

Lesson 2A

GRAMMAR | present perfect continuous

VOCABULARY | making changes

PRONUNCIATION | weak form of *been*

VOCABULARY

making changes

1 A Choose the correct word to complete the sentences.

1 I can never say 'no' to chocolate. I just can't it!

- a stick b set c resist

2 Ji is making to eat five portions of vegetables every day.

- a a goal b an effort c an aim

3 She tries to go swimming three times a week, but she doesn't always to do it.

- a achieve b stick c manage

4 Every January I write a list of goals for the year, but I don't always them.

- a achieve b set c stick

5 Samira often off doing tasks she doesn't enjoy and leaves them to the last minute.

- a sets b puts c takes

6 If you want to change a habit, it's important to realistic goals.

- a stick b put c set

B Complete the sentences with the correct form of the verbs in the box and a preposition.

give keep put stick take

1 My tooth really hurts. I can't going to the dentist any longer.

2 Ping has lots more energy since she eating fast food – she only eats healthy food now.

3 I told him I was late and had to leave, but he just talking.

4 Filippo only running last year and he's already run a 50 km race!

5 It's easy to set yourself goals, but it's much harder to them!

C Read the blog and choose the correct alternative.

Every year on my birthday, I write a list of things I want to ¹achieve / goal that year. I usually ²set / put myself one main goal, like going to bed earlier or giving up ³to drink / drinking coffee.

A few years ago, I decided that I would take ⁴on / up sea swimming. My first swim was at the end of February and the water was freezing! I only managed ⁵to stay / staying in the water for about ten seconds! I didn't want to go back the next day, but I was determined to stick ⁶to / of my plan and kept reminding myself of how good I would feel if I kept ⁷up / on going. Some days, when it was cold, I had to ⁸do / make an effort to get in the water, but I always did it in the end.

GRAMMAR

present perfect continuous

2 A Complete the sentences with the present perfect continuous form of the verbs in brackets. Use contractions where possible.

1 Maria (work) here for about forty years. She started when she was twenty one.

2 I (try) to give up eating crisps, but I just can't resist them!

3 We (live) in Bristol for about three years. We love it here!

4 You should take a break. You (look) at your computer screen all morning.

5 Zuzanna is really good at the piano. How long (she / play)?

6 Recently, I (make) an effort to go to bed early. I feel much better.

7 We haven't been for a walk yet. It (rain) all day.

8 Have you (listen to) Jack Wilson's new podcast? It's so interesting!

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

1 I've been knowing my best friend since we were five.

- a I knew b I know c I've known

2 I'm exhausted! I been working all morning!

- a I've been working
b I work
c I've working

3 Maxime lives here for five years.

- a been living
b is living
c has been living

4 I have these boots for ten years. They're a bit damaged now.

- a I've been having
b I've had
c I'm having

PRONUNCIATION

3 A 2.01 | weak form of *been* | Listen and choose the sentence (a or b) with the correct underlined stress.

1 a How long have you been living in Sydney?

b How long have you been living in Sydney?

2 a She's been working here for five years.

b She's been working here for five years.

3 a They've been playing tennis all morning.

b They've been playing tennis all morning.

4 a Have you been waiting for a long time?

b Have you been waiting for a long time?

B 2.01 | Listen again and repeat. Pay attention to the weak pronunciation of *been* /bɪn/.

READING

4A Read the title and introduction to the article. Choose what the article is about (a–c).

- a Why you should break bad habits
- b How to become healthier and more successful
- c How to make small improvements to your life

How to change your life without too much effort

Do you often set yourself impossible goals or feel stressed because you haven't achieved everything you planned to? I know I used to! Every January, I'd write a list of all the bad habits I wanted to break and tell myself, 'this year I'll definitely be more successful!' I never managed to stick to my plans and I felt like a failure. Last year I decided that I wasn't going to give anything up, apart from setting goals! Instead, I made small changes that really improved my life. So, if you would like to try something different this year, here are my top three life-changing tips!

1

Apparently, only one in five people in the UK get the recommended eight hours of sleep a night and I definitely wasn't one of them! I often stayed up late looking at social media or binge-watching a series on my phone. I told myself, 'just one more episode then I'll go to bed' but before I knew it, it was 3 a.m. So, I bought an alarm clock and started leaving my phone in another room when I went to bed. I go to sleep hours earlier than I used to and have so much more energy during the day!

B Read the article again and match the headings (a–c) with the paragraphs (1–3).

- a Focus on the good stuff
- b Get outside every day
- c Don't look at a screen in bed

C Find the quotes in the article. What is the writer's purpose for using them? Choose two purposes (1–4).

- 1 to give examples and make suggestions clearer for the reader
- 2 to create a connection with the reader, because the reader can imagine saying these things
- 3 to give the reader ideas of what to do in a situation
- 4 to make the article more interesting, similar to the way that dialogue does in stories



2

Every night, I write down three things that made me feel happy or that I'm grateful for that day. They aren't usually big things. Often they're small, everyday things like walking in the park after work or my boyfriend making me a cup of coffee. Getting into the habit of being grateful has definitely improved my mental health. I feel much more positive, less anxious and less stressed. It only takes five minutes a day, so it's really worth doing.

3

We all know that exercise is good for our physical and mental health, but sometimes it's difficult to get started. You tell yourself, 'I'm too busy to go to the gym today, I'll go tomorrow instead.' But I promise you that if you go for a walk every day, you'll always feel better. It doesn't have to be a long walk. Even ten minutes outside in the fresh air is good for our bodies and our brains.

D Read the article again. Are the statements True (T) or False (F)?

- 1 In the past, the writer sometimes managed to achieve her goals.
- 2 Last year she decided not to set herself any goals.
- 3 Most people in the UK get less sleep than they should.
- 4 The writer used to stay up late watching TV and listening to podcasts.
- 5 Focusing on three positive things every day makes the writer feel happier and more relaxed.
- 6 The writer says that a short walk every day is good for physical and mental health.

Lesson 2B

GRAMMAR | relative clauses

VOCABULARY | collocations: feelings and behaviour

PRONUNCIATION | chunking in relative clauses

VOCABULARY

collocations: feelings and behaviour

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

- 1 Leo was in a really **bad / upset / good** mood. I don't know what was wrong with him!
- 2 It's my **guilty / fault / comment** that we're late. I should have left earlier.
- 3 I don't feel **guilty / comfortable / upset** with groups of people. I prefer spending time with a few good friends.
- 4 Josh didn't go to the party because he didn't feel **guilty / in a bad mood / like it**.
- 5 I find it very difficult to say 'no' when a friend asks me to **make / do / get** them a favour.
- 6 Barbara never **makes / says / does** negative comments about the way people look.

B Complete the texts with the words in the box. There are two extra words.

argument comfortable comment fault
favour feel good guilty mood upset



I don't really care what other people think about me! For example, if someone makes a negative ¹..... on something I've posted on social media, I don't get ²....., I just think that perhaps they're in a bad ³.....! I like to do things that make me feel happy rather than things other people want to do. If I don't ⁴..... like doing something, I won't do it.



I'd do anything to avoid an ⁵.....! It's easier just to agree with other people's opinions than say something that hurts them and then feel like it's my ⁶..... I always say 'yes' when someone asks me to do them a ⁷....., even if it's something I don't really want to do. I don't feel ⁸..... saying 'no'.

GRAMMAR

relative clauses

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

- 1 This is the area I used to live.
a which b when c where
- 2 Ken is my friend brother you know.
a whose b who c that
- 3 Do you remember the time it snowed for a week?
a which b who c when
- 4 Vicki is someone avoids arguments.
a which b who c whose
- 5 I always put off tasks I don't enjoy.
a who b when c which
- 6 People set themselves impossible goals won't achieve them.
a which b that c whose

B Read the pairs of sentences and choose the ones that are possible. Sometimes both a and b are possible.

- 1 a Tom is a friend that I met at university.
b Tom is a friend I met at university.
- 2 a The park where I go running is really beautiful.
b The park that I go running is really beautiful.
- 3 a Cho was the only one to stay up late last night.
b Cho was the only one who stayed up late.
- 4 a We didn't see the woman driving the car.
b We didn't see the woman who drove the car.
- 5 a The restaurant we went to was fantastic.
b The restaurant when we went to was fantastic.

C Join the sentences using defining relative clauses.

- 1 It was nine o'clock. My sister phoned me.
It was nine o'clock when my sister phoned me.
- 2 Jill took me to the shop. She bought her new bike.
- 3 This is the app. It helps me learn Italian.
- 4 Yusuf is the Turkish man. You like his dog.
- 5 The woman lives next door. She is an actress.
- 6 Is this the website? You were talking about it.

PRONUNCIATION

3 A **2.02 | chunking in relative clauses | Listen to the sentences. Choose the words where the relative clause is spoken as a chunk.**

- 1 I'm not someone who feels relaxed in big groups.
- 2 The only time when I get up late is the weekend.
- 3 I try to avoid places that are busy.
- 4 Someone pushed in front of me in a queue today, which was really annoying.
- 5 Pablo is someone who always tells the truth.
- 6 I think people who work in restaurants should get free food.

B **2.02 | Listen again and repeat.**

LISTENING



4A **2.03** | Listen to the podcast. Number the topics (a–f) in the order that Miguel talks about them.

- a visiting art galleries
- b eating things he didn't like
- c being invited to the cinema
- d apologising for things he didn't do
- e spending a week camping in the jungle
- f having more space in his apartment

B Which things (a–f) in Ex 4A relate to these statements (1–2)?

- 1 doing what other people want
- 2 doing what Miguel wants

C **2.03** | Listen again and choose the correct options.

- 1 Miguel says he used to worry about
 - a disagreeing with other people's opinions.
 - b other people's opinions of him.
 - c what things he should eat.
- 2 Miguel didn't have enough time to
 - a see his friends.
 - b do his job well.
 - c do the things he enjoyed.
- 3 Miguel stopped being a 'people pleaser' after he
 - a watched a television programme.
 - b read a book.
 - c read a magazine article.
- 4 Miguel says that now he has more time, energy and
 - a friends.
 - b money.
 - c interests.
- 5 Miguel says if you don't want to do something,
 - a you should tell your friends the truth.
 - b you should give an excuse.
 - c you should do it anyway.
- 6 Miguel says he once felt guilty about
 - a refusing his friends' invitations.
 - b doing things he wanted to do.
 - c not being truthful to his friends.

5 **2.04** | Listen to the recording. Write what you hear. You will hear the sentences only once.

- 1
- 2
- 3
- 4

WRITING

emails to decline invitations

6A Complete the emails with the words in the box.

arrange convenient have
make office put

1

Hi Hugo and Piotr,

We need to have a meeting about the programme for the annual conference. Could we meet on Wednesday morning? I'm sorry it's such short notice, but we need to discuss it as soon as possible. Can you get back to me and let me know what time works for you?

Best wishes,

Joanna

2

Hi Joanna,

I'm afraid that Wednesday isn't ¹..... for me. I'm out of the ²..... all day. I wonder if we could ³..... it for Thursday or Friday instead? I'm free in the mornings. Let me know when suits you.

Regards,

Hugo

3

Hi Joanna,

Thanks for your email. I'm afraid that I can't ⁴..... the meeting. There's another meeting which I ⁵..... to go to on Wednesday morning. Would you mind if we ⁶..... it off until the following week?

Thanks,

Andrea

B Find examples in emails 2 and 3 of when the writers do these things.

- 1 decline an invitation
- 2 give a reason
- 3 suggest an alternative

C Write your own reply to email 1 in Ex 6A. Decline the invitation, give a reason why and suggest an alternative. Use the language in Ex 6B to help you. Write at least 40 words.

Lesson 2C

HOW TO ... | talk about things that annoy you

VOCABULARY | pet hates

PRONUNCIATION | stress and intonation to show annoyance

VOCABULARY

pet hates

1 A Choose the correct alternatives to complete the sentences.

- 1 If you want to buy tickets, you'll need to **lift** / **join** the queue over there.
- 2 Why do some people **drop** / **lift** litter when they're standing right next to a bin?!
- 3 I hate it when I'm trying to walk somewhere, and people don't **get out of** / **give** my way!
- 4 Ravi always tries to **reply** / **respond** to difficult situations in a calm way.
- 5 So many people just **ignore** / **hear** public announcements! I really don't understand.
- 6 The children behaved really **well** / **rude** in class today.
- 7 You need to get up earlier. You're always in a **rush** / **problem** in the morning.
- 8 Zeynep's always **arguing** / **annoying** with someone. She's definitely not a people-pleaser!

B Complete the conversation using words from the box.

badly hurry join jump
react reply rude way

A: What's your pet hate?

B: People who walk slowly! I hate it when I'm in a
1 and people get in my 2
It also bugs me when people 3 the
queue. What about you?

A: I hate it when children behave 4 in
restaurants and their parents don't 5

How to ...

talk about things that annoy you

2 A 2.05 | Listen to people talking about their pet hates. Match the conversations (1–3) with the things that annoy them (a–e). There are two extra options.

Conversation 1

Conversation 2

Conversation 3

- a public transport
- b very noisy people
- c people who talk about other people
- d flatmates
- e people who use their phones all the time

B 2.05 | Listen again. Complete the sentences with one word in each gap.

- 1 You know what really me?
- 2 Yeah, it's so!
- 3 My flatmate is leaving his dirty dishes in the sink.
- 4 It really on my nerves.
- 5 He's so lazy and it really me!
- 6 That would really me, too.
- 7 It me mad when I get on the train in the morning and there are no seats.
- 8 I can't it when I'm waiting at the bus stop and there are so many people.

PRONUNCIATION

3 A 2.06 | stress and intonation to show annoyance | Listen and choose the word in each sentence with the most stress.

- 1 It annoys me when people drop litter.
- 2 I can't bear it when people play loud music.
- 3 It gets on my nerves when people are always late.
- 4 I can't stand it when people disagree with me.
- 5 It bugs me when people jump the queue.
- 6 My husband is always losing his house keys.

B 2.06 | Listen again and repeat.

SPEAKING

4 A 2.07 | Complete the conversation with the words in the box. Then listen and check.

bear bugs checking crazy
forever it nerves so

A: I can't 1 it when I'm with a friend and they keep looking at their phone.

B: Yes, it really 2 me, too. Last night I was in a restaurant with a friend, and she was constantly 3 her messages.

A: That's 4 annoying! And it drives me 5 when people take photos of their food and put them on social media while you're having dinner!

B: Yes, my friend does that, too. She's 6 posting photos, then checking to see if anyone has made a comment. It really gets on my 7!

A: Totally. I can't stand 8 either. When I'm with a friend I want to talk to them, not sit and watch them on their phone!

B 2.08 | You are B in Ex 4A. Listen and speak after the beep. Record the conversation if you can.

C Listen to your recording and compare it to Ex 4A.



Lesson 2D

READING | personal experiences

READING

1 A Read the introduction to the article. Choose the **incorrect** option (a–d) for each question.

- 1 What does Bruno Redmond do?
 - a He gets near wild animals.
 - b He works on TV.
 - c He stars in action films.
 - d He goes to different places for work.
- 2 Which types of places has he visited?
 - a deserts
 - b lakes
 - c jungles
 - d oceans

B Read the article. Match the questions (a–f) with the paragraphs (1–6).

- a What is your strongest memory of an experience with an animal?
- b How do you stay safe around dangerous animals?
- c What bad experiences have you had?
- d How did your interest in the natural world start?
- e What are you going to do next?
- f Where do you like working the most?

C Read the article again. Choose the correct option (a–c).

- 1 Bruno says he loves wild places because
 - a he went camping when he was a child.
 - b he grew up on a farm.
 - c he had lots of pets.
- 2 Bruno enjoys working in the jungle because
 - a he's worked there more than in other places.
 - b he's particularly interested in plants.
 - c there are lots of different types of wildlife.
- 3 Bruno wasn't afraid of the shark because
 - a he had swum with them many times before.
 - b the shark was very calm.
 - c he knew that they weren't dangerous.
- 4 Bruno says that you need to be calm around dangerous animals because
 - a they can tell if you are frightened.
 - b they might attack you.
 - c they might run away if you are nervous.
- 5 Bruno didn't complete his Nile journey because
 - a it took longer than he thought it would take.
 - b it was more difficult than he thought.
 - c something terrible happened during the trip.
- 6 Bruno says that it's difficult to see snow leopards in the wild because
 - a they're very rare.
 - b they live in areas that are difficult to get to.
 - c they don't go near humans.

An interview with Bruno Redmond

Television presenter Bruno Redmond is best known for his documentaries which combine travel and nature with plenty of action. His programmes have taken him across deserts, jungles, oceans and mountains to some of the most amazing places on Earth, and he has come face to face with the world's most dangerous animals. He spoke to us about his life and work.

¹When I was young, we lived on a farm, so I grew up with ducks, goats and donkeys around me. My parents loved nature and we spent a lot of time outside. In the holidays, we went camping in the mountains or forests. My love of wild places comes from those trips.

²I've been very lucky in my career – I've climbed the highest mountains in the world, explored secret caves and swam in every ocean. But my favourite place to work is the jungle. There are animals all around you – on the forest floor, in the flowers, the trees. Nowhere else on Earth has such a variety of animal life.

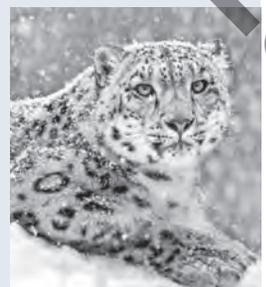
³I was swimming off the coast of Australia when suddenly a whale shark, several metres long, appeared. It came up to me, then slowly swam all around me. I'd never been so close to such a large animal, but it was so peaceful that I wasn't scared at all. It was an experience I won't forget.



⁴You need to be relaxed and confident. People say that animals can smell fear, and it's true. When you're working with animals like crocodiles or lions, you need to stay calm. If you can't, you shouldn't be there.

⁵When I was twenty, I tried to walk the length of the Nile on my own – a journey over 4,000 miles from the mountains of Rwanda to the Mediterranean. It was a total disaster! I'd never done anything like it before and I wasn't prepared for how tough it would be. I had to give up half the way through the journey.

⁶I'm going to spend the next month in the Himalayas looking for snow leopards. Hardly anyone sees them in the wild because they're very shy of people and good at hiding. I love big cats and I've been trying to see snow leopards for years, but I haven't been successful yet.



GRAMMAR

1 Choose the correct alternatives to complete the text.

Last year, I finally ¹achieved / had achieved my goal of buying a house by the sea. ²I'd always dreamt / I was always dreaming of living in a small house near the beach, but until last year, I ³was having / had to live near my office in the city centre. I didn't like living in the city and I ⁴was getting / had got really stressed at work, so I decided to look for a new job somewhere else.

Last March I succeeded in getting a job in Almeria and moved there. I ⁵was hearing / had heard that it was a good place to live, but no one ⁶had told / had been telling me how beautiful the city was. One day last summer, while I ⁷was walking / had walked along the beach, I saw a house for sale. It ⁸was / had been exactly the house I had always imagined myself living in. I bought it that day and moved in a month later. I've been living there for six months now, and I've never been happier!

2 Complete the sentences with the correct form of the verbs in the box.

be earn eat live meet pick up
play stay study swim

- Elsa always dreamt about in an apartment in Paris, and now she does!
- Ahmed never cared about a lot of money.
- After school, Clare went on medicine at university.
- I gave up meat twenty years ago.
- We're really looking forward to you.
- Don't forget some milk later!
- I'll never forget in the Pacific Ocean for the first time.
- Wei went on tennis even after he hurt his knee.
- Do you remember at Tom's house in Spain a few years ago?
- I thought it was going to rain but it turned out a beautiful day!

3 Complete the sentences using the present perfect simple or present perfect continuous form of the verbs in brackets. If both are possible, use the present perfect continuous.

- I (know) Aline all my life.
- Piotr and Sam (live) together since they were at university.
- I'm exhausted. I (clean) the house all day without a break.
- Lisa always (like) trying new sports.
- Where have you been? I (try) to call you all morning!
- We (study) Spanish for five years.

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

- That's the building which I got married.
a when b where c that
- The film what I watched last night was great!
a which b who c when
- Timo's the friend that apartment I stayed in last year.
a who b where c whose
- Yoga is good for people which want to relax more.
a whose b that c where

5 Choose the correct alternatives to complete the sentences.

- I don't like vegetables apart **of** / **from** peas.
- The shop is open every day **apart** / **except** Sundays.
- Everyone I know uses social media, **even** / **apart** my grandfather.
- The restaurant looks good **except** / **apart** it's very expensive.
- I think I've upset Will, he didn't **except** / **even** say hello to me this morning.
- All the students were on time except **for** / **from** Genevieve.

6 For each question, write the correct answer. Write one word for each gap.

The Life-Changing Magic of Tidying Up

Marie Kondo is a Japanese author ¹..... has spent most of her life teaching people how to organise their possessions. She started her own tidying business as a 19-year-old while she ²..... studying at university in Tokyo and has ³..... helping people to transform their homes ever since.

Her first book, *The Life-Changing Magic of Tidying Up*, was published in 2010 and went on ⁴..... become a bestseller around the world. She ⁵..... since written several other books and presented her own television series, *Tidying Up with Marie Kondo*.

Marie Kondo believes that people can improve all areas of their lives by changing the way they feel about their belongings. Her tidying techniques are based around one simple idea: only keep the things ⁶..... make you feel happy and throw away the things that don't.

VOCABULARY

7  Complete the conversation using words from the box.

belonged cool damage glass
inherited special steel worth

A: I love your ring. Is it new?
B: No, it's old. It ¹..... to my grandmother and I ²..... it when she died last year.
A: It's pretty. Are the stones diamonds?
B: No, they're just ³..... It isn't ⁴..... very much, but it's ⁵..... to me because my grandmother wore it every day.

8 Complete the words. The first letter is given.

- 1 My d..... job would be an architect.
- 2 Javier isn't a f..... of visiting museums.
- 3 Harry gets p..... from helping other people.
- 4 My sister and I like the same type of music, but we have very different t..... in films.
- 5 I really a..... all the help you give me.
- 6 Li doesn't need many things, but he can't d..... w..... his coffee machine!
- 7 Living in the countryside isn't f..... m..... I love big cities!
- 8 Hana's new flat is i..... for her. It's the perfect size and close to her office.

9 Complete the post with the phrasal verbs in the box.

give up hang up lock up put off
stick to take out tidy up turn up

Help!

I've just moved into a flat with three other students. They're really friendly and fun, but they're all so lazy. They never help me ¹..... the living kitchen. I always do everything. I ²..... the bins, and I even ³..... their coats next to the door. I wrote a list of tasks for everyone to do, but the others didn't do theirs – they said they were busy and ⁴..... doing them because they knew that I'd just do them.

Sandra is the worst flatmate. She likes to ⁵..... the heating in her room when it isn't even cold. Often, she forgets to ⁶..... when she's the last one to leave the house.

Last week I decided I was going to ⁷..... doing all the housework and let them tidy their own mess, but I couldn't ⁸..... it – it was so messy after two days that I had to clean. I can't stand it anymore, what should I do?

10 Replace the words in bold with the words in the box.

achieve comfortable comments
effort fault goals ignore mood

- 1 Chun always apologises even when it isn't his **guilty**.
- 2 Jack was in a really bad **upset** yesterday.
- 3 I hate it when people make negative **arguments** on my social media posts.
- 4 Jayden doesn't feel **favour** talking to people he doesn't know.
- 5 I worked all day, but I didn't **resist** very much.
- 6 It's a good idea to set yourself **dreams** at the start of every week.
- 7 Rob says he's going to make an **effect** to do more exercise.
- 8 Cho's always telling me what I should do, but I just **argue** her.

11 Match the sentence beginnings (1-6) with the endings (a-f).

- 1 It drives me crazy when people drop
 - 2 Shazia isn't very good at reacting
 - 3 I can't bear it when people don't
 - 4 One of Terry's pet hates is badly
 - 5 We'd been waiting to buy tickets for thirty minutes when someone
 - 6 It's always so noisy in the airport that it's impossible to hear
- a get out of my way when I'm in a hurry.
 - b behaved children in restaurants.
 - c the announcements clearly.
 - d litter on the street.
 - e calmly to stressful situations.
 - f jumped the queue right in front of us.

12 Complete the blog with the missing words. Some letters are given.

My bad habit

I need to stop shopping! Every month, I tell myself that I'm going to spend less and save more but I never ¹man..... to do it. I go shopping whenever I ²fe..... like it and I just can't ³res..... buying new stuff, even when I don't need it. For instance, last week I bought an old leather jacket – even though I already have two! It was really expensive, but at the time I thought it was ⁴wo..... it because I looked really cool in it. When I got home, I realised that it was actually quite ⁵dam..... and not even ⁶gen..... leather. Luckily, the shop gave me my money back, but I need to stop shopping all the time. If I ⁷ke..... on spending all my money, I'll never achieve my ⁸go..... of saving enough money for a car.