dog, Ezra. Ezra's part of our family. Er, the children love him. Anyway, last year Ezra was playing in the garden when a car crashed into the fence. Ezra ran away. We looked everywhere, but we couldn't find him. We put up signs, but no luck. Then a few days later a man was walking along a railway bridge, about twenty kilometres away. And he heard a noise. It was a dog ... crying. It was Ezra! He was stuck in a hole near the bridge and he couldn't climb out. So the fire department came with a ladder and rescued him. Ezra was so pleased and the children were really happy.
- K: Ah, that's a lovely story. And our next story ...

Audio 2.02

- 1 This time yesterday, I was having coffee with a friend.
- 2 On Sunday at midday, we were playing football.
- 3 Twelve hours ago, I was watching TV.
- 4 This time last week, we were sitting in a café in Paris.

Audio 2.03

- 1 I took a picture of the Alps.
- 2 I wanted to share the photo.
- 3 I thought, 'the Sahara Desert is very hot.'
- 4 At the end of the film, I looked at the clock.
- 5 I never take the money belt off.

Audio 2.04

Conversation 1

J = Josie T = Tim S = Sarah

- J: I'll answer that.
- T: It's OK, thanks. It's Sarah. Hello ... Sarah?
- S: Hi, Tim.
- T: Is everything OK?
- S: Not really. I'm not feeling well. Actually I feel terrible. I need to stay in bed today. But I have to give that presentation at two o'clock.
- T: Do you want me to do it? I can. I have it on my laptop.
- S: Can you? That's really good of you.
- T: No problem. Just email and tell the people there that there's a change of plan and that I'll be in their offices at ... er ... 1.45.
- S: Thank you so much!
- T: No problem. Stay at home and rest! Goodbye. ... Did you hear that?
- J: Yes, how can I help? Are you sure you have Sarah's presentation?
- T: Yes, she shared it with me yesterday, so it's in my email. Let me think. I have a meeting at twelve thirty.
- J: Shall I cancel that for you? You need to look at the presentation.
- T: Thank you, that's a great help.
- J: I'll answer that. Go!
- T: See you later.

Conversation 2

C = Café E = Erin

- C: Hello, the City Coffee Café.
- E: Hello, I made a reservation for tomorrow lunchtime, but I need to cancel it. Can I change the booking to another day this week?
- C: And your name is ... ?
- E: My name is McAllister, Erin McAllister. And the booking is for 1.30.
- C: Half past one. Right, I've got it. When would you like to change it to?
- E: Can you do twelve o'clock, but not tomorrow, on Wednesday? Is that possible?
- C: Let me take a look for you. Is it still for three?
- E: Er no, it's for four.
- C: I can give you a table at 1.30, but we're fully booked at 12.
- E: That would be great.
- C: So that's Wednesday the fifth at 1.30 for four people. Is that all?
- E: Oh, one of my friends is allergic to eggs. She can't eat anything with eggs in it.
- C: Oh, right. I'll make a note in the book. You can discuss any allergies with your waiter when you come on Wednesday.
- E: Of course.

Conversation 3

V = Vikram D = Dev

- V: Hi Dev, what's up?
D: Vikram, hi. I've got a bit of a problem.
V: What is it? Are you OK?
D: I'm fine. But I'm ... outside my flat. I can't get in.
V: Do you have your keys?
D: No, they're inside. I came out to check the post. And the wind blew the door shut.
V: Ouch!
D: And I only have 10 percent battery on my mobile ... and I don't have my charger ... it's in my flat.
V: Do you want me to come over?
D: Thank you, but I'm OK. I just don't know what to do ...
V: Calm down, Dev. I'll come over right now. I'll be there in fifteen minutes. You can charge your mobile in my car.
D: That's kind of you. But how can we get into the flat?
V: I can call somebody. The same thing happened to me last year. I used a really good lock company. They came fast and were very good.
D: OK. See you soon. Thanks a lot.
V: See you.

Audio 2.05

- 1 J: I'll answer that.
T: It's OK, thanks.
2 S: I have to give that presentation at two o'clock.
T: Do you want me to do it? I can. I have it on my laptop.
S: Can you? That's really good of you.
3 T: I have a meeting at twelve thirty.
J: Shall I cancel that for you? You need to look at the presentation.
T: Thank you, that's a great help.
4 E: Can you do twelve o'clock, but not tomorrow, on Wednesday? Is that possible?
C: Let me take a look for you. Is it still for three?
5 C: I can give you a table at 1.30, but we're fully booked at 12.
E: That would be great.
6 E: Oh, one of my friends is allergic to eggs. She can't eat anything with eggs in it.
C: Oh, right. I'll make a note in the book.
7 V: Do you want me to come over?
D: Thank you, but I'm OK.
8 V: I'll come over right now. I'll be there in fifteen minutes. You can charge your mobile in my car.
D: That's kind of you.

Audio 2.06 and 2.07

- 1 A: Do you want me to do it?
B: Do you want me to do it?
2 A: I can cancel that.
B: I can cancel that.
3 A: I'll take a look for you.
B: I'll take a look for you.
4 A: Shall I call you back?
B: Shall I call you back?

Audio 2.08

- 1 I can't carry this.
2 Oh no, the cakes are on the floor!
3 Dinner in twenty minutes! Oh no, we don't have eggs.

- 4 I have so much work, no time to make a coffee ... but I would love one.
5 You can come for dinner? Great. I have everything except dessert.
6 I can't read these instructions. I don't have my glasses here.
7 No, I can't speak to him. I feel too stressed.

Audio 2.09

- A: Which one did you ask about?
B: The one about food on your shirt.
A: That's number ... four.
B: Yeah.
A: How many people did you ask?
B: Five.
A: And what did they say?
B: Three of them said they get really stressed when that happens.
A: Really? I'm surprised. It's not a big problem for me.
B: No, it's not a problem for me, either.
A: What did people say they usually do in that situation?
B: Most people said that they change the shirt. One person mentioned that she always has extra clothes in her desk at work.
A: That's not a bad idea.
B: I think it's a great idea. So which question did you ask?
A: I asked people about an argument with a friend or colleague.
B: Ah, that's an interesting one.
A: Yeah. I spoke to eight students and I answered the question myself.
B: And?
A: None of them said 'c'. It's not a problem.
B: So all eight of them said it is a problem.
A: All nine, including me. And out of nine people, six of us get really stressed.
B: Did they say anything else about it? For example, what do they do?
A: Well, that was interesting. Most people thought it was best to just wait.
B: And not talk to the person?
A: That's right. Just let time go by.
B: Let time go by. That's ... surprising. What did the rest of them say?
A: Three of them said they get stressed for a moment ... Actually, me too, I'm one of the three ... but then we go and talk to the person.
B: It's the same for me.

UNIT 2 VOCABULARY BANK

Audio VB2.01

- | | |
|-------------|-------------|
| A tiger | K monkey |
| B dolphin | L whale |
| C frog | M insects |
| D butterfly | N rat |
| E tortoise | O bear |
| F fox | P bee |
| G rabbit | Q wolf |
| H snake | R fly |
| I mice | S crocodile |
| J spider | T goat |

Audio VB2.02

- A go to the arrivals hall
B show your boarding pass
C go through passport control
D go through customs

- E go to the baggage reclaim
F get off the plane
G board or get on the plane
H go to the departure lounge
I go to the check-in desk
J go through security

UNIT 2 REVIEW

Audio R2.01

Ten-year-old Jimmy K. was travelling with his parents from Miami, Florida, to London and was carrying his bag with his favourite toy inside, a toy rabbit named 'Jacko'. The family went through security and were sitting in the departure lounge when Jimmy asked, 'Where's Jacko?' There wasn't time to go back to look for the toy, so the family boarded the plane. When they were changing planes in New York, Jimmy's dad called the airport, but Jacko wasn't there.
At about that time, an airport worker in Miami found Jacko near the check-in desks and she had an idea. So, when the family returned from London one week later, Jimmy had a surprise. The airport worker was waiting for him with Jacko in her hands and a photo album full of photos of Jacko in different parts of Miami airport: in the restaurant with a lemonade, going through customs, in the baggage reclaim area with some workers and in the duty-free shop with lots of other 'friends' (a monkey, a fox and two mice). Jimmy was very happy, and so was Jacko.

UNIT 2 MEDIATION BANK

Audio MB2.01

A = Alena J = Janek D = David

- A: Right, let's talk about this year's company charity event. We've got just six months to plan it, so we need to start today.
J: I've got an idea.
A: Oh good!
J: Let's have a karaoke night!
A: That sounds fun. People like singing. We can have it here at the office one evening and ...
D: Sorry, can I just say that we had music last year with our staff concert? I think we need something different this year. Maybe a sports event? What do you think?
A: Yes, you're right. Hmm ... let's think ...
D: How about a sports day? Like the summer sports days children have at school.
A: It could be fun. People can invite their families so it's a fun family event.
D: Also, we can be in our work teams. We all like competition! We can have a hundred metre race and long jump and high jump and ...
J: Sorry, but not everyone can run fast, or jump or throw things very well. I think maybe a fun run is better.
A: What? Where people run five kilometres and they wear funny clothes?
J: Exactly. People can walk, they don't need to run. Then everyone can enjoy it.
A: OK, I like that idea. How about you, David?



D: Yes, me too. We can have a children's race and a race for adults.
 A: Er ...
 J: Yes, we can start with the children's race, maybe just one kilometre for them.
 A: Yes, OK. Sorry, David, did you want to say something?
 D: Yes, we can invite people from outside the company to run, too. That way, we can get more money for our charity. People can pay to run.
 A: Good idea!

Audio MB2.02

J: Let's discuss the date. What's a good time for a fun run?
 D: July or August?
 A: Yes, we want good weather so ...
 J: Er, sorry, can I just say that it can be very hot in July and August and a lot of staff go on holiday then, too?
 A: Hmm, true. June is probably better. Maybe 24 June. What do you think?
 D: Sounds good. We can have it in the park. I can speak to the council.
 A: Good idea! What else do we need?
 D: Let's see ... We need food and drink for everyone before and after the race.
 A: Er ...
 J: Yes, also music. Maybe we can have a band playing. I can speak to my cousin. She's in a band.
 D: I like that idea. We need people to have a really good time so they give lots of money! Sorry, Alena, did you want to say something?
 A: Yes, we need some prizes for the winners.
 J: Good point!

UNIT 3

Audio 3.01

1 I have to practise five hours every day.
 2 We have to wear special clothes.
 3 She doesn't have to work in the summer.
 4 He doesn't have to work.

Audio 3.02

A: This cake is delicious! You're a great cook.
 B: Thanks. I love baking. It's a new hobby for me.
 A: Really? When did you start?
 B: About a year ago.
 A: Who taught you?
 B: My friend Anna taught me. She's a great cook.
 A: Well, this cake is good. I like watching cooking programmes, but I never make the dishes. I just enjoy watching.
 B: Well, I'm trying to make one new thing every week.
 A: Where did you get this recipe?
 B: Er. It's actually from a YouTube video. I'll send you the link. I'm sure you'll enjoy watching it.
 A: OK, thanks!
 B: I learn most things from TV and YouTube these days.
 A: Yeah?

B: Yes. I started learning chess because of a TV series.
 A: Oh really. Which one?
 B: *The Queen's Gambit*. It was brilliant, really good.
 A: What's it about?
 B: It's about a chess player called Beth. There isn't an equal number of women and men playing in big competitions, so she plays against a lot of men – and wins!
 A: What happens to her?
 B: Well, she has a lot of problems, but she's very clever. She learns really quickly. She becomes a champion.
 A: Is it a true story?
 B: No, it isn't a real story. It's from a book. Anyway, lots of people started playing chess after they watched it. What about you?
 A: Me?
 B: Yes, do you ever want to learn something when you see people doing it on TV?
 A: Well, ... yes. There is one thing.
 B: Yeah?
 A: A few years ago I watched *Strictly Come Dancing*.
 B: Oh yeah, I know. It's really popular, but I don't watch it.
 A: Yeah, it made me want to learn ...
 B: ... dancing?
 A: No, signing. Learning sign language.
 B: ... from a **dance** competition?
 A: Yes. You see, in 2021, there was a deaf woman in the competition. Her name was Rose.
 B: She was deaf? So she couldn't hear the music.
 A: That's right.
 B: What did she do? I mean how did she dance with the music?
 A: She just counted, you know, 1–2–3–4. She was great!
 B: Who did she dance with?
 A: A guy called Giovanni. The public loved them.
 B: Wow! That **is** amazing!
 A: And when Rose was dancing in the competition, a lot of people became interested in sign language. I started learning it. I'm still only a beginner, but I really enjoy it.
 B: Who won the competition? Rose and Giovanni?
 A: Yes! The final programme was very exciting. Rose was certainly my favourite dancer and a lot of other people felt the same!

Audio 3.03

1 What's the most exciting programme on TV at the moment?
 2 What's your favourite film about a famous person?
 3 What kind of dancing is popular in your country?
 4 Do you think men and women should get equal prize money in competitions?
 5 Do you have to be clever to play computer games?
 6 Do you like films about real people and events?

7 Who do you think is a really brilliant actor?
 8 Which TV cook makes the most delicious food?

Audio 3.04

1 real
 2 favourite, equal, clever, brilliant
 3 favourite, popular
 4 exciting, delicious

Audio 3.05

Conversation 1
 A: Oh, no, there's a piece of chewing gum in the carpet!
 B: How did that happen?
 A: I don't know, but ... I can't get it out.
 B: Wait, don't pull it. I know a great life hack for this.
 A: OK, what do I do?
 B: We need a plastic bag ... Here, use this.
 A: OK.
 B: Do you have any ice? We need some ice cubes.
 A: How many?
 B: Four or five is fine. So first, you have to put the ice into the plastic bag.
 A: Oh, they're cold ...
 B: And close the bag. Always close the bag really well.
 A: Like this?
 B: Yes, that's good. Now press the bag onto the chewing gum.
 A: Is this right?
 B: Yes. And leave it there. You wait half an hour. After that, the chewing gum will be hard and you can break it.
 A: That's all?
 B: Yes, it's amazing. You'll see.

Conversation 2
 A: So anyway I ...
 B: Yeah?
 A: I ...
 B: Are you OK? ... Now, put your hands up. ... No, I meant you have to raise them above your head completely. Not like that, like this.
 A: That's incredible. It stopped.
 B: See?
 A: No, it didn't.
 B: OK, it doesn't always work.

Conversation 3
 A: Oh, my remote control isn't working. I need some new batteries.
 B: I'll get some. Oh ...
 A: What's the problem?
 B: There are about twenty batteries here. Which ones are new?
 A: Er ... I don't know. Sorry.
 B: Ah! I know a good hack for this. You drop one on the table and watch it bounce.
 A: Sorry? Bounce? I don't know that word.
 B: Bounce, you know, like a ball. Like this.
 A: I'm not sure I understand.
 B: Here, take these batteries. Choose one and hold it over the table.
 A: Like this?
 B: Yes, but don't hold it so high. About fifteen centimetres. Yeah, that's right.

- A: OK, what next?
 B: Then you have to drop it onto the table.
 The end of the battery has to point down.
 A: And?
 B: Did you see that? It bounced a bit. Three or four times, like a ball.
 A: What does that mean?
 B: It means it's weak, or dead.
 A: Let me try another. Ah, look, just one little bounce.
 B: Yeah, that one's good.
 A: Let me do another ...

Audio 3.06

- 1 B: Always close the bag really well.
 A: Like this?
 B: Yes, that's good. Now press the bag onto the chewing gum.
 A: Is this right?
- 2 B: You wait half an hour. After that, the chewing gum will be hard and you can break it.
 A: That's all?
- 3 B: Now, put your hands up. ... No, I meant you have to raise them above your head completely. Not like that, like this.
- 4 B: Ah! I know a good hack for this. You drop one on the table and watch it bounce.
 A: Sorry? Bounce? I don't know that word.
 B: Bounce, you know, like a ball. Like this.
 A: I'm not sure I understand.
- 5 B: Yes, but don't hold it so high. About fifteen centimetres. Yeah, that's right.
 A: OK, what next?
- 6 B: Did you see that? It bounced a bit. Three or four times, like a ball.
 A: What does that mean?
 B: It means it's weak, or dead.

Audio 3.07

- 1 Is this right?
- 2 Like this?
- 3 What next?
- 4 That's all?
- 5 What now?
- 6 Sorry?

UNIT 3 VOCABULARY BANK

Audio VB3.01

- A history
- B languages
- C maths
- D science
- E geography
- F art
- G information technology (IT)
- H physical education (PE)
- I dance
- J engineering
- K business studies
- L law
- M medicine
- N economics
- O education
- P tourism
- Q politics
- R drama

Audio VB3.02

- A onto
- B inside
- C out of
- D outside
- E above
- F into
- G over
- H around

Audio VB3.03

- A upside down
- B up and down
- C beside
- D away from
- E forwards
- F inside out
- G towards
- H together

UNIT 3 REVIEW

Audio R3.01

Last year I was planning a trip to Paris and a friend of mine gave me the key to his flat there. I arrived late at night and went straight to the flat. The first problem was that the key didn't go into the lock, but then I realised there were two locks. So I put the key into the other lock and tried to turn it, but I couldn't. I moved the key up and down, but still nothing. Then I turned it really hard and ... it broke. Half of the key was inside the lock. So I searched online and discovered a really clever hack. You put a drop of superglue onto the end of a match. Then you put the match onto the broken key, wait a minute or two and then pull the broken key out. It's a brilliant hack, but I didn't have any superglue with me. I walked around the area, but no shops were open. In the end I didn't want to sleep outside so I found a hotel for the night!

UNIT 3 MEDIATION BANK

Audio MB3.01

- A: Have you ever tried a fruit sandwich? Or 'fruit sando' as it's called in Japan.
 B: No! A fruit sandwich? Really?
 A: Yes, it's really nice. Just wait and see.
 B: OK, I'm interested, go on!
 A: You need two pieces of bread, fruit and thick cream. OK?
 B: OK.
 A: First you take one piece of bread. In Japan, they use a special milk bread, but you can use normal white bread. Put some thick cream on it. Next, take some fruit and put it on top of the cream. Strawberries are really good and pieces of orange. OK so far?
 B: Yes, cream and fruit.
 A: Yes. You need to think about how you want the sandwich to look when you cut it, so put the fruit where it looks the best. Does that make sense?
 B: Er ... I'm not sure.
 A: Put the fruit in a line from the top to the bottom so when you cut the sandwich, you can see all the colours. Is that clear now?
 B: Yes, I've got it. What next?
 A: Put cream on top of the fruit and then put the second piece of bread on top of the cream and fruit. OK?
 B: Yes, I think so. Put cream, then fruit, then cream on one piece of bread. Then put the other piece of bread on top.
 A: That's right. After that, wrap the bread in plastic. Put it in the fridge for twenty or thirty minutes, or longer if you want. Up to two days.
 B: Why?

- A: So it stays together. Always make the sandwich before you want to eat it.
 B: OK.
 A: Finally, take the sandwich out of the fridge and cut it into two or four pieces.
 B: It sounds absolutely delicious. Yum!
 A: Did I explain it all clearly?
 B: Yes, I'm excited to try it!

UNIT 4

Audio 4.01

M = Mike A = Alicia G = Gina J = Josh

- M: Today's phone-in question is, 'What are some common things that you've never done?' Please call or message us with the things that you've never done. Let's ask my guest today, Alicia. Alicia, tell us one thing that you've never done, for example, something you've never eaten.
 A: Well, I've never eaten chocolate.
 M: Chocolate? Why not?
 A: I don't know. I just don't like the colour or the smell. Oh, and I've never seen a live football match.
 M: Do you mean live on TV?
 A: I mean live in person. Actually, I've never been to a football stadium. Oh wait, that's not true. I went to a football stadium to see a concert once.
 M: Really? Have you ever watched football on TV?
 A: Yes, I have, but I don't do it very often. I just don't enjoy it.
 M: So that's a good start. My guest Alicia hasn't eaten chocolate. She's watched football on TV, but she hasn't seen a live match in a stadium. Now we have Gina on the line. Hi, Gina.
 G: Hello, Mike.
 M: What do you want to tell us about?
 G: I've never made a cake.
 M: OK ... Have you ever tried to make a cake?
 G: No, I haven't. I like cooking, but I don't really like sweet things.
 M: Well, I'll tell you a secret. I've never made a cake, either. Thanks, Gina. We have some messages from listeners. Tony from Glasgow says, 'I've never been on a roller coaster. I got on a roller coaster once, but I got off before it started!' And Sonya from Dublin says, 'I've never had a pet. I really wanted a cat when I was young, but my parents said no because we lived in a small house. Then in 2012, we moved to an apartment in the city centre and my parents said no because it's not good for a pet to live in an apartment, either.' What about you, Alicia? Do you have a pet?
 A: No, I don't. I have to travel a lot for my job, so I can't really have a pet.
 M: Ah, yes. Ah ... Josh is on the phone. Hello, Josh.
 J: Hello, Mike.
 M: Tell us something that you've never done.
 J: I've never slept outside, in the open air.
 M: Do you mean in a tent, camping?
 J: Yes. I always wanted to when I was young, but my family always stayed in hotels. Actually, once my dad and I slept in the car because we had no petrol and it was nighttime. But never in a tent.



M: Why don't you try it?
 J: Maybe I will. Oh, and one more thing ...
 M: Yes?
 J: I've never seen snow. I only came to the UK two months ago. I really want to see real snow.
 M: Good luck! I hope you do. Thanks, Josh. OK, one more message before we take a break. Kieron is from London. He's twenty-eight and he's never been to a concert. He says, 'I loved music when I was young and I played the guitar, but I've never been to a concert.' Well, I think it's time for some music. And just for you, Kieron, let's have some music with a great guitar part. Keep sending your ideas in.

Audio 4.02

/ɪ/ it: driven, ridden
 /i:/ eat: been, eaten, seen
 /e/ bed: slept
 /ʌ/ up: done, drunk
 /ɔ:/ or: bought
 other: gone, had, made

Audio 4.03

- 1 Which is more interesting, geography or history?
- 2 Which is more beautiful, the east or the west of your country?
- 3 What's the most comfortable way to travel?
- 4 What's the most popular holiday place in your country?

Audio 4.04

A: It's Ali's thirtieth birthday on Saturday. I need to get him a present. Do you have any ideas?
 B: I'm going to get him an experience gift.
 A: That's a good idea. Did he say what he wanted?
 B: Well, he just asked for an experience gift. He didn't say anything else.
 A: So, what experience are you going to get him?
 B: I'm not sure. I'm thinking about a pottery class.
 A: Interesting. Has he ever done pottery?
 B: No, but it's for complete beginners and he loves doing things with his hands. And it's a voucher for two people, so he can invite me.
 A: Or me! What shall I get him? How can I find out about experience gifts?
 B: There are lots of websites. Let me take a look ... Hmm ... Hold on ... Look. How about a boat ride on the Thames?
 A: I'm not sure. I think he's done that.
 B: Wait, look at this. You could get him a helicopter lesson.
 A: Oh, that sounds exciting ... and unusual. I'm sure he's never flown a helicopter.
 B: OK, I'll save it.
 A: What else is there?
 B: There are a lot of private tours. Museums, street art ... Why don't you get something like that for him?
 A: That's an interesting idea. He likes the British Museum. I'm sure he's never had a private tour.
 B: And there is one for the British Museum.
 A: Save it.

B: Got it. Oh, look at this, a tour of street art in the East End of London. A street artist takes you around and shows you all the street art.
 A: I don't think he'd like that. He doesn't like modern art.
 B: Mmm ... Oh, look at this. It's a special birthday 'hello' video from a famous person, like a sports star. What about that?
 A: Do they have Messi?
 B: No, but I can check if there are other big names.
 A: Do you think he'd like that?
 B: I think so. He loves football. I think you should give him that.
 A: I still like the helicopter lesson. It's more exciting. How much is it?
 B: Let's see. Oh, here, look.
 A: Ouch. That's a lot. It's out of my price range. So, not the helicopter lesson. How about the others?
 B: Here. They're all saved.
 A: Hmm. It says that the prices are low, but for me they're all a bit expensive. Why don't we get something together?
 B: That's fine with me. What should it be, then? The pottery class?
 A: No, I think we should get the ...

Audio 4.05

- 1 B: I'm going to get him an experience gift.
 A: That's a good idea. Did he say what he wanted?
- 2 A: What shall I get him? How can I find out about experience gifts?
 B: There are lots of websites. Let me take a look.
- 3 B: How about a boat ride on the Thames?
 A: I'm not sure. I think he's done that.
- 4 B: Wait, look at this. You could get him a helicopter lesson.
 A: Oh, that sounds exciting ... and unusual. I'm sure he's never flown a helicopter.
- 5 B: There are a lot of private tours. Museums, street art ... Why don't you get something like that for him?
 A: That's an interesting idea. He likes the British Museum.
- 6 B: A street artist takes you around and shows you all the street art.
 A: I don't think he'd like that.
- 7 B: It's a special birthday 'hello' video from a famous person, like a sports star. What about that?
 A: Do you think he'd like that?
 B: I think so. He loves football. I think you should give him that.
- 9 A: They're all a bit expensive. Why don't we get something together?
 B: That's fine with me.

Audio 4.06

- 1 A: That's a good idea.
 B: That's a good idea.
- 2 A: Interesting.
 B: Interesting.
- 3 A: That sounds exciting.
 B: That sounds exciting.
- 4 A: That's fine with me.
 B: That's fine with me.

Audio 4.07

One of my favourite dishes is my own pasta sauce. I call it 'Tom's pasta sauce'. I usually make it vegetarian, but I sometimes make it with meat. I'm going to tell you how to make the vegetarian version. I like it because it tastes good of course, but also because it's really healthy.

So, to make my pasta sauce, you need an onion, two peppers, some celery and carrots and a large courgette. You also need a tin or two of tomatoes – chopped tomatoes. It's very easy to make. First you cut up the vegetables into small pieces. Then you put some olive oil in a deep frying pan and heat it up. When it's hot, you put in the onions, then the peppers and the other vegetables. Fry them all together. Don't stir it too often – the vegetables need a bit of time to cook on the bottom. I don't use a lot of spices – only black pepper and a little salt – but you can put in other spices. Oh, if you have some basil, that's really good to put in it.

After a few minutes, pour in the chopped tomatoes and stir everything together. Let it all cook for about twenty or thirty minutes, slowly. Then it's time to make the spaghetti and put the sauce on top. If you have some cheese, sprinkle a little on top of the sauce. I hope you like it!

UNIT 4 REVIEW

Audio R4.01

When I was twenty-two, I went to Egypt for a month. Before I left, my friends and family bought me going-away presents, but my idea of a good gift is very different from their ideas. My parents gave me some new walking boots, but my old boots were more comfortable. One of my friends bought me an empty journal to write about my trip, but I had a small laptop and I wrote a blog on that. My sister got me a special travel hairdryer. Of course, it didn't work in Egypt because the electricity system is not the same as in my country. Three of my friends gave me a guidebook. The book was the most useful gift, but it was also heavier than the other gifts and I gave it to someone on my first day in Cairo. My advice is that when a friend is going to travel, the best gift for them is also the cheapest: nothing. Give them a party when they get home!

UNIT 5

Audio 5.01

- 1 Whose is this phone?
- 2 Whose are those books?
- 3 Is this jacket yours?
- 4 Is that scarf his or hers?
- 5 Are these socks Pat's?

Audio 5.02

R = Roy M = Marcus J = Jen T = Teresa

R: Until three years ago, I got all my news from social media. Everything was short, maybe two or three sentences. I often felt angry or afraid after I read it. Now I only read 'Slow News' and I feel much better.

M: My life was fast, fast, fast. 'I have to do this, then this, then this ...' and at the end of the day, I was really tired. Now I believe in 'Slow Living'.

J: When I was about twenty, I bought new clothes every week and I wore them maybe three or four times and then I threw them in the bin. Now I follow 'Slow Fashion'.

T: You've just heard Roy, Marcus and Jen talking about big changes in their lives. They're all part of the 'Slow' movement. I'm Teresa Kwando and this is my podcast, *Go Slow*.

Roy, you got all your news from social media and then you stopped. Do you still read the news?

R: Yes, I do, but now I get Slow News.

T: What **is** Slow News?

R: Well, it's just ... longer than the news on social media. The journalists spend a lot of time checking the facts and getting information from different people. I think their articles are more accurate ... truer. So now, I don't read many articles, but I get more information.

T: So, is it a website? And how did you find it?

R: It's an app and I found it ... on social media, actually. There was a post about it.

T: It sounds interesting. Thanks, Roy. Let's talk to Marcus. He said his life was 'fast, fast, fast'. Marcus, can you say more about that?

M: Yes, my typical day went like this: get up, check messages, drink coffee, run to catch the bus. Too much to do, not enough time. I took a short lunch break and had another three coffees. At the end of the day, I fell into bed, but I only got about four hours' sleep. It was terrible.

T: And then you found the 'Slow' movement.

M: Yes, I watched a talk about it and about Slow Living, on YouTube. I decided to plan to do less each day. I also spent a bit of time doing something nice every day. I make a little time for me. Maybe I have lunch with a friend or I go for a walk ... a slow walk.

T: Sounds great!

M: Yes, I know, it **sounds** great, but it was too slow for me. I like fast and I enjoy it. I still do something nice for myself every day, that's a positive change, but the rest of my day is fast and that's fine with me.

T: And now Jen. You remember Jen? She was talking about Slow Fashion. Jen, you say you were buying a lot of clothes.

J: Yes, I spent most of my money on clothes. All my friends did, too. I think it was because of social media. I mean you can't wear the same clothes in every post! At the end of the month, there was no money for food!

T: So what made you change your mind?

J: One day a friend of mine showed me a photo. It was a photo of a huge mountain of old clothes! It was in the middle of a desert. And lots of these clothes came from my country. I was shocked. Anyway, this friend told me about Slow Fashion. The point is to ask yourself some questions: 'Who made this? How did they make it? Do I really need it?' These days, I only buy two or three items every year. I'm much happier now and I've got some really good clothes.

T: So, Slow News, Slow Living and Slow Fashion. If you want to know more about this, check out my first podcast about the 'Slow' movement. Thank you for listening. In our next episode, we talk about Slow Cities and Slow Travel.

Audio 5.03

- 1 a lot of /ə'lotəv/
I have a lot of work this week.
- 2 lots of /'lotsəv/
Lots of people like eating fast food.
- 3 a bit of /ə'bitəv/
I need a bit of advice about a problem at work.
- 4 a little /ə'litl/
I have a little sugar in my coffee.
- 5 some /səm/
I'd love some tea.

Audio 5.04

We all need a good pillow, but are you looking for something different? Maybe your pillow is too soft or not soft enough ... or too thick ... or too thin.

Well, here's the answer: the Softsleep Extra pillow! It's not just a normal pillow, and I'll tell you why. It has a special cover made of the softest material. Mmm.

And that's not all. It's also got a music system inside the pillow. Why is this important? Well, you can play music and we all know that music helps many people fall asleep. Just listen.

The Softsleep is perfect for adults and children. And the best thing about the Softsleep is the price – just 29.99 – and it comes in eight different colours! I really love my Softsleep and you're going to love yours, too!

Audio 5.05 and 5.06

We all need a good pair of gloves, but maybe yours aren't warm enough. Or do you have to drive, but your gloves are too thick? Well, we have the answer. The Warmall gloves. The secret of these gloves is that they're thick, but they're also comfortable. And that's not all. Our gloves are perfect for big and small hands.

UNIT 5 VOCABULARY BANK

Audio VB5.01

- | | |
|-----------------|-----------------|
| 1 accommodation | 9 music |
| 2 advice | 10 news |
| 3 electricity | 11 social media |
| 4 fashion | 12 time |
| 5 food | 13 traffic |
| 6 furniture | 14 transport |
| 7 luggage | 15 vocabulary |
| 8 money | 16 work |

Audio VB5.02

- | | |
|----------|-----------|
| A heavy | K wide |
| B light | L narrow |
| C full | M dark |
| D empty | N light |
| E strong | O bright |
| F weak | P warm |
| G thick | Q cool |
| H thin | R metal |
| I wet | S plastic |
| J dry | T soft |

UNIT 5 REVIEW

Audio R5.01

How can money buy happiness?

We all know there are some things you have to pay for, like food, clothes and your accommodation (if you rent a flat). Maybe you have a job and you can't go to work on foot, so you have to go there by train. How about the extras, the things you don't really need, but just want? These are often eating out, electronics and fashion – things social media tells us we need. Does this sound like you? Well, if it does, take a piece of advice from a study of happy people. Happy people often 'buy' time (for example by ordering takeaway instead of cooking) and they use that time to be with people and do things that they enjoy. So, you just need enough money and some good friends. That sounds easy, but it's not so simple.

UNIT 6

Audio 6.01

- 1 I play this only occasionally.
- 2 I do this quite well.
- 3 I can cook this really quickly.
- 4 I do this quite often.
- 5 I like doing this really carefully.

Audio 6.02

J = Jaya M = Marsha K = Kieron
D = Dario Y = Yolanda

J: Hi, Marsha. I've just seen your post on the local site. I've recently moved to this area and I'm interested in starting lessons. Could you call me back? My number's 482 852 9936 and my name's Jaya.

M: Hi, Kieron. How are you?

K: Hi, Marsha. I'm good, thanks. Have you looked at my email yet?

M: I'm really sorry, but I haven't read it yet. I'm so busy at the moment. Too much work.

K: Well, that's not good. Read my job offer. I know it's a big change, but you'll make the same money with very little stress. You know the city so well, you speak three languages. You're right for this job.

M: I understand. I still haven't decided. Sorry Kieron, I have to go. I'm meeting a new client.

K: OK, but think about it. We need an answer soon.

M: OK. I'll let you know by the weekend.

D: Hello, Marsha. This is Dario. I really enjoyed the training yesterday, but I need to cancel this evening. Can we arrange another time? Maybe next Monday. I'm free from 6 p.m. Could you call me back?

J: Hi, Marsha. It's Jaya again. Did you get my message? I have another question. Do I need to bring my own racquet and balls? Please call me.

D: Hi, Marsha, this is Dario again. Did you get my message? Please call me back.



M: Hi, Dario, sorry I didn't call you earlier. Monday is good for me. I've already booked court number three for 8 p.m. See you there.

M: Yolanda, hi.

Y: Hi, Marsha. How are you?

M: Not so good. I'm feeling really stressed. I have too much to do and Kieron wants an answer about the job. I've read the offer. It's not bad.

Y: I've already told you my feelings. You should take the job. It's perfect for you – you love working with people and you love travel. When are you going to decide?

M: Actually, do you know what? I have decided. Right now.

Y: So? Yes or no?

M: Why don't you come over? We can have a coffee and talk about it.

Y: Sounds great! See you soon.

Audio 6.03

- 1 A: Has anyone seen my jacket?
B: Sorry, I haven't. When did you last have it?
- 2 A: Have you read any good books recently?
B: Yes, I have. It was a really interesting book about India.
- 3 A: Have you had a holiday yet this year?
B: No, we haven't, but we're going to go away this summer.
- 4 A: Has everyone finished?
B: We haven't finished yet. Could we have a bit more time?

Audio 6.04

Conversation 1

A: Hello.

B: Hello, I'm Doctor Traveti.

A: Oh yes, er, thank you for seeing me, Doctor. Can you hear me all right?

B: Yes, just fine, and I can see you, too. What can I do for you?

A: I'm worried about my ankle. I fell over and hurt it yesterday and it's very painful now.

B: Have you tried putting ice on it?

A: Yes. I put ice on it for two hours when I got home and last night I put some pillows under it when I went to bed, but it's still very painful. I've taken some painkillers, but it still hurts a lot.

B: Can you move it?

A: I can ... ow ... ah ... move it a bit.

B: Hmm. I think you should wait a day. Then if it still hasn't got better, you should go to the hospital and get an X-ray.

A: Well, I checked my symptoms on the internet ... but you think it's OK?

B: Yes, well ... First of all you must rest it. Call me tomorrow.

A: Do you think I've broken it?

B: Probably not, but an X-ray will show us. Let's talk tomorrow.

Conversation 2

A: Hello. Come in and take a seat. How can I help you?

B: Ah ... I don't feel well. I feel dizzy when I stand up or sit down quickly and I have a really bad headache all the time.

A: When did these symptoms start?

B: I first noticed them about a week ago. I stood up suddenly and the room went round and round.

A: Do you have any other symptoms?

B: Well, my chest hurts, but I think that's just stress.

A: Let me check your breathing.

B: OK.

A: Do you have enough to drink? Enough water?

B: Probably not. I drink a lot of coffee.

A: Your breathing's fine. Could you stand up? Now close your eyes.

B: Whoa ... I can't do that ...

A: OK, please have a seat ...

Conversation 3

A: Hello, Hill Street Doctor's Surgery.

B: Hello. Hmm, can I speak to Dr Wilson, please?

A: Do you have an appointment?

B: Yes, for a phone consultation. My name's Ali, Ali Mitchell.

A: Just a moment. I'll put you through.

C: Hello, Dr Wilson.

B: Hello, Doctor. This is Ali Mitchell.

C: Ms Mitchell. Er, what can I do for you?

B: Well, I think I've got flu. I need some antibiotics.

C: Could you tell me your symptoms?

B: My whole body aches. I can't stop coughing. I've got a sore throat. I'm feeling really tired, too. I can't get out of bed.

C: Well, I think you're right. It sounds like you've got flu.

B: I thought so. So, do I need antibiotics?

C: No. You should get lots of rest and drink lots of water.

B: OK.

C: And you must stay in bed of course. If you don't feel better in a couple of days, give me a call.

B: I will. Thank you.

Audio 6.05

- 1 a What can I do for you?
b How can I help you?
c Could you tell me your symptoms?
d When did these symptoms start?
- 2 a I'm worried about my ankle.
b I've taken some painkillers, but it still hurts a lot.
c My chest hurts, but I think that's just stress.
d My whole body aches.
e I can't stop coughing.
f I've got a sore throat.
g I'm feeling really tired, too.
- 3 a If it still hasn't got better, you should go to the hospital and get an X-ray.
b It sounds like you've got flu.
c You should get lots of rest and drink lots of water.
d And you must stay in bed of course.
e If you don't feel better in a couple of days, give me a call.

Audio 6.06

- 1 I've got a sore throat.
- 2 I'm worried about my shoulder.
- 3 You should take some medicine.
- 4 You must go to bed.

Audio 6.07

This happened when I was in my early twenties. My sister got married and she asked me to make a speech at the wedding. The problem was that I wasn't very confident and it was hard for me to speak in front of a lot of people, but my sister asked me to do it and I didn't want to say no.

So I wrote a speech with some stories in it about when we were kids and about what a great sister she was. Then I wrote that I was happy for her, that I really liked her new husband and wished them years of happiness.

Then I found I had a problem. I was fine to tell the stories, but when I got to the part about my sister being a great sister and all that, I started to cry and I couldn't speak normally. I thought, 'This is crazy, I can't start crying in front of 200 people!' I practised again and again, but each time, I started crying.

Well, the wedding day came and then the party, and finally it was my moment. I stood up and everyone looked at me – 200 people, 200 smiling people. I was shaking. I felt in my pocket for the paper with the speech. It wasn't there. So I said out loud, 'Well, I don't have my speech, so I guess I have to tell you my real feelings.' Everyone laughed. At that moment, I relaxed. I told the stories. I talked about my great sister. And I didn't cry.

Everything ended well, but it's one of the most difficult things I've ever done. I still feel the same way about making speeches – it's not for me.

UNIT 6 VOCABULARY BANK

Audio VB6.01

A ice-skating	K judo
B volleyball	L cycling
C badminton	M horse-riding
D karate	N rugby
E windsurfing	O baseball
F table tennis	P hockey
G snooker	Q skiing
H athletics	R scuba diving
I snowboarding	S tai chi
J bowling	T cricket

Audio VB6.02

A jump	G get something down
B fall over	H click on
C point at	I kick
D push	J bite
E climb	
F pull	

Audio VB6.03

A elbow	G tongue
B finger	H knee
C neck	I mouth
D toe	J throat
E wrist	K lips
F shoulder	L ankle

Audio VB6.04

A a temperature	G toothache
B a headache	H a cough
C stomachache	I a sore throat
D dizzy	J backache
E a stiff neck	K a painful knee
F a painful elbow	L earache

UNIT 6 REVIEW

Audio R6.01

Good for my health?

A few months ago, I decided to try a new sport because I wanted to be fitter and more active. The problem is that I'm really afraid of getting hurt. I don't play football for this reason. Football players often get painful knees and other injuries. It's not surprising, since sometimes they kick each other's ankles, not the ball. I like winter sports, but when you're skiing, you can crash into a tree and easily break a leg. What about ice-skating? Well, don't they get dizzy, going around in circles like that? If you go horse-riding, you can fall off your horse and hurt yourself badly. Table tennis seemed like a good idea, but then I read that the ball can travel at a speed of over 100 kilometres an hour. That's dangerous! And how about cycling? I watched a race on TV and one racer pushed another one. The guy fell off his bike and broke his leg. Ouch! So in the end, I chose an easy sport that I can play safely indoors: snooker. I thought, this is the sport for me. But now, I'm at the doctor's office with a stiff neck and backache. Maybe I should try chess ...

UNIT 6 MEDIATION BANK

Audio MB6.01

A: I've got backache today.
B: Oh no!
A: I helped my brother move house yesterday. I think I hurt my back then. I don't know if I should rest or do the things I normally do. I don't want to make my back worse.
B: OK, let me look at a website I use that has helpful medical advice. Hold on ... Right, here it is. I'll just search for 'backache' ... OK, let me see what it says.
A: Thanks.
B: Right, it says here that backache doesn't last more than a few weeks.
A: A few weeks?!
B: It says it's important for you to keep moving. It's not good to sit or lie down a lot for a long time. That can make it worse. You should go for a walk or do some swimming. Light exercise – nothing too hard or difficult.
A: Right, OK, I can do that.
B: I think you should take something for the pain. I can go to the pharmacy if you like.
A: No, it's OK. I've got some painkillers here. I've already taken some.
B: It says here that you should put something hot or cold on your back, too. It gives the example of putting some ice in a towel.
A: I've got a packet of frozen peas in the freezer. I can use that.
B: Good idea.
A: So I don't need to see a doctor then.
B: No ... er ... let's see. Is the pain getting worse?
A: No.
B: Can you do your normal daily activities?
A: Yes.
B: I don't think you need to see a doctor right now. Just take care of your back.

UNIT 7

Audio 7.01

- 1 to a /tuwə/
to a market?
to go to a market?
Would you like to go to a market?
- 2 see a /si:jə/
see a film.
Let's see a film.
- 3 for a /fərə/
go for a coffee
Why don't we go for a coffee?
- 4 see a /si:jə/
see a band?
Do you want to see a band?
- 5 go on /gəʊwɒn/
go on a walking tour.
I'd like to go on a walking tour.

Audio 7.02

P = Phil C = Camila T = Tamiko
A = Anna D = David S = Stef

- P: Hi, this is Phil Taylor. Welcome to my podcast *Around the World*, where we have a video chat with people in four different countries and ask them the same thing. Here in Ireland it's 11 a.m. on Saturday morning and my question is, 'What are you doing this evening? What plans do you have?' Today we've got Spain, Japan, Hungary and New York, and we'll open things up for the rest of the world in a little while. So let's get going. Hi, everyone! So, who wants to start? Maybe Camila? Camila you're in Spain, in Barcelona today, I think ... Er, what time is it there?
- C: It's twelve noon here.
P: What are you doing this evening?
C: Well, today's the last day of the Primavera festival. The festival is once a year, but this is my first time there. So at nine, I'm meeting some friends near the beach. The weather's good at the moment and there are some great bands. We're going to listen to the music and dance all night!
- P: That sounds brilliant! Enjoy! Now let's go to the other side of the world. Tamiko, in Japan ... What time is it there?
- T: It's 7 p.m.
P: And where are you?
T: I'm in Kyoto. My brother is coming here in a few minutes and then we're going out. We're having dinner on a boat on the river.
P: Dinner on a boat! Sounds nice. Er, what are you going to eat?
T: We're having fish of course. Fresh fish. The chef cooks the fish in front of us.
P: It sounds amazing. Anna and David, you're in Hungary, yes?
A: Yes. We're staying with some friends in Budapest. It's our first time here.
P: And I think Hungary is one hour ahead of us.
D: Yes, it's twelve o'clock here.
P: What are your plans for this evening?
A: Well, erm, this afternoon we're going sightseeing and then this evening we're all going to a concert in the House of Music.
P: The House of Music. What's that?
D: It's a concert hall in Budapest. It's really beautiful. Have a look online.
P: I'm looking at it right now. Wow! It looks brilliant. All those trees. They're growing through the roof. And that light! Er, what's the concert?

- A: It's classical music – Beethoven and Mozart.
P: Have a great time! And next it's Stef in New York City. What time is it there Stef?
S: It's six o'clock in the morning here.
P: You're up early!
S: Yes, it's my birthday today.
P: Happy birthday! So do you have any special plans for this evening?
S: Yes. My husband is taking me to an open-air movie theatre tonight. It's next to the river, under the stars. I've heard about it, but I've never seen a movie there. It looks very romantic!
P: It sounds lovely. Have a great evening!
S: Thanks, Phil. I love your show. What are **you** doing tonight?
P: Me? I haven't decided yet. The cinema sounds like a good idea. I'll have a look now and see what's showing.

Audio 7.03

- 1 I'd like something hot to drink.
- 2 There's nothing interesting on TV tonight.
- 3 There's nowhere good to eat near here.
- 4 I don't usually do anything special on my birthday.
- 5 I'm not doing anything exciting this weekend.

Audio 7.04

Conversation 1

- A: Excuse me.
B: Yes?
A: Is it OK if I take a selfie here, in front of this painting?
B: Sure, go ahead, but please don't lean against the wall.
A: OK, thank you.
B: And please don't touch the painting.
A: I won't.
B: Your coat's touching it. You're standing too close.
A: Oh, I'm sorry.

Conversation 2

- A: Wow! That looks cool. Let me take some photos.
B: How many people can sit in here? Hmm, let me ask. Excuse me, is it all right if ten of us sit in here?
C: I'm sorry. You can't. There's a maximum of six people.
A: No problem. I'll take a selfie of us in front of it.
B: Wow! I love the pink and red everywhere.
A: Oh no. My phone's gone dead. Excuse me ... do you think I could charge my phone here for a few minutes?
C: I'm afraid that's not possible.
A: Oh! Suz, is it OK if I use your phone?
B: Sure, no problem. Here you are.
A: Thanks. Smile everyone!

Conversation 3

- A: OK. Do we have anyone for the ten o'clock session?
B: Yes. Here's my ticket. May I leave my coat here on this chair for a moment? I want to go and get a VR headset.
A: I'm afraid not. You can leave your coat in the room over there.
B: Thanks. ... Hello. How much is a VR headset?
C: It's 5.50.



- B: Let me try it on.
C: OK.
B: Oh, I don't like this one. It doesn't feel right. Do you think I could try another one?
C: Yes, of course. But they're all the same.
B: No, this one is better. Is it OK for me to use this one?
C: Sure, no problem.
B: Thanks.

Audio 7.05 and 7.06

- 1 A: May I sit here?
B: May I sit here?
- 2 A: Is it OK for me to leave?
B: Is it OK for me to leave?
- 3 A: Do you think I could use the phone?
B: Do you think I could use the phone?
- 4 A: Is it all right if I open this window?
B: Is it all right if I open this window?

UNIT 7 VOCABULARY BANK

Audio VB7.01

- | | |
|--------------|----------|
| A carton | F bowl |
| B bottle | G packet |
| C jar | H tube |
| D tin or can | I pot |
| E box | J mug |

UNIT 7 REVIEW

Audio R7.01

Management secrets: #3 lunch

You're a company manager and you want your workers to work better. What do you do? Give them more money? More holiday? There's an easier solution: food.

Or, more exactly, lunch. In many offices around the world, workers eat lunch at their desks and no one talks to anyone. Help them build work relationships with these four simple steps:

- Give workers a comfortable, friendly place to eat. It should have the usual things: plates for the main course, bowls for soup, mugs for coffee and containers for food that they don't finish.
- Give them enough time for lunch – an hour is great.
- Find a restaurant that delivers healthy food and offer the food to your workers at a very low price.
- Watch your workers become better friends, healthier people and better workers.

You should of course allow your workers to have a meal out, but that's not going to be a problem when they can stay in the office and have a healthy lunch for less money!

UNIT 7 MEDIATION BANK

Audio MB7.01

N = Newsreader V = Vicky

N: This weekend, visitors to Lee House can see what life was like 200 years ago. The Lee House History Festival takes place in the gardens at Lee House and this year it's all about life in the 1800s. Visitors can dress up in the clothes that people wore at that time and experience how people lived back then. Organiser Vicky Parker tells us more.

- V: There'll be music from the 1800s, food that you've never eaten before and games for children and adults. There'll be over 100 staff at the event who can tell you all about the history of the 1800s, too, so come along and learn, but also have lots of fun! This is a really great festival that everyone can enjoy.
N: The event begins at nine o'clock on Saturday morning and ends at 6 p.m. on Sunday, but you don't have to attend the whole weekend. You can go just for one day. Tickets cost £20 for adults and £10 for children for the day. There are tickets still available, so buy them now. You can book them on the Lee Festival website.

UNIT 8

Audio 8.01

- 1 Everything'll change.
- 2 Everything will change.
- 3 They'll fix our bikes.
- 4 They fix our bikes.
- 5 People won't be happier.
- 6 People want to be happier.

Audio 8.02

- 1 It'll change my life a lot.
- 2 They'll probably do it.
- 3 You won't like it.
- 4 It won't happen.

Audio 8.03

Conversation 1

- A: Have you decided what you want to do yet?
B: I'm not sure. I love acting. It's a big chance for me.
A: So why don't you take the job?
B: If I say yes, I'll have to leave my job here.
A: Oh, I see. And is the money OK?
B: No, it's enough, but my job now pays more. Actors don't make a lot of money and the play is only for six months.
A: Hmm. How do you like your job now?
B: It's OK ... it's ...
A: You detest it.
B: That's a bit strong, ... but it **is** true, I really don't like it.
A: So if you stay in your job, you'll be really unhappy.
B: If I leave it, I won't have much money. But it **is** my dream to become an actor.
A: Maybe you could make some extra money. Erm ... you could get a part-time job in a café or maybe teach online, for example.
B: But maybe I'll never get another job as an actor after this one.
A: Of course you will. If you get more experience, for example, from this new job, you'll get more jobs in the future.
B: Do you think so?
A: Well, you know me, I always look on the bright side of things. I think you should say yes.

Conversation 2

- A: France? You're moving to France?
B: I'm not completely sure. I haven't decided yet, but I think so.
A: Do you have a job there?

- B: No, I don't. I have a place to live in Paris. For the first three months.
A: That's a huge decision. It's a really big thing. Have you really thought about it?
B: I know what you mean but ... yes.
A: Why France?
B: I've never been there. When I was younger, it was my dream to live there.
A: Why? Did you read about it or something?
B: No, I saw a film set in Paris and I fell in love with the city.
A: So will you stay in Paris?
B: Maybe. I hope that I can find a job and stay there. We'll see.
A: I don't really understand. You enjoy your life here.
B: Yes, but I need a change. Nothing will change if I stay here.
A: But all your friends are here. Me for example.
B: I know. I'll miss everyone. But it's not far. You can visit.
A: But you won't know anyone if you go there.
B: Yes, I worry a bit about that, but I'm sure I'll meet new people.
A: It's not so easy. And what about the language?
B: Well, I can speak French quite well although I'm not fluent. I speak quite slowly, but I don't make many mistakes. I hope that I'll get better if I'm in the country.
A: OK. You know me. I usually see the negative side of things first.
B: It's good to hear what you think. Anyway, I'm going to think more about it.

Audio 8.04

- 1 detest
A: You detest it.
B: That's a bit strong, ... but it is true, I really don't like it.
- 2 huge
A: That's a huge decision. It's a really big thing. Have you really thought about it?
- 3 fluent
B: Well, I can speak French quite well although I'm not fluent. I speak quite slowly, but I don't make many mistakes. I hope that I'll get better if I'm in the country.

Audio 8.05

- 1 If it's sunny tomorrow, ...
- 2 If I study English for three more years, ...
- 3 If I don't do the homework, ...
- 4 If it rains at the weekend, ...

Audio 8.06

- 1 If it's sunny ...
If it's sunny tomorrow, ...
- 2 If I study ...
If I study English for three more years, ...
- 3 If I don't ...
If I don't do the homework, ...
- 4 If it rains ...
If it rains at the weekend, ...

Audio 8.07

- A: Are you ready?
 B: These questions are hard, aren't they?
 A: Not for me. I have the answers here.
 B: OK. Tell me.
 A: So, what did you put for number one? Which helps the environment the most?
 B: That's easy. It's c, isn't it? You become a vegetarian.
 A: Correct! You eat a lot of vegetables, don't you?
 B: That's right, but I'm not a vegetarian. I eat meat sometimes.
 A: OK, the next one. Number two?
 B: Hmm, I'm not sure about this one. Maybe the jumper, maybe turning the heating down. OK, let's go with b.
 A: Yes. If you turn your heating down from 19 to 18 degrees, you'll save a lot of energy. About 10 percent.
 B: That's incredible. Anyway, number three is glass, isn't it?
 A: No.
 B: Then newspaper?
 A: Actually, it's plastic.
 B: Really?
 A: Yes. It says here that it takes a lot of energy to make plastic, so it's important to recycle it.
 B: OK.
 A: What did you put for number four?
 B: This is a difficult one. My first guess is c, that it's the same. But wait, a business class seat takes more space, doesn't it?
 A: A lot more space.
 B: So it's worse. The answer is a.
 A: Yup. You flew business class last year, didn't you?
 B: Yes, I did. But never again!
 A: OK, let's look at number five. What do you think?
 B: I don't know. It's not the shoe. It's probably not the chewing gum. It's the glass bottle, isn't it?
 A: It **is** the glass bottle. It says that glass can last for 4,000 years in nature. Or even more.
 B: That's scary.

Audio 8.08

- 1 These questions are hard, aren't they?
- 2 You eat a lot of vegetables, don't you?
- 3 Number three is glass, isn't it?
- 4 A business class seat takes more space, doesn't it?
- 5 You flew business class last year, didn't you?

Audio 8.09

- A: OK, listen to this one. It says that insects will be on the menu at fast-food restaurants all around the world.
 B: That can't be true.
 A: Why not? People already eat insects in some countries.
 B: Really? I didn't know that.
 A: I'd love to try some! I'm happy to try anything new.
 B: Yes, you try ... and tell me what you think.
 A: Oh, here's another. It's about foods that will disappear. You like bananas, don't you?
 B: Yeah.
 A: Well, bad news. It's possible that bananas will disappear.
 B: Are you joking? No bananas at all?
 A: No bananas at all. Or potatoes, avocados, strawberries ...
 B: Stop! I think that's terrible. I don't believe it will happen, not really ... What else do they say?

UNIT 8 REVIEW

Audio R8.01

Welcome to the SMART Eco-hotel!

It is our dream to be a 100 percent green hotel and you can help us. Just follow these suggestions.
 Use the same towel for all your stay. Changing towels every day increases the hotel's use of hot water and energy.
 We change your bedclothes once a stay, not once a day. Don't worry, room service will make your bed every day. This will help us because again our use of hot water will go down a lot!

We recycle everything, so don't throw anything away – nothing is rubbish. There are recycling bins in every room and on every floor.

Try not to take long showers. We recommend five minutes, or a maximum of ten.

You can control the heating with a switch on the wall. Please keep the maximum temperature under twenty degrees.

Eat all your meals in our vegetarian restaurant. Eating more vegetables and less meat is good for the environment. Maybe you're a big meat eater. If you ask at reception, we'll give you the names of some good local restaurants.

We hope you enjoy your time with us, and we always want to improve our guests' experience, so please fill in the feedback form at the end of your stay.

See you next time!

UNIT 8 MEDIATION BANK

Audio MB8.01

The chart shows how often 2,000 people eat a vegetarian dinner. We can see that most people eat vegetarian dinners at least once a week – 54 percent of people have at least one vegetarian dinner each week. Only a small percentage of people have vegetarian dinners every day – just 2 percent of people. That means only 2 percent of people are vegetarian. 8 percent of people never have vegetarian dinners. They have meat, or fish, for every meal in the evening. However, 24 percent of people eat vegetarian meals two or three times a week and 12 percent of people eat vegetarian meals between four and six times a week. Let's add together all the people who eat a meat-free meal for dinner at least once a week – it's 92 percent. That's 92 percent of people who are happy to eat a vegetarian dinner at least once a week. So, it seems that there are a lot of people who might be interested in our meat-free ready meals.