# Unit 1

## 1.1; CD 1 Track 1

## Page 114, exercise 1

1 throw yourself into something – d

2 cheer up – f

3 feel down – c

4 get carried away – b

5 come across as – a

6 get into (something) – e

7 be over the moon – l

8 look on the bright side – h

9 be on the ball – k

10 keep your cool – g

11 be green with envy – j

12 be down to earth – i

## 1.2; CD 1 Track 2

## Page 114, exercise 3

1 open-minded – e

2 courageous – c

3 conscientious – f

4 sarcastic – g

5 astonished – a

6 thankful – b

7 disgusted – d

## 1.3; CD 1 Track 3

## Page 4, exercise 2A

T = Tom, A = Anna

**T:** Have you seen this quiz about the science of happiness?

**A**: Tom, you’re always distracting me from my work! But as a matter of fact, I’ve been feeling a bit low lately so I may learn something from it.

**T**: It might cheer you up too, you’ve been quite grumpy! Right, I have the answers here… First question. Why does eating chocolate cheer us up?

**A**: I think the answer’s ‘b’: because it contains serotonin, which I think is the chemical released when we fall in love. I’ve heard that eating chocolate can have the same effect as being head over heels in love.

**T**: True, but the actual answer is ‘c’, tryptophan. The body converts tryptophan into serotonin. Apparently, tryptophan is also found in foods like peanuts, red meat and cheese.

**A**: Some of my favourite foods!

**T**: Maybe your body knows what it needs! OK, question two. What do you reckon?

**A**: Hmm, is it ‘b’? I’m listening to lots of salsa music at the moment, which always makes me cheerful.

**T**: Good answer, but wrong. Researchers have found that sad songs actually lift our mood.

**A**: Really? Why’s that, then?

**T**: Apparently, listening to music that mirrors the way you feel helps you let go of the negative emotions you’re feeling.

**A**: Interesting! OK, what about question three? Eating comfort food like cakes makes me feel guilty afterwards and watching hours and hours of TV helps me switch off but I feel more depressed afterwards. So, is it ‘b’, baking cakes, as long as you don’t eat them?

**T**: Correct. There’s something genuinely therapeutic about baking. Apparently, when we concentrate on doing a structured activity that’s also quite physical, we stop focusing on how we feel.

**A**: That makes sense.

**T**: Right, next question. It’s about sleep. For optimum happiness, should we sleep six, seven or eight hours a night?

**A**: I think it’s either seven or eight.

**T**: Eight is the right answer. Getting enough sleep helps your brain process emotions healthily. Be careful though, getting too much sleep is nearly as bad as not getting enough!

**A**: Yes, I always feel awful when I sleep in till late. I usually only get six hours’ sleep a night, though. Maybe that’s why I’ve been feeling down.

**T**: It may well be! OK. Next question. What’s the best temperature for people to be happy?

**A**: Well, 30 degrees sounds a bit hot. 14 sounds a bit cold, so I’ll go for 22 degrees.

**T:** Actually, research from Japan suggests that 13.9 degrees Celsius is the best temperature.

**A**: Seriously?

**T**: Yes. And interestingly enough, temperature’s more important than other weather conditions like the amount of sunshine, wind or humidity.

**A**: Interesting. I would’ve thought sunshine was more important.

**T**: Apparently not. Anyway, last question. What has the greatest effect on our overall happiness?

**A**: Hmmm, well, I guess it depends what kind of pleasure. Some types of pleasure don’t last long, and I don’t think money can buy happiness, so is it b, feeling thankful?

**T**: Right again. According to some studies, gratitude also improves physical health and energy levels. Interesting, huh? So, do you feel any better?

## 1.4; CD 1 Track 4

## Page 4, exercise 3

1 Tom, you’re always distracting me from my work!

2 As a matter of fact, I’ve been feeling a bit low lately.

3 I’m listening to lots of salsa music at the moment.

4 Researchers have found that sad songs actually lift our mood.

5 When we concentrate on doing a structured activity that’s also quite physical, we stop focusing on how we feel.

6 I usually only get six hours’ sleep a night, though.

## 1.5; CD 1 Track 5

## Page 94

Good weather cheers us up.

I’m just walking out the door now.

I still haven’t received my exam results.

She’s been studying, so she turned off her phone.

**1.6; CD 1 Track 6**

**Page 5, exercises 5A and 5B**

1 She’s been staying at a friend’s house.

2 It’s been a long time since I’ve seen him.

3 He’s been working late again.

4 It’s ages until we go away on holiday.

5 She’s only just starting to write her assignment.

6 Jack’s been washing the car. He’s wet.

## 1.7 CD 1 Track 7

## Page 115, exercise 1

sensitivity

generosity

curiosity

reliability

fairness

selfishness

awareness

kindness

friendship

leadership

membership

relationship

tolerance

patience

annoyance

inconvenience

freedom

kingdom

boredom

wisdom

pride

loyalty

hatred

honesty

## 1.8; CD 1 Track 8

## Page 95

It was my grandmother who was the most important influence in my life.

It’s my biology teacher I really respect.

What you need is a good holiday.

What shocked him were the text messages he received.

The person I really want to meet is my old tutor.

## 1.9; CD 1 Track 9

## Page 9, exercise 6A and B

1 It was John who showed the most tolerance and patience.

2 It’s the five-hour journey that I find so unbearable.

3 It’s global warming that worries me most.

4 It was January when we went back to school.

5 It was one of the neighbours who broke the front door.

6 It wasn’t me who ate the last slice of cheesecake.

## 1.10; CD 1 Track 10

## Page 9, exercise 7A

**Tom:** My wife, Sylvia, and I have a big decision to make. What’s happened is that my company’s sales manager has just resigned, and I’ve been offered her job, which of course would mean moving to Mexico. I’ve made a list of advantages and disadvantages about moving, but the main reason why I’d like to take the job is that I’ve always dreamed about living in Mexico. I’d absolutely jump at the chance of moving there. It’s Sylvia that worries me though, she doesn’t speak Spanish, plus she’s just started a new job herself. I guess what I could do is fIy to Mexico every week then fly back home on the weekend …

**Sarah:** I have a bit of a dilemma. You see, one of my best friends, Amy, has just asked me if I could lend her £500 so she can buy a plane ticket to go to the USA this summer. The person she wants to visit is her stepfather, who lives over there, so it’s quite important to her. The thing that’s worrying me is that two years ago she borrowed some money but never paid me back. It was really upsetting, she took complete advantage of my generosity. We even fell out over it, but we made up last year. What worries me now is our friendship. If she doesn’t pay me back this time, I don’t think it will survive.

**Jake:** My dad runs his own marketing company. It’s the family business, and now he’s saying he wants me to take it over one day. However, since I was young all I’ve ever wanted to do is to be an architect. Not only that, I want the freedom to choose my career, and running the family business wouldn’t let me use the skills and knowledge I’ve learned at uni. It was actually my father who encouraged me to go to university and study architecture. That’s ironic, isn’t it! What’s most upsetting for me though is my mother, who says I have no family loyalty. That hurts.

## 1.11; (DVD 1) CD 1 Track 11

## Page 10, exercise 3A and 4A

A = Abigail, B = Ben

**B:** I know it's just a fire drill and we have them every three months, but I still think ‘what if it’s the real thing!’

**A:** I know, you really panicked! ‘Quick! Get out! Get out!’ Is that your laptop?

**B:** Yeah. Why?

**A:** Nothing. It’s just interesting, that’s all.

**B:** What do you mean?

**A:** Sorry, let me rephrase that. It’s kind of revealing that your laptop is your burning building item.

**B:** Um, I just grabbed it when the alarm went off. I don’t know if it’s my burning building item. Whatever that is.

**A:** What I mean by that is it says a lot about someone, doesn’t it? What they’d think of saving if the building was on fire.

**B:** OK, I get it. So, you’re saying that it’s like a test to see what it is that you value the most.

**A:** Exactly. We instinctively go for the things that are most important to us. And in your case, that’s your laptop. You must be very materialistic.

**B:** Hey, I need it for work! Go on then – what’s yours?

**A:** Let me see, so I can only pick one thing?

**B:** That’s right.

**A:** And it has to be from this apartment?

**B:** Yep. Look on the bright side, there’s not that much to choose from!

**A:** I’m thinking ... I’d probably take my phone.

**B:** Let me get this straight, you’d save your mobile from a burning building before anything else?

**A:** I think so.

**B:** So, what you mean is that your mobile phone is the most important thing in your life. Is that right?

**A:** Yeah ...

**B:** Or, to put it another way – you’re just as materialistic as me!

**A:** I guess I am!

## 1.12; (DVD 1) CD 1 Track 12

## Page 11, exercises 5 and 6A

A = Abigail, B = Ben

**B:** Cheer up!

**A:** Sorry! Thanks.

**B:** What are you dreaming about?

**A:** I’m just wondering – do you think you’d really save just your laptop?

**B:** In a fire? I don’t know. I’ve never really considered it before. But yeah, probably.

**A:** Why?

**B:** It’s, like, not the laptop that’s important. It’s everything that’s on it. I mean, I’ve been working from home for nearly a year now and everything is on that computer. It would be a huge inconvenience to lose it all.

**A:** Yeah. I see what you mean.

**B:** What about you? Would you save one thing, or try to grab lots of stuff?

**A:** That’s a good question. I think I’d save my grandmother’s ring as well as my phone.

**A:** It’s, basically, my most valuable possession. And I don’t mean expensive, it has a lot of sentimental value. It reminds me of my relationship with her, you know, all the good times we spent together.

**B:** Did she leave it to you in her will?

**A:** No, she gave it to me just before she died. You see, I can replace everything else, you know what I mean? But I can’t replace that.

**B:** Sure. There are other rings but that’s the one that belonged to your grandmother.

**A:** Exactly! Do you have anything like that?

**B:** Um, yes, I do actually. You know that guitar in my room?

**A:** The old one with the hole in the side?

**B:** Sure, it’s kind of old and broken but it was the first that I ever played. I’d be devastated to lose it.

**A:** More devastated than if you lost your laptop?

**B:** Gosh, that’s a hard one. But I think so, yeah. I’ve had it since I was eight.

**A:** So, what you’re saying is your guitar is your ‘burning building’ item.

**B:** I suppose so, but I’d save my laptop, too.

# Unit 2

## 2.1; CD 1 Track 13

## Page 116, exercise 1

1 bruise – f

2 lungs – a

3 plaster – h

4 bandage – b

5 spine – i

6 kidneys – c

7 liver – g

8 blister – d

9 ribs – e

10 plaster cast – j

## 2.2; CD 1 Track 13

## Page 116, exercise 3

1 pull a muscle – c

2 sprain – g

3 pick up a bug – e

4 take antibiotics – f

5 feel dizzy – d

6 allergic – b

7 see a specialist – a

## 2.3; CD 1 Track 15

## Page 12, exercise 2B and 3A

Today we’re overwhelmed by health advice in the media. But which of these popular tips are health ‘facts’ … and which are health ‘fiction’?

Tip One: Everyone should eat TEN portions of fruit and veg a day

Research has found that people who eat this amount have lower blood pressure and have a significantly lower risk of developing serious diseases, such as heart disease. However, realistically, few of us are likely to achieve the target of ten portions a day, and in any case, it isn’t essential for good general health. So although we ought to eat as much fresh food as possible as opposed to processed food, we don’t necessarily need to aim for as many as ten portions of fruit and veg. And also, remember that fruit is high in sugar, which isn’t good for you if you eat a lot of it.

Tip Two: Never miss breakfast – the most important meal

Interestingly enough, the word ‘breakfast’ comes from ‘breaking your fast’. So, is it OK to skip breakfast all together and not ‘break your fast’ until lunchtime? Well, there’s not as much evidence for our bodies needing breakfast as you might imagine. It’s what you eat that matters, not when. It doesn’t matter if you were in a rush and only managed to grab a coffee for breakfast yesterday if you had a healthy lunch and dinner. But when you find yourself reaching for a doughnut mid-morning, ask yourself ‘why do I need this?’ If you’re feeling dizzy or tired, you’d better rethink your eating habits urgently!

Tip Three: To stay fit, you need to walk 10,000 steps a day!

Doing regular, moderate exercise is definitely good for you, but apparently ‘10,000 steps’ is just a marketing slogan developed by pedometer manufacturers! Of course, we all need to get enough exercise, but it isn’t necessary to count steps in order to keep fit, especially if you already cycle or swim every day. I love my pedometer though, I have to admit. I find it motivates me to get out and about in the fresh air and drive less. If you need motivation to be more active, you really must get a pedometer. I highly recommend them!

Tip Four: Exercise is supposed to hurt. No pain, no gain!

You often see this on posters on gym walls, but it’s complete rubbish. Personal trainers are meant to advise you about how to avoid pulling a muscle or spraining a joint, not encourage you to push yourself and risk injury when working out. Exercising when you’re in pain is never good for you, because pain is your body’s warning signal. So, if something hurts, stop doing it! And be prepared to rest if you’re injured – it’s essential to give your injury time to heal.

Tip Five: Cold outside? Stay in, stay warm and you’ll stay well, too

Staying warm to stay well may sound logical, but actually, quite the opposite is true. Exercising in the fresh air should boost your immunity to viruses as it gets your heart and lungs working, which will in fact make you less likely to pick up winter bugs. So there’s no excuse for hibernating on the sofa all winter. Sorry!

## 2.4; CD 1 Track 16

## Page 96

You ought to ask Sophie what she thinks.

He managed to complete the race despite his injury.

You should be back at work within a week or so.

You’re not meant to eat just before bedtime. You need to return this form before the end of the month

## 2.5; CD 1 Track 17

## Pages 13, exercises 4A and 4B

1 You aren’t meant to wake someone up if they’re sleepwalking.  
2 If you can manage to go running every day, you should.  
3 Reading in low light is likely to damage your eyesight.  
4 You should be prepared to wait for at least 30 minutes after a meal before swimming.  
5 You don’t really need to brush your teeth twice a day.  
6 You ought to eat more carrots if you want to see in the dark.

## 2.6; (DVD 1) CD 1 Track 18

## Page 14, exercise 2

E = Eric, C= Cathy, TO = Tom, S = Sara, G = Gemma

**E:** Hello and welcome to the show. I’m your host, Eric Maduro. Today’s topic is well-being. We all want to feel healthy, happy and calm, but in the modern world, with its stressful pace of life, that’s easier said than done. So, what do you do to de-stress, relax and improve your mental wellbeing?

**C:** A few years ago, I was really struggling with work. I wasn’t managing my time properly. I was working too many hours and trying to fit too much in. Unsurprisingly, I was getting really stressed. Then I discovered mindfulness, a way of life that emphasizes being in the present moment – like looking at a flower as if you were seeing one for the first time. It really helped because it allowed me to take a step back, prioritize my workload and make time for me, too.

**TO:** I’m part of an art collective and it’s a great way to relieve stress. We all work on projects together. The current one is ‘Daily doodle’, where each day we all add our own section to the same drawing. It’s a lot of fun and I just love collaborating like that. I find creating the art itself very soothing, too.

**S:** If I’m stressed or generally not coping well with life’s everyday problems, I do origami. I find it so relaxing because you can totally lose yourself in it. People often call it ‘mindless meditation’ because you’re so focused on folding you forget the stresses and problems of everyday life.

**E:** Mindfulness …, mindlessness …, mind-*fold*-ness? These are just some of the ways to improve your wellbeing. And my next guest has tried them all. Gemma Viney is best known as a newspaper columnist. But recently she’s also become a wellbeing expert, even writing a book on the subject. Welcome to the show, Gemma!

**G:** Thank you for having me, Eric.

**E:** Gemma, your book is called *My Quest for Quiet Time*. So – and I have to ask this – did you find it?

**G:** You’ll have to read the book! Only joking – although you should definitely buy it. Seriously though I wrote the book because I think quiet time is something we all need, but far too few of us get. I mean, it’s ridiculous the way we all run around these days. We’re tired, we’re stressed and we’re all supposed to just cope with it all. Many of the so-called ‘experts’ say we can all manage anything, if we just set goals and persevere to achieve them. According to them, there’s no such thing as too much work. But, as far as I’m concerned, that simply isn’t true. And that’s why I wrote this book. To say to people, ‘It’s OK to slow down!’

**E:** But from what I can gather, the book is also very much about you and your own journey. How did it all start? You haven’t always been into mindfulness, have you?

**G:** No. Frankly, I have never been what you might describe as a relaxed person. A few years ago, I had two small children, I was working all the time and I wasn’t dealing very well with the pressure. One day I just decided to take some time off and do something for myself.

**E:** And you tried quite a few things that didn’t work out as well as might be expected.

**G:** You can say that again! The first thing I did was to join the gym. You know, ‘healthy body, healthy mind’ and all that. Now I’m sure the gym is brilliant ... for some people. But let’s just say, I’m not its biggest fan.

**E:** And what did you try next?

**G:** Meditating. I thought, ‘sitting down – now there’s something I can do!’ But actually, I found it unbearable. I just couldn’t handle the silence! Everyone would sit there with restful, empty minds and I’d just be thinking – ‘what’s for dinner tonight?’

**E:** What did you do in the end?

**G:** I bought a colouring book.

**E:** A coloring book? As in, a book you color in?

**G:** Absolutely. And if you ask me, it’s the best kind of therapy out there!

**E:** OK, I need to find out more about this! But we’ll need to wait until part two. Join us then!

## 2.7, CD 1 Track 19

## Page 117, exercise 1

1 persevere – b

2 collaborate – a

3 handling – d

4 manage – e

5 prioritize your workload – c

6 shown initiative – f

7 cooperate – i

8 set goals – h

9 deal with – j

10 cope – k

11 take the initiative – g

## 2.8; (DVD 1) CD 1 Track 20

## Page 15, exercise 5 and 6A

E = Eric, G = Gemma

**E:** Welcome back. Today, I’m here with Gemma Viney, author of *My Quest for Quiet Time*. We’re discussing the art of mindfulness and for you, Gemma, it seems ‘art’ is definitely the correct word.

**G:** That’s right. After trying so many different things I wanted to do something that was, well, a bit fun. So, when a friend suggested art therapy I thought, ‘why not?’.

**E:** Art therapy? What exactly is that?

**G:** First, I should point out that it’s nothing new. People have created art to reduce anxiety and stress for years. But in the past ‘art therapy’ was mainly a medical term as it was used for patients recovering from traumatic operations. While today’s art therapy is definitely similar in that people are ... using it to cope with stress, it’s no longer just a medical thing. Everybody’s doing it. And it can be any kind of art you want. Some people do origami ... some people paint ... and some people dance. The basic idea is that it’s something creative. Something you can lose yourself in.

**E:** And you decided on ... coloring books?

**G:** Don’t sound so surprised! I think this is particularly interesting because colouring books have become one of the most popular forms of mindful meditation. In 2012, the Scottish illustrator Johanna Basford wanted to do something different. So, she published an adult colouring book. It became a worldwide phenomenon, selling millions of copies and appearing on the bestseller list. Now, there are all kinds of adult colouring books, from underwater themes to forest scenes. And the next time you’re in a café, a library or even on a train, take a look around. You’ll probably see somebody colouring.

**E:** OK ... now, I might get in trouble for saying this, but aren’t coloring books for children?

**G:** Eric, you really should know better! Of course, traditionally, colouring in was a children’s activity. But just watch a child as they’re doing it. For them, nothing else exists. They are completely and utterly in the moment and that’s what mindfulness is all about. Adults can learn a lot from that. And it’s easy to start, too. All you need is a colouring book and some pencils! At first, I must admit, I really wasn’t sure. Let’s just say, I’m not the most artistic. I tried painting, but the best I could do was a house that looked like the work of a child. Origami really wasn’t my thing. Too much folding! But with colouring – I could realize my artistic vision. I’m an impatient person, but I could have coloured all day! It’s the best way I’ve found to be mindful. You should try it, Eric!

**E:** Oh, don’t worry – I’ve taken the initiative and bought a coloring book for myself! What do you think?

**G:** Looking good – I hope you feel more mindful, too.

**E:** I think I do! Thanks, Gemma and thank you for watching and remember – do try this at home! See you next time!

## 2.9; CD 1 Track 21

## Page 15, exercise 7A and 7B

1 After trying so many different things I wanted to do something that was, well, a bit of fun.

2 Art therapy was mainly a medical term as it was used for patients recovering from traumatic operations.

3 While today’s art therapy is definitely similar in that people are using it to cope with stress, it’s no longer just a medical thing.

4 I think this is particularly interesting because colouring books have become one of the most popular forms of mindful meditation.

5 And the next time you’re in a café, a library, or even on a train, take a look around. You’ll probably see somebody colouring.

6 Of course, traditionally, colouring in was a children’s activity.

## 2.10; CD 1 Track 22

## Page 117, exercise 1

1 A It concerns me that, at twenty-two, she’s never had a job. I find it worrying.

B I’m afraid I have a number of concerns relating to his health.

2 A I really regret not having spent more time with my grandparents when I was younger.

B My biggest regret is that I never learned another language.

3 A I’ve always envied people who have the confidence to speak in public. I find it impossible.

B I watched with envy as Lara and Sophie drove off to the beach.

4 A I have a full-time job and two small children. It’s a struggle to balance my work and family commitments.

B There are too few female politicians. We need a better gender balance.

5 A There was a loud bang and panic quickly spread through the crowd.

B I suddenly noticed that my bag had gone, and I panicked.

6 A As a public figure, he didn’t want the facts to become known in case it harmed his reputation.

B A bad night’s sleep once in a while won’t do you any harm.

## 2.11; CD 1 Track 23

## Page 117, exercise 2

1 The earthquakes have impacted the economy negatively.

2 Could you update me on how the project is going?

3 The prisoners escaped by digging a tunnel.

4 Top tennis players sacrifice a lot for their careers.

5 She studied hard and focused on passing her exams.

6 Living in a village benefits older people greatly.

## 2.12; CD 1 Track 24

## Page 97

Mira should be spending time with people her own age.

Tom might not even be going to the party.

They might have refused to lend Laura money. They didn’t say.

I needn’t have worried about Alex because he wasn’t upset.

Sophie can’t have been more than three in that photo.

Jack may have been trying to make me feel better! He said he liked my talk.

I should have been studying at home, but I went to Isabel’s party.

## 2.13; CD 1 Track 25

## Page 17, exercise 5A and 5B

1 I should have stayed in last night after all.

2 That music’s loud – our neighbours must be having a party!

3 Something amazing might have been happening while I was stuck at home.

4 I ought to be studying for my end-of-course exams.

5 He couldn’t have written the address down correctly.

6 They may not have been expecting so many people to come.

## 2.14; CD 1 Track 26

## Page 17, exercises 6A and 6B

**1:** Yeah, one day at work I started to feel dizzy and then I actually fainted – one minute I was talking to a colleague, the next I was lying on the floor. Collapsing like that was pretty scary. It made me realize that I must have been doing too much. My work had been piling up, I’d been under a lot of pressure from my boss and I had no work-life balance. That’s when my friend Ana gave me a book called *The Power of No*. I honestly think that book changed my life. I knew that my boss shouldn’t have given me so much work, and the book gave me the tools I needed to speak calmly to him and say ‘no’ to some of his demands.

**2:** A couple of years ago, I decided to learn how to meditate. I’d been getting splitting headaches and I thought ‘my body must be trying to tell me something’ as they were getting worse and worse and happening more and more frequently. I was panicking a bit before my first class – I thought that the other people might already know how to do it and that I’d hold the class back. I needn’t have worried about fitting in though – everyone was friendly, and they were all total beginners just like me. I don’t go to classes any more, but the ten minutes I set aside to meditate each morning really make a difference to my day and to my stress levels!

**3:** If I think I might be getting too anxious about something, I just call up my mates and we go out for the evening. Things are never as bad as they seem if you can talk them over with someone you trust and take your mind off whatever it is that’s stressing you out. In actual fact, I’m not the kind of person who lets problems get me down – my friend Rob might not have been joking when he said I was ‘as chilled out as a polar bear’, I’m a pretty easy-going type of guy and it does take a lot to make me stress out. I just don’t let it have an impact on my life.

# Unit 3

## 3.1; CD 1 Track 27

## Page 118, exercise 1

1 era – d

2 turn of the century – g

3 in chronological order – h

4 for good – l

5 leap year – e

6 die out – i

7 go out of fashion – j

8 switch – f

9 modify – c

10 transformation – k

11 stabilize – b

12 make a major adjustment – a

## 3.2; CD 1 Track 28

## Page 118, exercise 2

1 decade

2 for the time being

3 in those days

4 evolve

5 transition

6 in your lifetime

7 millennium

8 become obsolete

9 adapt to

10 in the long term

## 3.3; CD 1 Track 29

## Page 22, exercises 3A and 4

D = David, L = Lena

**D:** As I’m a total sports fan, I was really interested in this stone ballgame belt from Mesoamerica – what is North and Central America nowadays.

**L:** How can you play a ballgame wearing a big lump of stone round your waist?

**D:** Well they think this one was just for sports ceremonies. They would use leather belts for the real games, to protect their hips while keeping a rubber ball up in the air – a bit like volleyball, but with your hips instead of your hands. Apparently, it’s the oldest ballgame in the world. People were playing it 3,500 years ago, although in those days the losers were sometimes killed!

**L:** Really? Even you don’t take sport that seriously, David.

**D:** And it still hasn’t gone out of fashion. In fact, a version of it – called ulama – is still played in Mexico. So, what caught your eye, Lena?

**L:** It would have to be the Rosetta Stone. It was such an amazing thing to find, because it had the same text in different languages and forms of writing, including Egyptian hieroglyphic symbols and Ancient Greek.

**D:** Interesting! When does it date from?

**L:** They think it was written in 196 BC, but it wasn’t found again until 1799. It was such an important find because scholars had been trying to work out the meaning of Egyptian hieroglyphs for ages. Finding the stone led to a transformation in their ability to translate them.

**D:** So, it was a bit like the Google Translate of its era?

**L:** Well, you could say that! Right, the other object that struck me was a print. Hokusai’s ‘The Great Wave’.

**D:** Oh, my dad used to have a poster of that on his office wall.

**L:** That’s not surprising as it’s one of the most reproduced images in history. It’s been on posters and prints as well as scarves, mugs, and phone cases. It’s even recently become an emoji!

**D:** Really? I haven’t seen it on my phone. Oh wait, yes, here it is, with the ‘animals and nature’ symbols. I can’t believe I didn’t know that! Anyway, so if the museum does this exhibition again in 100 years’ time, what do you think they should put in to represent the first part of this new millennium?

**L:** Hmmm, maybe a selfie stick, to show how, well, in our lifetime at least, people were always thinking about their image?

**D:** I’d maybe go with an electric car. Whatever happens with climate change in the long term, I’d like future generations to know that we were trying to do something about it.

## 3.4; CD 1 Track 30

## Page 98

I was jogging along Green Lane when I saw her.

Jess and Mark had already left by the time we arrived.

Funnily enough, I’d been thinking about Lily when she called.

My parents used to throw really big parties once or twice a year.

She didn’t use to wear her hair so short when she was younger.

We would often see her on our way to school.

I was always begging my mother for a pet.

## 3.5; CD 1 Track 31

## Page 23, exercises 6A and 6B

1 Tim and Jan had been travelling for hours.

2 The shopkeeper thought Tom had been stealing from him.

3 It looked as though the neighbours had been decorating their house.

4 I didn’t know that our sales manager had been working abroad.

5 I told her that everyone had been listening to her conversation.

6 It was obvious that Carl had been practising his speech.

## 3.6; CD 1 Track 32

## Page 23, exercise 7B

When I was younger, my friends used to think I was really fortunate because my dad was obsessed with video games. At dawn every day, I’d hear loud cheers from the living room as he squeezed in some gaming before breakfast. Every now and then he’d get out some of the old games he’d played as a teenager, almost three decades earlier. Although they’d gone out of fashion, they were fun, but also quite annoying as you had to switch consoles and plug in different equipment. Dad would often talk about the idea of a games console you could play any game on. Then one day, while I was googling something else, I discovered that a company in Ireland had made the console Dad had been dreaming of! The ‘Retrobox’, has over 1,200 retro games on it and I got my dad one. He felt like all his birthdays had come at once!

## 3.7; CD 1 Track 33

## Page 119, exercise 1

1 going round in circles – d

2 come clean – c

3 keep you going – f

4 comes first – e

5 been on the go – b

6 going wrong – g

7 go into detail – h

8 have a long way to go – a

## 3.8; CD 1 Track 34

## Page 119, exercise 2

1 come up against

2 when it comes to

3 It goes without saying

4 go according to plan

5 come to light

6 still to come / yet to come

7 How come

8 come easily

9 going from strength to strength

10 go halves

11 go missing

12 comes up

## 3.9; CD 1 Track 35

## Page 99

The new treatment will be considerably more expensive than existing treatments.

His new novel isn’t nearly as complex as his previous one.

The more I see him, the less I like him, to be honest.

Her health’s just getting worse and worse.

## 3.10; CD 1 Track 36

## Page 27, exercise 5A and 5B

1 Frozen pizza is nowhere near as tasty as homemade pizza.

2 It’s becoming harder and harder to find decent coffee.

3 Argentinian beef is far better than beef produced anywhere else.

4 Making bread is a good deal cheaper than buying it.

5 The more healthily we eat, the happier we are.

6 People are becoming less and less able to cook well.

## 3.11; CD 1 Track 37

## Page 27, exercises 6A and 6B

M = Marie, L = Luke

**M:** Mmmm, these nachos are great, aren’t they, Luke? By the way, did you know that ‘Nacho’ was the nickname of the guy who invented them? His real name was Ignacio. He ran a restaurant in Mexico in the 1940s but created the nachos for some visitors from the United States when his cook went missing!

**L:** I knew nachos weren’t typical Mexican food, but I didn’t know that story! To be honest, I’m not actually that keen on them. I prefer guacamole, it’s one of my favourite things to eat. But it has to be freshly made, with real mashed avocados and fresh coriander. That dark green stuff you can buy in jars doesn’t even come close – it doesn’t taste of avocados at all. And the same with the salsa – there’s nothing better than a bowl of freshly chopped tomatoes and onions, but something that comes out of a jar and tastes of chemicals … no thanks!

**M:** I disagree – I think the stuff in jars is really nice, too. I don’t mind convenience food. My only problem with it is that once I start eating it, I can’t stop and then I end up feeling iller and iller!

**L:** That’s because a lot of convenience food is kind of addictive, so you just want to keep eating more and more of it, even though it doesn’t keep you going. Hey, talking of snacks named after people, I know another one. And this one’s much better at making you full and keeping you going!

**M:** Which one?

**L:** Sandwiches! Apparently, there was this British statesman called the Earl of Sandwich, which I think is a place in England. He was working away at his desk and asked for a serving of roast beef to be put between two slices of toasted bread, so he could eat with one hand and not interrupt his work. It caught on, and soon everyone was asking for ‘the same as Sandwich’!

**M:** Great story! I have to admit though, sandwiches aren’t the most exciting snack ever.

**L:** Nonsense! You can use any type of bread, any type of filling …

**M:** I much prefer nachos.

**L:** I’m afraid we’ll have to agree to disagree on that one!

## 3.12; (DVD 1) CD 1 Track 38

## Page 28, exercises 2 and 3B

A = Abigail, B = Ben

**A:** Are you OK?

**B:** I’m bored.

**A:** You’re 25! You shouldn’t be bored. These are the best days of your life!

**B:** Supposedly.

**A:** Someone’s in a bad mood! When were the best days of your life then?

**B:** Thinking back, my college days were brilliant. If I could turn back time, I’d go back in a second. Those were the days!

**A:** Really? They were? When I think back to that time, I just remember never having any money. I was always broke!

**B:** That’s true. But we had so much fun, didn’t we?

**A:** Yes, we did. And, if I remember right, you used to miss a lot of classes in order to have so much fun!

**B:** True, again. You were much more serious about your studies than I was! With the benefit of hindsight, I should’ve worked harder but come on – we used to have the best nights out! Do you remember when The Del Funk Trio played?

**A:** The Del Funk Trio? Now that takes me back!

**B:** Do you remember, you got up on stage with them and invented that dance!

**A:** Oh yeah! It’s all coming back to me now!

**B:** Good times!

**A:** Yes, but it wasn’t all fun. When I think back to college, all I remember are projects and essays. And it goes without saying – exams. I still have nightmares about it now.

**B:** So, what about you then? When were the best days of your life?

**A:** I don’t know. When I was a kid, I guess. Maybe nine or ten?

**B:** Seriously? How come? Being a kid is so boring! I didn’t do anything exciting, just stayed at home and went to school.

**A:** I mean, I didn’t think it then. I couldn’t wait to grow up and have some freedom. But in retrospect, a lot of my happiest memories come from that time.

**B:** Such as?

**A:** Oh, I don’t know. Like, do you remember the *Tracey Clancy Show*?

**B:** The *Tracey Clancy Show*? What a blast from the past!

**A:** I was a huge fan.

**B:** Um, wait. That’s the happiest memory in your entire life? The *Tracey Clancy Show*?

**A:** I was ten and our school got to be in the audience! It was amazing!

**B:** I can’t think of anything worse.

**A:** I can. Your dancing at The *Del Funk Trio*.

**B:** What? These moves never go out of fashion!

**A:** That’s because they were never in fashion!

## 3.13; (DVD 1) CD 1 Track 39

## Page 29, exercise 5 and 6

A = Abigail, B = Ben

**B**: Hey, how’s it going? Er ... hello?

**A**: Sorry! I’m just watching some old videos from college. I completely forgot about when we went bungee jumping.

**B**: Bungee jumping?! You’re always leaving out your best stories!

**A**: Well, I wasn’t supposed to do it, I just went to watch!

**B**: OK – you’re going to have to go into a bit more detail on this one!

**A**: I went on a weekend trip after my exams. I’d been constantly on the go, so I needed it. I went with my roommate at the time. Do you remember her?

**B**: Anna … I mean Hannah! Is that right?

**A**: That’s it. Hannah with an H. Anyway, she decided that she’d always wanted to, you know, that she’d always wanted to do a bungee jump.

**B**: But why did you go?

**A**: It wasn’t far and well I couldn’t, I mean, I just wanted to be a good friend, I suppose. Give her some moral support.

**B:** Yeah, but you don’t like doing risky things!

**A**: You know me and activities, the safer, the better! But when we got there Hannah suddenly came clean and admitted she was afraid of heights.

**B**: So, what happened?

**A**: We talked about if for ages, but we were going round and round in circles. In the end, I decided to jump with her, otherwise she wouldn’t have had the courage.

**B**: You did it?! But weren’t you terrified?

**A**: I don’t know how but I really kept my cool!

**B**: What was it like?

**A**: Absolutely terrifying. Until about halfway down, when I got this intense rush of adrenaline and excitement. It was such an amazing experience!

**B**: And what about Hannah?

**A**: She jumped with me! That’s the video I’m watching now. I’ll never forget the look on her face!

**B**: Let me see. Oooh!

**A**: There she goes!

## 3.14; CD 1 Track 40

## Page 29, exercise 7B

1 We've been trying to, you know ... we've been trying to spend less money.

2 I have to go now, but I'll see you tomorrow ... I mean, later this evening.

3 I've not been able to, you know... I haven't contacted the bank yet, sorry.

4 Does your brother still fix dishwashers ... I mean, washing machines?

5 Gary is a nice guy but he's a bit ... you know, we're not great friends.

6 Don't drive into town. There's a big, you know ... there's a big match. Traffic will be awful.

# Unit 4

## 4.1; CD 2 Track 1

## Page 30, exercise 1B

P = Presenter, Dr A = Dr Arends

**P:** Dr Arends, you believe we should stop fearing failure and learn to embrace it instead – Is that right?

**Dr A:** Absolutely. Failure can be useful for improving our lives – embrace failure. We can learn from our mistakes - but it’s no good ignoring them or pretending they didn’t happen! Take Michael Jordan for instance - he was rejected by his high school basketball team, but he didn’t let that stop him fulfilling his dream. Instead of complaining or giving up, Jordan studied his weaknesses, and practised over and over to improve. He became possibly the greatest basketball player ever, which just goes to show that failure can make us stronger if we don’t let it hold us back.

**P:** And is it common to see that kind of determination in the face of failure?

**Dr A:** Well, another good example is Beyoncé. Her first band, *Girl's Tyme*, failed to win a talent show contest. It was upsetting, but afterwards Beyoncé became even more determined to follow her dreams. And as you know, she became one of the most successful performers ever to set foot on a stage!

**P:** Yes! Somewhere in her mind, she knew she could triumph over failure.

**Dr A:** Exactly. And failure can also encourage us to be creative and try other ways to reach our goals. For example, the American inventor Thomas Edison famously tried many ways of making a lightbulb. Apparently, he said, ‘I haven’t failed. I’ve just found 10,000 ways that don’t work!’, which is a great way to look at it!

**P:** And it proves the saying ‘If at first you don’t succeed, try, try again.’

**Dr A:** True! Another interesting thing is that failure can create great opportunities.

**P:** Really? How?

**Dr A:** Well, mistakes can give us something to think about. For example, in the 1990s, the well-known technology company Apple developed an electronic notepad, the Apple Newton. It went down like a lead balloon, and they lost money. However, years later, the company’s CEO, Steve Jobs (who interestingly enough had been fired from Apple, his own company, a decade or so before), realised that they could use similar technology to create the extremely successful iPhone and iPad. Something that started out as a bit of a disaster went on to exceed all their expectations.

**P:** So what you’re saying is that if you can imagine yourself doing something, you should go for it!

**Dr A:** Definitely! Remember that many of the most successful people ever to exist were also brilliant failures. That’s reassuring, isn’t it!

**P:** It sure is! So, Dr Arends, what’s the main piece of advice you’d like people to take away today?

**Dr A:** Well, just remember: if you hit a problem or mess something up, you should do anything except give up! There are plenty of ways to turn failure into success!

## 4.2, CD 2 Track 2

## Page 120, exercise 1

1 thrived – e

2 passing with flying colours – f

3 caught on – b

4 met targets – h

5 failing miserably – d

6 messing up – i

7 falling short – j

8 missed a deadline – g

9 accomplished – c

10 holding me back - a

## 4.3; CD 2 Track 3

## Page 120, exercise 2

1 was to blame

2 made it

3 exceeding my expectations

4 fulfil his ambition

5 success stories

6 triumph over

7 fell flat

8 go bankrupt

9 went down like a lead balloon

10 lacking in

## 4.4; CD 2 Track 4

## Page 28

We persuaded her to come with us.

This enabled me to spend more time with my family.

She was the youngest person to make this journey alone.

I have nothing to do.

My mother made me apologize to him.

I hate people being rude to waiting staff.

It’s no use thinking about that now.

## 4.5; CD 2 Track 5

## Page 31, exercises 5A and 5B

1 Support from his family helped him to accomplish a great deal.

2 She was too determined to give up that easily.

3 They didn’t expect us to ask so many questions.

4 They were delighted to have passed with flying colours.

5 Hard work is the best way to meet your targets.

6 I advised her to apologize for the error.

## 4.6; CD 2 Track 6

## Page 120, exercise 1

1 make more time

2 took it the wrong way

3 make ends meet

4 made Daniel’s day

5 take it well, taken it badly

6 takes her health for granted

7 taken a wrong turn

8 take a chance

9 make it up to

10 made the best of

11 make the most of

## 4.7; (DVD 1) CD 2 Track 7

## Page 32, exercises 2 and 3

T = Tasha, R = Rich, S = Sara, C = Cathy, TA = Taylor

**T:** Hello and welcome to the show! Today, we’re discussing mistakes. We’re all human and humans are known to make mistakes – good mistakes, bad mistakes, mistakes with surprising outcomes – there are many different kinds. But some are more embarrassing than others! We took to the streets to find out your most embarrassing mistake.

**R:** I once texted a girl to ask her out on a date and I was really disappointed when she failed to reply. It wasn’t until the next morning I realized I’d actually sent the text to my boss! Luckily, my boss has a good sense of humour and said it had made her day! Plus, because of all this, she set me up with her daughter. So, I’m no longer single!

**S:** I once sent an angry email to my entire office asking who had stolen my mug. I later found it at the bottom of my drawer, which meant I had to stand up in front of everyone and confess my mistake. They took it well and just laughed, but I still made it up to them by buying a lot of chocolate!

**C:** I love learning language, but it’s tough and I’ve made tons of mistakes! I once tried to tell my Spanish class that I felt embarrassed about something, but they all seemed to take it the wrong way. I couldn’t understand why they were laughing until I looked it up. Turns out I’d said I felt ... pregnant!

**T:** We can all agree that making mistakes is natural. But according to our next guest, they’re also a necessary part of life. Hello Taylor Wright!

**TA:** Hello Tasha!

**T:** Taylor, your vlog is called *Oops, I’d do it again!* It now has over 2 million subscribers, but you say that the idea for the vlog was all brought about by just one video.

**TA:** That’s right, Tasha. I’ve always liked to tell funny stories, usually at my own expense. But the vlog all started when I posted a video telling the story of a mistake I’d made. I called it ‘the story of the passenger seat’.

**T:** That’s one of my favourites. Let’s take a look.

**TA:** Hi guys, so today I asked my brother to take me to the mall to buy new sneakers. He dropped me at the entrance and told me to meet him there in ten minutes. I went in, got the shoes, came out and jumped in my brother’s car. Or so I thought: I looked up to see a little old lady. I didn’t know what to say. I considered leaving, but instead I took a chance and said ‘do you like my new shoes?’ She just looked at me and the two of us couldn’t help laughing! Her name was Marjorie and it turned out she was very cool. We talked for a long time, so my mistake led to a great friendship. My brother wasn’t happy, though. He was left waiting for hours! I had no idea so much time had passed.

**T:** So, it was because of that video that you started your vlog?

**TA:** Yeah, I just got such a positive reaction from people, mainly due to the ending. People enjoy hearing about mistakes that end well, ‘good’ mistakes, so to speak. As a result, that’s the message of the whole blog – make more mistakes, you never know where they might lead!

**T:** Which we’ll discuss in more detail in part two. See you then!

## 4.8; (DVD 1) CD 2 Track 8

## Page 33, exercises 5 and 6A

T = Tasha, TA = Taylor

**T:** Hello everyone – welcome back. Today we’re discussing ‘good’ mistakes with Taylor Wright, owner of the *Oops, I’d do it again!* vlog. So, Taylor, your first video started the vlog, but it was really your second video that got it moving, wasn’t it?

**TA:** Yes, it was. I really appreciated people sending in their stories and I read and watched them all. I noticed that the same theme kept coming up again and again: mistakes often have positive outcomes. So, I decided to make a video about it.

**TA:** Thanks for all the comments and hilarious stories, guys. You know, I always took it for granted that mistakes were a bad thing. But then I read your stories and saw that so many of them end well. I did a little research and there are loads of similar stories. Like this guy. When Australian Harley Windsor was nine years old his mother took a wrong turn on a drive around Sydney, Australia. As a result of this wrong turn, they found themselves outside an ice skating rink. So, Harley decided to go in and try ice skating, and he loved it. Since then, he’s become a national champion, a world champion and represented Australia at the Winter Olympics. And then there’s the incredible tale of Raheen Bhakta, who accidentally transferred $1200 to the wrong account. At first, he felt like crying, but then he tracked down the person he sent it to and met Amandeep Khatri, a bright college student struggling to make ends meet. Amandeep begged Raheen to let her keep the money until she finished college. Struck by her ambition, he agreed to help pay her course fees. She returned the loan after finishing her degree. They became friends and guess what? Now they run a successful business together! So, now I want to hear from you! What are the most awesome mistakes you’ve ever made? Send them in!

**T:** The idea of making the best of your mistakes has really become the message of the whole vlog, hasn’t it?

**TA:** Oh, totally. And it’s no small thing – we’ve had stories from people all over the world. TV shows have invited us to appear as guests and businesses have even asked us to train their staff.

**T:** Train their staff? How does that work?

**TA:** We tell them stories we’ve heard and ask them how they might try to apply them to their work. For creative industries that could mean exploring mistakes for ideas. In manufacturing, it could be thinking about the mistakes customers sometimes make. You know, like poka yoke.

**T:** Er ... sorry?

**TA:** Poka yoke is a Japanese term meaning ‘mistake prevention’. It started with car manufacturers in the sixties. They noticed workers making the same mistakes over and over again. So, they created processes to prevent people from making those mistakes. Now you see it everywhere. Ever noticed that you can’t turn on your washing machine until the door is closed? Or how a plug perfectly fits a socket? That’s poka yoke! And it wouldn’t be possible without first noticing your mistakes. Some mistakes are good because you learn from them, others are good because they lead to something else.

**T:** And after all this time talking about mistakes, do you still make them?

**TA:** Of course I do – and I wouldn’t change that for anything! We should all make time to make more mistakes!

**T:** Thank you, Taylor. But there is one mistake you should never make – and that’s to miss our show! Make sure to tune in next week!

## 4.9; CD 2 Track 9

## Page 33, exercise 7B

1 Hello everyone.

2 I’d do it again.

3 Mistakes often have positive outcomes.

4 So I decided to make a video about it.

5 They found themselves outside an ice-skating rink.

6 He agreed to help pay her course fees.

## 4.10; CD 2 Track 10

## Page 121, exercise 1

1 turned a blind eye – g

2 was the last straw – h

3 call it a day – a

4 out of the blue – b

5 know it inside out – f

6 the best of both worlds – e

7 costs an arm and a leg – c

8 a blessing in disguise – d

## 4.11; CD 2 Track 11

## Page 121, exercise 2

1 g a piece of cake

2 h bite off more than you can chew

3 c cross that bridge when you come to it

4 f food for thought

5 e fight a losing battle

6 b let your hair down

7 a hit the nail on the head

8 d pull your leg

## 4.12; CD 2 Track 12

## Page 101

Never had she known such sadness.

Rarely had I seen her so excited about anything.

Not only did we have a fantastic breakfast, but we also had a delicious dinner.

Not until I graduated did I appreciate my education.

The medicine didn’t cure him completely, but it did help with the symptoms.

Isabel does want tickets for this Saturday after all.

Lionel is planning to come to our party.

## 4.13; CD 2 Track 13

## Page 35, exercises 5A and 5B

1 It’s true that my sister does have a bad temper.

2 Although he denies it, I think he did intend to be rude.

3 Do stop pulling my leg! I know it’s not true!

4 I’ll be amazed if Marco does come out. He never lets his hair down.

5 It’s true that these shoes do cost a lot, but they’re so smart!

6 Do help yourself to tea and coffee.

## 4.14; CD 2 Track 14

## Page 33, exercise 6

J = Joe, K = Keira

**J:** I’ve made a decision today, Keira. I’m coming off all social media. That’s it, I’m calling it a day.

**K:** But why? I love reading what you tweet, and you’re an amazing photographer – I’ll really miss your pictures on Instagram.

**J:** I do get that, thanks, but for me, it’s become too stressful. Only when my brother pointed out how irritable I’ve been recently did I realise how dependent I am on other people’s responses to what I post, and how upset I get about negative comments. And not only do they make me feel bad, I also end up wasting huge amounts of time answering them. And someone was bullying me relentlessly yesterday, it was the last straw.

**K:** Oh, you should just ignore them. If you do respond, it’s just giving the trolls what they want.

**J:** I know that, but I can’t help it. It just feels like I’m fighting a losing battle. So from now on, the internet’s just for looking up information and buying stuff I need.

**K:** So I won’t get to see any more cute pictures of your cat?

**J:** I’m afraid not. You’ll just have to come over and see him in real life!

**K:** OK, good point. I do feel that we sometimes miss out on spending time together because we’re so busy staring at our screens all the time. You see it everywhere – no sooner do people have a spare moment than they get their phones out. They’re not looking around them or interacting with anyone.

**J:** Yes, exactly. You’ve hit the nail on the head there.

**K:** But on the other hand, social media and things like Skype are a great way to keep in touch with friends and family all over the world. My sister’s living in Japan at the moment, and we Skype every week. It makes all the difference.

**J:** Yeah, I agree that Skype’s great, because it’s real contact, whereas the picture sharing sites often seem to be about showing off or documenting mundane, trivial things that nobody’s really interested in.

# Unit 5

## 5.1; CD 2 Track 15

## Page 122, exercise 1

1 mediocre

2 desire

3 appalling

4 bear

5 loathe

6 fan

7appeal

8 adores

9 fabulous

10 inadequate.

## 5.2; CD 2 Track 16

## Page 122, exercise 3

1 h – is wild about it

2 g – obsessed with

3 i – find it preferable to

4 f – tedious

5 e – inferior

6 b – gets on my nerves

7 j – sensational

8 a – promising

9 d – detests

10 c – have a strong desire to

## 5.3; CD 2 Track 17

## Page 40, exercise 3A

When it comes to entertainment, the choice of films, TV shows, songs, books and video games today is overwhelming. Plus, with so much content available, it’s easy to get lost. One major video-on-demand service, Netflix, offers users 13,000 titles at any one time. Netflix knows it has just 90 seconds to persuade you it has something worth watching, so it uses recommendation algorithms to help you make a choice. These digital algorithms analyze what you buy, access and ‘like’, and then make personalized suggestions. We’ve all seen these kinds of recommendations on websites and other online services: ‘You might like…’, ‘If you like this, you’ll love …’. But how effective are they? Do they really know what we like? Well, digitally-generated recommendations can often fall short. Computer programs don’t really ‘know’ us very well, although they try to. Maybe you once streamed *Beauty and the Beast* for your niece. Do you now have a strong desire to watch every Disney film ever made? Probably not! But an online service might recommend them to you anyway. Algorithms can analyze our data, but not our motives. So, is there another way to get suggestions? Argentinean app-developers Gastón Silberman and Esteban Brenman certainly hope so. They’ve developed a peer recommendation app called Tril, which lets you see recommendations from people you have a connection to, rather than from big companies who can only guess what you like based on past behaviour. One consumer survey suggests 92% of us find recommendations from friends more helpful than algorithms. Tril has several useful features. Firstly, you can see which films your friends have watched, but you haven’t, and learn what kind of stuff appeals to them. It also allows you to edit which recommendations you see. Maybe a friend has outstanding taste in music, but you can’t bear the detective shows and rom-coms that they seem to adore. No problem; you can choose to view their opinions on some form of entertainment, but not other ones. And finally, you can also share your own recommendations. Right now, your social group might not yet know your views on the 5 most fabulous video games ever, but perhaps it should! What’s …

## 5.4; CD 2 Track 18

## Page 102

He came in and went straight to bed.

Sarah didn’t go clubbing, but we did.

I haven’t told David, but maybe I should.

Joe thought that Oscar was cross, but he wasn’t.

‘So will the party be going ahead?’ ‘I assume so.’

‘You’re not going this evening, are you?’ ‘I’m afraid not.’

## 5.5; CD 2 Track 19

## Page 41, exercise 5A and 5B

1 She asked me if I’d like to go skydiving. I said I’d love to.

2 He told me to read the reviews, but I didn’t want to.

3 She needs to fix her bike, but she doesn’t know how to.

4 There will be time to see the performance, if you’d like to.

5 They tried to pay for our tickets, but I told them not to.

6 I haven’t managed to see the last season yet, but I hope to one day.

## 5.6; CD 2 Track 20

## Page 41, exercises 6A and 6B

I = Ian, J = Joanne

**I:** So Joanne, have you seen the futuristic drama series 3%? It’s fabulous.

**J:** No, not yet. My boyfriend suggested watching it together, but I decided not to. I’ve heard it’s bit disturbing.

**I:** Erm, I guess so. Some parts are.

**J:** But Bianca Comparato’s in it, isn’t she? I loved her in her last movie.

**I:** I didn’t see that one.

**J:** Oh, you definitely should if you get the chance. By the way, did you know that King EZ is doing a live show here next month? Do you fancy coming?

**I:** I don’t think so. I’m not a huge fan of hip hop.

**J:** Really? I find it much preferable to the soul music you like!

**I:** Well, soul music is soothing. Hip hop and rap music can be too energetic. To be honest I’m working so much at the moment, so when I’m not, I need relaxing things in my life!

**J:** Hmmm, let me think, relaxing music … Have you heard Sam Smith’s latest album?

**I:** Sam Smith? He’s a British singer, isn’t he? No, I’ve never listened to any of his music, but I’d like to.

**J:** Oh, I’m sure you’d love it if you did. His songs are perfect for unwinding when you’re stressed out. I’ll send you a link if you like.

**I:** Thanks, it would be great if you could.

## 5.7; CD 2 Track 21

## Page 122, exercise 1

-ate: exaggerate, anticipate, associate, deteriorate, negotiate

-en: straighten, brighten, ripen, soften, sweeten, weaken

-ize: generalize, emphasize, minimize, summarize, sympathize

-ify: justify, clarify, notify, simplify, specify

## 5.8; CD 2 Track 21

## Page 103

I lived in the apartment next to the park.

Jack was the guy waving from the other side of the street.

We have a proposal to make driving safer.

These are some ideas that I thought of yesterday.

He gave me a beautiful blue sugar bowl.

## 5.9; CD 2 Track 22

## Page 45, exercise 6

1 I need a socket to plug in my phone charger.

2 We bought some plants at the garden centre.

3 I can’t find the tin opener anywhere.

4 We watched a comedy show on TV last night.

5 Put on your seat belt. It’s compulsory to wear one.

6 The police found her fingerprints all over the crime scene.

## 5.10; CD 2 Track 23

## Page 45, exercise 7A and 7B

**1:** The most eccentric person I know is a guy who lives in the same building as me: Paul. Ever since he was a boy, he’s refused to wear shoes! I’m not exaggerating, he didn’t even wear shoes on his wedding day – he showed me the photos to prove it! He reckons shoes make him feel trapped and restricted and that apparently, there’s scientific evidence that proves that connecting to the Earth’s natural energy, I mean, when you’re going barefoot, helps our bodies fight infection and disease. He loves going barefoot so he can feel the different textures of the surfaces he walks on - even if they are occasionally sharp and uncomfortable.

**2:** My friend Eddie’s older sister Marisa is pretty quirky, I’d say. She’s obsessed with what life was like a century ago. For a start, she never listens to modern-day music, only music from the 1920s. She doesn’t use any modern products either, you know, like kitchen appliances or trainers, she says we’re tricked into wanting them by the advertising campaigns of corporations that just want our money. She also only dresses in the 1920s style, and all the furniture in her flat is stuff from that era that she’s found in second-hand stores. I think she’s quite cool, actually.

**3:** My parents’ friend Sara is eccentric. She adores the colour green, I mean she’s completely wild about it. Her car’s emerald green and she dyes her hair a rather shocking shade of bright lime green. She also tries to eat green food whenever she can – for her, nothing is better than a dish of avocado, broccoli, peas and spinach! She’s vegetarian though so I guess that helps. Oh, not only that, she even has a huge piece of transparent green plastic covering the window of her bedroom so that everything in it looks green! She’s actually a chef, so has to wear a white uniform at work though, which she doesn’t mind too much.

## 5.11; (DVD 1) CD 2 Track 24

## Page 46, exercise 2 and 3

A = Abigail, B = Ben

**A:** More junk mail! We really need to get a sign for the door. Wait a second – they’re closing The Stella!

**B:** The Stella? You mean the cinema in town?

**A:** Yeah, I think so. Yep, that’s the one.

**B:** That’s appalling. First the Main Street Theatre and now The Stella.

**B:** You know, I absolutely love that cinema. I have done since I moved here. I always associate it with the excitement of my first few months in the city. I wonder why it’s closing.

**A:** My guess is that it’s struggling to make money since all those huge new Megaplexes opened.

**B**: I reckon you’re right. I’m really not a fan of those places. They try to get you to buy stuff you don’t need, it really gets on my nerves, and the buildings are so ... average. Totally soulless. I mean, The Stella is a sensational building, it has so much history and atmosphere!

**A:** Oh yeah, that 1920’s facade is fabulous! I wonder whether it might reopen?

**B:** I’d say that’s unlikely. I guess there’s a slim chance they’ll keep the building, but I doubt they’ll reopen it as a cinema. Unless they can compete with the Megaplexes, but I doubt they’ll be able to do so.

**A:** Presumably, they’ve already looked into it and realized they just can’t compete with large corporate movie theaters.

**B:** True. I wouldn’t be surprised if that’s the end for small, independent cinemas in the city.

**A:** I guess so, too. What’s left? The Screen on Green Street?

**B:** Yeah, although, in all probability, that will end up closing soon, too. For exactly the same reasons.

**A:** Well, let’s not get too depressed. The Stella doesn’t close until the end of the month. Maybe we should make the most of it while we still can! Feel like a movie?

**B:** That’s a brilliant idea! That new Coen Brothers film might be on. It’s supposed to be outstanding.

**A:** Let’s go!

## 5.12; (DVD 1) CD 2 Track 19

## Page 47, exercises 5A and 5B

A = Abigail, B = Ben

**B**: That new film *Eva* came out today.

**A**: Really? *Eva* came out today? I didn’t realize. Do you want to see that one instead?

**B**: Instead of the Coen Brothers film?

**A**: Yeah. *Eva* is supposed to be pretty good.

**B**: Why don’t we watch both of them?

**A**: Wow, you really adore The Stella, don’t you?

**B**: I’m just trying to take advantage of it while it’s still here!

**A**: Don’t worry, I get it! That sounds good to me. What’s the best way to get there?

**B**: Past the theatre and down by Wiltons.

**A**: Wiltons? The old music store?

**B**: That’s the one.

**A**: It closed down, too.

**B**: It closed down? Are you serious?

**A**: Yeah, well over a month ago. It’s sad, isn’t it? I imagine most of these older, independent places will close before too long.

**B**: And they’ll all be replaced by big chains.

**A**: The city is certainly changing. Have you been downtown lately? There are so many new office buildings being built.

**B**: Yeah, all these modern buildings. So mediocre.

**A**: Oh, I don’t know. I mean, I’m not wild about a lot of those new buildings, but some of them are pretty cool.

**B:** Really?

**A**: I mean, what I’m trying to say is … what I’m trying to say is that just because something is new, doesn’t make it bad.

**B**: It often seems like it to me! I can’t bear those huge glass towers. They all look the same.

**A**: Sure, some of them do but not all of them! Have you seen the new Metro Tower?

**B**: I don’t think so, no.

**A**: It’s really cool. It has an unusual shape and they’ve used this really pretty green glass.

**B**: To be honest, I find all the older buildings around here preferable to the new ones.

**A**: All of them? You shouldn’t generalize like that! You know, in the 1920s The Stella was new, and some grouchy old man probably complained about that building then!

**B**: Grouchy old man? Ouch! Hey, come on, we’d better hurry or we’ll be late. See if you can keep up with a grouchy old man!

## **5.13; CD 2 Track 24**

## Page 47, exercise 7A

1

A What's your favourite time of day?

B My favourite time of day? Hmm ... probably late morning.

2

A Well, that was quite an interesting film.

B Interesting? I fell asleep it was so boring!

3

A: I expected a refund, but I got nothing.

B: Nothing? Like, zero? That's ridiculous!

4

A: Loris is the best student in my class.

B: The best as in the most hard-working?

5

A: I have to write an essay on marketing this week.

B: An essay on marketing? What’s the essay title?

# Unit 6

## 6.1; CD 2 Track 25

## Page 123, exercise 1

1 close-knit  
2 sense of community  
3 community association  
4 on a first name basis  
5 sense of belonging  
6 tenants  
7 homeowner

## 6.2; CD 2 Track 26

## Page 123, exercise 2

1 reach out to

2 lend a hand

3 come together

4 keep an eye on

5 looking out for

6 break the ice

7 strengthen ties

## 6.3; CD 2 Track 27

## Page 48, exercises 2A and 2B

I’ve lived in my present neighbourhood for nearly five years, and I know all my neighbours on a first-name basis. We hang out, do fun things together and, above all, we look out for each other. In many ways, we’re like family. So if you’ve just moved into a new neighbourhood or city, here are a few simple tips to help you strengthen ties with your neighbours. The first and most obvious tip is: get to know your neighbours. Whenever you hear someone new has moved in, find out their name and welcome them to the building by saying something like, ‘Hey, you’re Sam, aren’t you? I’ve been meaning to introduce myself. I’m Adam. I live on the third floor.’ Most people enjoy being called by their names, and the sooner you know who's who in your neighbourhood or apartment building, the better. And don’t forget to always greet your neighbours in a friendly manner whenever your paths cross, even if you’re having a bad day and are feeling grumpy! The next tip is pretty obvious, too: When you’re part of a community, certain rules should be followed. It goes without saying that your neighbours expect to be treated with consideration and respect, and it's really the small things that make all the difference. For example, always remember to clean up after yourselves and your pets in communal areas. If you have a garden, keep it tidy or get it tidied by a professional from time to time. Keep your music down during the day and, needless to say, late at night. Now, if an issue arises, which it might, don’t let it escalate. Here's my advice: As far as possible, problems should be addressed directly with your neighbour rather than reported to the authorities. Calling the police should be a last resort. Speaking of authorities, you don’t need a formal neighbourhood watch scheme to keep your house safe. Let your neighbours know when you’ll be out of town. Ask them to close any doors or windows you may have inadvertently left open, and ask them to contact the police immediately if they see strangers acting suspiciously near the property. That way, your home is less likely to be broken into. Don’t forget though that it works both ways. If you ask your neighbours to keep an eye on your home, you will probably get asked to return the favour. And last but not least, here's one more thing to keep in mind: According to recent studies, living in a close-knit community has been consistently linked to better overall health and happiness. So, go ahead and strengthen ties with those who live nearby, and we’ll all be healthier and happier as a result!

## 6.4; CD 2 Track 27

## Page 104

The thief finally got caught last week and got sent to prison.

This building has been renovated twice since it was built.

I’ve just got my hair cut in a totally new style.

Could I have the package delivered, please?

I’m not used to being told what to do!

Amy never expected to be chosen for the team.

## 6.5; CD 2 Track 28

## Page 49, exercise 4A and 4B

1 I had these trousers shortened and now they fit me really well.

2 I never fix household appliances myself. I usually have them fixed by someone else.

3 My neighbours have just had their house painted.

4 My brother has recently had his hair dyed. He looks so different!

## 6.6; CD 2 Track 29

## Page 123, exercise 1

1 time after time – c  
2 black and white – f  
3 one to one – d  
4 make or break – h  
5 give and take – b  
6 safe and sound – j  
7 short and sweet – i  
8 take it or leave it – g  
9 bit by bit – a  
10 highs and lows – e

## 6.7; (DVD 2) CD 2 Track 30

## Page 50, exercises 3, 4A and 4B

T = Tasha, TO = Tom, S = Sarah, A = Aimee

**T:** Hello and welcome to the show. Do you dream of owning your own home? Or perhaps you prefer living with family? How about sharing a house with friends? People choose to live in all kinds of ways for all kinds of reasons. So, what about you? What’s your living situation?

**S:** I share a house with four other people, and I love it. I used to live with my parents, which was great, but I was very eager to move out. There was no way I could afford to buy, so this is the perfect solution. Sure, I’d like my own place, but right now I’m happy where I am.

**TO:** I still live with my parents and it isn’t always easy. I work late and like to sleep in, but they get up at seven o’clock. It definitely involves a bit of give and take on both sides, but I wouldn’t change it. I love having them around. And I think they like me there, too!

**R:** I rented for years, but recently I decided to buy a small flat. A lot of my friends had bought places and I thought it was the right time. It wasn’t easy, but bit by bit I saved up and the rest of the money was loaned to me. Now, I’m really glad I did it. I love having my own space!

**T:** Sadly, though, for many young people, the idea of owning their own home is a distant dream. As prices continue to increase, even renting is becoming unaffordable. But my guest today says there is another way. Aimee Elkinson is part of The Village, a global network of what are described as ‘co-living spaces’. Aimee, could you start by explaining the term ‘co-living’?

**A:** Sure. Co-living is about building affordable homes that are designed to be shared. The Village’s co-living spaces are just like most modern apartment buildings, but they don’t cost a fortune and they encourage a sense of community, unlike a lot of today’s rental housing!

**T:** And how do they do that?

**A:** They’re built in a way that enables people to spend time together. In the living rooms, for example, there are games people can play, like, er, table soccer. The kitchen is designed so people can cook together. There’s even a garden on the roof where residents can grow vegetables.

**T:** Sounds fantastic! But as someone who lives alone, I have to say I really value my own space.

**A:** Oh, so do I!

**T:** But that’s a lot of people and a lot of shared space! Don’t you think it would be difficult to find privacy and peace and quiet in the kind of accommodation you’re describing?

**A:** I see where you’re coming from – lots of people, lots of noise, everybody knowing what you’re up to. But at The Village our co-living spaces allow for both community and privacy. After all, even the most outgoing people want to be alone sometimes, don’t they?

**T:** I couldn’t agree more! So, how do you offer that?

**A:** Everybody has their own room with a bathroom and working space. For us, people should never be forced to spend time with others, but the option is always there.

**T:** And why do you think places like The Village are necessary now?

**A:** That’s a fantastic question. You see, the lives we lead are changing faster than ever before. Our urban areas have struggled to keep up with that. People have less security, both at home and at work. This means they are moving all the time, and this can often lead to loneliness and isolation. But even if you’re only staying in a particular neighborhood for a little while, your time should be short and sweet. At The Village we believe everybody should feel part of a community, and if we can provide the space and the facilities, I believe that sense of community will always emerge.

**T:** You know, I’m not sure I’m completely with you on that one. Surely, it’s the people and the effort they make that builds the community?

**A:** Oh, absolutely. The space itself allows that to happen, but everything still depends on the individuals involved. Most people in the co-living movement understand this and they make that effort. Even if they’re only there on a short-term basis.

**T:** And what’s the future for the co-living movement?

**A:** It’s starting to grow and expand, but we also want to make sure we appeal to as wide an audience as possible. At the moment, a lot of our residents are single and in their twenties. This is great, but I think co-living spaces could bring all kinds of people together – families, retirees, young married couples. Anyone!

**T:** And do you think that would work?

**A:** I think it would be fantastic! You could have a situation where young students, for example, help retirees get around. Or retirees look after children when their parents are working.

**T:** I like the idea, but I can imagine that being a lot of work, especially on top of many other family responsibilities!

**A:** That’s a good point but I really think it could reduce those responsibilities. In my own personal experience, that way of life can work as long as the right culture is put in place.

**T:** It’s certainly an interesting idea and I would love to hear more about your own experiences in part two. Please do join us then!

## 6.8; (DVD 2) CD 2 Track 31

## Page 51. exercise 6 and 7

T = Tasha, A = Aimee

**T:** Hello and welcome back. We’re talking to Aimee Elkinson about the concept of co-living. Aimee, you’re part of a network called The Village, which has been described as a ‘co-living collective.’ We’ve talked a little bit about the idea of ‘co-living’ but what about you? How did you originally discover it?

**A:** I, erm, became a resident at The Village – or a ‘member’ as we call them – about three years ago. I was first told about it by a friend and my initial reaction was ‘nah – I don’t think so.’ But at the time, I was moving around a lot. Some of the places I shared were great, but there were definitely highs and lows. The buildings themselves were often rundown. And if you wanted to have anything done or get something fixed, you had to ask the owner, who wasn’t always reliable. I don’t think I would’ve minded any of this, but many of the houses I shared were lonely, too. A lot of my roommates would just stay in their rooms and play with their phones or watch movies on their laptops. We didn’t eat together, we didn’t socialize together, we didn’t even watch TV together. In the end, I was just so sick and tired of the whole thing that I thought, why not check out The Village?

**T:** And what did you think?

**A:** The minute I walked in I knew this was the place for me. There was a group gathered around playing table soccer, and the table had been placed right in the middle of the living room. There were people watching a sports game on TV and they were cooking and eating together in the kitchen, too. I moved in the following week and I can honestly say I haven’t felt lonely since.

**T:** And do you find that feeling is common among other residents? Sorry – ‘members’.

**A:** Definitely. You know, a survey was recently published that said over 65% of 18 to 34-year-olds feel lonely. That doesn’t surprise me. Again and again, people have told me how difficult it is to make friends in a big city, unless you live somewhere like The Village.

**T:** And where is your building?

**A:** It’s in Brooklyn. It was first created around 12 years ago. The founders came together and bought an old warehouse. But unlike most real estate in New York, it wasn’t divided into apartments. Instead, they built two large shared spaces – a living room and a kitchen – and several rooms around it. That was the start of the whole idea.

**T:** And did it take off straight away?

**A:** No, I don’t think people got it at first, but little by little word spread and people moved in. Now The Village has ‘spaces’ in San Francisco, LA, London and Paris. And at the last count we had over 300 members.

**T:** And after speaking to you, I can definitely see the attraction. But I think I’ll stick to my flat for now!

**A:** That’s fair enough!

**T:** Thank you so much for speaking to us, it’s been really enlightening. But that’s all from us today. See you next time!

## 6.9; CD 2 Track 32

## Page 51, exercise 8B

1 Some of the places I shared were great, but there were definitely highs and lows.

2 A lot of my roommates would just stay in their rooms and play with their phones.

3 The table had been placed right in the middle of the living room.

4 Again and again, people have told me how difficult it is to make friends in a big city.

## 6.10; CD 2 Track 33

## Page 105

The concert was cancelled due to the fact that the singer was ill.

We’d better leave now, or we may miss our flight.

We had to raise more money. Consequently, we decided to try crowdfunding.

I sent my application immediately so as to be sure to be accepted.

I still can’t play tennis in spite of the fact that I’ve taken lessons.

Unlike many people I know, I love living with my parents.

## 6.11; CD 2 Track 34

## Page 53, exercises 5A and 5B

1 Unlike most people I know, I hate sports.  
2 Despite the weather, I enjoyed the weekend.  
3 While my neighbourhood isn't perfect, I like it a lot.  
4 Even though I eat a lot, I don't put on weight.

# Unit 7

## 7.1; CD 3 Track 1

## Page 124, exercise 1

a cursor

b scroll up, scroll down

c plug in

d swipe right, swipe left

e unplug

f charge a battery

g wireless network

h attachment

## 7.2; CD 3 Track 2

## Page 124, exercise 2

1 broadband

2 devices

3 undo

4 installed, database

5 logging in, bug

6 browsers

## 7.3; CD 3 Track 3

## Page 124, exercise 3

1 work remotely – e

2 state of the art – d

3 computer literate – a

4 bandwidth – b

5 back up – c

6 crash – f

## 7.4; CD 3 Track 4

## Page 58, exercises 2B

J = Joe, P = Paula

**J:** ... and in last week's episode, I spoke to Paula Taylor, who's just published *The world is my office*, a practical guide for people who are thinking of quitting their 9–5 jobs and changing their careers and lifestyles. In the interview, I asked Paula what it was like being a digital nomad. So, tell us, how did you become a digital nomad?

**P:** Back in June 2016, I was fired from the advertising agency where I'd worked for five years. So I applied for dozens of jobs, and one of them involved working remotely. In the end, I got the job, and they said I could work flexibly, you know, organize my own schedule and working hours, and here's the best part, work wherever I wanted.

**J:** So that's how it all started?

**P:** Yes. I'd just gone through a divorce, in addition, and I was feeling pretty miserable, so my friends persuaded me to spend some time abroad. So I spent some time googling ‘best cities for digital nomads’, and I came across lots of interesting options, ranging from Lisbon to Chiang Mai, which, by the way, is considered the world's top destination for digital nomads.

**J:** Oh, I didn't know that. I thought it was Bali!

**P:** But then in the end, I picked Medellín.

**J:** In Colombia?

**P:** Yes. My sister used to live in Medellín, and she suggested I spend some time there. And the city really checked all the boxes – dozens of cafés and coworking spaces available, good Internet reliability, and a relatively low cost of living.

**J:** So that was where it all started?

**P:** Yes, I was there for about six months, working an average of thirty hours a week, making a decent living. But in a way, I was an exception to the rule.

**J:** What do you mean?

**P:** Well, for one thing, I was in my 40s and I had a steady job, while most digital nomads are in their 30s doing all kinds of freelance work: programming, online marketing, and even stocktrading.

**J:** So you're saying that they're mostly self-employed?

**P:** Yes, which means there's more independence on the one hand, but less financial stability on the other.

**J:** Uh huh. So, what do you need in order to become a digital nomad?

**P:** Well, as far as technology is concerned, you have to be computer-literate – that goes without saying. Erm ... Fast bandwidth is more important, of course, than a state-of-the-art computer, which you can do without as long as your computer is still running. And, needless to say, you need to have access to a wireless network.

**J:** Uh huh.

**P:** But, most importantly, you need a good deal of courage. A digital nomad is essentially someone who values adventure over certainty, as there will always be some risk inherent to working remotely. I mean, what if you have unexpected expenses while you're in a foreign country? What if you have communication problems? What if you have a sudden illness? There are a lot of what ifs. But, at the same time, being a digital nomad can be incredibly exciting and rewarding, as you get to experience life in a whole new way and ...

## 7.5; CD 3 Track 5

## Page 58, exercise 3A

1 In the interview, I asked Paula what it was like being a digital nomad.

2 In the end, I got the job and they said I could work flexibly.

3 I was feeling pretty miserable, so my friends persuaded me to spend some time abroad.

4 My sister used to live in Medellín, and she suggested I spend some time there.

## 7.6; CD 3 Track 6

## Page 106

Eric told me that he wanted to move abroad.

She wondered if we were leaving on our trip soon.

Phil urged me to talk to my teacher.

My parents say a university education opens doors.

We demanded that she listen to us.

My teacher suggested that we go to the lecture.

## 7.7; CD 3 Track 7

## Page 59, exercise 4A and 4B

1 As a kid, my parents always encouraged me to do sport.

2 Tom's teacher urged him to do his homework more carefully.

3 I texted my boss and asked her if I could take the day off.

4 People ask me all the time if I can help them.

## 7.8; CD 3 Track 8

## Page 125, exercise 1

1 takes place

2 all over the place

3 It’s a small world!

4 it’s not the end of the world

5 fall into place

6 thinks the world of

7 in first place

8 worlds apart

9 out of this world

10 in the first place

## 7.9; CD 3 Track 9

## Page 107

By the end of the year, I will be living in London.

A year from now, we won’t have bought a house yet.

By the time I see you, I will have been working in my new job for six months.

We won’t have been living here very long when school starts.

The last time we talked, you were going to spend the summer in Mexico.

Tim was leaving the day after tomorrow, so I’m sure he’s still here.

## 7.10; CD 3 Track 10

## Page 63, exercise 4A and 4B

1 This time next year, I'll still be living in the same city.

2 When I go to bed tonight, I will have spent half my day online.

3 By the end of the year, I will have been studying English for four years.

4 I was going to buy a new phone, but I changed my mind.

## 7.11; (DVD 2) CD 3 Track 11

## Page 64, exercises 2 and 3B

A = Abigail, B = Ben

**B:** What are you doing?

**A:** The TV’s broken.

**B:** Oh well, it’s probably a good time to get rid of it. We don’t really need a TV set anyway, do we? We can become a TV-free household!

**A:** Er ... I’m not so sure about that.

**B:** But we hardly ever watch it!

**A:** Good point, but I really don’t think now is the best time to go TV-free.

**B:** Actually, this might be exactly the right time. They’re putting our rent up again in June. Pretty soon we’ll have run out of money completely! We need to save somehow.

**A:** Look, I totally take your point about saving money. But ...

**B:** But what?

**A:** The Olympics starts in a few weeks. You know how much I love watching all the events! And I know you do, too!

**B:** Yeah, you’re right. We do enjoy watching the Olympics, don’t we? Mind you, we could just watch it online.

**A**: That’s likely to be even more expensive. If we don’t have a TV, we’ll just have to watch it in a café or somewhere else. You know, another way of looking at it is that by getting a new TV, we’ll actually save money!

**B:** How does that work?

**A:** Because we’ll be staying in all the time!

**B:** Look, I see where you’re coming from, but we’ll have to make some difficult decisions soon if we want to stay in this flat. We won’t be able to afford the rent otherwise. Listen, I have to go but let’s talk about it later.

**A:** Sure – I’ll have come up with some better arguments by then!

**B:** Bye!

## 7.12; (DVD 2) CD 3 Track 12

## Page 64, exercises 5A and 5B

A = Abigail, B = Ben

**B:** OK – check this out. I’ve created a spreadsheet to see where we could save money and to see if we can afford a new TV. I’ve just sent you the spreadsheet as an attachment.

**A:** Got it. Looks fascinating.

**B:** Thank you. The first option I’ve looked at is food. Do you realize that by the end of the year we’ll have spent over $5,000 on food?

**A:** But we need to eat!

**B:** But if we buy the cheapest food available, we could save over $500. It’s not ideal, but the advantage would be that we can then afford to replace the TV.

**A:** And the disadvantage is that we have to eat awful food all year. Don’t forget, cheap food is often unhealthy food. I like the Olympics but not that much.

**B:** Maybe we can save money on some ingredients, without having to resort to junk food?

**A:** We should try that. But will it be enough?

**B:** No, but I have another idea – the heating. I saw this little device online. All you do is install the software on your phone, charge the battery and attach it to your thermostat.

**A:** And what does it do?

**B:** It makes sure your heating never goes over a certain level. The ad says it isn’t difficult and can save you hundreds of dollars.

**A:** Hmmm, but what if it’s a cold winter? Surely, you need to turn the heat up sometimes.

**B:** And you can. But, for example, if you leave the heating on by accident, it’ll turn it off automatically. I think it’s pretty cool. What do you reckon?

**A:** Yeah, I can see the plus side. But I’m not sure how much money we’d save. We’re pretty economical with the heat as it is, don’t you think?

**B:** We are, but that’s all I have. Do you have any ideas?

**A:** Not really, but maybe we don’t need a TV after all. I checked online and the city is building a huge screen in the park for the Olympics. We can watch it there.

**B:** I like the idea, but how much will that cost?

**A:** That’s the best part – it’s completely free!

**B:** That sounds perfect. And if we can save a bit of money on the food and the heating maybe we’ll have saved enough to stay here when they put the rent up.

**A:** It’s the perfect solution.

# Unit 8

## 8.1; CD 3 Track 13

## Page 125, exercise 1

evidence, evident, evidence

hypothesis, hypothetical, hypothesize

experiment, experimental, experiment

analysis, analytical, analyze

proof, proven, prove

conclusion, conclusive, conclude

influence, influential, influence

theory, theoretical, theorize

evaluation, evaluative, evaluate

inspiration, inspirational, inspire

innovation, innovative, innovate

classification, classified, classify

## 8.2; CD 3 Track 14

## Page 108

We’re going for dinner at Brannigans, which is a lovely restaurant near my house.

I read the instructions, all of which were in English.

She introduced me to her friends, none of whom I’d met before.

They’re the neighbours who we had the barbecue with.

The person to whom I owe the most is my grandmother.

## 8.3; CD 3 Track 15

## Page 67, exercise 5

1 I have over twenty cousins, most of whom live in Canada.

2 He made some good points, which were hard to argue with.

3 There's a lot of information here, some of which is not relevant.

4 She wrote me a long message that I haven’t yet replied to.

5 They have four children, all of whom look like their father.

6 Graduating from university is something that I’m really proud of.

## 8.4; CD 3 Track 16

## Page 67, exercise 6A

**Pavel:** So I was on my way back from band practice at a friend's house. Our band's called *The Chain* ... we're pretty good ... anyway, I was about to get on the bus but I couldn’t find my return ticket anywhere. And I didn’t have my wallet on me. So I was just sitting there at the bus stop thinking what am I going to do? Then suddenly I had a brilliant idea – I'll do some busking, you know, play music for money! So I got my guitar out right there and played some tunes. The street was busy, but to be honest most people just walked past without even looking ... Anyway a few of them gave me some coins and by the time the next bus came I had just about enough money to get home. And everyone got to hear some really great music – one guy even started dancing!

**Elena:** I have a group of really close friends ... there are six of us. And we take it in turns to cook for each other. The others are all great in the kitchen, but something always goes wrong when it's my turn. So last week I had a brilliant idea. I ordered loads of food from my local takeaway! It arrived a few minutes before my friends came round, and I quickly transferred it to dishes, then threw all the takeaway boxes away. Or so I thought! Anyway, I served all this delicious food to my friends and they were so impressed, but after dinner, one of them picked up a tea towel to dry the dishes, and underneath was one of the takeaway boxes! In the end I told everyone as it wasn’t really fair of me to take credit for the amazing food.

**Ayesha:** It was my best friend's birthday and she was having a themed party, the theme was ‘Art and artists’. And I was having trouble thinking of a costume to wear. I was going through my wardrobe, feeling very uninspired, and then I thought 'Aha! I know!' I put on a white shirt, some old white trousers, a pair of white trainers and a white baseball cap. Then I picked up a bunch of felt tip pens – all different colours – and went to the party. When I got there everyone was wearing similar costumes – there were six people in Pablo Picasso costumes! Six! Anyway, I gave everyone a pen and told them to draw on my clothes. They all looked totally confused. ‘I'm graffiti’ I said! It was the best costume, I think.

## 8.5; CD 3 Track 17

## Page 126, exercise 1

1 catch-up

2 mix-up

3 giveaway

4 break-up

5 let-down

6 backup

7 breakdown

8 outbreak

9 take-off

10 workout

## 8.6; (DVD 2) CD 3 Track 18

## Page 68, exercise 4 and 5A

E = Eric, S = Sara, TO = Tom, R = Rich, D = Duncan

**E:** Good afternoon and welcome to the show. I’m your host, Eric Maduro. Today, we’re discussing ‘the zone’ – that moment when everything just clicks. It could be while painting a masterpiece or running a marathon. Or it could be while at work or doing the household chores. Whatever it is, it’s a moment of intense concentration, when nothing else matters and hours feel like seconds. Have you ever been in the zone?

**S:** I’m training for a triathlon and I go to the gym almost every day. I hate it! But there are times during a workout that I totally zone in. I just find my rhythm and I can keep going and going. That’s definitely when I’m at my best, so hopefully I can do it on the day of the race, too!

**TO:** I often don’t feel ‘in the zone’, but I remember one time when I totally did. There was a mix-up in college and one of my graphic design projects got deleted from the system by mistake. It was the day before the deadline! Stupidly, I didn’t have a backup on my computer at home. So, I had to focus, get in the zone and just do it all again ... overnight! I just made the deadline, with about two minutes to spare!

**R:** My ex-girlfriend was a writer and she talked a lot about ‘the zone’. When she was writing nothing else existed. Sometimes she would disappear into her own world for hours. That might have led to our break-up, now I think about it!

E: And our guest today is Duncan Jennings, who describes himself as ‘a guitarist that also studies psychology.’ Welcome to the show, Duncan.

**D:** It’s great to be here!

**E:** So, Duncan, when do you get into the zone? Is it when you’re playing guitar or when you’re studying psychology?

**D:** Neither unfortunately! But learning the guitar is when I first noticed ‘the zone’, which is also referred to as ‘flow’ by psychologists.

**E:** And how did that happen?

**D:** I started playing guitar with my best friend when we were teenagers. But I soon realized he was much better than me. He just got into a place where he was completely absorbed, and it all seemed so effortless. He was completely absorbed, and he could stay like that for hours. Naturally, it was a huge let-down to discover I wasn’t going to be a famous rock star! But, incidentally, that was the thing that first interested me in psychology. I wanted to know what that place was and why it made him so good. Of course, I also wanted to know how he got there.

**E:** You mean, how he got into the zone?

**D:** Yes, exactly. Although, as I’ve already mentioned, people call it different things. Psychologists call it ‘flow’ and athletes and musicians tend to call it ‘the zone’. In fact, there are lots of different terms across many different countries and cultures. For starters, it was a major part of many ancient philosophies. Then you had people who made it a way of life. In Japanese culture, flow sometimes involves ritual, beauty, and pride in one’s work. And then lastly you have the world of work where people had to completely focus to do a particular job. But whatever you call it, my point is this: the idea is always the same. The zone allows people to lose themselves in a task in order to perform at the highest level.

**E:** And moving on to today – is the zone still important?

**D:** More than ever before!

**E:** Why do you say that?

**D:** Let me put it this way – have you tried to completely focus on one thing lately? There are so many distractions! Email, instant messaging, social media, all that. But what does this mean for us? What are we losing, if we’re unable to find our flow?

**E:** So, to sum up, your question is ‘can we still find the zone when there are so many distractions around us?’

**D:** Exactly!

**E:** Let’s turn to that in part two. In the meantime, make sure you maintain your concentration and join us then!

## 8.7; (DVD 2) CD 3 Track 19

## Page 69, exercise 7 and 8A

E = Eric, D = Duncan

**E:** Hello and welcome back. Today, I’m with guitarist and psychology student Duncan Jennings. Duncan, you specialize in the subject of ‘flow’, which you describe as ‘a period of absolute focus.’ Can you give us a bit more background on the psychology of this?

**D:** The term ‘flow’ was first used by psychologists in the 1970s. It was first noticed in the art world, where the ability to lose yourself has led to all kinds of great works of art. But psychologists soon noticed it in other areas too, like science or sport. And today, while I think that ‘the zone’ is not yet fully understood, it is seen as a big part of success in almost every field.

**E:** And is it available to people who aren’t artists, or athletes? Can ordinary people get in the zone?

**D:** Absolutely! Psychologists have invented a breakdown of conditions necessary for ‘zoning in’. First, the activity can’t be too easy. Activities which don’t involve a challenge won’t get you in the zone. Then, you need the skills. Flow won’t give you abilities that you don’t already have, and you can’t perform tasks which require a large amount of training if you haven’t been trained! Education and knowledge are still vital. And, as I said earlier, you need freedom from distractions. You can only get in the zone when you are 100 percent focused on the job you’re doing. And it’s that third factor which I think is becoming harder in the modern world.

**E:** And it’s clear from what we’ve talked about that you’re worried about this.

**D:** Without a doubt – I mean, aren’t you? Could you imagine a world where people couldn’t zone in? Where surgeons became distracted during surgery? Where pilots started checking their phones during take-off? Or where artists gave up half-way through a painting because they couldn’t focus? Would you want to live in a world like that?

**E:** But is there anything we can do?

**D:** Yes, there certainly is. We need to create a space that allows us to get in the zone. We need to be able to block out the noise and really focus.

**E:** Sounds fantastic but is it really that easy?!

**D:** You won’t know until you try!

**E:** OK – time to switch off the smartphone. Thanks, Duncan. That’s it from us but join me next time – when I’ll be in the zone and ready for our next guest! See you then!

## 8.8; CD 3 Track 20

## Page 69, exercise 9B

1 Without a doubt – I mean, aren’t you?

2 Could you imagine a world where people couldn’t zone in?

## 8.9; CD 3 Track 21

## Page 70, exercises 4 and 5A

**1:** My brother moved to New Zealand five years ago and we really miss each other, but his wife is from New Zealand and they want to bring their kids up over there. I think if he didn't have children he would have moved back home by now. Anyway, the distance isn't so bad because we chat on Skype so often. We talk for hours ... and because it's free there's no pressure to talk constantly like there is on a regular phone call. Sometimes we just listen to music or we all have dinner ‘together’. It's like we're in the same room! If Skype hadn't been invented, we'd be spending a fortune on phone calls!

**2:** My girlfriend and I both have a terrible sense of direction. I have to really

concentrate when I go somewhere, otherwise I get lost coming back. Anyway, we used

to have arguments whenever we were driving somewhere because we would always go the wrong way. But now I've got GPS on my phone everything is much easier. Now we never get lost, as long as I remember my phone! Our car journeys are a lot more

pleasant too, come to think of it.

**3:** It probably doesn't sound very important, but on-demand TV has made a real difference to my life. I love watching TV to relax and unwind, and I can't stand missing episodes. Having said that I also love going out and socializing. So I go out in the evenings, providing my friends are going out too. Then I watch the previous night's programmes the next morning before I go to my lectures. Actually, that reminds me – it's the final episode of my favourite show tomorrow night. If some clever person hadn't invented on-demand TV, I would have to miss my best friend's party!

## 8.10; CD 3 Track 22

## Page 109

If you hadn’t woken me up, I’d still be asleep now!

If she was a better student, she would have done better in her exams.

Make sure you fill out this form, otherwise you won’t be paid.

I’m not going to speak to Karl again, whether he apologizes or not!

Providing we watch our expenses, we’ll be able to save money.

## 8.11; CD 3 Track 23

## Page 71, exercise 6A

have, have (/ev/)

had, had (/ed/)

would, would (/wəd/)

## 8.12; CD 3 Track 24

## Page 71, exercise 6B

1 Providing you have read all the instructions, you may begin.

2 If I thought I could help you, I would come over.

3 Had there been any problems, I would have called my uncle.

4 If we had had more time we would have stayed for dinner.

5 John would be here now if he hadn’t had an extra lecture.

6 Jo wouldn’t have failed the exam if she had read the instructions properly.

# Unit 9

## 9.1; CD 3 Track 25

## Page 126, exercise 1

1 bond over something – f

2 date someone – h

3 drift apart – c

4 get on like a house on fire – m

5 go back a long way – g

6 hang out with someone – k

7 have a crush on someone – d

8 have someone’s back – j

9 love at first sight – e

10 platonic relationship – i

11 see eye to eye – b

12 settle down – n

13 soulmate – l

14 hit it off – a

## 9.2; CD 3 Track 26

## Page 110

Looking over my shoulder, I noticed someone behind me.

The website selling tickets has stopped working.

While packing my bag, I realized I didn’t have my passport.

The car belongs to a woman called Sarah Malone.

Translated into 20 languages, it’s one of the most popular books in the world.

Having introduced himself, Bill decided to sit next to me.

Being such a good student, Sarah doesn’t usually study much for her exams.

## 9.3; CD 3 Track 27

## Page 77, exercises 4A and 4B

1 Seeing a large crowd gathering, I walked over to investigate.

2 Holding a newspaper in one hand, she approached my table.

3 Taken twice a day, this medicine should make you feel better soon.

4 Written in 1918, it's one of the nation's favourite poems.

5 Having showered and got dressed, I left the house and got in the car.

6 Having revised so hard for the exam, it’s such a shame he failed.

## 9.4; CD 3 Track 28

## Page 77, exercise 5

**Selma:** I'm a student and one day I was studying in a cafe when I saw a man sitting by

himself. I thought he looked a bit lonely, so I started talking to him, and he told me his name was Davor. Having introduced himself, he began telling me about his life - and it was so interesting! Not having any grandparents, I've never really chatted with anyone from his generation. Anyway, we arranged to meet up again and now we hang out a couple of times a month. We usually just go for a walk and tell each other stories about our lives. It's great! Not wanting to upset him, I've never asked his age. But while listening to one of his stories about being a young man, I worked out he must be at least 70. I think more young people should become friends with older people. We can learn a lot from each other.

**Simon:** To be honest, having seen her in several movies, I already had a crush on her. So I was quite excited when I heard she was appearing at the ‘Starmeet’ event in my town. Organized by the movie producers, it's a chance for fans to meet their favourite actors. I thought she might be a bit arrogant but having met her, I realized I was completely wrong. Being a celebrity, she meets a lot of people, but she was friendly with everyone she met. Anyway, we really hit it off so arranged to meet again, and we've been dating for a few months now! For a while, our relationship was a secret known only by our closest friends, but now everyone knows. It's pretty exciting for me to spend time with a celebrity like Gina and to meet all her friends. And I think she's relieved to be dating an accountant like me, who isn't famous!

## 9.5; CD 3 Track 29

## Page 77, exercise 6B

1 Not having any grandparents, I've never really chatted with anyone from his generation.

2 Organized by the movie producers, it's a chance for fans to meet their favourite actors.

3 I was studying in a cafe when I saw a man sitting by himself.

4 Not wanting to upset him, I've never asked his age.

5 Being a celebrity, she meets a lot of people.

6 For a while, our relationship was a secret known only by our closest friends.

7 Having introduced himself, he began telling me about his life – and it was so interesting!

8 To be honest, having seen her in several movies, I already had a crush on her.

9 I thought she might be a bit arrogant but, having met her, I realized I was completely wrong.

10 But while listening to one of his stories about being a young man, I worked out he must be at least 70.

## 9.6; CD 3 Track 30

## Page 127, exercise 1

1 a alone

b lonely

2 a compliment

b complement

3 a beside

b Besides

4 a latter

b later

5 a rise

b raise

6 a rational

b rationale

7 a stationery

b stationary

8 a attend

b assist

9 a profited

b benefit

10 a compromise

b commitment

## 9.7; CD 3 Track 31

## Page 111

What if we asked Simon to come with us?

If only we’d known that yesterday!

I wish you were a bit more patient.

I wish he wasn’t leaving so early.

It’s about time she apologized!

We’d rather you didn’t mention this to anyone.

## 9.8; CD 3 Track 32

## Page 81, exercise 6A and 6B

1 What if we left early tomorrow?

2 If only he’d be quiet.

3 I wish I'd taken your advice.

4 It's time we cleaned the flat.

5 It's about time you grew up!

6 I'd rather you didn't do that.

## 9.9; CD 3 Track 33

## Page 81, exercise 7B

1 A I wish I had made more of an effort to make friends when I was younger. It’s not so easy to make friends in your twenties.

B Can I give you some advice or would you rather I listened?

2 A It's about time I got to know some new people. Most of my old friends have moved

away.

B You're right. If only you weren’t so shy!

3 A I get so bored in the evenings. I wish there were more things to do around here.

B What if they built a cinema? That would be amazing!

4 A I'd rather everyone told the truth all the time, even if it upset people.

B Really? I wish I hadn’t lied to you about how great your new haircut was, in that case!

5 A I wish I didn’t have to work tomorrow. I’m exhausted and I could really do with a day off.

B Me too. If only we could take a day off whenever we felt like it.

## 9.10; (DVD 2) CD 3 Track 34

## Page 82, exercises 2 and 3B

A = Abigail, B = Ben

**B:** I don’t believe it.

**A:** What?

**B:** I’ve been offered a place on that Masters course.

**A:** The MA in Creative Design? The one starting in September? You’ve been talking about that for months!

**B:** I know. I really want to do it.

**A:** So, what’s the problem?

**B:** Remember that job interview I had last month? They’ve finally got back to me. They've offered me the job, starting in September.

**A:** Ah, I see. So, big decision, MA or job. What are you going to do?

**B:** No doubt about it, I’d rather do the Masters.

**A:** Yes … Given the choice, I’d do that too. It sounds a lot more interesting. You know, I’d prefer to study something I loved, rather than work in something I didn’t.

**B:** Me too. But right now I reckon taking the job would be the best course of action.

**A:** What? Why?

**B:** Why do you think? Money. The Masters looks great but it’s expensive. I’d much rather earn some money than get into debt again.

**A:** But that’s only short term. Surely, it’d be better to get an MA. That way you’re more likely to find a job in a field you’re passionate about afterwards.

**B:** But what if I can’t find work after the Masters? Jobs in that field are few and far between. I’d just as soon make some money as wait for months – even years – for a job that might never come.

**A:** But you’re only 25! I definitely wouldn’t compromise now, no way! If you do that, you could regret it for the rest of your life.

**B:** I know. If it were just up to me, that’s probably what I’d do. But I still owe my parents money from my undergraduate degree. What would they say if I told them I was doing it all over again?

**A:** If I were in your shoes, I’d just talk to them about it.

**B:** You’re right. OK, here goes.

## 9.11; CD 3 Track 35

## Page 82, exercises 6A and 7B

**A = Abigail, B = Ben**

**B:** Thanks.

**A:** So, how did it go?

**B:** It was OK.

**A:** What did your parents say?

**B;** My dad wasn’t too happy. He didn’t go to university and he thinks it’s a waste of time.

**A:** Things have changed since your dad was young, though. I mean, neither of my parents went to college, but all my siblings and I did.

**B:** Try telling him that. ‘When I was your age, I’d been running my own business for four years!’

**A:** What about your mom?

**B:** She was more supportive but still a bit worried.

**A:** I get that but there’s one thing I know for certain, you can’t spend your life doing something you don’t like. My dad spent the first twenty years of his career doing something he hated, but about five years ago he changed. He’s never been happier.

**B:** That’s great but my problem is I’m not a hundred percent sure about either choice. There’s no point in starting a degree if I don’t have a plan. Did you know the US has some of the highest dropout rates in the world?

**A:** Really? I wonder why that is?

**B:** Some people find they can’t afford it. Others find it just isn’t what they expected.

**A:** But you know exactly what to expect! You’ve been researching this for ages!

**B:** I know – so it’s about the money. Which is why I’m going to take the job and do the Masters part time.

**A:** Are you sure that’s a good idea?

**B:** Why not?

**A:** All I’d say is be careful. It’s just, it’s very easy to get overwhelmed when combining work and study. Remember what happened to Ella? She dropped out of her program because she took way too much on.

**B:** I know but I’m fairly sure I can do it. I can definitely do it part time and a lot of the work is online so I can fit it around my schedule.

**A:** Sounds like you’re pretty confident.

**B:** I’m positive this is the right way forwards. I get to study what I want and still make money.

**A:** Well, just promise me one thing.

**B:** What?

**A:** You’ll still have time for a cup of coffee every now and again.

**B:** You can be sure of that! I’ll need the caffeine!

# Unit 10

## 10.1; CD 3 Track 36

## Page 128, exercise 1

1 humane – d

2 human nature – e

3 human rights – b

4 human beings – g

5 inhumane – a

6 humankind – h

7 humanitarian – f

8 human resources – c

## 10.2; CD 3 Track 37

## Page 128, exercise 3

Adjectives

1 selfless

2 self-employed

3 self-centred

4 self-conscious

5 self-catering

Nouns

6 self-discipline

7 self-defence

8 self-esteem

9 self-pity

## 10.3; CD 3 Track 38

## Page 112

It has been announced that there will be a new library built next year.

The dollar is expected to fall against the euro.

My suitcase is believed to have been misplaced.

According to the news, there’s going to be a storm tomorrow.

Lucy and Roger broke up last week, apparently.

It seems that there has been a mistake.

The company appears to be having financial problems.

## 10.4; CD 3 Track 39

## Page 85, exercises 5A and 5B

1 Apparently, taxes are going up again this year.

2 Excuse me? There seems to be a problem with my bill.

3 It appears to have been raining, but it’s stopped now.

4 The minister is thought to have resigned, but we’re not sure.

5 There are said to be over six thousand languages in the world.

6 According to the president, the journalists are lying.

## 10.5; CD 3 Track 40

## Page 129, exercise 1

1 mistreat – c

2 overheard – f

3 rejuvenate – a

4 overcharge – b

5 restore – d

6 misbehave – e

## 10.6; CD 3 Track 41

## Page 129, exercise 2

1 overcame

2 recharged

3 misunderstood

4 overestimated

5 misinterpret

6 recreated

## 10.7; CD 3 Track 42

## Page 86, exercises 3 and 4

T = Tasha, S = Sara, C = Cathy, K = Kerry-Anne

**T:** Hello and welcome, I’m Tasha Harris. From inventing the wheel to climbing Mount Everest, it seems that humanity has always been fascinated by challenges. We’ve always had that impulse to break boundaries and achieve new things. Today, setting goals and hitting targets is a part of everyday life. So, we asked you, ‘what’s your most valued achievement?’.

**S:** I know it’s generally considered pretty nerdy, but I love science fiction. When I was younger, I entered a competition to recreate the spaceship from my favourite TV show. Nearly half of my class entered, but I won! I got to spend a whole day at the TV studio. I even met the cast!

**C:** Last year I decided to do a half-marathon. I really wanted to do it under two hours, which is thought to be pretty good for a first time. I did it just over two hours – I was so close! I took a break and recharged. Five weeks later, I did another one in just under two hours. I was so happy!

**R:** I’m a journalist and when I was just starting out in my career, I had to write a piece on my specialist topic – journalistic ethics – in no more than 1200 words. At first, I thought it was impossible. I just had too much to say! But not only was it published, the newspaper offered me a job, too!

**T:** It appears there are many ways to break boundaries and today I’m joined by Kerry-Anne Marsh, former gymnast and host of the Rise to the Challenge podcast. Kerry-Anne, your podcast deals with stories of people who have broken all kinds of boundaries. How did you become interested in that?

**K:** I did gymnastics in high school, and most of my heroes were gymnasts that had really pushed the sport’s boundaries. Like, did you know that the quadruple somersault was thought to be impossible, but today many gymnasts are able to do it. And nobody had ever scored a perfect ten in Olympic gymnastics, until Nadia Comaneci did it in the 1976 Olympics. Breaking those boundaries changes the sport forever. In the US today, an estimated 6 million people do gymnastics and many of them can do things that were said to be impossible 100 years ago. This isn’t unique to sports. People have become fascinated with breaking boundaries in all aspects of life. That’s why I decided to do a podcast about it.

**T:** And you hit the news recently thanks to a survey you ran.

**K:** That’s right! We just asked people to suggest the greatest human achievements ever. You won’t believe it, but we received in excess of 5000 comments in one week! That’s three times our normal weekly number of listeners!

**T:** And what were they?

**K:** There were so many that it was felt as if we should split them into categories – science, sports and technology. Roughly two thirds of all the suggestions were for technological achievements. Of those, around fifteen percent of people voted for smartphones and exactly twenty-five percent suggested the invention of the internet. But three out of every five people said that humanity’s greatest technological achievement was the moon-landing. In science, somewhere in the region of 300 people voted for the discovery of gravity and roughly the same amount – give or take a few – suggested penicillin. But almost three quarters of the votes were for the discovery of DNA’s helix structure. In sports, a lot of people voted for Simone Biles’ Olympic performances in gymnastics and 35 percent voted for Michael Phelps’ eighteen gold medals. But 45 percent voted for Usain Bolt’s record-breaking 9.58 second sprint in the 100-meter race. But sports are particularly interesting, because apparently we are starting to reach our physical limits in things like gymnastics and track and field.

**T:** You mean, there will soon be no barriers to break through?

**K:** That’s according to some scientists. It’s possible they’re overestimating our modern achievements but certainly the data suggests we can only go so far.

**T:** Let’s see more of what the future holds right after this break!

## 10.8; CD 3 Track 43

## Page 87, exercises 6 and 7

T = Tasha, K = Kerry-Anne

**T:** Hello and welcome back to the show. I’m here with Kerry-Anne Marsh, host of the Rise to the Challenge podcast. Kerry-Anne, you’ve mentioned some of humanity’s most inspiring achievements, but you also spoke about the fact that we could be nearing the limits of boundary-breaking. What did you mean by that?

**K:** As humans, we definitely have limits. We can only run so far, swim so fast, jump so high and that sort of thing. There is an opinion, which is held by many doctors and scientists, that we are very close to reaching those limits.

**T:** And what do you think of that theory?

**K:** I mean, it’s so widely held because there’s a lot of scientific evidence to support it. It’s definitely true of other animals, for example.

**K:** A recent study looked at horse racing and found that there was a limit to how fast horses could go. It appears that the same is true for humans. Take the women’s 100-meter race, for example. For decades, this world record was broken every few years, starting at 13.6 seconds in 1922. However, the current record of 10.49 seconds has been held since 1988. And it’s thought we’ve almost reached the same point with the men’s race, too. Of course, it’s always possible scientists are misunderstanding or misinterpreting this data, but it does seem to be happening in lots of other sports, too. Just look at ice skating! In just over 100 years humans have gone from rotating once in a jump to rotating four times!

**T:** That’s incredible but where does that leave us? What if there are no boundaries left to be broken?

**K:** Oh, there are still plenty of boundaries to break. However, it’s thought that these will be technological rather than physical.

**T:** And what do you think those will be?

**K:** Sending people to Mars is considered to be a boundary worth breaking by some. NASA has already sent spacecraft there and hopes to send astronauts on missions there by the 2030s. They’re not the only ones, with former astronaut Buzz Aldrin and entrepreneur Elon Musk also in the race. All in all, I think there’s a good chance we’ll get there soon.

**T:** Seriously? And will we all have flying cars for the journey?

**K:** You joke, but that is a real possibility! With the development of drone technology, we’re already seeing air taxi services being developed in the US and the Middle East. Now, lots of different companies are looking into this and it’s thought the first flying cars are only a few years away!

**T:** It seems there’s no stopping science! But what, in your opinion, is the biggest boundary still to be broken?

**K:** The biggest boundary? I suppose that’s beating the ultimate limitation! Many scientists are looking into immortality and there are lots of ways this could be achieved. Inventors have created lots of different techniques and have called them all kinds of things, like ‘cryogenics’, ‘mind uploading’ and ‘biohacking’. But the basic idea is to use technology to restore and rejuvenate human beings so they can live forever.

**T:** Sounds like a science fiction film! It’s a long way from inventing the wheel or climbing Mount Everest.

**K:** Yes, but the motivation behind breaking the boundary of eternal life is the same one behind inventing the wheel – overcoming obstacles whatever they might be!

**T:** Kerry-Anne, it’s been fascinating, but we’ll have to leave it there. Thank you so much for coming on.

**K:** It’s been a pleasure.

**T:** And that’s it from us. We do hope you enjoy the future – whatever it may hold! Thank you for watching and goodbye.

## 10.9; CD 3 Track 44

## Pages 87, exercise 8

1 Apparently, we are starting to reach our physical limits in things like gymnastics and track and field.

2 A recent study looked at horse racing and found that there was a limit to how fast horses could go.

3 Sending people to Mars is considered to be a boundary worth breaking. All in all, I think there’s a good chance we’ll get there soon.

4 Lots of different companies are looking into this and it’s thought the first flying cars are only a few years away.

5 Many scientists are looking into immortality and there are lots of ways this could be achieved.

## 10.10; CD 3 Track 45

## Page 129, exercise 1

bitterly disappointed

deeply ashamed

downright rude

highly likely

incredibly expensive

unbelievably cheap

mildly offensive

potentially fatal

seriously wounded

severely damaged

strongly believe

utterly astonishing

vaguely familiar

widely believed

## 10.11; CD 3 Track 46

## Page 113

It’s highly likely that it will rain.

We finished work late.

We visit my grandmother every other weekend.

To everyone’s amazement, Jenny refused to stand up and speak!

I haven’t been well lately.

That band is incredibly successful.

## 10.12; CD 3 Track 47

## Page 89, exercise 5A

1 I think that taking Gobi to a different country is potentially damaging to her health.

2 I'm not surprised he came to her wedding. Humans are naturally kind and helpful.

3 I sincerely hope that Messi stayed in touch with the boy.

4 Running 250 km is undoubtedly impressive but it's also utterly pointless.

5 Presumably Mr Thomas was already in touch with Jeni before she asked him.

## 10.13; CD 3 Track 48

## Page 89, exercise 6

1

A I'm so angry!

B Why? What's happened?

A I parked my car on the street last night and when I went to get it this morning it had been broken into and vandalized.

B Oh no! How bad is it?

A Well, they scratched a line along the doors, they've smashed the windscreen and they've even slashed one of the tyres. It's undriveable!

2

A Have you seen the sports news today?

B No, why? Was there a match?

A No, it's all about football transfers. You know, which team is buying which player...

B Oh right yeah. So what's the news?

A Well apparently Real Madrid are buying that midfielder from Chelsea for 100 million euros!

B How much? That's crazy!

A I know. There's way too much money in the game these days.

3

A Are you ok?

B Um ... yeah I'm OK ... I think.

A What happened? I heard a big crash.

B I was trying to reach that really high part of the wall with the paintbrush and the ladder fell.

A Well be careful! You're right at the top of the stairs. Imagine if you had fallen down the stairs ... you could have killed yourself!

B Yeah, I know ... sorry. Why don't you stay and hold the ladder for me?

4

A Did I tell you I was going to take that blue dress back to the shop?

B Oh yeah, it didn't really suit you did it? Did you get your money back?

A No! I explained that it didn’t fit me properly, but the assistant refused to give me my money back.

B Really? I thought they had to refund you.

A Well apparently not. I asked to see the manager and when she finally came, she agreed with the assistant.

B What did you say?

A I told them I’d never shop in their store again if they didn't give me a refund and do you know what she said?

B What?

A She smiled and said no problem, that I should shop elsewhere!

B Wow! Great customer service!

A I know! And when I left, I heard them both laughing. I couldn't believe it!

5

This afternoon the prime minister made a speech outlining plans for developing the

transport network around the capital. The plans have not been well received. Newspapers have described the speech as 'meaningless' while transport experts have said the plans are problematic and unworkable. Even members of the prime minister's own party have reacted negatively because they believe the plans will be unpopular with the public.

6

A How was the concert last night?

B Oh don't ask.

A Really? Was it that bad?

B I'm afraid so. When we got there, we found our seats were so far from the stage we couldn't really see anything.

A Oh dear.

B And then the band only played for half an hour and the sound quality was awful. It was such a shame. We’d been looking forward to it for weeks!