

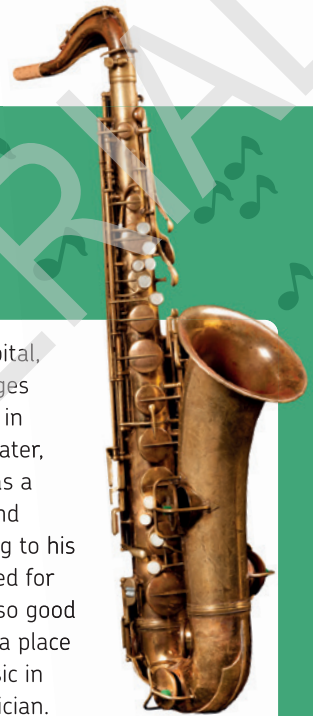
READING An article about a life-changing moment**1 READING EXPERT** Read the article quickly. Choose the best summary (1, 2 or 3).

- 1 Listening to music changed Tony's life.
- 2 Tony changed his career after he had an accident.
- 3 Tony couldn't do his dream job after he had an accident.

LIFE-CHANGING MOMENTS:**Meet Tony Kofi**

When Tony Kofi was sixteen years old, something happened that changed the direction of his life forever. He was living in Nottingham in the UK, training to be a builder, when he had a frightening accident. One day, while he was working on the roof of a house, he fell – three storeys – to the ground below. As he was falling, Tony felt like he was moving very slowly. In his head, he saw images of places and faces that he didn't recognize. He even saw an amazing image of himself – playing a musical instrument! Tony closed his eyes and waited for his life to end. He landed on his head. Doctors said it was unbelievable that he didn't die.

For a long time after leaving the hospital, Tony was still thinking about the images from his fall. He was most interested in the image of himself as a musician. Later, he discovered that the instrument was a saxophone. He bought one for £50 and taught himself how to play by listening to his mother's music collection. He practised for eight to ten hours a day. He became so good at playing the saxophone that he got a place at the famous Berklee College of Music in the USA. He is now a successful musician.

**2** **1.1** Now read and listen to the article. Order the events from 1–3.

- A Tony went to study in the USA.
 B Tony had an accident while he was working.
 C Tony bought a musical instrument.

3 Read the article again. Are the sentences true (T) or false (F)?

- 1 Tony had an accident when he was a teenager. T / F
- 2 He didn't fall very far. T / F
- 3 While he was falling, Tony saw things that weren't there. T / F
- 4 Tony fell onto his back. T / F
- 5 Doctors were surprised that he didn't die. T / F
- 6 At the time of his accident, he already knew a lot about music. T / F
- 7 His mother taught him how to play the saxophone. T / F
- 8 He got a place at a famous music college because he was so good at playing the saxophone. T / F

4 WORD EXPERT Complete the adjectives in the sentences. Add the endings *-able*, *-ful* or *-ing*.

- It's frightening *ing* getting lost when you're a small child.
- 1 That score is amaz_____! I'm not surprised you did so well!
 - 2 It is unbeliev_____ that people have walked on the Moon.
 - 3 It was excit_____ sitting on the plane before we went on holiday.
 - 4 Exams are always stress_____ when you have two on the same day.
 - 5 She was success_____ and achieved all her goals.
 - 6 I don't find classical music enjoy_____, I prefer rock.

5 **CRITICAL THINKING** Answer the questions.

- 1 Why was Tony lucky to be alive?

- 2 Do you think Tony always wanted to be a musician? Why/Why not?

- 3 Do you think anyone can become a great musician if they work hard? Why/Why not?

VOCABULARY Describing experiences

1 Match the pictures with the adjectives in the box.

amazing annoying frightening
painful relaxing uncomfortable



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

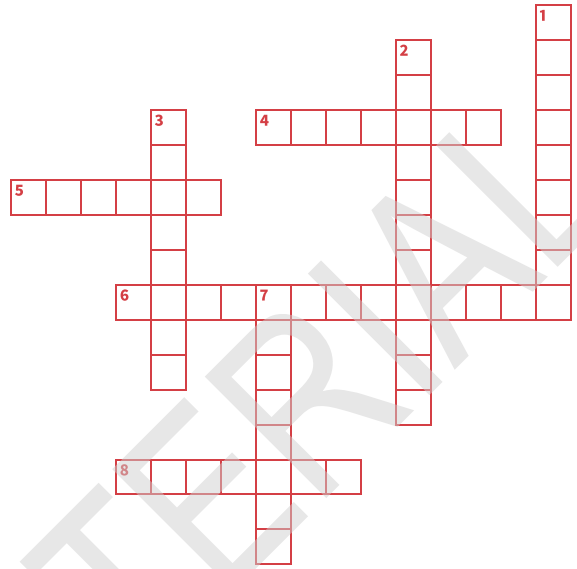
2 Choose the correct word (A, B or C).

- It's ____ when he copies my answers and talks all the time in class.
A confusing B relaxing C annoying
- There is a lot of plastic rubbish all over the beach - it is ____.
A frightening B disgusting C uncomfortable
- It was very ____ - my face was hot and red and I wanted to run away!
A amazing B confusing C embarrassing
- I know it's ____ that we can't go to the beach today, but we can go next week, I promise!
A unforgettable B disappointing C tiring
- The library is a ____ place to study there is a lot of noise at home.
A painful B disappointing C peaceful
- Swimming is very helpful and ____ when you are feeling stressed.
A uncomfortable B relaxing C tiring

3 Cross out the incorrect word in each sentence.

- The food at the hotel restaurant was *embarrassing* / *disgusting* / *amazing*.
- This book is *unforgettable* / *confusing* / *tiring*.
- After the accident, it was *disappointing* / *painful* / *uncomfortable* to walk on my left foot.
- It's wonderful and *peaceful* / *annoying* / *relaxing* by the pool.
- Last night's concert was amazing. The singer's performance was *unforgettable* / *uncomfortable* / *unbelievable*.
- The loud noises at night were *relaxing* / *frightening* / *annoying*.

4 Complete the crossword.



Down

- If something is _____, it doesn't make sense.
- We feel scared when something is _____.
- When something is _____, you want it to stop.
- The opposite of noisy is _____.

Across

- We say 'Wow!' when something is _____.
- When something uses all of your energy, it is _____.
- An experience is _____ when it is not as good as you expected.
- When part of your body hurts, it is _____.

5 1.2 Listen to six people describing an experience. Choose the correct adjectives.

- The food is *disgusting* / *disappointing*.
- The exam was *frightening* / *confusing*.
- The photo is *embarrassing* / *amazing*.
- The concert was *uncomfortable* / *unforgettable*.
- The trip was *annoying* / *tiring*.
- The experience was *unbelievable* / *embarrassing*.

6 Complete the sentences so they are true for you.

- I think it's annoying when _____
- I think it's frightening when _____
- I think it's embarrassing when _____
- I think it's disappointing when _____

GRAMMAR Past simple and past continuous; *when* and *while*

- 1 Complete Tania's blog post. Use the affirmative or negative past simple form of the verbs in the box.

ask clean have (x2)
invite know make work

☰
TANIA'S BLOG


MY FIRST JOB

Last year, my friends ¹ _____ me to go to a music festival, but I ² _____ enough money for a ticket. I ³ _____ my parents to lend me the money because I ⁴ _____ they'd say 'no'. So, for six months I ⁵ _____ at a hotel every weekend. I ⁶ _____ the rooms and ⁷ _____ the beds. It was so tiring, but by the end of the summer I ⁸ _____ enough money for a ticket. The festival was amazing – it was the best weekend of my life!

- 2 Put the words in the correct order to make sentences.

the hotel room, / she / was / a lot of money / While / found / cleaning / she

While she was cleaning the hotel room, she found a lot of money.

- when / for the concert / My brother / were / his favourite singer / we / in the queue / saw

- basketball / was / hurt / her foot badly / She / while / she / playing

- fell / he / Was / running / when / he / ?

- heard / were / along the street, / we / a loud noise / While / we / walking

- I / were / doing / What / when / rang / you / last night / ?

- 3 Complete the sentences. Use the phrases in the box. Use *while*, if possible, and *when*, if not possible.

he was talking I was cycling she was a child
she was giving me directions she was waiting
the car broke down

She tried to ask him a question *while he was talking*.

- She didn't like carrots _____.
- She sent him an angry text _____.
- A dog ran in front of me _____.
- I wasn't listening _____.
- They were travelling to France _____.

- 4 Complete the sentences. Use the past simple or past continuous form of the verbs in brackets.

- Thank goodness my team _____ a goal when I left the room to get a drink. (not / score)
- He sent an email while he _____ for the tram. (wait)
- _____ outside when it started to rain? (you / sit)
- My little brother needed to go to the toilet while the plane _____. (take off)
- What _____ when your tooth broke? (you / eat)
- She was wearing a helmet when she _____ her bike. (crash)

- 5 Describe a time when you saw or heard something strange. Use the past simple, past continuous and *when* or *while*.
- _____
- _____
- _____

GRAMMAR CHALLENGE

- 6 1.3 Complete the dialogue. Use the past simple or past continuous form of the verbs in brackets. Listen and check.

Interviewer: Why ¹ _____ (you / start) your charity?

Simon: I ² _____ (watch) the news about refugees one day and I ³ _____ (decide) I wanted to do something to help.

Interviewer: What ⁴ _____ (you / do)?

Simon: I ⁵ _____ (create) a website with information for refugees new to our town. I did it while I ⁶ _____ (study) for my exams, so it was quite tiring!

Interviewer: ⁷ _____ (your school / help) you?

Simon: Yes – the ICT teachers were great. I asked them for help when they ⁸ _____ (not / teach), and they helped me between lessons. So, for example, when I ⁹ _____ (not / know) how to create links, they ¹⁰ _____ (show) me how. It looks great now and the website goes live next week!

SPEAKING Telling a personal story

1 1.4 Complete the dialogue. Use the words and phrases in the box. Listen and check.

after happened of all really
so sounds suddenly told



Amina: Have I ever ¹ _____ you about the time I saw Greta Thunberg?

Mo: No, you haven't! Where did you see her?

Amina: It was at the March for the Climate in Bristol. First ² _____, I met my friends at the park. Then, ³ _____ everyone started running in the same direction. We had no idea why. Then lots of police appeared.

Mo: What ⁴ _____ next?

Amina: Amazingly, Greta Thunberg arrived to give a speech. We had no idea she was coming!

Mo: ⁵ _____?

Amina: Yeah! I was ⁶ _____ excited! She talked about all the things we can do to save the planet.

Mo: That ⁷ _____ amazing!

Amina: It was! ⁸ _____ that, local students gave a talk, and finally a band played. It was an unforgettable experience!

2 Write S (Starting the story), D (Describing feelings) or SE (Sequencing Events) for the phrases below.

- 1 First of all ... _____
- 2 It all started when ... _____
- 3 Finally ... _____
- 4 It was really frightening ... _____
- 5 Guess what happened to me when ... _____
- 6 I was so annoyed! _____
- 7 Have I ever told you about ...? _____
- 8 After that ... _____

3 Choose the correct answer.

- 1 It was really *embarrassed* / *embarrassing*.
- 2 He felt so *disappointed* / *disappointing*.
- 3 That sounds very *boring* / *bored*.
- 4 The rides at the theme park weren't very *frightening* / *frightened*.
- 5 I was *amazing* / *amazed* when I saw the view.
- 6 The drink tasted *disgusted* / *disgusting*.

4 1.5 Read the mini-dialogues. Choose the correct response (A, B or C). Listen and check.

- 1 After that, we ran across the road to see if the cyclist was OK.
A Guess what happened!
B That sounds disappointing.
C What happened next?
- 2 In the end, he told me he was the one who sent the message.
A It sounds relaxing.
B That's lucky.
C Really?
- 3 It all started when I saw her stealing food.
A What did you do?
B Oh good.
C Poor you.
- 4 I couldn't get out and it was completely dark.
A That sounds really frightening.
B I was so embarrassed.
C I don't think so.

5 SPEAKING EXPERT Complete the sentences. Choose the correct adverb in the box.

amazingly luckily nervously
unfortunately suddenly

- 1 _____, he remembered everyone's names – all fifty of us!
- 2 _____, everyone started running away from the building.
- 3 _____, my mum spoke French and explained what happened.
- 4 _____, she didn't have enough money for a ticket.
- 5 _____, she opened the door and looked inside.

6 Think of something you did for the first time. Write the start of your story.

Remember!

Think about: What happened? How did you feel?
Key expressions: Starting the story; Describing your feelings

Have I ever told you about the first time I went skiing? I couldn't walk on the skis! It was really embarrassing!

LISTENING A discussion about teenage life now and in the past

- 1 **1.6 LISTENING EXPERT** Amelia is talking to her friend Tommy about her Spanish grandmother, who was a child in the 1930s. Look at the photo and tick the things they might talk about. Listen and check.

clothes

food

the weather

war

mobile phones

music



- 2 **1.6 Listen again. Choose the correct words.**

- Amelia's grandmother had *an easy / a difficult* life when she was younger.
- Amelia *sees / doesn't see* much of her grandmother.

- 3 **1.6 Listen again. Are the sentences true (T) or false (F)?**

- Amelia thinks her grandmother makes her eat too much. T / F
- Amelia's grandmother grew up during a war. T / F
- Tommy thinks Amelia's grandmother's cooking sounds horrible. T / F
- Amelia's grandmother thinks Amelia should save her money for studying. T / F
- Amelia's grandmother grew up in a big Spanish city. T / F
- Amelia's grandmother thinks Amelia is in the house too much. T / F
- Tommy also lives a long way from his grandparents. T / F

- 4 **WORD EXPERT** Match 1–6 with A–F.

- Amelia's grandmother thinks it's a good idea to _____
- Amelia wants to spend _____
- Her grandmother spent all _____
- Amelia doesn't spend much _____
- Her grandmother doesn't think it's OK to spend _____
- Amelia spends a lot of time _____

- on her phone.
- day working outside.
- lots of money in cafés.
- more time with her grandmother.
- time outside.
- spend money on books.

- 5 **MEDIATION** Give a personal response to Amelia's description of her grandmother. You can compare her life with your own experience or with that of other older people in your life.

VOCABULARY 'Mind' verbs

1 Complete the sentences. Use the words in the box.

believe decide forget guess
imagine notice realize wonder

- Can you _____ living at another time in history?
- I don't _____ there is life on other planets.
- Just _____ the mean things people say and focus on the positives.
- I walk so quickly, I rarely _____ the nature around me.
- You need to _____ – A or B? Which do you want?
- I _____ what we're having for dinner tonight?
- Can you _____ how many sweets are in this container?
- Sorry I'm late – I didn't _____ how late it was.

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

believe forget miss recognize worry



- 1 You look completely different! I didn't _____ you!



- 2 Of course I don't _____ in aliens!



- 3 Don't _____ – he doesn't bite.



- 4 Oh no! I _____ to pack my passport!



- 5 He _____ his grandparents so much!

3 Choose the correct words.

- A: Can you *wonder* / *imagine* travelling back in time?
B: Do you mean like when the dinosaurs were alive?
- A: You don't have any colour in your face.
B: I don't *believe* / *feel* very well.
- A: Don't *remember* / *forget* to phone your grandfather!
B: I know! You keep reminding me!
- A: Why didn't she call for help?
B: She didn't *recognize* / *realize* anyone was there.
- A: Are you sure you're OK?
B: Please don't *worry* / *wonder* about me – I'm fine.
- A: Do you have time to wait for the bus?
B: I'm not sure – I'm *wondering* / *guessing* if I should take a taxi.
- A: *Guess* / *Imagine* the year I was born!
B: Er, 1999?
- A: Did you *realize* / *notice* the strange woman outside?
B: No, I didn't see anyone.

4 Complete the dialogue. Use the words in the box.

believe forget recognize
~~remember~~ wonder worry

- Emma: Look at this website, Carla! It says that the brain can *remember* 10,000 faces during a lifetime! And the average person can ¹ _____ 5,000 faces.
- Carla: Wow! That's hard to ² _____! But what about names? I always ³ _____ what people are called.
- Emma: Don't ⁴ _____! That's normal.
- Carla: I ⁵ _____ why I have such a bad memory though ...

5 Complete Matt's list. Use 'mind' verbs.

Positive Thinking! 😊

- Don't ¹ _____ about things I can't change.
- ² _____ all the good things in life, like my friends.
- ³ _____ the times I fail and move on.
- ⁴ _____ in myself! I CAN do it! 🌈
- Slow down and ⁵ _____ the small things.
- Learn a new skill – challenge myself!

★ Matt ★

6 Complete the sentences so they are true for you.

- I always find it difficult to decide what to _____ because _____.
- I am good at remembering _____.
- Last week I noticed _____.

GRAMMAR *used to* and past simple

1 Choose the correct form of the verb.

- 1 I *used / use* to think my sister was annoying.
- 2 She didn't *used / use* to have black hair.
- 3 We *used / use* to live closer to school.
- 4 Did you *used / use* to play outside when you were small?
- 5 My parents didn't *used / use* to give me pocket money.
- 6 Did he *used / use* to remember your name?

2 1.7 PRONUNCIATION Listen and repeat the sentences.

- 1 I used to worry a lot.
- 2 I didn't use to walk home.
- 3 A: Did you use to live there?
B: Yes, I did.

3 1.8 Complete the dialogue. Use the correct form of *used to* and the verbs in brackets. Listen and check.

Mark: 1 _____ (you / go) abroad much when you were little?

Lucas: Yes, we did. We 2 _____ (go) camping in France all the time. I loved it!

Mark: 3 _____ (travel) by coach?

Lucas: No, we 4 _____ (live) in the south of England so it 5 _____ (not / take) a long time to get there by car. 6 _____ (go) camping ever?

Mark: No, we didn't. We 7 _____ (not / do) much at all in the summer holidays when I was younger. My parents were always working. We 8 _____ (spend) most of our time at the local beach. Now we usually go to Norway or Finland!

Lucas: What's it like there?

Mark: It's beautiful and it's very peaceful!



4 1.9 Listen to four speakers. Complete the sentences with *used to* or *didn't use to*.

- 1 He _____ eat badly.
- 2 He _____ visit often.
- 3 They _____ do a lot of exercise.
- 4 She _____ cycle to school.

5 Write four sentences that are true for you. Use *used to* and *didn't use to*.

GRAMMAR CHALLENGE

6 Complete the text. Use the correct form of *used to* and the words in the box.

enjoy go (x 2) know swim visit



In Victorian times in the late 1800s, Britain's railway system grew quickly. This meant that more people started going on holiday by train. They 1 _____ popular towns by the sea, like Brighton and Blackpool. Rich people 2 _____ on holiday for a week in the summer. But poor people didn't have enough money to stay in hotels, so they 3 _____ on day trips to the seaside. Everyone 4 _____ watching shows and eating ice-cream and fish and chips. Did people 5 _____ in the sea? No, they didn't. Most people 6 _____ how to swim, so they only walked in the water up to their knees.

WRITING A blog post about changes

1 Read Marta's blog post. Match the three paragraphs with the headings.

- A Unpopular changes B A change to free time C Transport improvements

1 ____

Five years ago, my city was crowded and dirty, whereas now it's a lot more peaceful. The city used to be full of cars and lorries and there were a lot of traffic jams. It used to be very dangerous to cycle and the air was disgusting. Then, they decided to close the biggest road in the city centre and build cycle paths. Now, more people are leaving their cars at home and using their bikes instead. The air is cleaner and there are fewer accidents.

2 ____

My friends and I didn't use to go into the city centre very much. There used to be a lot of car parks, but now there are several new cafés and there's even a climbing wall. Sometimes we meet there at the weekend. It's a lot better in the centre now. However, I think we still need more relaxing, green spaces full of trees.

3 ____

Some of the changes aren't very popular. Although we have more buses, the price of a ticket is more expensive. More people are using the buses, but some still believe it's better to go by car.



2 Read the blog post again. Are the sentences true (T) or false (F)?

- There were more lorries and cars in the city five years ago. T / F
- There didn't use to be anywhere safe to ride a bike. T / F
- A smaller number of people use their cars now. T / F
- They have built more car parks. T / F
- Marta doesn't believe they need to make any more changes. T / F
- People still use their cars because there are not many buses. T / F

3 WRITING EXPERT Find four more contrasting words in the blog post.

whereas _____

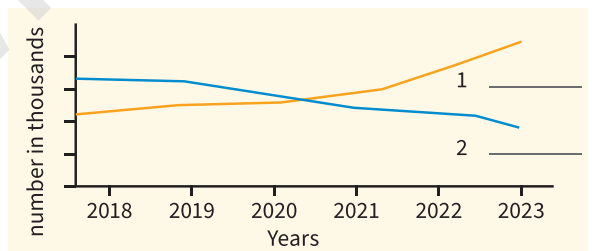
- _____
- _____
- _____
- _____

4 Complete the sentences. Use the words from Exercise 3. Use each word once.

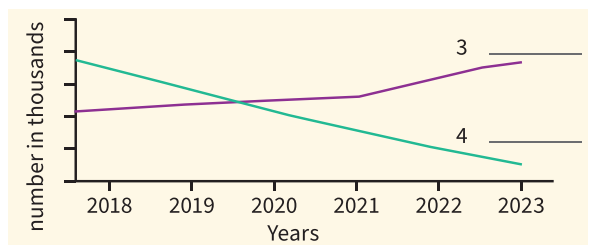
- We used to drive to school, but now we cycle _____.
- _____ I love my city, it needs a bigger park.
- They used to drive all the time, _____ now they use the tram.
- There are more buses now. _____, the tickets are more expensive.
- She has a bike, _____ she prefers to walk.

5 MEDIATION Read the blog post again. Label the lines on the graphs. Use the words in the box.

cars bikes



clean air accidents



6 Look at the WRITING GUIDE on page 126. In your notebook, write a blog post about changes in a place you know or where you live.

Remember!

Grammar: *used to*

Vocabulary: Adjectives for describing

Spelling: Check and correct

Contrasting words and phrases

Structure: Three paragraphs

1 Global Goals

Greener places

1 Read the article quickly. Where is Waltham Forest?


A GREENER CITY

About 13% of the total UK population live in London, the country's largest city. Like many cities around the world, its leaders want it to become a greener place to live and work, and green transport is a key part of this plan. London's leaders want to spend more than £2 billion to create healthier and safer streets.

One of the ways they hope to do this is through 'mini-Holland' projects. These projects aim to increase the amount that people walk and cycle in some parts of London. They are called mini-Holland projects because in Holland, cycling in towns and cities is a popular form of transport.

After only one year, people in the mini-Holland areas in London walk or cycle at least 40 minutes a day more than other Londoners. Some of these people didn't use to cycle before. They decided to start cycling because of the positive changes in their area.

One of the mini-Holland areas is Waltham Forest in north-east London. The roads there are now a lot safer than they used to be, and the air is cleaner, so people's health is better, too. There are more cycle lanes and some streets are now car free. People who live in Waltham Forest say that the area is more peaceful and that it feels friendlier. People want to spend more time there, which is good for local businesses. They can even sit outside at cafés and relax and socialize, which wasn't really possible before.



2 Read the article again. Answer the questions.


- 1 Why do London's leaders plan to spend billions?

- 2 What do 'mini-Holland' projects want people to do?

- 3 How are the roads in Waltham Forest different now from those in the past?


- 4 Why do people want to spend more time in Waltham Forest than they used to?

- 5 What can people there do now that they couldn't do before?


3  1.10 Look at the infographic. Choose the correct numbers and words. Listen and check.

The future of transport in London

Nearly ¹ 1 / 10 million people live in London. There are more than 2.5 ² million / billion cars.




Its leaders want people to walk, cycle or use public transport more.




Their aim is that by 2041:

- ³ 8% / 80% of all journeys in London will use one of those alternatives.
- 70% of people will be no more than ⁴ 400 / 40,000 metres away from a safe cycle route.



They will spend more than £300 ⁵ thousand / million to make London's buses more environmentally friendly.




⁶ 12 / 120 new bus routes should reduce pollution by more than 80%.


4 Answer the questions.

- 1 How do you usually travel around your area, town or city?

- 2 Do you feel safe walking or cycling in your area, town or city? Why / Why not?

- 3 What changes to transport do you want to see in your area?

5  **RESEARCH** Choose a city in the box. Research how green its transport is. What are the plans for its future? Make notes.

 Delhi Hong Kong New York Paris Sydney

REVIEW Unit 1

1 Read the sentences. Are they true (T) or false (F)?

- If something is painful, it hurts. T / F
- An amazing result is excellent. T / F
- Disgusting food tastes OK. T / F
- We rarely want annoying things to stop. T / F
- A cold shower is more relaxing than a warm bath. T / F
- We say something is unbelievable if we think it is fantastic. T / F

2 Complete the sentences. Use the words in the box.

confusing disappointing
embarrassing frightening peaceful
tiring uncomfortable unforgettable

- It was so _____ - we thought the plane was crashing!
- My test results were _____, but I know I can do better next time.
- She has a very _____ job, so she doesn't like to go out in the evenings.
- Everyone was looking at me - it was so _____!
- Don't sit there - it's a very _____ chair.
- He wants to find somewhere _____ to read.
- Meeting Ronaldo was an _____ experience.
- I'm lost because your directions were so _____!

3 Choose the correct words.

Caleb: It's nearly 6 o'clock. I ¹wonder / worry why Jim isn't here yet.

Issy: Oh sorry! I completely ²remembered / forgot to say that Jim isn't coming! He doesn't ³recognize / feel well. He's in bed with a high temperature.

Caleb: That's a shame! I ⁴noticed / believed yesterday that he didn't look very good. Poor Jim!

Issy: And ⁵guess / imagine what! I'm afraid I've got some more bad news. I've ⁶recognized / realized that I didn't tell you about Ana. She rang me this morning. She can't come to dinner either!

Caleb: Oh well. More food for us then!

4 Write sentences and questions. Use the past simple and past continuous form of the verbs.

She / visit / Santiago / while / she / travel / around Chile.

She visited Santiago while she was travelling around Chile.

- I / not hear / my mother / because / I / play / my music very loudly.

- What / you / do / when / you / hit / your head?

- The alarm / go off / while / I / sleep.

- We / dance / when / the music / stop.

- it / rain / when / they / meet?

5 Complete the sentences. Use the correct form of *used to* and the phrases in the box.

be vegetarian buy clothes online
cycle to school do sport help at home work

- My brother _____, but now he takes out the recycling.
- Carlos _____, but now he eats meat.
- _____ you _____ at the local cinema? I think I recognize you!
- She _____, but now she only goes to charity shops.
- _____, or did you always go on foot?
- I _____, but now I run every morning.

6 Choose the correct forms of the verbs.

Dad: I ¹used to / didn't use to walk through the countryside every day, but I don't any more.

James: Why not? What ²was happening / happened?

Dad: One day, I ³went / was going through a field when I ⁴seeing / saw some cows. I ⁵wasn't thinking / didn't think it was a problem and I ⁶was keeping / kept walking. Suddenly, they ⁷were starting / started running towards me! While I ⁸tried / was trying to escape, I ⁹was falling / fell and ¹⁰broke / was breaking my foot!

James: No wonder you only go to the park now!



LEARNING EXPERT Now I can ...

- ▶ describe experiences
- ▶ use 'mind' verbs
- ▶ use the past simple and past continuous
- ▶ talk about past habits with *used to*
- ▶ tell a personal story
- ▶ write a blog post about changes